

Winchester Wheelmen September 2009 Newsletter

Volume 26, Number 9

"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

<http://www.winchesterwheelmen.org>

September Club Meeting

We will be at Donato's Only for You for the monthly meeting on **Monday, September 14th, 2009**. The business meeting will be held at **7:00pm**, the address is 229 S. Loudoun St., Winchester, VA. Next months meeting will be on October 12th.

Club Meetings

There was no club meeting in August.

Cross-country by Bicycle: Longtime club member (for the most of 20yrs), Fred Lonas, has embarked upon a journey of a lifetime. Follow Fred <http://www.crazyguyonabike.com:80/fredlonas> as he bicycles across the U.S.A.

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.

Reading Leisure:

Civil War Preservation Trust 2009 Preservationist of the Year

Three years ago a member of the Civil War Preservation Trust came into Blue Ridge Bicycles looking for an individual or a group to assist in the establishment of a bicycle/pedestrian trail within the Third Winchester Battlefield. Being an avid cyclist and an historian, my husband, Mike Perry, was eager to help this dream become a reality. Imagine a park within the Winchester area that would enable people to experience our local heritage while increasing their fitness through hiking and biking!

At the next meeting of the Winchester Wheelmen, Mike presented the opportunity for our club to become involved this project and the club's commitment was made without hesitation. Since that time, the Wheelmen have participated in several Park Days, where maintenance was done on existing trails and single tracks made, bridges were built, and trash removed. Members of our club have also monitored the battlefield, decreasing misuse and vandalism. Making this park a safe, clean haven to hike and bike, has given an opportunity for other groups to participate in our community as well. Local scouts have completed their Eagle Scout projects by building benches along the trails and the Audubon Society has erected several blue bird houses. Members of the Millbrook High School cross country and outdoor education classes have also used this battlefield park in their class activities.

And all your work has not gone unnoticed! At the annual national conference of the Civil War Preservation Trust held June 6, 2009, in Gettysburg, PA, their highest award, "the Carrington Williams Battlefield Preservationist of the Year Award was presented to Mike Perry of the Winchester Wheelmen, the outstanding partner group that monitors and maintains CWPT's Third Winchester Battlefield"! At both the banquet and the following breakfast, members of the CWPT from all over the country came up to Mike and me, saying the Wheelmen and their work at Third Winchester had been the big news of the year! The CWPT president, Jim Lighthizer, extended his gratitude to the Wheelmen for "adopting their battlefield".

So, congratulations to all of the Wheelmen who have helped make this wonderful park a reality! The Wheelmen remain committed to the maintenance of Third Winchester Battlefield and are proud to be partners with CWPT.

PA or Bust - Ray Legge

Recently I wanted to try a long ride from my home off Middle Road. I've tried just about every direction. I love the Wheelmen's "Back Roads Century" but have done it twice recently and needed something new. So, on Sunday August 9 I headed north.

Mother Nature complicated things some by giving us what was probably the hottest day of the year; 95° F. was expected. I thought about heading north on Rt. 11 and then looping east towards Shepherdstown. Eventually, I decided to see if I could make it to Pennsylvania.

I left about dawn. I know Rt. 11 is usually a busy road, but it's actually very peaceful early in the morning, especially on Sundays. For the first few hours on 11 I had very little company. The road is about as flat as any long ride can be around here and offers several advantages. I passed Clear Brook, VA and Inwood, WV. Martinsburg is less pleasant; you have to be careful to follow the twists and turns of 11 as it goes through town. The terrain begins to undulate more as you approach the Potomac River and Maryland. The river is always beautiful with nice green spaces along the C & O Canal, though my sightseeing was briefly interrupted by the drainage covers on the bridge. Rt. 11 has good shoulders for much of the ride, especially in the Maryland section. I felt quite good, my legs light and strong.

After a bit more than three hours of riding my legs were getting heavy. I wasn't sure how far PA was. Finally, after passing under parts of an airport near Hagerstown and traveling through some farmland I arrived. I went past a post office marked "State Line, PA" and turned around at a cemetery. I was happy to be halfway home at 57.6 miles but disappointed to discover a fairly strong headwind from the south. The breeze was usually slight, but at times it was gusty and strong. I knew the return trip would test my patience and endurance.

Traffic became much heavier, though there were still good gaps between cars. Another advantage of Rt. 11 became apparent on the trip south- many places to stop to refuel and rehydrate. I am partial to Sheetz stores, with their fresh cookies and fruit, Gatorade, free water, and restrooms. I discovered there are **eight** Sheetz stores between my house and the Keystone state. I didn't need all eight, but it was nice to have the options.

At about 70 miles my legs were noticeably heavy. I had been pushing fluids and food steadily, but still feared cramps. I ate some salty pretzels to replace lost salt. My plans for an improved average on the trip home evaporated in the heat and wind.

By 80 miles cramps weren't a possibility, they were an inevitability. My shoulders were also sore and feet numb. I knew I would have to be prudent if I wanted to make it home. I pushed fluids more and was very careful about climbing out of the saddle or pushing on the hills. My quads began to cramp up, with my hamstrings and calves not far behind. The miles seemed to go much slower as I crossed back into Virginia.

Now, when I slowed or stopped for traffic lights I had to hold myself carefully to keep cramps from starting. I couldn't lock either leg. I made my last stop at a convenience store just north of Winchester.

The last miles were the toughest. The little hill at the start of Middle Rd. seemed like Fetzer's Gap. I arrived home after 114.7 miles and about 7 hours of riding. I had to be careful climbing off the bike and walking. I knew I was very close to an incapacitating cramp or cramps, but hoped that air conditioning, a little rest, and more food and fluids would prevent such pain.

I *almost* made it. When I changed and reached for fresh clothes, they struck. Monstrous cramps in my hamstrings just about killed me. It was about all I could do to straighten my legs as I collapsed on the floor. Luckily, no one witnessed this sorry event. After a few minutes I felt better. I ate and drank something and rested briefly. My sons wanted to go swimming, so I took them to the Sherando pool. I swam about 1000 m.; I've always thought a short, easy swim helped loosen tired muscles after a tough run or ride, and did feel better afterwards.

Overall, I was pleased with the ride. I was glad I reached Pennsylvania and learned a lot about long rides in the heat and about the areas north of town. My only regret was trying this ride on such a hot day. Good and safe riding to all,

Ray

Bicycle Safety and Horses

During our club picnic on the 23rd of August, we were approached by a local horse enthusiast regarding cyclist interaction of horses. It turns out that she was thrown from her 14 hand high horse after it was startled by 2 road cyclists who passed "with their heads down". We all have had encounters with horses while riding mountain bikes. The procedure is to stop, defer to the horse rider, and even ask how to proceed (or wait). From my experience, road's edge encounters with horse riders are infrequent at best. Many cyclists may not know what to do. Really, the same procedure with a "woods" encounter is in order, where the cyclist should approach with caution, as to not startle the horse. This is esp. important when approaching from behind the horse rider. Slow down, call out by voice, and ask the horse rider what to do. Here is one resource link for interacting with horses: <http://www.equiworld.net/safety/index.htm> - submitted by 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 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 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: Softride PowerWing 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



Future/Out of Area Rides



September 6th - Tour de Valley Century - Wanynesboro, VA -

<http://milepostzero.homestead.com/2009TDVApplication.pdf> - \$40 between 08/22- 09/05; \$48 on the day of the ride.

September 12th - Civil War Century - Thurmont, MD - <http://www.baltobikeclub.org/index.pl/cwc> (per

K.Tenney) This sucker is sold out this week. Bummer. I registered on the 18th... 1,600 riders for a "show and go" century. Should be interesting.

September 13th - Shenandoah Valley Bicycling Coalition Century - Harrisonburg, VA - -

<http://www.svbcoalition.org/events/century/> - 300 rider limit, early registration closes on Sept. 7th - \$12. \$15 after; same day registration will not be possible if the rider limit has been reached

September 20 - PPTC Historic Back Roads Century - <http://www.bikepptc.org> - 800 riders in 2008, looking for more in 2009. \$40 before Sept. 6th. After the 6th, only same day registration is available for \$45 (non-PPTC members).

September 26 & 27 - Ride in the Heartland - <http://www.bikeheartland.org/>

September 27 - Cannonball Century - <http://www.bikefred.com/CBC/cbc.html>

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

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

October 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.cbes.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 Sept. 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: Sept 1st: 7:44PM, Sept 5th: 7:38pm, Sept 10th: 7:30pm, Sept 15th: 7:22pm, Sept 20th: 7:14pm, Sept 25th: 7:06pm, Sept 30th: 6:58pm*) <http://www.sunrisesunset.com/usa/Virginia.asp>

Mondays - Apple Pie Ridge Elementary on Apple Pie Ridge Road. No ride on Labor Day evening, Sept 7th. 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 5th, start time 6:00pm.

Tuesdays - The Retired/Day off Ride - Easy pace, lunch stop, 25-35 miles; variety of routes:

Sept 1st - Macedonia Church on Macedonia Church Road, **10:00am**.

Sept 8th - Daily Grind on Jubal Early, **10:00am**.

Sept 15th - Start in Millwood at the old mill parking at **10:00am** (NEW RIDE).

Sept 22nd - Daily Grind on Jubal Early, **10:00am**.

Sept 29th - Macedonia Church on Macedonia Church Road, **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>

Wednesdays - All-comers road ride, starting at Orchard View Elementary School on Middle Road, Rt. 628. Start time is **6:00PM** for the 2nd and the 9th. PLEASE NOTE: Start time will be **5:45PM** beginning Sept 16th. This is a 17

mile loop with a variety of rider participation. 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 Sept. 2009 Ride Schedule

Weekend & Individual Led Rides

Sunday, Sept 6th - Join Steve & Coach Tammy for a day of biking on the back roads of Shenandoah County followed by a BBQ overlooking the river. We have ride routes of varying length and surfaces planned to end back at the farm in time for some good eatin'. Bring the family or have them meet you for the BBQ. Don't really want to ride? That's OK too, just come for the food and socializing. Meal starts at 1 PM. Please bring lawn chairs, a side dish, and your preferred libation, we'll have plenty of soft drinks and water available. Please RSVP to ladrew@shentel.net or call 540-333-1262 if you plan to attend the BBQ so we can make sure to have enough food for all.

9:00am - 70 mile hard surface ride departs - One major climb over Edinburg Gap with plenty of "minor" ups and downs along the way.

9:30am - 54 & 44 mile hard surface rides depart - No major climbs but some beautiful scenery

10:00am - 40 mile mixed surface ride departs - Always wondered where North Mountain Vineyard was? Here's your chance to find out. You'll be amazed at how far you can ride without ever going more than 10 miles from the farm and never the same road twice!

10:30am - 32 mile hard surface ride departs - Spin along some beautiful back roads, talk to the cows if you want, they don't mind.

11:00am - 20 mile mixed surface ride - Bring your cross or mountain bike 'cause you won't see much pavement on this one. On the other hand, you may see deer, fox, wild turkeys (not the kind in the bottle!) and who knows what else.

1:00pm - Lunch is served, bring your appetite.

Thursday, Sept 10th - Rookie Ride - Meet at Marker-Miller Fruit Market on Cedar Creek Grade. Start time is **6:00pm**, easy pace, 10-12 miles.

Sunday, September 13th - Fort Valley TurnAround - Meet at Signal Knob Parking Lot in Fort Valley at **10:00am** for a 40-45 mile ride up Fort Valley to the top of the Massanutten and return. Great views of the Blue Ridge and Luray from the top. Easy pace over rolling to hilly terrain. To get to Fort Valley, go south to Strasburg and then take Rt. 55 East for about 5 1/2 miles to a right on Rt. 678. Go about two miles to parking lot on the right. Mike Perry is ride leader: 877-1795 or mperry@visuallink.com.

Sunday, September 20th - Mixed Surface Ride - Star Tannery, VA - Meet at the Ruritan Park, south of Mountain Falls on Wardensville Grade for 2 loops of an 11 mile mixed surface circuit, for a total of 22miles. Good place to break in your cyclocross bike for the fall season on low traffic roads! Ride time is **8:30am**. Ken Tenney is leading and may be reached at k_tenney@verizon.net or 540-722-9224. Loop reference: <http://www.gmap-pedometer.com/?r=3154412>

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). 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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