

SEPTEMBER RIDE CALENDAR

SEPTEMBER CLUB RIDES

Monday mornings: Pat Groeninger is interested in starting a regular Monday morning casual ride for the "Lunch Bunch." Possible start time is 10:30 AM. Riders could start at the Virginia Capital Trail kiosk (at Jamestown Settlement), ride in one of several directions, and have lunch at the Carrot Tree or Jamestown Settlement Cafe. Contact Pat at groennet2@verizon.net or 220-5464 if you would like to join the "Lunch Bunch"

Saturday, September 4, 8:30 AM: Tune up for the Surry Century with a B- 56 mile ride, including many of the hills of James City County. Meet in the William & Mary parking lot across Jamestown Rd from St. Stephen Lutheran Church. Contact Andy Ballentine at andyballentine@yahoo.com or 229-6742.

Saturday, September 4, 9:30 AM: Ted Moreland will lead a casual pace 16 mile ride from Charles City Courthouse. Route will go along the Capital Trail to Berkley Plantation. Tour the house and/or the grounds for a fee or just chill out for a while. Group will stop for lunch at the Charles City Tavern. Call Ted by 8PM Sept 3: 880-3212 (cell) or 258-0715 (home). Since this is Labor Day weekend, a Monday rain date is possible.

Saturday September 11, 9:00 AM: Joint ride with RABA, "South to Stony Creek" 52 miles C+ pace. Meet at parking lot behind La Hacienda restaurant on Rt. 40 in Waverly. Ride almost the entire length of rural Sussex County to the quiet town of Stony Creek. Store stop in the middle of ride. Terrain is rural and flat, traffic is light. After the ride many of the group will have lunch together. From Williamsburg take the 8:00 AM Jamestown Ferry. Continue on Route 31 through Surry, turn right on Rt. 10. After 7 miles turn left on Rt. 40, continue 12 miles to Waverly. Parking lot will be on your left just before Rt. 460. Leader: Jack Huber, jhuber111@yahoo.com, 804-282-3872.

Saturday, September 11, 9:00 AM: 15 mile ride, pottery exhibition, picnic and swimming party! Gather at home of Gary and Martha Smith (10116 Holly Forks

Road, Toano), ride on country roads to home of potter Russ Turnage (Jensen Turnage Pottery, 8529 Hicks Island. Lanexa). Opportunity to view and order pieces of his work. Return to the Smith's via a different route, take a dip in their pool and enjoy a picnic lunch. The Smiths will provide grilled items. Bring drinks, sides or desserts. Please RSVP to Gary and Martha gary@hollyforks.com or 566-0127, to let them know how many will attend and what food or drink you will bring.

Wednesday, September 22, 10:00 AM: Mary and Jim Osborn will lead a casual 14 mile ride on the Yorktown Battlefield Tour Roads. Meet at 10 AM behind York Hall at corner of Ballard and Main in Yorktown. Optional lunch will follow at Carrot Tree. Call or e-mail by noon on September 21. 229-0655 or osbornva@cox.net.

Saturday, September 25, 10:00 AM: Join the Reddings at the Williamsburg/Jamestown airport for a 16 mile casual pace ride. Optional lunch at Charlys at the airport. Call Chuck at 220-8236

RECURRING CLUB RIDES

Sundays at 8:30 AM: Kevin Booden leads a ride leaving from Spoke 'N True Bicycles and Fitness in New Town. B-pace, 20 miles. No one dropped.

Sundays at 9:00 AM: Barry Herneisey leads a mountain bike ride from Bikes Unlimited in the Williamsburg Shopping Center, 141 Monticello Ave. (across from Rita's Water Ice). Call Barry at 229-4620 to confirm.

Sundays at 2:00 PM: Janet Zwirner leads a ladies ride from Spoke 'N True Bicycle and Fitness in New Town. 25-30 miles at a B pace, adapted to whoever shows up. Friendly, no-drop ride. Call shop at 565-1225 to RSVP.

Mondays at 1:00 PM: Join Don Cherry for a 45-55 mile, A-B pace ride with stops (no one left behind), starting from his office at Rt.199 and Henry St. Call Don at 253-2500. He usually does this ride on Fridays as well, but you must call for starting time and location.

Mondays at 5:30 PM: Jan Herneisey leads a women's ride, starting from the parking lot behind the Sun Trust Building in New Town. 20-25 miles, usually B pace, no drop. They stop at the Green Leaf after the ride.

Wednesdays at 5:00 PM: 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.

Thursdays at 5:30 PM: Ride leaves upper parking lot of Core Fitness/PEAK Physical Therapy (344 McLaws Circle), out of town toward York River State Park, 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. 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.

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



OTHER RIDES & EVENTS

Saturday, September 18, 6:30 AM: The Salisbury (MD) Lions Club is sponsoring Metric Century. Ride through the small towns and rural byways of Delmarva. Rest stops, sag support, T-shirt. Registration \$30 in advance; \$35 day of the event. For more details: <http://www.active.com/cycling/salisbury-md/salisbury-lions-club-knights-for-sight-metric-century-2010>

Saturday, September 18, 7:00 AM and later: Surry Century. Rides of 25, 50, 75 and 100 miles consist of loops over flat to slightly rolling terrain with very little traffic. Start & finish is at the Surry Athletic Field behind the Surry Courthouse. Maps, cue sheets, marked routes, rest stops, snacks & sag. Portion of fee will be donated to the Surry Athletic Association & Surry Rescue Squad. Pre-registration requested. Contact Howard or Leslie Beizer 757-356-1451 or hbeizer@aol.com. On site registration 7:00-11:30am.

Saturday, September 18 - Sunday, September 19: Heart of Virginia Bike Festival 2010. Enjoy a fall weekend cycling through the beautiful, gently rolling historic terrain of Hanover County. Seven routes ranging from 10 mile family-friendly ride to challenging 100 mile English Century. Cue sheets and rest stops. At the finish line, enjoy "Buz & Ned's" barbeque with hand-dipped ice cream.

Visit the Richmond Area Bicycling Association website: www.raba.org. Registration goes up after August 15!

Sunday, September 19, 7:00 AM: Potomac Pedalers Touring Club of Washington, DC presents the Back Roads Century, as well as rides of 65, 50 and 25 miles in beautiful Shenandoah Valley, with gently rolling hills & historic landmarks. Register at <http://www.backroadscen-tury.org/registration>.

Saturday, September 25, 9:00 AM: Ribbon Cutting Ceremony for the New Kent County Bike Route (six different routes through New Kent, Hanover, Charles City and James City Counties), at the New Kent Visitors and Commerce Center 7324 Vineyards Parkway, New Kent, VA 23124. WAB will lead a 15 mile ride. See complete information on page 3.

Saturday, September 25: "Beach Century Bike Tour." Start/end is the Virginia Beach Municipal Center, Virginia Beach VA. There are 33, 50 and 100 mile rides to benefit the We Promise Foundation. For more info or to register go to: www.beachcenturytour.com.

Saturday, October 2: Virginia Beach ride sponsored by Virginia Beach Bosom Buddies to kick off breast cancer awareness month & raise money for the Susan G. Komen foundation. Contact Jessica Achtman at bosombuddie@gmail.com or 703-679.8416-www.eteamz.com/virginia-beachbosombuddiesbikeride.



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 Andy Ballentine at andyballentine@yahoo.com.

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.