



# THE FLYING WHEEL

Newsletter of the Williamsburg Area Bicyclists (WAB)

VOLUME 16, NUMBER 10

WILLIAMSBURG, VIRGINIA

NOVEMBER 2012

## Fifteenth Paris-Roubaix, or la Fête d'enfer

Twenty WAB members joined Bob Austin and Lynda on the afternoon of August 26 for the 15th annual Paris-Roubaix Ware Creek-Mt Laurel Road clean-up, collecting five bags of trash. During the post-cleanup and ride wine and cheese party, they also toasted Chuck Redding on his 85th birthday.



In spite of threatening skies and growling thunder, participants set off on an 8-mile ride down the newly-cleaned roads. It was to be to the regret of most of them, as the skies soon opened up, eventually adding another inch and a half of rain to the three and a half that had fallen on Austin's Acre the previous day. Bob and Neal Robinson set out in their vehicles in pursuit of the riders, offering shelter from the rain and lightning and rides back to the barn for those who wanted one. Hats off to both Chuck and Bobbe Redding, however, for toughing it out and finishing under their own power.

As the rain fell, the saturated topsoil of the front lawn

parking area lost its ability to support the vehicles, and several of them bogged down as they tried to back out onto the road. While the collective muscle power of the partiers managed to get the Reddings and other guest cars back on pavement, leaving only ruts behind, the left front wheel of Dr. Bruce Mayer's van buried itself up to the tie rods and it took a heavy-duty towing rig to break it free and get the good doctor and his guest back on the road, and that was not accomplished until 5:30 PM.



Keep in mind that clean-ups and rides - unfortunately without wine and cheese, but fortunately usually without rain - are held the third Sundays of November, February and May as well.

*Bob Austin*

### November WAB meeting

Join us for the November 13 meeting at the Williamsburg-Jamestown airport. The menu for the dinner at 6pm includes meat lasagna with a limited veggie lasagna option, plus the usual salad, bread and homemade pies. You must make reservations ([tedbikes2@verizon.net](mailto:tedbikes2@verizon.net) or 757-258-0715) by 6:30pm Sunday. No exceptions. Any cancellations must be made by 8:30 am Monday. No shows will be charged the full cost of the meal: \$11.00.

The program will begin at 7pm. Gary Smith will present an overview of online tools for planning and publishing bicycle rides, and show how to create cue sheets and custom GPS routes using these tools.

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# WELCOME!

**New members:** Robin Brady, Tracy Johnson-Hall, Robin K. Land and Dawn Linton

**Renewing Members:** Carol Ball, Jayne W. Barnard, Dan Carlson, Bob Comber, James Eadie, Michael Kasparek, Cindy Ray, John Treadwell, Stephanie Weber, Rich and Nancy Zick

# PROPOSED 2013 OFFICERS

The proposed slate of WAB Officers for 2013 is as follows:

- President: Bob Austin
- Vice President: Roger Cross
- Treasurer: Jack Reitz
- Secretary: Susan Currey
- Directors: Bob Arditi, Pat Groeninger, Mary Turnbull

The election of Officers will take place at the November membership meeting. Nominations may be taken from the floor at that meeting.

Nominating Committee Members:

Nancy Carter, Pat Groeninger, Mary Turnbull

## 2012 WAB OFFICERS

President	Ted Moreland	258-0715	<a href="mailto:tedbikes2@verizon.net">tedbikes2@verizon.net</a>
Vice President	Roger Cross	869-6303	<a href="mailto:rogercross@msn.com">rogercross@msn.com</a>
Treasurer	Jack Reitz	220-2059	<a href="mailto:wmsbgareabicyclists@cox.net">wmsbgareabicyclists@cox.net</a>
Secretary	Susan Currey	258-2665	<a href="mailto:curreyhome@cox.net">curreyhome@cox.net</a>
Directors	Bob Arditi	870-6778	<a href="mailto:bobard51@gmail.com">bobard51@gmail.com</a>
	Pat Groeninger	220-5464	<a href="mailto:groenfam10@verizon.net">groenfam10@verizon.net</a>
	Mary Turnbull	229-4046	<a href="mailto:petalpower@verizon.net">petalpower@verizon.net</a>

## 2012 WAB COMMITTEE CHAIRS/EX-OFFICIO

Publicity	Ron Grossman	566-8245	<a href="mailto:ronman37@aol.com">ronman37@aol.com</a>
Newsletter Editor	Gary Smith	566-0127	<a href="mailto:gary@hollyforks.com">gary@hollyforks.com</a>
Ride Coordinator	Andy Ballentine	229-6742	<a href="mailto:andyballentine@yahoo.com">andyballentine@yahoo.com</a>
Advocacy Chair	Bob Arditi	870-6778	<a href="mailto:bobard51@gmail.com">bobard51@gmail.com</a>
Membership Chair	Pat Groeninger	220-5464	<a href="mailto:groenfam10@verizon.net">groenfam10@verizon.net</a>
Webmaster	Jim Macdonald	208-0376	<a href="mailto:a6spot@cox.net">a6spot@cox.net</a>
Jersey Coordinator	Dave Cosgrove	258-9565	<a href="mailto:dcosgrove@printpack.com">dcosgrove@printpack.com</a>
Pedal the Parkway Chair	Nancy Carter	229-4907	<a href="mailto:njcarter@starpower.net">njcarter@starpower.net</a>
Ridebook Coordinator	Chuck Redding	220-8236	<a href="mailto:chuckredding@cox.net">chuckredding@cox.net</a>
Past President	Nancy Carter	229-4907	<a href="mailto:njcarter@starpower.net">njcarter@starpower.net</a>
JCC Parks & Recreation Rep.	Carla Brittle	259-5412	<a href="mailto:cbrittle@james-city.va.us">cbrittle@james-city.va.us</a>
May Is Bike Month Coordinator	Nancy Carter	229-4907	<a href="mailto:njcarter@starpower.net">njcarter@starpower.net</a>

*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 15<sup>th</sup> 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

**H**i WAB,  
I took this photo on October 6, on the Nesters' B-pace ride. Seven of us started out. Four of us finished a great ride. Good weather, good company and good scenery. Doesn't get any better than that. We went through The Colony, a Chickahominy riverfront community I had never been through before.

(Incidentally, I also found the most disgusting restroom I have ever seen at Stewart's Grocery on Rte 60. Don't even think of going there.)

*Ted Moreland*



## Items of interest on the Web

I'M GLAD I WAS WEARING MY HELMET

[http://www.vabike.org/im-glad-i-was-wearing-my-helmet/?utm\\_source=feedburner&utm\\_medium=email&utm\\_campaign=Feed%3A+VirginiaBicyclingFederation+%28Virginia+Bicycling+Federation%29](http://www.vabike.org/im-glad-i-was-wearing-my-helmet/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+VirginiaBicyclingFederation+%28Virginia+Bicycling+Federation%29)

COMMONWEALTH TRANSPORTATION BOARD PUBLIC INPUT MEETINGS

[http://www.vabike.org/commonwealth-transportation-board-public-input-meetings/?utm\\_source=feedburner&utm\\_medium=email&utm\\_campaign=Feed%3A+VirginiaBicyclingFederation+%28Virginia+Bicycling+Federation%29](http://www.vabike.org/commonwealth-transportation-board-public-input-meetings/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+VirginiaBicyclingFederation+%28Virginia+Bicycling+Federation%29)

TO ENCOURAGE BIKING, CITIES LOSE THE HELMETS

<http://www.nytimes.com/2012/09/30/sunday-review/to-encourage-biking-cities-forget-about-helmets.html?hpw&r=0>

THE OFFICIAL BICYCLING IN VIRGINIA MAP IS AVAILABLE!

<http://www.virginiadot.org/bikemap/>

MAYOR EBRARD INAUGURATES EXPANSION OF ECOBICI IN MEXICO CITY (FROM CENTERLINES, THE E-NEWSLETTER OF THE NATIONAL CENTER FOR BICYCLING & WALKING)

<http://www.itdp.org/news/mayor-ebnard-inaugurates-expansion-of-ecobici-in-mexico-city>

KNOX STREET "ROAD DIET" EFFECTIVELY CALMS TRAFFIC, IMPROVES SAFETY (FROM CENTERLINES, THE E-NEWSLETTER OF THE NATIONAL CENTER FOR BICYCLING & WALKING)

<http://www.pegasusnews.com/news/2012/oct/08/knox-st-road-diet-effectively-calms-traffic-safety/>

CYCLING DEATH REVIEW: A REVIEW OF ALL ACCIDENTAL CYCLING DEATHS IN ONTARIO FROM JANUARY 1ST, 2006 TO DECEMBER 31ST, 2010 (FROM CENTERLINES, THE E-NEWSLETTER OF THE NATIONAL CENTER FOR BICYCLING & WALKING)

<http://www.mcscs.jus.gov.on.ca/stellent/groups/public/@mcscs/@www/@com/documents/webasset/ec159773.pdf>

## NOVEMBER RIDE CALENDAR

### CLUB RIDES

**Saturday, November 3:** the 13th annual WAB Pumpkin Ride! Enjoy a ride along the quiet roads of Surry Country, from Chippokes Plantation State Park, followed by a cookout.

There will be three rides to choose from:

- 9:00 AM: 44 mile B pace ride to Claremont and back, led by Reed and Karen Nester (take the 8:10 AM ferry)
- 10:00 AM: 29 mile C+ pace ride with a rest stop in Surry, led by Charlie Hart (take the 9:00 AM ferry)
- 10:15 AM: 16 mile casual ride, led by Pat Groeninger (take the 9:00 AM ferry).

Cue sheets and maps will be provided. Shorter self-led rides of up to five miles are also available within the park boundary. Helmets are required.

Directions to Chippokes Plantation State Park: Exit ferry and turn left at the top of the hill onto Short Drive; left at T onto Rt. 637 (Pleasant Point Road); go 2¼ miles and turn left onto Rt. 637 (Poplar Lawn Road); left at “T” onto Alliance Road; go 1.2 miles and turn left into Chippokes Plantation State Park; continue straight on the entrance road – the entrance to the parking lot for Shelter #1 is on the left from the cul-de-sac at the end of the entrance road, just past the Visitor’s Center.

Details on the meal: WAB will provide sizzling grills, utensils, soft drinks and condiments. Please bring something to grill and a side dish to share. The picnic will begin when all rides end between 12:30 and 1:00. Shelter #1 is reserved for WAB. All rides start at the shelter. This event is free, but the parking fee is \$4 per car. Please call Reed or Karen Nester at (757) 869-2949 or e-mail [reednester@gmail.com](mailto:reednester@gmail.com) to let them know you are coming.

**Monday, November 5, 9:00 AM:** Deana Sun leads a 25 - 35 mile, C+ pace ride on lightly traveled country

## PACE FOR RIDES:

A .....	18-20 mph
B+ .....	16-18
B .....	14-16
C+ .....	12-14
C .....	10-12
Casual .....	Up to 10 mph, ..... with no one left behind

**Direct all questions, cancellations or updates to Andy Ballentine at [andyballentine@yahoo.com](mailto: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.*

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 ([MaEIDsun@aol.com](mailto:MaEIDsun@aol.com)) for the start location and details.

**Saturday, November 10, 9:30 AM:** The Pumpkin Pie Ride! This 38 mile joint ride for the Richmond Area Bicycling Association and WAB will start in Waverly and head north on quiet country roads into Surry County. The terrain is flat and there will be a special rest stop hosted by Surry County’s “Watermelon Lady” at her home. No watermelon this time, but something more seasonable - homemade pumpkin pie with coffee for the caffeine lovers! The route will cross the Coppahaunk, Blackwater, Hazel, Cypress, Elwood and Johnchecohunk Swamps.

A fast group will take off on their own. Jack Huber will lead a C+ pace ride and Chuck will lead a C pace “no drop” group that will stay together during the ride. After the ride all riders are welcome to have lunch together La Hacienda.

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. Contact Jack, 804-282-3872, [jhuber1111@yahoo.com](mailto:jhuber1111@yahoo.com)

or Chuck, 804-543-8967 [cervelo55@verizon.net](mailto:cervelo55@verizon.net).

**Sunday, November 11, 9:00 AM:** Meet Damon Cone at New Quarter Park off Lakeshead Drive in Queens Lake for a C-pace 10-15 mile ride.

**Sunday, November 11, 1:30 PM:** 36 Mile B pace ride led by Ted Moreland. Join Ted if you are a veteran, know a veteran, wish you were a veteran or would like to pay tribute to veterans, for a Veteran's Day Sundae ride from the Williamsburg Outlet Mall parking lot behind McDonald's. We will travel through country roads with rest stops at Garrett's Grocery and Little Creek Reservoir Park. We will retire to McD's afterwards for a well-earned sundae. Call 757-258-0715 by 9 am, Sunday, Nov 11. No calls no ride.

**Wednesday, November 14, 9:00 AM:** A 25-30 mile ride through Upper James City County. C+ pace. The ride starts from the commuter parking lot at intersection of Croaker Road and Rochambeau Drive at I-64 Exit 231A. Contact Charlie Hart at 757-566-0090 or [RunnrRidr@cox.net](mailto:RunnrRidr@cox.net) for confirmation the ride is on.

**Saturday, November 17, 10:00 AM:** Pat Groeninger will lead a casual ride leaving from the Capital Trail Kiosk opposite Jamestown Settlement. Optional stop for lunch afterwards. Rusty riders encouraged to come out and join us. Call Pat at 757-220-5464 or e-mail [groennet2@verizon.net](mailto:groennet2@verizon.net).

**Sunday, November 18, 1:00 PM:** Ware Creek/ Mt Laurel Road cleanup and ride. 8.5-22 miles, depending on conditions and rider preferences. All paces accommodated. Note: please do not park on the grass. To confirm or for directions, call Bob Austin at 757-585-8081.

**Monday, November 19, 9:00 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](mailto:MaEldsun@aol.com)) for the start location and details.

**Monday, November 26, 9:00 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](mailto: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 757-229-4620 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 757-253-2500. The Friday ride starts at Pete Williamson's house in Governor's Land: 3008 Kitchums Close. Call Pete at 757-258-3539.


**Fridays at 9:00AM:** The "Dunbar Ride" leaving from the Williamsburg Community Chapel. 25 to 32 miles at a C+/B 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](mailto:cdunbar6@cox.net).

## OTHER RIDES & EVENTS

The Weekly Rides Page on the Bike Beat website offers a variety of rides. Check out <http://bikebeatonline.com/articles/weekly-rides-pg103.htm>.

Women's rides and events are highlighted on Bike Beat's Facebook page for these rides: <http://www.facebook.com/groups/198976866791939/>.

the Second Annual  
**Roanoke Tweed Run**  
SATURDAY 3RD of NOVEMBER 2012  
a fashionable bike ride through downtown Roanoke



Pre-ride Social & Registration 10AM at Too Many Books  
Grandin Village - Ride Start 11AM  
please bring non-perishable food item for Feeding American Southwest Virginia  
DAPPER AND LADYLIKE ATTIRE RECOMMENDED  
[www.roanoketweedrun.blogspot.com](http://www.roanoketweedrun.blogspot.com)

Angel's Point of View [www.angelspov.com](http://www.angelspov.com) RANDOM FOUND OBJECTS DAVIDSON'S FEEDING AMERICA  
Flanary's URBAN GYPSY RIDE Solutions CUPS Bike Roanoke



## LOTS OF WAB JERSEYS AVAILABLE!

The member price is \$69.00 plus tax. The non-member price is \$79.00 plus tax. Contact Dave Cosgrove at [dcosgrove@printpack.com](mailto: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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## FOR SALE

### 2012 May is Bike Month shirts

There will be a few remaining 2012 May is Bike Month shirts available at the November WAB meeting or by calling Pat Groeninger 757-220-5464.

\$10 each or two for \$15.

# 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](http://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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