

Winchester Wheelmen AUGUST 2017 Newsletter

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"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

<http://www.winchesterwheelmen.org>

August Club Meeting

We will not have a formal club meeting for August, but if there are business items, they will be handled at the Sundae Ride.

SUNDAY SUNDAE RIDE!

Please join the club in celebrating a summertime afternoon ride on 13 August 2017, starting at White Post Restoration. There will be 2 rides, both starting at **3:00pm**. The 6 mile course and the regular 17 mile course will be followed. When you get back, please enjoy a nice ice cream sundae with your fellow cyclists and their families. We encourage all family members to come out and either ride or sit under the cool shade tree and relax. The club will be furnishing the ice cream and all the fixings. We will also have ice water as well. There is limited seating, so please bring a chair.

Rescheduled Event!

The 9th Annual Shenandoah Valley Heritage ride, to support the Kids Club of the Northern Shenandoah Valley has been rescheduled for **Sunday, 27 Aug 2017**. The ride times will remain the same. **9:00am** for all rides, except the 10 miler, which will start at **9:10am**. The start location is at the Wellness Center at Valley Health. If you registered earlier in the spring, you are still already signed up to ride. If not, you can sign up the day of the event or visit the web site for more information: www.svhide.org

CLUB METRIC RIDE

The Wheelmen Metric ride will take place October 1, 2017. This year the club metric will start at the Fire Hall in Clearbrook. It is located on Brucetown Road, just past the parking lot for Clearbrook Park. The ride will start at 9am. There will be several options to ride. There will be a Metric, 30 to 35 miler and a 20 miler. The Metric will travel east and west of I-81, with the west side being hilly. Cue sheets will be posted sometime in September.

There is no charge for this event, but you do need to be a member of the Wheelmen to participate. You can sign up for your membership the morning of the event. Membership cost is \$20.00 for individuals or families.

Please add this ride to your schedule. Also, just a reminder that many other regional clubs are setting up their fall events and are now open for registration.



Group picture in Edinburg, VA



Mr. Perry always carries a big flag with him. Got that from Bob Morris. Rebecca and Bill enjoying the ride.



Monday night rides can get very competitive!

Winchester Wheelmen August 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. Please have a white front light and red rear flasher 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> Distance is TBD by participants depending upon daylight constraints. Please have a white front light and red rear flasher. Ken Tenney is leading the slower ride for the month of August. He may be reached at 540 664 8435.

Wednesdays - Mixed Surface Ride - Frederick County, VA. Ride starts from Fellowship Bible Church and the time is **6:15PM Sharp**. This will be a 25 mile ride that will travel on different road surfaces, blacktop, gravel, etc. DJ Arnold normally leads, but Ken Tenney will be leading for July. He may be reached at 540 664 8435 by voice or text.

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 **5:45PM**. Susan Walker will lead. 540 247 7706. Please join the other Thursday night riders for dinner at Roma's.

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:

-- **August 3rd** – Meet at the Italian Touch in Middletown, Park in back

-- **August 10th** – Meet at Valley Baptist Church in Edinburg

-- **August 17th** – Meet at Santorini's Grill in Berryville. Park in back.

-- **August 24th** – Meet at Rock Harbor Golf Course. Park to the left.

-- **August 31st** – Meet at the Italian Delight on Warrior Drive in Stephens City. Park close by instead of at the restaurant.

Saturdays - Blue Ridge Bicycles - Winchester, VA. Moderate road ride. Will depart at **8:00AM** and the speed will be in the 12-14 mph zone. Mike Perry, or a substitute, will lead the ride leader.

Saturdays - Blue Ridge Bicycles - Winchester, VA. Fast Shop Ride will depart at **8:00AM**. 17+ mph ride with a distance of about 20 miles. Ken Tenney is leading.

Saturdays - Casual Road Ride - White Post, VA. Susan Walker is leading a weekly casual ride. She asks that if anyone is planning to ride on a given Saturday to text her at: 540 247 7706.