

Winchester Wheelmen April 2015 Newsletter

Volume 32, Numbers 4

"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

<http://www.winchesterwheelmen.org>

April Club Meeting

We will be at Shawn and Nancy Carrico's house at 109 Tyler Court, Stephens City, VA 22655, for the monthly meeting on **Monday, April 13th, 2015**. BOYB and pizza is \$5/per person. Non-alcoholic drinks will be provided by the club. Initial meeting time is at **6:00PM** with the business meeting held while pizza is being delivered.

March Club Meeting

The March club meeting was held at El Centro restaurant on March 10th, 2015. Minutes kindly provided by Secretary, Charmaine Shaw.

- 7th Annual Shenandoah Valley Heritage Ride to support the Boys and Girls Club of Northern Shenandoah Valley. Heather Foreman of Boys and Girls club spoke about the event in June. Please contact Mike Perry about sponsoring a rider, bikes, and practice rides this spring. (There will be about 8 riders...one rider/bike already sponsored by Ed Duncan.) Heather states website for enrollment should be easier to use this year. Buffalo Wild Wings and ice cream at end of ride for riders. There should be local police support for major intersections.
- Robert Golightly gave update on Maine trip. There are two spots available. Contact him for more information at: rgolightly22601@gmail.com
- Brian Straighttiff, with approval of club members present, is moving forward with club jerseys for 2015. More info to follow soon.
- Members discussed the length of time that ghost bike should stay in place. Tentatively to remain up through March then taken down.
- Needed - team captains for MS 150 and practice rides.

2015 Membership Renewal

If you didn't receive this newsletter via e-mail, it may be because you haven't renewed for the new year. Dues are on a calendar year basis. Please fill out the form available at the WW website for membership renewal in 2015. Membership fees for all club members are \$15, whether submitting as an individual or as a family. (Please note any e-mail or physical mailing address changes.)

7th Annual Shenandoah Valley Heritage Ride

7th Annual Shenandoah Valley Heritage Ride to support the Boys and Girls Club of Northern Shenandoah Valley will be held on Sunday, June 7th. The ride will be through the historic countryside of the Shenandoah Valley. Our ride begins in Winchester and rolls through Frederick County where you will be surrounded by Civil War history at every turn. This is a self-paced ride for everyone from the recreational to the serious cyclist. www.bgcride.org

Distance: There will be ride routes from 10, 30, 50, or 70 miles.

Where: All Routes will start and finish at Valley Health Wellness & Fitness Center, 401 Campus Blvd., Winchester, VA 22601.

When: June 7, 2015. Start time is **9:00AM** for the 30, 50, & 70 mile rides. Start time is **9:15AM** for the 10 mile ride.

What else: We need sponsors for the Boys and Girls Club kids to buy the cost is \$160.00 for a \$339.00 Trek 820 mountain bike. Blue Ridge Bicycles will pay the wholesale balance (actual cost is \$199.00 including a small discount from Trek). We already have three sponsors! Many thanks go to Ed Duncan for being the first to offer a sponsorship. " Good things are happening again!," says Mike Perry. Please note that partial donations to this sponsorship effort are really appreciated. Please make checks payable to BGNSV or we can receive cash at a club meeting or at Blue Ridge Bicycles. Mike Perry is overseeing the sponsorship effort and he can be contacted at mperry@visuallink.com or 540-877-1795. Any help is great! We're trying to get this done ASAP!



NURSING

REMEMBERING AMY PRATT HARTMAN



RICHARD HARTMAN WITH FAMILY FRIEND ROSALIE PERRY



AMY PRATT HARTMAN

Amy Hartman began her nursing career at Winchester Medical Center in Winchester, Virginia, after graduating magna cum laude from the WVU School of Nursing in 1990. She then went on to a twenty-two year career at the Surgi-Center of Winchester, ultimately serving as the clinical manager there. A native of Moorefield, West Virginia, she was a devoted professional who cared for her patients with compassion.

Friends and family have created the Amy Pratt Hartman Nursing Scholarship to honor and remember her life and devotion to her career in nursing. Amy and her husband Richard spent many hours together bicycling with the Winchester Wheelmen cycling club. At a club meeting, family friends Rosalie and Mike Perry suggested the idea of a scholarship in Amy's memory. Another friend offered a challenge to match gifts up to \$10,000. That goal was met and then exceeded as members of the Winchester Wheelmen, coworkers, friends, and family worked together to fully endow the fund within just a few months' time. Amy's scholarship provides support for undergraduate nursing students.

Amy loved the outdoors and enjoyed nature through photography, hiking, cycling, cross country skiing, and running. While at WVU she was inducted into Sigma Theta Tau International, which promotes nursing excellence in scholarship, leadership, and service, and the Golden Key National Honor Society. There is a permanent brick recognizing the Amy Pratt Hartman Scholarship in the Ernest L. Hogan Scholars Walk located in front of the WVU Library on the main campus.



SCHOLARSHIP RECIPIENT KAYLA BOWERS

The CIRC Report

If you're interested enough to read all 228 pages, [here it is](#). If not, here are a few of the findings that I got from this [article](#) in The Inner Ring, and this [article](#) in VeloNews: First off, the experts are all over the place on the level of doping in today's peloton with estimates from 20% to 90%. What they agree on is the days of game-changing EPO boosts are over. Today, rather than team-orchestrated doping, it's thought that individual riders are going it alone with unethical physicians that they hire personally. It's thought that today's doping is more about micro-dosing EPO, small bags of blood being transfused, and pills like Tramadol, all of which can give a performance advantage although not a huge one. It was also mentioned that Lance Armstrong, Alberto Contador, and other stars were given special treatment by a UCI that felt almost powerless to stop the flood of doping in the peloton. The CIRC recommendations are to continue with and bolster the biological passport, start night-time testing, use the best labs and best science, strengthen the therapeutic use exemption policy, and use a criminologist to assist the process. Most agree that doping continues but today's peloton is much cleaner than that of the EPO era.

- Dave Albecker

Winchester Wheelmen April 2015 Ride Schedule

Weekday/Weeknight/Weekend Rides & Events

Note: For 2015, Robert Golightly continues to be the WW ride coordinator. He may be contacted at rgolightly22601@gmail.com or 540-535-9986. 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 all rides, the Winchester Wheelmen Google Group delivers the official 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 Google Group.

Mondays - Road Ride - Frederick County, VA. Meet at Apple Pie Ridge Elementary School for a **6:00PM** road ride. No ride leader for April, but will have one for May. This will be a 14-16 Mph ride and distance of 20 to 25 miles. Please post on WW Google Group if you plan on going as this will let others know.

Tuesdays - Road Ride - Stephens City, VA. Meet at Food Lion Plaza east of Stephens City on VA 277 for the **6:00PM** ride start. This is not a beginner ride; the pace is 17-19mph for the slower group, 19+ for the faster group. Typical loop is here: <http://www.ridewithgps.com/routes/102730> Distance is TBD by participants due to available daylight constraints. Please have a white front light and red rear flasher. There is no ride leader.

Tuesdays - MTB Ride - Bentonville, VA. MTB ride at Andy Guest Shenandoah River State Park. Will meet in park at **6:00PM**. The ride will be about 1.5 hours, casual pace. Robert Golightly is the ride leader. Please call for more information at 540-535-9986.

Wednesdays - Road Ride - Frederick County, VA. Road ride starting from Fellowship Bible Church and the time is **6:00PM**. The ride will start with the Germany loop and then follow the old Wednesday night ride loop. The distance is 23 miles and the pace WILL be in the 15-16 mph range and we'll regroup during the ride. This will be a little faster and a little longer version of the old Wednesday night ride.

Thursdays - Paceline Ride - Berryville, VA. Meet at the 7-11 Shell gas station at junction of Kimble Road and VA Route 7. Ride starts at **6:00PM**. The loop is 27miles. 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 on the paved parking area since that is used by customers. Any participant must be comfortable with paceline riding. <http://ridewithgps.com/routes/101710>. There is no ride leader.

Thursdays - Night Road Ride - White Post, VA. This ride is a "go" unless there is rain or snow. Ride starts from White Post Restorations. Ride departs promptly at **6:00PM**. Average speed is 15-17mph. There is no ride leader.

Fridays - Retired/Day- Off Ride of the Week This is an easy-paced ride starting at various locations. Ride length is between 20 to 30 miles usually with a lunch stop at the finish (optional). (No ride leaders here, just advisors.) The rides will start at **10:00AM** for April at the following locations:

April 3rd---Meet at Panera Bread. Park in back on Tevis St.

April 10th--Meet at Italian Touch Middletown. Park in back.

April 17th--Meet at Woolen Mills Grill in Clear Brook, VA. Park in back. Restaurant is on US11 just south of the I-81 Clear Brook Exit 321.

April 24th--Meet at Christ Episcopal Church in Millwood across from Project Hope on Bishop Meade Rd.

Saturdays - Casual Ride - Clarke County, VA. Meet at White Post Restorations for a **1:00PM** ride. There is no ride leader, but please post to the Winchester Wheelmen Google Group if you plan on attending.

Winchester Wheelmen April 2015 Ride Schedule

Future Weekend Rides or Events

- **Sun., April 12th - Harris-Roubaix - Harrisonburg, VA.** <http://svbcoalition.org/events/annual/the-harris-roubaix/> Fun mixed surface ride down the Valley.
- **Sat., May 2nd - Apple Blossom 10K - Winchester, VA.** <http://thebloom.com/event/10k-race/>
- **Sat., May 16th - CASA River Ride - Shepherdstown, WV.** <http://www.casarivercentury.org/>
- **Sat., May 16th - Tour de Madison - Madison County, VA.** <http://tourdemadison.com/>
- **Sun., May 17th - Storming of Thunder Ridge - Lynchburg, VA.** <http://stormingofthunderridge.org/>
- **May 22nd-25th - 33rd Annual Kent County Spring** - Join the Baltimore Bicycling Club for four days of cycling on the lightly traveled roads Maryland's Chesapeake Bay Eastern Shore. Rides of 11 to 100 miles meander along flat to rolling roads - through rural towns and along scenic rivers. For more information and to register go to: www.baltobikeclub.org and click on the icon for Kent County Spring Fling.
- **Sun., May 25th - Mountains of Misery - Newport, VA.** <http://2014.mountainsofmisery.com/>
- **Sat., May 30th - 4th Annual PPCC Poker Run Metric Century - Bardane, WV.** <https://www.bikereg.com/ppcc-poker-run>
- **Sun., June 7th - Boys and Girls Club Ride - Winchester, VA.** www.bgcrider.org
- **June 13-14th - Tour de Vine Bike MS - Charlottesville, VA.**
http://main.nationalmssociety.org/site/TR/Bike/VABBikeEvents?pg=entry&fr_id=25443
- **June 26th-July 1st - Bike Virginia.** <http://bikevirginia.org/>
- **Sat., June 28th - 2015 Garrett County Gran Fondo - Deep Creek Lake, MD.** <http://www.winthefight.org/granfondo/>

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