

Winchester Wheelmen October 2011 Newsletter

Volume 28, Number 10

"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

<http://www.winchesterwheelmen.org>

October Club Meeting

The next meeting will be held on **Monday, October 10th, 2011**, at Los Teltecos (Mexican restaurant in front of Delco Plaza). 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 meeting was held at Los Toltecos, and was brought to order at 7:19pm by club president, Steve Breeden. This meeting was preceded by a police-escorted and led group bicycle ride to recognize Drive Smart Virginia, a Share the Road Bicyclist & Pedestrian Awareness program sponsored by the DMV and BikeWalk Virginia.

Old Business

Boys and Girls Club Ride

The Valley Rally Bicycle Ride is an organized event to benefit the Boy Scouts of America. The ride is scheduled for October 1, 2011 at Clearbrook Park in Clear Brook, VA. Routes of 10, 25, 50, 65, and 100 miles are offered for varying levels of cyclists. Registration is \$35. It was voted by those present that the Winchester Wheelmen will donate \$125 to the BSA.

Winchester Apple Cross - October 2, 2011

Volunteers are needed on Saturday, October 1 to help in setting up the course for Sunday's race. At this date, there are approximately 240 participants registered. Contact Steve Breeden or Kenny Morris if interested in volunteering.

New Business

Treasury Report (as of June)

Checking	\$1,870.98
Savings	\$4,486.30
WWRT account	\$4,063.27

Adopt-A-Highway

Charmaine Shaw has recruited the assistance of Kim Norton to help in coordinating roadside clean-up on the club's adopted section of Middle Road. See the listserv and newsletter for the next scheduled clean-up day.

Ride to Remember

Club member, Daniel Kalbacher, will be riding a metric century in the Ride to Remember in October in the Maryland/DC area, which raises money for the National Law Enforcement Memorial Fund. The minimum amount to raise in order to participate is \$53, which represents, on average; a law enforcement officer is killed in the line of duty every 53 hours. The executive committee of the club elected to donate the \$53 to support Dan.

Frederick County Planning

The Frederick County Planning Commission is looking at future infrastructure, and wants citizen input. According to an article in the Winchester Star, the area being considered spans from east of Winchester to the Clarke County line and from Redbud Run in the north to Opequon Creek in the south, which is in the Red Bud and Shawnee districts and part of Stonewall. Frederick County Planning Commission officials have decided that residents and business owners in the project area should be a major part of any decisions the Commission makes. For more information, visit:

http://www.co.frederick.va.us/planning/SpecialProjects/SensenyRd_LUP/SensenyRdStudy.aspx

Summer Bike Tour 2012

Robert Golightly reported plans to organize a 2012 summer bike tour in the Finger Lakes region of New York. If interested, please contact Robert.

2011 Membership Renewal

Membership fees 2011, \$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.

Is Lactate Fuel for the Cyclist?

After studies found that lactate can be turned back into [glucose](#), a fuel source for [anaerobic glycol sis](#), entrepreneurs seemed perfectly happy to misinterpret those studies in order to sell a new [miracle potion](#) to athletes hungry for a way to improve performance. What follows are a few things to consider before spending money on lactate capsules.

There are parallels in critical care, where we draw blood to get lactate levels on the sickest of the sick. We know that if the lactate level is very high, it must be brought back down to normal range for the patient to [survive](#). One study found [100% mortality](#) in a surgical ICU for patients where lactate could not be returned to normal. Lactate, in itself, [is not a bad thing](#); it is a messenger informing us of [oxygen debt](#) and, in the ICU patient, shock. The cyclist with an elevated lactate only has to slow down, reducing the oxygen demand, to clear the lactate, but it is more complex for the ICU patient. The point though, is that whether lactate is considered a fuel or not, when it shows up in big numbers, oxygen debt exists.

Lactate is generated in the [athlete](#) when [oxygen delivery](#) is not sufficient to meet demand. Although lactate can be turned into a fuel source for anaerobic use, this is only a [short-term substitute for aerobic failure](#), and the increased presence of lactate in the blood stream will not increase a cyclist's speed the way pouring coals into the engine will speed up the train, because endogenous lactate cannot erase the oxygen debt that caused it to appear, and lactate capsules are fuel for the wrong process.

Dave Albecker

CD-ROMs

As in past years, to save money and reduce redundancy, the 2011 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 (2011 membership required). If you never rec'd a 2010 CD since becoming a 2010 WW member, please let Ken know, and he will send one to you.

Winchester Wheelmen's Apple Cross Race for 2011



Sunday, October 2nd, Apple Cross, Jim Barnett Park, Winchester, beginning at 8:30 and ending at 5:00. The third annual cyclocross race put on by the Winchester Wheelmen. We have been voted into the elite MABRAcross Super 8 series. Comments by racers last year were overwhelmingly positive. Our course is often considered the best one in the series. We need volunteers Saturday afternoon and Sunday. Please contact Steve

Breeden at drsbreeden@gmail.com or 540.664.6338 to get on the list. Let him know your t-shirt size. If you can't volunteer, try to drop by and watch some of the race. See here for race details:

<http://www.winchesterwheelmen.org/Apple%20Cross%202011.pdf> If you want to race, please go to BikeReg.com here:

<http://www.bikereg.com/events/register.asp?eventid=14187>



Future or Out of Area Rides or Events



- Sat., October 1st - Boy Scout Century, Clearbrook, VA. www.valleyrallybikeride.com
- Sat., October 1st - Beach Century Bike Tour, Virginia Beach, VA. www.beachcenturytour.com
- Sun., October 2nd - Apple Cross, Jim Barnett Park, Winchester, VA. www.winchesterwheelmen.org
- Sat., October 8th - Ironman Championship, Kailua-Kona, HI. www.ironman.com (Gotta' have a ticket!)
- Sat., October 15th - Seagull Century, Salisbury, MD. <http://www.seagullcentury.org/>
- Sat., October 22nd - Between the Waters Bike Tour - www.cbes.org



Winchester Wheelmen Oct. 2011 Ride Schedule

Weekly Riding or Events

(Sunset times: Oct. 1st: 6:57 P.M., Oct. 5th: 7: 12P.M., Oct 10th: 6: 43P.M., Oct. 15th: 6:36 P.M.,
Sept. 20th: 6:29 P.M., Oct. 25th: 6:22 P.M., Oct. 30th: 6:15 P.M.)



Up to date posting. Remember to check WW 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.

MONDAY NIGHT MOUNTAIN BIKING

Mondays, Starting October 10th. Meet at the spring on Rt 55, spring located appx 1 mile before you get to the WV line. Meet at 6:30 PM. Ride leader Robert Golightly 540-535-9986.

TUESDAY WEEKNIGHT RIDE

Food Lion Plaza Road Ride. Meet at Food Lion Plaza east of Stephens City on VA 277. The rides will start from the east side of the plaza. The ride will have definitive faster and slower groups. The faster group will start at **5:45P.M.** The self-designated slower group will start shortly afterward. We have 3 rotating ride leaders for the slower group ("B" group). This loop will be ridden at an average speed of 15-18mph, with some flexibility. Any riders wishing to fall off the A group can wait for the B group. There will be regrouping in the B group at stop signs. **(White front light and red rear flashing light are required for the B group.)** There is no ride leader for the A group. Loop map: <http://ridewithgps.com/routes/102730> (Ride may be shortened or terminated due to low light conditions. Consult the WW Google Group for details.)

WEDNESDAY NIGHT ROAD RIDE

Wednesdays (Oct 5th & 12th only) Orchard View Elementary School - Frederick, County, VA. Meet at Orchard View Elementary and be ready to ride at **5.30P.M.** Pace is determined by those present. Robert Golightly is the ride leader.

THURSDAY RETIRED/DAY OFF RIDES

all rides are in the 20-30 mile range. Lunch at the finish for anyone who wants to unwind with the group, or just happens to be hungry. Ride does not go if it is raining. No ride leaders, just advisers!

October 7th 10:00AM Meet at the Daily Grind on Jubal Early Drive; 20 to 30 miles at an easy pace; lunch afterwards for anyone wanting to share some bread (or a cup of coffee) to relive their flower child roots.

October 14th 10:00 AM Meet at the Focaccia Italian Grill at 15 Crow Street in Berryville; 20 to 30 miles at an easy pace, with lunch at the Grill for anyone wanting to revive their Italian roots.

October 21st 10:00 AM Meet across the street from Big Daddy's BBQ at 181 Warrior Drive; park in the middle of the shopping center parking area away from any store front. 20 to 30 miles at an easy pace; lunch at Big Daddy's BBQ for anyone wanting to revive their redneck roots; ride will use parts of the Stephens City bike trail.

October 28th 10:00 AM Meet at Italian Touch in Middletown; 20 to 30 miles at an easy pace; lunch afterwards for anyone wanting to revive their redneck or Italian roots.

THURSDAY NIGHT RIDE

Thursdays at White Post - Night Road Ride - White Post, VA. Ride starts from White Post Restorations. Ride departs promptly at **6:30P.M.** Average speed is 15-17mph with no pace lines or going anaerobic. *Buck Hefner is leading.* **(White front light and red rear flashing light are required for this ride.)**

THURSDAY "NO MERCY" PACELINE

Meet at Quarles gas station at junction of Kimble Road and VA Route 7. Ride starts at **5:45P.M.** 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://ridewithgps.com/routes/101710>



Winchester Wheelmen Oct. 2011 Ride Schedule



Weekend Riding or Events

Sat., Oct. 1st - White Post TGIF Ride - White Post, VA. Susan Walker is leading this weekly ride, starting from the parking lot of White Post Restorations. The ride departure time is **12:30P.M.** Bring a friend. Beginning riders are strongly encouraged to come as the pace is quite comfortable. If you run late, contact her at 540-247-7706.

Sun., October 2nd, Apple Cross, Jim Barnett Park, Winchester, beginning at 8:30 and ending at 5:00. The third annual cyclocross race put on by the Winchester Wheelmen. We have been voted into the elite MABRAcross Super 8 series. Comments by racers last year were overwhelmingly positive. Our course is often considered the best one in the series. We need volunteers Saturday afternoon and Sunday. Please contact Steve Breeden at drsbreeden@gmail.com or 540.664.6338 to get on the list. Let him know your t-shirt size. If you can't volunteer, try to drop by and watch some of the race. See here for race details: <http://www.winchesterwheelmen.org/Apple%20Cross%202011.pdf> If you want to race, please go to BikeReg.com here: <http://www.bikereg.com/events/register.asp?eventid=14187>

Sat., October 8th - Sky Mass - Front Royal, VA. This road ride is approximately 89 miles with about 9,000ft of climbing. Meet at the old Warren Co HS in Front Royal on Luray Ave at **7:30AM**. Ride leader - Justin Larsen, jlarsen01@yahoo.com or 540-535-8559.

Sun., October 9th - Mountain Bike Ride - Winchester, VA. We will meet at JW middle school on Amherst Street at 9am to go to the trail head. Will go to Sleepy Creek or Green Ridge depending on the weather. Ride time will be 2 to 3 hours. Please contact Robert Golightly at 540-535-9986 with any questions.

Sun., October 9th - 10:00am at the Boyce Elementary School. 30-35 miles; 'A Ride Along the Shenandoah' It should be a beautiful time to ride along the "Olde Shenandoah River" Mike Perry at 540 877-1795 or mperry@visuallink.com.

Sun., October 16th - 10:00am at the bank (on the right side of RT 50—north) parking lot in Capon Bridge, WV. park in the rear parking area; "Fall Capon River Ride"; 20 miles along the beautiful Capon River at an easy pace. Fall colors should be on display. This is an out and back, so if you get tired you can just turn around and head for the barn. Mike Perry at 540 877-1795 or mperry@visuallink.com.

Sun., October 23rd - 10:00am at James Wood Middle School. "Belle Grove Loop," 35-40 miles, with a stop at Marker Miller Orchards. Ride leader will offer each rider an apple cider donut on the return trip! Mike Perry at 540 877-1795 or mperry@visuallink.com.

GENERAL CLUB RIDE NOTES

Approved helmets are required for all rides. 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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