

Winchester Wheelmen August 2010 Newsletter

Volume 27, Number 8

"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

<http://www.winchesterwheelmen.org>

August Club Meeting

We will be at Los Teltecos for the monthly meeting on **Monday, August 9th, 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 April club meeting was held at Los Teltecos in Winchester. The following are the highlights of the mtg.:

- Treasury Report
Checking \$2,616.36
Savings \$4,472.31
Race Team Account \$4,352.80
- Apple Harvest Cross Race - October 3, 2010
The Apple Harvest Cross Race is designated as a MABRA event. MABRA guidelines are to be discussed among the WWRT in preparation for the race. The race team committee has secured Dangerously Delicious Pies to be a food vendor. The race team committee reports Hammer Gel to be a sponsor.
- Bikes and BBQ
Thanks to Steve LaDrew for hosting his Bikes and BBQ ride on July 3.
- Bicycle Signage
Share the Road bicycle signage discussion has been tabled until more information is obtained.

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.

2010 Boys and Girls Ride Update

The 3rd addition of the Shenandoah Valley Heritage Ride was a success. This year's ride set a new record with 243 participants. And, what is really cool about that number is the fact that 53 of them were members of the Winchester Wheelmen. In fact, we even had five former club members who had not renewed their membership. This would have given us 58 as compared to last year's 55.

The ride was not as successful on the financial side of things with total funds raised falling a little short of last year's total income. This is the result of a very poor economy and sponsorships being stopped or reduced. It is hoped that next year's ride will be a recovery ride for the financials and another record for the number of participants.

As many of you may already know, seven kids from the Boys and Girls Club were given new Trek mountain bikes to train on and eventually ride in the event with the goal of completing the 30 mile route. For any of those seven kids who rode this and completed the 30 mile ride, the bikes became theirs to keep. It was very rewarding to see all seven of them standing by their new bikes at the Wellness Center after they finished the ride. By the way, they were all wearing new Trek helmets donated by the Winchester Wheelmen—that's you folks.

Many thanks.

-Mike Perry

The Biological Passport and the Professional Cyclist

The [biological passport](#) is a record of blood and biological values, for a professional cyclist, from multiple samples over time. It reveals any sudden spikes, or physiological irregularities that cannot be easily explained. It also compares in-competition blood values against physiological patterns that are known to occur during competition. For instance, hematocrit, which is the percentage of blood made up of red cells, should decrease after only a few days of a tough event like the Tour de France for two reasons: 1) [plasma volume expansion](#), which is an adaptive reaction where the thin, watery (plasma) part of blood increases in volume after only a few days of hard exercise (red cell numbers cannot increase as rapidly so the blood gets thinner). And 2) [exercise induced hemolysis](#), which is an accelerated rate of red cell death during extreme aerobic events. This occurs in cyclists, runners, and swimmers, but the mechanism is not fully understood. As a result of these two things, the hematocrit for any cyclist in the tour should fall during the event. Further, immature red cell (reticulocyte) [production](#) in bone marrow should increase in response to low red cell numbers caused by hemolysis or bleeding. This is the normal physiological response to a low hematocrit and restores normal oxygen carrying capacity. Conversely, reticulocyte production should slow down when hematocrit normalizes, or is high. If the UCI testers find, for a cyclist in the tour, a hematocrit that stays stable or increases, along with an abnormally low reticulocyte population, they can be pretty sure that manipulation has occurred - probably an autologous blood transfusion. These are difficult cases for testing agencies because the blood transfused was drawn from that same cyclist earlier in the year, frozen, and re-infused during the tour. There will be no alien cell population or synthetic EPO in the blood to make the infraction obvious; so unless the offender is caught in the act, it may go undetected. The biological passport is not perfect, but it can highlight suspicious cyclists and teams for more intense scrutiny. This coupled with testing for banned substances, and unannounced team searches, provide the best guarantee in history of a clean tour.

-Dave Albecker

Charlottesville Tackles Biking

(Following taken from Bike Walk Virginia Newsletter)

July, 2010

There is a lot of energy in Charlottesville these days. Citizens and organizations alike are working on making their community a safer, more enjoyable place to bike.

A new group, Bike Charlottesville, was formed bringing together a variety of groups with like-minded interest. The group convened a regional Bike Summit in May. Residents and shareholders gathered to brainstorm solutions for connectivity and safety.

The level of energy and specifically the information gathering activities are inspiring. "Charlottesville is setting a great example for other parts of Virginia," commented Kimberly Perry, Ed.D, Executive Director of Bike Walk Virginia. "I am hopeful that others will follow suit. Charlottesville seems poised to make great progress in bike access and safety.

For more information see: <http://bikewalkvirginia.org/>

-Mike Perry

Classifieds

Selling:

A Schwinn Mesa Mountain bike. Good Condition. Size Medium/Small. Asking \$200

Looking For:

Carbon Road Bike (Preferably Trek, Specialized, Cannondale, or Cervelo) size 51-55cm.

Any and all Sram Components. No matter what condition they're in, I can use them.

Used pair of race wheels. Any brand, but need a light pair of wheels.

I can be reached at armilegge@gmail.com

Future/Out of Area Rides

July 31th - Our Community Place Shenandoah Bike Festival, Harrisonburg, VA

<http://www.ourcommunityplace.org/events/> <http://www.svbcoalition.org/events/shenandoah-valley-bicycle-festival/>

August 1-7th - WW vacation ride, Adirondacks

August 7th - MT. MAMA, Monterey, VA. <http://bikemountainmama.homestead.com>

August 14th - Cumberland Valley Century, Boonsboro, MD. A ride to benefit San Mar Children's Home, sponsored by Cumberland Valley Cycling Club http://www.bikecvcc.com/cvcc_century.html

September 12th - 28th Annual Shenandoah Valley Century, Harrisonburg, VA. Start in Hillandale Park. We hope you plan on joining us. Portraits will again be taken and there will be door prizes and paninis at the end.

Massages will be available for a nominal fee. Here's a link to our web site:

<http://www.svbcoalition.org/events/century/>

September 25th - Beach Century Bike Tour, Virginia Beach, VA. For more information about the Beach Century Bike Tour, visit the website: www.beachcenturytour.com or contact Jill Haag directly at 804-233-7111.



Winchester Wheelmen August 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: August 1st: 8:24PM, August 9th: 8:16pm, August 16th: 8:08pm, August 23rd: 7:58pm, August 30th: 7:48pm)

Mondays - Apple Pie Ridge Road Ride -

Meet at Apple Pie Ridge Elementary School at **6:15 P.M.** for a 6:30 P.M. start 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. Terrain is rolling with some climbs. Ride leaders are Robert Golightly 540-535-9986 and Charmaine Shaw 540-550-1177 (start time may change to 6:00pm mid month please watch list serv for changes)

Tuesdays - 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 rides start at **10:00 A.M.**

Tuesday August 3rd: Macedonia Church, 1941 Macedonia church Rd

Tuesday August 10th: The Italian Touch, Middletown, VA

Tuesday August 17th: Daily Grind, Jubal Early Drive, Winchester, VA

Tuesday August 24th: Macedonia Church, 1941 Macedonia Church Rd

Tuesday August 31st: The Italian Touch, Middletown, VA

Tuesdays - Weeknight Road Ride - Food Lion Plaza, Stephens City, VA-

This route is about 25-34miles with route TBD by those present, pace will be about 17mph. At this time there is no ride leader for April. Ride start time is **6:00 P.M.**

Wednesdays - Orchard View Elementary Road Ride, Frederick Co., VA.

Meet at Orchard View Elementary on Middle Rd. and be ready to ride as close to **6:00 P.M.** 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, Robert Golightly robertgolightly@comcast.com and DJ Arnold ti22c6@yahoo.com

WEDNESDAY EVENING CYCLOCROSS RIDE: Meet Wednesdays in August at **6:00 P.M.** at Millwood High School for a 1.5 hour ride. No experience necessary, but you should have a cyclocross bike or perhaps a mountain bike. We may do some cyclocross drills such as running barriers, intervals, etc. The ride will be based on what the group wants to do. For questions please contact the ride leader, Steve Breeden, at drsbreeden@gmail.com.

Thursdays - "No Mercy" Paceline Road ride, Berryville, VA. Meet at Quarles gas station at junction of Kimble Road (SR653) VA Route 7. Ride starts at **6:00 P.M.** The loop is 27miles and is often a training ride for many; so if you are dropped make sure you know the route! Park anywhere behind the store on 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 area since that is used by customers. <http://www.gmap-pedometer.com/?r=1824561>

Fridays - Thank Goodness It's Friday Ride, White Post, VA.

Easy paced 17mile route. Beautiful countryside. Meet at White Post Restorations, White Post, VA for a **6:15 P.M.** start time. Ride leader is Susan Walker 540-247-7706



Winchester Wheelmen August 2010 Ride Schedule

Weekend Rides

Watch for impromptu weekend rides!

SUNDAY AUGUST 8TH: "LUNCH IN WOODSTOCK"

Meet at Lord Fairfax Community College in Middletown at **9:00a.m.** for a 45-50 mile ride at touring pace with a lunch stop at the Café Bistro in Woodstock. Terrain is rolling, pace easy to moderate (12-14mph). Ride leader is Mike Perry 540-877-1795 or mperry@visuallink.com for more information.

SATURDAY AUGUST 14TH: CORNFIELDS AND APPLE ORCHARDS

(In springtime this ride is titled Looking for Apple Blossoms...) Meet at Apple Pie Ridge Elementary for an **8:00a.m.** start time for this 30mile loop ride. Ride can easily be lengthened for those who wish to do more. This somewhat hilly route takes riders through apple orchards and farmland in VA and WV. Ride leader is Charmaine Shaw: charmaineshaw54@gmail.com 540-550-1177

SUNDAY AUGUST 15TH: FRED'S MIDDLEBURG FORTY

40 miler out of Middleburg, Va. Meet at **9:00a.m.** at the elementary school on the road behind Safeway store. This will be an easy paced ride of 40 miles, Fred's leading. This is a beautiful ride through the horse country south of Middleburg, Va. Any questions about the ride call Fred Lonas: 703-618-1230

SUNDAY AUGUST 15TH: STAR TANNERY MIXED SURFACE RIDE-SW FREDERICK CO., VA. Time for something different. Here's a mixed surface ride with rideable creek crossing. Start location is Back Creek

Ruritan Park at 139 Richard Lane (SR 790), Star Tannery, VA 22654. The loop is 25.7 miles in length; ~18miles on gravel and dirt. The push off time will be 8:00a.m. The duration of ride should be up to 2hrs. If you plan to attend, you should ride a cyclocross bike or road bike outfitted with sufficient tires to handle the surfaces. The ride is hilly, with a couple of significant pitches, but none that are too bad. Here's URL for the loop: <http://ridewithgps.com/routes/128514>. The water crossing is not a big deal (this is Cedar Creek, not the Mississippi River). Contact person is Ken Tenney 540-722-9224 k_tenney@verizon.net

SUNDAY AUGUST 22ND: "HANCOCK-MERCERSBURG LOOP"

Meet at James Wood Middle School at 8:30a.m. for a carpool to Hancock, Md. Ride will start from the Western Maryland Railtrail parking lot in Hancock at 9:45a.m. This is a hilly ride with one long mountain climb along the route. Ride will be at a touring pace (12-14mph) with a lunch stop at the Main Street Café in Mercersburg. Length 50-55miles. Ride leader is Mike Perry 540-877-1795 or mperry@visuallink.com

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