

Winchester Wheelmen September 2016 Newsletter

Volume 33, Numbers 9

"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

<http://www.winchesterwheelmen.org>

September Club Meeting

The monthly WW club meeting will be held on **Monday, 12 Sept. 2016**. We will meet at Café del Sol, Featherbed Lane, Winchester, VA, 22601. Social gathering and meal will begin at **6:00PM**. The meeting will start at 7:00PM. If you plan to attend, please contact Ken Tenney at k_tenney@verizon.net by Sunday, 11 Sept 2016, so the final number of attendees can be reported to the restaurant.

Club Meeting Report and Notes

The Aug club meeting was held at El Centro Restaurant.

- The club treasurer, Jonathan Hanson, was not able to attend, but reports the accounts as follows:
 - Checking: \$206.56
 - Savings: \$3,593.14
- With the onset of shorter daylight and back to school, there have been some significant changes to the ride schedule for September. Some rides have their times changed and others have stopped for the year. Typically, though there are stated start times, participants will alter start times through the month. If in doubt please contact those riding or the ride leader.
- WW Jersey Order is finishing see separate item below.
- WW Metric Century is still on for Sunday, 11 Sept 2016. See separate item.
- Jason Tresidder is working on a banquet venue and should have some locales suitable for discussion at the September meeting.
- It was reported that the WW and American Woodmark fitness coordination project is not moving forward for now. American Woodmark solicited for interest in having someone speak to them and the interest was too low for now. We may try again later.
- Special Note: Dave Albecker has dutifully provided a paragraph of interest to cyclists for years now. He has decided to stop. I just wanted publically thank Dave for doing this for so long. Many of the items were related to athletes and performance. I was exposed to a lot I wouldn't have without the items. Thanks Dave! - Ed.

Clothing Donations

Note posted by WW member Jessie Kutz to the WW Google Group:

Sent: Wednesday, August 10, 2016 1:05 PM

Subject: [WW Google Group] Special Olympics - clothing donations

Hi All,

The womens team I ride for volunteers at the Special Olympics in Sykesville, MD each year and we collect lightly used cycling clothing to donate to the athletes. Larger sizes (L, XL, XXL) are ideal for donations but all is accepted and very much appreciated.

The event this year is September 10th, so if you have any cycling clothing you would like to donate please reach out to me at jessica.kutz21@gmail.com and I can arrange to pick it up.

All the best,
Jessie Kutz

Sunday, 11 Sept 2016 - 3rd Annual WW Metric Century

The third annual Wheelmen Metric will be held on September 11th. The starting location of the ride will be White Post Restoration. This is the location of the Thursday night White Post ride. The ride is free to all members and anyone who wishes to sign up to be a member that morning. This year's ride will have 3 options.

All rides will start at **9:00am**. There will be two longer rides, one at 37 miles and the second around 61 miles in length. These two rides will have SAG and a rest stop. There is a family ride at 17 miles, too. All food and drinks are being sponsored by Ed Duncan and Tire Outfitters.

If anyone would like to help with the sign up, SAG or rest stop, please let me know. 540-535-9986 or rgolightly22601@gmail.com

RSVP is not necessary, but would be greatly appreciated by 09 Sept 2016. Hope to see everyone there.
- Robert Golightly

Custom WW Jersey Order - Last Call

If you have requested a custom WW jersey, it is time to make payment so we can place the order. We have met the minimums to place the order for \$75 per jersey. **Please mail your check made out to Winchester Wheelmen to: Winchester Wheelmen, PO Box 1695, Winchester, VA 22604.** We want to make the order by 15 Sept 2016, so please mail your check as soon as you can.

Again, Winchester Imaging is helping with a donation to defray the cost of women's jerseys and to help buy a few extras for the club to have for incoming members.

If there is anyone at all who is expressing new interest in this, we can do it, but still need to get squared up by the 15th. For anyone at all with any questions, please contact Ken Tenney at ktenney@verizon.net or 664 8435 (M). Thank you all for the round of replies at the last club meeting to get this done finally.



Sunday, 02 October 2016 - RIDE TO END POLIO

We have sent applications to all area bike shops as we look forward to our upcoming fund raising event. Please stop by one of them and pick an application. You can also print the application from blueridgebicycles.com or register online at BikeReg.com. 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 or 1540 539 6273.

Iranian Clerics Forbid Women to Ride Bikes

"Marivan, Iran – A local initiative in Iran to lessen citywide pollution by getting more people out of cars to ride bikes or walk hit a pothole when religious authorities recently decreed that women riding bikes was a sin. The ruling came after the chairman of the Marivan City Council's cultural committee had urged residents to get out of their cars one day a week, calling it "Car-Less Tuesday." He also announced the formation of a group to ride to each Tuesday to nearby Lake Zaribar, a cultural site about two miles from downtown. But a ride in late July ended when security agents detained women and confiscated their bikes. In August local environmentalists and activists organized another ride, but this time the women walked pushing their bikes alongside men who were riding theirs. . . a local cleric had laid down the "law" in a sermon saying: "It is a sin for women to ride bicycles in public, and the officials, including the sports authority, should provide suitable areas for women to ride bicycles where they cannot be seen." There is no legislation against the activity in Iran's penal code, but apparently local religious leaders have a great deal of authority in the moral lives of their citizens."

From, BICYCLE RETAILER, September 1, 2016 issue.

Winchester Wheelmen September 2016 Ride Schedule

Weekday/Weeknight/Weekend Rides & Events

(RE: Some sunset times for Winchester, VA, during September, 2016: **1st**: 7:44PM, **5th**: 7:38PM, **10th**: 7:30PM, **15th**: 7:22PM, **20th**: 7:14PM, **25th**: 7:06PM, **30th**: 6:58PM. 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 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 - Road Ride - Frederick County, VA. Casual ride from White Hall Methodist Church. Meet at 5:15 and leave by **5:30PM**. Please text ride leader Susan Walker at 540-247-7706 or e-mail her at susanwalker@comcast.net to let her know you are coming. 3 options: 8.5 miles, 14 miles or 20 miles. Front and rear lights are required.

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. Front lights and rear lights are required. There is no ride leader.

~~**Wednesdays - Pace line Training Road Ride - Frederick County, VA.**~~ Ride over for 2016.

TIME CHANGE

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 **6:00PM**. 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 14-16 mph, though there will be a regroup during the ride. No ride leader. Front and rear lights are required.

Thursdays - Retired/Day - Off Ride of the Week. This is an easy-paced ride starting from various locations. Ride length is between 20 to 30 miles usually with a lunch stop at the finish (optional). **Start time is 9:00AM for September.** The following are the ride start locations each Thursday:

--**Sept 1st** Meet at Santorini's Grill in Berryville on RT 340 just south of the intersection with business 7. Park at Santorini's.

---**Sept 8th** Meet at Rock Harbor Golf Course Club House parking lot off Cedar Creek Grade. Park on left.

---**Sept 15th** Meet at parking lot across from St. Paul's Lutheran Church at 156 West Washington St. in Strasburg, VA

---**Sept 22nd** Meet at Christ Episcopal Church in Millwood across from Project Hope

---**Sept 29th** Meet at 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. Front and rear lights are required.

Thursdays - Casual Ride - White Post, VA. Susan Walker is leading. Meeting at 5:15 and pulling out by **5:30PM** from the Auto Restorations parking lot. Please text to 540-247-7706 or e-mail to susanwalker@comcast.net to let her know you are coming. 17.8 mile loop.

Saturdays - Road Ride - Winchester, VA. Meet at Blue Ridge Bicycles for a WW ride. Push-off time is **8:00AM sharp**. Slower ride is led by Mike Perry at 12-15mph. **Faster ride led by DJ Arnold is over for 2016.** Visit the WW Google Group for any last minute changes.

Saturdays - Road Ride - Berryville, VA. Susan Walker will post to the Google Group whether this ride is on for a particular ride in September: Saturday mornings at **9:00AM** from the Shell/7-11 on Hwy. 7 just before the first Berryville exit (10176 Harry Byrd Hwy, Berryville, VA 22611). Please park at the back of the store, but off of the access path to the septic tanks. Gentle 17.2 miles with few hills. Ride loop with cue sheet: www.ridewithgps.com/routes/15052419 Susan Walker is ride leader.

Sunday, 25 Sept 2016 - "Ride to Arden" – Frederick County, VA. This is a slow-paced ride of about 40 miles starts from Apple Pie Ridge Elementary School. Start time is **10:00AM**. Ride leader is Dwight Cooper and he may be reached at cassell12@comcast.net.

Winchester Wheelmen Sept 2016 Ride Schedule

Future Weekend or Out of Area Rides or Events

- **Sat., 10 Sept 2016 - Civil War Century - Thurmont, MD.** www.civilwarcentury.com
- **Sun., 11 Sept 2016 - WW Metric for Club Members - White Post, VA.** 9:00AM start. See article above.
- **Sun., 11 Sept 2016 - SVBC Annual Century Ride. - Harrisonburg, VA.**
<http://svbcoalition.org/events/century/>
- **Sun., 11 Sept 2016 - Lancaster Covered Bridge Metric Century - Lancaster, PA.**
<http://www.active.com/lancaster-pa/cycling/races/covered-bridge-metric-century-2016>
- **Sun., 02 Oct 2016 - Ride to End Polio - Middletown, VA.**
Additional details next month.