

# Winchester Wheelmen October 2009 Newsletter

Volume 26, Number 10

"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

<http://www.winchesterwheelmen.org>

## October Club Meeting

We will be at Donato's Only for You for the monthly meeting on **Monday, October 12th, 2009**. The business meeting will be held at **7:00pm**, the address is 229 S. Loudoun St., Winchester, VA. Next month's meeting will be on Nov 9<sup>th</sup>.

## September Club Meeting

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

### Treasury Report

Checking \$1,744.04

Savings \$7,607.74

**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).

**Winchester Green Circle 5k and Kid's Mile:** Sat, Oct 3<sup>rd</sup> - **8:30 am**; Registration opens: **7:30am**. The 5k run showcases the existing Green Circle trail, and begins at the trailhead in Meadow Branch, continues through the Abrams Creek Wetland Preserve and then through the surrounding neighborhoods. For more information contact the race director, Ed Schrank at (540) 664-2027, or Winchester Parks and Recreation at (540) 662-4946.

<http://www.winchestergreencircle.com/>

**Benefit for Breast Cancer Awareness - SPINATHON:** Oct 9<sup>th</sup> - **6:30pm** located at Gold's Gym Winchester.

\$20.00 donation requested checks payable to American Cancer Society. Snacks after the ride and water on hand, ride time are approx 80 minutes with lots of breaks. Please contact Shirley Dunsmore 540-665-1294/605-321-5917 or Robert Golightly at 540-535-9986 or [RobertGolightly@comcast.net](mailto:RobertGolightly@comcast.net)

**7<sup>th</sup> Annual Northern Shenandoah Valley weekend:** - Oct 9<sup>th</sup>-11<sup>th</sup> - (submitted by J Hanson) -I had the opportunity to ride with some of these guys this Spring and had a great time. About 50 riders are planning their 7th annual Northern Shenandoah Valley weekend trip October 9 - 11. They are staying at the Ramada Inn in Strasburg. 3 rides planned:

Friday Oct. 9th, 2 PM "Opequon" approximately 40 miles. Leaves Strasburg Ramada Inn, thru Strasburg to Back Rd., Middle Rd., Cedar Creek, Marlboro & Hites Roads into Middletown. Stop at Civil Cricket Cafe.

Saturday Oct. 10th, 8AM "Luray Classic" 95 mile loop. Leaves Ramada Inn in Strasburg, Front Royal onto Skyline Drive (need pass or \$), Rte. 211 Thorton Gap, lunch at A Moment to Remember in Luray, 3 mile climb up Fort Valley Rd. thru Geo. Washington National Park, Elizabeth furnace, back to Strasburg.

Sunday Oct. 11th, 7AM "White Post" 50-ish mile recovery ride to White Post and back to Strasburg.

Any questions; Jonathan Hanson 540-539-9697 or group leader Rod Martin 757-503-4631

## WINCHESTER APPLE HARVEST CYCLOCROSS

WHAT: Winchester Apple Harvest

Cyclocross ([www.appleharvestcross.com](http://www.appleharvestcross.com))

WHEN: Sunday, October 18, 2009 (9:00am-3:30pm)

WHERE: Jim Barnett Park, 1049 East Cork Street,  
Winchester, VA 22602

HOW: BikeReg

<http://www.bikereg.com/events/register.asp?eventid=9065>

this is a USA Cycling permitted CX race (#2009-2444) in its first Year. This MABRA race features some great registrant Opportunities (2 JetBlue Airways round trip tickets to anywhere they fly), as well as other prizes. The course features a Belgian



-style run-up and is 3.5km long, complete with a double-sided pit. To help make a great racing environment, there is planned to be indoor, heated registration with adjoining restrooms, and a covered pavilion, complete with fireplace.

---For complete details, click here for the event flyer <http://tinyurl.com/m7myfs>

---Note that the Shenandoah Valley Hot Air Balloon, Wine and Music Festival are taking place at historic Long Branch beginning October 16th and continuing through October 18th. Advanced tickets and information can be obtained by visiting [www.historiclongbranch.com/balloonfest/index.htm](http://www.historiclongbranch.com/balloonfest/index.htm).

---Also note that our cycling club neighbors to the north, Panhandle Pedalers, are holding a "Track Day" at Summit Point Motorsports Park, Summit Point, WV, on Saturday, October 17th. See their website for details:

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

---Racers can attend the Balloon Festival, Track Day, and the Apple Harvest Cyclocross Race to make a great Shenandoah Valley weekend of it!

---If you have any questions or comments about the CX race, please contact the race director, Jon Hicks, at [jhicks63@gmail.com](mailto:jhicks63@gmail.com). Come help us have a great event!

### **Oct 17<sup>th</sup> - Track Day at Summit Point, WV**

The Panhandle Pedalers would like to invite you to share in an amazing opportunity with us. We have secured a day at the Summit Point Motorsports Park in Summit Point, WV to ride for the day on their Jefferson Circuit race track. This will allow for friendly riding with the safety and assurance of NO CARS on the road. The date for this ride is October 17th and attached you will find the event flyer. More details, directions, etc. will be posted at <http://panhandlepedalers.com/TrackDay/> as they become available.

This will be a great time to recruit a friend who is thinking about cycling or for someone who wants to try out new gear. This event is FREE of charge, so we encourage you to spread the word and invite your friends. Our goal is to show the management of this motor sports park the attraction their facilities can be for this different crowd (cyclists) and create opportunities to hold future bigger events at some or all of Summit Point's other race tracks.

I know you guys are having your Apple Harvest Cyclocross race the next day and that many of you will be resting/training/preparing for that, but I hope you can pass the word along to other members in your group. If you want to come over just to socialize with other cyclists from the surrounding areas and check out the scene, that's great too. I'll also have the flyers for your event at Summit Point and will be handing them out to any interested persons on Saturday. Hope to see you there!

Sincerely, Josh Hughes Panhandle Pedalers Cycling Club <http://PanhandlePedalers.com>

**Oct 16<sup>th</sup>-18<sup>th</sup> - Hot Air Balloon Wine & Music Festival - <http://www.historiclongbranch.com/balloonfest/index.htm>**

### **New News**

#### **KEEP IT CLEAN**

*Climb the mountains and get their good tidings, nature's peace will flow into you as sunshine flows into trees.  
The winds will blow their freshness into you...while cares will drop like autumn leaves.*

*John Muir, founder Sierra Club*

We all enjoy our country roads. We bike for various reasons; speed, the challenge, escape, joy, peace...whatever the reason the common factor is that we are all outside enjoying our little part of the world. I am sure our combined number of miles ridden this year would be impressive. My point is that we (The Wheelmen) are in the process of "adopting" a two *mile* section of one of the many roads we ride. (The application has been sent, I am just waiting for confirmation from V DOT. The section agreed upon at last month's meeting is a section of Middle Road. I will update you all when it is officially approved and at that time hope to schedule our first litter pick up.) Our adoption is for a two year contract at the end of which we can extend or end the contract or change or add routes. V DOT pays for the sign, its upkeep, and provides materials for litter clean up. They request we have an organized litter pick up four times a year. I will take care of all the details pre and post litter pick up and will try to schedule a day that would be good for those interested in helping. A few members (6-10?) each time could easily clean that route in a short amount of time and then still have time to go for a ride!

Thank you in advance for your help in this matter, Charmaine Shaw & Shirley Dunsmore

### A Definition of Courage

Recently, previous WW club member John Roberts was in touch with a few of us. For those who haven't met John, he and his family have been strong members of Winchester Wheelmen for several years. They contributed greatly to the "family" element of gatherings, with John, his wife Christine, and young daughter, Becky.

As it turns out John was stricken with ALS in latter part of 2007. The disease (a.k.a. Lou Gehrig's disease) is a cruel thing, slowly taking away the neuromotor capabilities of those who have it. John's condition has gotten to be pretty bad. Well, the last message I got from him in early September was about as inspirational as they get. John is fighting like a caged animal to make it. After being off the bike for about 2yrs, he's riding a recumbent bike indoors. His arms are not much use to him, but he's increasing his time on the bike, trying to maintain the use of his legs.

He's motivated and sticking with the physical training regimen. John is undergoing neurosurgery in October. When he returns from that trip, he's going to continue training for his goal, a ride across the United States in 2010.

That, my friends, is a definition of courage that I haven't seen before. A battle like this makes the exploits of bicycle races and triathlons pale by comparison. He can't be sure of success, but he sure as heck is making the journey interesting! I'm offering all of the encouragement I'm able, and I hope you'll join me. Write to John at his e-mail address: [wa4jr@hotmail.com](mailto:wa4jr@hotmail.com). -Ken Tenney

### Ride O Pain

The return of the "Ride O Pain" occurred on one of the Hottest days of the year, in the 90s... Unfortunately, our esteemed ride leader and another's wheels collided, Leaving both non-functional. Buck stepped up and led the Ride for us neophytes. The hilly ride was tiring even before

Fetzer's Gap, and by the time we got there, it took all we had to struggle up the hill, stopping at the wonderfully cold Spring along the way..But what a view from the top! Thanks Buck for leading the "Ride O Pain"!

--- Neil C.



### PPTC CENTURY

Stan Reeves and Len Yang at the PPTC Century. This is noteworthy because this is the first Century Stan has finished since his devastating Pelvis fracture last year. He has had 4 surgeries And has been on the bike only since April (6 months) And he was told he may never walk. What an Inspiration! You should see his x-rays, his artificial Hip socket is supported by a thin titanium mesh.



## **Rocky Mountain Parks Tour (that never happened?!)**

I've recently joined the Winchester Wheelmen. As a letter of introduction I'd like to share my Rocky Mountain Parks tour last summer. It is a story about a tour that never happened, despite the wonderful support I received from two Winchester bike shops. It is also the story of tours that did happen and the Loop d' Loop chapter a touring idea for here in Virginia that is sure to catch on.

<http://www.crazyguyonabike.com/doc/RockiesRedux> -- Ken Youngblood

### **Reading Leisure:**

#### **Under the Tuscan Sun, and Rain**

**Amy & Richard Hartman**

Richard and I arrived in Florence on Friday morning. We walked the streets of Florence, wandered around in the museums, sampled gelato, and walked more while in Florence before meeting with the rest of the cycling tour at the train station in Siena on Sunday. A group of twenty met at the station, introductions made, and we met the first of our tour guides, Raphael. We were bussed to a farm in the countryside where our second guide, Lulu, and a delightful lunch awaited us. After lunch, we retreated to the bicycles and began the beautiful journey that would continue over the next six days.

On this first day of cycling, we rambled over rolling terrain to the quaint walled village of Monteriggioni, where we had, of course, gelato. We walked along the narrow cobbled streets before returning to the bikes to head to our accommodations for the night. After a multiple course meal and socializing that evening, we awoke the next morning to beautiful sunshine. We loaded our bicycles and the twenty of us took off onto the roads of Tuscany. This area of the Chianti region is more wooded than I had expected, with small farms and vineyards dotting the landscape. On the second day of cycling, our lunch destination was to be San Gimignano, the walled village with 17 towers. Upon our arrival, we parked our bikes outside of the walls of the city before heading in to the steep cobbled streets lined with shops and trattorias. Our guides had informed us that the best gelato shop is in San Gimignano; there are many of these shops, but we did find *the* one, as indicated by the sign outside stating theirs to be judged the world's best gelato. Let me tell you, it is. You could also tell by the line of people waiting to be served! Several of us lined up to taste the creamy sweet concoctions. This, we decided, was to be our appetizer prior to lunch. After savoring the gelato, we found a quiet street with a café that had a few tables outside. We sat down and enjoyed the most wonderful pasta lunch of ravioli filled with pecorino cheese, topped with shaved truffles in a light butter sauce. After lunch, we made our way toward the gate of the city, and that's when it happened. The heavens opened up. We dodged into an enoteca (wine shop) to stay dry. When the rain let up to a few sprinkles, we decided we had better get onto the bikes and continue our day's journey. Our helmets were waterlogged, but we put them on, cold and wet, and made our way on the wet roads. The rains had picked up again, and we decided that maybe it would not be a bad idea to try to catch the van back to the hotel. I called Raphael; we soon met him down the road, loaded up in the van with three other wet souls, and headed to our hotel. We later discovered one of the women had fallen on the wet roads, bruising her hip.

The next morning, the weather had let up, so we all climbed on the bikes and headed up our first 15% grade not far from the hotel. When we arrived at Radda, the sun was shining. After lunch, we started on the route, but not far from Radda, I had to stop at a ceramics workshop to browse. Beautiful pottery! When we stepped outside, the clouds had formed and became very dark. Lulu had stopped in the van, but we decided we would tempt fate and ride the route. Richard and I did an altered version of the ride, but we still had a nice long ride, and we only encountered drizzles of rain. By the time we returned to the hotel, the sun was shining again. In the evening, we were bused to Castellina in Chianti for wine tasting and dinner on our own.

By morning, the rain was pouring. Lulu and Raphael did not feel comfortable letting anyone ride, so they scrambled to find an alternative plan for the morning. By the time plans were made, the rain had eased to a mere sprinkle. Three of the group wanted to ride, so they went on their way. The other 17 of us decided to take a tour of an old abbey instead. We were bused to Badia a Coltobuono, which is now a bed and breakfast, and they offer cooking classes. We could smell the wonderful aromas coming from the kitchen. They make their own wine, so we walked in the caves that housed the massive oak barrels of Chianti classico. After the tour, we did an olive oil tasting followed by a honey tasting. It was getting close to lunch time, so we were loaded onto the bus and was driven to our lunch location. By now, the sun had emerged again. So, after lunch, most of the group got on the bikes. Richard and I, along with another couple and Lulu, climbed Montelucio, a mountain of approximately 3,000 feet in elevation, where the road wound its way to the top. The

view from the top revealed a dark sky and lightening storm in the distance. We continued along the route, watching the dark sky encroach upon us. The rains came. We stopped under a tree, but only briefly, because Raphael appeared with the van. We jumped in and watched the downpour from inside. After several minutes, the rains let up and we got out of the van to return to the bikes. The descent from here was chilly, but it wasn't long that how I felt did not matter anymore because the sun came out and had cast this warm glow on the countryside. Unfortunately, I had made the terrible mistake to leave my camera in the van during the rainstorm, so I was unable to capture this captivating scene; I have it in my memory. We climbed the road to the hotel, got a hot shower, and the group was bussed into Siena for dinner.

On the final full day of the tour, we cycled along open fields that had recently been turned after harvesting. It was along this route that we saw the typical sunny Tuscan scenes, the small stone farms with winding roads lined with tall cypress trees, and the morning haze drifting low above the fields. Our lunch destination was the Abbey of Mont Oliveto Maggiore, but prior to getting there, we had to climb more 15% - 20% grades, which seemed much more difficult than the one earlier in the week. We arrived to the abbey prior to noon, so this allowed us to take a brief tour of the church prior to the monks closing the building for their noon mass. After lunch, while Richard and I were chatting and casually cycling along a quiet road, an Italian cyclist approached us, smiled, spoke to us briefly in Italian, said "ciao," and cycled passed us. Soon after, a young boy, who had just stepped off the school bus, waved and yelled "ciao" to us. We yelled "ciao" back to him, waved and moved on. We casually continued back to the hotel, stopping now and then to soak up the atmosphere. The supper that evening was our last gathering as a group. We chatted, sang, danced until late in the night. The next morning, we gathered for a last brief ride, stopping at a café for a cappuccino before the group returned to the hotel to prepare for departure.

The group of people we cycled with ranged in age and ability, and we enjoyed spending this week with all of them. Our guides were exceptional. I know they were stressed on the morning of the rain, trying to make other arrangements, but they handled it all with ease and always a smile. The food, oh my, the food! The moral is the more you ride, the more good food (and gelato) you can eat! The cycling in Tuscany will be forever in our memories.



## **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, \$150.00

- 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 \$400.00

- 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. \$50.00

- 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



## Future/Out of Area Rides



Oct 3 - Culpeper Cycling Century - <http://www.culpepercyclingcentury.com/>

Oct 4 - Tour de Port - <http://onelesscar.org/page.php?id=156>

Oct 9th-11th - Shenandoah Mountain Bike Festival - Stokesville, VA - The annual mountain bike gala of the Shenandoah Valley Bicycle Coalition. <http://www.svbcoalition.org/events/mtbfestival/>

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

Oct 16-18 - Shenandoah Fall Foliage Festival - Staunton, VA - <http://www.shendoahbike.org/>

Oct 24 - **Between the Waters Bike Tour** - This year's event is scheduled to start and end in the town of Nassawadox. This one-day ride will take cyclists through the back roads of the Eastern Shore of Virginia with route options of 100, 60, 40, and 20 miles that are flat and well marked. You can visit their website, [www.cbcs.org](http://www.cbcs.org), for more information or to register. Or, phone 1-757-678-7157. There will also be a free casual bike ride on Friday afternoon before the event ride.



## Winchester Wheelmen Oct. 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: Oct 1st: 6:56PM, Oct 5th: 6:50pm, Oct 10th: 6:42pm, Oct 15th: 6:35pm, Oct 20th: 6:27pm, Oct 25th: 6:22pm, Oct 30th: 6:14pm) <http://www.sunrisesunset.com/usa/Virginia.asp>

**Mondays** - Apple Pie Ridge Elementary on Apple Pie Ridge Road. No ride on Labor Day evening, Sept 7<sup>th</sup>. Ride starts at **6:00pm** and will be between 20-25 miles, fairly hilly roads, no one is dropped, good workout to build strength on the hills. Robert Golightly is leading.

Please note: Change from road riding to Mountain biking beginning October 5<sup>th</sup>, start time 6:00pm.

**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. Lunch during the ride or at the finish if you want.

**Oct 6<sup>th</sup>** - Daily Grind on Jubal Early, 10:00am.

**Oct 13<sup>th</sup>** - Macedonia Church on Macedonia Church Road, 10:00am.

**Oct 20<sup>th</sup>** - in Edinburg (new ride), take Rt. 81 S (Edinburg exit), turn left and go the large church on the right, 10:00am.

**Oct 27<sup>th</sup>** - Daily Grind on Jubal Early Drive, 10:00am.

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

**Tuesdays** - 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 5:45PM. This is a hilly ride; here is a URL for a map showing the typical loop: <http://www.gmap-pedometer.com/?r=1795080>

**Beginning Tuesday Oct 6<sup>th</sup>** - Every Tuesday and Thursday night throughout the Fall/Winter (non Summer WW Schedule) meet at White Post Restorations for a 6:00pm departure. (Please do not arrive before close of business at 5:30pm, and as owner requested not to park right near the entrance in case of afterhours trucks decide to turn inn to the lot) Ride lengths can vary based on riders present - either 6, 17, 23, 29 or 34 miles. Riders can drop off at the length they choose since the parking lot is passed at each interval. These are casual paced rides in which the speed is dictated by the temperature. Generally will average between 14-16mph. As weather gets colder and layers are added, the ride leaders will pace good enough to keep warm, but not hard enough to sweat. Headlights and Tail lights are a must. These are paved roads seldom travelled by automobiles, although we do not recommend riding alone at night since these are country roads with no conveniences. Ride leaders do a good job of keeping up to date posts of rides on the list. Rides will be cancelled for rain, snow or if temperature is expected to drop below 32 degrees ... otherwise you can plan this ride like clockwork. With the small and big loops, combinations mixed forward and backward, the ride never gets boring. If you've never done it, riding at night is a whole new pleasure. Keep your fitness going throughout the off season, or start anew for next season, it'd be great having you along. Don't let the Winter doldrums kick in, come on out and ride.

Ride leaders - Buck & Mark

**Wednesdays** - All-comers road ride, starting at Orchard View Elementary School on Middle Road, Rt. 628. Start time is 6:00PM for the 2<sup>nd</sup> and the 9<sup>th</sup>. PLEASE NOTE: Start time will be 5:45PM beginning Sept 16<sup>th</sup>. This is a 17 mile loop with a variety of rider participation. A good ride to get you started with group riding. A good ride to get you started with group riding. This is a hilly ride; here is a URL for a map showing the route explicitly: <http://www.gmap-pedometer.com/?r=2961075>

**Thursdays - Pace line Ride** - Fast training ride of 20mph plus, 27 miles. Start time is 5:45pm. 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. <http://www.gmap-pedometer.com/?r=1824561>



## Winchester Wheelmen Oct. 2009 Ride Schedule



Weekend & Individual Led Rides

**Sunday, October 11th - Western Maryland Rail Trail Family Ride - Hancock, MD** - Meet at James Wood Middle School at 8:50am or at the easternmost metered lot in Hancock at 10:00am for a 23 mile ride. The rail trail is just about dead flat and paved with nice asphalt. There is a porta-potty near the turnaround location of this "out-and-back" ride. Pace will be very casual. Families encouraged to attend to do all or part (since it's so flat, the effort isn't that difficult,

but the "saddle" time may be an issue). Ken Tenney leading; he may be reached at 540-722-9224 or via e-mail at [k\\_tenney@verizon.net](mailto:k_tenney@verizon.net)

**Sat & Sun, Oct 17<sup>th</sup>-18<sup>th</sup> - Winchester Apple Harvest Cyclocross** - (set up and race) see more info above -

**Sunday, Oct 25<sup>th</sup> - Capon Bridge Ride** - Meet at the bank on the right just before the bridge in Capon Bridge, WV. Ride will start at 1:00pm and follow the Capon River to Yellow Springs for a turn around. The leaves should be beautiful by this time. This is about a 20-22 mile ride at an easy pace over rolling terrain. Mike and Rosalie Perry will lead. 540 877-1795 or [mperry@visuallink.com](mailto:mperry@visuallink.com).

**Sunday, Nov 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).

**Saturday, Nov 7<sup>th</sup> - "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.

**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  
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