

Winchester Wheelmen August 2015 Newsletter

Volume 32, Numbers 8

"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

<http://www.winchesterwheelmen.org>

August Club Meeting

There will be an informal August club meeting will be at El Centro Restaurant, 1 N. Loudoun St., Winchester, VA. We won't have a sufficient number of club officers to vote on official business, so this will be a general/social meeting. Plan is to start gathering at 6:00pm with an open departure time.

So El Centro can be properly prepared for an influx of people on a Monday evening, please RSVP to Charmaine Shaw no later than Sunday, August 9th. She may be reached at charmainshaw54@gmail.com.

In Memoriam – Fred Lonas

Former Winchester Wheelmen club member, Fred Lonas, was tragically killed on 10 July 2015. Fred was in the middle of his second cross-country bicycle tour when this happened. He was on a rural highway in North Dakota. Fred was a very easy-going, gentle guy who will be greatly missed by his family and friends. I have been in touch with one of his daughters, Andrea, who is working on a descriptive obituary for us to use in the September newsletter. I apologize for the brevity of this note for now. - Ed.



The Greenbrier Valley and the Highland Scenic Highway

I'm buzzing along at better than 40 miles an hour and getting **tired** of the downhill! Now most down hills seem way too short- I've hardly caught my breath before I get another chance to blow up again on the next climb. But here on the Highland Scenic Highway in central West Virginia the fast parts of the ride **may** be excessive. You'll have to watch your speed as rates of close to 50 mph are possible. This road has much to offer: a near perfect surface, beautiful scenery, and very little traffic.

Because the Forest Service doesn't plow this road in the winter there are almost no blemishes or bumps. The crest reaches about 4500 ft. The hills and curves are gradual, allowing you to cruise with near abandon. The entire Highway is 43 miles, from Richwood to Rt. 219 north of Marlinton, but I find the best stretch to be the 22 miles from Rt. 39 north to 219. The complementary part from the Visitor Center to Richwood gets much more traffic.

There are, of course, a few "catches". There are no real supplies and few services along the highway. You'll need to carry all of your food and enough water to get you to the Cranberry Mountain Visitor Center on the south end of the route. I suggest an out and back ride. If you're not sure how far you want to go, starting at the VC is probably your best bet. I recently rode the Highway and started at the north end, beside Rt. 219, so that I could use the VC to restore my fluids. There are no services along the ride except for odiferous pit toilets, so carry what you need. The Visitor Center is most helpful, with a few snacks, books, maps, knowledgeable staff and nice exhibits on local natural history, including one of the best collections of live snakes anywhere.

There are also innumerable opportunities for other activities in and around the Monongahela National Forest. The short but rigorous hike to the falls of Hills Creek is well worth the effort. I just tried the Cowpasture Trail for an hour plus, very damp mountain bike ride and enjoyed a long, gradual trail run on the Middle Fork Trail along the Williams River. Pocahontas County claims to be the birthplace of rivers, with eight rivers finding their headwaters there. There are beautiful spots to fish and camp along the rivers. Marlinton is a good place for a basecamp with its restaurants, lodging, and outfitters.

A short drive provides more options. The terrific Greenbrier River Trail goes a scenic and gradual 78 miles from Cass to North Caldwell. It has become my favorite rails-to-trails example. You can walk, bike, paddle, or horseback ride along this pathway. State parks like Beartown, Droop Mountain, and Watoga are all close and offer unusual geology, history, and recreation. If you want higher tech, try the National Radio Astronomy Observatory in Green Bank, with the largest movable radio telescope in the world. Lewisburg, to the south, was recently named the "Coolest Small Town in the U.S." and offers unusual shopping and dining. My wife and I recently enjoyed live music beside Carnegie Hall in Lewisburg.

Stay safe,

Ray Legge

Insensible Water Loss

We just had a stretch of super-hot days that were called "heat advisory days" by the weather reporters. Cycling on such days can be difficult and even dangerous if hydration isn't priority number one. We all understand that water is lost through sweating on such days but there is little mention of the other type of insensible water loss. When we inhale on hot dry days, the inhaled air is humidified to 100% relative humidity at body temperature by the time it gets to the air sacs of the lungs. Then, when we exhale, the water used to accomplish that task is lost to the environment. This process does not account for as much water loss as sweating, but think of how many times you exhale on a 60 or 70 mile ride. Here is an article on [hydration](#) for cyclists from Bicycling.com.

-Dave Albecker

Update on Custom WW Jersey Order

To all those who ordered the new WW jerseys, Brian Straighttiff has announced the cost and how to pay for them. The order must be pre-paid before the jersey company will process it. Here are the details:

The club is covering the shipping plus \$0.15 per jersey to get the member cost to an even \$58.00 per jersey regardless of color and gender cut (male v female).

Checks are to be made payable to the club and can be mailed to the PO Box, dropped off at Blue Ridge Bicycles, given to Brian Straighttiff, Jason Tresidder or Shawn Carrico.

The address for mailing the checks:

Winchester Wheelmen
PO Box 1695
Winchester, VA 22604

All checks must be received by August 15th.

Club Officers and 2016

There has been much talk in the club administration about turning over the duties of the club to the "next generation". Almost everyone in the club administration has been at this for some time. Nomination for club officers will occur in October of 2015, with election of officers happening at the annual club banquet dinner. This year, the banquet will happen on the second week in November (the 9th) so it does not interfere with the Christmas season.

As in recent years, the banquet will be held at Winchester Country Club. The meal has been arranged by Ed Duncan and the evening will be directed by Ed and Robert Golightly.

So far, the following officer positions will be vacant for the 2016 season: President, Treasurer, and Secretary. Those respective positions are currently held by Shawn Carrico, Nancy Jo Carrico, and Charmaine Shaw. The only remaining position and the one without change is Vice President, held by Jason Tresidder.

If you are interested in holding an officer position, please speak with a current officer and understand the duties. No position is too taxing, but they do require meeting attendance and some small action each month.

We've seen other clubs in the region exist for years without a full complement of officers. This is a mistake. Please help and step up to support your club. Thanks! - Ed.

Winchester Wheelmen August 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.

All times listed for ride starts are departure times unless otherwise stated. Plan on arriving with enough time to be ready for the departure time. Also, if you plan to diverge from the planned route and not stay with the group, you must notify the ride leader prior to doing so. Historically there have been many rides where the ride leader has spent time backtracking or otherwise spent time and effort verifying the safety of a rider who has chosen to leave the route. Please communicate.

Mondays - Begnner's MTB Ride - Frederick County, VA. Jason Tresidder and Brian Straightiff are to co-leading a Beginner MTB ride at Sherando Park @ **6:00PM** during the month of August. Distance is 6-8 miles. Meet in the parking lot on the disc golf side (north side of VA277/Fairfax Pike). Will not go if raining.

Mondays - Road Ride - Frederick County, VA. Meet at Apple Pie Ridge Elementary School for a **6:00PM** road ride. This will be a 14-16mph ride and distance of 20 to 25 miles. **Robert Golightly** is the ride leader. **Susan Walker** will also be leading a casual ride at the same location. Her ride will be 16 miles at an easy pace. Susan's ride starts at **6:00PM** for **8/3** and **8/10**; **5:45PM** for **8/17** and **8/24**.

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: www.ridewithgps.com/routes/102730 There is no ride leader. Distance: 30 to 34 miles.

Wednesdays - Road Ride - Frederick County, VA. Ride starts from Fellowship Bible Church at the corner of Middle Road and Apple Valley Road with a departure time of **6:15PM**. 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. DJ Arnold is leading and may be reached at ti22c6@yahoo.com.

Thursday: Retired/Day Off Ride This road ride will **start at 9:00** during August; the rides start at various locations and are designed to start and finish at a location convenient for lunch at the end (optional). No ride leader here, just advisors. The locations for August are listed below:

--August 6th-- Meet at Daily Grind in Winchester off Jubal Early Drive.

--August 13th--Meet at Valley Baptist Church, Stoney Creek Rd in Edinburg

--August 20th--Meet at Italian Touch in Middletown. Park in back.

--August 27th--Meet in Creek Side Station Shopping Location. Park in back near the My Eye Doctor Store in vacant parking.

Thursdays - Paceline Ride - Berryville, VA. Meet at the 7-11 Shell station at junction of Kimble Road and VA Route 7. Ride starts at **6:00PM**. The loop is 27 miles. 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. Any participant must be comfortable with paceline riding. www.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. Ride starts from White Post Restorations. Ride departs promptly at **6:15PM**. Average speed is 15-17mph for the 17.8 mile golf course loop. There is no ride leader.

Fridays -TGIF Casual Ride - Clarke County, VA. Meet at White Post Restorations for a casual ride (easy pace) 17.8 miles. Susan Walker is leading. Her ride will be 16 miles at an easy pace. Susan's ride starts at **6:00PM** for **8/7** and **8/14**; **5:45PM** for **8/21** and **8/28**. Susan may be reached at susanwwalker@comcast.net. Susan states to please note there is a donation box at the site to help defray the cost of running night lighting at this site.

Saturdays - Road Ride - Winchester, VA. Meet at Blue Ridge Bicycles for 20 -23 mile ride; two pace groups. DJ Arnold will lead a 17-18 mph group and Mike Perry will lead a 14-15 mph group. Both groups pull out at 8:00 am. Finished before 10:00 am.

SUNDAY RIDES IN AUGUST

August 9th - Bike Rally - Winchester, VA. We plan to have a bicycle fun rally on August 9th starting at Blue Ridge Bicycles at 2228 Papermill Road. The event starts at 9:00 am. The rally will consist of a bicycle "free route" ride, a search for interesting items, a paperboy challenge and even a little corn hole pitch. Riders will start out in two-person teams. Each team will have several opportunities to score points in a variety of ways. There will be fun prizes, refreshments, and more. Everyone is asked to RSVP by Saturday, August 8th, so we can arrange for refreshments and prizes. Folks should be able to ride 25 to 30 miles comfortably, have a good sense of humor, wear a helmet, have a good pitching arm, and be ready to figure out "stuff." RSVP to mperry@visuallink.com or call the bike shop at 662-1510 and

tell them you are coming. The rally should be over by around 1:00 pm unless we lose riders somewhere in the abyss. For more information, contact me at my email or call me at 540 539-6273.

- Mike Perry

Winchester Wheelmen August 2015 Ride Schedule

Future Weekend Rides or Events

- Sat., Aug. 8th - Cumberland Valley Century - Boonsboro, MD - www.bikereg.com/cumberland-valley-century
 - Sat., Aug. 15th - Covered Bridges Metric Century - Lancaster, PA. <http://lancasterbikeclub.net/cbmc.html>
 - Sun., Aug. 23rd - 2015 Reston Century - Reston, VA. - www.restonbicycleclub.wildapricot.org/page-1805062
 - Sun., Sept. 20th - Backroads Century - Shepherdstown, WV. - www.potomacpedalers.org
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