

Winchester Wheelmen June 2017 Newsletter

Volume 34, Numbers 6

"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

<http://www.winchesterwheelmen.org>

JUNE MEETING ANNUAL COOK OUT!

We will be at First Methodist Church Picnic grounds on Apple Pie Ridge, across from Apple Pie Elementary School on **Tuesday, 13 June 2017, 6:30PM**. This Meeting will be our annual cook out meeting, sponsored by Ed Duncan. If you are planning to attend, please send an RSVP to club president, Ken Tenney at k_tenney@verison.net or telephone at 540 664 8435 by Sunday, 11 June 2017. Also, if you would like to bring a covered dish or a dessert, please contact Ed at ed327is@gmail.com and let him know. Would be greatly appreciated.

JUNE IN THE VALLEY, RIDES GALORE!

9th Annual Shenandoah Valley Heritage Ride – Postponed to Sunday, 27 Aug 2017

9th Annual Shenandoah Valley Heritage Ride to support the KIDS CLUBS of Northern Shenandoah Valley will be held on Sunday, June 4th. 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. www.svhride.org. 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.

**Due to construction on the bridges, over Cedar Creek, on Route 11 south of Middletown, the 50 and 70 routes have been changed. The cue sheets will reflect the change.



June West Virginia Getaway

June 8th-11th. As posted in the April Newsletter, we will be doing a long weekend Near Canaan Valley, where you can Mountain Biking, Road Biking, Hiking, Site See or just relax. Come for 1 day or the whole time. Call Robert Golightly for details at 540 535 9986.

Winchester Wheelmen June 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 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**. Robert Golightly is leading. This ride is 23 miles and will average 14 to 16 MPH There is also an option to climb Buck Mountain. We will have two short rest stops and regroup as needed. 540 535 9986

Monday-Casual Ride - Same location as above, but will take off at **5:30pm**. Distance is about 12 miles. Call Susan Walker for more details at 540 247 7706.

Tuesdays - Road Ride - Stephens City, VA. Meet at Shop 'n Save 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> There is no ride leader for the month of June.

**** Wednesdays - Mixed Surface Ride - Frederick County, VA.** Ride starts from Fellowship Bible Church and the time is **6:15PM Sharp**. This will be about 25 mile ride that will travel on different road surfaces, Blacktop, gravel, etc. DJ Arnold is leading and may be reached at ti22c6@yahoo.com.

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 **9:00AM** for May at the following locations:
-- **June 1st** - Meet at the Italian Touch in Middletown, park in back
--**June 8th** - Meet in the parking lot across from St. Paul's Lutheran Church in Strasburg.
--**June 15st** - Meet at Santorini's Grill in Berryville, Park in back.
--**June 22nd** - Meet at Rock Harbor Golf Club, park on left.
--**June 29th** - Meet at the Episcopal Church in Millwood, across from Project Hope.

Thursday, 01 June 2017 ONLY. Training rides, for the kids will be held every Tuesday and Thursday, starting on May 9th. The rides will start at the Kid's Club building at 2400 Roosevelt Ave. Located just off S. Loudoun St., about a ¼ mile south of Blue Ridge Bicycles. These are easy pace rides of 10 to 12 miles. Please contact Mike Perry for more information at 540-877-1795. Everyone is welcome to ride on the training rides.

Thursdays - Night Road Ride - White Post, VA. This 17 mile ride starts from White Post Restorations. Ride departs promptly at **6:15PM**. Average speed is 15-17mph. There is no ride leader. Ride is usually followed by dinner at Roma's in Stephens City.

Thursday - Casual Ride - White Post, VA. This ride will start in the same location as the one above, but will start at **5:30PM**. Susan Walker will lead. 540 247 7706.

Friday - "Unwind from the Grind" - White Post, VA. 6:00PM. Easy pace, no drop ride from White Post Restorations. Will use the traditional 17 mile route over quiet, rolling hills. Please contact Rick Pennington at flutis001@gmail.com for more information.

Saturdays - Blue Ridge Bicycles - Winchester, VA. Fast Shop Ride will depart at 8am. 17+ mph ride with a distance of about 20 miles. DJ is the ride leader.

Saturdays- Blue Ridge Bicycles – Winchester, VA. Moderate road ride. Will depart at 8am and the speed will be in the 12-14 mph zone. Mike Perry will lead this ride.

Scenic Ride

June 18th. "Heart of the Valley Ride". This ride will start at the Central High School, in Woodstock, Va. at 10am. The School is located about one mile east of I-81, off the Woodstock Exit. This is about a 40 mile ride and we will eat in Woodstock after the ride. A cue sheet will be available, but the ride goes to Edinburg, Mount Jackson and back to Woodstock. This will be a casual pace and regroup as needed. Please call Robert Golightly at 540 535 9986 or email at rgolightly22601@gmail.com

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