



THE FLYING WHEEL

Newsletter of the Williamsburg Area Bicyclists (WAB)

VOLUME 17, NUMBER 9

WILLIAMSBURG, VIRGINIA

OCTOBER 2013

REMINISCING ABOUT THE GREAT PEANUT BICYCLE TOUR

At our recent WAB weekly Wednesday ride in Upper James City County, WAB member Jim Gullo and I both were wearing jerseys from the annual Great Peanut Bicycle Tour & Rides, (“Peanut Ride”) near Emporia, Va. I was wearing the 25th Anniversary (2003) jersey and Jim had on a jersey from a more recent year.

Alas, the Peanut Ride is no more. It “expired” after the final ride in 2012, when event director Bobby Wrenn decided to retire the Ride after 34 years of him and his family organizing it— just one year short of the event’s 35th anniversary.

Jim and I reminisced about our fond memories of the Ride. Both of us are a bit foggy now on the exact calendar years we each participated, but the years were in the time frame 2002 to 2012. Jim and Martha came for about 5 years with a group from New Jersey. I rode in it for five years.

The 4-day (Thursday-Sunday) yearly September event was based at the Cattail Creek Campground (Skippers, Va)—about 9 miles south of Emporia and less than 2 miles north of the North Carolina border. Every day there was a different 25-mile route and each day’s featured route ranged from 45 to 81 miles in Southside Virginia and Northeastern North Carolina.

The campground had accommodations for RVs, trailers and tent camping in a beautiful wooded setting. I estimate there were 200-300 participants, of whom many (including me) camped there. Event breakfasts and suppers were prepared and served by volunteers under a big white tent. Evenings featured marshmallow roasting and musical entertainment around a big campfire.

Prior to the 2011 event, a water bottling company bought the property (which included a natural spring and the campground) and closed the campground after the 2011 Ride. That significantly contributed to the decision to “retire” the Peanut Ride. The final Peanut Ride in 2012 was a smaller one-day farewell ride starting at the same by-then “non-campground.”

The many rest stops throughout the event were sponsored by residents along the route, who went all out to supply us with goodies prepared from their favorite recipes. Of course, munchies containing peanuts were prominent at the rest stops. The peanut butter fudge was delicious beyond description!

In 2003, WAB member Charlie Tynan and I rode a 25-mile route together. The day prior, I had ridden the 81-mile route around Lake Gaston and was ready for a day of rest. Charlie and I spent an entire morning covering 25 miles! We rode very slowly, coasting when we could, and spent lots of time at each of the well stocked rest stops,

especially the one featuring watermelon rind pickles.

In 2011, WAB members Deana Sun, Dean and Carolyn Dunbar and I went to the Peanut Ride and camped next to each other and rode together. Deana camped in her RV, the Dunbars camped in their new travel trailer, and I camped on an air mattress inside my Honda Element. We’ll share the memories of that great 4-day weekend for many years.

A tilt of our helmets to you, Bobby Wrenn, for many years of great dedication to the bicycling community.

Charlie Hart



IN THIS ISSUE

Great Peanut Tour memories.....	1
Next WAB meeting	1
Member information	2
New online ride submission form	2
From the Prez.....	3
Items of interest on the Web	3
Nominations.....	3
Ride calendar	4-5
New bikes.....	5
Advertisements	5,6,8
Membership form.....	7

Next WAB meeting - Tuesday, October 8
Charley’s Airport Restaurant

Meal at 6pm - lasagna

RSVP by October 7 to Roger Cross
(757-869-6303, rogercross@msn.com)

Program at 7pm - presentation by Jack Reitz and friends on a bike and barge trip in the Netherlands. Come join us for an interesting discussion of an international bike adventure in one of the most bike friendly countries in Europe.

WELCOME!

New members: Bill and Gale Roberts

Renewing members: Dr. Don G. Chance, M.J. Freeman, Ted Hanson, Wendy Larimer, Donald O'Connor, Shaun Potter, Ralph and Happy Simmons, Jay Smith

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

2013 WAB OFFICERS

President	Bob Austin	566-3769	warecreek@aol.com
Vice President	Roger Cross	869-6303	rogercross@msn.com
Treasurer	Jack Reitz	220-2059	wmsbgareabicyclists@cox.net
Secretary	Susan Currey	258-2665	curreyhome@cox.net
Directors	Bob Ardit	870-6778	bobard51@gmail.com
	Pat Groeninger	220-5464	groenfam10@verizon.net
	Mary Turnbull	229-4046	petalpower@verizon.net

2013 WAB COMMITTEE CHAIRS/EX-OFFICIO

Publicity	Ron Grossman	566-8245	ronman37@aol.com
Newsletter Editor	Gary Smith	566-0127	gary@hollyforks.com
Ride Coordinator	Neal Robinson	258-5101	neal2wheeler@aol.com
Advocacy Chair	Bob Ardit	870-6778	bobard51@gmail.com
Membership Chair	Pat Groeninger	220-5464	groenfam10@verizon.net
Webmaster	Frank Connelly	585-8439	frankconnelly1956@gmail.com
Jersey Coordinator	Dave Cosgrove	258-9565	dcosgrove@printpack.com
Pedal the Parkway Chair	Nancy Carter	229-4907	njcarter@starpower.net
Past President	Ted Moreland	258-0715	tedbikes2@verizon.net
JCC Parks & Recreation Rep.	Carla Brittle	259-5412	cbrittle@james-city.va.us
May Is Bike Month Coordinator	Nancy Carter	229-4907	njcarter@starpower.net

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 15th 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.gov/Default.aspx?tabid=15609>

Can't plan far enough ahead to post a ride in the WAB newsletter? Then submit your ride just a few days in advance, using the new ride submission form on the WAB website (<http://www.wabonline.org/rides.html>). And if you are looking for a last-minute ride, check out the page (<http://www.wabonline.org/calendar.html>) where these rides are then posted. We hope that this will become a means of communication among riders whose busy schedules don't allow them to schedule their rides a month in advance.

From the Prez

All-Season Cycling

October is my favorite month. The summer heat is behind us, the first frost is on the pumpkin and the corn across the road from my house has been harvested, opening up the view to the northeast. As the weather cools and steady rains begin, I also feel less guilt over staying in the house to read the Sunday paper or watch the Redskins play, rather than be doing something “useful” outdoors. And, for my money, October brings the best bike-riding conditions of the year.

Not that we can't or don't ride all year 'round. Cycling, at least in our temperate climate zone, can be an all-season activity.

Even in the most oppressive days of summer, as long as you keep moving, the cooling effect of the wind you create as you pass through the air at 15 miles per hour makes riding without succumbing to heat stroke possible. I've often been asked during a liquid-replenishment stop (staying hydrated is, of course, imperative) how I can ride when it's so hot, and explained I was only dripping sweat because I was standing still. I enjoy a refreshing summer rain shower, as long as I'm not in one and in traffic at the same time (ever notice how you can actually hear car tires slip on freshly-wet pavement?), as long as visibility is acceptable and as long as there's no lightning. I am fascinated by electrical storms, but having once been grazed by a very near miss while sailing in the lower York, I have special

respect for them when I'm outdoors.

As for winter riding, the body's temperature-regulating mechanism also serves as it gets colder. I have read, and heartily agree, that if you're not cold during the first five minutes of a winter ride, you will soon have to shed layers to avoid overheating. Even fingers and ears seem to warm up as the miles pile on. Toes, however, seem to get cold and stay that way if I'm not wearing booties, but I've never actually frozen any. I will admit, however, that my interest in suiting up and mounting my bike wanes as temps drop below 40 degrees, and I will not ride at all, at least not on pavement, if there's any chance of hitting packed snow or patches of ice.

As for wind, it can be there in any season of the year. Just keep in mind that barring diabolical shifts of direction, on any ride out and back to where you began, every mile you grind upwind will be rewarded by a big-chainring-spinning mile in the other direction. However, when wind direction permits, I plan my rides such that the upwind legs are through wooded areas and the downwind ones are through open fields. Also, if windbreaks are not available, I like to do the hard, upwind work while I'm still fresh and take advantage of the tail wind on the home stretch, when I need to take it easier.

See you on the roads and trails this fall and winter.

Bob Austin

Items of Interest on the Web

BIKE LESSONS FROM EUROPE FOR RVA (BY STEVE REISS AND JULIELLEN SARVER)

http://www.timesdispatch.com/opinion/their-opinion/columnists-blogs/guest-columnists/bike-lessons-from-europe-for-rva/article_3df5e9fa-7a64-51e3-9619-c1548718aadd.html

BIKEWALK RVA 'A TRIP TO THE DISTRICT'

<http://www.youtube.com/watch?v=ZXy1-AOP3UA&feature=youtu.be>

NOMINATIONS FOR OFFICER AND BOARD POSITIONS

The Nominations Committee is seeking individuals for the following positions in the WAB: Vice President and Board Director. If you are interested in either position, you can either notify a member of the Nomination Committee by email or place your name in nomination at the 10/8/13 general membership meeting at Charley's Airport Restaurant. The Nomination Committee members are: Jim Gullo - coladog@cox.net; Dean Dunbar - ddunbar100@gmail.com; Mary Lou DelPrince - mldp@cox.net.

Descriptions of the Vice President and Board Director job responsibilities can be found on the club website page under the Constitution and By-Laws section. The term runs 1 year, 1/1/14 through 12/12/14. A vote will be held at the November general membership meeting to elect the officers and board directors.

If you have any questions concerning the positions, please feel free to contact the current Officers or Board Directors for additional details.

OCTOBER RIDE CALENDAR

CLUB RIDES

Sunday, October 6, 9:00 AM: Jamestown to Smithfield Lunch Ride. C Pace (12-14 mph), 54 miles. Leader: Jack Huber; 804-282-3872; jhuber1111@yahoo.com.

Meet at Jamestown High School ([3751 John Tyler Highway, Williamsburg, VA 23185](http://www.3751JohnTylerHighway.com)) for the fall version of this popular ride. We'll ride the Virginia Capital Trail to the Jamestown Ferry and cross the James River. After 24 quiet miles on Surry and Isle of Wight County roads, the group will have lunch at the Smithfield Station on the Pagan River. The return route will pass by Bacon's Castle and Chippokes State Park to Scotland Wharf for the return trip on the ferry. This is a joint ride for Richmond Area Bicycle Association and WAB.

Saturday, October 12, 9:00 AM: "South to Sussex Court House." 39 miles, C Pace (12 to 14 mph). Leader: Jack Huber; 804-282-3872; jhuber1111@yahoo.com.

Meet in [Waverly](#) for a ride on the lightly traveled country roads of Sussex County to historic Sussex Court House. Rest stop at Thornton's General Store in the middle of the route. This is a joint ride for Richmond Area Bicyclists and WAB. Riders are invited to have lunch at Giuseppe's in Waverly after the ride.

The starting point is the parking lot behind now closed La Hacienda restaurant at the [corner of Route 460 and 40 \(Main Street\)](#) in the town of Waverly. If starting from Williamsburg take the 7:45 AM ferry then Route 31 to Surry. Continue west on Route 10 to Spring Grove and turn left on Route 40 and drive 12 more miles to Waverly.

Sunday, October 13, 8:00 AM: Damon Cone will lead a ride starting at the [New Quarter Park](#) behind Queens Lake on Lake Head Drive. The back parking lot is the meeting place.

Saturday, October 19, 10:00 AM: Ride to Nowhere, Surry County Government Center. This is a C+ pace ride thru Surry County as published in 'Williamsburg Area Bike Rides'. The roads are mostly flat with a few rolling hills. Ride length is 35.6 miles with an optional 19.4 mile ride. Please contact Rose Baker at 757-345-

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.

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.

5211 or 804-514-1557 (cell) or rbaker1951@hotmail.com if you plan to ride. If I receive no calls, I won't be at the ride start.

Saturday, November 2: WAB Pumpkin Ride, Chickahominy Riverfront Park. Enjoy a beautiful fall day as we stay on this side of the river for WAB's 14th Annual Pumpkin Ride. [Chickahominy Riverfront Park, 1350 John Tyler Highway](#), will be the location for this year's ride, and we will be at the shelter next to the swimming pool.

This year there will be three rides to choose from:

- **9:00 AM** - 40 mile B pace ride around Jolly Pond and Little Creek Reservoir with rest stops at Little Creek Park and Freedom Park/7-11. Ride leaders - Reed & Karen Nester
- **9:00 AM** - 28 mile C+ pace ride around Jolly Pond with a rest stop at Freedom Park/7-11. Ride leader - Gary Smith
- **10:00 AM** - 18 mile casual ride mostly on the Capital Trail with a rest stop at Jamestown Settlement. Ride leader - Pat Groeninger).

Cue sheets and maps will be provided. Helmets are required.

WAB will provide sizzling grills, utensils, condiments, cups and ice. Please bring something to grill, something to drink and a side dish to share. The picnic will begin when all rides end between 12:30 and 1:00. The picnic shelter next to the swimming pool is reserved for WAB –all rides start and finish at the shelter. Come out and enjoy a great bike ride, friends, autumn and good food. Please call Reed or Karen Nester at 757-869-2949 or email reednester@gmail.com to let them know you are coming.

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 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.

Wednesdays, 9:00 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) will lead October 2, 16, and 30. Gary Smith (gary@hollyforks.com) will lead October 9 and 23.

Fridays, 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 (757-645-3952, Ddunbar@gmail.com).

Saturdays, October 5 and 19, 9:00 AM: Haven’t been on your bike in awhile? Want to try the Cap2Cap Trail - only 7 miles each way? Interested in some alternate

casual rides on less travelled roads? Call Pat Groeninger at 757-784-2373 or e-mail groennet2@verizon.net.

Sundays, Mondays, & Thursdays: Barry Herneisey leads a mountain bike ride from Bikes Unlimited in the Williamsburg Shopping Center, 141 Monticello Ave. (across from Rita’s Water Ice). Times are Sunday, 9:00 AM; Monday, 6:00 P.M. and Thursday, 7:00 P.M. Call Barry at the shop to confirm, (757) 229-4620.

OTHER RIDES & EVENTS

Saturday, October 5, 8:00 AM: Riverside Health System will sponsor “Petals 4 the Cure.” The ride will leave from Anderson’s Garden Center, [11250 Jefferson Ave Newport News, VA 23601](#).

There are 2 events, both beginning at 8:00 AM:

- 7-mile “Fun Tour” that is great for families (helmets required)
- 22-mile bike tour for those who like a challenge. (very well marked, pretty route, and well scouted)

The bike routes go throughout Newport News. Food and prizes will be provided at the end of the ride.

Register at <http://petals4thecure.com/register/>, for either \$25 (7 miles) or \$35 (22 miles). All donations benefit “Beyond Boobs.”

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>.

FOR SALE

Comfortable woman’s Schwinn bicycle seat - \$12.
Call Linda at 757-565-1839.

NEW BIKES



Jim and Wendy Homerosky, long time WAB members visiting Williamsburg from Pittsburgh with their new folding bicycles. The bikes are manufactured by Bike Friday and feature a belt instead of a chain, gears in an enclosed hub and disc brakes.



Stephanie Weber on her brand new Yuba bike. It can hold 600 pounds of cargo. She was going to pick up Brenna from school who rides on the back. The bike comes with a cargo carrier to be attached to the handlebars.





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 or at (757) 876-8167.



NOW OPEN!



OFFERING MOBILE REPAIR, PICK-UP & DROP OFF SERVICES.

ROBERT MAYE, OWNER AND MECHANIC

REDBARNBIKES.COM 757.645.6985

Felt Orbea Bianchi Raleigh Devinci Diamondback Felt Orbea

Exclusive **FELT** dealer
in Williamsburg area for the
Triathlon, Road & Mountain Bikes

Ride into action

bikes unlimited

NEW LOCATION: Williamsburg Shopping Center
141 Monticello Av. (across from Rita's Ice Cream)

(757) 229-4620

Bianchi Raleigh Devinci Diamondback Felt Orbea

128821

757.253.7621
www.widomaker.com

WIDOMAKER
an I-Solutions Group, Inc. Company

Local Internet Service Provider

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. 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

Discover the Power of the Bicycle



A simple solution for
complex problems!

BikeBeat

Fantastic Products - Outstanding Service

Monticello Marketplace 757.229.0096
Between Ultras and Target
The Shoppes at Kiln Creek 757.833.0096
At I-64 and Victory Blvd Exchange

 www.bikebeatonline.com



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