

# Winchester Wheelmen December 2009 Newsletter

Volume 26, Number 12

"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

<http://www.winchesterwheelmen.org>

## December Club Meeting

We will be during the annual Christmas banquet, on **Monday, December 14th, 2009**. Social will be at 6:00pm with the business meeting to follow at **7:00pm**. (See details below)

## November Club Meeting

The meeting commenced at Los Teltecos Mexican Restaurant at 7:03p.m., and was brought to order by club secretary, Amy Hartman.

## Treasury Report

Checking \$1,501.36

Savings \$9,457.74

Questions were raised whether to have a separate account for the WWRT since a small profit was earned at the Apple Harvest Cross Race. After discussion, it was determined this should not affect the club's non-profit status.

## News

### WWRT-Sponsored Cyclocross Race - October 18, 2009

Jon Hicks reported the Apple Harvest Cross registered 135 participants. He thanked all who assisted to make this event so successful. He also reported a profit of \$1800 was earned at the event. Grass seed has been placed in areas of wear incurred at the event. It was suggested a thank you note be sent to the Frederick County Parks and Recreation for their generous offering of use for the course.

### Children's Safety Issue

The club has been asked to purchase a  $\frac{1}{4}$  page ad in an insert in the Winchester Star focusing on children's safety. Blue Ridge Bicycles has agreed to do a  $\frac{1}{4}$  page ad. The Star would match both ads, which would dedicate a full page on bicycling safety for children. The cost is \$215 for  $\frac{1}{4}$  page. The Star needs a response by November 10, 2009. It was decided by those present to not purchase an ad.

### 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).

Steve Breeden reported receiving approximately 40 responses to attend the annual banquet.

## Winchester Wheelmen Officers for 2010

It is the time of year to think about Winchester Wheelmen officers for 2010. Presently, here is the list of officers:

President: Shawn Carrico  
Vice President: Mike Perry  
Treasurer: Rosalie Perry  
Secretary: Amy Hartman

Please send nominations to Amy Hartman at [adkhiker@visuallink.com](mailto:adkhiker@visuallink.com) by December 7, 2009. Paper ballots will be distributed at registration of the annual banquet. Per the bylaws, "the election and seating of the club officers shall be at the annual meeting and a majority of all club members present in person shall elect in all cases." At the conclusion of the banquet, results of the voting will be announced. I am also requesting if current officers desire to remain on the ballot.

## Promotion of Bike Friendly City

In order to transform Winchester into a Bike Friendly City, the requirements for obtaining this recognition would need to be studied. The club could push this as a goal. As a start, it is recommended a subscription form the League of American Bicyclist be offered to the Winchester City Manager.

## Reading Leisure:

### A Trek on the Great Allegheny Passage

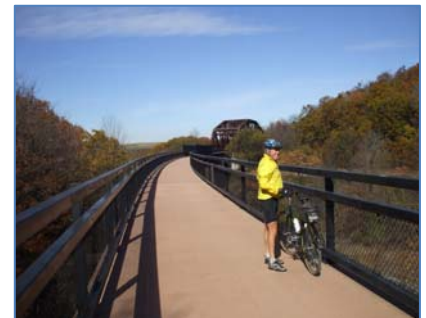
I had the opportunity to ride the C&O before, but never quite got around to testing the Great Allegheny Passage trail. In mid-October, 2009, I ran across this video from the ATA website: <http://www.youtube.com/watch?v=Mh6dbksYQiw>. Well, that sucked me right in on cold, wet night, leaving me to wonder if there could somehow be a nice enough day in the remainder of the year to test it out. I didn't have to wait long, as the weather broke and temps looked great for the 22<sup>nd</sup> of October. The goal was to go the Salisbury Viaduct, just west of Meyersdale, PA, starting at Cumberland, MD.

I found a willing partner in crime in Mike Perry. He and I worked things out and hit the road for the day trip at about 7:10am. We traveled through Bloomery and Paw Paw, WV, along the way. It was a cool morning, but forecast to be much warmer. We arrived in downtown Cumberland and futzed around trying to figure out "exactly" where to park that wouldn't cost an arm and a leg and/or get Mike's truck towed or booted. (There is metered lot directly across from the old train station. You can get a parking pass inside the shops or at the NPS inside the station.)

We pushed off at about 9:10am. We ran across another little GAP parking lot about 1 mile into the ride; that would be a better one to go, except there are no bathroom facilities. Those are only had at the station... We quickly thought we'd both underdressed, is it was downright cold, with a fair headwind. We rode slowly up through The Narrows, with shadowed, cold rock all around. Only after about an hour did it get "okay", then nicely warm. The "up" never stopped until we reached the Eastern Continental Divide, about 22 miles into the ride. From that point, west, it was flattish. We rode through Meyersdale and out to the Salisbury Viaduct, with a turnaround distance of about 34miles.



Along the way to the Meyersdale, we generally followed an active rail line. We crossed over it and US 219 at the Keystone Viaduct. This one is really nice, as it curves over the features below and you have a good sense of distance and the engineering that went into the original bridge, as well as the newly created multi-use path on top of it.





About the nicest and biggest feature of the GAP trail is the Big Savage Tunnel. This was re-habilitated recently, to the tune of \$7-odd million. It has big shuttered doors that are closed in winter (this section of the trail is closed, also), to try to keep the freeze/thaw effects to a minimum. Before being reconditioned, the tunnel was in VERY rough shape. The tunnel is lighted and very cool (literally). It's quite long and, as in most of these types of tunnels, gives a great optical illusion of the end only being "just a little bit" farther ahead.

Other highlights: a set of great murals at the Eastern Continental Divide; meeting a GAP trail ambassador at Frostburg, who rode with us for some time, giving us the inside skinny on the history of a lot of the trail; trekking up to Frostburg from the trail on a pretty crazy set of switchbacks; Mike dealing with a bum thumb (an old cut that opened up on him); and finally a smooth, fast return from the "top", all the way to Cumberland.

It was a day well spent and I highly recommend it. Be sure to check the weather conditions at 2,000' + before you go! RE: <http://www.gaptrail.org/>

Ken Tenney



### 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 fall. 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 December 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: Dec 1st: 4:50PM, Dec 5th: 4:49pm, Dec 10th: 4:49pm, Dec 15th: 4:50pm, Dec 20th: 4:52pm, Dec 25th: 4:55pm, Dec 30th: 4:58pm)

<http://www.sunrisesunset.com/usa/Virginia.asp>

**Mondays - NO RIDE ON MONDAY, DEC 14<sup>TH</sup>** (WWCLUB Annual Christmas Banquet) - 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!

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

**Dec 8<sup>th</sup>** - Daily Grind on Jubal Early Drive, **10:00am**

**Dec 15<sup>th</sup>** - Locke's Store in Millwood, Park in Mill parking lot, **10:00am**

**Dec 22<sup>nd</sup>** - Italian Touch in Middletown. Park on East end of lot, **10:00am**

**Dec 29<sup>th</sup>** - Daily Grind on Jubal Early Drive, **10:00am**

**Jan 5<sup>th</sup>** - Locke's Store in Millwood, park in Mill parking lot, **10:00am**

**Tuesday and Thursday Night Ride** - 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 in 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



## Winchester Wheelmen December 2009 Ride Schedule



### Weekend & Individual Led Rides

**Friday, December 4<sup>th</sup>** - we will be celebrating the season with a full moon night hike. We will meet at **6:00 pm** to make "decorations" by using bird seed, pine cones, and peanut butter. Please bring any other "decoration" ideas for an outside

tree for animals. Then we will drive to do a hike to find the perfect tree to decorate. Gathering at 3874 Back Mountain Rd. Questions - contact Robert at 540-535-9986 or email at [RobertGolightly@comcast.net](mailto:RobertGolightly@comcast.net)

**Saturday Run, Winchester, VA** - Every Sat. Meet Ken Tenney at the Handley Bowl in Winchester at **11:10am** for "motivational support" running for cyclist-runners. Doing a couple of easy laps on the soft track and then running on the streets (mostly on asphalt) of Winchester for general fitness maintenance (getting a weight-bearing exercise component for the cyclist). There will be 40-50 minutes of activity. May incorporate stairs at the school at the end of the workout (totally optional). Ken may be contacted at 540-722-9224 or [k\\_tenney@verizon.net](mailto:k_tenney@verizon.net). (Track closed during football season, but we'll still meet on the visitors' side (north side), on the street.)

**Saturday, December 5<sup>th</sup> - White Post Loop - White Post, VA** - Join Cheryl Granger for a C class ride at White Post Restorations. The ride starts at **11:00am**, barring any bad weather. The ride is 17 miles long and averages about 11-12mph. (Cheryl notes, "Uphill's are very slow but downhill's are very fast"). Cheryl may be contacted via e-mail at [cgranger68@yahoo.com](mailto:cgranger68@yahoo.com).

**Sunday, December 6<sup>th</sup> - CX race of the week - Capital Cross Classic, Reston, VA.** This is the final event in the MAC series, is one of the biggest in the area and is very close to Winchester. Registration opens here: <https://www.BikeReg.com/events/register.asp?eventid=9216>

**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)

**Saturday, December 12<sup>th</sup> - Welcome to Shenandoah County - 10:00am** - Come on down and work up an appetite for the Wheelmen Banquet. The first in a monthly series of rides in and around Shenandoah County. This month will feature mixed surface rides for everyone. Ride lengths of 16, 20, or 40 miles available. None of these rides have any major climbs but all have their share of ups and downs. Any of these rides are cross or mountain bike friendly (road bikes not recommended). All rides start at 176 Riverview Dr, Maurertown, VA, but do yourself a favor and DON'T use your GPS/MapQuest/etc for directions; you'll see more of the county using these services than you will on your ride! Instead email [ladrew@shentel.net](mailto:ladrew@shentel.net) or check the list serve for directions or call Steve LaDrew at 540-436-8093.

**Sunday, December 13<sup>th</sup> - Mixed Surface Ride** - Information to follow via the Google group - Jon Hicks organizing

**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.

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