



# THE FLYING WHEEL

Newsletter of the Williamsburg Area Bicyclists (WAB)

VOLUME 17, NUMBER 5

WILLIAMSBURG, VIRGINIA

JUNE 2013



At the May 14 WAB meeting, Robert Maye, owner of Red Barn Bicycles, showed us some nifty equipment for safe, comfortable and long-distance bicycling. The highlight was this Trek OCLV carbon frame bike with electronic shifting, which probably would have made us all dissatisfied with our current bicycles, if we had ridden it.

We are very fortunate to have three bike shops in the Williamsburg area which offer a wide variety of equipment and loads of expertise to keep our bikes in great shape. Thanks to Robert for his interesting presentation.

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*We were there, even though Pedal the Parkway wasn't*

Nancy Carter and Gary Smith put in an appearance at the Jamestown entrance to the Colonial Parkway on Saturday, May 4th, even though Pedal the Parkway had been cancelled. It was a great morning for biking, and no parking problems.

Gary then rode the Cap2Cap trail to Chickahominy Riverfront Park, where he met a couple from the Netherlands starting on a cross-country ride, after having done the same in Thailand, Vietnam, New Zealand and elsewhere. Such dedication to biking!

## TOUR DES WILLIAMSBURG MONUMENTS

*A 17-mile tour by bike of 24 interesting sites within the city limits of Williamsburg*



Cyclists stop at the site of the First Baptist Church in Williamsburg. Slaves and free blacks met at this location from about 1818 to 1955 when they moved

into a new church on Scotland Street.

Gathering around in a circle, cyclists beat imaginary drums for Chief Powhatan. (L-R: Allen Turnbull, Lisa Beavers, Carolyn Dunbar, Happy Simmons, Ralph Simmons, Dean Dunbar, Gary Driscole, Adrienne Frank and Joanne Sheffield.



## WELCOME!

**New members:** Michael and Dana Hoot, Wade Sillery, Marcia Weiland, John Van Horn

**Renewing members:** Damon Cone, Earl Hoar, John Hornung, Timothy Mueller

## 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.*

WAB WEBSITE ADDRESS - [wabonline.org](http://wabonline.org)

## 2013 WAB OFFICERS

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



Adventure  
Cycling  
AFFILIATED CLUB



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

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

## From the Prez

**H**i WAB,

I was chagrined and embarrassed by the behavior of a number of riders following the mass start of the Cap-to-Cap half-century group from Chickahominy Riverfront Park the morning of May 11. Although the road was not closed to vehicular traffic, many riders were bunched up two and three abreast or riding alone closer to the center line than to the shoulder of high-speed, two-lane John Tyler Memorial Highway (Rt 5), from the bridge as far as the turn-off onto Wlicox Neck Road (623), some three miles west. They were blind to the presence behind them of impatient drivers lined up like NASCAR racers behind the pace car, and deaf to the increasingly insistent calls of “car back” by yours truly and a few other conscientious riders. Fortunately, their selfishness and indifference did not lead to any accidents, but, as most of our readers are no doubt already aware, impatient and imprudent passing by a tractor-trailer driver led to grievous injuries for one and lighter injuries for

another rider from the Richmond end on a stretch of Roxbury Road (Rte 106), farther to the west.

Although these half-century riders got away with their misbehavior, their conduct no doubt fueled the ire of the drivers caught behind them and will continue to inspire virulent letters to the *Gazette* and comments to its “The Last Word” line insisting that since a 50-million dollar bike path is linking Jamestown and Richmond, bicycles shouldn’t even be allowed on John Tyler Highway to begin with.

So, and forgive me if I’m preaching to the choir here, but please share the road. If there’s traffic behind you, or the possibility cars will approach from behind at high speed with little warning, ride in single file as close to the shoulder (or if there is a rideable shoulder, as is the case with the southernmost several miles of 106, on it) as you feel safe riding, call out “car back” to the riders up the line and pass the word along when you hear it.

*Bob Austin*

## Items of Interest on the Web

CYCLIST SPECIFIC INSURANCE: TODAY’S OPTIONS

[http://www.vabike.org/cyclist-specific-insurance-todays-options/?utm\\_source=feedburner&utm\\_medium=email&utm\\_campaign=Feed%3A+VirginiaBicyclingFederation+%28Virginia+Bicycling+Federation%29](http://www.vabike.org/cyclist-specific-insurance-todays-options/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+VirginiaBicyclingFederation+%28Virginia+Bicycling+Federation%29)

WHY THERE’S NO WAR BETWEEN DRIVERS AND CYCLISTS IN THE NETHERLANDS

<http://www.theatlanticcities.com/commute/2012/05/why-theres-no-war-between-drivers-and-cyclists-netherlands/1955/>

BOWDEN AND BURNLEY: PLANS MUST INCLUDE WALKING AND BIKING

[http://www.timesdispatch.com/opinion/their-opinion/columnists-blogs/guest-columnists/article\\_fa2def9d-dd96-58cc-9c39-dd80c49baba5.html](http://www.timesdispatch.com/opinion/their-opinion/columnists-blogs/guest-columnists/article_fa2def9d-dd96-58cc-9c39-dd80c49baba5.html)

CYCLISTS AREN’T ‘SPECIAL,’ AND THEY SHOULDN’T PLAY BY THEIR OWN RULES

<http://www.theatlanticcities.com/commute/2013/05/bikers-dont-deserve-any-special-treatment/5565/>

INFOGRAPHICS: WHERE IS BIKE COMMUTING GROWING THE FASTEST?

<http://blog.bikeleague.org/blog/2013/05/infographics-where-is-bike-commuting-growing-the-fastest/>

CYCLING’S SPANDEX COUP D’ETAT

<http://online.wsj.com/article/SB10001424127887324767004578485194028851214.html>

PITTSBURGH TO RENT BIKES AROUND THE CITY NEXT YEAR

<http://triblive.com/news/adminpage/3625351-74/bike-pittsburgh-share#axzz2UV3BiLtL>

# JUNE RIDE CALENDAR

## CLUB RIDES

**Saturday, June 8:** Tour and picnic with Potomac Pedalers. WAB's first big ride after May is Bike Month is our annual get-together and picnic with the Potomac Pedalers Touring Club. Riders from the greater Washington, D.C. metro area will join us as we enjoy the quiet back roads of Surry County.

There will be three rides to choose from, all leaving from Picnic Shelter #2, Chippokes Plantation State Park:

- 9:00 AM - 45 mile B pace ride to Claremont and back. Ride leaders Reed & Karen Nester (take the 8:00 AM ferry) - there is also an option to extend this ride to 65 miles on your own
- 10:00 AM - 29 mile C+ pace ride with a rest stop in Surry. Ride leader Gary Smith (take the 9:00 AM ferry)
- 10:15 AM - 16 mile casual ride. Ride leaders Bobbe Redding and Pat Groeninger (take the 9:00 AM ferry).

Cue sheets and maps will be provided.

The picnic will begin when all rides end between 12:30 and 1:00. For lunch, hamburgers and hot dogs will be provided – bring a side dish or dessert to share.

The ride start and the picnic will be at Picnic Shelter #2, Chippokes Plantation State Park, 695 Chippokes Park Rd., Surry, VA 23883. There is a \$4 per car parking fee. Come out and enjoy a great summer ride, friends and good food. Please call Nancy Carter at (757) 229-4907 or email [njcarter@starpower.net](mailto:njcarter@starpower.net) to let her know you are coming.

**Saturday, June 8, 9 AM:** Waverly to Chippokes State Park and back. Meet in Waverly at the parking lot behind now closed La Hacienda Mexican restaurant (101 South County Drive, Waverly, VA 23890) for a ride to Chippokes State Park and back. This is a joint ride for RABA and WAB. The route is very rural even by Waverly standards. There will be two special rest stops hosted by Shirley Cokes at her home in Surry County. Chippokes State Park is a beautiful spot with several impressive views of the lower James River. After the ride all riders are invited to have lunch together at Giuseppe's on Main

## 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 Neal Robinson at [neal2wheeler@aol.com](mailto:neal2wheeler@aol.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.

Street in Waverly. Speed limits are strictly enforced on Rt. 460 and in Waverly so please be aware as you drive.

Pace	Time	Miles	Terrain	Stops
C+	9 AM	58	4	two
<b>Leader:</b> Jack Huber, (804) 282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a>				
C (no drop)	9 AM	58	4	two
<b>Leader:</b> Chuck Jajesnica, (804) 543-8967, <a href="mailto:cervelo55@verizon.net">cervelo55@verizon.net</a>				

**Saturday, June 15, 9:00 AM:** 39 mile Charles City Zig-Zag. Join us as we zig and zag around the scenic back roads of Charles City County. This is a joint ride for WAB, RABA (Richmond Area Bicycling Association) and Richmond Area Tandem Society (RATS). Larry Skalak will lead the B+ pace ride, Reed & Karen Nester will lead the B pace ride, and Jack Huber will lead the C+ pace ride.

The route starts at the historic Charles City Courthouse, meanders up to Adkins Store, proceeds to Providence Forge, and then wanders back to Charles City. There will be store stops at Adkins Store and Providence Forge. After the ride join the group for lunch at Cul's Courthouse Grill in Charles City.

The starting point is the parking lot at Charles City Courthouse, 10780 Courthouse Road, Charles City, VA 23030. Contact Reed & Karen Nester at (757) 869-2949, [reednester@gmail.com](mailto:reednester@gmail.com).

**Sunday, June 16, 9:30 AM:** Rich Thompson invites to your join him on his popular 31 mile, B pace ride around the West Point Area in King William County. If you have not done this ride before, prepare yourself to ride on beautiful rolling country back roads with little vehicle traffic! One rest stop will be provided along the way at an old general store, so you might want to bring some cash for purchases. After the ride Rich invites you to join him for lunch at the local Subway.

Start and end location: West Point Middle School parking lot, 1040 Thompson Ave, West Point.

To confirm your spot on this ride, contact Rich NO LATER THAN 9 PM on Friday, June 14 - [LeMondRdr@gmail.com](mailto:LeMondRdr@gmail.com), (757) 291 2548. NO CALLS OR EMAILS = NO RIDE!!!

### 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 9:30 AM:** A-B Pace, 45 to 55 mile ride starting at Don Cherry's office at Rt. 199 and Henry Street. Call Don to confirm: phone (757) 253-2500.

**Mondays at 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 ([MaEIDsun@aol.com](mailto:MaEIDsun@aol.com)) to verify the start location, time and other details!

**Wednesdays at 9:00 AM:** 25-30 mile C+ pace rides in upper James City County starting from the commuter parking lot at intersection of Croaker Road and Rochambeau Drive at I-64 Exit 231A. Gary Smith ([gary@hollyforks.com](mailto:gary@hollyforks.com)) will lead the June 5 & 19 rides. Charlie Hart ([jogbike@gmail.com](mailto:jogbike@gmail.com)) will lead the June 12 and 26 rides.

**Fridays at 9:00 AM:** 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).

**Wednesdays & Fridays at 10:00 AM:** B+ Pace, 45 to 52 mile ride starting at Pete Williamson's house in Governor's Land, 3008 Kitchums Close. Call or email Pete to confirm: phone (757) 258-3539, email [pwmcw@cox.net](mailto:pwmcw@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/>.



#### FOR SALE

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Call John Goode at (757) 771-4428.



The League of American Bicyclists has produced a series of "webinars" devoted to various topics relating to advocacy and support of bicycling. These include several on [women's biking issues](#) and on [bike club leadership training](#). You can view and listen to archived recordings of these webinars by clicking on the links above and then clicking on the relevant links in the pages you find. Check them out!



**MAY ROUBAIX ROAD CLEANUP**

Supporting the hypothesis that the cleaner it's kept, the less it is littered is the fact that the May 19 cleanup of our stretch of adopted roads netted only a few pounds of trash. However, we also learned on the 19th that Steve White of Garrett's Grocery has been policing up the same road every couple of weeks himself. Our thanks also to club members Anna and Zbig Lechowski and Robin Church for pitching in.

*Bob Austin*



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

Family:  \$25/year  \$45/2 years

College Student:  \$15/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 youth programs
- 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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