



The Flying Wheel

Newsletter of the Williamsburg Area Bicyclists

February 2000

Volume 3, Issue 1

Dates to remember

- February 8th
WAB Meeting
Dinner Charley's 6 PM
Meeting 7 PM
Program: Cycling in
Holland

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WAB's Website
www.bikevirginia.org/wab

February Meeting

Tuesday, February 8, 2000

Join us at Charley's Restaurant You will find Charley's Restaurant and your fellow bicyclists in the Williamsburg/Jamestown Airport.

Dinner will begin at 6:00 PM * chicken and tuna salads * home baked bread * plus Mrs. Waltrip's famous pies* tea or soft drinks for \$8.00. **Please call Mary Turnbull to make reservations for dinner at 229-4046.**

Following a short business meeting at 7:00 PM, we will enjoy Jim Homerosky's presentation on bicycling in Holland. We need your participation to make bicycling safe and fun. Join us and bring your ideas for the future of bicycling in and around the Williamsburg area.

Hope to see you there!



Directions WAB Meeting at Charley's : from Route 199 turn onto Brookwood Drive (just east of Route 199/Jamestown Road intersection). Go left on Lake Powell Road. Then take the second left onto Marclay. The airport is at the end of the road.



Past President
Mary Turnbull presents
Ann Vallone
with the award for
"Most Improved Cyclist"
for 1999

From the President Necessity is the Mother of Commuting

Bicycle commuting. What a great idea. If only ... I had the time ... I had the energy ... I had a good route to ride ... I had a shower at work ... I had a place to park my bike. I have ridden to work occasionally, mainly during Bike to Work Week, and thought about it frequently. This year, I was lamenting the disappearance of daylight savings time and the end of after-work riding until the time changes again. I always promise to walk in the evening for exercise, but never do. My 11th grade son needed a ride more frequently for school activities, and had just gotten his driver's license. All of a sudden the "necessity" dawned on me – I need more exercise during the winter, and I didn't want to ferry my son to and from school activities. The solution – ride my bike to work, get the exercise, give my son the car. Everyone is a winner.

I've found that commuting is easy once you set your mind to it. It takes me ten minutes to drive from my home in Skipwith Farms subdivision to work at the Municipal Building on Lafayette Street. It takes me 15 minutes to ride, and sometimes I can make it in ten if I hit the traffic lights right. I feel energized when I get to work, especially on a cold, crisp winter morning. Richmond Road, while not an ideal street, has proved to be no problem, even during rush hour. This time of year, a shower isn't necessary, and I wear my work clothes on the bike (with my sport coat in a courier bag if I have a meeting during the day). There is no bike rack at the Municipal Building, so I take the bike upstairs in the elevator and park it in my conference room, proudly displayed at numerous meetings. I usually ride home after dark, with headlight on and rear light flashing – the lighting along Richmond Road is good enough so I use my lights to be seen, not to see. After a 15 minute ride home, I feel relaxed and ready to put work away for the day.

My goal now is to ride to work three times a week. It's a five mile round trip, and if I can keep it up all year I can ride about 700 extra miles. My equipment is minimal – a pants clip, a wind-breaker and thermal vest, winter gloves, and a helmet. But the most important accessory is a courier bag – I can carry my sport coat, books, files, and pick up bread from Flour City on the way home. Commuting did give me an excuse to go to Bikes Unlimited for a new bike – a Bianchi Milano (in Celeste, of course) with a seven speed internal geared rear hub and a chain guard (no derailleurs present), and a kick stand. Fenders will be added, giving me a bike very similar to my 1957 Schwinn Corvette. I wouldn't ride a century on it, but it is the perfect in-town commuter.

Being a cyclist to and from work lets me be a pedestrian during the day. While I always drove to Williamsburg Shopping Center when I had an errand to run, I found I could walk there in 15 minutes, making a lunchtime shopping trip possible. Merchants Square, William and Mary, Colonial Williamsburg – all are an easy walk or bike ride away, and a car isn't needed.

I get some funny looks when I ride in to work on a cold morning, and some think I'm crazy for riding to work during the winter. After riding for several months, I think you're crazy not to give it a try.



Reed Nester



Head Killer Bee Mark Dulaney pitches the MS-150 Ride on May 20-21.

Ride with the MS 150 Team

This year, the MS 150 promises to be the best yet...and it is even more fun when you participate as a team member. You don't need to be fast, just determined. Join the 30+ members of Team Killer B's as we attempt to break our own record for funds raised and number of participants. There will be fun training rides prior to the event, special Bee memorabilia, and a celebratory party after for all team members. So, join us May 20 & 21 as we ride quiet backroads from Suffolk to Murfreesboro for what many of us consider to be the best fundraising ride around.

For more info or for an application form,

call Mark Dulaney at 804 966-7195

**Sandy Protich from
Conte's Bicycle and Fitness
presents**

**grand prize winner Reed Nester
with a beautiful Cannondale CAAD3
frame donated by Conte's as this year's
grand prize for the
Second Annual Awards meeting.**



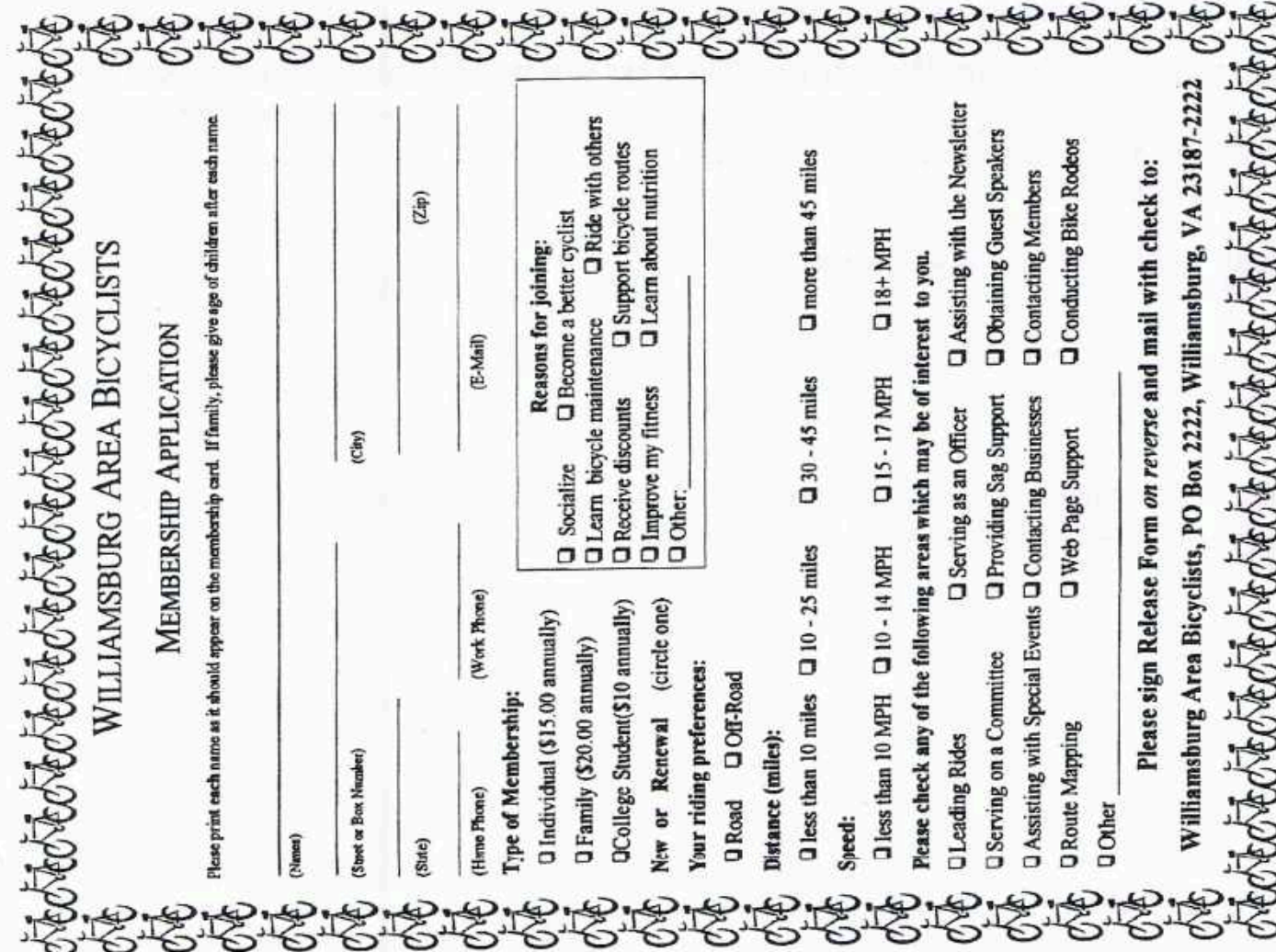
CANNONDALE FRAME WILL BE AUCTIONED OFF TO BENEFIT TEAM KILLER BEES FOR THE MAY 20-21 MS-150 RIDE

What a night. My first meeting as President, and the final piece of business was the grand prize drawing for the Cannondale CAAD 3 frame, generously donated by Sandy Protich at Conte's Bicycle and Fitness. And the winner was ... me! I'm not speechless very often, but I sure was this time. I brought this beautiful bright blue frame home, set it against the wall in the family room, and had a great idea. I am a five, soon to be six, bike family, and while you can never have too many bikes, I remembered Mark Dulaney's

speech in support of the MS 150 Ride in May and Team Killer Bees. It's a great cause, and I thought - why not auction off the Cannondale frame, join Team Killer Bees and use the proceeds as my sponsorship for the MS 150 Ride.

So here's the deal: the Cannondale CAAD3 aluminum frame, with Slice carbon fiber fork, will be auctioned off at the March 14 WAB meeting. The frame (which will be sized to fit the owner) includes, courtesy of Conte's, a fitting on their Serotta Size-Cycle, a \$125 value, and any parts bought at Conte's to build-up the bike will get the 20% bike club discount. You can't beat this deal. The minimum bid will be \$450, which is half of the retail price of the frame and fork. Join us at the March 14 meeting, and place your bid to help support the fight Multiple Sclerosis.

Reed Nester



WILLIAMSBURG AREA BICYCLISTS

MEMBERSHIP APPLICATION

Please print each name as it should appear on the membership card. If family, please give age of children after each name.

(Name) _____

(Street or Box Number) _____ (City) _____

(State) _____ (Zip) _____

(Home Phone) _____ (Work Phone) _____ (E-Mail) _____

Type of Membership:

- Individual (\$15.00 annually)
- Family (\$20.00 annually)
- College Student (\$10 annually)
- New or Renewal (circle one) _____

Reasons for joining:

- Socialize Become a better cyclist
- Learn bicycle maintenance Ride with others
- Receive discounts Support bicycle routes
- Improve my fitness Learn about nutrition
- Other: _____

Your riding preferences:

- Road Off-Road

Distance (miles):

- less than 10 miles 10 - 25 miles 30 - 45 miles more than 45 miles

Speed:

- less than 10 MPH 10 - 14 MPH 15 - 17 MPH 18+ MPH

Please check any of the following areas which may be of interest to you.

- Leading Rides Serving as an Officer Assisting with the Newsletter
- Serving on a Committee Providing Sag Support Obtaining Guest Speakers
- Assisting with Special Events Contacting Businesses Contacting Members
- Route Mapping Web Page Support Conducting Bike Rodeos
- Other _____

Please sign Release Form on reverse and mail with check to:

Williamsburg Area Bicyclists, PO Box 2222, Williamsburg, VA 23187-2222

Williamsburg Area Bicyclists Release Form 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, ("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 any route or activity chosen may not be the safest, but has been chosen for its interest or challenge. 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, may 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 damages, 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) _____

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."

Signature _____ (parent or guardian)

Printed Name _____ (parent or guardian)

(Please photocopy as needed.)

Bike 2 K

Take the Millennium Challenge by biking 2000 miles or 2000 kilometers (1200 miles) or 2000 minutes (approximately 333 miles at 10 mph) from January 1, 2000 – December 31, 2000.
Return this form to the *Williamsburg Area Bicyclists*, PO Box 2222, Williamsburg, VA 23187 by January 5, 2001 for recognition at the annual WAB Awards Meeting in January.



Name _____
Address _____

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