

Winchester Wheelmen June 2009 Newsletter

Volume 26, Number 6

"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

<http://www.winchesterwheelmen.org>

June Club Meeting

We will be at the Butcher Block Buffet for the monthly meeting on **Monday, June 8th, 2009**. The business meeting will be held at **7:00pm**. The address for the restaurant is 131 Town Run Lane, Stephens City, VA 22655.

Club Meetings

Our May club meeting was held at Butcher Block Buffet in Stephens City. The following are the highlights of said meeting:

- Treasurer's Report:
 - Savings: \$6,803.32
 - Checking: \$1,767.73
 - WWRT: \$2,916.236 Trek helmets for the children of the Boys and Girls Club - cost of \$112.75
- Boston Marathon: Club members, Tina Genay and Jerry Brown traveled to Boston to participate in the Boston Marathon on April 20. They finished at 3hr 37 min 43 sec and 4hr 10min 55sec, respectively. Congratulations to both!
- Frederick County Parks and Recreation Summer Youth Trip - June 26, 27, 28 Ken Tenney is volunteering to assist with this summer youth tour. It is anticipated that scouts will participate in order to earn a merit badge. If anyone else is interested in volunteering, contact John Turkel at FCPR. Jon's e-mail is jturkel@co.frederick.va.us.
- Shenandoah Valley Heritage Ride / Boys & Girls Club Ride - May 31:
Mike Perry is leading training rides on Tuesday and Thursday evenings at 6:15pm for the 5 children participating in the SVHR, meeting at the intersection of Singhas Road and Wildflower Lane. The initial rides will be 10 miles in length, gradually increasing the mileage each week. The Valley Health Wellness Center is offering a spin class to those who would like to donate to the Boys and Girls Club, but do not want to ride on the roads. This class will coincide with the actual ride on May 31st. There will be corporate teams, such as Shockey and Shenandoah University, represented at the ride.
- WWRT-Sponsored Cyclocross Race - October 18, 2009: The Frederick County Parks and Recreation board has awarded approval for the cyclocross race in October. Jon Hicks has developed a logo and is proposing selling pint glasses with this logo for the event. The team is also considering t-shirts with the logo. If interested in volunteering contact Jon at jhicks63@gmail.com.
- Annual Winchester Wheelmen Picnic: Ken Tenney has volunteered to head a committee to plan the annual picnic. The location proposed is White Post Restorations, pending Billy Thompson's (owner) response. Date to be determined. If interested in assisting in the planning, contact Ken.
- Bicycling Awareness: Suggestions were made to increase bicycling awareness to the Shenandoah Valley, such as publishing the WWRT race reports in the Winchester Star and adding public service announcements in the newspaper addressing bicycling safety tips. Members of the WWRT present at the meeting will address the publishing of the race results with the other members of the WWRT.

Ride of Silence

It is always a sobering time, riding with cyclists all around you and not a word spoken. You hear the sound of vehicle traffic, but you are caught up in a spinning vacuum of wheels and spokes. Your mind wanders and, if you knew them, mental pictures of lost friends flow through your senses. Kevin, Jerry, and Rich were all husbands, fathers, friends who loved to ride a bicycle. Now they are memories to most of us and unknown to many. We often ride in silence. It is a time to think, a time to clear our heads. But, the silence can be a roar when someone you knew and loved is gone. Ride well. Ride safe. Ride for the ones who cannot ride anymore.

On Wednesday, May 20, 2009, over 30 riders met on Jubal Early Drive to take part in a worldwide ride of silence to pay tribute to those who have been killed in traffic accidents on our roadways. It was also an opportunity to raise awareness of the cyclists on our roads, and their right to be there. The Star had a photographer there, and Channel 3 covered the event www.tv3winchester.com. The word is getting out. Share the road and share life. Check out the Ride of Silence website. You will be surprised at how this event is growing across the world. www.rideofsilence.org. Mike Perry

Cross-country by Bicycle: Longtime club member (for the most of 20yrs), Fred Lonas, has embarked upon a journey of a lifetime. He is riding across the US, from Purcellville, VA, to Oregon. Fred's talked about doing it for awhile, so it's great to see him get it done in celebration of his 70th birthday. He has a website, but has had a bit of hard time finding facilities open when he's able to post information (libraries, etc.). The URL for his trip is: <http://www.crazyguyonabike.com/fredlonas>

Panhandle Pedalers: We have a new cycling club in the area. They are the Panhandle Pedalers, based out of Charles Town, WV. They have attended several benefit rides (Pedal for Pooches, Rich Rau Memorial Tour and Pancake Breakfast, and our Ride of Silence), and will be attending the SVHR on the 31st. They are a really nice group of people, excited to be involved in cycling and reaching out to other regional clubs. Great to see! The URL for their club is www.panhandlepedalers.com Look for a future notice about "Chili Cook-off" they're having in the fall of 2009.

WWRT Clothing for Sale: The racing division of Winchester Wheelmen is taking orders for clothing. Note that you do have to be a member of Winchester Wheelmen to purchase race clothing, as well as a commitment to wearing the clothing whenever you can to races or other cycling events as a defacto member of Winchester Wheelmen Racing Team

All orders must be **submitted by June 28** and the order will be placed the following week with receipt of the shipment the first week of September. Please follow the ordering instructions on the last page of the order form.

At the Google Group page for the club (RE: <http://groups.google.com/group/wheelmen/files>), there are two files built by Jon Hicks. One is a .pdf for manually filling in the blanks. The second is an MS Excel spreadsheet complete with links to the Champion Systems website for each item available. The spreadsheet is your best option unless, of course, you do not have Excel.

A few notes on options. You may see "race cut" and "club cut". Race cut is Euro sizing and is tight fitting. If selecting this cut (as most race team members do) you may consider ordering one size larger than normal. Club cut is normal sizing. Also note that "casual clothing" is available for order if you prefer non-cycling specific items.

If you have any questions about placing an order, feel free to email Jon at jhicks63@gmail.com or Erik Beatley at ebeatley@allprp.com.

2009 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.

Cycling Adventures:

Philadelphia Wandering-

If you've never taken your bike to Philadelphia, you should. In April, I had the opportunity to spend a morning cycling there. Heading out of Center City, just a block from City Hall, I wound my way through a few side streets to the Ben Franklin Parkway. This is a wide boulevard stretching from City Hall out to the Art Museum with wide bike lanes intended to get you out to the museum. After reaching the museum, I hopped onto the Schuylkill River Trail. This is a wide paved trail that quickly passes the boat houses of the areas various crew teams. When the trail reaches Manayunk, it becomes a dirt tow path, and you have to ride through the regular streets. Luckily, there were enough other cyclists out that I could ask and then follow them for directions to wend my way back to where the trail became paved again. From there, I rode out through Valley Forge, and onto the Perkiomen Trail, a branch off the Schuylkill, to Oaks, and then back down the Schuylkill to Phoenixville where the trail ends. This was about 35 miles before turning back. Although the trail is not completed beyond Phoenixville, it looked like routes were suggested and being used. While coming back through Manayunk, I almost felt like I was in Europe. There were cyclists everywhere, from casual garb to full kit, with some cyclists hanging out at a little café after their morning ride. Once I got back to City Line Ave, I rode across the bridge there to the other side of the river. Starting in April, the city closes down West Side Drive to car traffic every Saturday and Sunday morning from the museum to the city line. This is a 4-5 lane wide highway, so it's a great place to run or bike. I suspect many make the loop from the museum, out the river trail, cross the bridge, and back the drive. Although I headed back downtown, the trail does continue down the river another mile or two to South St. Again, I was truly amazed at the number of people out cycling. I haven't seen that many cyclists, outside of an event, outside of Europe, and I lost count of the number of cycling groups meeting up for rides along the trail. If you go, here are some links to the maps: <http://www.schuylkillriver.org/Detail.aspx?id=548>, <http://www.montcopa.org/parks/perkiomentrail/Perkiomen.htm>. Doug Keim

"Rockefeller Legacy a National Treasure"

A trip to Acadia National Park see wheelmen@googlegroups.com for article-

We decided to cycle the best of the carriage roads first. We parked at Eagle Lake for a 20-mile loop around the base of Sargent Mountain and Gilmore Peak, then circled back to skirt very scenic Jordan Pond. Gradually we climbed the mountain's shoulders, which offer magnificent views of fiord Somes Sound. The sound has precipitous mountains on both sides and plunges to the icy depth of 168 feet. We quickly learned that the climbs are so well graded, if you have to shift into your lowest gear, you don't stay there for long. Just about the time you feel you've had enough, the road levels off and spreads the most glorious vistas before you. Although in the early days the carriage roads were considered a scar on the landscape, visitors are now exceedingly grateful to Rockefeller for his generosity and foresight. Acadia's carriage roads are on the National Register of Historic Places and are truly a national treasure. In all, Rockefeller contributed more than 11,000 acres as a gift to the government, making its eventual 35,000 acres the only national park formed by private donations. Getting around the vast network of interlacing carriage roads is simple; there are free user maps available that show mileage between signposts. At every intersection elaborate signposts give names of destinations. The maps also show parking and restrooms. Our second day was spent mostly on the 27-mile blacktop Park Loop Road. There are so many sights to see-Sand Beach, a rare stretch of pristine beach; Otter Cliff, with 100-foot pink granite buttresses jutting out of the water; and Thunder Hole blowhole, which really looks like a Yellowstone geyser during tumultuous seas. Our favorite was a very exposed climb up the Beehive, whose 520-foot face was honeycombed by scouring glaciers. A climber needs the aid of iron hand-holds and ladders secured to the granite. It is not for the fainthearted, but we ranked it as one of our favorite experiences in the park. One blacktop ride we were told to absolutely not miss was a jaunt out to Schoodic Peninsula, a long granite finger of land that forms the eastern boundary of Frenchman Bay. Most tourists do not bother venturing out there, but the 2,000-acre tract is also a part of Acadia National Park, the only wedge on the mainland, which joined the park in 1929. It is about an hour car ride north of Mt. Desert Island. The ride is a 15-mile loop that incorporates a scenic 5-mile, one-way park drive that hugs the gorgeous coastline. On our third day of cycling, we found the peninsula road nearly deserted, even on a busy holiday weekend. On our last morning at Acadia, we set the alarm and raced to Cadillac's summit to assist

the sun in rising. It is a tradition, a ritual, for from Oct. 7 to March 6, Cadillac Mountain is the first place to see the light of day in North America. As we stood on the brow of the granite dome and watched a pool of molten color spread across the bay, we thought about what Rockefeller once said: "I hoped the land would one day become a real gem of the first order among national parks."

Judging from the heart-quickenning beauty we surveyed around Cadillac's summit and the last few days of wondrous cycling, I would have to say his dream came true. Cheryl Granger

Miscellaneous Notes

- **The 2009 Winchester Wheelmen CD-ROM** is available from Ken Tenney.
- **We would really like to hear about any bicycle adventures you may have this summer. We are all cyclists and would enjoy your story. Write a short article or let us interview you.**
- **Sunrise/sunset page** - <http://www.sunrisesunset.com/usa/Virginia.asp>
- **Club Inventory (for sale)** - Available at Blue Ridge Bicycles, available first come first serve
Wheelmen jersey- blue & yellow and/or red & white
Wheelmen t-shirts, black Nike shirt with yellow band and lettering
Copies of "BICYCLING AND THE LAW" <http://www.bicyclelaw.com/>

Classified Ads

- I have the following items for sale. Feel free to contact Steve LaDrew at ladrew@shentel.net or by phone at 540-333-1262 if you're interested, (10% Discount to WW members)
BICYCLE, MOUNTAIN: Raleigh Peak Technium, hardtail with Concept front shock, 17.5" seat tube c-c, 21.5" top tube c-c, 21 speed, Deore XT thumb shifters/F&R derailleurs, raised bars, wheels with XT hubs/Sun rims/DT Swiss spokes, new WTB NanoRaptor 2.1 tires, rat trap pedals, bottle cage, \$150.00
BICYCLE: Softride Windshear, medium, 650 Rolf Vector wheels with new Continental Grand Prix tires, 27 speed, shimano 105 STI shifters/brake levers & rear derailleur, sora front derailleur & brakes, adjustable stem, beam bag, bottle cage, no pedals, excellent condition, pics available. Would make a good entry level Tri bike \$400.00
BICYCLE: Softride PowerWing 700 TT/Tri bike, Ouzo Pro carbon fork, bullhorn bars with C2 aerobars, ultegra 8 speed bar end shifters, dia-comp brake levers, dura ace cranks (175's) & front derailleur, shimano 105 rear derailleur & brakes, still one of the most aero bikes available \$400.00
WHEELS: Pair A - Bontrager Race wheels 700c Rear is brand new, never ridden, front has maybe 100 miles on it. The stickers have been removed from the front wheel only. \$150.00
WHEELS: Pair B - Bontrager Race wheels 700c. This pair has about 1000 miles on it, still in excellent condition. \$100
BICYCLE RACK: Performance truck rack holds 3 bikes. Fits truck beds 53"-67" wide as is, could be cut down to fit smaller. New in box. \$50.00



Future/Out of Area Rides



June 13-14, MS 150 Tour de Vine - Charlottesville, VA. Join the Winchester Wheelmen team for a weekend of fun, and a celebration of the great things we can achieve when working together for a common cause. By participating, you we get closer to a cure - and closer to a world without multiple sclerosis.

http://main.nationalmssociety.org/site/TR/Bike/VABikeEvents?team_id=140553&pg=team&fr_id=10668&s_tafId=104520

June 13-14, 24 Hours of Big Bear - <http://grannygear.com/Races/Bigbear/index.shtml>

June 14, National Capital Tour de Cure -Reston Town Center, Reston, VA. A few Wheelmen Members are joining the Valley Health team for this ride if anyone is interested please contact Kim Edwards for sign up info monkeyboys_2@comcast.net. This is nice day ride if you are unable to attend the two day ride for the MS150.

June 19-24 - Bike VA - 22nd Annual Tour - The Journey Through Hallowed Ground. www.bikevirginia.org

June 20 - Summer Solstice Ride - C&O Canal - sag by Ken Tenney, Shawn Carrico, and Janet Rauhaus.

July 31- August 1 - Skyline Drive out-and-back Josh Lewis is planning a massive undertaking - 210 miles, 20,000 feet of climbing. 210 miles and 20,000 of climbing. Contact Josh Lewis for details: joshwflewis@netscape.net
The Skyline Drive is 105 miles of beautiful mountain scenery. If you have the legs and a bike to go with them, you should take up the challenge. Who knows, the Swiss Alps could be your next adventure - think 2010.

August 1 - Mountain Mama Road Bike Challenge - www.bikemountainmama.homestead.com

August 8 - Cumberland Valley Century - San Mar Childrens Home - Boonsboro, MD, sponsored by Cumberland Valley Cycling Club http://www.bikecvcc.com/cvcc_century.html

September 20 - PPTC Historic Back Roads Century - <http://www.bikepptic.org>

October 10 - Seagull Century - <http://www.seagullcentury.org/>



Winchester Wheelmen June 2009 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: June 1st: 8:32PM, June 5th: 8:35pm, June 10th: 8:38pm, June 15th: 8:40pm, June 20th: 8:42pm, June 25th: 8:43pm, June 30th: 8:43pm*)

Mondays - Apple Pie Ridge Elementary on Apple Pie Ridge Road, every Monday in June, July & August. Ride starts at **6:30pm** and will be between 20-25 miles, fairly hilly roads, no one is dropped - ride leader Robert Golightly (dates will be on the listserv when ride leader is out of town)

Tuesdays - The Retired/Day off Ride (NEW DAY) - Easy pace, lunch stop, 25-30 miles; variety of routes:
1st and 3rd Tuesday, **10:00am** at Macedonia Church on Macedonia Church Road.
2nd and 4th Tuesday, **10:00am** at Daily Grind on west end of Jubal Early Road.

Tuesdays - Meet at Food Lion Plaza east of Stephens City on VA 277. Rides start from the east side of the plaza. The route and duration determined by those present, (usually 30-35 miles). Start time is **6:00PM**.

Wednesdays - All-comers road ride, starting at Orchard View Elementary School on Middle Road. Start time is **6:00PM**. This is a 17 mile loop with a variety of rider participation. A good ride to get you started with group riding.

Thursdays - Pace line Ride - Fast training ride of 20mph plus, 27 miles. Start time is **6:00pm**. Meet behind the Quarles gas station/convenience store at the intersection of Kimble Rd (SR 653) and VA 7 in Clarke County. If enough show, there is a "faster" and "slower" group. No ride leader. Park anywhere behind the store in the grass, leaving the gravel driveway clear. 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.



Winchester Wheelmen June 2009 Ride Schedule



Weekend Rides

Saturday, June 6th - Mixed Surface Ride - Start time is **8:00am** from 3874 Back Mountain Road (near Mountain Falls in SW Frederick County). This is a local tune up ride for those riding the C&O Canal on the 20th, or for those just looking to do something different. This is a mixed surface ride (gravel/dirt/pavement). It starts on pavement for a smooth warm-up. Ride length is projected to be 45-60 miles. Ride Leader Ken Tenney 540-722-9224 or k_tenney@verizon.net.

Sunday, June 7th - Impromptu Ride - Meet at James Wood Middle School at **9:00am**. Riders present will decide route and distance.

Thursday, June 11th - Rookie Ride - Meet at Marker Miller Fruit Market on Cedar Creek Grade at **6:00pm** for a 10 to 15 mile ride over rolling terrain. Pace will be easy and ride leader will ride w/ slowest riders. Rookie rides are designed to help new riders become familiar with group riding to become more comfortable riding on the road. Or, if just want to stretch your legs on a short ride, come on out. Ride Leader Mike Perry 540-877-1795 or mperry@visuallink.com

Sunday, June 14th - "To Arden and Back" - Meet at Apple Pie Elementary at **10:00am** for a 35-40 mile ride to Arden, WV, at back. Rest stop at country store in Gerrardstown. Rolling to hilly terrain. Ride Leader Mike Perry 540-877-1795 or mperry@visuallink.com

Saturday, June 20th - "Ride the C&O Canal in a Day" - A challenging adventure covering the 187 miles of the C&O Canal in one day. Ride is projected to start at **4:30pm** in Cumberland, MD, at the western terminus of the towpath and ending in Georgetown (DC). See May's newsletter for more details. Heavy sag support. Ride Leader Ken Tenney 540-722-9224 or K_tenney@verizon.net

Saturday, June 20th - Single Speed Ride - 15 miles, meet at Blue Ridge Bicycles at 2228 Papermill Road. Ride will leave at **8:30am** sharp. Bring your single speed or bring your multi-speed and choose a single gear to ride in for the 15 miles. Ride Leader Chris Tyson 540-662-1510(w) or 540-336-7231(cell).

Sunday, June 21st - Impromptu Ride - Meet at Apple Pie Elementary School at **10:00am**. Riders present will decide the route and distance.

Sunday, June 28th - "Meems Bottom Covered Bridge Ride" - Meet at James Wood Middle School at **9:00am** for a carpool to Woodstock or meet at Central High School Parking lot in Woodstock at 10:00am (Woodstock exit off I81, turn left, go half mile to turn right into Central High School, 1st parking lot on right.) The ride is 41 miles over rolling terrain with a rest/food stop in Mount Jackson. Ride Leader Mike Perry 540-877-1795 or mperry@visuallink.com

Note: Impromptu rides are set up when no one has volunteered to lead a ride. Where they go and how far they go is determined by the cyclists who show up to ride. They are planned for those who can't always make a commitment to a day or time. If you would like to see an impromptu set up at a different location or time, let your newsletter editor know (monkeyboys_2@comcast.net). Better yet, volunteer as a ride leader. Rides can be short or long, morning or afternoon.

GENERAL 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 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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