

# Winchester Wheelmen April 2017 Newsletter

Volume 33, Numbers 4

"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

<http://www.winchesterwheelmen.org>

## APRIL MEETING

We will be at El Centro, on the downtown walking mall, for the monthly meeting on Tuesday, **11 April 2017**. The social meeting time starts at **6:00PM** with the business meeting held at 7:00PM. If you are planning to attend, please send an RSVP to club president, Ken Tenney at [k\\_tenney@verison.net](mailto:k_tenney@verison.net) or telephone at 540-664-8435 by Sunday, April 9th.!

## SPRING IS HERE, TIME TO RIDE!

THE KIDS CLUBS  
of Northern Shenandoah Valley



In partnership with the Winchester Wheelmen

June 4, 2017

### 9<sup>th</sup> Annual Shenandoah Valley Heritage Ride

9<sup>th</sup> Annual Shenandoah Valley Heritage Ride to support the KIDS CLUBS of Northern Shenandoah Valley will be held on Sunday, June 4<sup>th</sup>. The ride will be through the historic countryside of the Shenandoah Valley. Our ride begins in Winchester and rolls through Frederick County where you will be surrounded by Civil War history at every turn. This is a self-paced ride for everyone from the recreational to the serious cyclist. Brochure is attached.

**Distance:** There will be ride routes from 10, 30, 50, or 70 miles.

**Where:** All Routes will start and finish at Valley Health Wellness & Fitness Center, 401 Campus Blvd., Winchester, VA 22601.

**When:** **04 June, 2017**. Start time is **9:00AM** for the 30, 50, & 70 mile rides. Start time is **9:10AM** for the 10 mile ride.

**Other:** We are still waiting for head count of participants. Once that is received and we have an idea of needs, Winchester Wheelmen will be soliciting support from its members for monetary donations to help pay for the kids' bikes and accessories. Look for this to happen during the month of April.



# **West Virginia Getaway!**

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**June 8<sup>th</sup> thru June 11<sup>th</sup>**

**Please join us for a long weekend of riding and relaxing in Central West Virginia. We will be staying at a Cabin just south of Canaan Valley. Cabin is located on 20 acres of private land. There is no charge for the cabin rental.**

**Cabin is able to sleep 6 to 8, plus I will bring the camper, which sleeps 4 and you are always welcome to camp. The cabin has 2 bedrooms, loft area, full kitchen and living area, 2 full baths and there is also a large storage barn near where the camping sites are.**

**We will be road biking, mountain biking, hiking (where we can do a little caving, if interested) and site seeing.**

**We are planning on going up on Thursday, June 8, leaving in the later afternoon. We will settle in, have a nice camp fire and have dinner at the cabin. Travel time is just about 2 1/2 hours.**

**On Friday, We will travel to Spruce Knob for a day of Mt. Biking, hiking and caving. If you don't feel like hiking or biking, please feel free to explore the towns of Davis and Thomas and visit Blackwater Falls. That evening we will have dinner at the cabin again.**

**On Saturday, we will travel to Scenic Highway 150 for a 42 mile road ride. This is a beautiful, noncommercial highway. Lunch will be served at the half way point and the ride will be sagged. The ride is similar to Skyline Drive. You can choose to do all or part of the ride, as it is an out and back. When we get back to the cabin we will get ready, have dinner in Davis and go enjoy a little music at the Purple Fiddle in Thomas. May have to dance a little too.**

**Sunday will be a travel day home, but remember to either stop by Seneca Rocks on the way back home, you are welcome to hike there or just take in the views. You can also travel back to Davis and enjoy the town and Blackwater Falls, if you did not get there earlier. Both are great.**

**You are more then welcome to come up for all or part of the activities. If you would like a more private stay, Canaan Valley State Park is only about 20 minutes from the cabin and they have wonderful accommodations.**

**Please let me know if you are planning on joining us or have questions. I can be contacted at 540-535-9986 or [rgolightly22601@gmail.com](mailto:rgolightly22601@gmail.com)**

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## Winchester Wheelmen April 2017 Ride Schedule

### Weekday/Weeknight/Weekend Rides & Events

**Note:** For 2017, 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.

**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. Ride distance is about 25 miles 540-535-9986

**Mondays- Casual Road ride- Frederick County, Va.** Will meet at the above at 5:30 instead of 6:15. Ride distance is about 15 miles. Call Susan at 540-247-7706 or email at [susanwwalker@comcast.net](mailto:susanwwalker@comcast.net) for more information.

**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: <http://www.ridewithgps.com/routes/102730> Distance is TBD by participants due to available daylight constraints. Please have a white front light and red rear flasher. There is no ride leader.

**Wednesdays - Road Ride - Frederick County, VA.** Road ride starting from Fellowship Bible Church and the time is **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 in the 15-16 mph range and we'll regroup during the ride. This will be a little faster and a little longer version of the old Wednesday night ride. DJ Arnold is leading and may be reached at [ti22c6@yahoo.com](mailto:ti22c6@yahoo.com).

**Thursdays - Night Road Ride - White Post, VA.** This ride is a "go" unless there is rain or snow. Ride starts from White Post Restorations. Ride departs promptly at **6:10PM**. Average speed is 15-17mph. There is no ride leader.

**Thursday - Night Casual Ride- white Post, Va. This is the same ride as above, but will start at 5:30pm and will be at a slower pace. Call Susan for more information at 540-247-7706 or email at [susanwwalker@comcast.net](mailto:susanwwalker@comcast.net).**

**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 April at the following locations:

--April 6th--Meet at the parking lot across from St. Paul's Lutheran Church in Strasburg, located at 156 W. Washington Street

--April 13th--Meet in parking lot of Santorini's Grill in Berryville. Park in the back.

--April 20st--Meet at the Italian Touch in Middletown, VA. Park in the back.

--April 27th--Meet at Rock Harbor Golf Course. Park to the left.

**Saturdays - Blue Ridge Bicycles - Winchester, VA.** 2 Shop rides will take place each Saturday Morning. Mike Perry's ride will start at the shop at 8:30 in April and will have an average speed of 12 to 14 mph. Mike has to be back to the shop prior to 10am. DJ's ride will start from the shop at 8am sharp and will average 17 plus mph.

**Saturdays - MTB Ride at Andy Guest Shenandoah River State Park - Bentonville, VA.** Join Robert Golightly for an easy to moderate MTB ride. Meet at the parking lot for the Massanutten Shelter Parking Area for an **11:00AM** start. Entry fee is required (\$5); season pass is available.

**Sundays- Casual Ride from White Post, Va. Meet Susan at White Post Restorations at 1pm for a casual ride in Clarke County. Please call Susan Walker at 540-247-7706 or email at [susanwalker@comcast.net](mailto:susanwalker@comcast.net) for more information on each weeks ride.**

## **SCENIC RIDE ON SUNDAY, APRIL 23<sup>RD</sup>**

Please join us for a casual ride from Apple Pie Ridge to Berryville and back. We will meet at Apple Pie Elementary School at 9:30am and ride to Berryville. We will have lunch in Berryville before heading back. The distance should be between 20 to 25 miles each way. If you want a shorter distance, the longer route will be riding by the Clearbrook park parking lot on Brucetown Road. We should be there by 10:00 to 10:15. Please be ready to leave when we get there. This should shorten the ride by 8 miles or so, each way. Please Call or text Robert Golightly with any questions at 540-535-9986. We will be doing a Scenic Ride each month. If you would like to lead one of them or have an idea for one, let me know. They are meant to be casual rides with lunch and can have an interesting site to stop and look at along the way.

## **NEWSLETTER ANNOUNCEMENT**

The next newsletter will be sent for July. Each month, when there is not a newsletter, there will be a ride schedule sent out. It will contain the location of the next meeting and any information that can not wait for the next newsletter.

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



When: June 4, 2017

Where: Valley Health Wellness & Fitness Center

- Events: 10 Mile
- 30 Mile
- 50 Mile
- 70 Mile



**Release and Assumption of Risk**

This is a legal Document. Please read and understand before signing. If you have any questions consult an attorney.

In consideration of my participation, I waive, release, discharge for myself, my heirs, executors, administrators and legal representatives (including successors) any and all rights and/or claims which I have, may have or may hereafter accrue to me against the sponsors and promoters of the Shenandoah Valley Heritage Ride (SVHR) or other sponsors or affiliated organizations and their respective agents, officers and employees for any and all damages, injuries or claims which may be sustained by me directly or indirectly and ansing out of my participation in the SVHR.

I, the undersigned, freely acknowledge and realize the dangers of participating in the SVHR and fully assume all risks including, but not limited to: collision with pedestrians, vehicles, other riders, and/or fixed or moving objects; the negligence of other riders, sponsors, promoters, or drivers; and dangers arising from falls, road surface, equipment failure, inadequate safety equipment and weather conditions as well as the possibility of physical and/or mental trauma (or injury). I understand that any route or activity chosen as part of outdoor adventure may not be the safest, especially bicycling public roadways and in bad weather, that cyclists have been hospitalized and/or killed because of traffic mishaps that are either their responsibility or others' responsibilities. I further agree that I will bear all expenses incurred in any such accidents.

I realize that SVHR requires physical conditioning and I represent that I am in sound medical condition. I have no physical or medical impediment which would endanger others or myself. I understand and agree that a situation may arise during SVHR which may be beyond the control of the sponsors, promoters or organizers and agree to ride so as not to endanger either others or myself.

I will wear an ANSI or SNELL certified helmet when riding a bike during SVHR. I will obey all VA traffic laws and regulations. I understand that if I leave the route I am no longer on the ride. I agree that my photograph, video or voice may be used in promotion or advertising for SVHR with no compensation due.

The above agreements and representations are my express understandings of the risks and I assume these voluntarily and freely without coercion or duress. This agreement may not be modified orally and may not be waived in any respect. I accept responsibility for the condition and adequacy of my bicycle and agree to abide by the rules of SVHR relating to wearing a helmet, riding single file, appropriate behavior, as well as other organization requirements.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed Name \_\_\_\_\_

**Parent/Guardian Release:**

Everyone under eighteen (18) years of age must have the following completed. I, as parent or guardian of the above named minor, hereby give my permission and consent voluntarily and freely for my child to participate in the SVHR. I further agree individually and on behalf of my child to the above terms after having fully read the "Release and Assumption of Risk". I will, or another responsible adult authorized by me, will ride with my child at all times.

Signature: (Parent or Guardian) \_\_\_\_\_

Printed Name \_\_\_\_\_

"Team Up" for our Kids  
We encourage you to help us raise funds for The Kids Clubs of Northern Shenandoah Valley by riding with the team and soliciting pledges. Don't have a team? Then consider forming one, at work, at church, civic club or with a group of friends.

For more information,  
Visit our website:  
[www.svhrde.org](http://www.svhrde.org)

**THE KIDS CLUBS**  
of Northern Shenandoah Valley



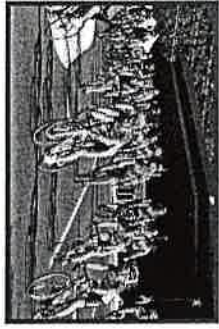
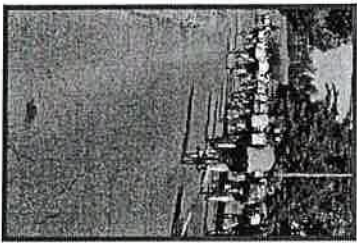
In partnership with the Winchester Wheelmen June 4, 2017

# Registration Form

## Shenandoah Valley Heritage Ride

The Kids Clubs of Northern Shenandoah Valley invite you to join us for our annual Shenandoah Valley Heritage Ride fundraiser. The Kids Clubs are a safe haven where our children can come after school to do homework and participate in various programs and fun activities.

Join us on a ride through the countryside of the Shenandoah Valley. Our ride begins in Winchester and rolls through the historic countryside of Frederick County where you will be surrounded by Civil War history at every turn. This is a self paced ride for everyone from the recreational to the serious cyclist..



**The Routes Include:**

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

All Routes will start and finish at Valley Health Wellness & Fitness Center, 401 Campus Blvd., Winchester, Virginia.  
 Start time is 9 a.m. for the 30, 50 & 70 Mile rides.  
 Start time is 9-10 a.m. for the 10 Mile ride.  
 For questions or more information visit [www.svhride.org](http://www.svhride.org)  
 email [infokids@thekidsclubs.org](mailto:infokids@thekidsclubs.org)  
 or call The Kids Clubs of NSV at 540-723-6665

Name \_\_\_\_\_  
 Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Email \_\_\_\_\_

**Which Route Do You Anticipate Cycling?**

	Before 5/19	After 5/19
<input type="checkbox"/> 10 Mile	\$30.00	\$35
<input type="checkbox"/> 30 Mile	\$30.00	\$35
<input type="checkbox"/> 50 Mile	\$30.00	\$35
<input type="checkbox"/> 70 Mile	\$30.00	\$35
<input type="checkbox"/> Tandem Riders	\$60.00	\$70

**Please indicate payment method:**

Check enclosed (payable to The Kids Clubs of Northern Shenandoah Valley)  
 MasterCard  Visa  Discover

Card Number: \_\_\_\_\_ Exp Date \_\_\_\_\_  
 CID# \_\_\_\_\_  
 Name on Card \_\_\_\_\_

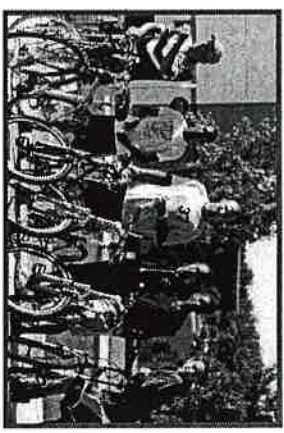
Please specify T-Shirt Size:  
 SM  
 MED  
 LG  
 XL  
 XXL

**Send this form and payment to:**  
 The Kids Clubs of NSV  
 2400 Roosevelt Ave.  
 Winchester, VA 22601

The Kids Clubs of Northern Shenandoah Valley  
**Mission:**

To enable all young people, especially those who need us most, to reach their full potential as productive, caring, and responsible citizens.

The three major goals of The Kids Clubs Shenandoah Valley Heritage Ride are:



**Awareness and Outreach**

To create a community-based event that generates awareness of The Kids Clubs programs and facilitates an outreach campaign to generate new interest and support of the club.

**Club member involvement**

To create an opportunity for Club members to build confidence, character and leadership development skills by getting involved in the event either in the planning and execution process or by riding in the event.

**A Heritage Event**

SVHR is more than just a one day bike ride and fundraiser but an inspirational event that involves the heritage of the Shenandoah Valley. It is one of the premier cycling events in the Valley providing a distinctive experience for seasoned cyclists, recreational cyclists, weekend warriors, tandem riders, families and everyone who participates.