

# Winchester Wheelmen May 2016 Newsletter

Volume 33, 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 El Centro Restaurant, 1 N. Loudoun St., Winchester, VA 22601, for the monthly meeting on **Monday, 09 May 2016**. If you would like to attend, please send an RSVP to club president, Jason Tresidder at [jtresidder@msn.com](mailto:jtresidder@msn.com) or telephone at 315 402 7669 by Sunday, 08 May 2016. The initial social 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 The Green Turtle restaurant on 11 April 2016. Minutes kindly provided by Secretary, Pat Bacuros.

- Treasurer's Report (Jonathan Hanson)
  - Checking: \$310.56 (just paid insurance of \$511.70)
  - Savings: \$3,593.05
- We are still trying to generate interest in placing a new jersey order. If interested, please contact Ken Tenney at [k\\_tenney@verizon.net](mailto:k_tenney@verizon.net) or 540 664 8435. Unless there is additional interest expressed, this will have to be shelved for a

while. There are minimums to meet both for gender and color and we are not there yet. If we can meet the minimums, cost would be on the order of \$62 each. Otherwise, we would be looking at something like \$90 each. This number does not seem viable. We will discuss further at the May WW club meeting.

- Cycling in the Community: Carly Keane joined the meeting briefly to inquire whether Winchester Wheelmen would be able to send a member(s) to speak with any interested American Woodmark employees about the Winchester Wheelmen cycling club. Currently AW has a wellness program and employees are looking to expand their activities beyond running and may be interested in cycling (ride schedule, how we ride, membership, selecting a bike, fitting, maintenance, etc.). Bob Morris shared that Richard Hartman is employed by American Woodmark and may be interested in teaming up with Jonathan Hanson in making a presentation. Mike Perry has resources to help Jonathan on where to ride.

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## Boys and Girls Club Ride (Shenandoah Valley Heritage Ride)

The following is a message that Mike Perry posted to the WW Google Group on 21 April 2016:

Fellow Wheelmen Club Members,

The Boys and Girls Club of the Northern Shenandoah Valley is ready to prepare six selected kids for their ride in the upcoming Shenandoah Valley Heritage Ride for 2016. We have six kids in need of a bicycle and are looking for any support you can offer. Thanks to Raleigh Bicycles, we have six brand new mountain bikes being assembled this week for the kids to begin their quest. They will start training on Tuesday and Thursday after Apple Blossom. As most of you know, they train twice a week until event day, June 5th. If they can complete the 30 mile route on that day they get to keep the new bicycles. If anyone can help sponsor one of these kids, the B & G Club would be very grateful. The Club is losing their home in the near future, but they are looking hard for a new location. Finances are a major concern for the Club as they move into this period of uncertainty. You can sponsor a bike for \$150 (cost is above that, but Blue Ridge Bicycles will cover the remainder of the wholesale cost of the bike, and assemble and maintain the bikes for as long as they have them. Three Wheelmen have already indicated that they will sponsor one of these kids. We also have a former Wheelman who plans to provide all of the kids with a little bicycle "kit" consisting of gloves, water bottles, rear safety lights and cycling T's.

If anyone would like to sponsor a kid please let me know. Even a partial sponsorship would be welcomed. If you want to pay with a check, make it out to the Boys and Girls Club of the Northern Shenandoah Valley. The B & G Club will pay for the bikes with their tax exempt status using the money donated towards sponsorships.

And even if you can't sponsor a kid, don't forget about the ride on June 5th. Join us for a 10, 30, 50, or 70 mile ride through the beauty of our historic Shenandoah Valley. Applications are available online at [www.bgcrider.org](http://www.bgcrider.org).

Mike Perry

PS - You are welcome to join us for training rides on Tuesday and Thursday. We try to get in 10 to 15 miles at an easy pace. Rides start shortly after 6:00 pm at Blue Ridge Bicycles. We try to finish by 7:30 pm. We do not ride on wet roads or in the rain. If the weather is in doubt, call the bike shop at 662-1510. All of this year's kids are new to this event so there will be some slow starts as the kids adjust to distance cycling.

Ed. - All six bikes are now sponsored as well as accessories. If you wish to make an additional donation, please make a check out to "Boys and Girls Club of NSV" and send it to Blue Ridge Bicycles, 2228G Papermill Rd., Winchester, VA 22601.

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### Bike Safe Shenandoah

Dear Cycling Community Friends,

We need your help to install bike repair stations along Skyline Drive!

The Shenandoah National Park Trust is the nonprofit partner of Shenandoah National Park, with a mission of protecting what everyone loves about our park and creating programs to inspire the next generation of national park stewards.

One of our exciting projects this year is a crowdfunding campaign. Our goal is to raise \$6500 to install 4 bicycle servicing stations along the Skyline Drive in the park: Elkwallow (mile 24), Skyline (mile 41.7), Big Meadows (mile 51), and Loft Mountain (mile 79.5). These all-weather servicing stations will include all of the tools needed to perform basic repairs and maintenance, such as changing a flat and adjusting brakes. The campaign goes live on April 16<sup>th</sup> and ends on May 20<sup>th</sup>.

We are excited to engage with and support the cycling community and would appreciate your help. Visit [www.snptrust.org/program/bicycle-repair-stations-on-skyline-drive](http://www.snptrust.org/program/bicycle-repair-stations-on-skyline-drive) and donate today. Receive special perks from the Trust for your donation.

Jessica Green  
Director of Philanthropy  
The Shenandoah National Park Trust

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### Update on Seven Bends State Park

Club member Mark Hoyle continues to be engaged with the Friends of the North Fork and delivered the following about the continued development of Seven Bends State Park. There is a Family Fun Day on 14 May 2016. If attending, registration is requested by 07 May 2016. Here is a URL where the event described in more detail with an additional link to a .pdf flyer: <http://fnfsr.org/family-fun-day-2016/> It is a chance to go to the park, before it is open to the public, and see the beautiful scenery and hike some of the trails. The park is not open, but a show of support by bikers would be beneficial since the state park people will be there.

Also, as an update on the park, we are still walking and riding the park to learn the lay of the land and awaiting the removal of some key buildings on the property before any sort of trail building can begin. Still targeting to have some trails open in 2016. Also, if anyone wants to visit the park and ride some of the existing trails to see the potential, please contact me at [mark.hoyle@icloud.com](mailto:mark.hoyle@icloud.com)

Mark Hoyle

# Winchester Wheelmen May 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](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.

### NEW RIDE

**Mondays - Road Ride - Frederick County, VA.** Meet at White Hall Methodist Church, White Hall, VA at **6:00PM** for a road ride. Robert Golightly is leading. 540-535-9986.

### NEW RIDE

**Mondays - Road Ride - Frederick County, VA.** Casual ride tomorrow night from White Hall Methodist Church. Meet at 5:40 and leave by **6:00PM**. Please text me at 540-247-7706 or e-mail me at [susanwwalker@comcast.net](mailto:susanwwalker@comcast.net) to let me know you are coming.

**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: [www.ridewithgps.com/routes/102730](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](mailto:mperry@visuallink.com).

### NEW RIDE

**Wednesdays - Pace line Training Road Ride - Frederick County, VA.** Starts 4 May 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 and then back onto Germany. The distance is 25 miles and the pace will be 17+ mph. The pace will be challenging but with more an emphasis on paceline rules, skills, and etiquette. DJ Arnold is leading and may be reached at [tj22c6@yahoo.com](mailto:tj22c6@yahoo.com).

### NEW RIDE

**Wednesdays - Road Ride - Frederick County, VA.** Ride starts from Fellowship Bible Church at the corner of Middle Road and Apple Valley Road with a departure time of **6:05PM**. 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 14-16 mph, though there will be a regroup during the ride. No ride leader (anyone wanting to volunteer as ride leader please contact Ken Tenney at [k\\_tenney@verizon.net](mailto:k_tenney@verizon.net). Ed.- I cannot lead the ride myself, but I will happily facilitate to get someone to do so.)

**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 May at the following locations:

--**May 5th**--Meet at the Rock Harbor Golf Course Club house parking lot. Park on left.

--**May 12th**--Meet at the parking lot across from St. Pauls Lutheran Church at 156 W. Washington Street in Strasburg.

--**May 19th**--Meet at the Italian Touch in Middletown. Park in back.

--**May 26th**--Meet at Christ Episcopal Church in Millwood across from project hope.

**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](http://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. Ride starts from White Post Restorations. Ride departs promptly at **6:10PM**. Average speed is 15-17mph. There is no ride leader.

#### **NEW RIDE**

**Thursdays - 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](mailto:mperry@visuallink.com).

**Fridays - TGIF Casual Ride - Clarke County, VA.** TGIF White Post will continue this Friday meeting by 5:45 and pulling out by 6:00 from the Auto Restorations parking lot. Please leave a donation in the box to thank the village for allowing us to park in a well-lit and safe site. Those that want to do the 6 mile loop three times in reverse (or less) will do that and those that want to ride the 17.8 regular loop can do that. Please text me at 540-247-7706 or e-mail me at [susanwwalker@comcast.net](mailto:susanwwalker@comcast.net) to let me know you are coming.

#### **NEW RIDE**

**Saturdays - Road Ride - Winchester, VA.** Meet at Blue Ridge Bicycles for two different WW rides. Push-off time is **8:00AM sharp**. Slower ride is led by Mike Perry at 12-15mph. Faster ride is led by DJ Arnold at 17+ mph. Distance for both rides is the same. Visit the WW Google Group for any last minute changes.

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## Winchester Wheelmen May 2016 Ride Schedule

Future Weekend or Out of Area Rides or Events

- **Fridays - No Mercy Ride - Poor House Farm Park, Martinsburg, WV 25403.** Panhandle Pedalers Ride. Contact: [Chris Burns](mailto:Chris.Burns). Distance 20-30 miles.
- **Sat., 07 May 2016 - Pedal for Pooches - Charles Town, WV.** [www.active.com/charles-town-wv/cycling/races/pedal-for-pooches-2016](http://www.active.com/charles-town-wv/cycling/races/pedal-for-pooches-2016)
- **Sat., 14 May 2016 - 5<sup>th</sup> 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 - 8<sup>th</sup> Boys and Girls Club Ride - Winchester, VA.** [www.bgcrider.org](http://www.bgcrider.org)
- **Sat., 11 June 2016 - Black and Blue Double Century - Boone, NC.** [www.blackandbluerelay.com](http://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](http://www.civilwarcentury.com)

Winchester Wheelmen - P.O. Box 1695 - Winchester, VA 22604