

Winchester Wheelmen July 2015 Newsletter

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"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

<http://www.winchesterwheelmen.org>

July Club Meeting

The July club meeting will be at Shawn and Nancy Carrico's home at 109 Tyler Court. Meet at 6:15pm for a short ride with a picnic and business meeting to follow. Shawn and Nancy will provide Chicken salad sandwiches, macaroni salad, and non-alcoholic drinks. Please RSVP to Shawn by 5:00pm, Saturday, July 11th. www.wscarrico@gmail.com

Bring some snacks like chips, pretzels, salsa, dip, cookies, etc. to add to the picnic, and any alcoholic beverage you may want. If you are not sure, email Shawn for suggestions.

Heritage Ride 2015

After a year's absence, the Boys and Girls Club Heritage Ride returned with success. There were 115 registered riders for this year's event, and, although smaller than the previous event, it was a success in so many ways. First, donations were up, making the event one of the top three fund raisers for the Boys and Girls Club this year—probably number one! Second, the weather was beautiful and everyone came back in smiling and saying they had a wonderful ride. Third, helmets off to our local police forces, Winchester City Police, Frederick County Sheriff's Department, and, of course, the State Police and their motorcycle unit.

I personally want to again thank all of my Wheelmen friends who donated so generously to the kids. We were able to give the kids new bikes, helmets, jerseys, cycling gloves, and rear flashing lights. The kids loved everything and had a great time throughout the whole event which started for them on May 5th when they started their training rides every Tuesday and Thursday. We had snacks and cold drinks for them each day. They were like horses headed for the barn when we reached our turn around point.

Marcus and Christian went for the grape soda, and Miles always picked up his "beer," root beer that is, and Shawnai loved the ice cold water. They are a special group of kids who have high hopes, all looking to go to college after finishing high school. If there is a way, I think they will find it. The Boys and Girls Club is a success story that goes way beyond what I ever thought it offered. I had a friend hand me some money to give to the club. As she did, she simply said "I am a product of that club." She is now a successful businesswoman in Winchester and has her son attending college as a junior next year.

Thanks again to Ed Duncan, Shawn and Nancy Carrico, Dwight Cooper, Mike Underwood, Jon Hicks, Phillip Edinborough, Dave Adsit, Dave Porter, and Ken Tenney for your donations. A special thank you goes out to all the Wheelmen who came out for our training rides. And, a big thank you to all of you who came out and rode the Heritage Ride with us. We can do good things when we work together.

- Mike Perry



Marcus and Christian cross the line after 50 hard-fought miles on their new mountain bikes.

Road Worlds Championships

The last and only time that the Worlds were held in the United States was in 1986 in Colorado Springs. Greg Lemond won the Worlds road race in Chambéry, France, in 1989, and Lance Armstrong won in Oslo, Norway in 1993. And, now the Worlds are coming to Richmond, Virginia, in September, from the 19th thru the 27th. This is about as close as it gets folks. It would be easy enough to do a day trip to see one of the venues with Richmond only three hours away.

To find out more about the upcoming Worlds, go to <http://richmond2015.com>. Most race packages are sold out, but day tripping is still an option. This is your chance to see the world's best cyclists up close and live. It is bound to be an exciting event.

Paris and Bicycles

PARIS: The French capital has long been synonymous with cycling and as the final stage of the Tour de France, but it often crippled by traffic congestion and, at times, a deep blanket of smog. But Paris's mayor, Anne Hidalgo, and the City Council, have approved a \$164 million plan to double its bike lanes to 870 miles, create 10,000 secure parking spaces for bicycles, and offer financial incentives to boost bicycle and e-bike sales. Hidalgo hopes to triple the percentage of trips made by bikes from 5% to 15% by 2020.

At the same time, city officials want to sharply curtail the speed on city streets to 18mph. "This plan will create a new form of tourism in Paris that is booming elsewhere," said Christophe Najdovski, deputy mayor for transport. On March 23, 2015, air pollution was so bad that only cars with odd number license plates could enter the city. Paris has been suffering from unprecedented levels of smog due to unseasonably warm weather. Subsidies for cars using diesel also exacerbated the problem.

Other European cities have been dealing with similar issues. Athens is under a smog alert almost weekly. The Swiss have laws already on the books that allow for odd/even tag driving days when air quality takes a hit. Are we next?

This report comes from Bicycle Retailer magazine, June 2015.

MS 150 Recap

We did not have a big group at the MS 150 this year, but we did have a big heart in the form of Dan Gloster who raised \$3500 for the Blue Ridge Chapter of the National M.S. Society. And just to make sure he got his money's worth, Dan did a century both days. That is a great effort in all respects. Way to go Dan! We're proud of you.

Bicycle Fun Rally

Tentatively scheduled for August 9th, we are planning on a special bicycle event that involves a variety of fun things to do while riding a bicycle and, some, while not riding. We will be looking for Wheelmen and their friends/family who will work together as two-person teams (can be a tandem) to score points while participating in cycling activities and cycling searches. There will be prizes for the teams that score the most points. The only requirements are that you be able to ride 25 -30 miles comfortably, have a camera or phone capable of taking viewable pictures, wear a helmet, and be of firm mind and sound body or at least close. You will be the one who determines if you qualify. It will also help to have a good sense of humor in case you don't duck in time. Just kidding about the ducking, I think. This Rally will start and end at 2228 Papermill Road. Bathrooms and cold refreshments and snacks will be available at the start/finish.

More details will be coming in your August newsletter. You will be asked to R.S.V.P. so that prizes, supplies, and cold drinks will be available for everyone.

Club Meeting Report and Notes

Our June club meeting was held at the church pavilion on Apple Pie Ridge Road across from the elementary school. Ed Duncan and Robert Golightly provided some great food and beverages to start things off. The road ride was cancelled due to rain, but it did not stop folks from coming out to eat and share ideas as we had about 20 to 25 members attend.

The club business meeting portion of the event included discussions about the Green Circle, insurance and club liability, Race Team funds, and new club jerseys. There was no treasurer's report at the time of the meeting.

Winchester Wheelmen July 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 July. 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 and same time. Her ride will be in the 10 to 15 miles at an easy pace.

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 35 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 will be a Thursday road ride **starting at 9:00** during July and 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 July are listed below:

- July 2nd: Meet at the Italian Touch in Middletown at 9:00 am; park in the back
- July 9th: NEW LOCATION, Meet in the gravel parking lot behind Creek Side Station, lunch at the Fire Fly
- July 16th: NEW LOCATION, Meet across the street from St. Pauls Episcopal Church at 156 W. Washington Street, Lunch at Christina's Café nearby (walking distance)
- July 23rd: NEW LOCATION, Meet at Anthony's Pizza on Valley Ave.
- July 30th: Meet at Christ Episcopal Church in Millwood across from Project Hope; on Rt. 255, Bishop Meade Rd.

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. Slow riders or early starters that can make it by 5:30, we will pull out at 5:45. Those that work till 5:00 or later, come on and leave at 6:00 or 6:15. However, please communicate with each other so someone won't get left or you won't end up riding alone. Susan may be reached at susanwwalker@comcast.net.

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 JULY

July 5th - Open Enjoy the Holiday Weekend and celebrate our freedom!

July 11th - Columbia Furnace Mixed Surface Ride Meet at Columbia Furnace Union Church, 19 Union Church Road, Edinburg, VA 22824. Park in the gravel lot, adjacent to the cemetery. Ride start is **8:00AM**. The loop is hilly and difficult. The route is here: www.ridewithgps.com/routes/3167918. Ken Tenney is leading and may be contacted at k_tenney@verizon.net or by mobile phone at 664-8435.

July 12th - White Post Casual Road Ride Meet at White Post Restorations at **9:00 am**; lunch in Berryville; Robert Golightly leading rgolightly22601@gmail.com

July 19th - Nancy's Birthday Ride, 9:00 am start at Valerie Hill Winery (1687 Marlboro Road); park in the back overflow parking area; we will ride for 2 ½ to 3 hours and finish with a leisurely afternoon at the Winery (optional). Shawn can be contacted at wscarrico@gmail.com

July 26th - Woodstock for Lunch Meet at Lord Fairfax Community College in Middletown at **9:00 am** for a road ride to Woodstock; park in the new parking area at the college's student union center (north end of college) ride will be at an easy to moderate pace and will be about 50-55 miles in length. Lunch at the Woodstock Café in the center of the town. Mike Perry leading; mperry@visuallink.com or 540 877-1795.

Winchester Wheelmen July 2015 Ride Schedule

Future Weekend Rides or Events

- Sat., Aug. 8th - Cumberland Valley Century - Boonsboro, MD - www.bikereg.com/cumberland-valley-century
- 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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