

WINCHESTER WHEELMEN April 2019 NEWSLETTER

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"The Bicyclist's Voice in the Shenandoah Valley"

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

www.winchesterwheelmen.org

APRIL MEETING:

The April monthly meeting will be held on Monday, April 8th at Paladin Grill, 181-A Warrior Drive, Stephens City, VA. They have a meeting room we're going to use for the first time. The meeting will start at 6:00pm, with dinner first and meeting to follow. Please contact Ken at k_tenney@verizon.net to let him know you will be attending. Please let Ken know by Friday evening, April 5.

BEWARE OF LYME DISEASE!

Spring brings an increase in outdoor activities which mean an increased exposure to tick borne illnesses. Lyme is the most well-known of the diseases and most now know that it isn't the larger dog ticks that carry Lyme, but the tiny deer ticks which aren't much bigger than the period at the end of this sentence. Our Shenandoah Valley region is an endemic area for Lyme so it is important to know the symptoms of Lyme and how to protect yourself. Lyme can cause any or all of the following: fever, fatigue, headaches, joint pain, swollen glands and even irregular heart rhythms. If you experience any of these for more than a day or two, you should consider seeing a medical provider and include Lyme in the differential. Patients with Lyme may not get the Bullseye or 'erythema migrans' rash and some evidence indicates this rash occurs in only half of the Lyme cases.

There is controversy as to whether the Lyme Antibody Screen versus the Lyme Immunoblot blood test should be performed if Lyme is suspected. Many 'Lyme Literate' doctors advise the Immunoblot should be the test of choice. If you are seen by Urgent Care and told your Lyme antibody screen is negative, you should follow up with your primary care provider if you are not feeling better in 48 hours and consider the Lyme Immunoblot. Protecting yourself against tick borne illnesses is difficult, but worth attempting. Treat your clothing, including your shoes and socks, with Permethrin. You can purchase pretreated clothing from REI and L. L. Bean and the treatment lasts about 70 washes. You can also spray a Permethrin spray such as Sawyer on your clothing (including socks) before outings and be sure to spray your

hiking boots, sneakers, etc. once a month at minimum. DEET is NOT effective against ticks. Wear light colored fabrics to help spot them more easily and wicking fabrics are the best because nymphal ticks need moisture to survive. Staying in sunny areas helps avoid ticks, and throwing your clothing into the dryer for 5 minutes on high heat when you're done with your hiking or biking can kill them. Tick checks are helpful too, but you have to be extra vigilant because the nymphal ticks are so small. If you have a 4 legged companion, make sure they get their preventive tick therapy too!

REMEMBER, if you do not feel well, don't just keep waiting to get better, see your healthcare provider for an evaluation. Lyme treatment is more effective when started as soon as possible. Hopefully, with prevention and some vigilant tick checks, everyone can safely enjoy the beauty this area has to offer.

Doctor Tracy Johnston
Article Provider

MINUTES FROM THE MARCH MEETING:

Treasurer report: \$2,819.28 (includes checking, savings and cash on hand).

Current Expenses: Renewal of the domain name/URL for the club. No cost given. This is an every 5 year renewal. \$250 fee for the GPS APP.

In February, the club voted to register for the riding app Ride with GPS. This app is the one that members look up rides and download themselves. It would also feature voice navigation and could easily transition to phones. App has been set up and Ken will manage the app and will create a list of members users. Please contact Ken for more information and he will update us at the April meeting.

Reminders: now that it is spring and more people out riding. Remember good biking etiquette and with all the rain, freezing and thawing, watch out for pot holes and other unexpected problems.

Summer Trips: At this point, no summer trip is planned, but we have a 3 day biking trip from Winchester area to Orkney Springs. This will take place July 26th to the 28th. Please see article below on all details.

BIKE TRIP FROM MIDDLETOWN TO ORKNEY SPRINGS

SEE THE BEACH BOYS AND CELEBRATE 50 YEAR ANIVERSARY OF WOOKSTOCK!

DATES: JULY 26 TROUGH JULY 28TH.

RIDE WILL START ON JULY 26TH AT 9AM FROM LORD FAIRFAX C.C.

WILL STAY 2 NIGHTS AT THE SHRINE MONT HOTEL IN ORKNEY SPRINGS. RETURN ON SUNDAY ROUTE DOWN AND BACK ARE 41 MILES EACH.

PLEASE JOIN US FOR THIS VERY SPECIAL EVENT. WE WILL BIKE FROM MIDDLETOWN TO ORKNEY SPRINGS TO THE SHRINE MONT HOTEL. WHILE THERE, WE WILL BE SEEING 2 CONCERTS. ON FRIDAY NIGHT, WE WILL ENJOY AN EVENING WITH THE BEACH BOYS AND THEN ON SATURDAY NIGHT WE WILL ENJOY THE PIEDMONT SYMPHANY ORCHESTRA PLAYING THE MUSIC FROM THE 1969 CONCERT AT WOODSTOCK N.Y.

WHILE AT THE HOTEL, YOU WILL ENJOY THE BEAUTY OF THE SURROUNDINGS AT THE BASE OF GREAT NORTH MOUNTAIN. YOU CAN JUST RELAX IN THE SHADE, ENJOY THE OUTDOOR POOL OR ENJOY THE OTHER ACTIVITIES AVAILABLE. WE WILL ALSO PLAN A BIKE RIDE SATURDAY MORNING.

ALL CONCERT TICKETS AND MEALS ARE INCLUDED IN THE PRICE OF THE ROOM. THE MEALS INCLUDE FRIDAY DINNER. BREAKFAST, LUNCH AND DINNER ON SATURDAY AND BREAKFAST AND LUNCH ON SUNDAY.

PLEASE GO ON LINE AND VISIT THE SHRINE MONT (ORKNEY SPRINGS) WEBSITE. THERE ARE PICTURES OF BEAUTIFUL 1880'S BUILT HOTEL AND THE ALL THE SURROUNDING FACILITIES.

AVILABILITY WILL BE LIMITED AND GO FAST, SO CALL ROBERT GOLIGHTLY AT 540-535-9986 FOR DETAILS, OR IF YOU HAVE ANY QUESTIONS.

WHEELMEN MARCH 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 night road rides will start April 15th from White Hall United Methodist Church. Rides will push off at 6:15pm. 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 maybe needed through April.

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. This is not a beginner ride; the pace is 17-19mph for the slower group, 19+ for the faster 2 group. Typical loop is here: <http://www.ridewithgps.com/routes/102730> Ken Tenney will lead the ride for April. Lights req'd.

Wednesday night rides from Orchard View Elementary School. Start time for the ride will be 6:30pm. Be ready to push off at 6:30. Ride length is 17 miles. Front and back lights are required.

Thursday night road rides from White Post, Va. This 17 mile ride starts at White Post Restorations. Ride departs promptly at 6:15pm. There is no ride leader and rear lights are required. Dinner at Roma's, in Stephens City, after.

Thursday Retired/Day-off Ride of the week. This ride is an easy to moderate pace ride starting at various locations. Rides start at 10am 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:

- **April 4th: Italian Touch in Middletown, park in rear. 24 mile western route.**
- **April 11th: Gerrardstown Loop. Park at James Wood tennis courts parking lot on Woodside Place, just off Apple Pie Ridge Road, 34 miles.**
- **April 18th: Rock Harbor Golf Course, park in the gravel parking lot to the left, before the club house. 25 mile ride.**
- **April 25th: The Jail Trail Loop to Shepherdstown, from Martinsburg. Park at the western end of the Route 9 Bike Trail, located on Route 9, just past the entrance to the regional jail on Route 9. 31 mile loop**

Saturday morning Rides from Blue Ridge Bikes. Starting April 6th. There will be 2 rides from the shop parking lot. Both rides will take off at 8:00am. 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.

Casual rides by Susan Walker will take place at various times and locations. Susan will post these rides on the Wheelmen Google Group as early as possible.

Winchester Wheelmen April 2018 Ride Schedule Future Weekend Rides or Events

- Sun., April 14th - Harris-Roubaix - Harrisonburg, VA. <http://svbcoalition.org/events/annual/the-harris-roubaix/>
Fun mixed surface ride down the Valley.
- Sun., April 28th - WV MBA Enduro MTB Race - Cacapon State Park, Berkeley Springs, WV.
http://www.wvmba.com/ridewv/index.php?option=com_content&view=article&id=104&Itemid=85
- Sat., May 4th - Apple Blossom 10K - Winchester, VA. <http://thebloom.com/event/10k-race/>
- Sat., May 18th - Pedal for Pooches - Charles Town, WV. <http://www.baacs.org/pedal/>
- Sat., May 18th - Tour de Madison - Madison County, VA. <http://tourdemadison.com/> and
<https://www.bikereg.com/32nd-annual-tour-de-madison>
- Sun., May 19th - Storming of Thunder Ridge - Lynchburg, VA. <http://stormingofthunderridge.org/>
- Sun., May 26th - Mountains of Misery - Newport, VA. <http://www.mountainsofmisery.com/>

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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