

Winchester Wheelmen Jan/February 2016 Newsletter

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"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

<http://www.winchesterwheelmen.org>

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 11, 2016**, for social/dinner gathering, then the business meeting will begin at 7:00PM. Please RSVP to Ken Tenney at k_tenney@verizon.net or 540 664 8435 by Sun., Jan 10, 2016.

As has been the tradition in the last few years, there will not be a February, 2016 club meeting.

Notes from the Editor

I have a few notes of interest to most club members as we start a new calendar year.

- First, after many years of "resistance", I've taken on an officer position as club v.p. This shouldn't affect my newsletter editor duties for now, but if anyone would like to take over the newsletter, please let me know.
 - I've been working for some time with Justin Larsen, club member and webmaster for the WW website, to move the contents of the WW CD-ROM to the website. It's been slower than either of us would like. The driver to do this is that so many people no longer have hardware to play an informational CD (using phones and tablets that simply don't have CD slots). Since it's taken a while, if there are any of you who would like a hardcopy CD-ROM, please let know, and I will send you one. (The long term intent is to have the same content at the club site, accessible by password, issued to current club members.)
 - There will be a new WordPress version of the WW website rolled out in Q1 2016. (I think this is the 6th generation website that Justin's created for us. Please thank him if you have the opportunity.)
 - Ken Tenney
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Froome's Numbers

In an effort to dispel rumors of doping, Chris Froome, and his team Sky, recently conducted [physiological tests](#) and released the data. One of the numbers attained was his VO₂max. There is controversy about whether VO₂max is the best indicator of performance, but it's definitely a good one. VO₂max is the measured oxygen consumption when the athlete is at maximal effort. While cycling in a steadily increasing effort, the amount of oxygen inhaled is continuously measured and compared to oxygen exhaled. The difference between the two when the cyclist is at maximal effort is VO₂max. Chris Froome has a VO₂max of 84.6ml/kg/min. Experts have come out on both sides of the doping question based on their interpretation of this number and the power data. However, LeMond had a VO₂max of 92.5, and Lance's was 84. There have been many [other high numbers](#) - cross-country skiers up around 96 and the marathoner, Kip Keino had 82. I am not an expert, but Froome's numbers do not look so far-fetched to me, and no matter what data he gives the doubters, they will probably still be doubter.

- Dave Albecker

Winchester Wheelmen Jan/February 2016 Ride Schedule

Weekday/Weeknight Rides & Events

Note: For 2016, 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.

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 and February at the following locations:

January

--**January 7th**--Meet at Daily Grind on Jubal Early Dr.

--**January 14th**--Meet in parking lot across the street from St. Paul's Lutheran Church at 156 W. Washington St in Strasburg, VA Lunch at Christina's Café nearby.

--**January 21st**--Meet in the gravel parking lot behind Creek side Station.

--**January 28th**--Meet at the Italian Touch in Middletown, VA.

February

--**February 4th**--Meet at Daily Grind on Jubal Early Drive.

--**February 11th**--Meet in parking lot across the street from St. Paul's Lutheran Church at 156 W. Washington St in Strasburg. Lunch at Christina's Café nearby.

--**February 18th**--Meet in gravel parking lot behind Creek Side Station.

--**February 25th**--Meet at the Italian Touch in Middletown, VA.

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 **6:10PM**. Average speed is 15-17mph. No ride leader. Front white lights and red rear flasher required.

Weekend Rides or Events

Saturdays - Casual MTB - Andy Guest/Shenandoah River State Park - Bentonville, VA. Robert Golightly will lead rides at Andy Guest Shenandoah River State Park. Rides will start at **11:00AM**. (Meet at the same lot where Zipline Tours begin. Go straight thru the park and down the hill to the stop sign. Turn right, then take the next right. Park on left, if room.) Pace will be casual and duration will be between 2 and 3.5 hours. Rides will take place weekly. Robert can be reached at rgolightly22601@gmail.com or 540 535 9986.

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.