

Winchester Wheelmen January & February 2010 Newsletter

Volume 27, Numbers 1 & 2

"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

www.winchesterwheelmen.org

January Club Meeting

We will be at **Los Teltecós** (Mexican restaurant in front of Delco Plaza) for the monthly meeting on **Monday, January 11th, 2010**. 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. Come out and catch up after the holidays.

February Club Meeting

We will be at **Los Teltecós** (Mexican restaurant in front of Delco Plaza) for the monthly meeting on **Monday, February 8th, 2010**. Dinner will be at 6:00pm with the business meeting to follow at 7:00pm.

Annual Club Banquet (and December Meeting)

We had our annual dinner banquet at the Hilton Garden Inn, Winchester, VA on Dec 14th, 2009. Notes kindly provided by Amy Hartman.

Awards

Winchester Wheelmen Race Team

- Male Racer of the Year - Kenneth Morris
- Female Racer of the Year - Katie Steadman
- Female Ironman Finisher - Katie Thomas

Winchester Wheelmen

- Wheelman of the Year - Jon Hicks
- Most Improved Rider Female - Susan Walker
- Most Improved Rider Male - Adam Williams
- Bike Across America Award - Fred Lonas
- Courage Award - Stan Reeves

Special Recognition

- Newsletter - Kim Edwards
- Website - Justin Larsen
- All-Around Wheelman - Robert Golightly
- Adopt-a-Highway - Charmaine Shaw

- Ride Leaders
- World's Biggest Cyclocross Fan - Jon Hicks
Presented the award of a cow bell to Kent Howard

At registration, members were asked to complete a ballot for the election of club officers. The elected officials for 2010 are:

President: Steve Breeden

Secretary: Amy Hartman

Vice President: Mike Perry

Treasurer: Rosalie Perry

Other 2010 Acknowledgements

This (first year) newsletter editor would like to thank all of you for your patience, help, and support.

2010 Membership Renewal

Please fill out the accompanying form for membership renewal in 2010, 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 2010. An "-10" means you're renewed. An "-09" means that you need to still renew. Without renewal, the March 2010 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.) Membership fees are unchanged for 2010, \$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

- **Sunrise/Sunset page -**

<http://www.sunrisesunset.com/usa/Virginia.asp>

Reading Leisure:

PARK DAY 2010

The Civil War Preservation Trust as announced its annual Park Day which will be April 10, 2010. This is the time of the year when preservationists across the country converge on Civil War sites to clean, repair, and protect battlefields that the Civil War Preservation Trust has saved from development. These Civil War sites have preserved historical properties and green space for future generations to enjoy. You can also become a supporter of these activities by joining the CWPT. Check out their website: www.civilwar.org. In fact, if you go to their website and type in Park Day in the search bar, you will see photographs of last year's event. Remember, this was a nationwide event, but if you look closely at the pictures you will see your fellow Wheelmen doing a great job at 3rd Winchester.

The Wheelmen will be participating again at the 3rd Winchester Battlefield in 2010. T-shirts and patches will be available to participants, and drinks and snacks will be available on Park Day. More information will be coming as we get closer to the event date. Pick up that new 2010 calendar and mark the 10th of April as a day to help protect and preserve this great community asset which the CWPT has provided for us.

The club can use your input also. If you know of anything that needs attention at the battlefield, or have any ideas on what we can do make it a more enjoyable place to ride, walk and run, let Mike Perry know so we can make plans for April 10th. Many thanks to all of you who have helped during the past year whenever there was a need.

Just for your information, we have two Boy Scouts who are currently working and/or planning their Eagle Scout projects for the battlefield. We will soon have a small bridge across a wet weather stream on the Millbrook side, and we will be getting new benches for the bridge across Red Bud.



Winchester Wheelmen January-February 2010 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: Jan 1st: 4:59PM, Jan 5th: 5:03pm, Jan 10th: 5:08pm, Jan 15th: 5:13pm, Jan 20th: 5:18pm, Jan 25th: 5:24pm, Jan 30th: 5:30pm) <http://www.sunrisesunset.com/usa/Virginia.asp>

Mondays - NO RIDE ON MONDAY, Jan 11TH or Feb 8th (WWCLUB Meeting) - Mountain Biking. Meet at Tina Genay's house at **6:00pm** to head to the trail. We will be going to Hawk trail for about a 2 hour ride. The trail is not technical, but does have some good climbing in it and also a couple stream crossings. Biking lights are needed for this ride, Robert has several sets of lights and would be more than glad to loan out for the ride. This is a great way to get introduced to mountain biking. The speed of the ride is casual and no one is left behind. Please call me for any further information at 540-535-9986 or email at RobertGolightly@comcast.net.

Tuesdays - The Retired/Day off Ride - All rides are in the 25 - 35 mile range over rolling countryside typical of our area; pace is easy with stops to let everyone catch up. All rides end at a restaurant or country store so those who want can have lunch together. Ride does not go if it is raining or snowing. No leader, just advisors!

I did not receive dates w/ locations; please check Google listserv for add'l information.

Tuesday and Thursday Night Ride - Meet at White Post Restorations for a **6:00pm** departure. (Please do not arrive before close of business at 5:30pm, and as owner requested not to park right near the entrance in case of afterhours trucks decide to turn in to the lot) Ride lengths can vary based on riders present - either 6, 17, 23, 29 or 34 miles. Riders can drop off at the length they choose since the parking lot is passed at each interval. These are casual paced rides in which the speed is dictated by the temperature. *Generally will average between 14-16mph.* As weather gets colder and layers are added, the ride leaders will pace good enough to keep warm, but not hard enough to sweat. Headlights and Tail lights are a must. These are paved roads seldom travelled by automobiles, although we do not recommend riding alone at night since these are country roads with no conveniences. Ride leaders do a good job of keeping up to date posts of rides on the list. Rides will be cancelled for rain, snow or if temperature is expected to drop below 32 degrees ... otherwise you can plan this ride like clockwork. With the small and big loops, combinations mixed forward and backward, the ride never gets boring. If you've never done it, riding at night is a whole new pleasure. Keep your fitness going throughout the off season, or start anew for next season, it'd be great having you along. Don't let the winter doldrums kick in, come on out and ride. Ride leaders - Buck & Mark



Winchester Wheelmen January-February 2010 Event Schedule

Weekend Rides/& Individual Led Rides

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.

Friday, January 1st - Snowball Express - Meet at 12:00pm at James Wood Middle School for a road ride. The weather will determine the distance: below 32 degrees, we will ride 10 to 15 miles, 35 degrees and rising we ride 25 miles, anything above 60 degrees will make for a longer ride! No ride if likely to have black ice conditions or active frozen precipitation. No ride leader. Look at the WW Google Group for final status on the morning of the ride (RE: <http://groups.google.com/group/wheelmen>)

Sunday, January 10th - "Ride My Age" or yours if you prefer. The second installment of my monthly Shenandoah County rides will take place on Sunday, January 10, 2010. Plan now to join me for a tour of scenic Shenandoah County, commune with the bovines, converse with the alpacas, talk with the wild turkeys, or just enjoy the ride. Ride leader plans to ride 56 miles of beautifully paved roads, shorter (or longer) options will be provided for those who wish. Hopefully, the weather will be better than last year when I finished with a coating of ice all over my bike, but unless it's really nasty, the ride will go on and I hope you'll join me. Ride start will be at my house (call or email for directions if you haven't been here before) and Coach Tammy promises no "cross training" will be required of participants. For further info and/or directions contact Steve LaDrew 540-333-1262, ladrew@shentel.net

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.

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