

Winchester Wheelmen July 2016 Newsletter

Volume 33, Numbers 7

"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

<http://www.winchesterwheelmen.org>

July Club Meeting

The club meeting will be at El Centro Restaurant at 1 N. Loudoun St., Winchester, VA on **Monday, 11 July 2016**. Social gathering and meal will begin at **6:00PM**. The meeting will start at 7:00PM. Please contact Ken Tenney at k_tenney@verizon.net by Sunday, 10 July 2016 so the final number of attendees can be reported to the restaurant.

Club Meeting Report and Notes

The June club meeting was held at the shelter across from Apple Pie Ridge Elementary School.

- Minutes from Monday, 13 June 2016, courtesy of Pat Bacuros.
- Treasurer Report:
 - Checking: \$131.56
 - Savings: \$3,593.05We paid \$200 to the Shenandoah National Park Trust for bike repair stations on Skyline Drive.
- Ed Duncan and Robert Golightly secured the shelter and kindly provided the meal to fellow members for the June meeting. There were 23 attendees.
- New WW jersey status will be updated for the July meeting for the actual cost of low quantity orders.
- Webmaster Justin Larsen has uploaded CD content on website. If a member of WW, you can have access to it; it is password protected.
- Meadow Branch Extension – Several WW participated in the ceremony for officially opening the Meadow extension to US 50. Mike Perry thanked everyone and Winchester Wheelmen were thanked by council members and the City Mayor for attending.
- Boys and Girls ride rescheduled. This make-up event was held on 12 June 2016. 30-35 people rode with the kids. They all got to keep the respective bikes they trained on in May and June, 2016 leading up to the event. The Boys and Girls Club of NSV set up a rest stop at Richard's Market. Richard's had secured a Port-a-Potty for the Boys and Girls Club ride, and the rental company kindly left it one more week for the event when it was used by many.)
- Mike Perry thanked everyone for their support the entire month of May (riding with the kids throughout the month). Drivers of motor vehicles were gracious and let kids pass without difficulty. The kids took pictures with their bikes "I rode this bike 30 miles and I get to keep it".
- Charmaine Shaw reported that Richard's Fruit Market will carry Gatorade and power bars for cyclists through the warm cycling season.
- Mike Perry reported on the ride to end polio. This will be a Rotary fundraiser held on 02 October 2016 at Lord Fairfax Community College. They have a Subway franchise in school and will try to arrange drink and sub. Any money raised from this ride the Gates Foundation will match. Distance are planned to be a short family ride, 30miles and 50miles. The family ride is planned to be to Belle Grove and back to LFCC. Plans are still firming up, but the date of the event is set.

Winchester Wheelmen July 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. 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 now 9:00AM for both July and August.**

--**July 7th** Meet at Valley Baptist Church in Edinburg.

--**July 14th** Meet at Rock Harbor Golf Course Club House parking lot off Cedar Creek Grade. Park on the left.

--**July 21st** Meet parking lot across from St. Paul's Lutheran Church at 156 West Washington St. in Strasburg, VA.

--**July 30th** Meet at the Italian Touch in Middletown. Park in back.

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 or 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. 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.

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.

Winchester Wheelmen July 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](#). Distance 20-30 miles.
- **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
- **Sun., 11 Sept 2016 - Lancaster Covered Bridge Metric Century - Lancaster, PA.**
<http://svbcoalition.org/events/century/>
- **Sun., 02 Oct 2016 – Ride to End Polio – Middletown, VA.**
URL TBD.

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