

# Winchester Wheelmen October 2015 Newsletter

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"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

<http://www.winchesterwheelmen.org>

## October Club Meeting

There will be a club meeting on **Monday, October 12, 2015**. We will meet at Blue Ridge Bicycles on 2228G Papermill Road, Winchester, VA 22601. WW club member Kate Simpson will show slides of her trip to Tuscany (Italy). Also, we will ask for any nominees for club officers for the 2016 calendar year. Please bring any nominations to the meeting. We will meet at **6:00PM**, order pizza, and prior to the delivery of pizza, we will conduct the business meeting. The slide show will follow, along with the meal. The club will provide the pizza and non-alcoholic beverages. BYOB. Bring your own camp chair or other to sit on, also, please.

## September Club Meeting

Minutes provided by Secretary, Charmaine Shaw.

Wheelmen met this September for short mountain bike ride at Sherando Park with a casual meeting after. This was well attended and thanks to Shawn for leading, and to Chuck Rumsey for giving us special treatment at park, and finally to Robert and Ed for providing snacks for after ride and for a few of us after our walk.

Topics addressed:

- WW Banquet to be held at Winchester Country Club. Cost is \$35. This cause is slightly subsidized by the club at \$3/attendee.
  - Date: November 9, 2015. Social hour at 6:00; dinner at 7:00pm.
  - Emcee by Robert Golightly and Ed Duncan
  - A great way to end the year and enjoy friends.
- Jersey Update  
Jerseys were ordered the first weekend of September, so should be in by the latter part of October (due 4-6wks after being ordered).
- Club officers needed! President, Treasurer, Secretary
- It was decided and voted upon to donate \$100 to the town of White Post to help them with their efforts to keep lamps lit at night. Many riders start rides from White Post Restorations and personal donations can be left in box provided as well.
- Mark Hoyle presented info on new mountain biking regionally. (See separate item).
- Jon Hicks discussed the AppleCross cyclocross bicycle race weekend and requested for volunteers to help out with the race. (See separate item.)

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## The Engine

We have all heard cyclists referred to as having big engines – Fabian Cancellara and Tony Martin come to mind. The engine mentioned is the cardio-pulmonary system, but more specifically, the heart. In the absence of lung disease, anemia, or some unusual medical condition, cardiac output is the primary limiter for aerobic sports. Other than the smooth muscle layer in small airway walls and pulmonary arterioles, there is no muscle to train in the lungs. Power has become the gold standard for measuring fitness, but there is no direct physiologic measurement for power like there is for cardiac output or arterial oxygen content. Rather, power is an indirect measurement, using strain gauges to show how well the engine can supply power to the pedals. When all is said and done, it's mostly about the engine.

- Dave Albecker

## Colorado's \$100 Million Bike Plan

Las Vegas Interbike Show: Colorado Governor John Hickenlooper announced the state's commitment of more than \$100 million over the next four years for bike programs.

"Our goal is to make Colorado the best state for biking in the country, which will help fuel our robust economic growth and tourism industry, move us toward a cleaner environment and advance our goal of being the healthiest state in the nation," said Hickenlooper, who gave the keynote address at Interbike in September.

Colorado is often ranked the fittest state, and was recently ranked the most physically active state in the country. But the state still has an obesity rate of 23%. A nationwide study found that kids only spend 4 – 7 minutes outside in unstructured play every day, but spend 7 – 10 hours a day staring at video screens. Biking is one of the ways Colorado is aiming to change these stats.

The four year plan and \$100 million budget will allow Colorado to put more bikes in people's hands and make it safer to ride bikes by adding bike lanes and improving driver education.

"We want to encourage riders of all shapes, sizes, and abilities by making biking as safe and accessible as possible statewide," said Ken Gart, a former retailer who Hickenlooper has appointed Colorado's bike czar. "With more than 5,000 miles of biking trails throughout the state, and events like Pedal The Plains and the U.S.A. Pro Challenge, Colorado is poised to take this lead."

Tim Blumenthal, the president of PeopleForBikes, which is based in Boulder, said "Today, more than ever, PeopleForBikes is proud to call Colorado home. We will be excited to see the ripple effect across the country that Colorado's commitment can generate. Which states will take Colorado's announcement as a healthy challenge?"

What say you Virginia? We are listening!

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## Seven Bends State Park

From club member Mark Hoyle:

To Shawn and everyone at the Wheelmen meeting last night (14 Sept 2015), thank you for giving me the opportunity to share news about the new state park being built near Woodstock, Va: Seven Bends State Park. I will highlight some of the items from last night for anyone not able to hear me clearly or for those not attending. First of all, please allow me to introduce myself for those who I don't already know. My name is Mark Hoyle, a resident of the Winchester area for over 12 years. I have 2 sons, 12 and 14, who are budding mountain bikers. In fact, the older one helped me and Justin Larsen extensively when we were building many of the now closed trails at 3rd Winchester. I haven't been very involved with the Wheelmen, but with a change in my job situation that frees up some valuable time, I hope to become much more involved in the local biking community.

Now for the new Seven Bends State Park. This park will be 1,066 acres and lies on the western slope of Massanutten mountain, bordering the North Fork of the Shenandoah River. It also borders the Lee district of the GW National Forest which has 189,000 acres. The leadership from Andy Guest, including the individuals who fully support mountain biking and developed the trails there, are over the new park and fully support the mountain biking community. Locally, in Woodstock, a group named Friends of the North Fork of the Shenandoah is also very involved in developing the new park. They are also very supportive of mountain biking in the park and are particularly interested in the tourism this could bring to the town of Woodstock. In addition, the Shenandoah Valley Bicycle Coalition (SVBC) out of Harrisonburg is involved in developing the trail network. It is important to point out that the SVBC has extensive experience in designing and building trails and working seamlessly with both state and federal agencies. They heavily involved IMBA in developing the

trail networks on Massanutten's Western slopes outside Harrisonburg and connecting these trails, which are all on private property, to trails in the GW forest. If you ever want to get a sampling of their trails, let me know and we can take a quick trip to Harrisonburg. Finally, one of the key trail designing resources for IMBA lives in Harrisonburg and will be involved in the trail system development. This has the potential to become a very special place!

As of now, only some basic trails are being built. Once the leaves fall, Kyle Lawrence, President of the SVBC, will work with the state park leadership and Concha Mendoza from the Friends of the North Fork organization and IMBA to walk the property in depth, analyze trail building opportunities, and put together a long-term master plan for trails. The ultimate vision for these trails would be to develop a system of trails that climbs the mountainside in different fashions for differing riding styles and abilities. There will be easy, rolling trails by the river, moderate climbs dodging as much of the technical terrain as possible, more difficult technical climbs, fast swoop downhills, technical downhills and everything in between. The trails can cross between the state park and the national forest and will ultimately lead up the Massanutten trail and Woodstock Fire Tower. This will allow the rider to continue on the ridge ago connect with the Harrisonburg trails... truly an epic ride!

With Winchester only being 30 minutes away, roughly the same distance as Harrisonburg, Kyle, of the SVBC, asked me as a member of both bike clubs to reach out to the Winchester mountain biking crowd and gauge interest in participating in the planning, development, and building of the Seven Bends trail network in conjunction with the SVBC and the state park. Please let me know if you would like to participate, maybe we can all meet again and discuss possibilities, go for a ride with the SVBC crowd in Harrisonburg and let you see what is possible, and get a plan in place. In the meantime, showing interest to the state park matters. The link below allows you to sign up as a volunteer for trail building at the new park:

<https://ec.volunteernow.com/recruiter/index.php?recruiterID=1504&class=OppDetails&oppGuid={FD581D20-F481-483E-962F-BC8A768476ED}>

The trick here is that the new park is not yet on the list, so sign up for Andy Guest Shenandoah Park and follow the prompts. There will be a place where you can note that you want to volunteer for trail building at the Seven Bends State Park.

Also, the Friends of the North Fork are working to get the park ready and, as their name implies, are focusing on getting the river corridor ready. There is a river cleanup there October 10 being led by Concha Mendoza ([concha.mendoza@fnfsr.org](mailto:concha.mendoza@fnfsr.org)). It would be a great way to get the opportunity to see the new park first hand and to start building some connections with the good people in Woodstock.

I can see, as can the people in Harrisonburg and Woodstock, the area becoming even more of a destination for mountain bikers with the proper development of the new Seven Bends State Park. Done right, it will draw visitors to stay in the Woodstock area hotels, eat in their restaurants and visit the micro-breweries opening there now. Hopefully this will then continue migrating north so that we truly turn the northern Shenandoah Valley into a great mountain biking destination. Please call or email me with any questions or let me know if you want to go for a ride!

Mark Hoyle, 540-247-6999, [Mook21@comcast.net](mailto:Mook21@comcast.net)

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## AppleCross 2015

Jon Hicks seeking volunteers for AppleCross:

As you may or may not know, the date for Winchester AppleCross has been changed to November 21-22, 2015. YES, that's two days instead of one! Based on the popularity of our race and the need to add an additional race to the Sportif Cross Cup series, we are expanding to a full weekend of cyclocross in the city.

November 21st will be race #6 of the Sportif Cross Cup series, which is the series that I am the director of. November 22 will again be part of the Super 8 series and will be race #7 of this long running series. We already have groups rates set up at the Hampton Inn beside the park as well as a new title sponsor in Subaru

of Winchester. This will surely be the biggest and best AppleCross event to date and we can certainly use your help.

I am planning a work/cleanup day on November 14th and will use the 15th as a rain date or if we need a little more time. Much of what will need done on that day is to clear the area where the course will run of nuts and glass. With the additional day, there will be some changes to the course between days so I expect to use some parts of the park that have never been used to date. These will need a good going over to ensure there is no glass around.

Race weekend will begin on Friday morning when we will be taping off the course and setting up for the weekend. There will be a big need for support on that day as we have LOTS to do in addition to simply running course tape along where the courses will travel.

On both race days (11/21-22), we will need to monitor any course crossings, support registration, repair broken tape along the course and being a runner between registrations of the officials. We'll also need folks to help with the planned hot apple cider and roaring fire (let's just hope it's cool to really enjoy the fire!)

After racing is complete on Saturday (11/21), I will need a handful of people to repair the parts of the course to be used again on Sunday as well as connecting Sunday's course. We will also use this time to remove the parts of Saturday's course which will not be used on Sunday. I expect all of this to only take a few hours.

After racing is complete at 4pm on Sunday (11/22), it will be "ALL HANDS ON DECK" as we will need to break down the course and pack up the trailer (or trailers) as soon as possible so the next event can take the trailer to their location. Many of you know how much work there is and how quickly it goes with a large number of people. And, due to the time of year, we will be short on available light after the last race is completed at 4pm.

So this is the "official" call for volunteers. If you are able to assist during any of the times mentioned above, please respond directly to me at [sportifcoachingva@gmail.com](mailto:sportifcoachingva@gmail.com) with the dates and times you will be available. To refresh your memory, the dates and times needed are below.

Thank you for your support in helping to make Winchester AppleCross the premiere event it has become.

Dates/Times needed:

- November 14: 8:00am until finished or 5:00pm
- November 15: Raindate for 11/14
- November 20: 8:00am until finished
- November 21: 7:00am - 5:30pm
- November 22: 7:00am - 6:00pm
- November 23: Course rehabilitation as needed

Jon Hicks  
Sportif Coaching Group

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## Winchester Wheelmen October 2015 Ride Schedule

Weekday and Weeknight Rides & Events

(RE: Some sunset times for Winchester, VA, during October, 2015: **1st**: 6:57PM, **5th**: 6:51PM, **10th**: 6:43PM, **15th**: 6:36PM, **20th**: 6:29PM, **25th**: 6:22PM, **30th**: 6:15PM. As such, look for adjustments in start times through the month.)

**Note:** For 2015, Robert Golightly continues to be the WW ride coordinator. He may be contacted at [rgolightly22601@gmail.com](mailto: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.

**Tuesdays - Road Ride - Stephens City, VA.** Meet at Food Lion Plaza east of Stephens City on VA 277 for the **5:45PM** 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](http://www.ridewithgps.com/routes/102730) There is no ride leader. Distance: 30 to 34 miles. Front white light and red rear flasher required.

**Thursdays - Retired/Day Off Ride.** This road ride starts at various locations and are designed to start and finish at a location convenient for lunch at the end (optional). The following is the subject ride schedule start locations. All rides are on Thursdays. October 1st ride starts at 9:00AM as previously published in last months schedule. The rides after October 1st beginning October 8th will start a **10:00AM**.

- **October 1st**--Meet in the gravel parking lot behind Creek Side Station. Lunch at the Fire Fly. Start is at 9:00AM
- **October 8th**--Christ Episcopal Church in Millwood across from Project Hope Beginning of 10AM start times.
- **October 15th**--Valley Baptist Church in Edinburg, VA.
- **October 22nd**--Meet across the street from St Paul's Lutheran Church at 156 W Washington St in Strasburg, VA. Lunch at Christina's Café nearby.
- **October 29th**--Meet at Daily Grind on Jubal Early Dr. Winchester, VA.

**Thursdays - Paceline Ride - Berryville, VA.** Meet at the 7-11 Shell station at junction of Kimble Road and VA Route 7. Ride starts at **5:45PM**. The loop is 20 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. There is no ride leader. Front white light and red rear flasher required.

**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 **6:00PM**. Average speed is 15-17mph for the 17.8 mile golf course loop. There is no ride leader. Front white light and red rear flasher required.

**Fridays -TGIF Casual Ride – See separate casual ride listing.**

## Weekend Rides October

**Saturdays - Road Ride - Winchester, VA.** Meet at Blue Ridge Bicycles for a 20 mile ride. We will be starting at 8:30 am, and there will only be one group. Mike Perry will lead a 13-15 mph group. Finished before 10:00am. The fast group will not be running as most of those riders are starting their cyclo-cross season; we will not have this ride until Spring 2016.

**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 through December. Robert can be reached at [rgolightly22601@gmail.com](mailto:rgolightly22601@gmail.com) or 540-535-9986.

**Sunday, October 18th - River Ride - Capon Bridge, WV.** Robert Golightly will lead a casual road ride. Meet at the Bank of Romney Parking lot at 12:00noon. This is a 20 to 22 mile out and back with only one hill that is about ¼ mile long each way. Robert can be reached at [rgolightly22601@gmail.com](mailto:rgolightly22601@gmail.com) or 540-535-9986.

## Susan Walker's Casual Rides for October 2015

- Friday, 10/2 -- TGIF White Post **5:30** (lights suggested) and dinner after at Chinatown (or other spot) optional (unless you want to bring a change of clothes & do 1st Friday on the Loudoun St. Mall).
- Monday, 10/5 -- **5:15** Apple Pie Ridge ES (lights suggested).
- Every Wednesday except 10/28 (I have an appointment at **5:30**) – Around Town Night Ride **6:00** from 1302 Handley Ave. (corner of Miller & Handley) w/ pickup of Casey (and other latecomers) at **6:45** (lights required).
- Friday 10/9 -- last TGIF White Post ride **5:15** (lights suggested & we will make fewer stops).
- Monday 10/12 -- last Apple Pie Ridge ES ride **5:00** (lights suggested).
- Wednesday, 10/14 -- see above Around Town Night Ride.
- Saturday 10/17 -- Sleep-in Saturday White Post ride **1:30 p.m.** (get-together after is optional).
- Monday, 10/19 -- Hoof It Around Shenandoah U. & Barnett Park (meet at Chapel top of hill) **6:00-7:00** (bring flashlight & walking shoes); dinner at cafeteria afterwards optional.
- Wednesday, 10/21 -- see above Around Town Night Ride.
- Saturday, 10/24 -- Apple Pie Ridge ES **1:30** (get-together afterwards optional).
- Monday, 10/26 -- Hoof It Around Shenandoah U. (meet at Chapel top of hill) **6:00-7:00** (bring flashlight & walking shoes); dinner at cafeteria afterwards optional.
- Wednesday, 10/28 -- see above Around Town Night Ride but it will be a leaderless ride (or Mike Underwood will sub).
- Saturday, 10/31 -- Sleep-in Saturday White Post ride **1:30 p.m.** (no get-together as it is Halloween unless one of you wants to throw a big party and invite all of us).

Susan may be reached at [susanwwalker@comcast.net](mailto:susanwwalker@comcast.net).

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## Winchester Wheelmen October 2015 Ride Schedule

Future or Out of Area Weekend Rides or Events

- **Sat., Oct. 3rd - Seagull Century - Salisbury, MD** - <http://www.seagullcentury.org>
- **Weekend of October 9-11th- Shenandoah Mountain Bike Festival - Stokesville, VA.**  
[http://svbcoalition.org/events/annual/shenandoah-mountain-bike-festival/?utm\\_source=Shenandoah+Valley+Bicycle+Coalition&utm\\_campaign=696519593c-&utm\\_medium=email&utm\\_term=0\\_85065e07dc-696519593c-284428965](http://svbcoalition.org/events/annual/shenandoah-mountain-bike-festival/?utm_source=Shenandoah+Valley+Bicycle+Coalition&utm_campaign=696519593c-&utm_medium=email&utm_term=0_85065e07dc-696519593c-284428965).
- **Sat., Oct. 24th - Between the Waters Bike Tour - Onancock, VA** - [www.cbcs.org](http://www.cbcs.org)

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