

Winchester Wheelmen June 2016 Newsletter

Volume 33, Numbers 6

"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

<http://www.winchesterwheelmen.org>

June Club Meeting

The club meeting will be at the church shelter across from Apple Pie Ridge Elementary School on **Monday, 13 June 2016**. Ed Duncan and Robert Golightly will furnish the food and drinks. Social gathering and meal will begin at **6:00PM**. There will not be a bike ride this year. Overflow parking is at the elementary school. Please contact Robert Golightly at rgolightly22601@gmail.com by Saturday, 11 June 2016 so an appropriate amount of food can be prepared.

8th Shenandoah Valley Heritage Ride

Sunday, 05 June 2016 - 8th Shenandoah Valley Heritage Ride to benefit the Boys & Girls Club of Northern Shenandoah Valley - Valley Health Wellness Center at Winchester Medical Center - Winchester, VA. Boys & Girls Club of Northern Shenandoah Valley invite you to join us for our annual Shenandoah Valley Heritage Ride. Boys & Girls Club provides an after-school safe haven and summer camp for our Community's youth with programs that focus on Academic Success, Healthy Lifestyles and Good Character and Citizenship.

Join us on a ride through the historic countryside of the Shenandoah Valley. Our ride begins in Winchester and rolls through beautiful views of Frederick County. This is a self-paced ride for everyone from the recreational to the serious cyclist. There will be an escort by the VA State Police motorcycle patrol for the front group on the 70 mile loop.

The Routes Include:

- 10 Mile Ride
- 30 Mile Ride
- 50 Mile Ride
- 70 Mile Ride

Here's a URL for the ride: www.bgcrider.org

Here's a URL for the registration form: <http://www.bgcrider.org/SVHR%202016%20registration.pdf>

Same day and electronic registration is available, also. Event is rain or shine.

Club Meeting Report and Notes

The May club meeting was held at El Centro Restaurant in downtown Winchester, VA.

- Minutes from Monday, 09 May 2016, courtesy of Pat Bacuros.
- Treasurer Report:
 - Checking: \$40.57
 - Savings: \$3,593.05We paid \$100 to the League of American Bicyclists for annual membership as a club.
- New WW jersey order appears to be on hold until there is greater interest. We have to meet 15pcs minimum to secure \$62each pricing. The split is by gender and design. So with two different designs, we'd be looking at four minimums to meet. Otherwise, the purchase cost is on the order of \$90each. Please advise if there is any interest in driving this at the higher price point. Contact Ken Tenney at k_tenney@verizon.net.
- Club metric century for the fall was discussed. Still to be determined the location and route. Robert Golightly is organizing.
- WW summer trip to Stowe, VT is finalized for the week of 20 June 2016.
- WW donated \$200 to Shen. Nat'l Park Trust to support the installation of four bike repair stations on Skyline Drive in the Park.
- Discussed WW participation in Apple Blossom Week. If it was possible, how it would happen, etc. General idea is for visibility, but we would need someone to drive the effort.

Meadow Branch Avenue Extension

City Manager Eden Freeman has asked if the Winchester Wheelmen would like to ride behind the Mayor (she'll be in a car), down the new Meadow Branch Avenue extension on Friday, June 3rd as part of the ribbon cutting ceremony at 2 pm and official road opening.

This is WW club President Jason Tresidder's response:

"I have informed the representative from the City of Winchester that we will have club members attending. If you would like to participate in the ribbon cutting to open the new portion of Meadow Branch Avenue on **Friday, June 3**, please meet at the entrance to the extension right behind the CVS on Amherst street at **1:45 pm**. You will be riding directly behind the Mayor (she will be in a car). Please let me know if you have any questions."

Jason T.

Winchester Wheelmen June 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.

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 White Hall Methodist Church, White Hall, VA at **6:15PM** for a road ride. Robert Golightly is leading. 540-535-9986.

Mondays - Road Ride - Frederick County, VA. Casual ride from White Hall Methodist Church. Please contact ride leader Susan Walker for details. Text or call at 540-247-7706 or e-mail at susanwwalker@comcast.net to let her know you would like to ride.

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 Exact loop determined by participants. There is no ride leader.

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 pace line rules, skills, and etiquette. DJ Arnold is leading and may be reached at ti22c6@yahoo.com.

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 **6:15PM**. 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.

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). The following are the ride start locations each Thursday in June. **Start time is 9:30AM** as the high temperatures are starting to approach 80 degree in heading into June.

--**June 2nd**--Meet at the Rock Harbor Golf Course Club House parking lot off Cedar Creel Grade. Park on the left.

--**June 9th**--Meet at the parking lot across from St. Paul's Lutheran Church at 156 West Washington St. in Strasburg.
--**June 16th**--Meet at Valley Baptist Church parking lot in Edinburg.
--**June 23rd**--Meet at the Italian Touch in Middletown. Park in Back.
--**June 30th**--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. 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 **6:15PM**. Average speed is 15-17mph. There is no ride leader.

LAST RIDE – 02 June 2016

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.

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 to let me know you are coming.

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.

Saturdays - Sleepy Creek - Frederick County, VA. Meet at the Liberty Gas Station, 9181 N. Frederick Pike, Cross Junction, VA 22625. 30 mile loop with around 3,000ft of climbing. Meet at **8:00AM**. Justin Larsen leading. Justin may be contact at jlarsen01@yahoo.com.

Winchester Wheelmen June 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.
- **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., 06 Aug 2016 - Mtn. Mama Road Bike Challenge - Monterey, VA.**
<http://highlandcountyrecreation.org/mountain-mama-road-bike-challenge.html>
- **Sun., 06 Aug 2016 - Cumberland Valley Century - Boonesboro, MD.**
<https://www.bikereg.com/cumberland-valley-century>
- **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

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