

Winchester Wheelmen SEPTEMBER 2018 Newsletter

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"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

<http://www.winchesterwheelmen.org>

SEPTEMBER MEETING

PLEASE JOIN US FOR THE MONTHLY MEETING TO BE HELD AT BREWBAKER'S RESTAURANT ON TUESDAY, SEPTEMBER 11TH, STARTING AT 6:00PM. (Location is 168 N. Loudoun St., Winchester, VA 22601.) Dinner first with meeting to follow. Please let Ken Tenney know if you are planning on attending by Monday, September 10th. He can be reached at k_tenney@verizon.net or 540 664 8435. It is important to have everyone's input into club activities and events. Your help in planning activities for the club helps broaden our ride base, activities and membership. It is time to plan for the Banquet and 2019 events. Hope you can make the meeting.

WINCHESTER WHEELMEN METRIC CENTURY!

Please join us for our **5th annual Metric Ride** on October 14th from the Clearbrook Fire Department. Ride will start at **10:00am**. The fire department is located on Brucetown Road, about ¼ mile past the north entrance to Clearbrook Park. There will be 4 choices of rides: 20 miles, 25miles, 37 miles, and 62 miles. The 25 mile and the metric (62 mile ride) will be have more hills than the other options. There will a rest stop for the century ride at the fire hall. For all other rides, there will refreshments and snacks at the end. There will also be food and drinks prior to the start of the ride.

This ride is for club members and their families and there is no charge to ride. You are more than welcome to pay your dues that day and ride. We will have membership forms available the morning of the ride. The cost is \$20.00 and will cover your 2019 dues.

Cue sheets will be available morning of the ride, but the 25 miler and first part of the century takes you to the west side of I-81 and the 20, 37 and second half of the Century takes you east to Clarke County.

KID'S CLUB RIDE!

The Kid's Club would like to thank everyone who came out for their benefit ride. This money goes a long way in helping the club maintain its presence in the community and work with area children in the areas of after school activities, education and building a positive role model.

Winchester Wheelmen 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. Non-members may only ride one ride as a guest. Membership is requirement following that guest ride per club LAB insurance requirements. 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. This ride will now require and front white light and red rear flashing light until the end of the season.

Mondays - Casual Road Ride - Frederick County, VA. Meet at White Hall Methodist Church, 3265 Apple Pie Ridge Rd, Winchester, VA 22603 for a **5:30PM** ride start. Susan Walker is leading. This ride is 15.9 miles. Please contact Susan Walker at susanwalker@comcast.net or text her at 540-247-7706 if you plan to attend. This ride will now require and front white light and red rear flashing light until the end of the season.

Tuesday Night rides from Shop `n Save will be posted to the WW Google Group as impromptu rides for the remainder of the year.

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. This ride will now require and front white light and red rear flashing light until the end of the season.

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** at the following locations:

--**September 6th** - Meet at Italian Delight on Warrior Drive, Stephens City

--**September 13th** - Rock Harbor Golf Course, park on left.

--**September 20th** - Santorini Grill in Berryville

--**September 27th** - Italian Touch, Middletown, if able, please park at Lord Fairfax Community College due to limited parking at the Italian Touch.

Thursdays - Mixed Surface Ride - Frederick County, VA. Ride starts from Fellowship Bible Church and the time is **6:00PM sharp**. This will be about an 18 mile ride that will travel on different road surfaces, Blacktop, gravel, etc. Ken Tenney leading for September, but check the WW Google Group for ride status. Front white light and red rear flashing light are required.

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. This ride will now require and front white light and red rear flashing light until the end of the season.

Thursdays - Casual Road Ride - Frederick County, VA. Meet at White Post Restorations, White Post, VA for a **5:30PM** ride start. Susan Walker is leading. This ride is 17.4 miles. Please contact Susan Walker at susanwalker@comcast.net or text her at 540-247-7706 if you plan to attend.

Saturdays - Shop Ride - 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 will lead this ride. Mike's will be in the 12 to 15 mph range. (DJ's Saturday morning ride is complete for the season, as cyclocross racing is underway.)

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). Start time is **9:00AM**. Typical distance is 17.1 miles. Please contact Susan Walker at susanwalker@comcast.net or text her at 540-247-7706 if you plan to attend.



Rainy Night at White Post!

Everyone, Please send me pictures from your biking adventures so I can add them to the newsletter. Fun looking at what everyone is doing. Facebook on wheels! rgolightly22601@gmail.com

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