

JULY RIDE CALENDAR

JULY CLUB RIDES

Wednesday, July 7, 8:30AM: Ride in Upper James City County for 25-30 miles at mid-C pace (average 13 mph). Ride starts 8:30 AM from commuter parking lot at intersection of Rochambeau Drive and Croaker Road, just off I-64 at Exit 231A. Contact Charlie Hart at 757-566-0090 or RunnrRidr@cox.net. No contacts, no ride.

Sunday, July 11, 2:PM: Tour de Yorktown Ride, 15 miles, casual pace. Meet Allen and Mary Turnbull at the NPS Visitor Center in Yorktown to ride the Battlefield Tour Roads. In addition to learning about the history of the area, the route is scenic with mostly one-way traffic. Member of the Sister Cities Yorktown (an organization promoting Yorktown's sister-city relationship with Port-Vendres, France) are invited to ride with us. Please note that the Battlefield Tour Roads are in a ticketed area. Tickets are \$10 (good for 7 days). Lifetime senior tickets for anyone 62 or older - \$10. Option: Light dinner at the Riverwalk Restaurant's Café following the ride. Call 229-4046 sign up for the ride.

Saturday, July 17, 9AM: Rich Thompson invites you to join him for one of his favorite rides around the West Point area. This C+/B pace ride features 41 miles of rolling terrain, great roads, fantastic scenery, and low vehicle traffic. After the ride, Rich invites you to join him at one of the local West Point restaurants for lunch. To reserve your spot on this ride, call Rich at 757-291-2548 by no later than 9PM on Friday, June 4. Remember - NO CALLS-NO RIDE!

Saturday, July 24, 8:30AM: Charles City Bike Ride and Historical Tour! B- pace. Meet at the parking lot of Jamestown High School at 8:30 AM for a 45 mile ride, or at the Chickahominy Riverfront Park at 9:00 AM for a 35 mile ride. We'll have one store stop. Contact Andy Ballentine at andyballentine@yahoo.com or 229-6742.

Saturday, July 31, 10AM: 10 to 14 mile casual ride leaving from Jamestown Settlement by the Cap to Cap trail kiosk. Call Pat at 220-5464.

RECURRING CLUB RIDES

Mondays at 1 PM: Join Don Cherry for a 45-55 mile, A-B pace ride with stops (no one left behind). Starts from his office at the intersection of Rt.199 and Henry Street. Call Don at 253-2500. Don usually does this ride on Fridays as well, but you must call for the starting time and location.

Thursdays at 5:30 PM: This ride will leave the upper parking lot of Core Fitness/PEAK Physical Therapy (344 McLaws Circle), then out of town toward Yorkriver state park, and then return via Fenton mill and Waller Mill for 25 – 30 miles. C+ pace gradually increasing to B as the year and the group demands. No one will be left behind. Ride will regroup several times during the ride. Helmets Absolutely required. Call John Struck the day of the ride, 757 229-1300 or email struck1@cox.net. Info will also be on www.eastortho.com/blog.



OTHER RIDES & EVENTS - LOCAL

Saturday, July 10, 8am-2pm: Park to Park Ride beginning at Upper County Park with visits to Little Creek Reservoir Park, Chickahominy Riverfront Park & Freedom Park! For full details visit: www.jccegov.com/pdf/parksrecpdfs/2010documents/JulyOnlineCalendar.pdf.

Sundays at 9 AM: Barry Herneisey leads a mountain bike ride from Bikes Unlimited in the Williamsburg Shopping Center, 141 Monticello Ave. (across from Rita's Ice Cream). Call Barry at 229-4620 to confirm.

Wednesdays at 5PM: Bikes Unlimited also has an A pace ride with average speed over 20 MPH for 35 to 45 miles. Call Barry at 229-4620 to join & to confirm the time.

Sundays at 2 PM: Janet Zwirner leads a ladies ride from Spoke 'N True Bicycle and Fitness in Williamsburg. They usually ride 25-30 miles at a B pace and adapt the ride to whoever rides with us. It is a friendly, no-drop ride. Please call the shop at 565-1225 to R.S.V.P.

Saturdays at 7:30AM: Bike Beat shop ride. A pace ride (19+ mph) but open to riders of all levels. The Williamsburg ride meets behind the shop in the Monticello Marketplace shopping center. The ride is roughly 32 miles with some rolling hills.

OTHER RIDES - OUT OF AREA

August 7, 2010: Coast Guard City Century. In celebration of the City of Portsmouth being designated as one of 9 Coast Guard Cities in the nation, Portsmouth will sponsor the first Coast Guard City Century ride. This Saturday ride is one of the centerpieces of a weeklong celebration of the Coast Guard's 220th Birthday. Rides beginning as early as 7 a.m. with guided waterfront (10 miles), along with half, metric and English Century rides. With 4 loops leaving and returning to NTELOS Pavilion in downtown Portsmouth, this route features a number of sightseeing vistas and landmark. The finishing route for the full century will include 3 laps around downtown full of cheering spectators just like the Tour de France finish in Paris. Full SAG support, cue sheets and great rest stops for all distances. Registration fee is \$35 with all profits going to various charities. For additional information contact John Maher, 672-1359, cycle-classicsride@cox.net or the website at <http://cycleclassicsva.tripod.com/id21.htm>.

September 19, 7AM: The Potomac Pedalers Touring Club of Washington, DC, proudly presents the Back Roads Century, a 100 mile bike ride in the Shenandoah Valley. They also have distances of 65, 50 and 25 miles. Come join us for one of the most beautiful rides in America. Each fall, cycling enthusiasts gather for this scenic ride, just west of Washington, DC. The Virginia countryside is an ideal setting for riding, with gently rolling hills, historic landmarks and fun! Register at <http://www.backroadscenury.org/registration>.

Mark your calendars for the last major WAB event of the summer, the Paris-Roubaix adopted road cleanup, ride and vin et fromage dans le garage. In order to improve our chances of slightly cooler weather and because Labor Day falls on September 6, we will hold the event not the third Thursday of August, but the fourth, the 29th. Further details will follow in next month's Flying Wheel.

PACE FOR RIDES:

A	18-22 mph
B	15-18 mph
C	11-15 mph
Casual	up to 11 mph,
	group will wait for all riders

Direct all questions, cancellations or updates to Mike Shushan at mike@mikerosenberg.info.

Helmets are required on WAB rides. Unless stated otherwise, ride leaders are not obligated to lead their ride unless they receive rider confirmation by phone or email. Ride leaders are obligated to collect waiver signatures prior to the ride.



NORTHERN NECK'S RIVERRIDE

Dates for the 5th Annual Northern Neck RiverRide have been set for September 25-26. It will include routes of 100, 60, 50, 25 miles on Saturday and unsupported group rides on Sunday.

Registration has been reduced to \$35, with camping, meals, and other options priced separately. Those who wish to make a weekend of it may camp or rent cabins on beautiful Indian Creek near Kilmarnock.

The Northern Neck is on the western shores of the Chesapeake Bay and the ride includes rural routes and scenic water views of the Bay.

Registration information and other facts about the ride are available at www.riverride.org.