

# Winchester Wheelmen May 2010 Newsletter

Volume 27, Number 5

"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

<http://www.winchesterwheelmen.org>

## April Club Meeting

We will be at Los Toltecos for the monthly meeting on **Monday, May 10<sup>th</sup>, 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 April club meeting was held at Los Teltecos in Winchester. The following are the highlights of the mtg.:

- Treasury Report  
Checking \$2,168.04  
Savings \$4,472.31  
Race team account was established February 9, 2010 with an opening balance of \$3,877.80
- MS 150 - Charlottesville, VA, June 13 & 14
- Richard Hartman reported the MS Tour de Vine coordinator, Shannon Tevendale, visited Winchester on Wednesday, April 7. For a few hours that afternoon, she greeted people at Blue Ridge Bicycles, and signed on three additional cyclists to join the Winchester Wheelmen team, bringing the total team membership to ten. That evening, she participated in the Wednesday evening club ride. Members present at this month's meeting voted that the Winchester Wheelmen donate \$20 per team member.
- Boy Scout Jamboree - May 2010
- The Boy Scouts are celebrating their 100<sup>th</sup> anniversary and will be holding a jamboree at the fairground in Woodstock, VA on May 22. They are requesting the assistance of the Winchester Wheelmen to develop a bike course with obstacles. Expected to participate are 1200 scouts and adults. Steve Breeden and Kenny Morris have indicated an interest in helping, especially if the participants will be able to earn points toward a merit badge. Kenny will research what is required to assist the boys to earn points. Bikes and cones are needed for the event.

## Shenandoah Valley Boys and Girls Club Ride - June 6, 2010

This ride is held as a fundraiser for the Boys and Girls club, and will commence at the Valley Health Wellness and Fitness Center on Sunday, June 6 at 9 a.m. Routes include 10, 30, 50, and 70 mile rides, as well as a tandem ride. To register, visit [www.svhride.org](http://www.svhride.org). Members of the club present at this month's meeting voted to donate helmets to those children of the Boys and Girls Club that will be riding during the event.

## Rich Rau Ride

Ryan Rau, nephew of Rich Rau, contacted the club requesting four of the retro Winchester Wheelmen jerseys. He has recently purchased the newly revised Winchester Wheelmen kits. He is also requesting one of the retro jerseys be signed by the club members to give to Deb Rau to commemorate the 5<sup>th</sup> anniversary of the Rich Rau ride. If anyone has any retro jerseys that they are willing to give, contact Ken Tenney. Ken will solicit for these jerseys on the listserv.

- CWPT Park Day - April 10, 2010

Mike Perry reported a group of 39 to 40 volunteers, including two Cub Scout groups, worked at the Third Battle of Winchester site on CWPT Park Day. The cub scouts cleared debris off the trails, while others cleared a fence line, and worked on the newly acquired Huntsberry property, hauling away nearly two tons of metal

Ride of Silence

The Ride of Silence is scheduled to occur on a Wednesday evening in May. No plans have been arranged for the Winchester Wheelmen to participate in the event this year, therefore, planning for this event has been tabled until 2011.

Member Update

Ken Tenney had announced, via the listserv, the March 31 deadline for renewal of club membership for the 2010 year. Presently, there are approximately 110 members. Of these, 15 receive a hard copy of the club newsletter

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](mailto:info@winchesterwheelmen.org).

MS 150 Tour de Vine: June 12-13 in Charlottesville, VA. By joining 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, 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.

[http://main.nationalmssociety.org/site/TR/Bike/VABBikeEvents?team\\_id=186893&pg=team&fr\\_id=13118](http://main.nationalmssociety.org/site/TR/Bike/VABBikeEvents?team_id=186893&pg=team&fr_id=13118) (hold Control and click)

National Capital Tour de Cure: June 20, Reston Town Center, Reston, VA. Join the Winchester Wheelmen team for a great day ride for a great cause. Please join us or help us with our cause with your donation.

[Click here to view the team page for Winchester Wheelmen](#)

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

[http://main.diabetes.org/site/TR/TourdeCure/TDC106528030?team\\_id=448270&pg=team&fr\\_id=6857&et=tt7q8aBX-w1qfH0bffhZaw..&s\\_tafId=292463](http://main.diabetes.org/site/TR/TourdeCure/TDC106528030?team_id=448270&pg=team&fr_id=6857&et=tt7q8aBX-w1qfH0bffhZaw..&s_tafId=292463)

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### **Anemia and the Cyclist**

When the dopers, among professional cyclists, use synthetic erythropoietin (EPO), they are trying to improve aerobic performance by increasing oxygen carrying capacity. EPO stimulates red blood cell production, and hemoglobin, which is the primary oxygen carrier in the blood, resides on red blood cells. This doping practice can actually backfire on the cyclist if red cell numbers become too large, because that makes the blood thick, sludge-like, and hard for the heart to pump around the body. This, in turn, increases the risk of stroke, and pulmonary embolism. Where EPO administration may improve oxygen delivery to working muscles, anemia, which is an abnormally low red cell count in the blood, does the opposite. The most common, and easily treated type of anemia is iron-deficiency anemia, but anemia can be caused by blood loss, poor diet, chemotherapy, or some rare hemolytic (red cell destroying) condition. In heavy exercise, the anemic cyclist delivers less oxygen to the muscles, due to the low hemoglobin level. In order to compensate, heart rate increases more rapidly than it would under normal circumstances, and although this pumps more blood through the muscle per unit of time, it puts the athlete closer to maximum heart rate at a lower workload than normal. The decreased oxygen delivery associated with anemia also causes the athlete to hit lactate threshold at a lower workload than normal, and the two of these resulting conditions insure that performance will suffer. See Exercise Physiology (4<sup>th</sup> edition) pp 239-242 by McArdle, Katch, & Katch.

Dave Albecker

## Park Day A Huge Success

Twenty Wheelmen came out to the 3<sup>rd</sup> Winchester Battlefield on an absolutely beautiful day to do good deeds this past April 6th. We were able to clean up the old Huntsberry farm house foundation, remove fallen buildings, piles of junk, and dead trees. This was just one crew. The 2<sup>nd</sup> crew was able to clear over 50 yards of overgrown fence bordering the Red Bud Parking and Red Bud Road. And while all of this was going on, two groups of Cub Scouts were clearing the debris of winter that had fallen on the grass "skirt" of the trails in the woods, and there was plenty of it after a winter of record snowfall and high winds. Now that is what I call a truly great effort.

Just a few numbers on the work done: we had a total of 38 people work on Park Day. We hauled away two tons of metal scrap; cleared at least 5 pickup loads of brush and trash, and piled a stack of wood waste so high that it was decided to not burn without a fire company there to monitor the burning. Oh, we also removed a refrigerator, a coke machine, an old reel lawn mower, and someone's 7 iron, plus a small stack of firewood that we left there to be picked up later (which disappeared before we could get back to get it).

I was thinking about what a diverse group we had, and how they could come together to focus on one important task. We had computer techs, doctors, airline pilots, athletes, physical therapists, teachers, human resource folks, veterinary techs, telephone guys, outdoor and indoor enthusiasts, and retirees just to name a few. And, we did good things together, and I want to thank all of my cycling friends and fellow citizens who did such a great job.

Mike Perry

## Velodrome Initiative from PPCC

Our cycling club neighbors to the north, the Panhandle Pedalers Cycling Club, serving the Eastern Panhandle of WV, are making an appeal for support. They have asked the Winchester Wheelmen cycling club to support them in their



effort to build and maintain a velodrome. They are taking this very seriously and have gotten in contact with a velodrome designer / builder, and are in the process of laying the groundwork to make it come to fruition. There are a couple of ways to support this effort. You can let your voice be heard that this is something you want WW to get behind, and you can visit the PPCC website and sign their petition. The general website for PPCC is [www.panhandlepedalers.com](http://www.panhandlepedalers.com). The sub-site for the Velodrome Initiative can be found at the following URL:

<http://panhandlepedalers.com/Velodrome/>

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## Future/Out of Area Rides

**May 19, 2010 - Ride of Silence, Winchester, VA** [www.rideofsilence.org](http://www.rideofsilence.org)

**Sat., May 22, 2010 - 5<sup>th</sup> Rich Rau Memorial Bike Tour & Pancake Breakfast, Berryville, VA.** The Town of Berryville will be sponsoring the fifth annual Rich Rau Memorial Bike Tour & Pancake Breakfast on Saturday, May 22, 2010. Registration begins at the Duncan Memorial Methodist Church (210 East Main Street) at 7:30 a.m. with breakfast being served to cyclists, families and friends from 7:30am to 10:00am. We will again have three routes (15, 30 or 50 miles) to choose from in the beautiful countryside of Clarke County. Additional information and a link to online registration can be found on the Town's web site (<https://www.signmeup.com/67684>), or by calling 540-955-1099.

**May 30, 2010 - Mountains of Misery, Newport, VA** [www.cyclingdoubleheader.com/mountains-of-misery](http://www.cyclingdoubleheader.com/mountains-of-misery)

**June 5, 2010 - Boys and Girls Club Ride, Winchester, VA** [www.svhrider.org](http://www.svhrider.org)

**June 12-13, 2010 - MS150, Charlottesville, VA** <http://bikevab.nationalmssociety.org/>

June 25-30, 2010 - Bike VA - 23rd Annual Tour - SHENANDOAH EXPEDITION TOUR. [www.bikevirginia.org](http://www.bikevirginia.org).

July 30<sup>th</sup> - Our Community Place Shenandoah Bike Festival, Harrisonburg, VA

<http://www.ourcommunityplace.org/events/> <http://www.svbcoalition.org/events/shenandoah-valley-bicycle-festival/>

August 1-7<sup>th</sup> - WW vacation ride, Adirondacks

August 7<sup>th</sup> - Mt. Mama, Monterey, VA <http://bikemountainmama.homestead.com/>

August 14<sup>th</sup> - CCVC Century, Boonsboro, MD [http://www.bikecvcc.com/cvcc\\_century.html](http://www.bikecvcc.com/cvcc_century.html)



## Winchester Wheelmen May 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: May 1st: 8:04PM, May 5th: 8:08pm, May 10th: 8:13pm, May 15th: 8:18pm, May 20th: 8:22pm, May 25th: 8:27pm, May 30th: 8:31pm*)

**Mondays - Apple Pie Ridge Road Ride - NW of Winchester, in Frederick County, VA.** Meet at Apple Pie Ridge Elementary School at **6:00PM** 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. Ride leaders are Robert Golightly 540-535-9986 and Charmaine Shaw 540-550-1177.

**Tuesday - 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. All of the Tuesday editions of the Retired/Day Off rides will start at **10:00AM**.

**TUESDAY MAY 4<sup>TH</sup>:** MACEDONIA CHURCH, 1941 MACEDONIA CHURCH RD (OFF RT 522)

**TUESDAY MAY 11<sup>TH</sup>:** DAILY GRIND, JUBEL EARLY DRIVE, WINCHESTER, VA

**TUESDAY MAY 18<sup>TH</sup>:** THE ITALIAN TOUCH, MIDDLETOWN, VA

**TUESDAY MAY 25<sup>TH</sup>:** MACEDONIA CHURCH, 1941 MACEDONIA CHURCH RD, (OFF RT522)

**Tuesdays & Thursdays. Boys & Girls Club Evening Preparation Rides - Winchester, VA.**

Meet at Blue Ridge Bicycles at **6:30PM** to help the boys and girls to prepare for their big ride! Route will be anywhere from 8-15miles. Riders will be on new Mountain Bikes and will be wearing new helmets donated by Wheelmen. Contact bike shop for any information on ride or for cancellations. 540-662-1510.

**Tuesday Road Ride - Stephens City, VA.** 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. The ride start time is **6:00PM**. There is no ride leader.

**Wednesdays. Orchard View Elementary School, Frederick, County, VA.** Meet at Orchard View Elementary and be ready to ride as close to **6:00PM** 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](mailto:rhartman1215@yahoo.com), Robert Golightly [robertgolightly@comcast.com](mailto:robertgolightly@comcast.com) and DJ Arnold [ti22c6@yahoo.com](mailto:ti22c6@yahoo.com)

Thursdays. "No Mercy" Paceline Road Ride - Clarke County, VA. Meet at Quarles gas station at intersection of Kimble Road (SR653) and VA Route 7. Ride starts at **6:00PM**. The loop is 27miles. This is often a training ride for many, so if you're dropped, *make sure you know the route!* 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. <http://www.gmap-pedometer.com/?r=1824561>



## Winchester Wheelmen May 2010 Ride Schedule

### Weekend Rides



Watch for impromptu weekend rides!

**Sunday, May 16<sup>th</sup> - Star Tannery Mixed Surface Ride - SW Frederick Co., VA.** Here's one of the best, short mixed surface loops in the area. Start location is Back Creek Ruritan Park at 139 Richard Lane (SR 790), Star Tannery, VA 22654. The loop will be 20 miles in length; 16miles on gravel and dirt. The push off time will be **10:00AM**. Please arrive with a sufficient time cushion to start then. The duration of ride should be up to 1hr-45min. If you plan to attend, you should ride a cyclocross bike or road bike outfitted with sufficient tires to handle the surfaces. The ride is hilly, with a couple of significant pitches, but none that are too bad. Here's URL for the loop: <http://www.gmap-pedometer.com/?r=3203708>. There are no water crossings. Contact person is Ken Tenney 540-722-9224 [k\\_tenney@verizon.net](mailto:k_tenney@verizon.net)

**Saturday, May 22<sup>nd</sup> - 5<sup>th</sup> Rich Rau Memorial Bike Tour & Pancake Breakfast, Berryville, VA.** The Town of Berryville will be sponsoring the fifth annual Rich Rau Memorial Bike Tour & Pancake Breakfast. The Tour is a self-paced ride through Clarke County, Virginia with courses 15, 30, or 50 miles. Tour registration is from 7:30AM to 8:45AM at Duncan Memorial United Methodist Church at 210 East Main Street. The Tour starts at **9:00AM**. The Pancake Breakfast will be from 7:30AM to 10:00AM. Additional information can be found on the Town's web site <http://www.berryvilleva.gov/>, and registration can be done online at (<https://www.signmeup.com/67684>).

**Sunday, May 23<sup>rd</sup> - Road Ride - Winchester, VA area.** Kim Norton will be leading a 35-40mile ride on this date; please watch the WW Google Group for the location and departure time. Kim's e-mail address is [ksnorton@hotmail.com](mailto:ksnorton@hotmail.com).

**Sunday, June 6<sup>th</sup> - Shenandoah Valley Heritage Ride - Winchester, VA.** 3<sup>rd</sup> annual benefit ride for the local Boys & Girls Club (all donations stay here!). The start time is **9:00AM** at the Wellness Center, on the campus of Winchester Medical Center. Available distances are 10, 30, 50, or 70 miles. Registration forms are available at the Wellness Center, all area bikes shops, or online at: <http://www.svhride.org/register.shtml> (Online registration is available through this page, also.)

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