

Winchester Wheelmen Jan/February 2015 Newsletter

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"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

<http://www.winchesterwheelmen.org>

In Memoriam

We have received information about Joy MacDonald's death. Joy passed away at home at Christmastime.

Her daughter has indicated there would be no public service. However, if desired, donations can be made to the following organizations:

Appalachian Great Pyrenees Rescue, 8976 Battlefield Park Road, Richmond, VA 23231 or online at: [AGP rescue.com](http://AGP.rescue.com)
Handley Regional Library, Stewart Bell Jr. Archives, P.O. Box 58, Winchester, VA 22604

Joy was the owner/parent of three Great Pyrenees female dogs who will now need new homes. If you are interested in adopting or helping find these pets a home, please contact Tina Genay at 540-336-9099.

Joy was a long time member of the Winchester Wheelmen and a friend to us all. She will be missed.

(Kindly provided by Mike and Rosalie Perry, 30 Dec 2014.)



2013 Boys and Girls Club Ride
Joy MacDonald, 4th from right

January Club Meeting

The January meeting will be held on the 2nd Monday of the month at El Centro on the Loudoun Street Mall. The meeting will start at **6:00PM, Jan 12, 2015**, for social/dinner gathering, then the business meeting will begin at 7:00PM. Please RSVP to Charmaine Shaw at charmaineshaw54@gmail.com or at 540-550-1177 by Sun., Jan 11, 2015.

December Club Meeting Update

The December 2014 meeting was held at Winchester Country Club on the 8th.
Here are the notes from the meeting:

Account Balances

- Checking \$997.00
- Race Team \$1,082.00
- Savings \$2,511.00

Awards and Acknowledgements

- Winchester Wheelmen Wheelmen of the Year:
Buck Hefner
- Most Improved Riders **Phillip Edinborough** and
Mona Sams
- Mr. Congeniality **Chuck Rumsey**
- Keep on Pedaling consistent participation in variety of rides: **Ken Tenney, Jonathon Hanson, and Chris Stubbs**

- Acknowledgement of M.S. 150 leadership :
Richard Hartman
- Acknowledgement of Discovery Museum Generator Bike team: **Charmaine Shaw, Ken Tenney, Neil Crowe, Shawn and Nancy Carrico**
- Thank you to Robert Golightly and Ed Duncan for an entertaining evening.
- Thank you to Robert Morris for blessing our evening.
- Jon Hicks contributed to help reduce the cost of the banquet by making a donation from proceeds of the Winchester AppleCoss cyclocross race held in September, 2014.

To follow are several written comments by several WW club members. This should give a good sense of the evening for anyone who could not attend:

From Charmaine Shaw:

On Monday December 8, 2014, the Wheelmen had the annual Christmas Banquet. As I look back on the evening I can honestly express that it is indeed a special group of people. A mixed bag of professions, ages, and personalities. Our common passion for cycling draws us all together into this little Winchester Wheelmen Family. On those long rides we take together we learn about each others lives; our loves, losses and goals. We navigate country roads and mountain trails and life together helping each other through all the ups and downs.

The Banquet is a time to enjoy each other's company in a different manner. Out of our cycling garb it takes a moment to recognize the friend you may just have spent the day with and tongues feel tied; but soon our conversational rhythms flow naturally. Thank you Wheelmen for a lovely year. I hope 2015 brings many miles to all of us and a continued camaraderie.

- Charmaine Shaw

A note from Pat Bacuros:

Those riders that are on the road consistently and those not so much have come to realize the meaning of friendship and family when we meet each year for the Winchester Wheelmen Christmas Party. The quaint surrounding of the Winchester Country Club brings the warmth of the season to all that attend and gives us a time to join together to listen to the exciting and challenging times of the year. We reminisce about past and present and begin to think of the next biking season and how we will tackle more miles than the previous year. Then there is always that one person who tries to blame others for their inability to ride – Robert Golightly was my excuse this year for he certainly did not remember to replace the pedals on my 30 pound borrowed bike that I dreaded riding up those hills. Yes, my excse worked well but that is all resolved now that my dear, dear Wheelman family (Golightly, Duncan, Shaw, DesRosiers, Quinnelly, Cochran) alleviated that excuse with a new lightweight bike for my 60th birthday. I love them and the Wheelman family for there is no other organization that accepts you despite your skill level, educational background, socioeconomic status and anything else right or wrong with you. The Wheelmen are compassionate, trustworthy, fun-loving and will tell you when you are a pain in the ass and to stop talking so much!

This year's festivities began with a prayer followed by Shawn's very quick (yeah!) Wheelmen business update and then on to presentations. Robert and Ed brought down the house once again with their unique emceeing abilities (loved the hats and ties). We missed several members of the family who were not able to join us and we still recognized some for the great year they had; Mona and Phil for Most Improved Riders and Buck for Wheelmen of the Year. Ed shared fond memories of Buck's contribution and commitment to the Wheelmen and presented a beautiful plaque made by Charmaine which was quickly accepted by Chuck on Buck's behalf. Chuck, you better give that to Buck – we know you liked it A LOT!!! We all relished in their success and look forward to seeing them on the road this spring.

The evening ended with balloons, dancing, (ok, someone messed up the music but that's ok because it was the end of night and we all had a few drinks), and photos by the tree. As we departed, we thanked those Wheelmen that coordinated the party for us (Shawn, Nancy, Robert, Ed, and Charmaine) in hopes that they will do it again next year! As the holidays diminish, we are all confident knowing that our Wheelman family will be with us throughout the year. We have much to be grateful for I hope. For me, I am blessed and grateful for the friends that have come into my life through this organization and who I now consider my family. May we continue to laugh, hug, kiss and lean on each other now and always.



Merry Christmas to all and to all a blessed holiday.

- Pat Bacuros

From Phil Edinborough:

I have suggested to my wife that she takes up drinking ,being totally sober at the Christmas banquet she said she actually liked the group. She mentioned names like Susan, Charmaine, Pat, Matt, Chuck, Ken (everyone likes Ken despite what Robert says about him), Ed, Sol, Neil, and of course Robert. Apart from Susan, who is my favorite, you guys have certainly fooled her. You folks have managed to do in a short time what I have been trying to achieve during the last 13 years without success.

Imagine I thought I was doing my ex best friend Robert a good deed by keeping him abreast of what was being said about him in his absence or at the front of the rides (where he is seldom) only to have it used against me. Robert I forgive you, I know you were misled by Neil, Sol and Ed. Everything Mona and Bill said about them is true.

Since joining the club last year I have enjoyed every minute, the friendships, the laughs, the pain, (especially Food Lion on Tuesday's) Neil's jokes, Robert's attempts at a joke, Charmaine's laughter, Chuck's kindness, Chris', Johnathon's, Jason's and Ken's encouragement, Mona's time keeping, Rick's endurance, and everything Bill has to say about the group.. Oh and of course the riding.

I will be riding for a very long time to come, I have no choice because I fear the day I stop my wife will sell my bikes for what I told her they cost. I couldn't find a better group of interesting individuals enjoying a common interest, thank you for your kindness once again for voting me the most improved male rider, also congratulations to Mona for being voted the most improved female rider (it was the new bike, I tell you).

I sincerely look forward to a new year together, and of course everything Robert has to say about the group.

- Phil E.

Sherando Bike Trail Update

Thanks to Cory Smith, Jon Turkel, and the Sherando Park's staff, the mountain bike trail at Sherando Park is now nearly double the length it was just this past spring. The trail is a truly great addition to our park system. If you don't have time to drive an hour or more to get to a good trail, you now have one close to home.

And, the good news is that there is more to come as time and resources become available. Don't forget, one of those resources is you. Cory and Jon extend thanks to all the Wheelmen who came out on late Thursday afternoons this fall to help build this new addition. It was a job well done, and I extend a big thank you to all those folks who worked on the trail this fall.

Some ideas to consider:

1. The trail is not very complicated which makes it a good place to take those young aspiring mountain bikers in the family; ride the course yourself, then pick the sections that you think young folks can handle.
2. Help maintain the trail while you are out there riding; take ownership in making it a great place to ride; you are the eyes and ears we need to keep the trail safe.
3. Be sure to thank Cory and Jon for all their hard work; it was not just their staff doing the work, it was both of them out there hacking vines, digging bench cuts, and mowing the trail with a push mower (that's right, mowing to clear the new trail of as much debris as possible).

I am not a big mountain biker. I don't like riding rocks and big drop offs. This trail is clean, smooth and relatively fast. There are a couple of places that are a little off camber, but you just need to be careful, get off and walk a couple of feet if necessary. I plan to ride there many times this winter as I dream about the road and warm spring sunshine. It will help improve my handling skills and, hopefully, keep me off the couch and out of the fridge!

Mike Perry

Road Tire Rolling Resistance

Early in December, Lennard Zinn published an article in VeloNews about [how tire pressure and width affect rolling resistance](#). The study was conducted by Wheel Energy, an independent tire testing lab in Finland. The tires tested were all road tires and ranged in size from 700X22mm to 700X27mm. All tires were tested at two inflation pressures: 112psi and 84psi. All of the tires had lower rolling resistance at 112psi. The widest tire (27mm) had the biggest increase in rolling resistance when dropping from 112psi down to 84psi. Tire width seemed to be partly a wash, since the middle width (24mm) had the lowest rolling resistance. However, the 27mm tires finished better than the 22mm tires at both pressures. In theory, the wider tire should have less resistance, due to its shorter contact patch, but that wasn't shown definitively by this study.

- Dave Albecker

Winchester Wheelmen Jan 2015 Ride Schedule Weekday/Weeknight Rides & Events

Note: For 2015, Robert Golightly will continue to be the WW ride coordinator. He may be contacted at rgolightly22601@gmail.com. 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.

New Year's Day "Snowball Express" Ride - Winchester, VA. Meet at James Wood Middle School on Amherst Street at 12:00PM (noon); 16 or 25 miles depending on the temperature. Mike Perry leading; he may be reached at mperry@visuallink.com or 877-1795.

Tuesdays - MTB Climb - Cacapon State Park, WV. Ride will start at **6:00PM**. Ride up the road as far as each person would like and then return down the hill. Robert Golightly leading; 540-535-9986.

Thursdays - 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 January at the following locations:

- **Jan 1st**--Holiday (see planned club ride)
- **Jan 8th**--Woolen Mill Grill on RT 11 in Clear Brook, VA. This is a new start location just off Interstate 81 Exit 321. Go on RT 672 to intersection with RT 11 and restaurant is near intersection. Park in the rear.
- **Jan 15th**--Middletown at the Italian Touch
- **Jan 22nd**--Daily Grind on Jubal EARly
- **Jan 29th**--Panera Bread. Park in gravel lot off Tevis St.

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. No ride leader. Front white lights and red rear flasher required.

Weekend Rides or Events

Saturdays - White Post Restorations Casual Ride - White Post, VA. Dale Lehnig is leading this ride at **1:00PM**. Ride distance is approximately 18 miles. Only held in mild weather conditions. Dale may be reached at Dale@Lehnig.net.

Sundays - Casual MTB - Andy Guest/Shenandoah River State Park - Bentonville, VA. Shawn Carrico or Robert Golightly will lead rides at Andy Guest on Sundays for January and February. Rides will start at the Massanutten Shelter at **1:00PM**. Pace will be casual and duration will be between 2 and 3.5 hours. Possible post ride meals at Jalisco or Melting Pot. Shawn may be reached at wscarrico@gmail.com.