

Winchester Wheelmen June 2015 Newsletter

Volume 32, Numbers 6

"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

<http://www.winchesterwheelmen.org>

June Club Meeting

The club meeting will be at the church shelter across from Apple Pie Ridge Elementary School on **Monday, June 8th, at 7:00PM**. Ed Duncan and Robert Golightly will furnish the food and drinks. We will have a short ride first, then the meeting. Ride will start at **6:00PM**. There will be two route choices to be back in town. Overflow parking at the elementary school. Please contact Robert Golightly at rgolightly22601@gmail.com by Saturday, June 6th so an appropriate amount of food can be prepared.

7th Shenandoah Valley Heritage Ride

Sunday, June 7th, 2015 - 7th Shenandoah Valley Heritage Ride to benefit the Boys & Girls Club of Northern Shenandoah Valley - Valley Health Wellness Center at Winchester Medical Center - Winchester, VA. Boys & Girls Club of Northern Shenandoah Valley invite you to join us for our annual Shenandoah Valley Heritage Ride. Boys & Girls Club provides an after-school safe haven and summer camp for our Community's youth with programs that focus on Academic Success, Healthy Lifestyles and Good Character and Citizenship.

Join us on a ride through the historic countryside of the Shenandoah Valley. Our ride begins in Winchester and rolls through beautiful views of Frederick County. This is a self-paced ride for everyone from the recreational to the serious cyclist. There will be an escort by the VA State Police motorcycle patrol for the front group on the 70 mile loop.

The Routes Include:

- 10 Mile Ride
- 30 Mile Ride
- 50 Mile Ride
- 70 Mile Ride

Here's a URL for the ride: www.bgcride.org

Here's a URL for the registration form: <http://bgcride.org/SVHR%202015%20Registration.pdf>

Same day and electronic registration is available, also. Event is rain or shine.

Bike Lanes Aren't

Just for Show

The following are excerpts from a "College USA Today" article this past May:

Did you know? Half of Americans live within five minutes of their workplace, and if Americans made one 4-mile round trip by bike instead of by car each week, we'd burn two billion fewer gallons of gas annually.

The annual average operating cost of a bicycle is \$308 versus \$8,220 for the average car.

A study published by the journal "Psychotherapy and Psychosomatics" found that bike riding improves energy levels by 20% and decreased fatigue by 65%.

Killer legs aren't the only benefit of biking. You work your quads, glutes, calves and upper body too, giving you a balanced tone.

The top 6 commuting states are: 1. Washington, 2. Minnesota, 3. Wisconsin, 4. Delaware, 5. Oregon, 6. Colorado. The 6 least commuting states are: 1. Alabama, 2. Montana, 3. Kentucky, 4. South Carolina, 5. Kansas, 6. Nebraska.

Food for thought!

The Radavist

[The Radavist](#) is a fairly new website that has some cyclists hooked. It's a steadily updated collection of short cycling videos from around the world, gorgeous pictures from rides all over the world, short articles on cycling, and picture galleries of bicycles built by some of the best builders in the world. It covers everything from fixed gear racing on the streets on NY City, and climbing the Passo Dello Stelvio in Italy, to the Kickstarter project which relaunched Chris Chance and Fat City cycles, and the latest road bikes from Icarus, Mosaic, Rock Lobster, and others. Take a look, you might find something interesting.

- Dave Albecker

Joy MacDonald Memorial Ride and Potluck

Thanks to everyone who participated in the Joy MacDonald Memorial Ride and Potluck. It was great food and great company, and we were further blessed by Joy's daughter, Jennifer, and son-in-law, Kevin, being able to attend. They were the icing on the cake! I appreciate all the help I received prior to and during the evening. The Wheelmen are just a super group of being to be able to associate with. You gals and guys simply rock!

- Susan Walker

Club Meeting Report and Notes

The May club meeting was held at Shawn and Nancy Carrico's home.

- Minutes from Monday, 5/11/15, courtesy of Nancy Carrico.
- Treasurer Report:
 - Checking: \$790
 - Savings: \$2,511
 - Race Team: \$1,081
- Winchester Imaging donated \$500 for the club purchase of the new jerseys.
- The new jersey design was decided. The color choices will be decided at the next meeting.
- Robert Golightly reported the June 20th through 27th has been finalized.
- Mike Perry reported the Boys and Girls Club Heritage Ride on June 7, 2015 is underway. Seven bicycles, helmet, jerseys and gloves have been donated.
- Mike has posters for the ride if anyone can display them.
- The Christmas Banquet will be held November 9, 2015. Robert Golightly and Ed Duncan will host again this year. Ed volunteered to work on the menu. As always, the cash bar will be open.

New WW Club Jersey



WW_GREEN



WW_BLUE 1



WW_BLUE 2

A poll was issued to all club members on 21 May 2015, asking members to choose between "WW_BLUE 1" and "WW_BLUE 2" jersey artwork. If you have an interest in one of these jerseys, please respond to the message from that date. Orders will be placed for jerseys in June. Club member Brian Straightiff has organized this effort and is the main contact person at fifty1_eggs at hotmail.com.

Winchester Wheelmen June 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.

NEW RIDE

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 June. They will decide on July rides based on participation. Distance is 6-8 miles. Meet in the parking lot on the disc golf side (north side of VA277/Fairfax Pike).

Mondays - Road Ride - Frederick County, VA. Meet at Apple Pie Ridge Elementary School for a **6:00PM** road ride. Robert Golightly is the ride leader. This will be a 14-16mph ride and distance of 20 to 25 miles.

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> There is no ride leader.

NEW TIME

Wednesdays - Road Ride - Frederick County, VA. Road ride starting from Fellowship Bible Church 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.

Thursdays - Retired/Day- Off Ride of the Week. Note that is back to Thursday! 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 June at the following locations:

June 4th -- Meet at the Daily Grind in Winchester, VA.

June 11th -- Meet at Valley Baptist Church, Stoney Creek Rd in Edinburg, VA.

June 18th -- Meet at Christ Episcopal Church in Millwood across from Project Hope

June 25th -- Meet at Panera Bread. Park in back on Tevis Lane.

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 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.

NEW TIME

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. There is no ride leader.

Fridays -TGIF Casual Ride - Clarke County, VA. Starting May 8th. Meet at White Post Restorations for a ride. 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 two different WW rides. Push-off time is **8:00AM**. Slower ride is led by Mike Perry at 14-15mph. Faster ride is led by DJ Arnold at 17-18mph. Distance for both rides is the same. Visit the WW Google Group for any last minute changes.

Sunday, June 7th, 2015 - 7th Shenandoah Valley Heritage Ride to benefit the Boys & Girls Club of Northern Shenandoah Valley - **Valley Health Wellness Center** at Winchester Medical Center - Winchester, VA.

Sunday, June 14th, 2015 - Road Ride - Winchester, VA. Start at JWMS at **9:00AM**. Route is to be determined. Robert Golightly will be leading. Robert will post details to the WW Google Group prior to the ride. His contact information is rgolightly22601@gmail.com or 540-535-9986.

Winchester Wheelmen June 2015 Ride Schedule

Future Weekend Rides or Events

- **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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