

Winchester Wheelmen January & February 2009 Newsletter

Volume 26, Numbers 1 & 2

"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

www.winchesterwheelmen.org

Change! January Club Meeting

We will be at **Butcher Block Buffet** in Stephens City, VA, for the monthly meeting on **Monday, January 12th, 2009**. The business meeting will be held at 7:00pm. Come out and catch up after the holidays. The address for the restaurant is 131 Town Run Lane, Stephens City, VA 22655. Contact Shawn Carrico with any questions at scarrico@valleyhealthlink.com or 540-664-4514.

Change! February Club Meeting

We will be at **Donato's "Only for You!" Restaurant** in Winchester for the monthly meeting on **Monday, February 9th, 2009**. The business meeting will be held at 7:00pm. Come out and catch up after the holidays. The address for the restaurant is 229 S. Loudoun St., Winchester, VA 22601.

Annual Club Banquet (and December Meeting)

We had our annual dinner banquet at the Butcher Block Buffet in Stephens City, VA on Dec. 10th, 2008. Notes kindly provided by Amy Hartman.

Discussion included suggestions to change the meeting day to the second Monday of each month and to alternate locations between the Butcher Block Buffet and Donato's, unless other location options arise.

Awards

Winchester Wheelmen Race Team

- Racer of the Year - Eric Dempster
- Most Improved Racer - Kenny Morris
- Domestique Award - Mark Granger
- Recognition of Triathlon Team

Winchester Wheelmen

- Wheelman of the Year - Rosalie Perry
- Most Improved Rider Female - Charmaine Shaw
- Most Improved Rider Male - Jon Hicks
- Crash of the Year - Ken Tenney & Chris Stubbs (in preparation for the summer solstice ride)
- Best SAG Team - Chris & Elizabeth Stubbs (for supporting the C & O Canal Summer Solstice Ride) BTW, SAG = Support And Gear
- 100,000 Mile Award - Mike Perry (achieved on 10/31/08)

Special Recognition

- Newsletter/Weekly Updates - Ken Tenney
- Website - Justin Larsen
- First-Time Century Riders
- Ride Leaders
- Host of Night Mountain Bike Rides - Tina Genay
- Kent Howard presented Kenny Morris and Jon Hicks with awards for actively participating in area cyclocross races.

The evening concluded with a song dedicated to Robert Golightly, performed by those who shared a house and car with him during the Wheelmen trip in Vermont (Katie Steadman, Tina Genay, Charmaine Shaw, Kim Norton, and guest singer, Melinda Morris).

Ken Tenney announced his resignation as editor of the monthly newsletter. Kim Edwards will continue as editor (Kim's contact: monkeyboys_2@comcast.net).

We elected club officers for the new calendar year. There were no changes to the group of officers. Our club officers for 2009 are:

President: Shawn Carrico

Secretary: Amy Hartman

Vice President: Mike Perry

Treasurer: Rosalie Perry

2008 Ride Leaders

Please take the time to thank your ride leaders for 2008. **Chris Tyson** for monthly singlespeed rides. **Mike Perry** for various road rides, including a Rookie Ride, and the Thursday Retired/Day off from Work Ride; **DJ Arnold** and **Richard Hartman** for the Wednesday evening ride; **Robert Golightly** for Habitat for Humanity project leadership; **DJ Arnold** for monthly rides to Belle Grove; **Steve Breeden** for his Saturday morning B ride; **Jon Hicks** for a tough CX ride, as well as Tues./Thursday night rides (along with **Mark Granger** and **Kenny Morris**); **Chris Stubbs** for various MTB and CX rides, including the C&O Canal in a Day ride; **Shawn Carrico** for MS150 organizing, and **Erik Beatley** for his effort on the MS150 group + winter long road rides.

Other 2008 Acknowledgements

This newsletter editor would like to thank all of those who have contributed to the newsletter throughout the year. Without their help, the end result would be much reduced. My apologies if anyone is left out.

Contributors include **Shawn Carrico, Josh Lewis, Mike Perry, Dave Albecker, and Doug Keim.**

2009 Membership Renewal

Please fill out the accompanying form for membership renewal in 2009, if you haven't already. For folks receiving mailed newsletters, the number following your name on your address label will tell you if you are renewed for 2009. An "-09" means you're renewed. An "-08" means that you need to still renew. Without renewal, the March 2009 newsletter will be the last you'll get until renewal. (Note that if you mailed renewal forms in since late December, that fact is not reflected in the address label yet. - Ed.) Membership fees are unchanged for 2009, \$16 for an individual and \$20 for a family. Please note any address changes. Please make sure you check the box for receiving the newsletter by e-mail if possible.

Miscellaneous Notes

- **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/>

- **CD-ROM.** **Call for photos for 2008.** The 2009 WW Resource CD will go in to production in the latter part of January. Please let me know if you have WW-oriented photos that you'd like to see on CD that everyone will receive. I note that there are some members for 2008 who never rec'd their 2008 CDs. Those folks will receive both CDs in early January. If you have photos that you'd like to include in the CD, please notify me at k_tenney@verizon.net. Please submit by the 20th of January, 2009.
- **Red Cross Donation.** Robert Golightly kindly made a \$75.00 donation to the Red Cross that represented \$1.00 for each member who attended the December banquet and Mike Perry donated \$20.00 and someone else gave Robert \$5.00.
- **BikeWalk Virginia** has developed a great cycling safety/resource website. The URL for the site is www.sharingtheroadinvirginia.org
- **Club member Chuck Ridings** has reported another cycling resource website for those in the mid-Shenandoah Valley. This website was developed by many individuals and groups and organized by the Central Shenandoah Planning District Commission's Bike-Pedestrian Committee. The URL is www.bikethevalley.org He got this site from his wife, Karen (also a club member), through her work. Looks like a nice site.

Winchester Wheelmen Racing Team Races for 2008

Here is an incomplete listing of races that the WWRT were involved in the 2008 racing season. Look for a website-based resource in 2009 that will tie together these races with race reports for those riders who raced and wrote such reports for the WWRT listserv. The WWRT opened up their reports at the end of the season to the WW listserv, and they were well received. The compiling and linking of the narratives is taking place and will be available before the 2009 racing season. They are too extensive to make available in print, but they're a fun read online. -ed.

Race	Racer/Author	Date
Tour of Washington County	Erik Beatley	6/22/2008
Hagerstown CT	Erik Beatley	7/24/2008
Page Valley RR	Erik Beatley	8/14/2008
Giro de Coppi RR	Erik Beatley	9/14/2008
Kirkwood RR	Eric Dempster	3/29/2008

Mount Joy RR	Eric Dempster	4/12/2008
Eagleman Triathlon	Eric Dempster	6/8/2008
Tour of Tucker County	Eric Dempster	6/21/2008
Virginia Age Graded Championship	Eric Dempster	8/4/2008
Ironman 70.3 World Championship	Eric Dempster	11/11/2008
City Bikes CT	Jon Hicks	5/25/2008

Page Valley RR	Jon Hicks	8/24/2008
Smethport RR	Jon Hicks	9/21/2008
DC Cyclocross	Jon Hicks	10/26/2008
Urban Cyclocross	Jon Hicks	11/9/2008
Superior Cyclocross	Jon Hicks	11/22/2008
Tacchino Ciclocross	Jon Hicks	11/23/2008
Kirkwood RR	Kenny Morris	3/29/2008
City Bikes CT	Kenny Morris	5/25/2008
Poolesville RR	Kenny Morris	5/3/2008
Tour of Tucker County	Kenny Morris	6/22/2008
Page Valley RR	Kenny Morris	8/24/2008
Virginia Age Graded Championship	Kenny Morris	8/5/2008
Urban Cyclocross	Kenny Morris	11/9/2008
Tacchino Ciclocross	Kenny Morris	11/24/2008
Superior Cyclocross	Kenny Morris	11/24/2008
Lilypon Cyclocross	Kenny Morris	11/29/2008
Cold Toes CT	Kelly Vanover	3/8/2008
Dismal Swamp TT	Mark Granger	4/11/2008
City Bikes CT	Mark Granger	5/25/2008
Cold Toes CT	Mark Granger	3/22/2008
Hammer Creek RR	Mark Granger	8/2/2008

Hunny Bob CT	Mark Granger	7/20/2008
Kirkwood RR	Mark Granger	3/29/2008
Millport RR	Mark Granger	5/31/2008
Page Valley RR	Mark Granger	8/24/2008
Strasburg RR	Mark Granger	5/22/2008
Tour of Washington County	Mark Granger	6/22/2008
Carlisle TT & Shippensburg HC	Mark Granger	4/26/2008
Turkey Hill RR	Mark Granger	5/3/2008
Union Grove RR	Mark Granger	5/17/2008
U.S. 20/40K TT	Mark Granger	4/20/2008
Columbia Triathlon	Steve Breeden	5/19/2008
Charlottesville Sprint Triathlon	Steve Breeden	6/22/2008
Luray Triathlon	Steve Breeden	8/20/2008
Purcellville Triathlon	Steve Breeden	9/15/2008
Ed Sanders Cyclocross	Steve Breeden	9/28/2008
U.S. 20/40K TT	Steve LaDrew	4/20/2008
Carlisle TT	Steve LaDrew	5/18/2008
Millport RR	Steve LaDrew	5/31/2008



Future/Out of Area Rides



A Sunday in April, 2009 - Harris-Roubaix - Harrisonburg, VA. Mixed surface ride, both pavement and gravel/dirt. This ride is a lot of fun.

Saturday, April 25, 2009 - 8th Annual Pedal for Pooches - Charles Town, WV. A bike tour to benefit Briggs Animal Adoption Center. Look for details in the March, 2009, newsletter. For more info www.baacs.org

May, 2009 - Rich Rau Memorial Ride - Berryville, VA. The Town of Berryville, VA, is planning the 4th Rich Rau Memorial Ride in May of 2009. The date of this ride is the TBD.

June 13-14, 2009 - Tour de Vine - (MS 150 ride) - plan to participate or donate. RE: <http://tinyurl.com/9y33tj>

June 14, 2009 - Tour de Cure - (Amer. Diabetes Assoc. ride) - Please join/support the Tour de Cure team at Reston Town Center. RE: <http://tinyurl.com/64f7ky>



Winchester Wheelmen January 2009 Event Schedule Weekday/Weeknight Rides



Note: For late-breaking news on rides, please visit the WW listserv at: <http://lists.topica.com/lists/> You can read all of the postings without joining the list.

Tuesday Night Road Ride. **When:** Every Tuesday, **6:00pm**, except when raining/snowing or temperature at start time is below 32 degrees. **Location:** Parking is at WhitePost Restorations (after close of business 5:30pm). Course takes advantage of both the large and small WhitePost Loops, as posted on the WW website, in a variety of directions. Since the parking lot will be passed at intervals throughout the ride, this ride offers all riders the options of 6, 12, 17, 23, 34, 40 or 46 miles. **Leaders:** There are 3 ride leaders ... Jon Hicks, Kenny Morris or Mark Granger ... so the ride will always be attended unless announced otherwise on the WW listserv. Last year we only missed 5 days of riding, all due to inclement weather. We do caution that even though these roads are paved and seldom traveled by automobiles, these are country roads with no public facilities in case of accident, so we do not recommend riding alone at night. Through all of last season our single ride high count of automobile traffic was 7 vehicles. **Equipment:** Blinking tail lights are a must and reflectors are welcome. Headlight is required to ride at night by VA Law. Ride leaders have adequate lighting, so no need to break the bank for an expensive light purchase, a cheap one to make you visible will do. **Pace:** Ride leaders do a great job keeping the pace just enough to keep warm, but not high enough to sweat. Dressed appropriately, whether you just want to get away from winter cabin fever or build a base for racing next season, this is an awesome night ride.

Thursday, January 1st - Snowball Express - James Wood Middle School, Winchester, VA. Meet at James Wood Middle School at 12:00pm for the first ride of 2009. Mike Perry is leading the ride, and says that the distance will be determined by the temperature. 32 degrees or below, 10-12miles; 35 degrees and rising, 25-30miles; 70 degrees and rising, how much daylight do we have? Mike can be reached at 540-877-1795 or at mperry@visuallink.com. Note that this is typically a heavily attended ride, with as many as 30 riders out for the day.

Thursday, The Retired/Day Off Ride. These rides will continue in January (not the 1st). 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--we are not mailmen or mailwomen! We will look at it again for March to see if anything needs to be changed.

Thursday Night Road Ride. Same description as Tuesday night.



Winchester Wheelmen January 2009 Event Schedule Weekend Rides/Activities



Saturday B Road Ride. Meet at Jen & Erik Beatley's house for a **10:00am** departure. The street address is 907 Crestview Terrace Winchester, VA 22601, on the SW side of Winchester, off of Middle Rd. This is a no-drop ride. Steve Breeden is leading the ride for Jan/Feb 2009. If you've turned out for the Daily Grind ride on Senseny Rd, this will be a similar ride. Check the listserv if the weather is questionable. Steve may be reached at drsbreeden@gmail.com

Saturday Run. 11:10am, every Sat. Meet Handley Blvd, near the Handley Bowl in Winchester for a light run on the streets for 40-50 mins. Slow pace at 9-10min/mile for the winter season. Led by Ken Tenney. The Handley Bowl is off limits this year due to construction, so no stairs. Good weight bearing exercise for the cyclist who can still run. Will run in poor weather/conditions, so long as footing is secure. Ken may be reached at k_tenney@verizon.net or 540-722-9224.

January 4th - Orchard View 20 - Orchard View Elementary School, Frederick County, VA. Meet at Orchard View Elementary School on Middle Road (SW of Winchester) at 1:00pm. This is a moderately hilly 20 mile road ride. Orchard View Elementary School is located on Middle Road (SR 628), about 3.75miles from the traffic light at Middle Road and Valley Ave (where Sheetz and Dairy Queen are). Ride leader is Ken Tenney. Ken may be reached at 540-722-9224 or k_tenney@verizon.net.

Saturday January 10th - Ride My Age. Join your ride leader for his annual attempt to ride his age (much easier than acting it!) on the beautiful back roads of Shenandoah County. Ride leader plans to ride 55 miles over relatively flat terrain, although multiple shorter options will be available. Average anticipated speed is 12 - 15 mph. Cue sheets available for those who wish to ride faster. Ride departs 10:00AM from Woodstock Central High School parking lot. This ride will go except for extreme conditions (cold, wind, rain, snow, ice). Check listserv or contact Steve LaDrew (ladrew@shentel.net) (540-333-1262) to confirm if weather is questionable.

Sunday, January 11th - Hike up Little North Mtn. Rosalie, Jack and Mike will lead a hike up Little North Mountain. It will take about 1 1/2 hours and is a good little climb with a 300' elevation gain, but some nice views from the top. We will start from our home at 192 Wildflower Lane at 1:00pm. Bring the kids if they are 8 or older and can walk for an hour or more. Wear good walking shoes or hiking boots. The hike will go regardless of the temperatures, but will not go if there is snow or ice on the ground. Refreshments after the hike for all that RSVP at mperry@visuallink.com or 540 877-1795.

Sunday, January 18th - Impromptu Ride - James Wood Middle School, Winchester, VA. Road ride. Meet at the school at 1:00pm for a ride to be determined by those riders present. The school is located on Amherst Street on the west side of Winchester, inside the city limits. Amherst St. is also US 50. There is no ride leader for this ride.

Sunday, January 25th - Impromptu Ride - Orchard View Elementary School, Frederick County, VA. Road ride. Meet at the school at 1:00pm for a ride to be determined by those riders present. Orchard View Elementary School is located on Middle Road (SR 628), about 3.75miles from the traffic light at Middle Road and Valley Ave (where Sheetz and Dairy Queen are).



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Sunday, February 15th - Impromptu Ride - James Wood Middle School, Winchester, VA. Road ride. Meet at the school at **1:00pm** for a ride to be determined by those riders present. The school is located on Amherst Street on the west side of Winchester, inside the city limits. Amherst St. is also US 50. There is no ride leader for this ride.

Sunday, February 22nd - Hopeful End of Winter Ride. We will celebrate the coming end of winter. Meet at the Daily Grind on Jubal Early Drive at **12:00pm** for a 20-25 mile ride at an easy winter pace. Please park next to the street away from the store front. Mike at 877-1795 or mperry@visuallink.com No ride if it is snowing, raining or sleeting, or if the roads are wet. Mike reserves the right to cancel should circumstances require doing so.

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 Topica listserv for the latest information. The direct link to that web page is: <http://lists.topica.com/lists/wwlist> You can read all of the postings without joining the list.

Winchester Wheelmen, Inc.
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