

# Winchester Wheelmen August 2011 Newsletter

Volume 28, Number 8

"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

<http://www.winchesterwheelmen.org>

## August Club Meeting

The next meeting will be held on **Monday, August 8<sup>th</sup>, 2011**, at Los Teltecoc (Mexican restaurant in front of Delco Plaza). Dinner will be at 6:00pm with the business meeting to follow at 7:00pm, we will be in the room, past the bar, down the hall on the right.

## July Club Meeting

There was not a monthly meeting for July.

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## Old Business

### New Jerseys

Several extra jerseys will be purchased to have available for any new members that join the club. The costs should be no more than \$54 for the short sleeve jerseys. Potentially, an order may be placed later in the summer for long-sleeve club jerseys.

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## New Business

### Treasury Report (as of June)

Checking           \$2,746.04

Savings            \$4,483.50

WWRT account \$9,419.29 (Money is owed to several Wheelmen whose prepaid orders were not filled)

### 2011 Membership Renewal

Membership fees 2011, \$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).

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## **Biker Gangs and Testosterone**

After those dangerous days of evading kudzu in South Carolina, we thought the Outer Banks would be a quiet and safe refuge. Wow, were we wrong! Who would have thought we would come across biker gangs in small, sleepy villages along our eastern shore.

It happened on a warm evening as we were walking along the old historic streets of Manteo. It was dark now, and the air was muggy, so we were not in a hurry, until we saw them on a dimly lit corner. They could make your mind flash back to days of youth, or throw you into a spiral of dreams of times gone by. The locals probably call them the Kaleidoscope Gang, a group of local teenagers with their bikes standing on kickstands (that's right, kickstands) waiting for their next quest. And to make it even more suspicious, they were all girls, slender and tan, and looking for trouble for sure. There was the leader, a cute blonde whose bicycle looked like a dreamsicle from her fenders to her saddle. And there was her sidekick, riding a bike that could have been spun from a web of cotton candy from this year's Apple Blossom. Or, how about the other blonde with a bike that looked like it had been painted with the soft petals of a sunflower. And standing quietly in the shadows was the brunette standing by her sweet baby blue cruiser ready to roll at a moment's notice. We knew it was time to get out of town. (Continued next page)

The next day found me rolling out my bike for an early morning ride on the beach road. Now, this should be a pretty simple thing. Figure out which way the wind is blowing and ride into it as long as you can; and then turn, putting the wind at your back and fly home. Did I mention testosterone? One mile into my ride I pass a guy on his road bike. I was pushing into the wind at 16mph and upped it a little to get by him quicker so I could get back to my riding position on the road. I am rolling at 18mph at the moment and notice that the guy I just passed is starting to gain on me. Now I don't know whose testosterone kicked in first, but I wanted to keep the gap I had opened, so I pushed my speed up to 20mph. He was not gaining now, nor was he falling back. "OMG, how long am I going to have to hold this speed now?" Finally after two miles I see the gap starting to open, slowly at first, and then he disappears. Gosh, I hope he didn't collapse into the drainage ditch and disappear under the green murky looking moss laying there like a swamp.

By the time I reached my turn around point, I was a little more tired than I planned and so welcomed the tailwind as I cranked up to a much easier 20mph. Damn that testosterone! I am enjoying my ride when flashing by me is another road biker wearing yellow of course. The game now works in reverse. I am up to 23mph and holding the gap he made, and then the gap starts to open even more. I am up to 26mph and the gap is holding. I begin to look at the murky moss along the road and wonder if that is my destiny. But, youth prevails, and it was not my youth! I slowed a little and in a heartbeat he was gone, and I was out of testosterone.

It happened again the next day. All I could think was why did I bring my old touring bike. I should have brought that new Madone sitting in the bike shop begging for a rider. I am buying and donating to the town of Nags Head new street signs to be posted on the beach road from milepost 14 to milepost 21, "Testosterone Alley", and I ain't getting on that road again unless I have a rocket attached secretly to my bike.

-Mike Perry

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## High Gear or High Cadence: The Physiology

While watching Tony Martin scorch the 42km time trial to win stage 20 of the Tour de France, I noticed that his cadence was only about 50 - 60 rpm on the (relatively) short uphill segments of the course. Although he won the stage, I wondered how much faster he would be if he lowered the gear some and turned the cranks faster; after all, that is what Fabian Cancellara does. Cancellara didn't win this one, but that's a rare occurrence. There is some physiology to back the higher cadence approach: [Andy Pruitt](#) mentions in his article that Lance chose a higher cadence because pushing a higher, harder gear slowly causes a large muscular load on the quads. This tends to cause muscle fatigue. Shifting this work load to the heart and away from the quads, by increasing the cadence and lowering the gear, is more sustainable. This holds true for the [big climbs](#) as well where higher power outputs are associated with higher pedaling cadences.

-Dave Albecker

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## CD-ROMs

As in past years, to save money and reduce redundancy, the 2011 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](mailto:k_tenney@verizon.net) (2011 membership required). If you never rec'd a 2010 CD since becoming a 2010 WW member, please let Ken know, and he will send one to you.

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## Future or Out of Area Rides or Events



- Sat., July 30th - Our Community Place Shenandoah Bike Festival, Harrisonburg, VA <http://www.ourcommunityplace.org/events/> <http://www.svbcoalition.org/events/shenandoah-valley-bicycle-festival/>
- Sat., August 6th - Mt. Mama, Monterey, VA <http://bikemountainmama.homestead.com/>
- Sat., August 13th - CCVC Century, Boonsboro, MD [http://www.bikecvcc.com/cvcc\\_century.html](http://www.bikecvcc.com/cvcc_century.html)
- Thurs., September 8th- Sun., Sept. 11th - Great Peanut Tour, Emporia, VA. [www.greatpeanuttour.com](http://www.greatpeanuttour.com)
- Sat., September 10th - The Civil War Century, Thurmont, MD. <http://www.civilwarcentury.com/>
- Sun., September 11th - Shenandoah Valley Century <http://www.svbcoalition.org/events/century/>
- Sun., September 18th - PPTC Century <http://www.backroadscapital.org/>
- Sat. October 1st - Beach Century Bike Tour, Virginia Beach, VA. [www.beachcenturytour.com](http://www.beachcenturytour.com)
- Sat., October 11th - Seagull Century, Salisbury, MD <http://www.seagullcentury.org/>



## Winchester Wheelmen August 2011 Ride Schedule



Weekly Riding or Events

(Sunset times: Aug. 5<sup>th</sup>: 8:22 P.M., Aug. 10<sup>th</sup>: 8:16 P.M., Aug. 15<sup>th</sup>: 8:10 P.M., Aug. 20<sup>th</sup>: 8:03 P.M.,  
Aug. 25<sup>th</sup>: 7:56 P.M., Aug. 30<sup>th</sup>: 7:48 P.M.)

**Up to date posting.** Remember to check WW 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.

### MONDAY NIGHT ROAD RIDE

**Monday, August 1st, 15th, 22nd and 29th - Apple Pie Ridge Elementary School - Frederick County.** Meet at Apple Pie Ridge Elementary School at **6:30P.M.** 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 Susan Walker. (Robert's ride will typically be 15-18mph; Susan's ride will be ~12mph.)

### TUESDAY WEEKNIGHT RIDE

**Food Lion Plaza Road Ride.** Meet at Food Lion Plaza east of Stephens City on VA 277. The rides will start from the east side of the plaza. The ride will have definitive faster and slower groups. The faster group will start at **6:00P.M.** The self-designated slower group will start at **6:02P.M.** We have 3 rotating ride leaders for the slower group ("B" group). This loop will be ridden at an average speed of 15-18mph, with some flexibility. Any riders wishing to fall off the A group can wait for the B group. There will be regrouping in the B group at stop signs. **(White front light and red rear flashing light are required for the B group.)** There is no ride leader for the A group. Loop map: <http://www.gmap-edometer.com/?r=1795080> or <http://ridewithgps.com/routes/102730>.

### NEW RIDE!

**Tuesday, August 2nd & August 16th - Family ride on the Sherando Bike Trail and quiet subdivision streets;** this is an easy paced ride with stops to regroup; no one left behind; 10-12 miles; meet at the Rotary Shelter in Sherando Park (across from the pool), park in the lower part of the parking lot. Start time is **6:00P.M.** Mike at [mperry@visuallink.com](mailto:mperry@visuallink.com) or 877-1795.

## WEDNESDAY NIGHT ROAD RIDE

Wednesdays - Orchard View Elementary School - Frederick, County, VA. Meet at Orchard View Elementary and be ready to ride as close to 6:00P.M. as possible. Pace is determined by those present. DJ Arnold is the ride leader.

## THURSDAY RETIRED/DAY OFF RIDES

All rides are in the 20-30 mile range. Lunch at the finish for anyone who wants to unwind with the group, or just happens to be hungry. Ride does not go if it is raining. No ride leaders, just advisers!

- August 4th 9A.M. Meet at Valley Baptist Church in Edinburg. 408 Stone Creek Rd, Edinburg, VA 228
- August 11th 9A.M. Meet at the Italian Touch in Middletown (park in back).
- August 18th 9A.M. Meet at Daily Grind on Jubal Early Drive in Winchester.
- August 25th 9A.M. Meet at Christ Episcopal Church, 809 Bishop Meade Rd (VA255) across from Project Hope.

## THURSDAY NIGHT RIDE

Thursdays at White Post - Night Road Ride - White Post, VA. This ride is a "go" unless there is rain. Ride starts from White Post Restorations. Ride departs promptly at 6:30P.M. Average speed is 15-17mph. Buck Hefner is leading.

## THURSDAY "NO MERCY" PACELINE

Meet at Quarles 7-11 gas station at junction of Kimble Road and VA Route 7. Ride starts at 6:00P.M. 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> or <http://ridewithgps.com/routes/101710>



# Winchester Wheelmen August 2011 Ride Schedule



Weekend Riding or Events

**Tuesday, August 2<sup>nd</sup>**, Family ride on the Sherando Bike Trail and quiet subdivision streets; this is an easy paced ride with stops to regroup; no one left behind; 10-12 miles; meet at the Rotary Shelter in Sherando Park (across from the pool), park in the lower part of the parking lot. Mike at [mperry@visuallink.com](mailto:mperry@visuallink.com) or 877-1795.

**Sunday, August 7<sup>th</sup>**, "To Arden and Back" Meet at Apple Pie Ridge Elementary School at 9:00am for a 40-45 mile ride; rest stop in Gerrardstown before climbing "Buck Mountain" and White Hall store on the return. Easy to moderate pace with one big climb. Mike at [mperry@visuallink.com](mailto:mperry@visuallink.com) or 877-1795.

**Saturday, August 13<sup>th</sup>**, "Bear Bottom Time Trial" Shenandoah River State Park - Meet at Horse barn parking area map link [http://www.dcr.virginia.gov/state\\_parks/documents/shenandoahriver.pdf](http://www.dcr.virginia.gov/state_parks/documents/shenandoahriver.pdf). 9:00am start, pre ride promptly at 8:00am (optional). Cross or Mountain ride, the tricky descent (Shale Barren) will be eliminated, this will add more double track and reduce time on the gravel road finish. Course starts with a nice climb (don't blow up). David has a couple loaner bikes (med) if anyone wants to try on a mtn bike. Perfect chance to work on cross skills while trying to beat the clock. This ride certainly can be taken seriously for practice but the main goal is to have fun. We can go for a ride afterwards. Contact [daveinluray@gmail.com](mailto:daveinluray@gmail.com) for more info.

**Sunday, August 14<sup>th</sup>**, "Ride w/ the Carrico's" Meet at 109 Tyler Court, Stephens City. The distance will be in the 30 to 80 mile range with the pace and distance determined by those present. Start time 8:30am. Contact Shawn or Nancy at 540-986-0922 or [wscarrico@gmail.com](mailto:wscarrico@gmail.com)

**Tuesday, August 16<sup>th</sup>**, Family ride on the Sherando Bike Trail and quiet subdivision streets; this is an easy paced ride with stops to regroup; no one left behind; 10-12 miles; meet at the Rotary Shelter in Sherando Park (across from the pool), park in the lower part of the parking lot. Mike at [mperry@visuallink.com](mailto:mperry@visuallink.com) or 877-1795.

**Sunday, August 21<sup>st</sup>**, "Woodstock for Lunch" Meet at Lord Fairfax Community College at 9:00am; this ride will take us to Woodstock for lunch at the Café Bistro; the route will be slightly different from the July 10<sup>th</sup> ride, but the same basic format, i.e. beautiful countryside; moderate pace, a little hilly, and a great lunch spot. Mike at [mperry@visuallink.com](mailto:mperry@visuallink.com) or 877-1795.

**Sunday, August 28<sup>th</sup>**, "Ride w/ the Carrico's" Meet at 109 Tyler Court, Stephens City. The distance will be in the 30 to 80 mile range with the pace and distance determined by those present. Start time 8:30am. Contact Shawn or Nancy at 540-986-0922 or [wscarrico@gmail.com](mailto:wscarrico@gmail.com)

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### **GENERAL CLUB RIDE NOTES**

Approved helmets are required for all rides. 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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