



THE FLYING WHEEL

Newsletter of the Williamsburg Area Bicyclists (WAB)

VOLUME 16, NUMBER 2

WILLIAMSBURG, VIRGINIA

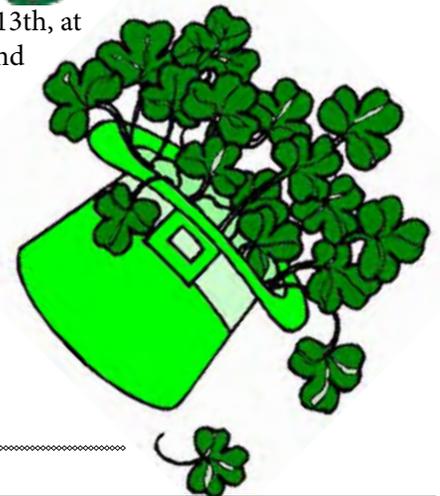
MAR 2012

Erin Go Bragh

We have a grand dinner and program lined up for our March meeting, Tuesday the 13th, at the Williamsburg airport. In honor of St. Patrick's Day, at 6 pm we will have Irish Stew and soda bread, plus the usual salad and dessert. The event will be BYOG (Bring Your Own Guinness). Any member wearing green will get dinner for the low price of \$6.00!

After a short meeting at 7 pm, a representative of the Tour de Chesapeake will give a brief talk on the upcoming event, and then Deana Sun will give a presentation on the Great Ohio Bicycling Adventure (GOBA) & Greene Trails Cycling Classic.

Ted Moreland will be out of town the weekend before, so in his absence please contact our Vice President, Roger Cross, no later than 6:30 pm, Sunday, March 11, for dinner reservations. Roger's contact info: rogercross@msn.com; phone: 757-869-6303.



We're appreciated!

I just wanted to share some positive feedback to your organization from today's event. I took my boys to the Expo today, and I did not catch any of the gentlemen's names that were managing your booth, but I must say that you were the highlight of our morning.. My boys both got a helmet from you, and your men took the extra time to make sure they were fitted properly and to educate my boys on bicycling. I would like to send a special thank you to those three men (around 9:30-10am) for making our first experience to the Expo a fabulous one! My oldest came home and has been so excited about his helmet today.

So thank you soooo very much for participating and educating my boys!

With warmest regards,
CHRISTINA SALISBURY

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Ken Gross, Bob Arditi and Ted Moreland gave out helmets at the James City County Destination Recreation event on Saturday, February 25.

But the men shouldn't get all the credit. Mary Turnbull showed the boys' mother how to fit the helmet properly.



WELCOME!

New members: Stan Sutliff, William Tugeau

Renewing Charter Members: George Anderson, Hugh Beard, Dawn Griggs, Karen Little, Ted and Sue Moreland, Penelope Payne, Mark Van Raam

Other Renewing Members: John Kasley, Lawrence Skalak

MEMBER DISCOUNT

Don't Forget: Your WAB membership entitles you to a 10% discount on parts, accessories or clothing at these local bike shops and sports stores: BikeBeat, Bikes Unlimited, and Colonial Sports

**Discount does not apply to bicycles. Other items may not qualify for discount at certain shops - call store for details.*

2012 WAB OFFICERS

President	Ted Moreland	258-0715	redbikes2@verizon.net
Vice President	Roger Cross	869-6303	rogercross@msn.com
Treasurer	Jack Reitz	220-2059	wmsbgareabicyclists@cox.net
Secretary	Susan Curry	258-2665	curreyhome@cox.net
Directors	Bob Ardit	870-6778	bobard51@gmail.com
	Pat Groening	220-5464	groenfam10@verizon.net
	Mary Turnbull	229-4046	petalpower@verizon.net

2012 WAB COMMITTEE CHAIRS/EX-OFFICIO

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Membership Chair	Pat Groening	220-5464	groenfam10@verizon.net
Webmaster	Jim Macdonald	208-0376	abspot@cox.net
Jersey Coordinator	Dave Cosgrove	258-9565	dcosgrove@printpack.com
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Ridebook Coordinator	Chuck Redding	220-8236	chuckredding@cox.net
Past President	Nancy Carter	229-4907	njcarter@starpower.net
JCC Parks & Recreation Rep.	Carla Brittle	259-5412	cbrittle@james-city.va.us
May Is Bike Month Coordinator	Nancy Carter	229-4907	njcarter@starpower.net

The Flying Wheel is the newsletter of the Williamsburg Area Bicyclists or WAB. The club was formed to encourage and support all facets of bicycling in the Williamsburg, Virginia area. *The Flying Wheel* is always looking for stories or pictures connected to cycling. If you can help out, email the editor or send a letter to: Williamsburg Area Bicyclists, P.O. Box 2222, Williamsburg, VA 23187-2222. Please send us your story no later than the 15th of the month.



League of
American Bicyclists
Affiliated Club



Adventure
Cycling
AFFILIATED CLUB



James City County
Division of Parks & Recreation
Co-Sponsored Club

Historic Triangle Bicycle Advisory Committee - see link for contact information:
<http://www.yorkcounty.gWwov/Default.aspx?tabid=1729>.

Originals of all local pictures in this issue can be found at <http://hollyforks.com/WAB>.

From the Prez

Hi WAB,

We had some good news and some bad news recently. The *Virginia Gazette* published a very nice article on bicycling on the front page of their February 18th edition. It is interesting how it evolved into its final form. The reporter asked me to choose some favorite bicycle rides for a story on the “Top 10 Rides” in the area. I had a nice chat with her and mentioned that the World Cycling Championships are coming to Richmond in 2015. Up to 500,000 people from all over the world are expected to attend. Since there are only 22,000 hotel rooms in the Richmond area, I said that Williamsburg should expect to profit from this event. When her bosses saw this, she had to rewrite the article with the emphasis on bicycle tourism. That is good.

What is bad is a couple of comments in “The Last Word”. One person recalled “an encounter with a bicyclist

that was not pleasant” several years ago. Another referred to bicyclists as discourteous morons. Granted, these were the only two negative comments, but it makes an important point. Like it or not, many people tend to condemn all cyclists for the actions of a few. I know that the vast majority of cyclists in the Williamsburg area and in particular WAB members are courteous and safe riders. I also know that on occasion I have been guilty of inconsiderate actions, such as getting caught unawares riding two abreast when a car was trying to pass, drawing a loud blast of the horn and the infamous single digit salute. Therefore, let us all make an extra effort to be conscious of the needs of the vehicles with which we share the road. Let’s all be good ambassadors for bicycling.

Ted Moreland

Items of interest on the web

MYANMAR, ALL MINE: BICYCLING IN BAGAN, THE SITE OF MORE THAN 2,000 ANCIENT TEMPLES AND APPROXIMATELY ZERO TOURISTS

<http://online.wsj.com/article/SB10001424052970204880404577229263646972998.html?KEYWORDS=Myanmar+all+mine>

A BICYCLE BUILT FOR SPEED

<http://online.wsj.com/article/SB10001424052970203358704577237271398221432.html?KEYWORDS=bicycle>

THE ONUS ON CYCLISTS AND DRIVERS

<http://www.nytimes.com/roomfordebate/2012/02/27/reducing-traffic-fatalities-for-cyclists-and-pedestrians/promoting-cycling-without-adding-risk>



PROGRAMS AT UPCOMING WAB MEETINGS

- March 13 -

Great Ohio Bicycling Adventure/Greene Trails Classic
Deana Sun

- April 10 -

California Dreaming Revisited
Bob Austin

MARCH RIDE CALENDAR

CLUB RIDES

Saturday, March 3, 9:00 AM: Join Andy Ballentine for a Little Creek Reservoir Ride. This 40 mile C+ pace ride will leave from the College of William and Mary parking lot on Jamestown Road, across the street from St. Stephen Lutheran Church. Contact Andy at 229-6742 or andyballentine@yahoo.com.

Saturday, March 10, 9:30 AM: "Ride Back in Time to Dendron." This 40 mile, C+ pace ride will start in Waverly, VA and head north on quiet country roads into Surry County to the little town of Dendron. Dendron is a quiet town that lost most of its population and stores after its lumber company and railroad went out of business about 80 years ago. A rest stop will be hosted by the Dendron Christian Church. (Recently two bald eagles were sighted on a similar ride from Waverly - so if you come on this ride keep an eye open for those magnificent birds!) The starting point is the parking lot behind La Hacienda, at the corner of Routes 460 and 40 (Main Street) in the town of Waverly. From Williamsburg, take the 8:30 AM ferry, go through Surry, take a right on Rt. 10, and then a left on Rt. 40 to Waverly. After the ride all participants are invited to have lunch together at La Hacienda. The leader is Jack Huber, 804-282-3872; jhuber1111@yahoo.com.

Sunday, March 18, 9:00 AM: Damon Cone leads a 10-15 mile C pace ride, leaving from New Quarter Park. Call Damon at 869-6697.

Saturday, March 24, 9:00 AM: Sandy Butler will lead a joint WAB-PBA ride at the Old Yorktown Courthouse. This 20-25 mile ride will be at a C pace. Lunch afterwards either at the Carrot Tree or the Pub. Call Sandy at 872-9271. No calls no ride.

Saturday, March 24, 10:00 AM: The WAB Board of Directors is taking just-"retired" President Nancy Carter and her husband, Wayne, out to lunch at the

Courthouse Grille in Charles City, to thank her for her service, and we're all invited!

All who want to ride with Nancy and Wayne to Charles City: meet at the Chickahominy River Front Park at 10:00 AM for a C pace 38 mile round-trip ride to the Grille and back. Contact Ted Moreland 757-258-0715 (h), 757-880-3212 (c), tedbikes2@verizon.net for that ride.

For those who don't want to ride all the way out to Charles City, Sue Moreland will lead a 16 mile casual ride on the Virginia Capital Trail, beginning at 10:00 AM at Charles City in front of the restaurant, and ending there too. For that ride, contact Sue at 757-258-0715, suepm1@verizon.net.

If you don't want to ride and simply want to meet the group at the Grille for lunch, that's fine too. (In case of inclement weather, we will travel to Charles City by car and meet at the Grille for lunch at noon.) Please contact Ted or Sue by 5:00 PM, Friday, March 24, so they can advise the restaurant of the number of diners.

Sunday, March 25, 2:00 PM: Pat Groeninger leads a casual ride, starting at the Kiosk at Jamestown Settlement. There will be several options of rides in the area that are available depending on the interest of the riders. Call Pat at 220-5464 to confirm.

Wednesday, March 28, 9:30 AM: A 25-30 mile ride at C+ pace in upper James City County. The ride starts from the commuter parking lot at the intersection of Croaker Road and Rochambeau Drive, at I-64 Exit 231A. Contact Charlie Hart at 757-566-0090 or RunnrRidr@cox.net prior to ride date to confirm ride is on.

Saturday, March 31, 9:00 AM: Join Reed and Karen Nester for a 62 km (38.5 mile) B pace ride to celebrate Reed's birthday. The ride loops north into James City County with a rest stop at Garrett's Grocery, and then loops south through downtown Williamsburg. The ride starts at the James City/Williamsburg Community Center, 5301 Longhill Road. Call Reed or Karen at 229-2017, or email reednester@gmail.com.

RECURRING CLUB RIDES

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.

Mondays: Deana Sun leads a C+ pace ride on lightly traveled country roads in New Kent County. In March the rides will start/finish at different locations each week and the distances will vary from 25 – 45 miles. The start time is adjusted depending on the temperature. Winter rides generally start between noon and 1pm. Once warmer weather arrives, the time will move back to the morning – typically 9am. Many routes do not have store stops, so bring plenty of water. Deana may cancel the ride if the weather is bad. Contact her by phone 804-690-6018, or email MaElDsun@aol.com for each week's ride status and start location.

Mondays and Fridays at 1:00 PM: 45-55 mile, A-B pace ride with stops. Riders regroup at the top of hills, waiting for those who aren't good on hills. The ride starts at Don Cherry's office at Rt.199 and Henry St. Call Don at 253-2500. The Friday ride starts at Pete Williamson's house in Governor's Land. Call Pete at 258-3539.

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

OTHER RIDES & EVENTS

Saturday, March 3, 10:15 AM: Frances Adams calls our attention to the Tidewater Bicycle Chili Ride. There will be various routes. It you'd like chili at the end, bring \$5. Contact Frances at bikalot@cox.net More information is at www.tbarides.org.

Sundays at 2:00 PM: Women's ride, leaving from behind the Williamsburg Bike Beat shop. A no drop, B pace (15 - 16 mph end average), 25-30 mile ride, followed by a social hour, usually at Starbucks. An experienced rider will stay back with any rider who

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.

falls off the pace and provide coaching and support to bring that rider back to the group. The last Sunday of each month is the Sadie Hawkins Ride: Riders may bring a gentleman friend to the ride (female friends and partners are always welcome). For more details, call Elisa (757-771-3163) or e-mail epanetta@cox.net. Full Ride description: http://williamsburgpulse.com/forum_vb/showthread.php?201-BikeBeat-Ladies-Ride.

LOOKING AHEAD

Sunday, April 22: The Third Annual Historic Bike Tour to Benefit the Free Clinic of Powhatan. The tour has three ride lengths -- 35M, 62M and 100M. Registration fees are very reasonable and all proceeds go to The Free Clinic of Powhatan. It's a beautiful ride on gently rolling country roads with plenty of well-stocked aid stations at historic sites along the route. Registration fees are quite reasonable and include an "all you can eat" pancake breakfast. For more information or to register for the event at www.powhatanbiketour.com.

Saturday, May 19: The 14th Annual Tour de Chesapeake is back and better than ever!!! Great flat routes with views of the water everywhere you turn, delicious local eats, toe-tapping music, and nice, down-home folks to help you with whatever you need! Information and registration at <http://tourdechapeake.org/>.



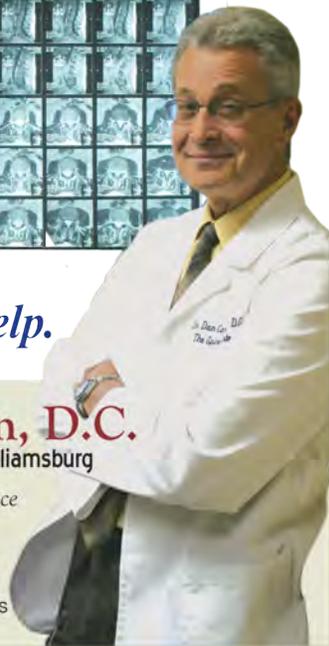
Some WAB Jerseys are still available for purchase, but our inventory is shrinking. The member price is \$72.45 each (\$69.00 plus \$3.45 Va. state tax). The non-member price is \$82.98 each (\$79.00 plus \$3.98 Va. state tax). Contact Dave Cosgrove at dcosgrove@printpack.com or at 757 876-8167.



Available Sizes
XS (2), S (0), M (7), L (6), XL (2), 2XL (0)

NOT RIDING?

- Low Back Pain?
- Sciatica?
- Arthritis/Stenosis?
- Neck Pain?
- Headaches?
- Wrist Pain?



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Williamsburg Area Bicyclists (WAB) Membership Application or Renewal

Please print each name as it should appear on the WAB membership card.



Name(s) _____

Address _____

City _____

State _____ ZIP _____

email _____

Phone _____ Cell _____

New member Renewal

Individual: \$15/year \$27/2 years

Family: \$20/year \$35/2 years

College Student: \$10/year

Please indicate if you would like to help the WAB in these areas:

- Leading rides
- Serving as an officer
- Assisting with the newsletter
- Serving on a committee
- Providing sag support
- Assisting with special events
- Advocacy
- Web page support
- Conducting bike rodeos
- Other _____

To cut back on paper use, we are now posting our newsletter on our website www.wabonline.org. If you would still like to receive a paper copy, check here Don't give my name to any other bicycling organizations.

Reason for joining the WAB: Socialize Improve my fitness Receive discounts Learn about bicycle maintenance
 Become a better cyclist Ride with others Support bicycle routes

Williamsburg Area Bicyclists (WAB) Release and Liability Waiver

This is a legal document. Please consult an attorney if you have questions.

In consideration of being permitted to participate in any way in the Williamsburg Area Bicyclists (WAB) ("club") sponsored activities ("activities") I, the undersigned, freely acknowledge and realize the dangers of participating in the activities and fully assume all risks including, but not limited to, collision with pedestrians, vehicles, other riders, and/or fixed or moving objects, the negligence of other riders, sponsors, promoters or drivers, and dangers arising from falls, road surface, equipment failure, inadequate safety equipment, weather conditions, as well as the possibility of physical and/or mental trauma (or injury). I understand that the routes require bicycling on public roadways and in bad weather, and that cyclists have been hospitalized and/or killed because of traffic mishaps that are either their responsibility or others' responsibility. I further agree that I will bear all expenses incurred in any such accidents.

I realize the activities require physical conditioning and represent that I am in sound medical condition. I have no physical or medical impediment which would endanger myself or others. I understand and agree that a situation may arise during an activity which may be beyond the control of the sponsors, promoters or organizers and agree to ride so as not to endanger either myself or others. I will wear an ANSI or SNELL certified helmet when riding a bike during club rides. I will obey all applicable traffic laws and regulations. I understand if I leave the route, I am no longer on the ride. I waive, release, discharge for myself, my heirs, executors, administrators, legal representatives (including successors), any and all rights and/or claims which I have or may hereafter accrue to me against the sponsors and promoters of the club, or other sponsors or affiliated organizations and their respective agents, officers and employees for any and all damage, injuries or claims which may be sustained by me directly or indirectly arising out of my participation in the activities.

The above agreements and representations are my express understanding of the risks and I assume these voluntarily and freely without coercion or duress. This agreement may not be modified orally and may not be waived in any respect. I accept the responsibility for the condition and adequacy of my bicycle.

Date: _____ Signature(s): _____ Printed Name(s): _____

Signature(s): _____ Printed Name(s): _____

Parent/Guardian Release

Everyone under eighteen (18) years of age must have the following completed:

I, as parent or guardian of the above named minor hereby give my permission and consent voluntarily and freely for my child to participate in the club activities. I further agree individually and on behalf of my child to the above terms after having fully read the "Release and Liability Waiver."

Parent/Guardian's Signature: _____ Parent/Guardian's Printed Name: _____

Please mail your signed form and check payable to WAB to:
Williamsburg Area Bicyclists, PO Box 2222, Williamsburg, VA 23187-2222

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