

# Winchester Wheelmen October 2016 Newsletter

Volume 33, Numbers 10

"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

<http://www.winchesterwheelmen.org>

## October Club Meeting

There will be a club meeting on **Monday, 10 October 2016**. We will meet at Blue Ridge Bicycles on 2228G Papermill Road, Winchester, VA 22601. We will meet at **6:00PM**, order pizza, and prior to the delivery of pizza, we will conduct the business meeting. The club will provide the pizza and Mike and Rosalie Perry will provide non-alcoholic beverages. BYOB. Bring your own camp chair or other to sit on, also, please.

## September Club Meeting

Wheelmen met this September at Café del Sol. (Minutes provided by Ed Duncan, sitting in for Pat Bacuros.)

Topics addressed:

- Ride to End Polios is Sunday, 02 Oct 2016. Same day registration is available. Ride start is at LFCC in Middletown, VA, starting near the student union.
- WW Banquet to be held at I.J.Cann's in south Winchester (Creekside Village). Cost will be \$30-35. Some details are yet to be determined. (We attempted to arrange dinner for the Winchester Country Club again, but we could not connect in a timely way to understand availability.)
  - Date: Monday, 12 Dec 2016. Time is TBD at this writing.
- Jersey Update. Jerseys were ordered the last week of September. They were ordered by credit card, so they were processed straight away. Early estimate is to have jerseys by mid-November. Eight (8) extra jerseys of both designs were also ordered. These will be available for purchase by anyone who didn't order one upfront. There are different sizes and gender cuts. All jerseys are "club cut" as they were in 2015.
- Saturday MTB rides at Andy Guest Shenandoah River State Park begin 01 October 2016. See the ride schedule for details.
- Thanks was delivered to Robert Golightly and Ed Duncan for both organizing and supplying rest stop items for the WW 100km ride on 11 Sept 2016.
- Winchester AppleCross CX Race. Jon Hicks attended and has asked for help with the AppleCross cyclocross race in November, 2016. See a separate item for details.
- There was discussion about reducing the frequency of the WW newsletter to bi-monthly (6x/yr). No decision was made and this will be discussed further at the October meeting.

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## Dan Warren

Some of you may have read Robert Golightly's WW Google Group posting about our fellow Wheelmen Dan Warren a couple of weeks ago. Dan passed away due to complications following a heart surgery. We are all very sad and his family is in our thoughts and prayers. We discussed sending flowers at our September meeting and one of our club members notified us that Dan's family has asked for any donations to go to the American Heart Association. I have spoken with my American Heart representative at school and she has activated my account so that I could provide a very easy link if you wish to donate. The club will be donating \$100 as we discussed at the meeting. Please let me know if you experience any difficulty with the link or if you have any questions.

## [American Heart Association](#)

Jason Tresidder (jtresidder @ msn dot com)

## Seven Bends State Park Update

From club member Mark Hoyle:

A group of local stakeholders met with Tony Widmer, the state park superintendent for both Andy Guest and the new Seven Bends park, to talk about building trails. The latest development is that the building demolition was delayed because the bridges crossing the river had their weight ratings downgraded to the point that dump trucks cannot cross. The new plan is to tear down the structures this winter, burn on site, and bury.

The basic trail network had been flagged and is ready to begin building after the buildings are removed. The core trails will be double track, like those at Andy Guest, to allow emergency evacuation. There will be 8-10 miles of trails with up to 1,000 feet of elevation change in the beginning. The layout will have some serious climbing, and nice flow.

The plan is for the trails to be ready by June 2017. Once the core trails are built, Tony said he will be open to laying out single track trails branching off from the core and is also still an advocate for connection in to the National Forest with the ultimate goal being the rerouting of Lupton Trail and 7 Bar None trail to allow for a loop ride up from the park, across the ridge of Massanutten to the Woodstock Tower, and back down to the park.

Once trail building begins, I will post so people from Winchester can come down to help.

Mark Hoyle, 540 247 6999, Mook21 @ comcast dot net.

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## Winchester AppleCross 2016

Jon Hicks seeking volunteers for Winchester AppleCross:

As you may or may not know, Winchester is host to one of the premier cyclocross races on the East coast. The 2016 edition of Winchester AppleCross at Jim Barnett Park will take place on November 19-20 with racing from 8am to 4pm each day. As you might expect, promoting this event is no small undertaking and we have been blessed with having the support of the Wheelmen in every AppleCross. I hope that 2016 will continue to have your support.

Work at the course starts the week before the event and you will probably find me out there every day between the Saturday before through the day after. Any support that you can give would be greatly appreciated. Here are the highlights of what's needed:

### **Starting 11/12/16:**

**Saturday:** Course prep mainly comprised of blowing/raking leaves and picking up glass. Plus any weed and brush trimming necessary.

**Sunday - Thursday:** Variable times during the week to begin course construction and planning.

**Friday (11/18):** This is the big day when we will finish marking the course with heavy barricade tape, move barricades into position, set up the podium, backdrop and finish prepping everything for the first day of racing.

**Saturday (11/19) ALL DAY:** Help all day in different areas. Assignment based on abilities and desires. Most jobs are low intensity.

**Saturday (11/19) 4PM:** Reconstruct the Saturday's course into Sunday's course. We will be split up into groups with each group having a leader and an assignment. Should be complete NLT 4:45.

**Sunday (11/20) ALL DAY:** Repeat of Saturday

**Sunday (11/20) 3:30PM:** This is when everyone is completely worn out and needs those extra hands in tearing down the course, packing up the equipment and cleaning up the park. Walking is the most labor intensive part of cleanup.

Please email me at [sportifcoachingva@gmail.com](mailto:sportifcoachingva@gmail.com) with your date/time of availability. It is only because of your support that Winchester AppleCross has become one of the best events in all of the Mid-Atlantic.

Thanks again for your support and I look forward to another great event.

Regards,

Jon

Jon Hicks  
Sportif Coaching Group

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## Winchester Wheelmen October 2016 Ride Schedule

### Weekday and Weeknight Rides & Events

(RE: Some sunset times for Winchester, VA, during October, 2016: **1st**: 6:56PM, **5th**: 6:50PM, **10th**: 6:42PM, **15th**: 6:35PM, **20th**: 6:27PM, **25th**: 6:21PM, **30th**: 6:15PM. As such, look for adjustments in start times through the month.)

**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.

**Mondays - Road Ride - Frederick County, VA.** Meet at White Hall Methodist Church 3265 Apple Pie Ridge Rd, Winchester, VA 22603, at **6:15PM** for a road ride. Robert Golightly is leading. 540-535-9986. Front and rear lights are required.

**Mondays - Casual Road Ride - Frederick County, VA.** Casual ride from White Hall Methodist Church. Please text ride leader Susan Walker at 540-247-7706 or e-mail her at [susanwalker@comcast.net](mailto:susanwalker@comcast.net) to let her know you are coming. Front and rear lights are required. **Oct 3rd**--14 mile ride, 5:30 pushoff. **Oct 10th**--leaderless. **Oct 17th**--14 mile ride, 5:15 pushoff. **Oct 24th**--14 mile ride, 5:15 pushoff.

**Tuesday, Oct 11th, 18th and 25th - MTB Ride - Andy Guest/Shenandoah River State Park, Bentonville, VA.** Robert Golightly will lead rides at Andy Guest Shenandoah River State Park. Rides will start at **6:00PM**. (Meet at the lower parking lot at the Bentonville low water bridge.) Front light required as finishing in darkness. Robert can be reached at [rgolightly22601@gmail.com](mailto:rgolightly22601@gmail.com) or 540-535-9986.

**Tuesdays - Road Ride - Stephens City, VA.** Meet at Shop 'N Save Plaza east of Stephens City on VA 277 for the **5:45PM** 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) There is no ride leader. Distance: 30 to 34 miles. Front white light and red rear flasher required.

**Thursdays - Retired/Day Off Ride.** This road ride starts at various locations and are designed to start and finish at a location convenient for lunch at the end (optional). The following is the subject ride schedule start locations. All rides are on Thursdays. October rides start at **9:30AM**.

-- **Oct 6th**--Meet at the Italian Touch in Middletown. Park in back.

-- **Oct 13th**--Meet at Santorini's Grill in Berryville on Rt. 340 just south of the intersection with business 7. Park at Santorini's

- **Oct 20th**--Meet at parking lot across from St. Paul's Lutheran Church at 150 West Washington St. in Strasburg, VA
- **Oct 27th**--Meet at Rock Harbor Golf Course Club House parking lot of Cedar Creek Grade. Park on left.

**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 for the 17.8 mile golf course loop. There is no ride leader. Front white light and red rear flasher required.

**Thursdays - Casual Ride - White Post, VA.** Susan Walker is leading. Please text to 540-247-7706 or e-mail to [susanwwalker@comcast.net](mailto:susanwwalker@comcast.net) to let her know you are coming. 17.8 mile loop. Front and rear lights required.

- **Oct 6th and 13th** - Meeting at 5:15 and pulling out by **5:30PM** from the Auto Restorations parking lot.
- **Oct 20th and 27th** - Meeting at 5:00 and pulling out by **5:15PM**.

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## Weekend Rides October

**Saturdays - Road Ride - Winchester, VA.** Meet at Blue Ridge Bicycles for a 20 mile ride. We will be starting at **8:00 am**, and there will only be one group. Mike Perry will lead a 13-15 mph group. Finished before 10:00am. The fast group will not be running as most of those riders are starting their cyclo-cross season; we will not have this ride until Spring 2016.

**Saturdays – MTB Ride - Andy Guest/Shenandoah River State Park, Bentonville, VA.** Robert Golightly will lead rides at Andy Guest Shenandoah River State Park. Rides will start at **11:00AM**. (Meet in lot near to where Zipline Tours begin. Go straight thru the park and down the hill to the stop sign. Turn right, then take the next right. Park on left, if room. Pace will be casual and duration will be between 2 and 3.5 hours. Rides will take place weekly through December. Robert can be reached at [rgolightly22601@gmail.com](mailto:rgolightly22601@gmail.com) or 540-535-9986.

**Saturdays - Casual Road Ride - Various Locations.** Susan Walker is leading various Saturday casual rides. See listing below for where and when. Susan Walker is ride leader.

- **Oct 1st**--9:00AM departure from the Shell/7-11 on Hwy. Gentle 17.2 miles with few hills.
- **Oct 8th**--3:30PM departure from the Italian touch in Middletown.
- **Oct 15th**--3:30PM departure from White Post Restorations.
- **Oct 22nd**--3:30PM departure from Orchard View Elementary School on Middle Road.
- **Oct 29th**--no ride.

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## Winchester Wheelmen October 2016 Ride Schedule

Future or Out of Area Weekend Rides or Events

- **Sun., 02 Oct 2016 - Ride to End Polio - Middletown, VA.**

We have planned 50 and 30 mile routes that will showcase the beauty of the Shenandoah Valley in the fall as you travel through parts of three counties. There are rolling hills, but no mountains other than ones to look at without crossing. We will also be offering a family ride of 6 miles down and around Belle Grove if there is an interest. The rest stops will feature drinks, light snacks and fruit. Please join us in support of a great cause. You too can help Rotary "END POLIO NOW." If anyone does not plan to ride but would like to volunteer some time, we would love to have you along.

If you have any questions, please feel free to contact Mike Perry: [mperry@visuallink.com](mailto:mperry@visuallink.com) or 1540 539 6273.

- **Sat., Oct. 8th - Seagull Century - Salisbury, MD** - <http://www.seagullcentury.org>
- **Weekend of October 7-9th - Shenandoah Mountain Bike Festival - Stokesville, VA.**  
<http://svbcoalition.org/festival/>
- **Sat., Oct. 22nd - Between the Waters Bike Tour - Onancock, VA** - [www.cbcs.org](http://www.cbcs.org)

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