

# WINCHESTER WHEELMEN APRIL 2022 NEWSLETTER

Volume 39, Number 4

"The cyclist's voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

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

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## April Meeting

There will be an April club meeting on Monday, April 11<sup>th</sup>. The meeting will be at Italian Touch, 229 S. Loudoun St, Winchester, VA 22601. Please RSVP to [k\\_tenney@verizon.net](mailto:k_tenney@verizon.net), if you plan to attend. Seating is limited and the restaurant must staff appropriately. The meeting date is Monday, 11 April 2022, with the social part of the meeting at 6:00 PM and the business portion about 6:30 PM.

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## March Meeting

The WW club meeting was held on Mar 9<sup>th</sup> 2022 at Blue Ridge Bicycles. What follows is a condensation of the minutes. Reminder that these are notes from the meeting, as held that date. Some items referenced may have already occurred, etc. The Meeting was called to order at 6:45 PM.

### Treasurer's Report

- Checking Account \$ 2,525
- Savings Account \$1,503
- Cash \$100
- Upcoming Payments: Ride with GPS (\$250), New Website Service Provider (\$648)

### Membership Survey Results and Conclusions

- 90 responses received (45% out of 198 emails sent)
- Respondents gave numerous detailed comments which helps interpreting the survey results
- As a general conclusion it can be assessed that the Wheelmen are motivated by Camaraderie and Fitness aspect
- Majority (68%) interested in 1-2 group rides per week
- Group rides receive generally positive feedback - but 34% of respondents suggest improvements are required
- Groups do not keep to the advertised pace
- People get dropped
- Better Group Riding skills required for certain rides (e.g. Paceline)
- Need a wide variety of pace groups (from 12mph - >20mph)
- 54% of respondents indicate interest in training activities
- Members are interested to learn from Wheelmen about (at Meetings and/or website/newsletter)
- Locally organized Rides and Races
- Training Tips
- Maintenance Tips
- There is huge interest in Gravel Group Rides
- Women ride needs fine-tuning
- There is interest in addition Club sponsored events (Wheelmen Century, Ice Cream, Gravel, Family, Wheelmen Group at other organized events.)
- Anybody interested in more detailed information about the survey can contact Wolfgang @ 540-303-3671 or [wwinzer@me.com](mailto:wwinzer@me.com)

### CONCLUSIONS/SUGGESTIONS based on Survey (short term)

The officers concluded to work on the following action items to be implemented for the 2022 season:

- The newly designed/upgraded website will be a key element. As a first step we will introduce some changes to our weekly "Group Rides".
- We will create and implement a GRADING SYSTEM for our Club Rides which should assist less experienced riders identify the appropriate group ride level/pace
- We will offer various pace groups on Tuesday and Thursday with dedicated Ride Leaders (responsible to keep advertised pace, regrouping and feedback to riders). Of course, this will NOT eliminate the "freely paced rides". The Women's group is planning to adjust their format as well - offering 2 dedicated pace groups during their ride on Wednesdays.

- Develop "Group Riding Introduction" for new/less experienced riders (Video/in person)
- In a second Phase we will attempt to offer workout style group rides (Tempo/Endurance...) as a supplement
- Implement a Gravel Ride into the Schedule - start with "Impromptu" to test acceptance and select suitable route
- Integrate Information about Local Rides/Training etc. Into Newsletter and monthly meetings
- Newly designed Website will be play an integral role

#### **TO ALL MEMBERS:**

In order to properly organize this new format of Group Rides we are looking RIDE LEADERS willing to lead groups at pre-determined pace (e.g. 14, 16, 18mph average). We will meet prior to the first event (April 5) for some "Volunteer Ride Leader training". As a side note: Ride leaders are covered by the Club's liability insurance. Please contact one of the officers asap.

#### **Update on Website Efforts**

- Wild Apricot Test Environment has been created
- Kevin, Michael and WW are actively creating content
- Will manage all aspects of Membership admin, communication,
- Ride calendar and detailed Group Ride descriptions

#### **New Wheelmen Jersey**

- Initial meeting settled on working with Specialized through Blue Ridge Bicycle (Thanks Robert and DJ)
- Cost will be approx. \$60, availability within 6 weeks after order is placed

#### **TO ALL MEMBERS:**

If you would like to contribute in the "creative phase" and help with the design please contact either of the officers with suggestions, drawings etc.

#### **Organized Rides in Area/ Other events**

- Rotary ride on April 9, Front Royal - 10, 24, 50 and 60 mile options - registration at: <https://www.eventbrite.com/e/ride-with-rotary-bike-event-registration-249618695237>
- Stay tuned for more information about future events at the next meeting and on our new website.

#### **New/Other business**

- Andrea agreed to coordinate a casual/beginners ride at the Thursday evening ride starting in White Post. Details to follow (part of our modified Group Ride activities).
- Robert presented information about Teresa's fundraiser ride for Parkinson's Disease charity. More details at Blue Ride Bicycles.
- Check Out the "Wheelmen Corner" at Blue Ridge Bicycles
- Our member Jason T. helped SU Students with a special video project which will be shown at the Visitor Center.

## Winchester Wheelmen April 2022 Ride Schedule

### Weekday/Weeknight Rides & Events

**Note:** 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 a 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 the postings without joining the Google Group. All times listed for ride starts are departure times unless otherwise stated. Plan on arriving with enough time to be ready for the departure time. Also, if you plan to diverge from the planned route and not stay with the group, you must notify the ride leader prior to doing so. Historically there have been many rides where the ride leader has spent time backtracking or otherwise spent time and effort verifying the safety of a rider who has chosen to leave the route. Please communicate.

New detail to keep in mind for 2022. Winchester Wheelmen allows the use of battery, pedal-assist e-bikes on group rides in Class 1 and Class 3. Class 2 bikes with a twist throttle are NOT covered by club insurance and NOT allowed on rides without exception.

## **CHANGES TO SCHEDULED GROUP RIDES**

From our membership survey we learned that a majority of members enjoy "Group Rides" but many had a rather negative experience at these rides in the past. Therefore, we are introducing more "disciplined" rides on Tuesday and Thursday. The "Women's Group" will adapt a similar format for their ride on Wednesdays.

These groups will have ride leaders whose responsibility it will be to keep the groups at the advertised pace and make sure that regular re-grouping efforts occur. Ride leaders will be listed in the calendar section of our new website - it would be very much appreciated if you could drop them a short message if you plan to attend.

Off course there is **NO obligation** to join either of these groups - feel free to form your own groups - like we did for many years.

Here are the new rides:

### **TUESDAYS - Road Ride - Stephens City, VA**

**Distance:** 34.1 miles

**Elevation Gain:** 1,300 ft.

**Start Location:** Shop 'n Save Plaza east of Stephens City on VA 277 (380 Fairfax Pike, Stephens City, VA 22655). - [Google Maps](#)

**Push off time:** 6:00 PM

**RWGPS:** <https://ridewithgps.com/routes/29526469>

**Ride Leaders:** TBD

As of April 5, 2022 we will offer to ride with a ride leader at either a 15mph or 17 mph average pace. (Just a quick reminder that we are aiming for an AVERAGE pace - meaning that we will ride at higher or lower pace in sections of the route depending on terrain and traffic). Ride leaders ensure adherence to the pace goal as well as regrouping efforts at pre-determined locations as well as major intersections. Referencing our Ride Category Table these groups would be classified as B (15mph) or B+ (17mph)

These two groups will leave Shop and Save parking lot approx. 1 minute apart. The first 3 miles (15 minutes) will be ridden at a warm-up pace until we reach the intersection of Grim and Canterburg Road where we stop to regroup and ensure everybody is ok with pace etc.

#### **Short stops/regroups follow at (or as needed):**

- Mile 6.5 before crossing Rt 522
- Mile 7.5 top of first "climb" up Ashby Station Road
- Mile 18.4 before crossing Rt 50
- Mile 19.2 Millwood Store
- Mile 21.2 Boyce before crossing Rt. 340
- Mile 25.2 before crossing Rt. 50 again
- Mile 29.2 before crossing Rt. 522

Then the ride meanders through two subdivisions with reduced pace and emphasis on keeping the group together finishing at the advertised pace at Shop & Save parking lot after 34 miles.

### **THURSDAYS - White Post Road Rides**

**Distance:** 17 miles

**Elevation Gain:** 700 ft.

**Start Location:** White Post Restorations, 1 Old Car Dr, White Post, VA 22663 - [Google Maps](#)

**Start time:** 6:00 PM

**RWGPS:** <https://ridewithgps.com/routes/29531183>

**Ride Leaders:** TBD

As of April 5, 2022 we will offer to ride with a ride leader at either a 12mph or 15 mph average pace. (Just a quick reminder that we are aiming for an AVERAGE pace - meaning that we will ride at higher or lower pace in sections of the route depending on terrain and traffic). Ride leaders ensure adherence to the pace goal as

well as regrouping efforts at pre-determined locations as well as major intersections. Referencing our Ride Category Table these would be classified as B (15mph) or C+ (12mph).

These two groups will leave White Post Restoration parking lot approx. 1 minute apart. The first 2 miles (10-15 minutes) will be ridden at a warm-up pace until we reach "Mile Marker 2" where we stop to regroup and ensure everybody is ok with pace etc.

Short stops/regroups follow at (or as needed):

- Mile 5 at the intersection of Rockland Rd and Bowling Green Rd.
- Mile 6.5 before we turn onto Rt 661 aka Fairground Rd.
- Mile 9.7 after "1st climb"
- Mile 13.5 at the Intersection of Red Gate Rd and Nelson Rd
- Mile 14.5 Top of Hill in front of entrance to Longwood

Then we will make our way back to White Post to finish after 17.4 miles at the advertised average pace. Total ride time for 12mph approx. 90 minutes, for 15mph group approx. 75 minutes.

### "BEGINNERS/CASUAL" Ride

This is also a very good opportunity for anybody who is new to the sport, getting re-acquainted with cycling, getting back after an injury or simply wants to enjoy scenery at a casual pace.

There will be another dedicated ride leader assisting the group in keeping pace and regroup (see above).

Depending on the group's needs this ride can be shortened by using several shortcuts (anywhere between 6 and 12 or the full 17 miles).

### WEDNESDAYS Women's Ride

**Distance:** 17.4 miles

**Elevation Gain:** 700 ft

**Start Location:** White Post Restorations, 1 Old Car Dr, White Post, VA 22663 - [Google Maps](#)

**RWGPS:** <https://ridewithgps.com/routes/29531183>

**Start Time:** 6:00 PM

This is a "women only ride" that will have two groups with designated ride leaders riding at 12-14mph and 14mph and above average pace. Ride leaders ensure adherence to the pace goal as well as regrouping efforts at pre-determined locations as well as major intersections. The slower group will start first to ensure that everybody arrives back at the same time to allow for some additional "social time".

Ride location changes June 1.

**THURSDAYS** - Retired/Day-off Ride of the week. This ride is an easy to moderate pace ride starting at various locations. Ride length is between 20 to 30 miles, with an average speed of 12-13 MPH. The rides usually have a lunch break stop or lunch after.

- **Thursday, April 7<sup>th</sup>:** Cooley School in Berryville, 10:00 am for 28-29 miles
- **Thursday, April 14<sup>th</sup>:** Lord Fairfax CC western route, 10:00 am for 28-29 miles
- **Thursday, April 21<sup>st</sup>:** Rock Harbor Golf Course, 10:00m am 25 miles
- **Thursday, April 28<sup>th</sup>:** Clearbrook/Middleway loop. 10:00 am for 30-32 miles
- **Thursday May 5<sup>th</sup>:** Jail Trail (Route 9 Bike Trail), meet at parking area just west of Regional Jail on Rt. 9, 10:00 am 32-33 miles (pastry stop in Shepherdstown)

**Note:** easy paced rides, 12-13 mph with stops to regroup. There are no ride leaders, just advisors.

**Saturdays - Shop Ride - Winchester, VA.** Impromptu only. Look to WW Google Group for details.

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## Winchester Wheelmen Future 2022 Ride Schedule

Future Weekend Rides or Events

**Saturday, April 9<sup>th</sup>, 2022 - Ride with Rotary - Rockland Park, Front Royal, VA.** Benefit bike ride.  
<https://www.warrencountyrotary.org/ride-with-rotary>

**Sunday, May 15<sup>th</sup>, 2022 - Rocktown Rambler (Gravel) Bryce Resort, VA.**  
([www.rocktownbicycles.com](http://www.rocktownbicycles.com)) Distance: 25 and 50 miles.

**Saturday, May 21<sup>st</sup>, 2022 - Tour de Madison - Syria, VA** (Rt. 231 south of Sperryville).  
([www.tourdemadison.com](http://www.tourdemadison.com)) Distance: 65, 45, 20 miles.

**Saturday, May 21<sup>st</sup>, 2022 - Tour de Chesapeake - Mathews, VA.** ([www.tourdechesapeake.org](http://www.tourdechesapeake.org))  
Distance: 4 concise routes, each around 25 miles.

**Sunday, May 22<sup>nd</sup>, 2022 - Storming of the Thunder Ridge - Lynchburg, VA.** ([www.ymcacva.org](http://www.ymcacva.org))  
Distance, 27, 45, 48, 75 and 100 miles.

**Saturday, June 4<sup>th</sup>, 2022 - Triple Peak Gran Fondo by Elements Sports - Winchester, VA.**  
(<https://www.elementsport.com/triple-peak-gran-fondo-2022/>) Distance: 25, 57, 71, 98 and 106 miles.

**Friday-Sunday, June 10<sup>th</sup> -12<sup>th</sup>, 2022 - 3 Day Bike About Strasburg - Strasburg, VA**  
([www.3daybikeabout.com](http://www.3daybikeabout.com)) Distance: various choices.

**Sunday, June 12<sup>th</sup>, 2022 - Loudon 1725 GRAVEL Grinder - Middleburg, VA.**  
([www.ex2adventures.com](http://www.ex2adventures.com)) Distance: 40, 60 and 80 miles.

**Saturday, August 27<sup>th</sup>, 2022 - 2<sup>nd</sup> Annual CCAP Benefit Bike Tour - Winchester, VA.** Blue Ridge Bicycles, Winchester Wheelmen and Element Sports are excited to present a ride through the beautiful countryside of Northern Shenandoah Valley. The scenic ride starts in Winchester on the campus of Valley Health at the Wellness Center and rolls through Frederick County, VA taking in the breathtaking views of the Blue Ridge Mountains and scenic country landscapes. This is a self-paced ride for everyone from the recreational to the serious cyclists. SPECIAL PREMIUM WATER BOTTLE FOR FIRST 100 REGISTRANTS!!  
<https://www.bikereg.com/2nd-annual-ccap-benefit-bike-tour>  
You pick your route from distances of: 6.2, 30, 50, & 70 miles

Visit <https://www.cyclingva.com/> for more riding options.

Winchester Wheelmen, Inc – PO Box 1695 – Winchester, VA 22604