

# The Flying Wheel



*Newsletter of the Williamsburg Area Bicyclists (WAB)*

Volume 10, Number 6

Williamsburg, Virginia

August 2006

## Wanted: Ride Leaders for September

See page 9 for details.

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*A bon vivant on Ware Creek Road en route to the Paris-Roubaix fete.*

## 9th Annual WAB Paris-Roubaix

The 9th Annual WAB Paris-Roubaix road cleanup/ride/wine dégustation and déjeuner sur l'herbe will be held chez Bob Austin on Sunday, 27 August this year.

Cleanup of our adopted sections of Ware Creek Road and M.T. Laurel Road will begin at 1:00 pm, the rides around about 2:00 pm, and the eating and drinking about 3:30 pm. If you decide to help out with the road cleanup, bring gloves.

Let's hope for the good weather typical for this time of the year. But we can move under shelter if the weather doesn't cooperate.

If you plan to attend, please complete the form on page 2 and mail it to Bob Austin. Wine drinkers and guests who are not WAB members should add a \$5.00 check to their mailing.

Directions: Croaker Road (SR 607), about one mile north of I-64 Exit 231-B. Left onto Ware Creek Road (SR 606) at Garrett's Grocery, about half a mile until you see the Roubaix sign.

## Monthly Meeting

Membership meetings are on hold for the summer. We will meet again on Tuesday, September 5, 2006. Watch this space for more detailed information.



*Williamsburg Area Bicyclists*

## WAB Paris-Roubaix Signup

If you plan to attend the event, please complete this form and mail it to:

Bob Austin, 4557 Ware Creek Road, Williamsburg, VA 23188.

If you're going to drink wine at the event (preferably after your ride), or if you're not a WAB member, make out a \$5.00 check to the *Williamsburg Area Bicyclists* and stuff it into the envelope along with this form. Merci beaucoup!

Name(s) \_\_\_\_\_

\_\_\_\_\_ How many will drink wine? \_\_\_\_\_



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American Bicyclists  
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### 2006 WAB Officers:

President	Julie Pieretti	345-2490	juliep@cox.net
Vice President	Tammy Glaser	565-4998	wbcsculler@verizon.net
Treasurer	Jack Reitz	220-2059	jackr27@cox.net
Secretary	Robert Busetti	345-2490	busetting@hotmail.com
<i>Directors:</i>			
	Bob Austin	566-3769	warecreek@aol.com
	Sarah Darling	564-3697	stdhome@aol.com
	Mary Turnbull	229-4046	turnbull7@gmail.com

### 2006 WAB Committe Chairs/Ex-Officio:

Newsletter Editor	Michael Kaspareck	566-4777	kaspareck@hotmail.com
Ride Coordinator	Neal Robinson (temp)	258-5101	neal2wheeler@aol.com
Advocacy Chair	Tod Allen	564-9770	peachtree105@verizon.net
Membership/ Publicity Chair	Pat Groeninger	220-5464	groenfam10@verizon.net
Webmaster	Dave Schweickert	221-0664	dschweickert@cox.net
Past President	Neal Robinson	258-5101	neal2wheeler@aol.com
JCC Parks and Recreation	Debbie Post	259-4176	dpost@james-city.va.us

*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—even remotely—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 or email us your story or picture no later than the 15th of the month.

## Welcome to the Club!



### *New Members:*

Mikki Ciner  
 Lisa Fahrenbrook  
 Linda and Raymond Ingleson  
 Jim Kopenhafer  
 Steven Kuehl  
 Raymond Maile

### *Renewing Members:*

Richard and Joann McGrew (charter members)  
 Mary Apperson  
 Gary Driscole  
 Adrienne Frank  
 Richard and Cookie Dunlap  
 Charlie and Glenne Hart  
 Neal Robinson

## From the Prez

The heat is on, but I've seen many bicyclists out there still. Perhaps the high price of gas has pushed some of you to take to the two-wheel mode of transportation a bit more lately? In your outings, keep an eye on Jamestown Road between Rt.199 and Neck-O-Land Road. Thanks to the perseverance of our member Don Cherry, along with the help of Past President Reed Nester and several others in the local political array, VDOT has granted our wish and will be adding a bicycle shoulder to that section of road during the repaving which is scheduled in the next few months. Once finished, this means that bicyclists can ride in safety on Jamestown Road all the way from Merchants Square to Jamestown. While it is only about one mile of asphalt, it represents what can be achieved with determination and dedication to a cause, especially dealing with a force like VDOT. So, from all WAB members: **Thank you, Don!**

Another thank you needs to go out to our intrepid ride coordinator Ernie Schmidt. Ernie has done a first-class job over the last 2 years. Sadly for us, he is moving to Charleston, South Carolina. We will miss his dedication to WAB, not to mention his precise cue sheets and help with our route book and many special events. **Thank you, Ernie!**

We have many good rides scheduled, starting with this Saturday's annual "Ride to the Rescue" with a feast afterwards, and our annual *Paris-Roubaix* ride at the end of August at Bob Austin's chateau in downtown Croaker, oh excuse me, Roubaix. Both these rides offer something for all levels of riders, and are a great way to take in the still rural parts of upper James City County. Look forward to seeing you on the road (pedaling, that is).

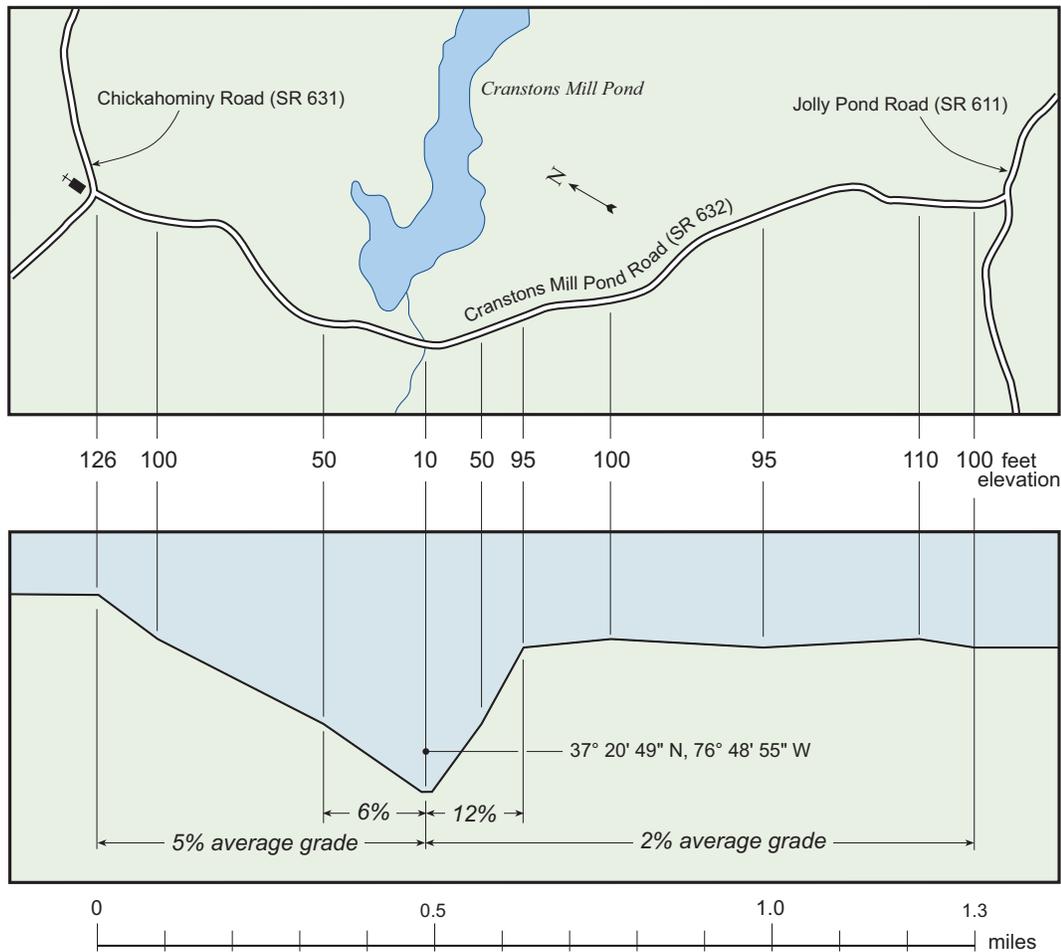
—Julie Pieretti

## Postscript

Unfortunately, the photograph below didn't make it into the *Letters from a Remarkable Biking Friend* story in last month's Flying Wheel.

The remarkable 79-year old biking friend is **Richard Lawrence**, a cycling companion of WAB Past President and temporary Ride Coordinator Neal Robinson. Richard has ridden over 200,000 miles since he started cycling 20 years ago at age 59. Here he is, standing tall with one of his Softride cantilever beam bicycles.





## KNOW YOUR CLIMBS

### Carwash Hill

Much of the Williamsburg area topography can be described as a broad upland dissected by stream erosion. “Riding hills” around here generally means descending to a creek bed and climbing back out of it.

**Cranstons Mill Pond Road (SR 632)** near Lightfoot is no exception. Better known among local cyclists as Carwash Hill, it leads riders down to a creek and back up. The road profile shows that the climb from the creek to Jolly Pond Road is very different than the reverse climb from the creek to Chickahominy Road.

The climb up to **Jolly Pond Road** starts with a short and steep 12% grade jumping from 10 to 95 feet elevation in just 800 feet. Then it flattens and even contains a slight downgrade section. Average grade for the entire 0.8 mile climb is a surprisingly low 2%.

The climb up to **Chickahominy Road** starts with a 6% grade rising from 10 to 50 feet elevation in 950 feet. It flattens a bit after that, then gets slightly steeper for the last 500 feet. The average grade for the entire 0.5 mile climb is 5%. Unlike the climb to

Jolly Pond Road, there are no sections that vary much from the average grade.

If you’re a bit competitive, you learn quickly that the climb up to Jolly Pond Road favors riders who can rapidly recover from intense cardiovascular efforts. Once over the 12% section, the rest of that climb is gentle. Rapid recovery will allow you to accelerate on that easier section to get away.

The climb up to Chickahominy Road favors riders who can sustain a good effort over a longer period of time, and know how to pace themselves. A measured effort at the bottom followed by increasing intensity and speed all the way to the top at Chickahominy Road might work to drop your friends on this climb.

Why the name *Carwash Hill*? Late 20th century cyclist’s lore had it that people living nearby washed their cars in the creek. It’s much more likely that a solitary, slightly delirious bicyclist once thought he saw someone washing something that looked like a car at the bottom of the hill, then told his tale to embellishers.

## Look both ways for cars before you cross the street

is one of the most important warnings American children hear when they're old enough to walk alone. That's because we live in a culture in which cars, trucks and SUVs rule the streets.

But it wasn't always that way, said Peter Norton, assistant professor in the Department of Science, Technology and Society at the University of Virginia's School of Engineering and Applied Science.

*Some people wanted to give cars a claim to street space. The word 'jaywalker' was one way to do this. Casting doubt on the pedestrian's place in the street strengthened the car's claim to street space.*

Early in the 20th century, pedestrians claimed the right of way on country roads and city streets, sharing the public space with children at play, domestic animals, carts, vendors, carriages and streetcars. A spooked horse galloping through the streets might send people running for cover, but generally, pedestrians and vehicles shared the right of way. Then came the age of the automobile.

Henry Ford sold the first Model T in 1908. Over the next 19 years, 15.5 million of those cars were sold in the United States. During that time, there was a clash of cultures, particularly in the cities, between residents who used the streets as an extension of their homes, chatting with neighbors and watching their children at play, and drivers of the newfangled vehicles who wanted to travel quickly from one place to another, Norton said. The residents viewed the drivers as dangers and the drivers viewed people in the streets as obstructions.

"Of all the many rivalries between various street users, the feud between pedestrians and motorists was the most relentless — and the bloodiest," said Norton, who estimates that well over 210,000 Americans — about three-quarters of them pedestrians, half of whom were children under 18 — were killed in traffic accidents from 1920 to 1929, a four-fold increase over the death toll of the previous decade.

The argument over who should have the right of way still resonates today around such issues as signal timing — the length of time pedestrians are given to walk across a street before the light changes and the

waiting time between one "walk" signal and the next — and left-hand turn signals, which are operated by a sensor under the pavement set up to detect the presence of a car, but not calibrated to detect a bicycle, Norton said.

And he sees modern-day activists carrying on the fight by advocating such measures as bike paths and bike lanes, traffic-calming measures in residential areas, and pedestrian malls, which ban cars and reclaim the street as public space for strolling, street performers, sidewalk cafes and vendors selling their wares from carts.

In the early days, despite the threat to public safety, Model T's and other automobiles gained supremacy on America's streets — a battle that Norton sees encapsulated in the redefinition of the word "jaywalker."

In 1909, "jaywalker" was an obscure Midwestern colloquial term that referred to a country hick in the city who got in the way of other pedestrians. But with the rise of the automobile, people connected with the auto industry used "jaywalker" to mean a pedestrian who crosses the street against regulations.



"Most people living in cities didn't think fast cars belonged in streets," Norton said. "So when cars hit pedestrians, it was always the driver's fault. Angry city residents wrote letters to their newspapers denouncing 'joy riders' and 'speed demons.' But some people wanted to give cars a rightful claim to street space. The word 'jaywalker' was one way to do this. By casting doubt on pedestrians' place in the street, it strengthened cars' claim to street space.

—see "Jaywalker," page 8



## Paces

- A** Fast, steady, 18-22 mph.
- B** Moderate, steady, 15-18 mph.
- C** Moderate, 11-15 mph with stops.
- Casual** Up to 11 mph with many stops; group will wait for all riders

*Helmets are required on all WAB rides.*

## August Rides

### ***Friday, August 4, 5:00 pm***

Join Allen and Mary Turnbull for their Winery Ride—a C-pace evening ride of about 19 miles on the Colonial Parkway to Jamestown Island. They'll depart promptly at 5:00 pm from the Williamsburg Winery to reach Jamestown Island just before the gate closes at 5:30 pm. This is a great time to see lots of wildlife on the island. Admittance fee to Jamestown Island is \$8.00 per person, or \$20.00 per family for a 13-month pass. Optional dinner at the Winery at 7:00 pm. (Average entrée \$13.00). Lycra attire OK. Call 229-4046 to make a reservation.

### ***Monday, August 7, 6:00 pm***

Join the Reddings at the Barnes and Noble bookstore Merchants Square entrance for a 12-mile casual ride. Call 220-8236.

### ***Saturday, August 12, 9:00 am***

Meet Kathryn Blue at the Common Glory parking lot on Jamestown Road a for a 30-mile round trip C-pace ride to Yorktown on the Colonial Parkway. Optional 10 miles on the Battlefield Tour Roads. Bring money for lunch. Call Kathryn at 229-0041.

### ***Saturday, August 12, 9:00 am***

Meet Jack Huber at the Tavern in Waverly for a 62-mile, B-pace RABA/WAB ride through Claremont and Surry, two quiet villages in Surry County. There will be two stops with rest rooms, water and snacks. If the group wants, we can stop at Anna's Italian restaurant in Surry after 37 miles. From Williamsburg, take the Jamestown ferry, then Rt. 31 past Surry. Go west on Rt. 10 to Spring Grove and make a left onto

Rt. 40. The Tavern is at the Rt. 40/Rt. 460 intersection in Waverly. You can take the 8:00 am ferry. Call Jack at (804)282-3872 prior to the day of the ride (or his cell phone (804)356-7018 the morning of the ride) so he can hold the start a few minutes for you to arrive and get ready.

### ***Sunday, August 13, 9:00 am***

Ride 10 miles with Pat Groeninger from the Jamestown Settlement parking lot for a casual cool and shady ride. Bring Jamestown Island passes if you have one. If possible, the ride may venture up on the completed portion of the Capital to Capital Trail. Call 220-5464.

### ***Monday, August 14, 6:00 pm***

Join the Reddings at the Barnes and Noble bookstore Merchants Square entrance for a 12-mile casual ride. Call 220-8236.

### ***Saturday, August 19, 9:00 am***

Bob Austin will lead his "York x 4" ride from his house at 4557 Ware Creek Road. C pace, 32 miles. Call Bob at 566-3769. No calls, no ride.

### ***Sunday, August 27, 1:00 pm***

9th Annual WAB Paris-Roubaix —see cover page.

## Standing Rides



### ***Mondays at 1:00 pm***

Join Don Cherry for a 45-55 mile, A-B pace ride with stops (no one left behind) from his office at the intersection of Route 199 and Henry Street. Call Don at 253-2500.

Don usually does this ride Fridays as well, but you must call for the starting time and location.

### ***Mondays at 6:00 pm***

Meet at the Old Courthouse, Ballard Street, Yorktown for this community ride. The ride will begin with a warm-up at around 15 mph, then progress to 15-18 mph with some individual sprints if you're feeling good. Cue sheets provided.

Our goal is to get progressively faster throughout the summer and ride leaders will work with you if that is your goal also. Contact Elaine Cardwell at 871-7544 or Katherine Long at 369-9084 if you have questions.

### ***Mondays, Tuesdays and Wednesdays***

Join Bob Snare at the Williamsburg Outlet Mall (near McDonalds) or at his even-easier-to-find house off Newman Road, for a 10-15 mile C to C+pace ride. Route and time to suit the group.

Call Bob at 229-9355 or e-mail [rtred@cox.net](mailto:rtred@cox.net) for time. No calls/email, no ride.

### ***Wednesdays at 6:00 pm***

Meet Geoffrey Bryant in the SunTrust Bank parking lot in New Town for a cool evening ride through the county. This is one of the more popular rides in the area and attracts riders of all abilities. Geoffrey will set the pace and distance to suit the riders of his group, so no one will be left behind. After the ride, join the gang for refreshments and socializing at the Corner Pocket pub. Call Geoffrey at 232-3033 to confirm, or email him at [geoffwbryant@hotmail.com](mailto:geoffwbryant@hotmail.com)

### ***Sundays at 9:00 am***

Barry Herneisey leads a mountain bike ride from his *Bikes Unlimited* bicycle shop on Scotland Street corner Richmond Road (near William & Mary's Zable Stadium) in Williamsburg. Call Barry at 229-4620 to confirm.

## ADVOCACY

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### Monticello/Ironbound Pedestrian-Bicycle Accomodation

VDOT is reassessing the impact pedestrian and bicycle accommodations **at all four corners** of the Monticello Road/Ironbound Road intersection will have and is to report back to the City of Williamsburg and James City County staff "soon." The localities will determine if the impact to traffic is justifiable to ensure pedestrian/bicycle access. Given our pressure, I'm hoping they are willing to compromise on traffic flow to a greater degree than previously. There will be another lobbying opportunity for the community here!

The Board of Supervisors stands ready to issue a resolution urging pedestrian and bicycle access upon VDOT's report. We're not sure if it will pass. The College of William & Mary has issued a "strong" letter to Hampton Roads Administrator Dennis Heuer pushing for non-motorized accommodation.

This, coupled with the City's Resolution, only helps to strengthen what we citizen activists have been pushing for. We're not alone on this!

Here's a key point for the cyclists: John Laben and I had a good conversation with Bill Evans, the new VDOT assistant director for the residency (he moved here from San Diego) about video detection at the Monticello/Ironbound intersection. Loop detection doesn't work well with bicycles. Video detection has a lot more success at equivalent cost and with less maintenance. I would like this intersection to be the first in James City County to have video detection. It's used in other areas in Virginia, so it's time to put it to use here. This is a major issue cyclists can push. I, for one, am tired of trying to circle over those loops trying to trigger the signal!

—Stephanie Smith, Active Williamsburg Alliance



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## Jaywalker, *continued from page 5*

By 1930, “jaywalker” was routinely applied to pedestrians engaging in street uses that had once been beyond reproach. By then, most people agreed (readily or grudgingly) that streets are chiefly motor thoroughfares.

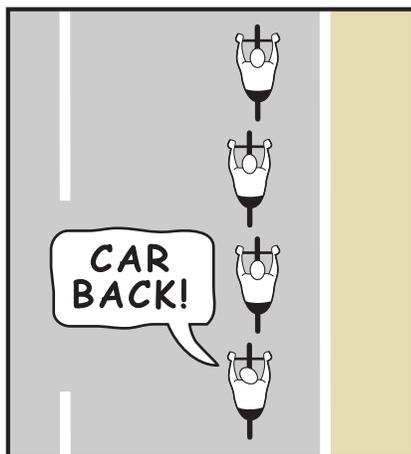
For the past century, America’s love affair with automobiles has meant that motor vehicles have ruled American streets. Despite sporadic efforts to assert the rights of pedestrians and bicyclists, that culture prevails.

*Article provided by [www.adventurecycling.org](http://www.adventurecycling.org) through [www.newswise.com](http://www.newswise.com).*

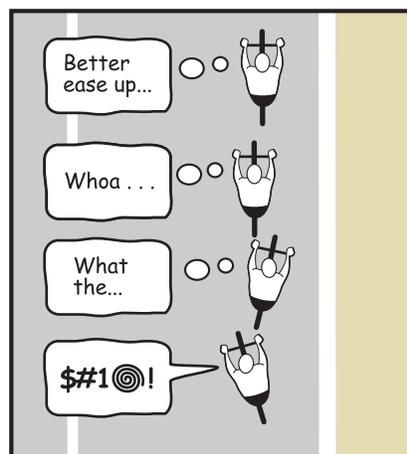
## CATS Ride, October 21

The American Lung Association of Virginia as the sponsor, Cycle Against Teen Smoking (CATS) and the Colonial Virginia Bike Trek invite you and your family to join them for a charity ride through the Jamestown and Williamsburg countryside on Saturday, October 21, 2006. For more information email Ray Davis at [rdavis@lungva.org](mailto:rdavis@lungva.org) or call 1-800-LUNG-USA.

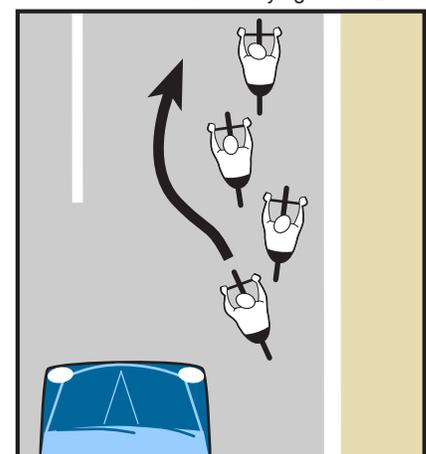
## Skills Corner



Sometimes good intentions cause bad things to happen. In this perfect paceline (evenly spaced, slightly staggered left-right-left), the last rider hears a car behind and believes it’s necessary to warn the others. So far, so good. But the well-intentioned warning could create disorder at the worst possible moment if not all riders know how to ride a paceline correctly.



Hearing “car back!,” one of the riders reduces pedal pressure—a completely unnecessary and thoughtless move (often made worse by the shout “slowing!”) The rider behind taps the brakes, and the accordion effect forces the next rider to brake hard. The last rider now has the interesting choice of either locking up the brakes or swerving around the chaos in front.



The last rider decides to swerve around the bunch. Unfortunately, the car he warned the others about is approaching fast. Now the well-being of all riders depends completely on the skill of the driver.

It’s a worst-case scenario, but it could happen. Lesson: don’t reduce pedal pressure when you hear “car back.” Or “car up,” for that matter. Just keep riding!

## Wanted: Ride Leaders for September

Our erstwhile ride coordinator Ernie Schmidt has moved and we are currently without one. I've agreed to take over the job until a permanent coordinator can be found (any volunteers?). My first job is to find ride leaders for September with its five week-ends.

Being a ride leader **is not a big deal**. In fact, its a very easy deal. So easy that even I can do it. All you need to do is show up at the starting point, greet everyone, have everyone sign the WAB waiver sheet, explain the route and ride. I will be happy to go over any other points about ride leading and send potential leaders a ride leader instruction sheet which Jim Homerosky prepared. Good ride leaders encourage people to ride more, and that strengthens our club. We need leaders who can lead **all levels** of rides—from *A* to *Casual* and in-between. In August, we will have our annual clean up ride/wine and cheese party at Bob Austin's house (an event not to be missed) and I will be there recruiting. Bring your appointment calendars so your can mark down any weekend dates you have free in September. **Help your club and be a ride leader**. Call me with any questions at 258-5101, or email me at [neal2wheeler@aol.com](mailto:neal2wheeler@aol.com)

—Neal Robinson

## Classifieds

**For Sale:** Pair *Rolf Vector Comp* wheels in excellent condition. Rear hub accepts 9 and 10 speed Shimano cassettes. No longer need them as my rebuilt bike came with new wheels. \$140.00 or best offer. Neal Robinson, email at [neal2wheeler@aol.com](mailto:neal2wheeler@aol.com) or call (757) 258-5101.

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## Member Discounts

The WAB membership card mailed to you after you join gets you a 10% discount on parts, accessories or clothing (but not bicycles) at these local bike shops and sports stores:

BikeBeat,  
Bikesmith,  
Bikes Unlimited,  
Blue Ridge Mountain Sports,  
Colonial Sports, and  
Conte's Bicycles and Fitness.

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**229-4161**  
**Williamsburg**

**595-8433**  
**Newport News**

## OUT OF AREA

### Shenandoah, Sept. 10

Come ride the **24th Annual Shenandoah Valley Century**, September 10, 2006. Enjoy the beautiful back roads of the Shenandoah Valley on rides of 25, 50, and 100 miles over rolling to hilly roads. There will be checkpoints, snacks, drinks, sags and baked goods. We expect about 150 bicyclists. Start/finish is at Hillendale Park in Harrisonburg, Virginia. Pre-registration is \$9.50.

For information, contact Art Fovargue, 1043 Chestnut Dr., Harrisonburg, VA 22801, (540) 433-9247, email: [century@svbikeclub.org](mailto:century@svbikeclub.org).

You can also phone Marcia Lamphier (540) 432-3312, or go to [www.svbikeclub.org/svbc\\_century.html](http://www.svbikeclub.org/svbc_century.html).

### Pedal through the Petals

Ride through the **Norfolk Botanical Gardens** from 4:00 - 7:00 pm on Mondays, Wednesdays, and Thursdays, or Sundays from 1:00 - 7:00 pm through September 30, 2006. Cycling the 12 miles of garden paths is a unique way to see the Norfolk Botanical Gardens. Admission is \$6.00.

### Eastern Shore, Oct. 28

Join the 2006 **Between the Waters Bike Tour** held this year on October 28, 2006 in the Onancock, VA area.

This one-day ride will take you through the back roads of the Eastern Shore of Virginia. The four routes, 100 miles, 60 miles, 35 miles, and 25 miles are flat and well marked.

The \$35.00 adult cost includes: lunch, rest stops with refreshments, and cue sheets. A T-shirt is included for those with registrations postmarked by October 1.

Children 7-12 years are \$15.00 per child with an adult. Children under 6 are free. There will also be a free casual bike ride on Friday afternoon.

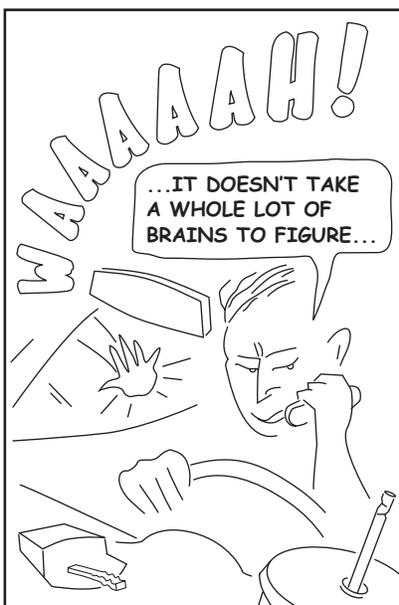
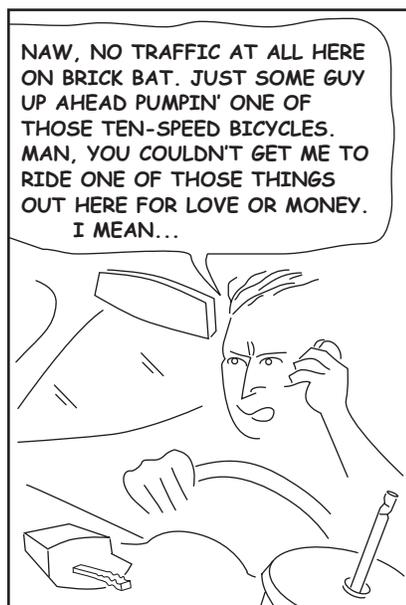
For more information about the bike ride and other related events, visit our *Citizens for a Better Eastern Shore* web site at [www.cbcs.org](http://www.cbcs.org).

You may also e-mail us at [info@cbcs.org](mailto:info@cbcs.org) or phone 757-678-7157.



## WABBLIES

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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 \_\_\_\_\_

Send me a paper copy of the WAB newsletter "The Flying Wheel".

Don't give my name to any other bicycling organizations.

### 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 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:

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Return Service Requested