



## WCCC News - July 2017

Welcome July – our hot, humid and generally cycling friendly month and Happy 4<sup>th</sup> of July Weekend! Our artist of the month is **Justin Blanton (and his guitar duo partner, Matt Chambers)** and our Sponsors Spotlight this month is on **M2VP** and **Chester County Eye Care**. Keep sharing artists you want to spotlight with [me](#).

### July Events & Organized Rides

Unlike June with all sorts of organized rides, July has fewer big local rides but many ride postings by our Ride Leaders. As example, on Canada Day, (July 1 and this year it's Canada's 150<sup>th</sup> birthday), you can ride at least 10 WCCC rides or go to the White Clay Bike Club's Delaware DoubleCross Metric Century. Check out our rides page either way to learn more.

Many WCCC members rode in the Challenge for Cancer. To each of you, I say THANK YOU! This ride has been near and dear to many people because of the cause as well as the location/routes. As soon as I get final numbers, I'll let you know but I believe we were well over 700 participants and lots of money raised for the Chester County Hospital Cancer Center and Neighborhood Health Agency It was a glorious day for a ride and a great barbeque lunch when we all got back!

Looking forward, make sure you sign up as a volunteer for the Benchmark Criterium in August. Frank Dulin will keep you informed via email, but it does take a lot of us to make this event a success. Be part of it!

### Safety

#### Benchmark Criterium Volunteer Form

In case you wanted to read more about safety, there's a [Riding Safety Tips](#) document on the WCCC Rides page (look near the top of the main age at <http://www.wccyclingclub.com/postedrides/index.html> or click the above link),.

This month's safety focus looks at communications and living things (pedestrians, animals and other crazy stuff). Communications should be easy. If you are in the front of a group (paceline or otherwise) and you see something ahead of you – debris, potholes, animals, vehicles, whatever – call it out. If you are not in the front, repeat what you heard so those behind you can do the same. Communicating isn't just verbal. Show when you plan to turn with hand signals. Point to issues when you call them out. If you know sign language, use that or learn. As for living things, we all know how stupid squirrels can be but deer, dogs, horses and even people can all be unpredictable. If you can, slow down before attempting to pass. This is especially true for horses that can get spooked by cyclists. For dogs, some suggest yelling "Get off the couch!" as most dogs have likely heard that and will react by stopping but some dogs can be more aggressive and if you can't outrun them, you may need to spray them with Gatorade if telling them to go home or get off the couch doesn't work. Even though owners are responsible for their animals, it won't matter much to you if you get bitten or even if you just get scared and crash trying to avoid the animals. Bottom line – anything living is unpredictable and the more prepared you are to deal with them, the better you will do if and when you encounter them.

Speaking of unpredictable, there's always the weather. On June 21, Gilbert led the annual Summer Solstice Ride. Unfortunately, it was a challenging day weather wise and besides getting pretty wet, there were some incidents. Whereas all involved should recover, it's a humbling reminder that we always have to be careful.

## **Extras**

All WCCC clothing has been received and there are only a few items left for people to pick up. Get your stuff and then wait for October for the next season's renewal period. We're also looking at another clinic – in this case a nutrition and hydration clinic and maybe a bike handling clinic, but neither are quite scheduled yet. Given the success of the Bike maintenance clinic, we'll keep offering these types of clinics as long as people still sign up.

## **WCCC's Member Spotlight for July, 2017**

### ***Justin Blanton – Musician (guitarist)***

Justin has been actively playing in a guitar duet for the past 13 years with another guitarist, Matt Chambers. It was Matt who used to regularly ride with WCCC (before a move away from the area curtailed his schedule) and Diane Sagnella who first convinced Justin to ride and join the WCCC.

The Blanton-Chambers Duo play improv-based, instrumental music in the genres of jazz, funk, rock, fusion, and classical. These genres allow them to cover the gamut from traditional jazz standards to obscure funk music to mainstream pop artists like The Beatles and The Police. They enjoy providing live music for coffee shops, wedding cocktail parties, restaurants, and other social events.



You can learn more by visiting their Facebook page: <https://www.facebook.com/3961bc>

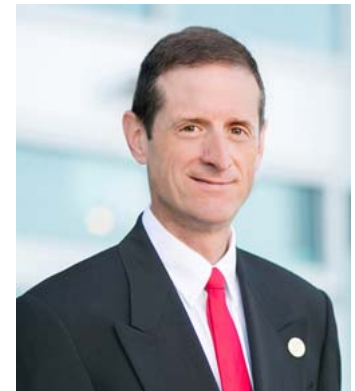
To sample their performance, visit their Soundcloud page with a complete recording of their performance at Roots Cafe in West Chester: <https://soundcloud.com/3961bc>

## **WCCC's Sponsor Spotlight for July, 2017**

### ***M2VP, Inc.***

M2VP has been a sponsor since the 2<sup>nd</sup> year the jerseys were available. The company's tag line "Technology Strategy / Executive Advisory" ties into its focus of helping executives (typically CEOs, CFOs, COOs and CIOs) to leverage information technology for business advantage. M2VP acts as a multiplier to an executive's success in business, technical, organizational/cultural and process areas. I am the President and CEO of M2VP and after 15 years am very proud of what we have accomplished. Visit <http://www.m2vp.com> for more information or ask me questions on one of my rides or via email or phone.

# M<sup>2</sup>VP



## ***Chester County Eye Care***

If you were at the Challenge for Cancer, your ride began at the Chester County Eye Care (CCEC) Fern Hill location. The practice has not been at that same location for all 40 of the years they have been in existence, and certainly their techniques and technology have changed over those years, but CCEC remains the leader in eye surgery and specialty eye care in greater Chester County. Comprised of board-certified, specialty-trained eye doctors, they are focused on enhancing and preserving your vision and manage a wide range of eye diseases as well as provide comprehensive eye care for their patients. Bruce Saran, a long standing WCCC member is one of the CCEC doctors and you can read all about Bruce's education, positions of distinction, awards and much more at:

<http://www.chestercountyeyecare.com> [Chester County Eyecare Facebook](#)

Sponsors already highlighted: Iron Hill Brewery & Restaurant (April), Design 6 Degrees (May), Stillman Volvo (May), McElree Harvey (June), Naturescapes (June).

That's if for this month folks – Have Fun and Ride Safely!

**Thanks, Viktor**

