

WINCHESTER WHEELMEN FEBRUARY 2019 NEWSLETTER

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"The cyclist voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, Va. 22604

[Http://www.winchesterwheelmen.org](http://www.winchesterwheelmen.org)

FEBRUARY MEETING:

This month's meeting will be held on February 12th at Blue Ridge Bicycles. The meeting will start at 6:00pm. We will order pizza and have soda and water. Feel free to bring an adult beverage. While the pizza is being delivered, we will have the meeting and after the meeting, Diane Walker will do a slide presentation of her trip to Southeast Asia. Please bring a chair and we are asking for a \$5.00 donation to help cover the cost of the pizza. Please contact Ken Tenney by Monday, February 11th, to let him know you are attending. Contact Ken at k_tenney@verizon.net

MINUTES FROM THE JANUARY MEETING:

Treasurer report: \$4,614.28 (includes checking, savings and cash on hand).

Current Expenses:

Cost for new checks: \$19.55

Club Insurance: \$1,517.00

Domain Name Fee: \$75.00

Insurance: Ken initiated a discussion regarding the cost and how the L.A.B. charges clubs for the insurance. The current premium is based on self-reporting on estimated number of members, club rides and the number of events (aka rides). Jon said he would take a closer look at our reporting to see if we are over estimating our participation, which could lower the cost. All agreed that while the previous insurance is high for such a small club, it is still necessary to carry.

GPS: Ken bought up the possibility of a club registration for the riding app Ride with GPS. This app is one that members look up rides and download them themselves. It would also feature voice navigation and could easily transition to phones. Ken would be the manager and would create a list of members allowed to use the app. Cost would be \$250.00 per year. This passed with the approval via a show of hands.

Robert proposed to make a \$100.00 donation to White Hall United Methodist Church for allowing us to use their parking lot regularly for rides. Based on a show of hands, donation was approved.

Summer Trips: At this point, no summer trip is planned, but we are planning two other events. First, a long weekend trip to Robert's cabin, which will be late May or early June. The second, a 3-day biking trip from Winchester area to Orkney Springs, most likely July 19th to the 21st. This would include staying at the hotel there and enjoying 2 concerts on the grounds. More info will follow in each event.

A RIDE THROUGH TIME

I RIDE THROUGH TIME,
STRETCHING IT OUT WITH THE SURREAL DISTORTION,
I RIDE FOR FREEDOM,
I AM IMMORTAL, FREEDOM FROM THE FEAR OF DEATH,
I PUSH MYSELF TO THE LIMIT OF MY MORTAL FRAME,
THEN TRANSCEND THAT HUMAN PAIN,
ENTER INTO THAT FOURTH DIMENSION.

MY WHEELS NO LONGER TOUCH THE GROUND,
THEY'RE FLOATING ON PASSIONATE EFFORT,
A WHOLE-HEARTED SINGLE-MINDED EFFORT,
THE RHYTHM OF A PERFECT CIRCLE,
A PULSING RHYTHM THAT RISES ABOVE THE WORLD'S WOES.

MOVEMENT BRINGS FREEDON.

UNFETTERED YET FITTING IN PERFECTLY,
UNCONVENTIONALLY CONVENTIONAL,
AN INDEPENDENT FORM OF MOVEMENT.

I KNOW EXACTLY HOW FAR I HAVE TRAVELED,
I CAN FEEL HOW FAR I HAVE MOVED.

ALLOW THE SPIRIT OF YOUR SURROUNDINGS FEED YOUR MOVEMENT,
THE HARDER I PUSH, THE MORE I MERGE WITH MY SURROUNDINGS,
MY AIM IS TO REACH THAT POINT OF EFFORTLESS MOVEMENT,
TURBO BOOSTED BLOOD PUMPING ROUND MY MUSCLES,
MY SPIRIT IS ONE WITH MY BODY,
BRAIN, MUSCLES AND SPIRIT IN TOTAL EFFORT,
PRODUCING A PURE SINGLE-MINDED EFFORT,
HUMAN BODY, TREES, MOUNTAINS, RIVERS, SPIRITS AND BIKE.

CARLO CASTELVECCHI. MAY 2002

WHEELMEN FEBRUARY 2019 RIDE SCHEDULE

Note: For 2019, 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 - MTB Ride - Various locations. Will be determined each week by the Sunday before the ride and will be posted on the Google Group by Robert Golightly.

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.

Thursdays - Retired/Day - Off Ride of the Week. This is a moderately 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.) If the day's high is less than 40deg F, the ride is canceled. *While there is no official ride leader, this is a group ride and those familiar with the route picked are asked to make sure all are able to follow the route and slower riders are not left behind.* The rides will start at **10:00AM** at the following locations:

- **Feb. 7th: Italian Delight on Warrior Drive in Stephens City**
- **Feb. 14th: Italian Touch in Middletown, park in back.**
- **Feb. 21st: Parking across the street from St. Paul's Lutheran Church in Strasburg.**
- **Feb. 28th: Santorini Grill in Berryville.**

Saturdays - Morning Mountain Bike at Andy Guest/Shenandoah River State Park - Bentonville, VA. We will be riding each Saturday morning at **11:00AM**. We will meet in the parking lot located just below the parking lot for the Zip Line ride. Each week's ride is adjusted to accommodate all riders who come out for the ride. Robert Golightly is leading and may be reached at 540 535 9986.