



THE FLYING WHEEL

Newsletter of the Williamsburg Area Bicyclists (WAB)

VOLUME 16, NUMBER 7

WILLIAMSBURG, VIRGINIA

AUGUST 2012

WAB sends a winning team to the GTCC

A merry band of WAB members, present and past, set off during the week of July 16th for the **Greene Trails Cycling Classic** in Xenia, Ohio. The group included Dean & Carolyn Dunbar, Charlie & Glenne Hart, Linda & Bill Peters, my son Elliott and me.



On Wednesday, July 18th, Charlie, Elliott and I rode the upper portion of the Ohio to Erie Trail between London and Chillicothe, OH. In South Charleston we were entertained by a group of ladies playing dulcimers at the train museum located at the trail head. From there we headed to Xenia to meet the others.

Xenia Station is the hub for five paved, mostly flat, predominately shaded trails - in other words, a cyclist's dream and home of the Greene Trails Cycling Classic.

On Thursday, the group rode north on the Ohio to Erie Trail to the town of Cedarville. Dean and Carolyn continued on to London. Despite encountering the occasional rainstorm, we had a delightful day riding the trails. That evening we enjoyed a spaghetti dinner in the fairgrounds dining hall. We were introduced to our hosts – staff members of the Greene County Parks and Recreation Department – and met many of our fellow cyclists.

On Friday, Dean completed the century ride on the Ohio to Erie Trail south of Xenia, helped along the way by stops at not one but FOUR ice cream shops. The rest us rode a measly, but leisurely, 33 miles.

On Saturday, we followed the Creekside Trail to Dayton and had lunch at the open-air 2nd Street Market. The trail passes through a number of parks and runs along the Mad River in downtown Dayton.

On Sunday, Dean and Carolyn headed for the New River Trail back in Virginia; while Linda, Charlie, Elliott and I rode the Little Miami Scenic Trail to Yellow Springs then took roads to Clifton where we ate lunch at the historic Clifton Mill.

We all so enjoyed our time at the GTCC there was talk of moving to Xenia or at least returning to the GTCC next year. It truly is a shame these wonderful (and hundreds of miles of) trails aren't closer or – dare I hope – in our own backyard.



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Deana Sun

Originals of pictures at <http://hollyforks.com/WAB>.

WELCOME!

New members

Frank Connelly, Bruce Glendening, Henry and Diane McQueen, J. Parr McQueen, George Reisk

Renewing Members:

Lisa and Kirk Beavers, Wren Beavers, Anne Butler, Chris and Susan Currey, David Hurt, Stephanie Lamb, Mark Lerman, Bruce Mayer, David Palagyi, Neal Robinson, Blanche and Leonard Scharf, Dick Schneider, Herb and Beverly Spannuth

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 | tedbikes2@verizon.net |
| Vice President | Roger Cross | 869-6303 | rogercross@msn.com |
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| | Pat Groeninger | 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 Groeninger | 220-5464 | groenfam10@verizon.net |
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| 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



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

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

From the Prez

Hi WAB,

One more month of summer left, and it has been a hot one! I hope you have all been able to get in a lot of cycling in spite of the heat. Andy Ballentine has done an excellent job as ride coordinator, but he needs help. Only a relatively few members have volunteered to lead rides. We have a few stalwarts, such as Deana Sun, Dean Dunbar, Charlie Hart, Pat Groeninger and the Reddings, but we need more.

Come on, people. It is not that hard. In fact, it's a lot of fun. If you can't decide on a route, look at our WAB ride

book, conveniently on sale at the local bike shops. There are plenty of good rides in it with maps and cue sheets. Use your imagination to come up with a novel ride idea. Work a meal stop at a favorite restaurant into the ride. A stop at an ice cream or frozen yogurt is always popular. WAB members are the absolute best and this is a good way to meet more of them. If you are unsure how to go about it, feel free to contact Andy, me or any of the more experienced members for assistance and/or advice.

Meanwhile, enjoy the ride and stay vertical.

Ted Moreland

Items of Interest on the Web

HIGH-WATTAGE WHEELS

<http://online.wsj.com/article/SB10001424052702303933704577532973449675432.html?KEYWORDS=high-wattage+wheels>

CAMERAS ARE CYCLISTS' 'BLACK BOXES' IN ACCIDENTS

http://www.nytimes.com/2012/07/21/technology/bicyclists-using-cameras-to-capture-accidents.html?r=1&nl=todaysheadlines&emc=edit_th_20120721

JUNE CURRY, THE COOKIE LADY, DIES AT 91

http://www.vabike.org/june-curry-the-cookie-lady-dies-at-91/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+VirginiaBicyclingFederation+%28Virginia+Bicycling+Federation%29

BIKE-SHARING, PROMISED FOR LATE JULY, IS DELAYED

http://www.nytimes.com/2012/07/17/nyregion/new-yorks-bike-share-program-delayed.html?nl=todaysheadlines&emc=edit_th_20120717

AGREEMENT BETWEEN RICHMOND, CEMENT COMPANY CLEARS WAY FOR BIKE TRAIL

<http://www2.timesdispatch.com/news/2012/jul/09/tdmain01-agreement-between-richmond-cement-company-ar-2042764/>

A RIDER REVOLUTION IN FRANCE?

<http://pqasb.pqarchiver.com/washingtonpost/access/2694791101.html?FMT=FT&FMTS=ABS:FT&date=Jun+24%2C+2012&author=Alex+Duff&desc=A+rider+revolution+in+France%3F&free=1>

WEISBROD: BIKES AREN'T ONLY GREAT THING ABOUT TRAILS

<http://www2.timesdispatch.com/news/commentary/2012/jun/24/tdcomm03-bikes-arent-only-great-thing-about-trails-ar-2008113/>

AUGUST RIDE CALENDAR

CLUB RIDES

Saturday, August 4, 10:00 AM: Meet at the Chickahominy Riverfront Park for a 43 mile B pace lunch ride to Charles City. Lunch at the Charles City Tavern. Call Ted Moreland at 757-258-0715 (home) or 757-880-3212 (cell) by 7:30 PM, Friday. No calls, no ride.

Wednesday, August 8, 8:30 AM: Charlie Hart leads a 25-30 mile C+ pace ride in upper James City County 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 for confirmation the ride is on.

Saturday, August 11, 9:00 AM: Pat Groeninger leads a casual-pace ride on August 11 or 25 starting at the Capital Trail kiosk at Jamestown. The date and ride of 15 to 20 miles depends on who would like to join her! Call 220-5464 or e-mail groennet2@verizon.net.

Saturday, August 11, 9:00 AM: 58 mile Waverly Watermelon Ride for WAB and RABA riders. Ted Moreland will lead a B pace group and Jack Huber a C pace group. This ride will pass through Claremont and Surry, two quiet villages in Surry County. The terrain is nearly flat and the traffic volume is very low. There will be a special rest stops at Jack's place on the James River and another hosted by Shirley Cockes, Surry County's "Watermelon Lady."

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 8:00 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. Contact Jack, 804-282-3872, jhuber1111@yahoo.com.

Monday, August 13, 8:30 AM: Deana Sun leads a 25-35 mile, C+ pace ride on lightly traveled country roads in New Kent and Charles City counties. Many routes do not have store stops, so bring plenty of

water. Contact her by phone/text (804-690-6018) or email (MaElDsun@aol.com) for the start location and details.

Saturday, August 18, 8:00 AM: Andy Ballentine leads a 40 mile B- pace ride around the Little Creek Reservoir. Meet in the William and Mary parking lot on Jamestown Road across from St. Stephen Lutheran Church. Contact Andy at andyballentine@yahoo.com or 757-229-6742.

Wednesday, August 22, 8:30 AM: Charlie Hart leads a 25-30 mile C+ pace ride in upper James City County 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 for confirmation the ride is on.

Sunday, August 26, 1:00 PM: Join the group cleaning up the WAB-adopted piece of Ware Creek Road. After the clean up, there will be rides at C pace or slower for 8-20 miles along the "Paris-Roubaix" route, beginning at 1:30 or so. A party will begin at 3:00. Contact Bob Austin at warecreek@aol.com.

Monday, August 27, 8:30 AM: Deana Sun leads a 25-35 mile, C+ pace ride on lightly traveled country roads in New Kent and Charles City counties. Many routes do not have store stops, so bring plenty of water. Contact her by phone/text (804-690-6018) or email (MaElDsun@aol.com) for the start location and details.

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 and Fridays at 9:30 AM: 45-55 mile, A-B pace ride with stops. Ride leader Don Cherry writes, "We do go 18 to 20 on the flats some." The Monday ride starts at Don'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: 3008 Kitchums Close. Call Pete at 258-3539.

Fridays at 8:30 AM: The “Dunbar Ride” leaving from the Williamsburg Community Chapel. 25 to 35 miles at a C+ pace on the Virginia Capital Trail. Meet at Williamsburg Community Chapel parking lot (Section S). Contact Dean Dunbar at 757-645-3952; cdunbar6@cox.net.

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

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 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>

Saturday, August 4: ANTHEM Moonlight Ride in Richmond. A night ride through Richmond wearing crazy costumes (optional) followed by a party at Sports Backers Stadium. For more information check out www.sportsbackers.com.

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Saturday, September 15: RABA and the Hanover Habitat for Humanity present the 2012 Heart of Virginia Bike Festival. It will take place at the historic Hanover County Courthouse, and feature Century (101 Miles), Metric Century (62 Miles), Short (31 Miles) and Family Rides (10 Miles).

The Fifes and Drums of Yorktown will play the national anthem to send off the riders. Have fun, enjoy the rest stops, a country BBQ lunch and live entertainment, and help support Hanover Habitat for Humanity and RABA! Information and registration at <http://heartofvabikefestival.org/>.

Saturday, September 15: The Surry Century, rides of

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.

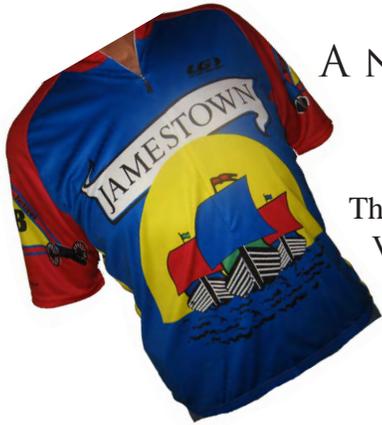
25, 50, 75 and 100 miles. Rides begin and end at the Surry Athletic Field behind the Surry Courthouse, just across the James River from Williamsburg via the ferry. Registration information is at <http://www.pbicycling.org/surrycenturyrides.html>.

Saturday, September 29: The Shenandoah Valley Century, Harrisonburg, VA. 25, 50 & 100 mile rides. www.svbcoalition.org/events/century/.

Saturday, October 6: Get your ride on at first annual Martin’s Tour of Richmond! Choose the full 102-mile Gran Fondo or the shorter 59-mile or 29-mile distances. Plan on joining us for the entire day because we’ll celebrate your accomplishment with a big ol’ feast at the Richmond Raceway Complex afterwards. Register at <http://www.sportsbackers.org/events/martins-tour-richmond>.

Friday-Sunday, October 19-21: The Fall Foliage Bike Festival, Staunton, VA, features rides of 12, 26, 39, 50, 68 and 100 miles plus lunch on Saturday; and rides of 10, 23, 27, 37 and 43 mile plus brunch on Sunday. This is advertised to be a well-organized ride in a beautiful setting, with outstanding rest stops and meals and beautiful scenery. Some routes can be challenging. More information: www.shenandoahbike.org.

Friday-Sunday, October 26-28: CBES Between the Waters Bike Tour, Wachapreague, VA. Absolutely flat routes on the Eastern Shore of Virginia. Rides of 25, 40, 60 & 100 miles include lunch. More information: www.cbes.org.



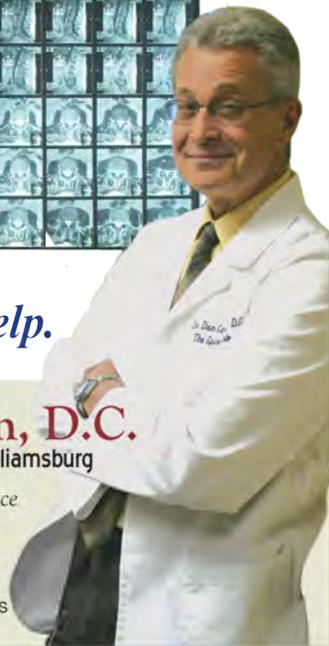
A NEW SHIPMENT OF WAB JERSEYS HAS ARRIVED!

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.



NOT RIDING?

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



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Yakima Stickup tray (platform)-style 2-bike hitch mount carrier.

For 1-1/4" and 2" receivers. See at <http://yakima.com/shop/bike/hitch/stickup>. New, never used. Assembled and ready to go. Fits almost any size and type of bike, and especially good for carbon fiber frames. Asking \$189. Charlie Hart at (757) 566-0090, or email him at RunnrRidr@cox.net.

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: _____

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Williamsburg Area Bicyclists, PO Box 2222, Williamsburg, VA 23187-2222

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