



THE FLYING WHEEL

Newsletter of the Williamsburg Area Bicyclists (WAB)

VOLUME 17, NUMBER 11

WILLIAMSBURG, VIRGINIA

DEC 2013 / JAN 2014

Greetings from two new WAB officers

I am very excited about serving as Vice-President of WAB in 2014. As such, I will be scheduling programs for our monthly meeting. Roger Cross, the outgoing VP, was kind enough to book a couple of speakers in advance and so has made the start of my year even easier. Thanks Roger.

In addition to our traditional programs (Annual Awards – January; Bike Maintenance – May; and the December Christmas Party), I hope to schedule programs about the travels of our members. These programs have generally been well attended and spark enthusiasm among members to travel to bike-friendly places.

I also plan to write an article for each monthly newsletter about the travels of members. We don't have enough meetings for everyone to tell us about their adventures. In order for me to write the monthly article – I NEED YOUR HELP!!!!

If you are planning a trip in 2014, let me know so I can tell others a little bit about it in the newsletter. (Since our newsletter is available to the general public on our website, I will not publish the dates of your trip in advance.) When you return, email me about your adventure so I can share it with the membership in my monthly article. Pictures would also be appreciated.

*Deana Sun
Vice-President elect*

Hello fellow cyclists! Some of you may know me—I'm relatively new to the club, having joined in May of 2011 after having such fun with Pedal-the-Parkway (boy, I hope that comes back this year). Thank you for the opportunity to be your ride coordinator for 2014.

I know that with the help of all you experienced riders we will come up with some fun new rides; add creative twists to 'old' rides, and hopefully accommodate variable paces and mix long with short routes so many more can enjoy a club ride.

Don't hesitate to contact me if you have a current ride you love and would like to share or if you have a clever ride or route idea.

Looking forward to an adventurous 2014!

Just along for the ride,

*Lisa Trichel-Beavers
Ride Coordinator elect*



Decorate your bike and dress up in your best holiday duds for the Williamsburg Christmas Parade on Saturday, Dec 7th.

Meet on Duke of Gloucester Street no later than 8:00 AM.

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WAB Christmas Party

[Windsor Forest Club House](#)
(Wyndham Way) on Friday, December 6, 2013, at 7 PM.

What to bring: a covered dish or some holiday treats to share with others. Your club will provide the beverages.

RSVP's needed: call Roger at 757-869-6303 or email roger-cross@msn.com by Wednesday, December 4, 2013.

WELCOME!

New members: Susan Akridge, John Fansier, Dave and Carmen Willhoite

Renewing members: Bob Ardit, Rose and Paul Baker, Robin Brady, Peggy Buckley, Bob and Debbie Coleman, Mary L. DelPrince, Jim and Paulette Nelson, Anthony Raspanti

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
(beginning January 1, 2014)	Deana Sun	(804) 966-8944	maeldsun@aol.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	810-8382	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
(beginning January 1, 2014)	Lisa Trichel-Beavers	(336) 601-4036	sculptorofclay@gmail.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



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

While I will use some of this space to thank, on behalf of the Board of Directors, retiring Vice President Roger Cross and Ride Coordinator Neal Robinson for their collective years of loyal and productive service, and to extend a hearty welcome to their replacements, Deana Sun and Lisa Beavers, I will devote the rest of it to business.

The Board of Directors has decided to amend the Constitution to allow for increasing the number of Directors from three to four. In keeping with the requirements of the Constitution, the following official notice of the Board's decision to do so is being published at least thirty days prior to the amendment's being submitted to the general membership for approval, which will occur at the January 14, 2014, membership meeting. At that time we will also call for a formal vote of approval to seat new Director nominee Mary Lou DelPrince

as the fourth Director on the Board.

We propose to amend the Constitution (as amended on March 14, 2007) as follows:

- ARTICLE IV - Change last three words of this article to "and four Directors."
- ARTICLE IV, SECTION 5 - DIRECTORS - Change first three words of this section to "The four Directors."
- ARTICLE VII - BOARD OF DIRECTORS - Change wording of first line to read "...shall consist of the eight Elected Officers..."
- On page one, under "Constitution & By-laws" will appear the line "As amended on March 14, 2007 and January 14, 2014."

Regards to all,
Bob Austin

Items of Interest on the Web

WHERE WE RIDE: ANALYSIS OF BICYCLING IN AMERICAN CITIES

http://bikeleague.org/sites/lab.huang.radicaldesigns.org/files/ACS_report_final_forweb_0.pdf

IN 2014, BIKE FUNDING EXPIRES

<http://www.bikeleague.org/content/2014-summit>

SUPPORT BICYCLE & PED SAFETY ACT

<http://bikeleague.org/content/support-bicycle-ped-safety-act>

NEW U.S. BICYCLE ROUTES APPROVED IN MARYLAND AND TENNESSEE

<http://www.bicycletimesmag.com/content/new-us-bicycle-routes-approved-maryland-and-tennessee>

HOW ABOUT ONE OF THESE FOR WILLIAMSBURG? - HOVENRING

<http://hovenring.com/>

RICHMOND CYCLING STREET PLAN SLOW CLIMB

http://www.timesdispatch.com/news/local/columnists-blogs/michael-paul-williams/cycling-street-plan-slow-climb/article_6b54db96-1e85-559c-9ae8-288f0953aea7.html?mode=jqm

BICYCLE ANECDOTES FROM AMSTERDAM

<http://vimeo.com/77084110>

PORTLAND NOW HAS 100 STREET BIKE CORRALS!

<http://vimeo.com/77926816>

ZURICH BICYCLE DRIVE-IN CAFE LETS RIDERS DRINK ON THE GO

<http://www.psfk.com/2013/04/bicycle-drive-in-cafe.html>

DEC/JAN RIDE CALENDAR

CLUB RIDES

Sunday, December 1, 1:00 PM: A Birthday Bash. Starting at [Jamestown High School](#), we will ride out to Centerville Road, Jolly Pond Road, Car Wash Hill, around Little Creek Reservoir to Rt 60 and back to Jamestown High via Centerville Road. The temperature must be above 40 and no rain. Contact Neal Robinson, (757) 258-5101, Neal2wheeler@aol.com. No calls, no ride.

Saturday, December 14, 9:30 AM: Waverly 4-H Ride. Meet Jack Huber and members of RABA in the parking lot behind the former La Hacienda restaurant at the [intersection of Routes 40 and 460](#) in Waverly.

This ride travels 36 miles through Sussex, Surry and Southampton Counties on roads with few cars. The route is very rural, but there will be a special rest stop with free snacks and rest rooms at the Airfield 4-H Center south of Wakefield. After the ride, all participants are invited to join the group for lunch at Giuseppe's in Waverly. Contact Jack at (804) 282-3872, jhuber1111@yahoo.com.

Wednesday, January 1, 2:00 PM: Hot chocolate ride. Celebrate the New Year with your fellow cyclists by meeting at the Croaker commuter parking lot at 2 PM. We will ride Fenton Mill Road to Barlow Road, go over I-64 on the bridge, then ride back on Rochambeau Drive past Walmart to the Starbucks in the shopping center opposite Lowes. There we can warm up with a cup of coffee or hot chocolate before riding on back to the Croaker lot on Lightfoot Road. This will be a casual 13-mile ride. Hope to see you there! Contact Gary Smith, (757) 566-0127, gary@hollyforks.com.

Saturday, January 11, 9:30 AM: Waverly Figure 8. Meet Jack Huber and members of RABA for a ride through the quiet country roads of Sussex County. The starting point is the parking lot behind the former La Hacienda restaurant at the [intersection of Rt. 40 and Rt. 460](#).

The route is a "figure 8." After a 25-mile loop to the south, we will be back at Waverly for a rest stop at a local store. Then there is an option to do a 14-mile loop north of town for a total of 39 miles. Riders are invited to have lunch together after the ride at Giuseppe's in Waverly. Contact Jack at (804) 282-3872, jhuber1111@yahoo.com.

Friday, January 31, 10:00 AM: Celebrate Chinese New Year 2014, the year of the horse! Saddle up your pony and hit the VCT. We ride out of the Williamsburg Community Chapel parking lot at 10 AM. We will have various paces (depending on your steed) and your ride can be 15-25 miles depending on how long you want to be in the saddle. Afterwards you can belly up to the lunch counter in the chapel and enjoy a great meal. Looking forward to a fun event! Contact Ted Hanson, (757) 645-3629, thanson@earthlink.net.

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 Lisa Beavers at sculptorofclay@gmail.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, 9:00 AM: Charles City County or New Kent County. C+ pace (12-14 mph finish average). Ride leader - Larry Skalak, Lskalaks@aol.com, 757-566-1224. Co-leader - Deana Sun.

Rides will run from November thru March to provide some miles over the off season. Route location and mileage will go out two days before the ride. Because weather is more variable this time of year a ride cancellation notice will be sent no later than two hours before ride start. BE SURE to check, if conditions look questionable. To receive these notices please send your email address to Deana Sun (MaEldsun@aol.com).

Wednesdays (except Jan. 1 - see Club Rides listing), 10:00 AM: Upper James City County ride. 25-30 miles. C+ pace. Meet at the commuter parking lot at [Croaker Road and Rochambeau Drive](#) at I-64 Exit 231A (occasionally at [Upper County Park](#)). Contact Gary Smith, (757) 566-0127, gary@hollyforks.com, to be informed of the specific routes and/or added to email notification list.

Fridays at 10:00 AM (Jan. 31 - see Club Rides listing): Friday Friends Ride. Start at Williamsburg Community Chapel / Rear Parking Lot. This ride will be on the Virginia Capital Trail, Jamestown National Park, and Governors Land and First Colony neighborhoods. Contact Dean Dunbar at (757) 645-3952, ddunbar100@gmail.com. Please note that December will be Dean's last month for leading this ride. In January, Ted Hanson, (757) 645-3629, thanson@earthlink.net, will lead the rides.

Sundays (9:00 AM), Mondays (6:00 PM), & Thursdays (7:00 PM): 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 the shop to confirm, (757) 229-4620.

Charlie Hart's birthday celebration



The cake, provided by Deana Sun and Lisa Beavers, was almost too pretty to cut, but Charlie gave his best effort in cutting it into equal pieces for all the guests.

After their ride on November 20, the Wednesday regulars group surprised their founder, Charlie Hart with a birthday celebration at his house.



To make sure that the group is visible on the road, Charlie gave himself a bright orange vest for his birthday.

GOOD DEEDS AND SERVICES FROM WAB

A THANK-YOU NOTE FOR THE WILLIAMSBURG AREA BIKE RIDES BOOKLET WRITTEN BY JIM HOMEROSKY AND NEAL ROBINSON

Oct. 4, 2013

Hello,

I had ordered your book of rides several weeks ago in anticipation of our up-coming vacation to Williamsburg. We were very impressed with its organization when it arrived but even more impressed as we used it. Your directions were always right on. They were easy to understand and follow. We never found ourselves at an intersection wondering what to do. I can not thank you enough for putting this together. You truly made our vacation.

Thank you so very much and happy riding.

Kim O., Greenville, SC

FROM "THE LAST WORD" IN THE VIRGINIA GAZETTE

"Williamsburg Area Bicyclists is working with foreign student workers living at the Pineapple Inn & Housing Center on Richmond Road, providing them with bicycle helmets, light sets and reflective bands and briefing them on bicycle rules of the road and safety. The helmets are purchased with WAB funds and the lights and reflective bands are provided by the Virginia Bicycling Federation under their Light Up the Night program. Anyone wishing to support the helmet program can contribute by check to Williamsburg Area Bicyclists, P.O. Box 2222, Williamsburg, VA 23187-2222. VBF accepts donations at Virginia Bicycling Federation, PO Box 7282, Richmond, VA 23221 or <http://www.vabike.org>."

"ROUBAIX" ROAD CLEANUP

Thanks at least in part to fine fall weather, a record twelve WAB members turned out on November 17 to help clean up our adopted stretch of James City County roads. Six of them joined Bob Austin after the cleanup to enjoy a 20-mile ride along our pristine route. Thanks to Ted Moreland, Paul and Rose Baker, Dean and Carolyn Dunbar, Charlie Hart, Michael Kaspareck, Reed Nester, Jim and Martha Gullo and Zbig and Anna Lechowski for helping pick up five bags of trash.



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.



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Dave Cosgrove, 757 876-8167, dcosgrove@printpack.com

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

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At I-64 and Victory Blvd Exchange

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