

# Winchester Wheelmen April 2010 Newsletter

Volume 27, 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 Los Teltecos for the monthly meeting on **Monday, April 12<sup>th</sup>, 2010**. The business portion will begin at **7:00pm** (optional dinner at 6). The address for the restaurant is 1046 Millwood Pike, Winchester, VA 22602.

## Club Meetings

Our March club meeting was held at Los Teltecos in Winchester. The following are the highlights of the mtg.:

- Treasury Report  
Checking \$1,971.04  
Savings \$4,468.22  
Race team account was established February 9, 2010 with an opening balance of \$8,635.55.
- MS 150 - Charlottesville, VA, June 13 & 14  
A team has been established, with Kim Edwards and Richard Hartman as co-captains. Richard offered tickets for free registration to anyone who had not previously ridden the MS 150. There are a few of these tickets left for those interested in becoming part of the Winchester Wheelmen team.
- Boy Scout Jamboree - May 2010  
The Boy Scouts are requesting the assistance of the Winchester Wheelmen to provide information on bicycle safety and local rides. Discussion has been tabled until next month's meeting.
- Constitution and Bylaws  
The executive committee met and revised the club constitution and bylaws. A vote on the changes will occur at the April club meeting. A copy of the revised constitution and bylaws are available for viewing in the March newsletter.
- Club Rides  
Wheelmen are asked to lead rides. Weekend ride leaders are especially needed. If interested in leading a ride, please send to Charmaine Shaw to be listed in the newsletter, or place on the Google Group.
- Metropolitan Planning Organization  
Club member John Crandell is acting as a cycling advocate in the Winchester community. The goal is to adopt a comprehensive bike plan to accommodate bicycles. There was suggestion to invite Beverly Sherwood to attend a Wheelmen meeting to discuss the blocking of the 3 ft. bike clearance. The second phase of the Green Circle is nearly complete; the remaining plan is conceptualized. The Virginia Bike Coordinator position is vacant, if there is anyone interested in filling this role.
- Big Brothers/Big Sisters  
The Winchester Wheelmen have been approached to form a bowling team as a means to support the Big Brothers/Big Sisters of Winchester. Rather than form a team, a motion to donate \$100 was raised, seconded, and approved by those present.

## Park Day, 2010

This event will not cost you any money, but it can be rewarding. Help us clean up and repair the 3rd Winchester Battlefield on **April 10th**. We will be working on several projects this year with the biggest one being the first clearing of the newest addition to the Battlefield property. All we need is a good set of hands from you and a little work, **9:00am to 1:00pm**. You should wear boots or good walking shoes (boots the best choice), bring a pair of gloves, some loppers if you have them, or a good rake. We could also use some crowbars and hammers suitable for pulling nails out of some tin roofing.

We will be meeting at the Red Bud Parking lot on Red Bud road just east of Rt 11 at Rutherford Crossing (new shopping center on the north side of town). What we really need now is your commitment. So far we only have 4 volunteers and we could use 20. Please let Mike Perry know if you can help. Contact him at 540 877-1795 or [mperry@visuallink.com](mailto:mperry@visuallink.com). The Civil War Trust has given us a great place to ride. Let's give back by helping keep the trails and land clean and safe.

**2010 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](mailto:info@winchesterwheelmen.org).

**MS 150 Tour de Vine:** June 12-13 in Charlottesville, VA. By joining 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, 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.

[http://main.nationalmssociety.org/site/TR/Bike/VABBikeEvents?team\\_id=186893&pg=team&fr\\_id=13118](http://main.nationalmssociety.org/site/TR/Bike/VABBikeEvents?team_id=186893&pg=team&fr_id=13118) (hold Control and click)

**National Capital Tour de Cure:** June 20, Reston Town Center, Reston, VA. Join the Winchester Wheelmen team for a great day ride for a great cause. Please join us or help us with our cause with your donation.

[Click here to view the team page for Winchester Wheelmen](#)

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

[http://main.diabetes.org/site/TR/TourdeCure/TDC106528030?team\\_id=448270&pg=team&fr\\_id=6857&et=tt7q8aBX-w1qfH0bffhZaw.&s\\_tafId=292463](http://main.diabetes.org/site/TR/TourdeCure/TDC106528030?team_id=448270&pg=team&fr_id=6857&et=tt7q8aBX-w1qfH0bffhZaw.&s_tafId=292463)

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### **Individuality in the Response to Aerobic Training**

Phil Gaimon is a 24 year old professional cyclist with the Kenda pro cycling team; last year he was with Jelly-Belly. He writes an on-going series of short articles for Bicycling magazine. Interestingly though, he only started cycling about 5 or 6 years ago when he got tired of hanging around playing computer games. At that time, he had no idea of his potential. Either did anyone else. You may ask why it is that so many cyclists on local cycling teams all over the country train and race hard but never progress beyond the amateur level when this guy goes pro in a few years. The short, probable answer is genetics. But what does that mean? Does it mean that these guys start out with bigger, stronger hearts, more lung capacity, and greater blood volume? I am not a geneticist, so I did a little research and uncovered some interesting data. It may be that when sedentary, there is very little aerobic difference between someone with tremendous aerobic potential and the rest of us. However, the capacity for responding to aerobic training may be vastly different. A study published in the Journal of Biology in 2005, **Modulation of extracellular matrix genes reflects the magnitude of physiological adaptation to aerobic exercise training in humans** showed that individuals subjected to a standardized cycling regimen over a period of time got vastly different results from the training. There was as much as a fourfold increase in aerobic improvement (from baseline) for some when compared to others in the

group. Interestingly though, these “high-responders” tested exactly the same as the “low-responder” group in things like VO2 max, resting heart rate, age, respiratory exchange ratio, and blood pressure just prior to the training regimen. It was their hyper-response to the training that led to much better post-exercise aerobic capacity. Basically, some genetic types are super-responders to training compared to the rest of us.

To me, this means that there are probably potential pros (like Phil) scattered around the country, that never realize their genetic gift because they never get interested in cycling. They may never ride except to the store and back where they may get passed by a local group out on a fast club ride.

- Dave Albecker

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## Girl Scout Expo Saturday, March 13th 2010

Charmaine Shaw, Kim Norton, and Cindy Quinnelly represented the Winchester Wheelmen for the Girl Scout Expo this year. We held two 90 minute workshops for the brownies and junior girl scouts on bicycling topics that included: the physical and mental benefits of cycling, rules of the road, identification of parts of a bike, safety issues, general bike maintenance. Objectives for the girls at the end of each work shop included:

- 1) Demonstrate the basic hand signals,
- 2) How to adjust the height of your seat for a proper fit
- 3) Inflate a tire
- 4) Determine the proper fit of a helmet
- 5) Name at least two hazards of the road you should avoid
- 6) Identify two things you should do as part of a safety checklist before you ride

Teaching methods included short lecture, class participation, hand outs, interactive learning with bicycles and helmets provided by the club members. Each girl had a chance to adjust/sized a bike and helmet for themselves, inflate a tire and demonstrate hand signals, Craft projects were a fun and creative part of the workshop. We also had a sign-up sheet for any girls interested in a group ride



lead by the club members this summer and had about 10-12 girls interested. We had a fun time; we were pleasantly surprised by the enthusiasm and great questions by the youngest of the scouts! It would have been ideal to have dry weather and a

chance to have the girls ride outside with a small course on the parking area..... Hopefully, after a chance for a group ride, it will lead to a percentage of the girls earning a badge for a new sport of interest.

Submitted by Cindy Quinnelly



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## Future/Out of Area Rides

**Sunday, April 11, 2010 - Harris-Roubaix - Harrisonburg, VA.** Riding from Court Square Harrisonburg 12:00PM. For more info, visit [www.svbcoalition.org/events/harris-roubaix/](http://www.svbcoalition.org/events/harris-roubaix/)

**Saturday, April 17, 2010 (rain date the 18th) - Panhandle Pedalers Cycling Club Track Day!, Summit Pt., WV** <http://panhandlepedalers.com/TrackDay/> Want to ride the track on which local race car drivers hit 200 mph? Here's your one and only chance to do so without a car in sight. The Panhandle Pedalers Cycling Club (PPCC) has teamed up with Summit Point Motorsports Park ... to present the first-ever Track Day, where anyone in the community is welcome to bring their bike and ride on the Jefferson Circuit, one of three race tracks in the sprawling facility.

The event will be held Saturday, April 17 (rain date Sun 4/18) from 8 am to 6 pm and is free to the public... Local bike shops will provide on-site mechanics, demonstrations... enjoy a vintage bike show where vintage through modern bikes will be on display.

The Jefferson Circuit is a seven-turn 1.12 mi road course. Mountain bikers are also welcome to explore the off-road trails. For those interested in a different challenge, two extra-curricular, scenic rides that begin and end at the park entrance are being tentatively scheduled for 1 pm and 3 pm.

**Saturday, April 24, 2010 - 9<sup>th</sup> Annual Pedal for Pooches - Charles Town, WV.** A bike tour to benefit Briggs Animal Adoption Center. Pre-registration \$25.00, \$30.00 after April 16th. Choose a 9, 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](mailto:info@baacs.org) phone 304-724-6558.

**May 19, 2010 - Ride of Silence, Winchester, VA** [www.rideofsilence.org](http://www.rideofsilence.org)

**Sat., May 22, 2010 - 5<sup>th</sup> Rich Rau Memorial Bike Tour & Pancake Breakfast, Berryville, VA.** The Town of Berryville will be sponsoring the fifth annual Rich Rau Memorial Bike Tour & Pancake Breakfast on Saturday, May 22, 2010. 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 (<https://www.signmeup.com/67684>), or by calling 540-955-1099.

**May 30, 2010 - Mountains of Misery, Newport, VA** [www.cyclingdoubleheader.com/mountains-of-misery](http://www.cyclingdoubleheader.com/mountains-of-misery)

**June 5, 2010 - Boys and Girls Club Ride, Winchester, VA** [www.svhride.org](http://www.svhride.org)

**June 12-13, 2010 - MS150, Charlottesville, VA** <http://bikevab.nationalmssociety.org/>

**June 25-30, 2010 - Bike VA - 23rd Annual Tour - SHENANDOAH EXPEDITION TOUR.** [www.bikevirginia.org](http://www.bikevirginia.org).



## Winchester Wheelmen April 2010 Ride Schedule

Weekday/Weeknight Rides



**Up to date posting-** Remember to check Google Group <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: 8:03pm*)

**Mondays - Apple Pie Ridge Road Ride - just NW of Winchester, VA.** Meet at Apple Pie Ridge Elementary School at **6:00PM** for a 20-25mile road ride. Pace determined by those present, no one is dropped and there is the option of two differently paced rides if needed. Ride leaders are Robert Golightly 540-535-9986 and Charmaine Shaw 540-550-1177. (No ride on the 12<sup>th</sup> - club meeting day.)

**Tuesday - Retired/Day off Ride - location varies (see below)**

All rides are in the 25-35 mile range over rolling countryside with easy pace and stops to allow everyone to catch up. All rides begin and end at a restaurant or country store for those who wish to have lunch after. There are no ride leaders; just advisors. All of the Tuesday editions of the Retired/Day Off rides will start at **10:00AM**. For

**Tuesday, April 6th:** BURWELL-MORGAN MILL, Millwood, VA (Park at Mill)

**Tuesday, April 13th:** THE ITALIAN TOUCH, Middletown, VA (park around side)

**Tuesday, April 20th:** DAILY GRIND, Jubal Early Drive, Winchester, VA

**Tuesday, April 27th:** VALLEY BAPTIST CHURCH, Edinburg, VA

**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 - Orchard View Elementary School, Frederick, County, VA.** Meet at Orchard View Elementary and be ready to ride as close to **6:00PM** as possible. Pace determined by those present with staggered start times to accommodate different paces and abilities. There are several stops for riders to regroup and recover. No one is dropped.

**THE ROUTE:** This 16.5mile route begins and ends on Middle road and consists of gentle climbs, rolling flats, and flats (typical Va terrain). It is a visually enjoyable ride that takes riders through some of Frederick Counties' farmlands. Cornfields, apple orchards, and emus *oh my...* Joint ride leaders Richard Hartman [rhartman1215@yahoo.com](mailto:rhartman1215@yahoo.com), Robert Golightly [robertgolightly@comcast.com](mailto:robertgolightly@comcast.com) and DJ Arnold [ti22c6@yahoo.com](mailto:ti22c6@yahoo.com)

**THURSDAY APRIL 22 ROOKIE RIDE - MARKER MILLER FARM MARKET**

Meet at Marker Miller Farm Market on Cedar Creek Grade at **6:00PM** for our first Rookie Ride of the year. The start location is on the left about one mile past Opequon. This is a "no pain" ride for new cyclists, out of shape cyclists, or someone just looking for an easy paced ride of 10-12miles. The terrain is rolling on Cedar Creek Grade, but we will not be in any hurry and the ride leader stays with the last riders. Ride leader is Mike Perry 877-1795 [mperry@visuallink.com](mailto:mperry@visuallink.com)

**Thursday "No Mercy" Paceline Road Ride - Clarke County, VA.** Meet at Quarles gas station at junction of Kimble Road and VA route 7. Ride starts at **6:00PM**. The loop is 27miles. This is often a training ride for many, so if you're dropped, *make sure you know the route!* 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. <http://www.gmap-pedometer.com/?r=1824561>

**FRIDAY THANK GOODNESS IT'S FRIDAY RIDE (Rotating location/Rotating ride leaders)**

These rides are "in the works" so to speak. The idea is to start at a different location weekly with relaxing pace and possible dinner after. Locations could include Skyline Drive, routes leaving from Middletown or Strasburg, or wherever our wandering souls decide. For now please watch WW Google Group for them to be posted as impromptu or contact me at [charmainshaw54@gmail.com](mailto:charmainshaw54@gmail.com) and I will let you know if a location and start time had been decided upon...or if you have a ride in mind; share it with us!



# Winchester Wheelmen April 2010 Ride Schedule



## Weekend Rides

**Sunday April 18<sup>th</sup> - White Post Restorations - White Post, VA.** Meet at White Post Restorations and join Kim Norton on a 30-35mile ride through the farmlands of Clarke Co. There will be two opportunities for a break at Burwell Morgan Mill to recover or refill water. Ride start time is **10:30AM**. Contact Kim at [ksnorton@hotmail.com](mailto:ksnorton@hotmail.com) with any questions.

**Saturday, April 24<sup>th</sup> - Assault on Reddish Knob, Part II - Harrisonburg, VA.** This is a repeat of a great ride done one year ago. This road ride will depart from downtown Harrisonburg, to the top of Reddish Knob and then return. Round trip distance will be about 55 miles. Top of the mountain is beautiful 360 degree forested vista. This is a moderately difficult to difficult climb, depending on your fitness and climbing ability. Ken Tenney is leading the ride and may be contacted at [k\\_tenney@verizon.net](mailto:k_tenney@verizon.net) or 540-722-9224. Plan to start the ride at **1:30PM sharp** from the Shenandoah Bicycling Company, 135 S Main St, Harrisonburg, Va. Here's a google map link of the location, complete with photo: <http://tinyurl.com/cm2e4n>. (Note that there are no bathroom facilities in immediate area: please plan accordingly).

**Sunday, April 25<sup>th</sup> - Looking for Apple Blossoms - Winchester, VA.** Meet at Apple Pie Ridge Elementary School at **10:00AM** for a 25-30mile ride. The terrain is rolling with a couple of "good hills". Ride leader is Mike Perry 877-1795 [mperry@visuallink.com](mailto:mperry@visuallink.com)

### 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.

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