

Winchester Wheelmen March 2016 Newsletter

Volume 33, Number 3

"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

<http://www.winchesterwheelmen.org>

March Club Meeting

We will be at Café del Sol, Featherbed Lane, Winchester, VA 22601, for the monthly meeting on **Monday, 14 March 2016**. Dinner/social hour is at **6:00pm** with the business meeting beginning around **7:00pm**. Please RSVP by noon Sunday, 13 Mar 2016, if you plan to attend; RSVPs should be sent to Ken Tenney at k_tenney@verizon.net or 540 664 8435.

Some items to be discussed at the March mtg. are:

- Continuation of the Shenandoah Valley Heritage Ride for the Boys and Girls Club in 2016.
- Club Insurance Policies.
- Treasurer's Report.
- Ride Schedule.
- Summer trip.
- April meeting location.

January Club Meeting

The January club meeting was held at El Centro on 11 Jan 2016. There were 26 members in attendance. Minutes kindly provided by Secretary, Pat Bacuros.

Meeting called to order: 7:00pm

Attendees: Paula and Phillip Edinborough, Bruce Taylor, Chuck Rumsey, Linda DeLozier, Jon Hicks, Jason Tresiddor, Dan White, Jay Dennis, John Copenhaver, Rosalie and Mike Perry, Jonathan Hanson, Matt DesRosiers, Susan Walker, Ken Tenney, Josh Lewis, Neil Crowe, Bob Morris, Robert Golightly, Ed Duncan, Pat Bacuros, Bill Fennell.

TOPICS OF DISCUSSION

INSURANCE:

Jason: WW club liability insurance: policy renews 31 January 2016; premium due 28 February 2016. In 2015 former President (S. Carrico) purchased liability insurance for \$125.00/year. Premiums have increased \$.50/member totaling \$3.53/member; costs for general liability insurance \$450; executive officers insurance \$550/year for \$1M limit. There approximately 130 club members.

Open Discussion:

The newly elected board of directors requested executive officers liability insurance to participate on the

board. Without liability insurance, they would reconsider their position on the board.

Non-club members frequently join weekly rides without signing a waiver and we are uncertain whether our general policy covers the ride leader(s) and/or club members from any liability should non-member get hurt on the ride? We will consider making weekly rides leadership to alleviate being sued for damages in the case of an injury? A few members (Jason, Robert G., and Bruce) have purchased individual liability insurance costing approximately \$100. If we renew our policy, \$1M may be insufficient coverage.

Ride leaders can use electronic membership roster so they have an accurate member list to verify participant waiver status. We will be converting membership roster from excel into google docs which can be shared with everyone.

The club currently has a waiver that will continue to be used for any non-member participating in a ride. Since public highways are for anyone's use, the club may not be directly responsible should someone get injured because it is a public venue and the damage would not have occurred due to WW negligence, therefore, would not be the club's fault. It was agreed that liability coverage is necessary.

Signed Waivers – effective for one (1) year and only 75 members have signed a waiver in 2015.

Rosalie Perry reminded the club that WW had insurance that was purchased on-line for \$150 annually. Members and officers were covered under this policy, however, special events were not covered. We were required to take out additional coverage for events such as Century rides where individuals would pay a fee to participate in the event if not a current member.

The club does not have legal representation on retainer nor do we have a member attorney to provide counsel, however, we could include a statement on our waiver stating that any non-members and/or members participating on a ride do so at their own risk.

Mountain bike and cycle-cross rides are excluded from the liability policy because of the elevated risk. Club should consider researching an insurance policy to cover these rides beginning 2017. Jon Hicks will research information and try to identify a policy to include all (USA cyclists). An option would be to register us with

the League of American Bikes and use their policy as well.

MOTION: Bruce Taylor made a motion to provide general and executive liability coverage (to include ride leader/s) with a \$1,500 cap. Neil Crow second the motion. All approved, no abstention.

FINANCE:

Jonathan: Currently we have \$1,156.18 in our checking account and \$3,592.90 in savings. Previously we held a checking account for the race team which is no longer in effect. Funds have been transferred to the savings account and race account will be closed.

PROGRAMS:

Robert Golightly: The only active rides are: Thursday's retired ride, Whit Post ride (weather permitting), and Saturday's Any Guest mountain bike ride. Spencer is taking care of getting the schedule out for the retired ride.

June 18-25 Summer bike trip will take place in Vermont and a day in Canada (need your passport): Stowe, Burlington, Mt. Washington, Island Pond, National Forest, Montreal, and Ben & Jerry's Ice Cream Shoppe, Von Trapp Family residence, etc. Residence: an 1860 Bed & Breakfast. Not sure how much hiking but there are places near the area for hiking: Campbell, Mount Main, and Smugglers Notch.

Jon Hicks: Gave a brief recap of the cycle cross event and thanked the club members who volunteered. 21 November at Jim Barnett Park: 700 total participants; no problems as in the past; did more planning; purchased custom signs; paid for gloves; used fireplace; and made a profit; and donated \$500 to the Shawnee Fire Department. Jon was hopeful to move the race back to September, however, JB Park preferred November timeframe due of some "big thing" that takes place earlier in the fall. Jon will continue with the race in November. Jon and team did repair all the ground and replaced 50 pounds of grass seed.

COMMUNICATION:

Website: Justin Larsen put new website together which has different look to it. HE is hoping to make additional changes. THANK YOU JUSTIN!

MISCELLANEOUS:

Jason: Mark Boyle: Seven Bends State Park update: state park land across river in same area of Andy guess.

Group met 1 December and entire group supported the building of a trail. As a club, we can support as follows:

1. Voice support with local delegates to ensure rapid funding for park
2. Join friends from North Fork to show support; attend Family Fun Day this Spring
3. Be ready to help with trail building – would like to offer our support by posting info on our website; anyone available to help with trail building would be welcome; plans are to machine-make the trail however, grooming is done by hand.

February Winchester Wheelmen Monthly meeting: There will be no formal meeting February. IT was suggested that there be an informal social gathering 8 February: options: El Centro, 50/50, Café de Sol,

MOTION: Robert Golightly made a motion to have an informal social gathering 8 February; Phillip second the motion. All approved, no abstention.

When mountain biking, please remember that riders on horses have the right of way. Please remember to dismount your bikes when you are near a horse and allow them the right of way. Please be cautious and respectful.

Wheelmen Jersey: A few members did not receive jerseys that were paid for. Susan Walker, Bruce Taylor and there may be others. Ken suggested that we should reorder missing shirts since they were paid for and the template is made. In the future, Jason has arranged with DJ to allow members to order and purchase their jersey on line so that it is direct shipped. How do we want to handle jerseys that were paid for and not received?

Rotary Club: Mike Perry has been a Rotarian since 1985. Rotary's philanthropic interest in to end polio globally and they have worked to eradicate polio in all but 2 countries thus far. This October, Winchester will host a ride to end polio and the money raised will be donated by Mike on our behalf when he participates in the Tucson, AZ Rotarian ride to end polio this November. He encourages everyone to ride in October!

Words of Thanks: Rosalie Perry thanks all officers who are currently on the executive board for keeping the club moving forward.

Race Team: The Wheelmen race team no longer exists. Jon Hicks shared information on the restructuring of the Sportif Coaching Group who are implementing changes to their 2016 team structure. The Sportif Coaching Group will now be comprised of two teams representing

their local bike shops. Sportif Coaching Group / Patapsco Bicycles will be the team for those members residing north of the Potomac River while Sportif Coaching Group / Blue Ridge Bicycles will represent those south of the river. Shop discounts at both shops will be identical at a MSRP discount of 15% for bicycles and 20% for all other items. Patapsco and Blue Ridge will offer the discounts to both teams with the exception of identical lines of bicycles, which at this time is only Specialized. We're very excited about the team's direction and look forward to a fantastic 2016 for our team, Sportif Coaching Group. The officers are: Mike Birner – President; Mike Neary - Vice-President:

Patapsco Bicycles Team; Jon Hicks - Vice President: Blue Ridge Bicycles Team; Rob Strohmeyer – Treasurer

2016 Membership Renewal

Please fill out the accompanying form for membership renewal in 2016, if you haven't already. Membership fees for all club members are \$15, whether submitting as an individual or as a family. Without renewal, the March 2016 newsletter will be the last you'll get until renewal. (Please note any e-mail or physical mailing address changes.)

The Shenandoah Valley Heritage Ride on Again in 2016

Mike Perry has heard from Heather Forman of the Boys and Girls Club that the ride is continuing in 2016 despite the organization losing its home at the Douglass Learning Center. The ride is scheduled for Sunday, 05 June 2016. Valley Health Systems has signed on as the primary sponsor for the ride.

Where & When: June 5, Valley Health Wellness & Fitness Center, 401 Campus Blvd, Winchester, VA 22601

Start time is 9:00 a.m. for the 30, 50 & 70 Mile rides.

Start time is 9:10 a.m. for the 10 Mile ride.

The website for the 2016 will be activated shortly, exact date TBD.

Meldonium

Katusha cyclist, Eduard Vorganov, tested positive for Meldonium in January, 2016. It hit [Velonews](#) and [Cyclingnews](#) soon afterward. When I saw it, my reaction was something like - what the *#@* is that?!? I assume most in the USA had a similar reaction since it's a drug developed in Eastern Europe and not approved for use in the USA. A quick peek at its properties helped me understand a little bit about why it's on the WADA prohibited drug list. I read that it's used clinically to treat chest pain associated with a heart attack. As I read on, I came upon this statement: "The studies revealed that Meldonium treatment significantly improves the exercise tolerance of stable angina patients." Bingo! If it improves exercise tolerance in cardiac patients, it probably does the same for healthy cyclists. It may eventually be some sort of aspirin-like super drug because it was noted that it can help in the treatment of seizures and alcohol withdrawal and may improve memory and learning ability. How about that, it makes you faster on the bike and smarter as well...

- Dave Albecker

-Ed. I received the following message from Kelly Vanover and wanted to share with all WW club members...

I recently finished and self-published a book. No it's not the great American novel, but it is something I wanted to do for a long time. It's about my time growing up in SW Va. I did it for Mackenzie so she could learn what life was like in the area when I grew up. The book contains a small section about bicycles and I thought it might be of interest to the club members. As an aside, the book is composed of many very short descriptions of events and life of my youth. Most sections start with some factoid that is related to the story including many

on the natural history of the area. I have attached the section about bicycles for your consideration and if you approve feel free to put it in the newsletter.

The book is titled My Faulty Mountain Cradle: Growing Up Rich on Pound River. It is available on Amazon.com in case anyone is brave enough to read it.

35. BONE SHAKERS AND PENNY FARTHINGS

One of the earliest mass produced bicycles was nicknamed the “bone shaker.” They were manufactured in France in the late 1860s, and instead of being referred to as bicycles, they were called velocipedes. These contraptions consisted of similar sized wheels with pedals attached directly to the front wheel comparable to a modern day children’s tricycle. They were very heavy as they were constructed from wood and iron. An iron band served the same purpose as a modern day rubber tire. The ride was very uncomfortable and was made more so by the rough streets of the time. Every bump that was hit made the rider feel as if he were being shaken to the bone.

Around 1870, the penny farthing became popular and overtook the bone shaker as the standard for two wheel transportation. This model is the high wheeler style of bicycle that one might think of when imagining Victorian age cycling. These machines had an unusually large diameter front wheel and very small rear wheel. The pedals were connected directly to the front wheel so that the larger the wheel, the faster it could go. Their name comes from British coins - a penny and a farthing. The penny is much larger in size than the farthing. Their names were borrowed for the high wheeler in a nod to the differences in size of the front and rear wheels. While these apparatuses were a step forward in bicycle evolution, they were very unsafe as a trip over the handlebars, called a header, was not uncommon, and given that the riders were many feet from the ground, such a fall could be quite deadly.

In response to the risk of riding a high wheeler, the safety bike came on the scene in the 1880s. If the bone shaker and the penny farthing are the Neanderthals of the bike evolutionary tree, destined to be a dead end (though modern science has established through gene studies that there is a little bit of Neanderthal in most of us today) then the safety bikes are the Homo erectus of the bike world, the direct descendant to the modern multispeed bicycles or the Homo sapiens of bikes. And like Homo erectus, safety bikes spread over the continents eventually leading to their global occupation. The key to their success was the invention of the chain drive. Just like today, these earlier models have center-mounted pedals that drive the rear wheel resulting in speed without unreasonably sized wheels. The rider sits in the center of the machine and lower to the ground, so riding one of these is much safer and more efficient than riding the bone shaker or penny farthing, and the addition of rubber tires made cycling a much more comfortable experience.

Winchester Wheelmen March 2016 Ride Schedule

Weekday/Weeknight/Weekend Rides & Events

Note: For 2016, Robert Golightly continues 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.

Tuesdays in March - Road Ride - Boyce, VA. Starts 15 March 2016. Meet at Boyce Elementary School for a 6:00PM ride start. Basic distance is 18 miles. Will regroup as needed. Would suggest this is not a beginner’s ride for the hills involved. Ken Tenney leading and may be reached at 664-8435. Changes will be posted to the WW Google Group. Ride will switch to Food Lion in April for greater length. Ride loop: <http://ridewithgps.com/routes/316780>

Wednesdays - Road Ride - Frederick County, VA. Starts 16 March 2016. Ride starts from Fellowship Bible Church at the corner of Middle Road and Apple Valley Road with a departure time of **6:00PM sharp**. 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 15+ mph, though there will be a regroup during the ride. DJ Arnold is leading and may be reached at tj22c6@yahoo.com.

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. No ride leader.

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 March at the following locations:

--**March 3rd**--Meet at the Daily Grind on Jubal Early Dr.

--**March 10th**--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.

--**March 17th**--Meet at the Italian Touch in Middletown, VA

--**March 24th**--Meet at Valley Baptist Church in Edinburg, VA

--**March 31st**--Meet at Christ Episcopal Church in Millwood across from Project Hope.

Saturdays - MTB Ride at Andy Guest Shenandoah River State Park - Bentonville, VA. Join Robert Golightly for an easy to moderate MTB ride. Meet at the parking lot for the Massanutten Shelter Parking Area for an **11:00AM** start. Entry fee is required (\$5); season pass is available.

Saturday, 26 Mar 2016 - Trooper Manion 5k - Frederick County, VA. This is a non-WW charity event to fund a high school scholarship. Here for details: <http://www.troopermanion5k.com/>

Winchester Wheelmen March 2016 Ride Schedule

Future Weekend Rides or Events

- **Sun., 10 Apr 2016 - Harris-Roubaix - Harrisonburg, VA.** <http://svbcoalition.org/events/annual/the-harris-roubaix/> Fun mixed surface ride down the Valley.
- **Sat., 30 Apr 2016 - Apple Blossom 10K - Winchester, VA.** <http://thebloom.com/event/10k-race/>
- **Sat., 14 May 2016 – 5th Annual Poker Run Century – Bardane, WV.** <https://www.bikereg.com/30079>
- **Sat., 21 May 2016 - CASA River Ride - Shepherdstown, WV.** <http://www.casarivercentury.org/>
- **Sat., 21 May 2016- Tour de Madison - Madison County, VA.** <http://tourdemadison.com/>
- **Sun., 22 May 2016 - Storming of Thunder Ridge - Lynchburg, VA.** <http://stormingofthunderridge.org/>
- **Sun., 29 May 2016 - Mountains of Misery - Newport, VA.** <http://www.mountainsofmisery.com/>
- **Sun., 05 June 2016 - Boys and Girls Club Ride - Winchester, VA.** Website TBD.
- **Fri.-Wed., 24-29 June 2016 - Bike Virginia.** <http://bikevirginia.org/>
- **Sat., 25 June 2016 - Garrett County Gran Fondo - Deep Creek Lake, MD**
<http://garrettcountygranfondo.org/>