

APRIL RIDE CALENDAR

APRIL RIDES

Saturday, April 3, 9AM: Rich Thompson invites you to join him on his favorite ride around the West Point area. Be prepared for a ride with rolling terrain, great roads, very low vehicle traffic, and beautiful scenery. You might even catch a glimpse of a miniature horse or two since the ride goes right by a miniature horse farm. Also bring some cash or your credit card for the rest stop at an old fashioned General store and for lunch after the ride. To reserve your spot on this ride, please call ride at 291-2548 by no later than 9 PM on Friday, April 2. Remember NO CALLS, NO RIDE!

Saturday, April 10, 2PM: Meet the Reddings at the new Capital-to-Capital Trail Kiosk at Jamestown Settlement for a 15 mile, casual pace ride on the Trail. Call Chuck at 220-8236.

Sunday, April 11, 9AM: Meet Damon Cone at New Quarter Park (main parking lot) at 9:00 am for a 10-15 mile, C paced ride in the Queens Lake area. No calls, no ride. Call Damon at 869-6697.

Saturday, April 17, 9:30AM: Meet at Squire's Everyday Gourmet near the now closed new Ukrop's at 9:30 for B pace 35 mile or a Casual pace 24 mile ride. Bring money for lunch and/or beverage of your choice after ride. Ted Moreland (B pace): 880-3212/tedbikes2@verizon.net or Nancy Carter (C pace): 229-4907/njcarter@starpower.net. No calls by 8:30 am no ride(s).

Sunday, April 18, 9:30AM: "Take me to the River (the Chickahominy, that is) Ride." 36 miles C+ pace. From Lightfoot Outlet Mall parking lot, behind McDonald's. Bob Austin: 566-3769.

Sunday, April 18, 2PM: Spring warm up casual ride. Meet across from the Jamestown Settlement parking lot at 2PM for a 10 to 15 mile ride. Call Pat at 220-5464 with questions or to confirm.

Wednesday, April 21, 8:30 AM: Ride in Upper James City County area with Charlie Hart for a 25-30-mile mid-C pace ride. Meet in commuter parking lot at intersection of Croaker Road and Rochambeau Drive, just off I-64 at Exit 231A. Contact Charlie at 566-0090 or RunnrRidr@cox.net .

Thursday, April 22, 8AM: Monticello – Brickbat Loop. 12 mile C Pace ride. Meet in the Monticello Marketplace parking lot by Bike Beat. Optional stop at Starbucks at the end. Call or email Mike Shushan, 746-0367 or mike@mikerosenberg.info.

April 23, 24 &/or 25: Rappahannock Bike, Hike, & Paddle Weekend. Join Allen and Mary Turnbull for a ride near the Rappahannock River area starting near the town of Warsaw – approximately 1 ½ hours from Williamsburg. Come for the day or the weekend and either camp, stay in a cabin, or a motel. Mileage options of 10, 25, 36 or 50 on Saturday and 17, 30 or 55 on Sunday. Complete details with cue sheets are at http://www.virginiaodysseys.com/rappahannock_bike_tour.php . Call Allen at 229-4046 for additional information

Saturday, April 24, 9:00AM: CHARLES CITY CRUISE. Join Reed and Karen Nester as they take their new tandem on its first trip to Charles City. The B Pace 40 mile ride will start at 9:00AM at Chickahominy Riverfront Park, 1350 John Tyler Highway – meet at the parking lot by the swimming pool. Call Reed or Karen at 229-2017, or email ReedCycle@verizon.net.

Wednesday, April 28, 8:30 AM: Ride in Upper James City County area with Charlie Hart for a 25-30-mile mid-C pace ride. Meet in commuter parking lot at intersection of Croaker Road and Rochambeau Drive, just off I-64 at Exit 231A. Contact Charlie at 566-0090 or RunnrRidr@cox.net .

PACES for RIDES are as follows:

A ... 18-22 mph

B ... 15-18 mph

C ... 11-15 mph

Casual ... up to 11 mph, group will wait for all riders

Breakfast Ride in Early March



The good thing about a breakfast ride on a 34 degree morning is that you have two options:

1. ride and eat, or, 2. just eat.

New members, Jim & Barbara Wesley, joined Michael & Renate Junge, and Allen & Mary Turnbull at the Old Chickahominy House after their 21-mile ride. (The mimosas were great!) ~ Mary Turnbull

Note: Direct all questions, cancellations or updates to Mike Shushan at mike@mikerosenberg.info.

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 RIDES

Mondays at 1 PM: Join Don Cherry for a 45-55 mile, A-B pace ride with stops (no one left behind). Starts from his office at the intersection of Rt.199 and Henry Street. Call Don at 253-2500.

Tue & Thur at 8 AM: Join Top in front of Conte's Bicycles & Fitness in New Town for a 50 mile, B pace ride. No calls, no ride 645-5282.

Thursdays at 5:30 PM: Join John Struck for a ride leaving the upper parking lot of Core Fitness/PEAK Physical Therapy (344 McLaws Circle). Ride out of town toward Yorkriver state park and then return via Fenton Mill and Waller Mill for 25 – 30 miles. C+ pace gradually increasing to B as the year and the group demands. No one will be left behind. Ride will regroup several times during the ride. Helmets Absolutely required. Call John Struck, 229-1300 or email struck1@cox.net.

OTHER RIDES & EVENTS - LOCAL

Sundays at 9 AM: Barry Herneisey leads a mountain bike ride from his Bikes Unlimited bicycle shop in the Williamsburg Shopping Center, 141 Monticello Ave. (across from Rita's Ice Cream). Call Barry at 229-4620 to confirm.

Wednesdays at 5PM: Bikes Unlimited also has an A pace ride with average speed over 20 MPH for 35 to 45 miles. Call Barry at 229-4620 to join & to confirm the time.

Sundays at 2 PM: Janet Zwirner leads a ladies ride from Conte's in Williamsburg. They usually ride 25-30 miles at a B pace and adapt the ride to whoever rides with us. It is a friendly, no-drop ride. Call the shop at 565-1225 to R.S.V.P.

Sunday, May 2: 5th Annual CYCLISTS AGAINST CANCER Benefit Ride. Join the fight against Cancer by participating in a bike ride through beautiful York and James

City Counties. All profits will be donated to the American Cancer Society.

The ride begins at New Quarter Park and includes rest stops at the KOA Campground and the President's Park. This event is open to all riders (anyone under

16 must be accompanied by an adult), and all riders must wear a helmet.

There will be maps and cue sheets for 15-mile, 25-mile and 50-mile routes which include rest stops with refreshments and lunch at the finish. Check-in and same-day

registration open at 8:30 a.m. - \$35.00 for pre-registration and \$45.00 at the door. Please register by April 28, 2010 to help us plan.

Brochures are available in area Bike Shops or email Elaine Cardwell for a registration form, elainecardwell@cox.net or (cell) 757-871-7544.

Saturday May 15: Pedal the Peninsula -- Williamsburg Christian Retreat Center's 6th Annual Cycling Fundraiser. Choose a distance of 10, 21, 32, 48-miles or a Metric Century. All rides begin and end at the retreat center which located just off Barnes Road near the Stonehouse subdivision. Registration times are staggered to accommodate the varying route lengths which run primarily through James City County. Volunteers will man several designated checkpoints

along each route where snacks and restrooms will be available. Routes will be adjusted subject to road conditions.



The registration fee remains the same as in past years: \$35 per person with a family cap of \$70 regardless of the number of family members who

participate. The fee includes route/cue sheets, checkpoint/rest stops, snacks and a picnic lunch. Those registering by April 23 will receive a T-shirt.

Each registered rider will receive a confirmation packet with details about the day's schedule, a donor contribution form and suggestions on how to help make this fundraiser as effective as possible. Riders are encouraged to request donations based on each mile they ride. Businesses can also support Pedal the Peninsula by contributing \$250. Any business that does so will have its name and/or logo put on the T-shirt which each cyclist will receive the day of the ride.

Proceeds from Pedal the Peninsula support the operation of WCRC. WCRC is a 300-acre retreat and camping center designed to provide a place where individuals can grow in their Christian faith, strengthen relationships with each other, and unplug from the busyness of daily life. Church groups, Christian schools, families and individuals can reserve lodging in one of two cottages, in the motel-style lodge, or in the cabin village. Meals are available for groups of at least 20. WCRC also has camping and RV sites available, a swimming pool, tennis court, basketball court, outdoor game fields and a picnic pavilion. For more info visit www.wcrc.info or call 566-2256.



OTHER RIDES & EVENTS - OUT OF THE AREA

Saturday April 17, Hampton Roads: Join the American Diabetes Association for the inspiring Hampton Roads Tour de Cure. Every mile you cycle and every dollar you raise will bring us closer to finding a cure for diabetes. Registration fee is \$25.00. All cyclists must raise at least \$175.00 to participate (EXCEPT for the participants of the 10 Mile Family Fun Ride.) All participants of the Family Fun Ride must pay a registration fee. There is not a fundraising minimum requirement for riders of the 10 Mile Family Fun Ride. However, there is a \$25.00 donation required to enjoy breakfast, lunch and beverages at the festival site. As always, any and all donations are appreciated and will count toward Thank You Gifts beginning at \$250.00. Participants of the 30 mile, 65 mile and 100-Century mile routes, the minimum to participate is \$175.00 in addition to the registration fee. Registration fees do not count toward the fundraising minimum and are not refundable and are non-transferable. For more information, please contact Marianne Patterson, Tour de Cure Event Manager at 757.242.6662 Ext. 3276 or by email at mpatterson@diabetes.org.

Saturday April 24, 7AM, Columbia, NC: Come join the first annual "Ride to a Wish" Century on Saturday April 24th, 2010 in Columbia, NC. This ride is to benefit the Make-A-Wish Foundation for a little girl named Eleora. Eleora suffers from a variety of conditions including neurological problems/seizures, some heart problems, and multiple visual problems. Eleora's wish is to swim with dolphins at Atlantis. Columbia, NC was chosen as the start/finish location for its rich history, beautiful scenery, good roads, and low traffic. There are two ride options – a century course and a 50-mile course. Both rides include full SAG support, food and beverages during the ride, and an After-Ride party event with food, beverages, and live entertainment. Mark your calendars to attend this event for good fun and a great cause! For full details and to register, visit <http://www.ridetowish.com>.

Saturday April 24, 7:30, Smithfield: Our Relay for Life - American Cancer Society team has organized the 3rd Annual Hope, Hams, History and Hospitality Bicycle Tour on Saturday April 24 starting in Smithfield with a choice of 12, 35 or 50 mile marked routes through the scenic and historic sites of the counties of Isle of Wight and Surry. Planned rest stops with refreshments are at historic sites where docent interpreters will be available. The rides conclude with a box lunch provided for all registered riders as well as prize draw-

ings in Smithfield. Registration fees are a fully tax deductible contribution to the American Cancer Society. Members of our Beacons of Hope team have worked hard to make this a fun and safe event. Full details, a registration form and information on online registration are found on the website http://www.iwsbeaconsofhope.org/Bike_Tour.html

May 13-28: Virginia Cross State Ride along Bike Route 76. Come join us for a day, a week, or the full two weeks, arriving in Yorktown in time for a Memorial Day weekend in the historic Hampton Roads region. Sponsored by the Virginia Bicycling Federation, they hope to recognize bicycle friendly communities along the route. Daily activities include tours of Scenic / Historic Attractions, Promotional Visits to Local Tourism & Recreation Organizations, and "See and Smell the Virginia Blossoms". 570+ miles along Bike 76 Trans-America Bicycle Trail route. Daily mileage planned at about 50 miles with options for side routes of scenic and historical interest estimated to total 800+ miles. Contact Information: www.vabike.org, Joe Morgan, jnmorgan@megahits.com 804/441-1646 or Barbara Duerk, barbgary@cox.net 540/343-1616.

