WINCHESTER WHEELEMAN

August 2018 Newsletter
Volume 35, Number 8
"The Bicyclists' Voice in the Shenandoah Valley"
P.O. Box 1695, Winchester, VA 22604
http://www.winchesterwheelmen.org

AUGUST MEETING:
The August meeting will be held on Wednesday, August 8th at 6:00 PM. This meeting will be held at El Centro, 1 N. Loudoun St., Winchester, VA 22601. Please let Ken Tenney know by Tuesday, August 7th, if you are planning on attending. k_tenney@verizon.net

July Meeting
Treasurer’s Report
Checking and Savings: $3,300.00

26 members were at the July Meeting. Thanks to Ed Duncan for hosting the event. We had a good number of riders join in on the tire changing class.

KID’S CLUB RIDE IS THIS MONTH!

Be sure to sign up and do the Kid’s Club ride that will be held on August 12th. There are 4 different routes of 10, 30, 50 or 70 miles. All rides start at 9:00am, except the 10 miler, which starts at 9:10am. The cost is $40.00 per rider, unless you register by August 5th and the cost will be $35.00. All routes start at the Wellness Center, located at the north end of the Valley Health Medical campus. You are welcome to register that morning, prior to the start of the ride. https://interland3.donorperfect.net/weblink/weblink.aspx?name=E170197&id=39

Winchester Wheelmen August 2018 Ride Schedule
Weekday/Weeknight/Weekend Rides & Events

Note: For 2018, 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, 3265 Apple Pie Ridge Rd, Winchester, VA 22603 for a 6:15PM ride start. Robert Golightly is leading. This ride is 24 miles. Call Robert Golightly for more details at 540 535 9986.

Tuesdays - Casual Ride - Frederick County, VA. Start from Orchard View Elementary School. Ride to start each Tuesday morning at 9:00AM. 18 mile loop with Susan Walker. May have to change location after school starts on the
15th.  Pace usually around 13 to 15mph.  Please contact Susan Walker at susanwwalker@comcast.net or text her at 540-247-7706 if you plan to attend.

**Tuesdays - Road Ride - Stephens City, VA.** Meet at the old Shop 'n Save Plaza east of Stephens City on VA 277 for the 6:00PM ride start (push off time). 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](http://www.ridewithgps.com/routes/102730)  No ride leader for the 17-19mph group for August. Phil Edinborough is leading a “C” ride from his house at 5:40PM at 115 Andalusian Court, Stephens City, VA. That group will arrive to meet the 6:00PM ride at the plaza. The pace of that ride is intended to be 15-17mph. Please check the WW Google Group for updates.

**Wednesdays - Road Ride - Frederick County, VA.** Ride from Orchard View Elementary School starting at 6:30PM. Please be ready to push off at 6:30. This is a 17 mile loop. The average speed is around 16 to 17MPH and has 3 stops to regroup. Last 4 miles back is a pace line and is good training for pace line riding, as we keep the pace between 18 and 20 MPH on this fairly flat portion of road. Please contact Robert Golightly for more information at rgolightly22601@gmail.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 August at the following locations:

--August 9th - Meet at Santorini Grill, Berryville
--August 16th - Rock Harbor Golf Course, park on left.
--August 23rd - Italian Touch in Middletown, park in back.
--August 30th - Meet in the parking lot across from St. Paul’s Lutheran Church, Strasburg.

**Thursdays - Casual Ride - White Post, VA.** This ride will start from White Post Restoration at 5:30PM and do the regular 17 mile route. May also want to join the group below for dinner at Roma’s. Please contact Susan Walker at susanwwalker@comcast.net or text her at 540-247-7706 if you plan to attend.

**Thursdays - Night Road Ride - White Post, VA.** This is a "go" unless there is rain or snow. Ride starts from White Post Restorations. Ride departs promptly at 6:15PM. Average speed is 15-17mph. No ride leader. Ride is usually followed by dinner at Roma’s Restaurant in Stephen’s City, VA.

**Thursdays - Mixed Surface Ride - Frederick County, VA.** Ride starts from Fellowship Bible Church and the time is 6:00PM sharp. This will be about 25 mile ride that will travel on different road surfaces, Blacktop, gravel, etc. Ken Tenney will lead for the month of August. Contact him at 664 8435 or k_tenney@verizon.net with questions. Please do check the WW Google Group for ride status on a particular Thursday.

**Saturdays - Casual Road Ride – Berryville, VA.** This ride starts at the Exxon on the north side of Route 7, just west of Berryville at Kimble Road (SR 653). Please contact Susan Walker at susanwwalker@comcast.net or text her at 540-247-7706 if you plan to attend.

**Saturdays - Shop Rides - Winchester, VA.** Morning Road rides from Blue Ridge Bikes will start at 8:00AM. These rides are around 20 miles and are finished before 10:00. Mike Perry and DJ Arnold will lead these rides. Mike’s will be in the 12 to 15 mph range. DJ’s ride is changing as we move into the last part of summer. It will be a cyclocross intervals/pre-race ride. Doing intervals until cross season begins and pre-race rides on weekends there is racing. Cyclocross bikes are recommended but not req'd.  **(Please note that DJ's ride leaves promptly at 8:00AM.)**

---

**Winchester Wheelmen August 2018 Ride Schedule**

**Future Weekend Rides or Events**

- **Sat., 04 Aug 2018 - Mt. Mama Road Bike Challenge - Monterey, VA.**  

- **Sun., 12 Aug 2018 - Kid's Club Ride - Winchester, VA.** Early registration ends 05 Aug 2018.  

- **Sun., 19 Aug 2018 - Lancaster Covered Bridge Classic - Lancaster, PA.**  
  [https://lancasterbikclub.net/cbc/](https://lancasterbikclub.net/cbc/)
Fingerlake Tour 2018

Our home for the week.

Out for the day.

1st ride of the week.

Dinner cruise on Lake Seneca.
Thursday Casual Ride at WP

Near Oranda, VA with Eddie Strosnyder, Dwight Cooper, Zita Wenzer, Rodney, and Wolfgang Wenzer. Photo by Patrick Dynes.