

Winchester Wheelmen April 2009 Newsletter

Volume 26, Number 4

"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

<http://www.winchesterwheelmen.org>

April Club Meeting

We will be at the Butcher Block Buffet for the monthly meeting on **Monday, April 13th, 2009**. The business meeting will be held at 7:00pm. The address for the restaurant is 131 Town Run Lane, Stephens City, VA 22655.

Club Meetings

Our March club meeting was held at Butcher Block Buffet in Stephens City. The following are the highlights of March's meetings:

- Treasurer's Report:

- Savings: \$7,299.00

- Checking: \$4,141.47

Money has been collected for WWRT clothing, but none has been spent yet on the clothing. Dues to the Virginia Bicycling Federation have been paid.

- Shenandoah Valley Heritage Ride/Boys & Girls Club Ride: The Boys and Girls Club want to formally affiliate the Winchester Wheelmen name to this annual event, calling it the Shenandoah Valley Heritage Ride in Partnership with the Winchester Wheelmen. Corporate sponsor teams are to be incorporated, such as Shockley and Valley Health. To be added to the route will be a 10 mile ride for those wanting to participate, but do fewer miles. The ride start will be located at the Valley Health Wellness Center (not change of location). The ride is scheduled for May 31, 2009. The format is to be similar to last year with the cost being \$25-\$30 per participant. Once again, a private donor will donate \$25 for every Winchester Wheelmen that registers for this event. If more than 51 Wheelmen register, an extra \$100 will be donated.
- Summer Club Trip - August 8-15, 2009: Robert Golightly is ready to sign the contracts and send deposits on two houses in the Bar Harbor, Maine area.
- WWRT-Sponsored Cyclocross Race- October 18, 2009
The application has been submitted to the Frederick County Parks and Recreation and the police department for the WWRT-sponsored cyclocross race at Jim Barnett Park on October 18. Jon Hicks has arranged for an announcer for the event. Volunteers are needed on October 17 & 18 for course set-up, registration, clean-up, and to assist with parking. WWRT funds could be used to pay park employees to clean up, or for no cost, volunteers from the club could clean up the area after the event. On the MABRA schedule, this race is listed as the Apple Harvest Cyclocross Race, and could include 200-250 participants. JetBlue has donated two airline tickets as prizes. Volunteers have already been solicited for the event. Contact Erik Beatley or Jon Hicks if interested in volunteering. Erik's e-mail: ebeatley@allprp.com. Jon's e-mail: jhicks63@gmail.com.
- Frederick County Parks and Recreation Summer Youth Trip - June 26, 27, 28 If interested in volunteering, contact John Turkel at FCPR. Jon's e-mail is jturkel@co.frederick.va.us Here's a description for the kids: **SUMMER CYCLING EXPEDITION!**
Great Allegheny Passage Trail & Whitewater Rafting trip! Ages: 12-16
(This is a BSA Cycling Merit Badge Trip?)
Trip: 3 days, 2 nights, Miles: 75
In partnership with the Winchester Wheelmen (and the Boy Scouts?) we will be exploring the most exciting

new cycling corridor in the region. In this 3-day program, we'll start our ride in Cumberland, MD, the start of the Great Allegheny Passage trail. We start on this trail with a climb out of the Potomac watershed to the Eastern Continental Divide and the upper reaches of the Mississippi watershed. Our destination is Rockwood, 44 miles away, where we will spend our first night under the stars. Day 2 takes us to the adventure town of Ohiopyle where after a night at the nearby State Park we will trade our bikes for rafts, and take on the challenging whitewater of the 'Lower Yough' river. After this adventure we will head back home to share stories. Without a doubt, this expedition will offer a challenging yet rewarding experience that will be talked about for a lifetime.

- Transportation is provided. Trip will be van supported to carry support, camping & food supplies.
 - All meals are included in with the exception of start day breakfast & end day lunch.
 - Van driver and cycling leaders are volunteers from the Winchester Wheelmen Cycling Club (and the BSA?). There will be a maximum leader / participant ratio of 1:6 for on-trail portions.
 - Camping will be at formal campgrounds en route. A list w/ contact information & nights will be provided. Tents will be shared w/ no coed tents.
 - Participants must provide: Bicycle in good working order (Mountain. bike or touring bike preferred), Sleeping bag, & Tent. Clothes check list will be provided.
- CWPT Park Day - April 4 (a letter from our own Mike Perry) -Park Day - 3rd Winchester Battlefield Park Most of you have walked, run, or biked some of the battlefield, so you know what a special place it is. It is one of our adopted trails. We take care of it whenever we can by picking up trash, cutting back brush, building benches, and anything else that requires our attention. We do it individually during the year, but on Park Day (April 4th, Saturday) we jump in with "all hands on deck!" It is time to jump in. We will meet at the Red Bud Parking Lot at 9:00am (8:30am for coffee and donuts). From there we will head out to perform a variety of tasks. We even have someone from the local Audubon society putting up bluebird houses. If you can help, please let me know as soon as possible so I will know what we might be able to get done.
If you are new to the club and do not know anything about 3rd Winchester, read on. The battlefield property was preserved by the Civil War Preservation Trust and, thanks to a very generous donation; they decided to build a five mile walking and cycling trail on the 220 acres of the battlefield. Because of the long and winding shape of the property, they felt this would better enable the visitor to see the property along with the 28 interpretive signs. What we have now is beautiful walking and cycling trails across open fields, through beautiful wooded areas, and along Red Bud Run. It is a gift to our community, and the Wheelmen work to keep it safe and clean so everyone can enjoy it.
The Civil War Preservation Trust has preserved over 25,000 acres of historic battlefield property in 18 states. They have saved land from development at 93 different Civil War sites. Take a look at their website when you get a chance, www.civilwar.org/parkday, and you will even see a picture of some Wheelmen working on Park Day last year.
- Habitat for Humanity recap - (Robert Golightly reporting) 8 of us came out for the day. We painted, picked up trash and started a Storage building. Everyone worked hard and had fun at the same time. Cindy Quinny brought fresh homemade cinnamon buns for breakfast and Kathy Breeden furnished lunch. With good food, a good cause and great friends working together, Life is good

2009 Membership: Membership fees for 2009, \$16 for an individual and \$20 for a family. If you have any questions, please write to the PO Box or send an e-mail to info@winchesterwheelmen.org.

MS 150 Tour de Vine: June 13-14 in Charlottesville, VA. By join the Winchester Wheelmen team, for a weekend of fun, and a celebration of the great things we can achieve when working together for a common cause. By participating, you we get closer to a cure - and closer to a world without multiple sclerosis. So what are you waiting for? Join our team today or make a donation on our behalf.

[Click here to view the team page for Winchester Wheelman](#) (hold Control and click)

if the text above does not appear as a clickable link, you can visit the web address:

http://main.nationalmssociety.org/site/TR/Bike/VABBikeEvents?team_id=140553&pg=team&fr_id=10668&s_tafId=104520

National Capital Tour de Cure: June 14, Reston Town Center, Reston, VA. We do not currently have a team registered for this event, if anyone is interested please contact me (Kim) monkeyboys_2@comcast.net. This is nice day ride if you are unable to attend the two day ride for the MS150.

2009 Summer Club Trip: It has been decided to travel to Acadia National Park in Maine. The Plan is to bike most days, but also hike. Biking may include a ferry ride to Nova Scotia for day trip and a ride to the top of Cadillac Mtn. Hiking may include a trek along part of the Appalachian Trail (day hike)

Dates: Aug 8-15

Destination: Acadia Island, ME (town location TBD)

Accommodations: Two houses in the Bar Harbor, Maine area.

Details will be discussed at the April Club Meeting, if you are interested in going on the trip is asked to attend to start setting up the agenda. Cost is approx. \$200 - \$250 per person. A \$100.00 deposit has already been sent on the behalf of those who rsvp'd, it would be greatly appreciated if those could bring the deposit to reimburse the club, with balance being due in June.

Contact: Robert Golightly at 540-535-9986 or robertgolightly@comcast.net

Ride the C&O Canal in a Day! 2009 Edition

Join your fellow club members for an attempt at riding the entire length of the C&O Canal towpath in a single day. Here are some details...

When: Saturday, 20 June 2009, dark: 30 A.M. (Started at 4:30 in 2008.) Lights required.

Where: Starting at Cumberland, MD, the western terminus of the towpath; ending in Georgetown, Washington, DC, the eastern terminus.

How: Get yourself to Cumberland with a lot of training under your belt. Preferred bike is a cyclocross machine, but any longer wheelbase bike with ~32mm wide tires will do.

Why: That's up to you to decide. This is an "epic" style ride, of about 187miles in length. It's an accomplishment unto itself, without alternate purpose.

Who: So far, there are about 8 participants, all fellow club members.

The ride will be supported by at least 2 vehicles and personnel (other club members). The SAG will include food and drink for the entire day's effort. Logistics of getting out of DC at the end of the day will be determined at a later date (like in late May/early June).

The effort should be considered serious and should only be attempted by those who are adequately fit for it. Proper preparation should include exploratory trips on the towpath, as well as at least one century ride in the time leading up to the 20th.

Any questions or to include your name in the early planning, please contact Ken Tenney at k_tenney@verizon.net or 540-722-9224. (For more info. about the C&O towpath, please see this URL: <http://www.bikewashington.org/canal/index.php> (it's really better than the NPS site for a cyclist)). Deadline for commitment to the ride is Monday, 01 June 2009.

Miscellaneous Notes

- **CD-ROMs.** Ken Tenney has revised the WW CD-ROM for 2009. Changes include updated in some URLs, updated instructions for www.gmap-pedometer.com, replacement of WV county maps with updated, digitized originals from 2008 (as opposed to scanned .tif files, made from paper copies), inclusion of mixed surface ride list for CX use, and a few other things. 2008 photos not included as none were sent in Jan/Feb and if they were to be included he'd like to see a balanced lot.
To save money and reduce redundancy, the 2009 version won't be automatically sent to everyone. If you would like one, please send a note to Ken Tenney at k_tenney@verizon.net. (2009 membership required) If you never rec'd a 2008 CD since becoming a WW member, please let Ken know, and he will send one to you.
- **Sunrise/sunset page.** <http://www.sunrisesunset.com/usa/Virginia.asp>
- **Club Jerseys.** There is a collection of extra jerseys available. They are \$55 each. They are available at Blue Ridge Bicycles.
- **Bicycling & the Law.** There a couple of copies of this book available through the club at \$20 each. Please contact a club officer if interested in buying one. RE: <http://www.bicyclelaw.com/>

Classified Ads

- I have the following items for sale. Feel free to contact Steve LaDrew at ladrew@shentel.net or by phone at 540-333-1262 if you're interested.
BICYCLE, MOUNTAIN: Raleigh Peak Technium, hardtail with Concept front shock, 17.5" seat tube c-c, 21.5" top tube c-c, 21 speed, Deore XT thumb shifters/F&R derailleurs, raised bars, wheels with XT hubs/Sun rims/DT Swiss spokes, new WTB NanoRaptor 2.1 tires, rat trap pedals, bottle cage, \$150.00
BICYCLE: Softride Windshear, medium, 650 Rolf Vector wheels with new Continental Grand Prix tires, 27 speed, shimano 105 STI shifters/brake levers & rear derailleur, sora front derailleur & brakes, adjustable stem, beam bag, bottle cage, no pedals, excellent condition, pics available. Would make a good entry level Tri bike \$400.00
BICYCLE: Softride PowerWing 700 TT/Tri bike, Ouzo Pro carbon fork, bullhorn bars with C2 aerobars, ultegra 8 speed bar end shifters, dia-comp brake levers, dura ace cranks (175's) & front derailleur, shimano 105 rear derailleur & brakes, still one of the most aero bikes available \$400.00
WHEELS: Pair A - Bontrager Race wheels 700c Rear is brand new, never ridden, front has maybe 100 miles on it. The stickers have been removed from the front wheel only. \$150.00
WHEELS: Pair B - Bontrager Race wheels 700c. This pair has about 1000 miles on it, still in excellent condition. \$100
BICYCLE RACK: Performance truck rack holds 3 bikes. Fits truck beds 53"-67" wide as is, could be cut down to fit smaller. New in box. \$50.00
- **AlleyCat tag-along bike for sale.** I have an older model AlleyCat tag-along bike for sale. I bought the bike in the summer of 2006 for \$60. The \$60 was a donation for someone's MS150 ride that year. I'm asking \$40 for the bike and the money will be used for the same purpose this year, in my name. The tag-along will come with a two kid saddles (original and aftermarket) and two enhanced (stronger) mounts for attachment to the pulling bike(s). If interested, contact Ken Tenney at k_tenney@verizon.net or 540-722-9224.
- **Wanted:** I need to step to the next level w/ my boys so... looking for good used bikes (I need two). Not being picky, mostly since I don't know what to ask for anyway - it's just that they have outgrown the great bikes we bought two years ago (those will be for sale once replaced) sizing? The boys are 5'5" and not stopping - if you have anything in your collections or know of someone who does - please contact me (Kim Edwards) at monkeyboys_2@comcast.net or 540-550-3393.



Future/Out of Area Rides



Sunday, April 12, 2009 - Harris-Roubaix - Harrisonburg, VA. The annual running of the Harris-Roubaix. Riding from Court Square Harrisonburg 12:00PM. This is a celebration of gravel road riding. Bring your road bike (25c tires suggested?), mountain bike, fix gear or tandem. All bikes are welcome. A casual ride from court Square for 8 miles to the North West section or the Valley. Here we will have a marked (and mapped) 12 mile loop for people to experience the great gravel roads of the valley. Of course there will be an informal crowning of the first person done with three laps (and of course obeyed all road rules). For more info, visit <http://www.svbcoalition.org/home.php>.

Saturday, April 25, 2009 - 8th Annual Pedal for Pooches - Charles Town, WV. A bike tour to benefit Briggs Animal Adoption Center. Pre-registration \$25.00, \$30.00 after April 17th. Choose a 16, 21, 30 or 35 mile ride. Tour day registration begins at 8:30 am, race at 10:00 am. T-shirt guaranteed to pre registered riders. Come take a tour of the doggies and kitties. Door prizes will be awarded before the ride. Family activities throughout the day. For more info <http://www.baacs.org/sections/view/100> e-mail info@baacs.org phone 304-724-6558.

Sat., May 16, 2009 - 4th Rich Rau Memorial Bike Tour & Pancake Breakfast, Berryville, VA. The Town of Berryville will be sponsoring the fourth annual Rich Rau Memorial Bike Tour & Pancake Breakfast on Saturday, May 16, 2009. Registration begins at the Duncan Memorial Methodist Church (210 East Main Street) at 7:30 a.m. with breakfast being served to cyclists, families and friends from 7:30am to 10:00am. We will again have three routes (15, 30 or 50 miles) to choose from in the beautiful countryside of Clarke County. Additional information and a link to online registration can be found on the Town's web site (www.berryvilleva.gov), or by calling 540-955-4081.

June 19-24, 2009 - Bike VA - 22nd Annual Tour - The Journey Through Hallowed Ground.
www.bikevirginia.org.

July 31- Aug 1, 2009 - Skyline Drive out-and-back Josh Lewis is planning a massive undertaking - 210 miles, 20,000 feet of climbing. For a detailed ride description please contact at joshwflewis@netscape.net



Winchester Wheelmen April 2009 Ride Schedule

Weekday/Weeknight Rides



Up to date posting- Remember to check Google listserv. <http://groups.google.com/group/wheelmen> for any last minute changes to rides. You can read all of the postings without joining the group. (Sunset times: April 1st: 7:35PM, April 5th: 7:39pm, April 10th: 7:44pm, April 15th: 7:49pm, April 20th: 7:54pm, April 25th: 7:59pm, April 30th: 8:04pm)

Monday White Post Loop, starting at White Post Restorations- No ride leader. Meet at White Post Restorations at **6:00PM** for an 18 mile loop. Here's a URL for the map for where White Post Restorations is located, for anyone who might not know: <http://www.whitepost.com/about.html> Here's the URL for loop map: <http://www.winchesterwheelmen.org/Maps/White%20Post-Rockland.pdf>

Monday Night MTB Ride. Join us for a night mountain bike around the trails at Hawk. Meet at Tina Genay's house at 6pm every Monday in March. E-mail Tina at activeinwinchester@yahoo.com for directions to her house. The trails are very ride able and great for first timers as well as experienced riders. Lights are required to start the month; check with the ride leader for the 9th and later. *FYI - Be prepared to bike with two dogs.*

Tuesdays. Meet at Food Lion Plaza east of Stephens City on VA 277. The rides will start from the east side of the plaza. The route and duration determined by those present, though usually about 34 miles. For the start of April, due to lack of sunlight, there are shorter distances available. The ride start time is **6:00PM**. There is no ride leader.

Wednesdays. All-comers road ride, starting at Orchard View Elementary School. Ride pace will be determined by those present. There is no ride leader. Ride start time is **6:00PM**. Orchard View Elementary School is located on Middle Road (SR 628), about 3.75 miles from the traffic light at Middle Road and Valley Ave (US 11).

Thursdays, The Retired/Day Off Ride - Scheduled to depart at **10:00am** from Daily Grind on Jubal Early Drive. This road ride is 20 to 30 miles depending on the weather and the group present. No rides if snowing, raining, and sleeting.

Thursdays - Pace line Ride, Meet behind the Quarles gas station/convenience store at the intersection of Kimble Rd (SR 653) and VA 7 in Clarke County. The loop is 27 miles. Ride starts at **6:00PM**. If enough show, there is a "faster" and "slower" group. There is no ride leader. Park anywhere behind the store in the grass, leaving the gravel driveway clear in case the truck needs to get to the septic tank. Parking straight in towards the trees will allow plenty of parking slots. Please do not park in the paved parking area since that is used by customers.



Winchester Wheelmen April 2009 Ride Schedule

Weekend Rides



For the month of April, the Saturday morning B Road Ride will alternate between Daily Grind on Senseny Road and Daily Grind on Jubal Early Drive.

April 4th & 18th - Saturday B Road Ride. Meet at Daily Grind at Senseny Road, east of Winchester. Meet at 7:30A.M. for coffee and leave at **8:00A.M. sharp**. This is a no-drop ride and there will be some regrouping if needed. We may ride in a pace line at times. Routes will vary somewhat according to what the group wants. Please e-mail suggestions to Steve Breedon at ['](mailto:drsbreeden@gmail.com)

April 11th & 25th - Saturday B Road Ride. Meet at Daily Grind at Jubal Early Drive, in Winchester. Meet at 7:30A.M. for coffee and leave at **8:00A.M. sharp**. This is a no-drop ride and there will be some regrouping if needed. We may ride in a pace line at times. Routes will vary somewhat according to what the group wants. Please e-mail suggestions to Steve Breedon at drsbreeden@gmail.com.

Sunday, April 19th. Assault on Reddish Knob - Harrisonburg, VA. This road ride will depart from downtown Harrisonburg to the top of Reddish Knob, then return. Round trip distance will be about 55 miles. Top of the mountain is a beautiful 360 degree forested vista. Depart Winchester at 7:30am for the trip south. The ride includes a sustained climb of ~11.7miles from the intersection of VA 257 and SR 731 to the top of Reddish Knob. (Map of loop: <http://www.gmap-pedometer.com/?r=2677301> --- click the "terrain" button for fun stuff!) This is intended to be training for Mountains of Misery in May, but you don't have to be scheduled for that ride to do this one. Ken Tenney is leading the ride and may be contacted at k_tenney@verizon.net or 540-722-9224.

Note: Impromptu rides are set up when no one has volunteered to lead a ride. Where they go and how far they go is determined by the cyclists who show up to ride. They are planned for those who can't always make a commitment to a day or time. If you would like to see an impromptu set up at a different location or time, let your newsletter editor know (monkeyboys_2@comcast.net). Better yet, volunteer as a ride leader. Rides can be short or long, morning or afternoon.

GENERAL CLUB RIDE NOTES

Approved helmets are required for all rides. If you are not a club member, you must sign a waiver prior to the ride. For all scheduled rides with a designated ride leader, please contact the leader for details (confirmation that the ride is a 'go', weather concerns, other). For rides without a leader, visit the Winchester Wheelmen Google listserv for the latest information. The direct link to that web page is:

<http://groups.google.com/group/wheelmen> you can read all of the postings without joining the list.

Winchester Wheelmen
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