



# THE FLYING WHEEL

Newsletter of the Williamsburg Area Bicyclists (WAB)

VOLUME 17, NUMBER 1

WILLIAMSBURG, VIRGINIA

FEBRUARY 2013

## January Awards Meeting

At the well-attended January 8<sup>th</sup> Awards Meeting, we rewarded ride leaders with gift cards for our sponsors' shops, presented special certificates to several members and gave verbal recognition and



thanks to two more of them. For those of our readers who did not make it to the meeting, those special certificates were awarded to: Bobbe and Chuck Redding, for being Volunteers of the Year; Charlie Hart, for being WAB's all-around Ambassador of Good Will;



Sue Moreland, for Most Improved Rider; and Larry "21,301 miles" Skalak (*in absentia*), for just being a *Hors Categorie* (beyond all category) rider. And the two other members? Neal Robinson and Jim Homerosky (*also in absentia*) for their selfless work of writing, editing, and publishing "Williamsburg Area Bike Rides," which came out in January 1995 and is still in print and still earning revenue, not for its authors, but for WAB.



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### February WAB meeting

Join us for the February 12<sup>th</sup> meeting at the Williamsburg-Jamestown airport. The menu for the dinner at 6 p.m. will offer lasagna as the main dish. You must make reservations ([warecreek@aol.com](mailto:warecreek@aol.com) or 757-566-3769) by 6:30 pm Sunday, February 9<sup>th</sup>. 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.

For the program at 7 p.m., Mike and Terry Conyngham will give a presentation titled "Day Trips to Paradise," from their Road Scholar bicycle tour #2760. The base camp is at The Outdoor Lodge in Glen Sutton, Quebec, Canada. The tour, Sept. 9-14, 2012 was of Southern Quebec and Northern Vermont, crossing the US/Canada border several times by bicycle.

Free Bicycling in Virginia maps will be available.

## WELCOME!

**Charter members renewing:** George Anderson, Don Cherry, Jack and Mary Kaylor, Thomas and Elizabeth Luckam, Richard and JoAnn McGrew, Gene and Sue Silberhorn

**Other renewing members:** Jane Banfield, Rick Bartels, Jim Bullock, Don Chance, Gudrun Kiel-Bullock, Dwight Lowe, Neil and Cheryl Rogers, Ed Sadowski, Case Whitmore

## 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.*

## 2013 WAB OFFICERS

President	Bob Austin	566-3769	<a href="mailto:warecreek@aol.com">warecreek@aol.com</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>
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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>

## 2013 WAB COMMITTEE CHAIRS/EX-OFFICIO

Publicity	Ron Grossman	566-8245	<a href="mailto:ronman37@aol.com">ronman37@aol.com</a>
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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	Frank Connelly	585-8439	<a href="mailto:frankconnelly1956@gmail.com">frankconnelly1956@gmail.com</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	Ted Moreland	258-0715	<a href="mailto:tedbikes2@verizon.net">tedbikes2@verizon.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.



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James City County  
Division of Parks & Recreation  
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Historic Triangle Bicycle Advisory Committee - *see link for contact information:*  
<http://www.yorkcounty.gWov/Default.aspx?tabid=1729>.

## From the Prez

**H**i WAB,

First, let me say how pleased I am to have been chosen to fill Ted Moreland's shoes as President of our dynamic 325-member club and how much I am looking forward to serving for the coming year.

At the January 8 awards meeting I announced that the 54 club members who had answered the call to report their 2012 mileage had logged an astonishing 173,765 miles, observed that if you roughly projected that mileage back to the founding of WAB 15 years ago, we had probably ridden some two million miles, and added, with special emphasis, that in those miles there had not been a single bicycle-motor vehicle

accident resulting in property damage or personal injury. I repeated that message in a letter that appeared in the January 19 *Virginia Gazette*.

And that will be a message I will repeat in the coming year: if our membership, including the 83 per cent of them who did not report mileage for 2012, non-member riders, both casual and competitive, and motor vehicle operators learn and observe the rules of the road, share the road, and ride and drive safely, we riders can enjoy the camaraderie, well-being and health benefits that bicycling provides for another fifteen accident-free years.

Hope to see you at the February 12 meeting.

*Bob Austin*

## Items of interest on the Web

BIKE ROUTE SIGNS POPPING UP AROUND RICHMOND

[http://www.richmond.com/recreation/article\\_54fa0fce-568e-11e2-8091-001a4bcf6878.html](http://www.richmond.com/recreation/article_54fa0fce-568e-11e2-8091-001a4bcf6878.html)

VIDEO INTRODUCING NEW BIKE SHOP IN MMECHANICSVILLE (LUCKY'S BICYCLES, 804-781-7777, 6995 COLD HARBOR ROAD)

<http://www.youtube.com/watch?v=LnyMXl2S0ps>

NEW MTB TRAILS IN SW VA — ROUND MOUNTAIN IN BLAND COUNTY

[http://www.vabike.org/new-mtb-trails-round-mountain/?utm\\_source=feedburner&utm\\_medium=email&utm\\_campaign=Feed%3A+VirginiaBicyclingFederation+%28Virginia+Bicycling+Federation%29](http://www.vabike.org/new-mtb-trails-round-mountain/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+VirginiaBicyclingFederation+%28Virginia+Bicycling+Federation%29)

WHAT'S THE BEST WAY TO FIGURE OUT WHAT BIKE RIDERS REALLY WANT?

<http://www.theatlanticcities.com/commute/2012/10/whats-best-way-figure-out-what-bike-riders-really-want/3684/>

EXERCISE AND THE EVER-SMARTER HUMAN BRAIN

<http://well.blogs.nytimes.com/2012/12/26/exercise-and-the-ever-smarter-human-brain/?src=me&ref=general>

SPRAWLING MEMPHIS AIMS TO BE A FRIENDLIER PLACE FOR CYCLISTS

[http://www.nytimes.com/2012/12/29/us/memphis-aims-to-be-a-friendlier-place-for-cyclists.html?nl=todayshadlines&emc=edit\\_th\\_20121229](http://www.nytimes.com/2012/12/29/us/memphis-aims-to-be-a-friendlier-place-for-cyclists.html?nl=todayshadlines&emc=edit_th_20121229)

YOUTH CREATE ART OBJECTS WITH BIKES

[http://www.vabike.org/youth-create-art-objects-with-bikes/?utm\\_source=feedburner&utm\\_medium=email&utm\\_campaign=Feed%3A+VirginiaBicyclingFederation+%28Virginia+Bicycling+Federation%29](http://www.vabike.org/youth-create-art-objects-with-bikes/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+VirginiaBicyclingFederation+%28Virginia+Bicycling+Federation%29)

# FEBRUARY RIDE CALENDAR

## CLUB RIDES

**Saturday, February 9, 9:30 AM:** The “Sussex and Surry Swamp Tour.” This is a 38 mile joint ride for RABA and Williamsburg Area Bicyclists. The ride 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 on the route hosted by Shirley Cockes, Surry County’s “Watermelon Lady.” No watermelon this time, but something more seasonable. The route will cross the Coppahaunk, Blackwater, Hazel, Cypress, Elwood and Johnchecohunk Swamps. Maps and cue sheets will be provided.

A fast group will just take off! Jack Huber will lead a C+ ride and Chuck Jajesnica will lead a “no drop” ride for those who wish to ride slower. After the ride all participants are invited to have lunch together at Giuseppe’s in Waverly.

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)

**Saturday, February 16, 9:30 AM:** Join Larry Skalak for the New Kent Winery loop! This C+ 53 mile ride will leave from Toano Middle School. Enjoy a stop at the winery for a glass of refreshment before heading back home! (We need to respect the winery’s “no cleats” policy.) Contact Larry at 757-871-6198 or [Lskalaks@aol.com](mailto:Lskalaks@aol.com).

**Sunday, February 17, various start times:** The Presidents’ Ride! WAB is 15 years old and has had 8 presidents. The presidents residing in the Williamsburg area invite you to ride with them to celebrate Presidents’ Day weekend. Take your pick of three paces all starting at Mary Turnbull’s home (109 Woodmere Drive). The routes will showcase some of our new bike lanes!

## 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

Please note that these are average speeds. If you are new to club rides and aren’t sure what pace you can maintain, be conservative with your first ride!

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.

- 36 miles - B pace ride departing at 1:30 PM. Leaders: Reed Nester, Bob Austin, and Ted Moreland. (Colonial Parkway, Jamestown Island, Powhatan Creek Trail, VCT, Monticello Ave., Ironbound Rd., Waller Mill Trail, Rochambeau to Capitol Landing Rd.)
- 23 miles - C pace ride starting at 2:00 PM. Leader: Neal Robinson (Colonial Parkway, Jamestown Island, VCT, Monticello Avenue, Strawberry Plains)
- 15 miles - Casual pace starting at 2:30 PM. Leader: Mary Turnbull (Strawberry Plains, Ironbound Rd., Rec Center Trail, Treyburn Dr., School of Education Trail, Duke Of Gloucester Street, Option: Quarterpath Park)

President Bob Austin, and Past Presidents Ted Moreland, Neal Robinson, Reed Nester, and Mary Turnbull hope you can join them. Hot chocolate will be served at the Turnbulls’ home after the ride. Please contact Mary at 757-810-8382 to reserve your cup of hot chocolate!



**Sunday, February 24, 1:00 PM:** A clean up of the road WAB has adopted! Meet at Bob Austin's house, on Ware Creek Road, 1/2-mile NW of Garret's Grocery. Easy-pace ride of 8.5 - 21 miles will follow, depending on weather and rider inclinations. For more info, call Bob at 757-585-8081.

## 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 at 10:00 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 ([MaEIDsun@aol.com](mailto:MaEIDsun@aol.com)) for the start location and time and other details!

**Mondays, Wednesdays and Fridays at 9:30 AM:** 45-55 mile, A-B pace ride with stops. The rides starts at Pete Williamson's house in Governor's Land: 3008 Kitchums Close. Call Pete at 757-258-3539.

**Fridays at 10:00AM:** 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/>.



(L to R) Happy & Ralph Simmons and Diana & Denny Krieger on our latest trip. We biked the Danube River from Deggen-dorf, Germany to Vienna, Austria. We then toured Switzerland by train. This picture shows us at the Matterhorn in Switzerland.



## 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.



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*Thank you Charter Members - 34 still in the club, of the 151 members who began it in 1998.*

Currently there are 325 members. Your loyalty is appreciated.

George Anderson

Bob Austin

Natalie Bare

Karen Little & Hugh Beard

Kathryn Blue

Elaine Cardwell

Don Cherry

Billy Ray Johnson

Michael Kaspareck

Jack and Mary Kaylor

Bob Kiley

Tom and Betsy Luckam

Joe McClallen

Richard and Jo Ann McGrew

Ted Moreland

Donald O'Connor

Patricia Parr

Penelope Payne

Tom Peck

Rosemary Pitts

Katherine (Kitty) Preston

Chuck and Bobbe Redding

Ed Sadowski

Gene and Sue Silberhorn

Mark Van Raam

Allen & Mary Turnbull

Pete Williamson

# 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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 [www.bikebeatonline.com](http://www.bikebeatonline.com)



Williamsburg Area Bicyclists  
PO Box 2222  
Williamsburg, VA 23187-2222  
Return Service Requested





# 2012 Personal Mileage



Larry Skalak	21301!	Reed Nester	2274 (459 commuting)
Fran Adams	7333	Gary Smith	2215
Dean Dunbar	7091	Ron Grossman	2018
Paul Baker	6632	Karen Nester	1982
Ted Moreland	6227	Rose Baker	1799
Pete Williamson	5514	Ralph Simmons	1741
David Whiting	5268	Nancy Carter	1576
Katherine Preston	5260	Don Laruffa	1546
Wayne Hay	5105 (178 commutes for 3560 miles)	Alan Balma	1407
Ken Gross	4644	Roger Cross	1366 (and 380 miles running!)
Brian Murphy	4596	Don La Ruffa	1347
Bob Austin	4068	Gudrun Kiel-Bullock	1336
Rich Thompson	4005	Elliott Sun	1271
Deana Sun	4000	Lisa Beavers	1220
Linda Carter	3935	Bob Fox	1217
Bob Carter	3863	Ted Hanson	1164
Mary Turnbull	3516	Pat Groeninger	1141
Andy Ballentine	3362 (98 commutes)	Ted Hanson	1125
Andy Petkofsky	3311	Happy Simmons	1041
Richard Zick	3301	Anne Butler	800
Jack Huber	3082	Jim Kopenhafer	790 ("about")
Brian Shortell	3063	Susan Evans	556
Michael Junge	3012	Renate Junge	512
Jim Bullock	3001	Dave Cosgrove	440
Carolyn Dunbar	2881		
Ron Grossman	2815		
Charlie Hart	2801		
Don Chance	2800		
Susan Currey	2624		
Mark Van Raam	2492		

**Total - 54 riders reporting**  
**Total - 168,379 miles ridden**  
**Average - 3,118 miles ridden (thanks, Larry, for raising the average by 343 miles!)**