

WINCHESTER WHEELMEN MAY 2019 NEWSLETTER

Volume 36, Number 5

"The Cyclist's voice in the Shenandoah Valley"

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

www.winchesterwheelmen.org

MAY MEETING:

This month's meeting will be held on May 14th at Greenway Engineering, 151 Windy Hill Lane, Winchester, VA 22602 (courtesy of club member Niki Adhikusuma). The meeting will start at **6:00 PM**. 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, Mike Konopa will execute a demo of the WW Ride with GPS user interface. The meeting will occur in Greenway's conference room with a large computer monitor (80"+ diagonal measurement) for everyone to see what is taking place for site navigation. Please contact Robert Golightly by Monday, May 13th, to let him know you are attending. Contact Robert at rgolightly22601@gmail.com or 540-535-9986. \$5 cash donation for pizza is appreciated at the event.

MINUTES FROM THE APRIL MEETING:

Treasurer report: \$3,166.00 (includes checking, savings and cash on hand).

Current Expenses: Renewal of the domain name/URL for the club. No cost given. This is a every 5-year renewal.

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 May meeting.

The semi-annual Wheelmen road cleanup was held on April 12th with 5 people helping to clean up our section of Middle Road. At first it looked like a breeze, but we completely filled up Jon's truck and had to put more onto my truck (Robert).

Ken discussed the meeting with Justin Larsen, Mike Konopa, and Ken concerning the revision of the Wheelmen website and Facebook page. There was a 20-minute discussion of what members would like to see on the website and social media in general. Mike Konopa will be taking the lead on the transition to a more prominent site, including pay portal and ride GPS aspects. Most attending members do not use the social media, but were optimistic that a reinvigorated social media presence will be good for the club. Members can look at changes soon.

Ken noted a message from K2 that there were still t-shirts to be picked up. Please contact Ken, if you still need to pick up your shirts. They may be at Blue Ridge bikes, but I am not sure.

Ken is to contact Farm-to-Fork Fondo about their future ride and will comment on this at the May meeting.

Mike Perry stated that no confirmed date for the Kid's Club Ride had been set.

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. We have one spot that is still open. The cost of the 2 night's stay and tickets to both events is \$300.00. This also includes 6 meals. Please let Robert Golightly know if you are interested. This is for sure the last available spot, as reserved tickets to the Beach Boys is sold out.

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 MAY 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. 3265 Apple Pie Ridge Rd, Winchester, VA

22603. Monday night road rides will start April 15th from White Hall United Methodist Church. 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.

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 May. 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 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 ride is an easy to moderate pace ride starting at various locations. Rides start at **10:00 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:

- **May 2nd:** Italian Delight on Warrior Drive, 28 mile loop.
- **May 9th:** Gerrardstown Loop. Park at James Wood tennis courts parking lot on Woodside Place, just off Apple Pie Ridge Road, 34 miles, reverse direction from April ride.
- **May 16th:** Meet at the Clarke County swimming pool parking lot. across from the fair grounds
- **May 23rd:** Meet at the old Daily Grind parking lot on Jubal Early Drive. 28 mile loop.
- **May 30th:** 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, about 2 miles from I-81, 31 miles.

Thursday - Casual Ride - White Post, VA. This ride will start from White Post Restoration at **5:30 PM** and do the regular 17 mile route. May also want to join the group below for dinner at Roma's. The ride is leaderless due to Susan Walker's health, but she is seeking a replacement ride leader. Please contact Susan Walker at susanwwalker@comcast.net or text her at 540-247-7706 if you can help.

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.

Saturday Casual Ride. Look for posting at the WW Google Group as impromptu rides.

Just a reminder, Saturday morning Mt. Bike rides at Andy Guest are over for the season.

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

- **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/>

Sunday, 26 May 2019 – Sunday Throwback Ride – White Post, VA. An intentionally slower, casual ride for everyone. Ken Tenney leading (by following) with Andrea on our tandem bike. Start from White Post Restorations at **9:00 AM** for a 37mile ride. Will “pit stop” in the Berryville area, somewhere TBD. Pace is casual (yes, seriously). Ken may be reached at 540 664 8435. The ride loop is here: <https://ridewithgps.com/routes/29883290> Come on out and share a ride with your fellow club members.

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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