

# Winchester Wheelmen November 2009 Newsletter

Volume 26, Number 11

"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

<http://www.winchesterwheelmen.org>

## November Club Meeting

**CHANGE OF LOCATION:** We will be at Los Teltecos (Mexican restaurant in front of Delco Plaza) for the monthly meeting on **Monday, November 9th, 2009**. 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.

## September Club Meeting

The September club meeting was held at Donato's Only for You.

### Treasury Report

Checking \$1,744.04

Savings \$9,037.74

## New News

### Adopt-A-Highway

Charmaine Shaw has been instrumental in coordinating efforts to get a section of Middle road adopted by the Winchester Wheelmen. Once signs are posted by VDOT along the section between Laurel Grove Road and Richard's Farm Market, the Wheelmen will be permitted to set up a date for trash pickup.

### Annual Christmas Banquet

**WHERE:** Hilton Garden Inn, 120 Wingate Drive, Winchester, VA 22601

**WHEN:** Monday, 14 December 2009, social hour at 6pm, with dinner at 7pm.

#### **DINNER MENU:**

- Spring Mix Salad
- Chicken Marsala with mushrooms and Fresh Tomatoes
- Roasted Beef with Bourbon Peppercorn Sauce
- Green Beans and Carrot
- Herb Seasoned Red Bliss Potatoes
- Assorted Dessert
- Tea and coffee

**COST:** The price per person will be \$25 with the club subsidizing the additional amount, approximately \$3/person.

Following a short business meeting, to elect new officers for 2010, Erik Beatley and Steve Breeden will be providing entertainment.

**RSVP:** Please send your RSVP to Steve Breeden at [drsbreeden@gmail.com](mailto:drsbreeden@gmail.com) (again, by the 9th of November, 2009).

## Reading Leisure:

### **Bicycle injuries in U.S. becoming more severe**

Wed Oct 14, 2009 11:17am EDT

by Anthony J. Brown, MD

NEW YORK (Reuters Health) - Bicycle injuries in the US have become more severe and there has been a marked increase in chest and stomach injuries.

Moreover, despite greater public awareness, helmet use has not increased and head injury rates have not fallen.

"There is a paucity of studies looking specifically at bicycle injuries," lead researcher Dr. Jeffry Kashuk, from the University of Colorado, Denver, told Reuters Health. In the last several years, greater environmental awareness, economic downturns, an emphasis on fitness, and other factors have fueled greater bicycle use in the US.

The severity of injuries and time spent in hospitalized for bicycle injuries tended to increase in the past decade, according to the findings he presented Tuesday at the American College of Surgeons annual meeting in Chicago. The number of chest injuries rose by 15 percent, while abdominal injuries increased threefold over the last 5 years.

The findings stem from a study of 329 bicycle injuries treated at the Rocky Mountain Regional Trauma Center at Denver Health Medical Center from 1996 to 2006.

Emergency room documentation of helmet use improved during the study period, yet actual use did not change significantly, the researchers found. Roughly one-third of patients studied had a significant head injury.

The rise in injury severity likely reflects an increased rate of "motor vehicle associated injuries, which might suggest, along with a trend toward older age, that **the injuries occurred in commuters more frequently than the past, as opposed to recreational riders**," Kashuk said.

The findings, Kashuk believes, could have important implications for cycling infrastructure in the US.

**"Although the public is very enthusiastic about bicycle use as a means of transportation, we think that infrastructure has lagged behind in the US,"** he explained. "The government is pushing bike days, and rebates for bike use. Communities are putting in bicycle kiosks." However, there is only limited data to show that "we have bikeways to support this increase in bike use."  
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## 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](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, \$140.00
  - BICYCLE: Soft ride Power Wing 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 \$350.00
  - 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. \$40.00
- Trek 7.2 FX hybrid bicycle with less than 120 miles. The bike looks new and is in perfect condition, has a Cateye wireless computer, Shimano M-324 pedals (clip in one side only), a rear rack, and rear rack trunk. Bike can be seen at Blue Ridge Bicycles. Contact Andrea Board at 665-1812 For Sale: \$400.00



## Winchester Wheelmen November 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: Nov 1st: 5:12PM, Nov 5th: 5:08pm, Nov 10th: 5:03pm, Nov 15th: 4:58pm, Nov 20th: 4:55pm, Nov 25th: 4:52pm, Nov 30th: 4:50pm*)  
<http://www.sunrisesunset.com/usa/Virginia.asp>

**Mondays - NO RIDE ON MONDAY, NOV 9<sup>TH</sup> (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](mailto: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!

**Nov 3<sup>rd</sup> - Daily Grind on Jubal Early, 10:00am.**

**Nov 10<sup>th</sup> - Locke's Store in Millwood. Park at Mill, 10:00am.**

**Nov 17<sup>th</sup> - Italian Touch in Middletown. Park on West end of lot, 10:00am.**

**Nov 24<sup>th</sup> - Daily Grind on Jubal Early Drive, 10:00am.**

**Dec 1<sup>st</sup> - Italian Touch in Middletown. Park on West end of lot, 10:00am.**



## Winchester Wheelmen November 2009 Ride Schedule

Weekend & Individual Led Rides



**Sunday, November 1<sup>st</sup> - Jerome Hilly Loop -** Meet at Central High School in Woodstock at 10:00am for a new ride of 35 miles. The terrain is rolling and hilly, but it has beautiful views of the Valley. I will stop at James Woods Middle School at 9:00am if anyone wants to follow us to the start location. Mike Perry at 540 877-1795 or [mperry@visuallink.com](mailto:mperry@visuallink.com).

**Sunday, November 8<sup>th</sup> - NOTE CHANGE IN DATE (CANNOT RIDE ON 7<sup>TH</sup> WHEN FIREARMS WILL BE IN USE IN ABUNDANCE IN THE NATIONAL FOREST. "A Ride For Robert"** This Epic begins on the Glenwood Horse Trail from Rte 43 just uphill from beautiful downtown Buchanan Virginia. Climbs, descents, dirt roads and if fortune smiles, no bushwhacking!

Participants should be fit enough for a 5 hour ride of about 31 miles. Technical level is intermediate. You must carry plenty of liquid and calories for the duration.

**10:00am** departure from the parking area of the Glenwood Horse Trail Sat A.M. The ride leader suggests a Friday evening drive to the Wattstull Inn for a comfortable overnight and a good breakfast before the ride.

[jrehab@comcast.net](mailto:jrehab@comcast.net) or 540 533 1822. I need to hear from interested riders for a frank discussion of the difficulty of the ride.

**Sunday, November 22nd - Mixed Surface Ride - Frederick County, VA -** Ride start is 1:00pm from 3874 Back Mountain Rd (near Mountain Falls in SW Frederick County). This is a non-race pace ride for those just looking to do

something different. It is a mixed surface ride (gravel/dirt/pavement) - starts on pavement for smooth warm-up. Ride length is projected to be 38 miles. Note that parts of the ride are very hilly and aerobically demanding (for me, anyway). The ride can be cut to about 25 miles for anyone looking for a lesser length ride. Ken Tenney is leading and may be reached at [k\\_tenney@verizon.net](mailto:k_tenney@verizon.net) or 540.722.9224. (A cyclocross bike is highly recommended.) Route: <http://www.gmap-pedometer.com/?r=3286418>

**Thursday, November 26th - Thanksgiving Day "Pre-Gluttony Ride", Winchester, VA.** This is a road ride to either help build an appetite or prevent one for your Thanksgiving Day meal. The ride is an old WW ride: the Western 25 miler. The ride will start at **10:00am** at the parking lot of James Wood Middle School, on US50 W (Amherst St.) in Winchester. Turnout tends to be good for this ride. Come out and meet other riders

**2<sup>nd</sup> Sunday of December, January and February - Mountain Bike Ride -**

Meet at JWMS at **9:00am**. Each ride will start at the trail head around 10:00am. All rides are 3 to 5 hours, depending on who and how many show. I will give more details to each ride in the monthly newsletter that shows that month's rides. Each of the rides is geared toward the moderate to advanced rider who is looking for a casual fun day out. The rides are made to increase your skills, but still feel free to get off and walk as needed. Weather permitting; December's ride will be on North Mountain near Wardensville. As always, feel free to contact me at 540-535-9986 or [RobertGolightly@comcast.net](mailto:RobertGolightly@comcast.net)

**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  
P.O. Box 1695  
Winchester, VA 22604