

Winchester Wheelmen July 2010 Newsletter

Volume 27, Number 7

"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

<http://www.winchesterwheelmen.org>

July Club Meeting

We will be at Los Teltecos for the monthly meeting on **Monday, July 12th, 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 June club meeting was held at Los Teltecos in Winchester. The following are the highlights of the mtg.:

Old Business:

- Shenandoah Valley Boys and Girls Club Ride - June 6, 2010
The estimated number of bicyclists for this year's Boys and Girls Club Ride is 240. Mike Perry has not yet received a report of the number of Winchester Wheelmen that had participated.
- Boy Scout Jamboree - May 22, 2010 Kenny Morris reported approximately 1200 children participated in the Boy Scout Jamboree at the Woodstock fairgrounds, of which about 200 enjoyed the bicycling segment of the event. A cyclocross course was developed and was very popular with the participants. Mike Perry stated there were also lessons on bicycle safety, including the proper use of helmets and the wearing of reflective wristbands, donated by VDOT.
- Bicycle Signage Share the Road bicycle signage discussion has been tabled until more information is obtained

New Business:

- Treasury Report
Checking \$2,569.70
Savings \$4,472.31
Race Team Account \$4,179.80
- Meeting with Local Politicians
Richard Hardison had attended a Republican Committee meeting to speak with Beverly Sherwood and Jill Vogel regarding the enacting of a 3 foot law for bicyclists on the roads. The argument against the passing of the 3 foot law is that it is difficult to enforce on the narrow roads, where there is not enough room for a motor vehicle to pass a cyclist, therefore not allowing the 3 feet for the cyclist to be passed safely. Richard Hardison has offered to contact VA Delegate Joe May regarding this issue.
- Wheelmen Clothing
At the race team committee meeting, the team clothing was discussed. Champion has the best value, but the team may need to look at a new vendor for quality triathlete clothing. Also, the sock colors do not match the kits; however, Champion has offered to upgrade the socks at the same price. Another order for clothing will be placed; contact Erik Beatley if interested in placing an order. Watch the listserv for details. Expect 6-8 weeks for delivery.

- **Huntsberry Property at the 3rd Battle of Winchester**
A farmer has leased the Huntsberry property for his cattle. There is a proposal to incorporate more interpretive signage by 2014, which will be the 150th Anniversary of the 3rd Battle of Winchester. Ed Bearss, Civil War battlefield historian, will be at the 3rd Battle of Winchester site to lead approximately 40 people on a walking history tour of the battlefield. More walking tours are expected on the property; therefore cyclists are reminded to yield to pedestrians on the trails.
- **Apple Harvest Cross Race - October 3, 2010**
The Apple Harvest Cross Race is designated as a MABRA event. Volunteers are requested to help with setup on the evening of Saturday, October 2, as well as cleanup and take down of the course on Sunday, October 3, after the race. Contact Kenny Morris or Steve Breeden if interested in volunteering. Mike Perry has approximately 75 water bottles he would like to donate from the Blue and Gray Century, which was a supported cycling event some time ago. The race team will take these to give at the Apple Harvest Cross event to the first 75 registrants. A professional announcer is scheduled to be at the event. Also, the race team committee is looking to invite Local 647 as a food vendor. The race team committee is also looking for more sponsors, and any input or suggestions for improvement is welcomed from the Wheelmen membership. Become a fan of Apple Harvest Cross on Facebook.
- **Bikes and BBQ**
Steve LaDrew will host a ride, followed by BBQ, on July 3. The lengths of the rides will range from 7 to 75 miles. Attendees asked to bring a side dish. RSVP required. See the listserv and newsletter for more details.
- **MS 150, Tour de Vine, Charlottesville - June 12 & 13**
Once again, the MS 150 fell on a hot and humid weekend in Charlottesville, VA. Ten members of the Wheelmen team participated in this year's event. Richard Hartman reported the Winchester Wheelmen team, to date, has earned \$4,835 for the National Multiple Sclerosis Society. Many thanks go to the Winchester Wheelmen and other donators for their support in this endeavor.

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.

Dehydration and the Cyclist

Although it is possible to over-hydrate, sometimes with severe consequences - <http://www.msnbc.msn.com/id/16614865/>, the primary concern to the aerobic athlete is dehydration. When we drink water, or sport drink, which is better during long-term exercise, the bulk of that fluid crosses the intestinal wall into the bloodstream where it increases intravascular volume. Maintenance of sufficient blood volume is crucial to aerobic performance for two primary reasons: 1) Cardiac output, which is the amount of blood pumped in one minute by the left (or right) ventricle, increases in proportion to intensity of aerobic exercise due to increases in both heart rate and stroke volume. Cardiac output is an integral part of oxygen delivery to working muscles. When blood volume drops due to dehydration, so does stroke volume, and therefore cardiac output. In order to restore cardiac output, there is a reflex increase in heart rate above what would be normal for any particular aerobic workload. This helps to restore oxygen delivery, but puts the dehydrated athlete closer to maximal heart rate at a lower workload than normal. As a result, peak performance falls off. 2) During heavy exercise in hot weather, blood flow to the skin is increased to enhance evaporative cooling through sweating. With dehydration, blood flow to the skin is decreased, sweating is reduced, and cooling becomes inefficient. If dehydration progressively worsens during exercise, body heat rises uncontrollably, and peak performance falls dramatically. With extreme dehydration during heavy exercise, significant health risks arise -

<http://www.ncbi.nlm.nih.gov/pubmed/17923731>. The text I used (Exercise Physiology; McArdle, Katch, & Katch) made some rough recommendations for amounts to drink before and during exercise, but it is subjective depending on temperature, the length and difficulty of the event, etc. Basically, if you must stop to urinate every 15-20 minutes during a ride, you are drinking too much for the effort involved. If you are riding a century on a hot day and you cannot urinate at any of the rest stops, you aren't drinking nearly enough. -Dave Albecker

Future/Out of Area Rides

SATURDAY, JULY 31ST: 19TH ANNUAL SHENANDOAH VALLEY BIKE FEST, HARRISONBURG, VA. Routes range from a 12mile "Family" ride to a 100mile "Hardcore" ride. www.ourcommunityplace.org/bikefest 540-442-7727.

SATURDAY, AUGUST 7TH: MT. MAMA, MONTEREY, VA. <http://bikemountainmama.homestead.com>

SATURDAY, 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

SUNDAY, 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/>

SATURDAY, 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 for more details.



Winchester Wheelmen July 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: July 1st: 8:43PM, July 5th: 8:42pm, July 10th: 8:41pm, July 15th: 8:38pm, July 20th: 8:35pm, July 25th: 8:32pm, July 30th: 8:27pm)

Mondays - Apple Pie Ridge Road Ride - just NW of Winchester, VA.

Meet at Apple Pie Ridge Elementary school at **6:30 P.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. Terrain is rolling with some climbs. Ride leaders are Robert Golightly 540-535-9986 and Charmaine Shaw 540-550-1177. (There is no ride on the second Monday of the month, as this is day of the regular club meeting.)

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. Start time is **10:00 A.M.**

TUESDAY JULY 6TH: DAILY GRIND, JUBAL EARLY DRIVE, WINCHESTER, VA.

TUESDAY JULY 13TH: THE ITALIAN TOUCH, MIDDLETOWN, VA

TUESDAY JULY 20TH: MACEDONIA CHURCH, 1941 MACEDONIA CHURCH RD

TUESDAY JULY 27TH: DAILY GRIND, JUBAL EARLY DRIVE, WINCHESTER, VA

Tuesdays - Weeknight Road Ride - Food Lion Plaza, Stephens City, VA. This route and distance is TBD by those present, usually 34 miles at a pace of at least 18mph. There is no ride leader. 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

Thursdays - "No Mercy" Paceline Road ride, Berryville, VA. Meet at Quarles gas station at junction of Kimble Road (SR653 and 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. Start at **6:15 P.M.** at White Post Restoration parking lot in White Post for a 17 mile loop. Easy pace. Ride is led by Susan Walker (540-247-7706).



Winchester Wheelmen July 2010 Ride Schedule

Weekend Rides

Watch for impromptu weekend rides!

SATURDAY JULY 3RD - BACKROADS, BIKES, AND BBQ - Near Woodstock, VA. Join Steve & Coach Tammy for a day of biking on the back roads of Shenandoah County followed by a BBQ overlooking the river. We have ride routes of varying length and surfaces planned to end back at the farm in time for some good eatin'. Bring the family or have them meet you for the BBQ. Don't really want to ride? That's OK too, just come for the food and socializing. Meal starts at **1:00 P.M.** Please bring lawn chairs, a side dish, and your preferred libation, we'll have plenty of soft drinks and water available. Please RSVP to ladrew@shentel.net or call 540-333-1262 if you plan to attend the BBQ so we can make sure to have enough food for all.

Rides are:

9:00 A.M. - 70 mile hard surface ride departs - One major climb over Edinburg Gap with plenty of "minor" ups and downs along the way.

9:30 A.M. - 54 & 44 mile hard surface rides depart - No major climbs but some beautiful scenery

10 A.M. - 40 mile mixed surface ride departs - Always wondered where North Mountain Vineyard was? Here's your chance to find out. You'll be amazed at how far you can ride without ever going more than 10 miles from the farm and never the same road twice!

10:30 A.M. - 32 mile hard surface ride departs - Spin along some beautiful back roads, talk to the cows if you want, they don't mind.

11 A.M. - 20 mile mixed surface ride - Bring your cross or mountain bike 'cause you won't see much pavement on this one. On the other hand, you may see deer, fox, wild turkeys (not the kind in the bottle!) and who knows what else.

1:00 P.M. - Lunch is served, bring your appetite.

SATURDAY JULY 10TH: ADOPT A HIGHWAY LITTER CLEAN UP MIDDLE RD, WINCHESTER, VA.

Meet at Richards fruit market at **4:30 P.M.** to do some clean up on Wheelmens' adopted part of Middle Rd. Wear proper clothing to be seen by vehicles and gloves to protect hands. Orange VDOT bags will be provided. Contact person is Charmaine Shaw 540-550-1177 charmaineshaw54@gmail.com. She is flexible with meeting times if majority would like to meet earlier or later.

SUNDAY JULY 11TH: CHIMNEY CIRCLE FORT VALLEY SEVENTY FIVE MILER...

Meet at Richard and Amy Hartman's home for an **8:00 A.M.** depart time for this 75 mile route. Pace will be moderate and be prepared for some climbs! Route will depart from the Hartmans' at 8:00a.m. and will go through parts of Fort Valley with a two mile climb over Edinburg Gap and it will return to the start point via Back Road. Start point located 701 Chimney Circle (off of Chapel Rd). Contact Richard and Amy with any questions: rhartman1215@yahoo.com

SUNDAY JULY 18TH: Leetown Fish Hatchery Ride, Clarke County, VA. 5 miles at an easy touring pace; meet at Cooley Elementary School in Berryville at **10:00 A.M.** for ride start. Mike Perry is leading this road ride and may be reached at mperry@visuallink.com or 540 877-1795.

SATURDAY, JULY 24TH: Sleepy Creek by way of Mills Gap, Winchester, VA. Road ride of 62 miles. Long climb in western Berkeley County, WV. (RE: www.ridewithgps.com/routes/70204) Meet at James Wood Middle School for a **7:30 A.M.** ride start. Ken Tenney leading. k_tenney@verizon.net or 540-722-9224. Contact Ken for pacing or other information.

SUNDAY July 25TH: Fort Valley Ride, Shenandoah County, VA. 40-45 miles at an easy touring pace; the terrain will be hilly as always in the Fort Valley, but we will take our time; country store along the way; we will climb one of the mountains to a turn around and return (either Edinburg Gap or Massanutten Gap) Meet at **10:00 A.M.** at the Signal Knob parking lot on route State Route 678 (Fort Valley Road) about 3-4 miles south of intersection with VA Rt 55); Mike Perry is leading and can be reached at mperry@visuallink.com or 540 877-1795.

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