

WINCHESTER WHEELMEN JUNE 2019 NEWSLETTER

Volume 36, Number 6

"The Cyclist's voice in the Shenandoah Valley"

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

www.winchesterwheelmen.org

JUNE MEETING:

Club member Ed Duncan will host the annual cookout meeting on Monday, June 12th at his home, located at 327 North Braddock Street. The cookout will start at **6:00pm**, with dinner first and meeting to follow. Contact Robert at rgolightly22601@gmail.com to let him know you will be attending. Please let him know by Sunday evening, June 11th. Ed's house is located one block north of the Handley Library, on the same side of the street. You can park on Braddock or Peyton Streets.

MINUTES FROM THE MAY MEETING:

Treasurer report: \$3,200.00, which includes checking, savings and cash on hand.

In February, the club registered for the riding app Ride with GPS. This app is for members to use to look up rides and download themselves. It features voice navigation and can easily transition to phones. Ken Tenney and Michael Konopa will manage the RGPS site and will create a list of members users. Please contact Ken for more information. Mike Konopka presented a review of how to use the app at the May meeting, hosted by Niki Adhikusuma and Greenway Engineering.

Mike Perry stated that the date for the Kid's Club Ride has been set. It will be August 25th. Full details will be in the July Newsletter.

Winchester Wheelmen June 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.

Monday - Road Ride - Frederick County, VA. Monday night road ride from White Hall United Methodist Church (3265 Apple Pie Ridge Rd, Winchester, VA 22603). Rides will push off at **6:15 PM**. This is a 24 mile loop that travels north into West Virginia. Ride is at moderate pace, with some climbing. Always need a rear light and a front light is recommended. Please contact Robert Golightly for more information on this ride. rgolightly22601@gmail.com

Tuesday - Road Ride - Stephens City, VA. Meet at the old Shop 'n Save Plaza east of Stephens City on VA 277 for the **6:00 PM** ride start (380 Fairfax Pike, Stephens City, VA 22655). 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>; Ken Tenney will lead the ride for June. There may be a 14-16mph group each week. Please check the WW Google Group for details.

Wednesday - Road Ride - Frederick County, VA. Ride from Orchard View Elementary School starting at **6:30 PM**. 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 the 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 ride is an easy to moderate pace ride starting at various locations. Rides start at **9:00 AM** and ride length is between 20 to 30 miles, with an average speed of 12-15 MPH. The rides usually have a lunch break stop or lunch after. Rides are as follows:

- **June 6th:** Italian Delight on Warrior Drive, 28 mile loop.
- **June 13th:** Meet at St. Paul's Lutheran Church in Strasburg (park across the street in the paved lot).
- **June 20th:** Meet at Cooley School in Berryville, located at the corner of business 7 and Westwood road (state route 636).
- **June 27th:** Meet at 192 Wildflower Lane for the start. Lunch will be provided by the Perrys for those who RSVP. Lunch will be grilled hot dogs, chili dogs, sloppy joes, beans, slaw, salad and drinks. Ride length will be 30 miles.

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

Thursday - Paceline Ride - Berryville, VA. 27 mile ride. <https://ridewithgps.com/routes/29740009> Push time is **6:00 PM**. Hard-working paceline group. Expected pace is 20mph and greater. Meet at DG Cooley School west of Berryville, across from the Clarke County Fairgrounds: Lower Campus, 34 Westwood Road, Berryville, VA 22611. Ken Tenney is leading and may be reached at 540-664-8435(M).

Saturday morning Rides from Blue Ridge Bikes. There will be 2 rides from the shop parking lot. Both rides will take off at **8:00 AM**. The first group will be a faster group, with an average pace of 17+ mph. The second group will average around 13 to 15 mph. DJ will lead the first group and Mike Perry the second group. Please stop by the shop for more information on these rides.

Winchester Wheelmen June 2019 Ride Schedule Future/Weekend Rides or Events

- **Sat., 08 June 2019 – Triple Peak Gran Fondo – Winchester, VA.** <https://www.elementsport.com/triple-peak-gran-fondo-2019/>
- **21-26 June 2019 – Bike VA – Woodstock, VA.** <https://bikevirginia.org/2019-tour/>

- **Sat., 22 June 2019 – Garrett County Gran Fondo – Deep Creek Lake, MD.**
<https://garrettcountrygranfondo.org/>
- **Sat., 20 July 2019 – Gran Fondo Alleghany – Covington, VA.** <http://granfondoallegany.com/>
- **Sun., 22 Sept 2019 – Back Roads Century – Shepherdstown, WV.**
<https://transitiontri.com/loco-ride/>
- **Sat., 03 Aug 2019 – Mountain Mama Road Bike Challenge – Monterey, VA.**
<http://highlandcountyrecreation.org/mountain-mama-road-bike-challenge.html>
- **Sun., Aug 25th – Kid’s Club Ride – Winchester, VA. URL TBD.**

Sunday, 23 June 2019 – “Heart of the Valley Ride” – Woodstock, VA. This ride will start at the Central High School, in Woodstock, VA. at 10:00am. 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 Ken Tenney at 540 664 8435 or e-mail at k_tenney@verizon.net

Pedal for Pooches Photo by Zita Winzer



Bruce Taylor, Wolfgang Winzer, Duffy, Zita Winzer, Mike Underwood, and Mike Konopa

Please send your photos to Robert Golightly at rgolightly22601@gmail.com to be included in future newsletters!