

Winchester Wheelmen April 2016 Newsletter

Volume 33, Numbers 4

"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

<http://www.winchesterwheelmen.org>

April Club Meeting

We will be at The Green Turtle, 185 Kernstown Commons, Winchester, VA 22602, for the monthly meeting on **Monday, 11 April 2016**. The social meeting time starts at **6:00PM** with the business meeting held at 7:00PM. If you would like to attend, please send an RSVP to club president, Jason Tresidder at jtresidder@msn.com or telephone at 315 402 7669 by Sunday, 10 April 2016.

March Club Meeting

The March club meeting was held at Café del Sol on 14 March 2016. Meeting highlights provided by Pat Bacuros.

Insurance

Purchased general and officer's liability insurance with League of American Bicyclists providing more comprehensive coverage and competitive pricing for a yearly fee of \$1,500 (savings of \$1,000)

Ride leader coverage – The general liability policy protects ride leaders as well as accident occurring with a pedestrian and/or cyclist. Leaders may carry waivers if they so choose for club members to sign at rides. If unsigned, ride leaders remain covered.

Mountain Bike rides – American Specialty Insurance confirmed that we are covered for occasional mountain bike rides. If club chooses to schedule additional/weekly rides, club will need to search for an alternate insurance company for coverage.

Priority - have all club members' complete and sign waivers. Jason to be reimbursed for purchasing liability insurance with personal credit card.

Treasurer's Report

Renewed and paid yearly P.O. Box and Virginal State Corp. Fees; \$554 and \$70 respectively.

Saving account balance: \$3592.96; to include funds transferred from race team; Checking account balance: \$702.26

Currently we have 20 new or renewed memberships from last meeting.

Wheelman Membership: 142 members; includes new and family members

Summer Trip

Summer trip to Vermont: June 18 - 25

Location: Vermont and Canada - Stowe, Burlington, Montreal, Mt Washington, Northeast Kingdom.

House has been reserved to include pool, golf course, and tennis. House is located right off the bike trail.

Rotary International: Mike Perry will become president of our local Frederick County Rotary Club this October 2016. He will lead 40 members during his reign. Congratulations to Mike!

Mike will participate in the Rotary's fundraiser to eradicate Polio this November in Arizona. Proceeds of the event will be given to Rotary International on behalf of the Frederick County Rotary Club. He will take the proceeds from the ride to Tucson, AZ, and present it to Rotary International staff members who will also be riding in the event, El Tour de Tucson, on November 19th.

Jerseys

There were a few jerseys that we physically lost last fall after receipt by the club. If you were someone who ordered and did not receive a jersey, please contact Ken Tenney at k_tenney@verizon.net. We want to order another batch of jerseys, including these make up items.

2016 Membership Renewal

If you didn't receive this newsletter via e-mail, it may be because you haven't renewed for the new year. Dues are on a calendar year basis. Please fill out the form available at the WW website for membership renewal in 2016. Membership fees for all club members are \$15, whether submitting as an individual or as a family. (Please note any e-mail or physical mailing address changes.)

8th Annual Shenandoah Valley Heritage Ride

8th Annual Shenandoah Valley Heritage Ride to support the Boys and Girls Club of Northern Shenandoah Valley will be held on Sunday, June 5th. The ride will be through the historic countryside of the Shenandoah Valley. Our ride begins in Winchester and rolls through Frederick County where you will be surrounded by Civil War history at every turn. This is a self-paced ride for everyone from the recreational to the serious cyclist. www.bgcrider.org



Distance: There will be ride routes from 10, 30, 50, or 70 miles.

Where: All Routes will start and finish at Valley Health Wellness & Fitness Center, 401 Campus Blvd., Winchester, VA 22601.

When: **05 June, 2016.** Start time is **9:00AM** for the 30, 50, & 70 mile rides. Start time is **9:15AM** for the 10 mile ride.

Other: We are still waiting for head count of participants. Once that is received and we have an idea of needs, Winchester Wheelmen will be soliciting support from its members for monetary donations to help pay for the kids' bikes and accessories. Look for this to happen during the month of April.

Bicycle Heaven

The following excerpts are from BICYCLE RETAILER magazine, March, 2016.

"All bicycles go to heaven. At least that is what Craig Morrow believes. Morrow is the owner and curator of Bicycle Heaven, the world's largest bicycle museum.

With 3500 new and used bicycles hanging from ceilings and displayed on two floors in at least eight rooms of warehouse space, the Pittsburgh museum is both the final resting place for many of these bikes as well as a shining homage to bicycles past and present.

Visitors are greeted by shimmering chrome on the walls and ceiling, and are enveloped in the distinct scent of tires. Upstairs, it is a visual "wow" effect as the large display room is alit with multicolored bulbs.

The oldest bike, hanging on the wall near the entrance, is a rare all-wood 1863 Shire Boneshaker. Other collectibles and rarities include a 1930's Sky King, an 1897 bike made by the Remington Gun Co., and an all-wheel drive Legacy Mirage.

A funky room upstairs of the main floor is cleverly dubbed "The Groovy Cranky Panky Sprocket Room," featuring wall-to-wall cranks painted in neon colors awash with strobe lights.

Bicycle Heaven is strategically located just a short hop to the Chateau Trail, a segment of the Three Rivers Heritage Trail that connects with the Great Allegheny Passage Trail going to Cumberland, Maryland."

Sounds like a road trip to me. The museum is located at 1800 Preble and Columbus Avenue, Pittsburgh, PA. The museum has a new updated website, www.bicycleheaven.org.

The Kemmelberg

It's spring, which, to many cyclists means the Belgian cobbled classics. Gent Wevelgem is one race that hits the pro calendar earlier than the big Tour of Flanders and it was won today by Peter Sagan. Most of the decisive action happened on the Kemmelberg, a steep, cobbled climb that hits, by some estimates, 28% (see the 1:14 min mark of the little video at the bottom of this article). There is some discrepancy here because some estimates have the max at 23%, but whether 23 or 28, on a cobblestone climb, it's steep. Everything until that point was happening sort of like many other races – a break went and was caught, echelons formed in crosswinds, a rider tried a solo break, but the attack on the Kemmelberg caused a split with three of the favorites going up the road alone. They weren't caught and the attack on the Kemmelberg, according to this [article](#), was the moment the race was won. - Dave Albecker

Winchester Wheelmen April 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 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.

Mondays - Road Ride - Frederick County, VA. Starts 25 April 2016. Meet at White Hall Methodist Church, White Hall, VA at **6:00PM** for a road ride. Robert Golightly is leading. Look for additional details on the WW Google Group as the date approaches. 540-535-9986

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. Please have a white front light and red rear flasher. There is no ride leader.

Wednesdays - Road Ride - Frederick County, VA. Road ride starting from Fellowship Bible Church and the time is **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 - 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 27-30miles. 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. <http://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 **6:10PM**. Average speed is 15-17mph. There is 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 April at the following locations:

--April 7th--Meet at the Daily Grind on Jubal Early Drive in Winchester

--April 14th--Meet in parking lot across from St. Paul's Lutheran Church at 156 W. Washington St in Strasburg. Lunch at Christina's Café nearby.

--April 21st--Meet at the Italian Touch in Middletown, VA.

--April 28th--Meet at Christ Episcopal church in Millwood across from Project Hope.

Fridays - Casual Ride - Clarke County, VA. Proposed meeting time is **6:00PM**. Please contact Susan Walker for details at susanwalker@comcast.net to find out whether the ride is a go for particular week.

Saturdays - Blue Ridge Bicycles - Winchester, VA. Shop rides will be impromptu for the month of April. Please look to the WW Google Group for details each week.

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. **Note the last ride date for spring is 09 April 2016.**

Winchester Wheelmen April 2016 Ride Schedule

Future Weekend or Out of Area 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 - 8th Boys and Girls Club Ride - Winchester, VA.** www.bgcrider.org
- **Sat., 11 June 2016 - Black and Blue Double Century - Boone, NC.** www.blackandbluerelay.com
- **Fri.-Wed., 24-29 June 2016 - Bike Virginia.** <http://bikevirginia.org/>
- **Sat., 25 June 2016 - Garrett County Gran Fondo - Deep Creek Lake, MD**
<http://garrettcountrygranfondo.org/>
- **Sun., 21 Aug 2016 - Lancaster Covered Bridge Metric Century - Lancaster, PA.**
<http://www.active.com/lancaster-pa/cycling/races/covered-bridge-metric-century-2016>
- **Sat., 10 Sept 2016 - Civil War Century - Thurmont, MD.** www.civilwarcentury.com

Ride invitation by nearby club: Most everyone in WW knows of the Panhandle Pedalers (some are members of both clubs). I've been asked to list their Friday night No Mercy Ride. Similar to the WW No Mercy Ride we had for several years, this is a fast, paceline ride. Theirs is held on a shorter loop course, so hopefully you cannot get lost. This is not a "no drop" ride. If dropped, you will probably be on your own to get back to the start/finish.

Fridays - No Mercy Ride - Poor House Farm Park, Martinsburg, WV 25403. Contact: [Chris Burns](#). Distance 20-30 miles.

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