



# THE FLYING WHEEL

Newsletter of the Williamsburg Area Bicyclists (WAB)

VOLUME 17, NUMBER 7

WILLIAMSBURG, VIRGINIA

AUGUST 2013

## WAB members on the road



WAB members Charlie & Glenne Hart, Lisa Trichel-Beavers, Jane Banfield, and Bob Fox participated in the Greene Trails Cycling Classic (GTCC) in Xenia, Ohio, July 17-21.

Xenia is the hub of several trails going various directions for many miles, much of which is on Ohio bicycle routes. A different route was scheduled each day, with various distances being supported with rest stops about every 12 miles.

Daily distance options were typically 25 to 50 miles, with a 110 mile option on one day. The routes

were out-and-back, so each day cyclists could ride any desired distance on the supported route simply by turning around and heading back to the starting point.



Jane Banfield and Lisa Trichel-Beavers were awarded medals for completing the 110 mile route on Friday, July 19, at the Greene Trails Cycling Classic. They received their medals at the awards dinner on Saturday, July 20. Greene Trails Cycling Classic is a 5-day event, all on paved trails. In recognition of GTCC's 10th anniversary, the route they completed was a century plus 10.

## From the Prez

### Rashes of Crashes

When I was a much younger man, catastrophic airline accidents were much more common than they are today, and conventional wisdom had it that they occurred in sets of three, rashes of crashes, as it were.

This year, late June to late July (actually, I am writing this on the 21st) has brought WAB members their own rash of crashes, beginning with Happy Simmons's June 28th fall on the Cap-to-Cap Trail near the Jamestown 4-H campground (why do so many people say "Fell off his/her bike,"

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**nuride**

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## WELCOME!

**New members:** Peggy Sue Ford, S. David Hicks, Alysha Langlow, Hut & Denise Lindner

**Renewing members:** Mel & Peggy Anderson, Kirk & Lisa Trichel Beavers, Sandy Butler, Bob & Linda Carter, Bob Comber, Susan Currey, Reed & Karen Nester, Patricia Parr, Neal Robinson

## 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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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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Adventure  
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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>

## Items of Interest on the Web

BICYCLING: THE SAFEST FORM OF TRANSPORTATION

<http://www.mrmoneymustache.com/2013/06/13/bicycling-the-safest-form-of-transportation/>

HOW A MINORITY BIKING GROUP RAISES THE PROFILE OF CYCLING

<http://www.npr.org/blogs/codeswitch/2013/07/01/197416434/minority-cyclists-black-women-bike>

CARGO BIKES: THE NEW STATION WAGON

<http://online.wsj.com/article/SB10001424127887324328204578572011343756542.html?mod=itp>

TIPS FOR BIKING IN HOT WEATHER

<http://www.roadbikerider.com/e-articles/cycling-heat-part-1-ride-management>

...continued from page 1

as if a bike were a horse that kept on going after throwing its rider?) That fall, reportedly induced by Happy's unfamiliarity with the pedal clips on her newly-acquired bike, resulted in injuries requiring stitches, but by now well mended. I did the same thing for the same reason a few years back; fortunately, however, in my case it resulted in no more than a bruised ego when I laid my bike down on the grassy median of Richmond Road at Longhill, to the delight of several unsympathetic motorists.

The next to fall, and he admits he had no one to blame but himself (but it *was* hot and he *was* tired) was Ted Moreland, on July 6, on a solo ride that took him to the boat-ramp parking lot at the end of Brickyard Road. That fall, which was unfortunately arrested by Ted's teeth meeting the fender of a boat trailer, no doubt caused him considerable physical pain. It will certainly cause pain to his pocketbook: he reports that the restorative bridgework will cost him in the neighborhood of \$10,000.

Even more lamentable was Deana Sun's July 8 crash on Charles City County's Kimages Road, which resulted in fractures, a concussion and seven unpleasant days and nights as a paying guest of MCV. I again refer to one of my experiences, my own similar, and similarly dog-caused, April 2007 fall on Sycamore Landing Road. There are varying opinions about how a bicyclist should handle an aggressive dog. Having tried diving over my handlebars and lying unconscious for an hour before rescue, during which time the dog in question apparently did nothing more than give me a sniff, and possibly a sympathy lick, next time I

may stop the bike, say hello to Bowser and ask him if he wants to talk it over.

My number came up again on the July 10 morning ride of the Cycling Cees, on bucolic Waller Mill Bike Trail. It was my bad: I was close to the edge of the asphalt and when I dropped my head to avoid a low-hanging branch I also dropped my wheels off the pavement onto the soft, wet earth next to it. I made the reflexive mistake of trying to turn back onto the pavement, which of course brought me down. This time, my helmet worked as advertised, so I was spared brain damage. The bruise on my left hip is finally fading and the road rash is almost gone, but it still hurts to walk.

I have expressed, and Michael Junge has accepted, my apologies for falling in his path. He had the good luck to fall on the same soft earth that brought me down, and he was only lightly hurt and his bike was undamaged. That was not the case with mine, however: I suspect it was Michael's front wheel that chipped and cracked my right seat stay, and having priced professional repair, I am testing the hunch that fiberglass and epoxy are close enough to carbon fiber and whatever resin Specialized uses in its frames to do the job.

If our cloud has a silver lining, it is that none of our crashes involved an encounter with a motor vehicle.

Wishing you safer riding for the rest of the summer.

*Bob Austin*

## AUGUST RIDE CALENDAR

### CLUB RIDES

**Wednesday, August 7, 8:30 AM:** Ride Around Diascund Reservoir. 26 miles. C+ pace. Meet at Upper County Park ([180 Leisure Rd, Toano, VA 23168](#) – near I-64 Exit 227). Contact Charlie Hart at [JogBike@gmail.com](mailto:JogBike@gmail.com) for directions.

**Saturday, August 10, 9 AM:** “Waverly Watermelon Ride.” Come to Waverly for a summer ride on the quiet roads in Sussex and Surry Counties! Jack Huber (804-282-3872, [jhuber1111@yahoo.com](mailto:jhuber1111@yahoo.com)) will lead a C+ pace group and Chuck Jajesnica (804-543-8967, [cervelo55@verizon.net](mailto:cervelo55@verizon.net)) will lead a C pace “no drop” group. Faster riders are welcome and cue sheets will be available. Total riding distance is 58 miles. This is a joint ride for WAB and the Richmond Area Bicycling Association (RABA).

Meet in the parking lot behind the now closed La Hacienda restaurant at the [intersection of Routes 40 and 460](#). We will ride through Claremont and on to Jack’s place on the James River for a rest stop. There will be another rest stop hosted by Shirley Cockes, Surry County’s “Watermelon Lady” at her home. The terrain is mostly flat and the car traffic is very light. After the ride many in the group have lunch together at Giuseppe’s in Waverly before heading home. Please be aware that speed limits are strictly enforced in the town of Waverly.

**Wednesday, August 21, 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. Contact Charlie Hart at [JogBike@gmail.com](mailto:JogBike@gmail.com).

**Sunday, August 25, from 1:00 PM:** Paris-Roubaix road cleanup, ride and wine and cheese party. Rides of from 8.5-20 miles at paces for all riders. Note: If there’s significant rain in the previous 48 hours, please do not park on grass. Use gravel behind the house, asphalt driveway or Garrett’s Grocery and ride to house. Bob Austin’s, [4557 Ware Creek Road](#). RSVP to (757) 585-8081.

## 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.

### RECURRING CLUB RIDES

**Mondays:** Please note Deana Sun’s Monday rides are canceled until further notice due to her July bike accident.

**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](mailto:pwmcw@cox.net).

**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). Dean Dunbar (757-258 3539, [cdunbar6@cox.net](mailto:cdunbar6@cox.net)) will lead the rides on August 2 and 30. Charlie Hart ([JogBike@gmail.com](mailto:JogBike@gmail.com)) will lead the ride on August 9. Neal Robinson ([neal2wheeler@aol.com](mailto:neal2wheeler@aol.com)) will lead the rides on August 16 and 23.



Dean & Carolyn Dunbar, Bob and Linda Carter, and Don Grosse, just completed the 400+ mile Buffalo to Albany New York Parks & Trails annual ride along the Erie Canal.

## OTHER RIDES & EVENTS

**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.

**Saturday, August 17:** Anthem Moonlight Ride, Richmond Sports Backers Stadium. <http://www.sportsbackers.org/events/moonlight-ride>.

**Saturday, August 24:** The Tour de Lions cycling event, Hanover County. Participants can register for a 10, 30, 50 or 100+ mile ride. The tour will start and finish at the Food Lion store located in Ashland, VA. <http://www.helpmakemiracles.org/index.cfm?fuseaction=donorDrive.event&eventID=1497>

## 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)).

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**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). Dean Dunbar (757-258 3539, [cdunbar6@cox.net](mailto:cdunbar6@cox.net)) will lead the rides on August 2 and 30. Charlie Hart ([JogBike@gmail.com](mailto:JogBike@gmail.com)) will lead the ride on August 9. Neal Robinson ([neal2wheeler@aol.com](mailto:neal2wheeler@aol.com)) will lead the rides on August 16 and 23.

**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 8:** Shenandoah Valley Century. Hillandale Park, Harrisonburg, VA. Rides of 25, 50, or 100 miles through the scenic and historic Shenandoah Valley of Virginia. Sponsored by the Shenandoah Valley Bicycle Coalition. Register now at <http://svbcoalition.org/events/century/>.

**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>.

### Progress on the Virginia Capital Trail

Dean Dunbar reports that on his Friday ride he rode the newly paved 3/4 mile section west of the Chickahominy River Bridge. Curtis Construction still has some barriers up, but they should be moved soon. The trail now ends across from the concrete plant.

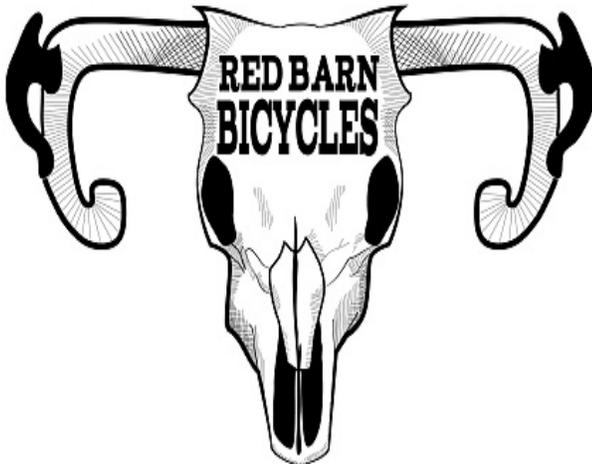


## LOTS OF WAB JERSEYS AVAILABLE!

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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