

# WINCHESTER WHEELMEN MAY 2022 NEWSLETTER

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"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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## May Meeting

There will be a May club meeting on Tuesday, May 17<sup>th</sup>. The meeting will be at Blue Ridge Bicycles at 2228G Papermill Rd, Winchester, VA 22601. We will have a pizza meal at the shop. We will order pizza in advance, so please RSVP to [k\\_tenney@verizon.net](mailto: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 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.

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## April Meeting

The WW club meeting was held on April 11<sup>th</sup> 2022 at Italian Touch in Winchester, VA. 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 6:30 PM.

### Treasurer's report

- Savings \$1,500
- Checking \$2,223
- Cash \$130
- Paid \$648 for Wild Apricot.
- A motion was made to give a \$150 donation to White Post Bruce made the motion and Ed seconded the motion. The motion was approved.
- A motion was made to give a \$100 donation to Whitehall Methodist Church. Bruce made the motion and Ed seconded the motion. The motion was approved.
- Robert reported that the Ride for Rotary Ride made \$13,000. Members reported that it was a success.
- Robert reported That Theresa Jackson is going to do a 300 mile ride to raise money for Parkinson's. If anyone is interested to contact him. Andrea reported that Cindy has a QR code where one could donate. Andrea will find this and send it out to the members.
- The new website is up and running. Wolfgang gave an overview of how it works and explained that members were sent two emails. The first was how to link to the

website. The second was how to link to the app which is very user friendly and gives access to all events displayed on the website's calendar. ride with GPS, club information including tracking of all sorts of data which would be good metrics for the club. The website will also allow the club to manage membership related topics (dues, newsletters etc). We can even sell merchandise on the site - stay tuned for listings such as Club Jersey and Club T-Shirt.

- The Wheelmen will have the design for the new club jersey by the end of April. Club t-shirts will be on the website for sale by the end of April.
  - Zita reported on the Women's ride. Eight women showed up for the first ride and the rides have generated a lot of interest in more women's rides.
  - There is now a Wheelmen porta potty at White Post. It is the right most potty. We will get billed monthly for this service,
  - Andrea reported on the CCAP benefit bike ride. Registration has opened on [bikereg.com](http://bikereg.com) and it is going well.
  - The meeting was adjourned at 6:50 pm.
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# Winchester Wheelmen May 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 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  
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.
- Mile 29.2 before crossing Rt. 522

### **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, May 5th:** Jail Trail (Rt.9 Bike Trail): **10:00 am** at parking lot just east of the regional jail on route 9 just south of Martinsburg; 30-32 miles with coffee and pastry shop in Shepherdstown.
- **Thursday, May 12th:** Clearbrook/Middleway Loop; **10:00 am** at Clearbrook Firehall parking lot 30-32 miles.
- **Thursday, May 19th:** Gore to Capon Springs: park at Mt Hebron Baptist Church in Gore; **10:00 am** for 28-29 miles.

- **Thursday, May 26th:** Boyce Firehall: park in the gravel parking at the corner off Rt. 340 and Millwood Rd. **10:00 am** for 30-32 miles.

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

**Saturdays - Shop Ride - Winchester, VA.** Unless canceled on the WW Google Group or if weather is poor, this ride will be a **9:00 AM** push time. Start is from Blue Ridge Bicycles, 2228G Papermill Road, Winchester, VA 22601. Start time will be moved to 8:00 AM for June, 2022.

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## Winchester Wheelmen Future 2022 Ride Schedule

Future Weekend Rides or Events

**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.

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