

Winchester Wheelmen May 2015 Newsletter

Volume 32, Numbers 5

"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

<http://www.winchesterwheelmen.org>

May Club Meeting

We will be at Shawn and Nancy Carrico's house at 109 Tyler Court, Stephens City, VA 22655, for the monthly meeting on **Monday, May 11th, 2015**. BOYB and Shawn and Nancy are graciously providing hamburgers and hot dogs. The complement of food and beverages will be potluck style. Please contact Shawn at wscarrico@gmail.com for what else needs to be provided and headcount. The initial meeting time is at 6:00PM with the business meeting held at about 7:00PM.

April Club Meeting

The April club meeting was held at Shawn and Nancy Carrico's home. Minutes kindly provided by Secretary, Charmaine Shaw.

- Treasurer's Report (Nancy Jo Carrico)
 - Checking: \$340
 - Savings: \$2,511
 - WWRT : \$1,081
- Brian Straightiff gave an update on customized WW club jerseys and group agreed to move forward in the process with company Brain is working with. To keep process as efficient as possible, past graphics already available will be used to create two jersey ideas that members can then vote on. Club members Matt DeRosiers and Jamie Sloan of Winchester Imaging offered to sponsor part of jersey and a Winchester Imaging graphic will be included.
- Due to very little interest in MS 150 this year, there will be no official WW team represented although there may be several individuals going on their own. Doug Sloan suggested possibly supporting another ride/cause in 2016.
- Unfortunately, Mike and Rosalie Perry were unable to attend meeting but an update via e-mail was obtained for the Heritage Ride. Upon approval of Wheelmen helmets for the Boys and Girls riding will be donated by us as is the tradition. As of right now all riders have bike

sponsorship with a couple back-ups if needed. Mike will be starting practice rides and will keep us updated as to when. Looking for high attendance from Wheelmen riders if possible! (See separate listing.)

- Middle Road Litter Pick up for adopt a highway will be posted by Charmaine Shaw as impromptu. Wheelmen are responsible for two mile section on Middle Rd between Relief Church and Richards Fruit Market. (The work was done on the 22nd of April and here is Charmaine's note of thanks, as posted to the WW Google Group: *"Wanted to thank the club members that came out and cleaned our section of Middle Road through the Adopt A Highway program. I did not get a final bag count, as I have in the past...but there were many. We should have another pickup in about two months or if the need arises sooner. Thanks again! It turned out to be a pretty evening and not as wet as I thought it was going to be."*)
- There was a short discussion concerning development in White Post and possible effect on group rides in that area. Diane Walker has information on that topic. (See separate listing.)
- Robert Golightly gave update on Maine trip. 11 people are going. Carpooling will be worked out.
- Robert Golightly initiated a discussion concerning re adopting Vance's Cove as a club. Members would be responsible for occasional trail maintenance. This is a popular spot for mountain biking and hiking. Members present voted in favor of adopting Vance's cove. For more information on area and trail care contact Robert at rgolightly22601@gmail.com
- Winchester Wheelmen will again host a members' metric ride on September 13, 2015. Ride organized by Robert Golightly and sponsored by Tire Outfitters and Ed Duncan.

Boys and Girls Club Ride (Shenandoah Valley Heritage Ride)

The following is a message that Mike Perry posted to the WW Google Group on April 23, 2015:

Wheelmen,

Great news! Thanks to the generosity of Wheelmen members, we have all of the kids' bikes paid for as well as getting them new jerseys, gloves, helmets, water bottles and cages, and rear safety lights. A special thank you to Shawn and Nancy Carrico, Ed Duncan, Dwight Cooper, Mike Underwood, Jon Hicks, Phillip Edinborough, Dave Adsit, and former member, Dave Porter. You have helped make this a special event.

Now, I am asking all of you, who can, to sign up for the ride, the 7th Shenandoah Valley Heritage Ride, in support of the Boys and Girls Club of the Northern Shenandoah Valley coming this June 7th. (www.bgcride.org) And, to go a step further, ask your friends to join us and to network with their friends in order to make this a successful event. We are getting started a little late this year, but we have some good sponsors and support. We want to see this event to come back and stay as the premier cycling event in our area for cyclists of all abilities. Over the past six years we have had a lot of kids take part in this event. Out of this group of about 40 kids, all of them finished high School, six have gone on to college. The Boys and Girls Club makes a positive difference in kids' lives. Join us for a good ride and a good cause.

- Mike Perry

PS We will start training rides with the kids on May 5th and continue every Tuesday and Thursday until event day. You are welcome to join us for a 10 to 15 mile ride at an easy pace. Rides start at Blue Ridge Bicycles at 6:00 pm and finish around 7:15 – 7:30 pm. Our goal is to get the kids ready to be able to do a safe and fun 30 mile ride on event day.

Ride in Memory of Joy MacDonald

On Friday, May 22nd, we will hold a White Post ride in memory of Joy starting at **6:00PM**. We are going to do a potluck dinner afterwards in the grassy area next to the Auto Restorations parking lot. Bring a chair/and or blanket as there is only one picnic table there. We will need people to bring the following:

- cups & paper plates
- plastic silverware & napkins
- soft drinks/lemonade
- cold vegetable salad
- cold fruit salad or sliced fresh fruit
- hot vegetable or other hot side dish
- rolls/bread & butter
- dessert
- ice & bottled water

Other "types" of drinks are an individual bring. If your dish needs refrigeration while we read, please bring it in a cooler. I thought I would buy baked or fried chicken from Costco (I think they have fried) or bake ham for our meat dish. Everyone could just give me a little money towards the meat to help defray my expense. If I have forgotten a category, please let me know. I left out appetizers on purpose as I figured we might end up eating and drinking and never get out of the parking lot for the ride.

Please e-mail me (susanwalker@comcast.net) as to what you are bringing as well as post it on the website so people can see what we need. Thanks so much! Hope to see a lot of the club out for this ride and get-together in Joy's memory.

- Susan Walker

Bikes with Motors

Although rumors about the pros having motors installed in their bikes have been around since 2010, the UCI must be taking the matter seriously because it [quarantined](#) dozens of bikes after Milan SanRemo to check for this very thing. Bikes tested were from Trek Factory Racing, Tinkoff-Saxo, Etixx-Quickstep, and supposedly Astana, along with the bikes of the podium finishers. Since certain teams were targeted more than others, one could assume that there was some reason for suspicion. As it turns out, the technology for this exists and is available to the public in these [Vivax-Assist](#) bikes. The little motor shown adds 200 watts which, according to the testers, provides a real increase in speed. The problem I see with the set-up in the article is that the battery is large and the pros do not tend to race with saddle bags.

- Dave Albecker

Morgan's Ford Bridge

From club member Diane Walker:

I am writing to let you know that our beloved White Post ride is soon to be dramatically impacted. A housing development is planned in Warren County, with approximately 600 houses and a new school as well as a new Valley Health Hospital Complex. To accommodate this new traffic, a new bridge is planned to replace the low water bridge over Morgan's Ford. As you may know, this connects directly to Milldale Road, which is part of the White Post loop. The replacement bridge would not offer a lane for cyclists or pedestrians.

A group of concerned citizens has been working to see an alternative, lower cost bridge, which would designate a lane cyclists and pedestrians, but this alternative solution, which was backed by the Piedmont Environmental Council, has been defeated.

I have attached a three page White Paper for you to read, which describes this in more detail. Also of note is the fact that this bridge will impact an area of historic interest, where a group of freed slaves lived in the late 1700's and beyond. It was known as Leedstown, but also more locally known as Smoketown. There has not yet been archaeological exploration of this area, and it should be preserved.

What we can do as a bike club is bring light and attention to this matter. The more people that know about this and can express their outrage, the better. This is a regional issue with broad statewide implications. Write letters to the editor of local newspapers. Contact your elected officials in Richmond.

If anyone would like to join me in a meeting that I plan to schedule with Senator Jill Vogel, please let me know.

Thank you,

Diane Walker
540.336.1610
[icontradance at gmail.com](mailto:icontradance@gmail.com)

Winchester Wheelmen May 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 - 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. (No leader on mtg. night.)

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> Distance is TBD by participants due to available daylight constraints. There is no ride leader.

NEW RIDE

Tuesdays - Boys and Girls Club Training Rides every Tuesday and Thursday at 6:00PM, meet at Blue Ridge Bicycles for an easy paced 10 to 15 mile rides through the country and sometimes through the city as we work with the young folks of the B & G Club to teach them good, legal cycling techniques, and try to get them ready for the 30 mile ride on event day. Mike at 877-1795 or mperry@visuallink.com.

NEW RIDE

Wednesdays - Road Ride - Frederick County, VA. Road ride starting from Fellowship Bible Church with a departure time of 6:00PM. 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 May at the following locations:

May 7th -- Meet at the Italian Touch Middletown. Park in back.

May 14th -- Meet at Panera Bread. Park in back on Tevis St.

May 21st -- Meet at the Woolen Mills Grill in Clear Brook, Va. Park in back. (Restaurant is on US11 just south of the I-81 Clearbrook exit 321.)

May 28th -- Meet at Christ Episcopal Church in Millwood across from Project Hope on Bishop Meade Rd.

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 27miles. 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 or snow. Ride starts from White Post Restorations. Ride departs promptly at **6:00PM**. Average speed is 15-17mph. There is no ride leader.

NEW RIDE

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Fridays - TGIF Casual Ride - Clarke County, VA. Starting May 8th. Meet at White Post Restorations for a ride. Susan Walker is leading. Special ride on the 22nd of the month (see separate listing). 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 susanwalker@comcast.net.

NEW RIDE

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. (DJ will not be able to lead on the 16th of May.) Visit the WW Google Group for any last minute changes.

Sunday, May 10th - Road Ride - Frederick County, VA. Ride from the home of Shawn and Nancy Carrico at 109 Tyler Court, Stephens City, VA 22655. They will lead a casual-pace road ride departing **1:00PM** (1300). Distance will be between 25 and 35. Contact Shawn at wscarrico@gmail.com.

Sunday, May 17th - A Ride on the Western Maryland Rail Trail in Hancock, MD with the kids from the Boys and Girls Club. We will meet in Hancock at **2:00PM** for a 24 mile ride on the western end of the trail. Easy pace for all; great family ride. Mike at 877-1795 or mperry@visuallink.com.

Sunday, May 24th - "A White Post Loop". Meet at Lord Fairfax Community College (parking lot of the new Student Union building) at **10:00AM** for 43 mile ride at an easy to moderate pace (12-14mph). Mike at 877-1795 or mperry@visuallink.com.

Winchester Wheelmen May 2015 Ride Schedule

Future Weekend Rides or Events

- **Sat., May 2nd - Apple Blossom 10K - Winchester, VA.** <http://thebloom.com/event/10k-race/>
- **Sat., May 16th - CASA River Ride - Shepherdstown, WV.** <http://www.casarivercentury.org/>
- **Sat., May 16th - Tour de Madison - Madison County, VA.** <http://tourdemadison.com/>
- **Sun., May 17th - Storming of Thunder Ridge - Lynchburg, VA.** <http://stormingofthunderridge.org/>
- **May 22nd-25th - 33rd Annual Kent County Spring** - Join the Baltimore Bicycling Club for four days of cycling on the lightly traveled roads Maryland's Chesapeake Bay Eastern Shore. Rides of 11 to 100 miles meander along flat to rolling roads - through rural towns and along scenic rivers. For more information and to register go to: www.baltobikeclub.org and click on the icon for Kent County Spring Fling.
- **Sun., May 25th - Mountains of Misery - Newport, VA.** <http://2014.mountainsofmisery.com/>
- **Sat., May 30th - 4th Annual PPCC Poker Run Metric Century - Bardane, WV.** <https://www.bikereg.com/ppcc-poker-run>
- **Sun., June 7th - Boys and Girls Club Ride - Winchester, VA.** www.bgcride.org
- **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/>

Winchester Wheelmen
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