



# THE FLYING WHEEL

Newsletter of the Williamsburg Area Bicyclists (WAB)

VOLUME 17, NUMBER 8

WILLIAMSBURG, VIRGINIA

SEPTEMBER 2013

## Can yoga help you ride better?

The first club dinner meeting of the fall season will be held from 6 PM, Tuesday, September 10, at Charly's Airport Restaurant. Dinner will be cold cuts and sandwich fixin's, mac salad and dessert.

The title of the program is "How cyclists can benefit from a yoga practice." The speaker, Kelly Charles, is a lecturer in the Kinesiology and Health Sciences Department at William & Mary. She is a certified yoga instructor and has taught kinesiology related courses at W&M and yoga in the community for many years. We will move some of the tables and chairs out of the way before the program starts and everyone is encouraged to wear loose fitting clothing so that you can practice the yoga moves that Kelly demonstrates. Kelly will also demonstrate some chair poses as a way of easing into yoga. Come to the meeting and be reinvigorated as we start the fall bike season.

Those of you who plan to dine please make sure to RSVP to Bob Austin at [Warecreek@aol.com](mailto:Warecreek@aol.com) before the evening of September 9.

### WANT TO DO YOUR HOMEWORK BEFORE THE MEETING? CHECK OUT THESE ARTICLES:

YOGA FOR CYCLISTS: 3 POSES YOU SHOULD PRACTICE

<http://beta.active.com/health/articles/yoga-for-cyclists-3-poses-you-should-practice>

CYCLE YOGA INTO YOUR CROSS TRAINING

<http://www.bicycling.com/training-nutrition/injury-prevention/cycle-yoga-your-cross-training>

HOW CYCLISTS CAN BENEFIT FROM A YOGA PRACTICE

<http://www.usacycling.org/how-cyclists-can-benefit-from-a-yoga-practice.htm>

THE 4 BEST YOGA POSES FOR CYCLISTS

<http://www.outsideonline.com/fitness/biking/road-biking/The-Best-Yoga-Poses-For-Cyclists.html>

### VIDEOS

YOGA FOR CYCLISTS: PRE-RIDE PRACTICES

<http://www.youtube.com/watch?v=ppIp-1yWeZY>

YOGA FOR CYCLING

[http://www.youtube.com/watch?v=YC4JzHJr\\_6Y](http://www.youtube.com/watch?v=YC4JzHJr_6Y)

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## WELCOME!

**New members:** Hutson Linder, Mark Meador

**Renewing members:** Patricia Groeninger, Ken Gross, Michael and Renate Junge, Nicholas Vrettos, Richard Zick

## 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>
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>

## 2013 WAB COMMITTEE CHAIRS/EX-OFFICIO

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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>
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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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.gov/Default.aspx?tabid=15609>

## From the Prez

**H**i WAB,

As summer 2013 winds down we can look forward to cooler (and, I hope, dryer) weather in which to enjoy our favorite form of recreation, riding our spoke ponies on local roads and trails.

Although the three regular weekly rides—the Monday New Kent event led by Deana Sun until her unfortunate accident and by fellow riders since, Charley Hart's Wednesday Cycling Cees ride and the self-describing Friday Dunbar Ride—have been reasonably well attended, club participation in a couple of other traditional summer events was disappointing. Participation in the joint ride and picnic with the Potomac Pedalers, one of our three keystone summer events, from and at Chippokes State Park, was dominated by riders from the north, several score of whom came to Williamsburg. Turnout for the late August Paris-Roubaix road clean-up, ride and wine-and-cheese party was also disappointing: blame it if we must on a perfect storm of an unusually rainy summer, a major competing event - the Turnbulls' Scandinavian adventure - that drew several attendees away, and a variety of other obligations on the part of would-be attendees, but while a guest list well into the mid-twenties has been the norm over the last 15 years,

only eight members came *chez Austin* (and, for the record, the weather was the most pleasant it's been in the history of the event).

Club officers and Ride Coordinators work hard to organize rides and events with the widest possible appeal to our members, and we can't help asking ourselves why out of a membership of 292, 30-40 of the same riders attend meetings, ride regularly and, not surprisingly, log a large majority of the total yearly member mileage.

So I encourage my fellow WAB members to come to our monthly meetings for the camaraderie, the food and the program; to volunteer to plan and lead rides and help out with events such as what we hope will be a re-instituted Pedal the Parkway next summer (we're backing Nancy Carter all the way in her efforts to make it happen) and to participate in upcoming fall rides; and to keep on riding and logging miles—alone, with your significant other or good friend, with wife and kids, or on regular or special club rides. And we hope to see you at our fall kickoff meeting Tuesday evening, September 10, at Charly's Airport Restaurant.

*Bob Austin*

## Items of Interest on the Web

SENSELESS – HELMETS FAIL TO PREVENT CONCUSSIONS

<http://www.bicycling.com/sites/default/files/uploads/BI-June-13-Helmet.pdf>

COMMENTS RELATED TO THE ABOVE ARTICLE

- <http://www.velonation.com/Forums/afv/topic/aff/5/aft/278.aspx>
- <http://www.michiganautolaw.com/auto-lawyers-blog/2013/08/12/do-bicycle-helmets-protect-concussion-brain-injury/>
- <http://www.cbc.ca/news/health/story/2013/07/02/f-bicycle-helmet-concussion.html>
- <http://blog.delawaremodernpediatrics.com/a-better-bike-helmet-soon/>
- <http://www.metafilter.com/129199/Senseless-on-the-lack-of-forward-progress-in-bicycle-helmet-design>
- <http://www.theverge.com/2013/6/19/4444748/why-bicycle-helmets-are-failing-riders-and-how-to-fix-them>
- <http://www.patricklyford.com/2013/05/bicycle-helmets-and-concussionsan.html>

INTERSECTION: BICYCLE STYLE IN THE PEARL

[http://www.nytimes.com/video/2013/07/29/fashion/100000002363270/intersection-portland-bicycle-style-in-the-pearl.html?nl=todaysheadlines&emc=edit\\_th\\_20130730](http://www.nytimes.com/video/2013/07/29/fashion/100000002363270/intersection-portland-bicycle-style-in-the-pearl.html?nl=todaysheadlines&emc=edit_th_20130730)

# SEPTEMBER RIDE CALENDAR

## CLUB RIDES

**Saturday, September 7, 9:00 AM:** “Waverly Three County Tour” Come out for a late summer ride on the quiet (and flat) country roads of Sussex, Surry and Southampton Counties. Jack Huber will lead the “Waverly Three County Tour,” a 47-mile joint ride for WAB and RABA. Ride leader Jack Huber will pedal at a C+ pace but all pace levels are welcome. Cue sheets will be provided. There will be one rest stop at Uppy’s in Wakefield.

After the ride all riders are welcome to have lunch together at Giuseppe’s in Waverly. The starting point is the parking lot behind the now closed La Hacienda restaurant at the [intersection of Routes 40 and 460](#) in the town of Waverly. From Williamsburg, take the 7:50 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)).

**Saturday, September 21, 9:00 AM:** 42 mile Elko Excursion. This is a joint ride for WAB, RABA (Richmond Area Bicycling Association) and RATS (Richmond Area Tandem Society). Ted Moreland 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 commences at the historic Charles City Courthouse, rides through Roxbury, extends to Elko, then cruises back to Charles City via Old Union and Lott Cary Roads. There will be store stops at Horizon Food Store and Adkins Store. 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](#). From Williamsburg, take Route 5 to Charles City Courthouse, or take Route 60 West to Providence Forge, turn left at the traffic light onto Route 155 (Courthouse Road) and go south approximately 7.5 miles to Charles City Courthouse. Contact Reed & Karen Nester at 757-869-2949, [reednester@gmail.com](mailto:reednester@gmail.com).

## RECURRING CLUB RIDES

**Mondays, 9:00 or 10:00 AM:** A-B Pace, 45 to 55 mile ride starting at Don Cherry’s office at Rt. 199 and Henry

## 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. Call Don to confirm: (757) 253-2500.

**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).

**Wednesdays, 8:30 AM:** Upper James City County. 25-30 miles. C+ pace. Meet at the [commuter parking lot at Croaker Road and Rochambeau Drive](#) at I-64 Exit 231A. Charlie Hart ([JogBike@gmail.com](mailto:JogBike@gmail.com)) will lead September 4 and 18. Gary Smith ([gary@hollyforks.com](mailto:gary@hollyforks.com)) will lead September 11 and 25.

**Fridays, 8:30 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 (757-258 3539, [cdunbar6@cox.net](mailto:cdunbar6@cox.net)).

**Saturdays, September 14 and 28, 9 AM:** Join Pat Groeninger for casual rides beginning at the kiosk across from the Jamestown Settlement. We have several options of 10 to 12 mile rides. Call (757) 784-2373, or email [groennet2@verizon.net](mailto:groennet2@verizon.net).

## OTHER RIDES & EVENTS

**Sunday, September 15:** Larry's Ride, Reisterstown, MD.  
<http://bikemd.org/page.php?id=513>.

Sunday, September 29: Tour du Port, Baltimore, MD.  
<http://bikemd.org/page.php?id=573>.

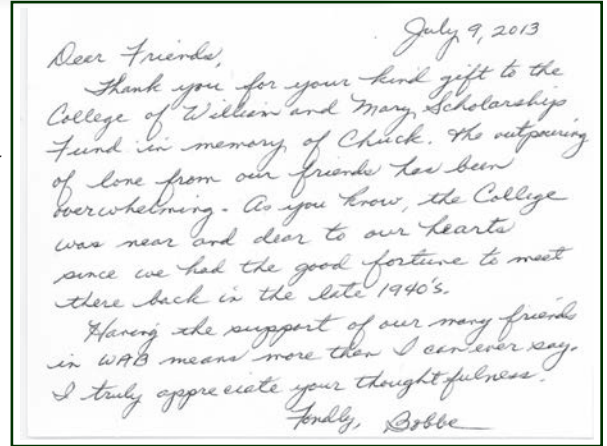
## LOOKING AHEAD

**Saturday, October 26:** CBES Between the Waters Bike Tour, Nassawadox, Va. Information and registration at <http://events.r20.constantcontact.com/register/event?llr=min7t4cab&oeidk=a07e7i0xegm89330106&oseq=a021k0h85z1i1z>.



Eight WAB members turned out on the 25th to enjoy the fine late-August weather and help Bob Austin and Lynda with the special Paris-Roubaix cleanup of our adopted stretch of county road, Ware Creek/Mt Laurel. Most stayed to ride 14 miles and to enjoy wine, cheese and convivial company in the Austin

garage following the ride. Our thanks to Nancy Carter, Wayne Hay, Sue Moreland, Lynn Miller, Michael Kaspareck, Charlie Hart, Neal Robinson and Mark Meader.



July 9, 2013  
Dear Friends,  
Thank you for your kind gift to the College of William and Mary, Scholarships Fund in memory of Chuck. The outpouring of love from our friends has been overwhelming. As you know, the College was near and dear to our hearts since we had the good fortune to meet there back in the late 1940's.  
Having the support of our many friends in WAB means more than I can ever say. I truly appreciate your thoughtfulness.  
Truly, Bobbe

On the Friday ride after I got home from Europe, I met a couple at the top of the Chickahominy River Bridge reading a magazine. I stopped to ask if I could help, and in good English with a slight German accent they told me they were looking for a motel in Williamsburg. I immediately told them they had just found one—our home! I must confess I did not check with Carolyn first, but fortunately it all worked out. They spent two nights with us.

A most interesting couple—he is a retired engineering professor from the University of Dresden and she a retired children's mental health doctor. They came to the US on the Queen Mary with their custom built tandem bike, landing in New York City. After a week of sightseeing there they rented a van and drove to Bangor, Maine to start their ride south to Key West. On Sunday I rode with them to Smithfield for brunch. They rode on to Norfolk for the night and a Monday ride to catch the Ocracoke ferry.

Dean Dunbar



Williamsburg Area Bicyclists President Bob Austin hosted an overnight visit for five bicycle riders from New Jersey and their three-person support crew the night of August 5, offering them dinner and a place to pitch their tents in his Croaker backyard. The riders, four Rutgers University seniors and one graduate, make up the Dream4TK team, working to raise \$1,000,000 for Embrace Kids Foundation, which supports the non-medical needs of kids with cancer or a blood disorder.

The riders departed from New Brunswick, New Jersey on July 28, and planned to arrive at Disney World, in Orlando, Florida on August 26. Bob led them through the Tuesday morning rain to Jamestown and accompanied them on the ferry as far as the Scotland landing. They were planning to spend that night in a high school gym in Suffolk, to reach Elizabeth City by Wednesday night and to pitch their tents in a Cape Hatteras KOA before continuing down the OBX on Thursday the 8th.



Two past Presidents of WAB and one member couple who have kids at Rutgers and attend part-time themselves joined Bob, Lynda and the New Jersey kids for chicken, fixin's and fresh watermelon the evening of their stay.

Learn more about the Dream4TK team and track their progress via their blog at [www.dream4tk.org/](http://www.dream4tk.org/).

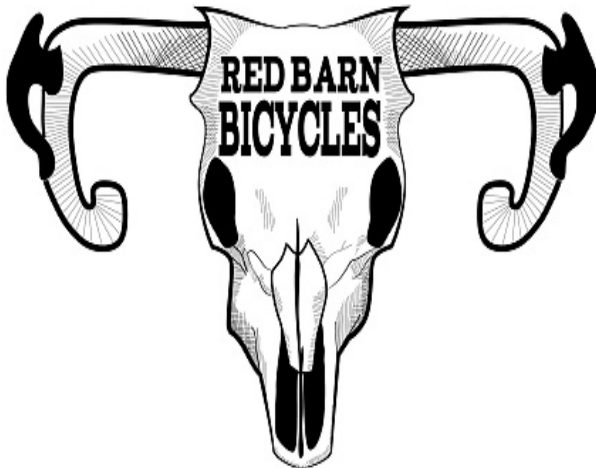


## LOTS OF WAB JERSEYS AVAILABLE!

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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## GREAT ALLEGHENY PASSAGE

Anyone interested in cycling the GAP in late September or early October, please email me and I can send you details. I am planning to do the ride from Pittsburgh to Cumberland, Md. Will probably spend 4/5 days on the trail. Plan to stay in B&B or maybe camping one or two nights. Not a fast bike trip as I plan to visit sites along the way. Will "spot" cars so as to transport bike to Pittsburgh. Neal Robinson, [Neal2wheeler@aol.com](mailto:Neal2wheeler@aol.com), (757) 258-5101

# 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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