

WINCHESTER WHEELMEN FEBRUARY 2022 NEWSLETTER

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"The cyclist's voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

www.winchesterwheelmen.org

February Meeting

There will be a February club meeting on Tuesday the 15th. This would normally be on the 14th, but meetings on that date are poorly attended. The meeting will be at Blue Ridge Bicycles at 2228G Papermill Rd, Winchester, VA 22601. The primary subject of the meeting will be discussion about moving the website to an easier to maintain platform. This should enable multiple users to make it more current. The web service is called Wild Apricot <https://www.wildapricot.com/>, and several regional bike clubs use it now. RE: <https://www.potomacpedalers.org/> and <https://bikefred.com/> and <http://panhandlepedalers.com/> Please plan to attend if you'd like a voice in this important discussion. We will have a pizza meal at the shop. We will order pizza in advance, so please RSVP to k_tenney@verizon.net, if you plan to attend. Pizza is \$7/person to ensure we have all of the expenses paid for (the club has had to cover some of these in the past). The meeting date is Tuesday, 15 February 2022, with the social part of the meeting at 6:00 PM and the business portion about 6:30 PM. Please bring a chair to sit on, as the shop has no extra seating. BYOB, if desired. Bring a side to share, if you'd like. Covid-19 mask and social distancing protocols are encouraged.

January Meeting

An executive committee (comprised of club officers) meeting was held 18 Jan 2022. The intent of the meeting was to outline where we are in a snapshot and describe some pointed targets for 2022. We will strive to have as much transparency as possible. The bike club belongs to all of us; the officers are elected to guide it for one year at a time within the boundary of our constitution and by-laws. Here is the product of the meeting with more to follow:

This is just a brief note to keep you updated on current/future club initiatives.

During our most recent executive team meeting we discussed a host of topics and decided to pursue 4 major initiatives in 2022-2023:

- 1) Better understand our club members interests.
- 2) Start a member "recruitment" initiative to grow the club.
- 3) Find a club sponsor to further bolster our financial situation to support future initiatives.
- 4) Revamp the club's social media presence (via website, Facebook, etc.).

Next steps:

- 1) We are currently creating a membership survey which we will distribute within the next 4 weeks. Please participate actively - results of the survey will determine our future club offerings.
- 2) We will start a community outreach program through the local bike shops as well as contacting gyms and schools. This will be a long-term initiative - please contact us with your ideas.
- 3) Everyone is encouraged to think about potential sponsors for the club. If possible, their line of business should be aligned with the overall mission of the Winchester Wheelmen (safety, health related, community outreach etc.)
- 4) At the next membership meeting we will present a proposal to further improve our communication through modern media.

We are looking forward to serving the club and its members and hope for constructive dialogue with all of you.

Your executive team,

Ken, Wolfgang, Robert, and Andrea

New Year's Day Ride



The Snowball Express New Year's Day ride was slipped to January 2nd, in-between the rain showers. Remember what it was like to ride outside?

Reminders for the Winter Women's Group February Presentations

February 10th - Dr. Julie Carestio will present a talk at Blue Ridge Bike shop – at 6:00 PM
Adaptogens are a class of herbs that have been used for centuries to improve endurance, stamina, recovery, and strength. These herbs were sought by ancient Chinese royalty, used by Viking warriors, and more recently by Olympic athletes. During the class Julie will discuss an herbal approach to athletic health which includes diet, sleep, exercise, yoga, and herbal support.

If interested contact Cindy@ cindyquinnelly@earthlink.net to RSVP – bring a folding camp chair- light refreshments will be provided.

February 17th - Kris Ridgeley will return to present part 2 of 3 bike maintenance workshops at Blue Ridge bike shop at 6:00 pm. Topic – “What can go wrong will go wrong on a ride and how to fix it”. Great presentation and advice with hands on learning experience.

For all indoor classes - For your personal comfort and safety, please wear a mask and follow social distance guidelines

Winchester Wheelmen February 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.

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 12-15 MPH. The rides usually have a lunch break stop or lunch after. Mike Perry states these will be posted on a week-to-week basis.

Thursdays - Road Ride - White Post, VA. 17-mile ride starts at White Post Restorations. Departure time is **6:00 PM**. As this is a 100% darkness ride, you must have bike lights, front and back. This is a leaderless ride. Please check the WW Google Group to see that anyone is planning to ride.

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

Saturdays - Morning Mountain Bike at Andy Guest/Shenandoah River State Park - Bentonville, VA. We will be riding each Saturday morning at 11:00 AM at the lower parking lot on the left (not at the zip line area) for a 2 to 3-hour 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 or rgolightly22601@gmail.com.

Winchester Wheelmen February 2022 Ride Schedule

Future Weekend Rides or Events

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