

# Winchester Wheelmen March 2010 Newsletter

Volume 27, Number 3

"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

<http://www.winchesterwheelmen.org>

## March Club Meeting

We will be at **Los Teltecacos** (Mexican restaurant in front of Delco Plaza) for the monthly meeting on **Monday, March 8th, 2010**. 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.

## January and February Club Meetings

Our club meeting was cancelled due to inclement weather

## "CHANGES IN THE CLUB CONSTITUTION"

The Winchester Wheelmen's executive met in February to review and recommend changes in the club's constitution and bylaws. This was the first review in over ten years. A few minor changes were made which require that the constitution and the bylaws with changes be presented to the membership for approval. The primary change was moving the section entitled "Dues" out of the constitution and into the bylaws. This makes changes in the dues much easier to deal with although no changes are currently being considered. The other change occurred in the bylaws and was simply a new description of some committees and their duties. Committees are currently operating are: Ride Committee (Charmaine Shaw, chair); Membership Committee (Ken Tenney, chair); Finance Committee (Rosalie Perry, chair); Special Events Committee (Jon Hicks, chair).

Please review the constitution and bylaws as presented. They will be brought up for a vote of approval at the April meeting. If you have any questions, contact one of your club officers with comments or concerns.

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## WINCHESTER WHEELMEN, INC.

### Constitution and Bylaws

#### ARTICLE 1

Name: The name of the organization shall be the Winchester Wheelmen.

#### ARTICLE 2

Purpose: The purpose of the organization is to provide opportunities for extending the individual's knowledge and appreciation of the environment and to provide opportunities for improving individual bicycling skills by:

1. promoting bicycling as a recreation, a sport, and as a viable means of transportation;
2. promoting public recognition of the need for safer cycling conditions;
3. encourage the development of public facilities, including bike paths and trails, for recreational and functional uses of bicycles;
4. Cooperating with public authorities in the observance of all traffic regulations.

#### ARTICLE 3

Membership: Membership is open to individuals and families, particularly those in the City of Winchester, Counties of Frederick, Warren, Clarke, Shenandoah, Berkeley (WV), and surrounding areas, who desire to promote the various Club purposes and bicycling in general.

Classes of Membership:

1. Individual
2. Family

Minors: Parents or guardians signature necessary for approval of membership for any applicant under the age of 18 (eighteen).

Term: All memberships shall be based on an annual cycle of 12 months starting with January 1<sup>st</sup> and ending with December 31<sup>st</sup>. New members joining after September 1<sup>st</sup> shall be full members through the following year.

## ARTICLE 4

### Club Meetings:

1. Annual meeting: an annual meeting and election shall be held once per calendar year.
2. Regular meetings: regular meetings and special meetings shall be provided for in the bylaws.

## ARTICLE 5

### Officers:

1. The election of officers shall be provided for in the bylaws.
2. Officers to be elected are as follows: President, Vice-President, Secretary, and Treasurer.

## ARTICLE 6

Committees: The Executive Committee shall be composed of Officers of the Club and shall appoint chairmen/women of all other committees provided for by the bylaws.

## ARTICLE 7

Amendments: The Constitution and/or bylaws may be amended in any regular meeting of the Club by an affirmative vote of two-thirds (2/3) of the Club members present in person. No proposed amendment shall be acted upon at any Club meeting unless it has been presented in writing to all members of the Club at 30 days in advance of the meeting.

## Bylaws

### Meetings:

Section 1: Regular meetings of the Club shall be held no more than once a month. The meeting must be conducted by a Club officer.

Section 2: Special meetings may be called at the request of the President. Object of the meeting shall be stated in the call and no other business transacted.

Section 3: Executive Committee meetings shall be held at such times as it may be determined necessary by the Club officers. A majority of the Committee present shall constitute a quorum.

### Dues:

All dues are annual. Non-paying members shall be dropped from the membership after their dues are three (3) months due. The amount of the dues shall be as follows:

- |    |            |         |
|----|------------|---------|
| 1. | Individual | \$16.00 |
| 2. | Family     | \$20.00 |

### Fiscal Year:

Section 1: The fiscal year of the Club shall commence on the first day of January and end on the last day of December.

### Committees:

Section 1: The Executive Committee of the Club shall be composed of the elected officers and chairmen/women of all other Club committees. The Executive Committee shall have immediate charge, management and control of the affairs of the Club between meetings.

Section 2: The appointed committees of the Club shall carry on the programs of the Club. Such committees may be: Ride Committee, Trails Committee, Membership Committee, Special Events Committee, Finance Committee and others deemed necessary by the Executive Committee. Committee chairmen/women may select their own committee members from the Club membership.

### Elections:

Section 1: The election and seating of the Club Officers shall be at the annual meeting. The election shall be by ballot or show of hands from a slate chosen either by a nomination committee or from nominations in open meeting. A majority of all Club members present in person shall elect in all cases.

Section 2: Officers shall hold office for twelve (12) months or until their successors are elected and duly installed.

Section 3: Vacancy in office during the period may be filled by appointment of the Club President with the approval of the Executive Committee.

### Duties of Officers:

President: Shall coordinate and supervise the total Club program and shall preside at Club and Executive Committee meetings.

Vice-President: Shall assist the President in carrying out the Club responsibilities and shall serve in his/her absence. It is recommended that he/she serve as chairman/chairwoman of one of the appointed committees. Shall be the contact person for Club affiliations.

Secretary: Shall take minutes at Club meetings and executive meetings and shall issue minutes and general notices and announcements. Shall serve on Membership Committee.

Treasurer: Shall keep and prepare all Club financial records and transactions and make necessary reports; shall give a financial report of the fiscal year at the annual Club meeting. It is recommended that the Treasurer serve as chairman/chairwoman of the Finance Committee.

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## 2010 Membership Renewal

Please fill out an application for membership if you haven't done so yet for 2010. The number following your name on your address label will tell you if you are renewed for 2010. An "-10" means you're renewed. A "-09" means that you need to renew still. Without renewal, this newsletter will be your last. Membership fees are unchanged for 2010, \$16 for an individual and \$20 for a family. Please note any address changes. Please make sure you check the box for receiving the newsletter by e-mail. If you have any questions, please write to the PO Box or send an e-mail to [info@winchesterwheelmen.org](mailto:info@winchesterwheelmen.org).

## Park Day 2010

Bicyclists, hikers, runners, and friends of the 3rd Winchester Battlefield, the annual Park Day Cleanup is coming on Saturday, April 10th. We will be working on several cleanup projects at the battlefield and will begin our first cleanup project on the newly acquired Huntsberry property that has doubled the size of preserved land at 3rd Winchester. We will have a more detailed list of projects as we get closer to April 10th, and this information will be presented in the April newsletter.

Please mark your calendars, April 10th, 9:00am to 1:00pm, for Park Day. We will be joining hundreds of other volunteers all over the country who will be working on many different Civil War Preservation Trust properties. It is time to give back to the CWPT what they have worked so hard to give to us. They have saved history, saved the environment, and provided wonderful places to find a little peace and quiet while providing wonderful trails to ride and walk along. Please let Mike Perry know if you will be able to help. He can be contacted at 540 877-1795 or at [mperry@visuallink.com](mailto:mperry@visuallink.com). See you on the 10th!

MS 150 Tour de Vine: June 12-13 in Charlottesville, VA. Join 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. [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.nationalmssociety.org/site/TR/Bike/VABBikeEvents?team\\_id=186893&pg=team&fr\\_id=13118&s\\_tafId=143829](http://main.nationalmssociety.org/site/TR/Bike/VABBikeEvents?team_id=186893&pg=team&fr_id=13118&s_tafId=143829)

Summer Tour is set for the week of July 31st to August 7th in Keene, NY. I have rented a house outside of Keene that will house 14 people and I have 13 people signed up and have received their deposits. We have one room with a single twin bed unfilled. Cost is \$ 500 for the week. Anyone interested please contact Spencer Ridings at [csridings@yahoo.com](mailto:csridings@yahoo.com).

Keene is located in the middle of the Adirondacks just east of Lake Placid. We will have a variety of rides and hikes to choose from.

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)

## Classifieds

**Wanted-** Speedplay Frog pedals (any type spindle) AND Speedplay Zero pedals (any type spindle) [rlegge@powhatans.org](mailto:rlegge@powhatans.org)

**Free to Good Home-** Various bike videos (VHS) on mountain biking and bicycle touring [rlegge@powhatans.org](mailto:rlegge@powhatans.org)

## Miscellaneous Notes

- **CD-ROMs.** Ken Tenney has revised the WW CD-ROM for 2010. Changes include updating some URLs, adding Panhandle Pedalers, adding Tuscarora Trail.pdf, adding Great Allegheny Passage .pdf, and revised (added to) CX mixed surface rides page. 2009 photos will be included if enough are received from club members (send 'em in by the 14th of March!).

To save money and reduce redundancy, the 2010 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](mailto:k_tenney@verizon.net) (2010membership required). If you never rec'd a 2009 CD since becoming a 2009 WW member, please let Ken know, and he will send one to you.

## Reading Leisure: (ok, viewing pleasure?!) err uhh riding pleasure?!



## Future/Out of Area Rides



- April 10<sup>th</sup> – CWPT Park Day, Winchester, VA [www.civilwar.org/aboutus/events/park-day/](http://www.civilwar.org/aboutus/events/park-day/)  
April 11<sup>th</sup> – Harris-Roubaix, Harrisonburg, VA [www.svbcoalition.org/events/harris-roubaix/](http://www.svbcoalition.org/events/harris-roubaix/)  
April 24<sup>th</sup> – Pedal for Pooches, Charles Town, WV <http://www.baacs.org/sections/view/100>  
May 15<sup>th</sup> – Rich Rau Memorial Ride and Pancake Breakfast, Berryville, VA <https://www.signmeup.com/67684>  
May 19<sup>th</sup> – Ride of Silence, Winchester, VA [www.rideofsilence.org](http://www.rideofsilence.org)  
May 30<sup>th</sup> – Mountains of Misery, Newport, VA [www.cyclingdoubleheader.com/mountains-of-misery](http://www.cyclingdoubleheader.com/mountains-of-misery)  
June 5<sup>th</sup> – Boys and Girls Club Ride, Winchester, VA [www.svhrider.org](http://www.svhrider.org)  
June 12-13<sup>th</sup> – MS150, Charlottesville, VA <http://bikevab.nationalmssociety.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)  
September xx – Shenandoah Valley Century <http://www.svbcoalition.org/events/century/>  
September xx - PPTC Century [www.bikepptc.org/PPTC\\_century](http://www.bikepptc.org/PPTC_century)  
October 3<sup>rd</sup> – 2<sup>nd</sup> Annual Apple Harvest Cross, Winchester, VA [www.appleharvestcross.org](http://www.appleharvestcross.org)

Two Randonneuring clubs (non competitive endurance cycling) cycle in our area; The DC Randonneurs and the Randonneurs of the Mid Atlantic (based near Strasburg). Info on Randonneuring can be found by Googling RUSA or Randonneurs USA or by checking out the Daily Randonneur Blog by Ed Felkner or The Curious Randonneur.

## ENTRY FORM - ACP Qualifying Brevet Series

(Please print clearly)

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE (H) \_\_\_\_\_ (W) \_\_\_\_\_ E-MAIL \_\_\_\_\_

Local Club Affiliation RUSA Member # \_\_\_\_\_

### EVENTS

### /ENTRY FEES

- Middletown 200km (March 13) \$15.00 \$ \_\_\_\_\_
- Strasburg 200km (March 20) \$15.00 \$ \_\_\_\_\_
- Strasburg 200km (March 21) \$15.00 \$ \_\_\_\_\_
- Harrisonburg 300km (April 10) \$15.00 \$ \_\_\_\_\_
- Leesburg 400km (May 1) \$20.00 \$ \_\_\_\_\_
- Strasburg 400km (May 8) \$20.00 \$ \_\_\_\_\_
- Middletown 600km (May 29) \$25.00 \$ \_\_\_\_\_
- Bag Drop for Middletown 600k \$20.00 \$ \_\_\_\_\_

- Gappity Gap 200K (Aug 7) \$15.00 \$ \_\_\_\_\_
- TBD 300K (Aug 14) \$15.00 \$ \_\_\_\_\_
- TBD 400K (Sept 11) \$20.00 \$ \_\_\_\_\_
- TBD 600K (Sept 25) \$25.00 \$ \_\_\_\_\_
- Appalachian Double Cross (Oct 9) \$35.00 \$ \_\_\_\_\_
- Bag Drop for 600K and ADC \$20.00 \$ \_\_\_\_\_

### Special Deals!

- Complete series: 200, 300,400, 600 (Check the events you wish to ride; no subsequent changes) for \$45.00 \$ \_\_\_\_\_
- Choose 8 ACP brevets for \$75.00 \$ \_\_\_\_\_

(600km bag drop **not** included in these package deals)

- Pre-register subtract \$5 for each event. (Entries must be post-marked 5 days before event)**

TOTAL \$ \_\_\_\_\_

Checks payable to: **ROMA**

Send to: ROMA, c/o Matt Settle, 67 Cullers Lane, Strasburg, VA 22657

*Pre-registrations must be postmarked 5 days before the first event.*



# Winchester Wheelmen March 2009 Ride Schedule



Weekly Riding or Events

(Sunset times: March 15th: 7:18 P.M., March 20th: 7:23 P.M., March 25th: 7:28 P.M., March 30th: 7:33P.M.)

**Up to date posting.** (Daylight Saving Time will begin March 14, 2010 at 2:00 A.M.) 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.

## **MONDAYS - MOUNTAIN BIKING: MARCH 1ST AND MARCH 8TH**

Meet at Tina and Cory's at **6:30 P.M.** or trail head at Hawk at **7:00 P.M.** Lights are required. Ride leader is Robert Golightly, 540-535-9986.

## **RIDE CHANGE!!! BEGINNING MARCH 15TH**

### **MONDAY NIGHT APPLE PIE RIDGE ROAD RIDE**

Meet at Apple Pie Ridge Elementary School at **6:00 P.M.** 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/THURSDAY WINTER NIGHT RIDES.**

### **LAST RIDE IS MARCH 11TH**

Tuesday and Thursday Night Ride - Meet at White Post Restorations for a **6:00 P.M.** departure. (Please do not arrive before close of business at 5:30P.M., 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

**(Note Tuesday Retired/Day off ride is moved to Thursdays for March)**

## **TUESDAY WEEKNIGHT RIDE**

### **RESUMES ON MARCH 16TH**

Alternate location for March. Boyce Elementary School, ~20 miles, route TBD, pace will be at ~17mph to finish with enough light. **6:00 P.M.** ride start. There is no ride leader for the month of March. Starting at Boyce Elementary School for March will alleviate concerns about riding "into the sun" on US 340. (Will move to Food Lion Plaza in April.)

## **WEDNESDAY ALL COMERS RIDE: INFORMATION PENDING**

A new start location and route are being discussed for safety reasons. Proposed new route will begin at Marker Miller Orchard. For the time being watch the Google Group for impromptu Wednesday rides; a decision will be made by April.

## THURSDAY RETIRED/DAY OFF RIDES

All rides are in the 25-35 mile range over rolling countryside with an easy pace and stops to allow everyone to catch up. All rides will start at and end at a restaurant or country store for those who wish to have lunch together. START TIME IS 10:00 A.M. Ride does not go if it is raining or snowing. No ride leaders, just advisers!

**MARCH 11TH: DAILY GRIND JUBAL EARLY DRIVE**

**MARCH 18TH: BURWELL MORGAN MILL, MILLWOOD (PARK AT MILL)**

**MARCH 25TH: ITALIAN TOUCH , MIDDLETOWN (PARK AROUND SIDE)**

## THURSDAY "NO MERCY" PACELINE

### RESUMES ON MARCH 18TH

Meet at Quarles gas station at junction of Kimble Road and VA route 7. Ride starts at 5:45 P.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://www.gmap-pedometer.com/?r=1824561>

## WEEKEND RIDES OR EVENTS FOR MARCH 2010

**SATURDAY RUN, WINCHESTER, VA. EVERY SAT** Runs are cancelled for March, we hope to resume in April.

**SATURDAY WHITE POST LOOP - WHITE POST, VA.** Begins March 20<sup>th</sup>. Join Cheryl Granger for a C-D-class ride at White Post Restorations. The ride starts at 11:00 A.M. barring any bad weather. The ride is 17 miles long and averages about 11-12mph. Cheryl may be contacted via e-mail at [cgranger68@yahoo.com](mailto:cgranger68@yahoo.com). HOWEVER...Cheryl states the ride depends on race team schedule. She will not be able to lead rides on race days since she would like to go and support our team at their events. Please watch the WW Google Group for updates.

**SATURDAY, MARCH 6TH, 12:00 NOON - TIRE CHANGING CLASS AND BIKE MAINTENANCE - WINCHESTER, VA. BYOT (Bring Your Own Tire)**

Hosted by Robert Golightly. It's been about two years since we've done this and if you're in need of a refresher course please join us at Robert's home and be prepared for some hands on learning. Last time we all changed a tire or two and had basic bike maintenance questions answered. There will be several people to instruct. Please bring a tire and tube of your own if possible. Any questions or if interested and need directions please contact Robert Golightly 540-535-9986 ([robertgolightly@comcast.net](mailto:robertgolightly@comcast.net)) or Charmaine Shaw 540-550-1177 ([charmaineshaw54@gmail.com](mailto:charmaineshaw54@gmail.com))

**SATURDAY, MARCH 13TH - HIKE OLD RAG - SPERRYVILLE VA.** If you've never hiked it, let this year be the first time! Old Rag has some of the oldest rock formations in the Shenandoah National Park with a breathtaking view at its 3,268 foot summit. The hike is about 8 miles (depending on which lot you are able to park in) and offers a steady climb with some rock scrambles. Meet at Robert Golightly's at 8:00 A.M. to carpool to the trail head. Please contact Robert at 540-535-9986 or [robertgolightly@comcast.net](mailto:robertgolightly@comcast.net) if interested so carpooling arrangements can be made.

**SUNDAY, MARCH 21ST - ROAD RIDE - WINCHESTER, VA.**

Meet at Jubal Early Daily Grind at 11:00 A.M. for a 25-30 mile road ride. Route will be similar to Retired/Day off ride, but for those who could not enjoy that ride here's another opportunity. Pace determined by those present. No one is dropped. Ride leader is Charmaine Shaw 540-550-1177.

## NON-WW EVENT

**SATURDAY, MARCH 27, 2010. TROOPER MANION MEMORIAL 5K RUN - WINCHESTER REGIONAL AIRPORT.**

To benefit a local scholarship fund in memory of Trooper Kevin Carder Manion. Registration begins at 7:00 AM; race starts at 8:00 AM. [www.troopermanion5K.com](http://www.troopermanion5K.com) (Pre-registration available.)

**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.

**Note:** Ride requests, information, interest in being a ride leader, and general questions pertaining to rides can now be sent to: [charmainshaw54@gmail.com](mailto:charmainshaw54@gmail.com)

### **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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