

# Winchester Wheelmen May 2009 Newsletter

Volume 26, Number 5

"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

<http://www.winchesterwheelmen.org>

## May is National Bicycle Month - Get Out and Ride

### May Club Meeting

We will be at the Butcher Block Buffet for the monthly meeting on **Monday, May 11<sup>th</sup>, 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 April club meeting was held at Butcher Block Buffet in Stephens City. The following are the highlights of March's meetings:

- Treasurer's Report:

- Savings: \$7,803.32

- Checking: \$2,745.95

The Winchester Wheelmen domain name has been renewed for 9 years through Network Solutions at \$78.

- Dues: There was discussion to possibly consider reducing the amount collected for dues. Rather than reduce the cost of dues, members requested funds be used to purchase helmets for the 5 children that will be participating in the SVHR, as well as for other projects. Robert Golightly requested that \$25 be donated to the Pedal for Pooches ride, which was agreed upon by the members present. Therefore, it was agreed to maintain the dues rate as is

- Boston Marathon: Club member, Tina Genay will be traveling to Boston to participate in the Boston Marathon on April 20. Many well wishes go her way!

- Frederick County Parks and Recreation Summer Youth Trip - June 26, 27, 28 If interested in volunteering, contact John Turkel at FCPR. Jon's e-mail is [jturkel@co.frederick.va.us](mailto:jturkel@co.frederick.va.us) Here's a description for the kids: **SUMMER CYCLING EXPEDITION!**

Great Allegheny Passage Trail & Whitewater Rafting trip! Ages: 12-16

(This is a BSA Cycling Merit Badge Trip?)

Trip: 3 days, 2 nights, Miles: 75

In partnership with the Winchester Wheelmen (and the Boy Scouts?) we will be exploring the most exciting new cycling corridor in the region. In this 3-day program, we'll start our ride in Cumberland, MD, the start of the Great Allegheny Passage trail. We start on this trail with a climb out of the Potomac watershed to the Eastern Continental Divide and the upper reaches of the Mississippi watershed. Our destination is Rockwood, 44 miles away, where we will spend our first night under the stars. Day 2 takes us to the adventure town of Ohiopyle where after a night at the nearby State Park we will trade our bikes for rafts, and take on the challenging whitewater of the 'Lower Yough' river. After this adventure we will head back home to share stories. Without a doubt, this expedition will offer a challenging yet rewarding experience that will be talked about for a lifetime.

- Transportation is provided. Trip will be van supported to carry support, camping & food supplies.
- All meals are included in with the exception of start day breakfast & end day lunch.
- Van driver and cycling leaders are volunteers from the Winchester Wheelmen Cycling Club (and the BSA?). There will be a maximum leader / participant ratio of 1:6 for on-trail portions.
- Camping will be at formal campgrounds en route. A list w/ contact information & nights will be provided. Tents will be shared w/ no coed tents.

- Participants must provide: Bicycle in good working order (Mountain. bike or touring bike preferred), Sleeping bag, & Tent. Clothes check list will be provided.
- CWPT Park Day - April 4:  
Approximately 30 volunteers braved the cold windy, but sunny day to participate with the CWPT Park Day at the 3<sup>rd</sup> Battle of Winchester. Rolls of wire fencing, old appliances, and bags of trash were removed from the site, and two wooden bridges were constructed. Article and pictures are posted to [wheelmen@googlegroups.com](mailto:wheelmen@googlegroups.com) also <http://www.tv3winchester.com/home/headlines/42508757.html>
- Shenandoah Valley Heritage Ride / Boys & Girls Club Ride - May 31:  
Boys and Girls Get Ready - Mike Perry will be doing training rides with the young folks of the Boys and Girls Club. These will be rides of 10 to 15 miles as the kids get prepared to ride in the Shenandoah Valley Heritage Ride on May 31st. We will start all of these rides at the intersection of Singhas Road and Wildflower Lane (near my home). The rides will start at 6:15pm. I met with the kids and found them to be a nice group of teenagers, four boys and two girls. They are riding new mountain bikes which they get to keep if they complete the ride on the 31st. They are motivated and ready to ride.  
All club members are invited to come out and ride with us. If you are a new rider and looking for a way to get started this season, here is your chance. Call it a "rookie Ride" if you like. If you had a bad winter with no riding like I did, this a way to relearn all you have forgotten. I will have water and snacks at each of these rides in case you don't have time for dinner. Most of these kids do not get dinner until after the ride since they go to school, then go to the B & G Club to do their homework, and then come out to ride. If you have any questions, contact Mike Perry at 540 877-1795 or [mperry@visuallink.com](mailto:mperry@visuallink.com)
- WWRT-Sponsored Cyclocross Race - October 18, 2009: Winchester Parks and Recreation has approved our request to host a cyclocross race at Jim Barnett Park. Set up of course and preparing the grounds on Oct 17<sup>th</sup>, tear down and cleanup will take place immediately following the last race around 3pm, Oct 18<sup>th</sup>. This is a great opportunity for the WW and it is hoped you all will join us in making this a great event. Mark the dates on your calendar, commit to volunteering and complete the required waiver - There will be jobs for every ability and you don't have to race to help? contact Jon Hicks at [jhicks63@gmail.com](mailto:jhicks63@gmail.com).
- Summer Club Trip - Bar Harbor/Acadia NP - August 8-15, 2009: Robert Golightly reported that 3 houses have been reserved for the summer bike tour at Bar Harbor, ME with deposits paid. The cost per person is approximately \$250. Plans during the trip include a ferry ride to Nova Scotia, hiking and biking. Payment is requested to Robert by June 1<sup>st</sup>.

**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](mailto:info@winchesterwheelmen.org).

### Ride the C&O Canal in a Day! 2009 Edition

Join your fellow club members for an attempt at riding the entire length of the C&O Canal towpath in a single day. Here are some details...

**When:** Saturday, 20 June 2009, dark: 30 A.M. (Started at 4:30 in 2008.) Lights required.

**Where:** Starting at Cumberland, MD, the western terminus of the towpath; ending in Georgetown, Washington, DC, the eastern terminus.

**How:** Get yourself to Cumberland with a lot of training under your belt. Preferred bike is a cyclocross machine, but any longer wheelbase bike with ~32mm wide tires will do.

**Why:** That's up to you to decide. This is an "epic" style ride, of about 187miles in length. It's an accomplishment unto itself, without alternate purpose.

**Who:** WW Members, guests and friends.

The ride will be supported by at least 2 vehicles and personnel (other club members). The SAG will include food and drink for the entire day's effort. Logistics of getting out of DC at the end of the day will be determined at a later date (like in late May/early June).

The effort should be considered serious and should only be attempted by those who are adequately fit for it. Proper preparation should include exploratory trips on the towpath, as well as at least one century ride in the time leading up to the 20th.

Any questions or to include your name in the early planning, please contact Ken Tenney at [k\\_tenney@verizon.net](mailto:k_tenney@verizon.net) or 540-722-9224. (For more info. about the C&O towpath, please see this URL: <http://www.bikewashington.org/canal/index.php> (it's really better than the NPS site for a cyclist)). Deadline for commitment to the ride is Monday, 01 June 2009.

**Rich Rau Memorial Bike Tour & Pancake Breakfast:** May 16, Berryville, VA. The Town of Berryville will be sponsoring the third annual ride. Registration begins at 7:00AM with breakfast being served to cyclists, families and friends from 7:30AM to 10:00AM at Duncan Memorial Methodist Church. The Tour begins at 9:00AM. Additional information and a link to online registration can be found on the Town's web site - [www.berryvilleva.gov](http://www.berryvilleva.gov)

**Ride of Silence:** May 20 - Ride of Silence - Winchester, VA. Meet at Children of America parking lot on Jubal Early Drive in Winchester for a tribute ride to those Winchester Wheelmen who have died after being struck by motor vehicles, while riding their bikes. The ride start time is 7:00PM. This is not a protest ride per se, but a ride to bring to the attention of car drivers and others that responsible adults riding their bikes have been struck and killed. Those fallen Wheelmen are: Kevin Peters (Aug, 2002), Jerry Dambro (Nov, 2004), and Rich Rau (May, 2005). The proposed route is: Winchester Green Circle to Merriman's Lane via Meadow Branch, north on Merriman's Lane, east on Amherst, south on Stewart, east on Handley, south on Valley Ave. to Creekside, turn around in complex, then north on Valley to left on Jubal Early back to the Green Circle start. This is a solemn, silent ride. The ride will be posted to [www.rideofsilence.org](http://www.rideofsilence.org). Please direct questions to Ken Tenney at 540-722-9224 or [k\\_tenney@verizon.net](mailto:k_tenney@verizon.net).

### Miscellaneous Notes

- **CD-ROMs.** Ken Tenney has revised the WW CD-ROM for 2009. Changes include updated in some URLs, updated instructions for [www.gmap-pedometer.com](http://www.gmap-pedometer.com), replacement of WV county maps with updated, digitized originals from 2008 (as opposed to scanned .tif files, made from paper copies), inclusion of mixed surface ride list for CX use, and a few other things. 2008 photos not included as none were sent in Jan/Feb and if they were to be included he'd like to see a balanced lot. To save money and reduce redundancy, the 2009 version won't be automatically sent to everyone. If you would like one, please send a note to Ken Tenney at [k\\_tenney@verizon.net](mailto:k_tenney@verizon.net). (2009 membership required) If you never rec'd a 2008 CD since becoming a WW member, please let Ken know, and he will send one to you.
- **Sunrise/sunset page** - <http://www.sunrisesunset.com/usa/Virginia.asp>
- **Isle Royale National Park** - Want to try a very different outdoor experience, consider the upper mid-west and Isle Royale National Park. To learn more visit <http://www.nps.gov/isro/> or contact me at [rlegge@powhatans.org](mailto:rlegge@powhatans.org).
- **Cyclists for the Bay** - sponsored by the Chesapeake Bay Foundation, very little involved with joining and for a good cause - [http://www.cbf.org/site/PageServer?pagename=act\\_sub\\_yourpart\\_cyclist](http://www.cbf.org/site/PageServer?pagename=act_sub_yourpart_cyclist)
- **Club Inventory** - Available at Blue Ridge Bicycles, available first come first serve
  - 1 Wheelmen jersey, XS, blue & yellow \$55.00
  - 2 Wheelmen jersey, SM, blue & yellow \$55.00
  - 1 Wheelmen jersey, XL, red & white \$55.00
  - 2 Wheelmen t-shirts, XL, black Nike shirt with yellow band and lettering \$8.00
  - 2 copies of "BICYCLING AND THE LAW" \$20.00 <http://www.bicyclelaw.com/>

### Classified Ads

- I have the following items for sale. Feel free to contact Steve LaDrew at [ladrew@shentel.net](mailto: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

- **AlleyCat tag-along bike for sale.** I have an older model AlleyCat tag-along bike for sale. I bought the bike in the summer of 2006 for \$60. The \$60 was a donation for someone's MS150 ride that year. I'm asking \$40 for the bike and the money will be used for the same purpose this year, in my name. The tag-along will come with a two kid saddles (original and aftermarket) and two enhanced (stronger) mounts for attachment to the pulling bike(s). If interested, contact Ken Tenney at [k\\_tenney@verizon.net](mailto:k_tenney@verizon.net) or 540-722-9224.
- **Wanted:** I need to step to the next level w/ my boys so... looking for good used bikes (I need two). Not being picky, mostly since I don't know what to ask for anyway - it's just that they have outgrown the great bikes we bought two years ago (those will be for sale once replaced) sizing? The boys are 5'5" and not stopping - if you have anything in your collections or know of someone who does - please contact me (Kim Edwards) at [monkeyboys\\_2@comcast.net](mailto:monkeyboys_2@comcast.net) or 540-550-3393.



## Future/Out of Area Rides



**May 22 - 25, Virginia IMBA Mountain Bike Festival** - Stokesville Campground, VA  
<http://go.imba.com/site/Calendar/1491445942?view=Detail&id=104161>

**June 13-14, MS 150 Tour de Vine** - Charlottesville, VA. By 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. So what are you waiting for? Join our team today or make a donation on our behalf.

[Click here to view the team page for Winchester Wheelman](#) (hold Control and click)

if the text above does not appear as a clickable link, you can visit the web address:

[http://main.nationalmssociety.org/site/TR/Bike/VABBikeEvents?team\\_id=140553&pg=team&fr\\_id=10668&s\\_tafId=104520](http://main.nationalmssociety.org/site/TR/Bike/VABBikeEvents?team_id=140553&pg=team&fr_id=10668&s_tafId=104520)

**June 14, National Capital Tour de Cure** -Reston Town Center, Reston, VA. We do not currently have a team registered for this event, if anyone is interested please contact me (Kim) [monkeyboys\\_2@comcast.net](mailto: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 - 22<sup>nd</sup> Annual Tour - The Journey Through Hallowed Ground.** [www.bikevirginia.org](http://www.bikevirginia.org).

**July 31- August 1 - Skyline Drive out-and-back** Josh Lewis is planning a massive undertaking - 210 miles, 20,000 feet of climbing. For a detailed ride description please contact at [joshwflewis@netscape.net](mailto:joshwflewis@netscape.net)



## Winchester Wheelmen April 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: May 1st: 8:05PM, May 5th: 8:09pm, May 10th: 8:13pm, May 15th: 8:18pm, May 20th: 8:23pm, May 25th: 8:27pm, May 30th: 8:31pm)

**Monday White Post Loop, starting at White Post Restorations-** No ride leader. Meet at White Post Restorations at 6:00PM for an 18 mile loop. Here's a URL for the map for where White Post Restorations is located, for anyone who might not know: <http://www.whitepost.com/about.html> Here's the URL for loop map: <http://www.winchesterwheelmen.org/Maps/White%20Post-Rockland.pdf>

**Tuesdays and Thursdays in May** - meet at the intersection of Wildflower Lane and Singhas Road (Map Quest 192 Wildflower Lane, 22602). Rides will start at 6:15pm. Distance will be between 10 and 15 miles. First rides shorter than later ones. Contact Mike at 540 877-1795 or [mperry@visuallink.com](mailto:mperry@visuallink.com). We will not ride if there is rain or wet roads.

**Tuesdays.** Meet at Food Lion Plaza east of Stephens City on VA 277. The rides will start from the east side of the plaza. The route and duration determined by those present, though usually about 34 miles. For the start of April, due to lack of sunlight, there are shorter distances available. The ride start time is 6:00PM. There is no ride leader.

**Wednesdays.** All-comers road ride, starting at Orchard View Elementary School. Ride pace will be determined by those present. There is no ride leader. Ride start time is 6:00PM. Orchard View Elementary School is located on Middle Road (SR 628), about 3.75 miles from the traffic light at Middle Road and Valley Ave (US 11).

**Thursdays, The Retired/Day Off Ride** - 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 raining.

**Thursdays - Pace line Ride,** Meet behind the Quarles gas station/convenience store at the intersection of Kimble Rd (SR 653) and VA 7 in Clarke County. The loop is 27 miles. Ride starts at 6:00PM. If enough show, there is a "faster" and "slower" group. There is no ride leader. Park anywhere behind the store in 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 parking area since that is used by customers.



## Winchester Wheelmen May 2009 Ride Schedule

### Weekend Rides



For the month of May, the Saturday morning B Road Ride will alternate between Daily Grind on Senseny Road and Daily Grind on Jubal Early Drive.

**May 9<sup>th</sup> & 23<sup>rd</sup> - Saturday B Road Ride** - Meet at Daily Grind at Senseny Road, east of Winchester, leave at 8:00A.M. sharp. This is a no-drop ride and there will be some regrouping if needed. We may ride in a pace line at times. Routes will vary somewhat according to what the group wants. Please e-mail suggestions to Steve Breeden at [drsbreeden@gmail.com](mailto:drsbreeden@gmail.com).

**May 16<sup>th</sup> & 30<sup>th</sup> - Saturday B Road Ride** - Meet at Daily Grind at Jubal Early Drive, in Winchester, leave at 8:00A.M. sharp. This is a no-drop ride and there will be some regrouping if needed. We may ride in a pace line at

times. Routes will vary somewhat according to what the group wants. Please e-mail suggestions to Steve Breeden at [drsbreeden@gmail.com](mailto:drsbreeden@gmail.com).

**May 10<sup>th</sup> - APPLE PIE RIDGE RIDE** - Meet at Apple Pie Ridge Elementary School at **10:00am** for a 25-30 mile ride at an easy pace. We will be back in time for everyone to go visit MOM on Mother's Day. Mike at 540 877-1795 or [mperry@visuallink.com](mailto:mperry@visuallink.com) No ride if raining.

**May 24<sup>th</sup> - STEVE'S HANCOCK ADVENTURE** - Meet at James Wood Middle School at **9:00am** for a carpool to Hancock, Maryland. We will meet at the Western Maryland Railtrail parking lot in Hancock at **10:30am**. This ride heads up into the hills north of Hancock (no railtrail miles) for a 35 mile loop through Needmore, PA (don't blink when you go through or you will miss it). This will not be a fast pace ride, but it does have its share of hills to climb. Mike at 540 877-1795 or [mperry@visuallink.com](mailto:mperry@visuallink.com). No ride if raining or chance of rain is above 50%. Check with ride leader if you are unsure.

**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](mailto: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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