AND THE AWARD GOES TO...

The January WAB Meeting was a big hit with great attendance and tasty food (the potlucks have been great!) Check out the award winners on pages 8-9.

Be sure to attend the February meeting, Wednesday, February 12th, for a great program about the Katy Trail! Steve Reiss will engage us with tales from his October 2019 bike trip with Adventure Cycling.

The Katy Trail is the country’s longest multi-use recreational trail in the U.S. It runs 240 miles, primarily along the northern bank of the Missouri River. It is built on top of the former Missouri-Kansas-Texas railroad right-of-way and it follows the Lewis & Clark National Historic Trail starting at St. Charles, Missouri.

Bring your own dinner or order your slices of pizza on the WAB meeting page. (Login, click the Membership Meeting icon and follow the steps.)

WAB February General Membership Meeting
Date: Wednesday, February 12th
Time: 6:00 pm
Location: Queens Lake Community Clubhouse
234 East Queens Dr. Williamsburg, VA 23185

Meal: Pizza from Harris Teeter. Order your slices on the WAB meeting signup. Please note, members are free to “brown bag” it and bring your own meal if you choose. You may bring your own beverages, alcoholic or non-alcoholic. Small cookies and decaf coffee will be provided for dessert.

Program: Steve Reiss
Bicycle travels on the Katy Trail in Missouri.

Steve Reiss on the Katy Trail in Missouri
Welcome!

Renewing members: Dave Belvin, Nancy Carter & Wayne Hay, Linda & Dave Copping, Robert Fox, Ted Moreland, Andy Petkofsky, Rosemary Pitts, Roger Poole, Terry Shannon, Deana, Elliott, & Matt Sun, and Greg Warden.

New member: Dianne Cheek

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: Bikes Unlimited, Bike the Burg, Conte’s, Trek and Colonial Sports.

*Discount does not apply to bicycles. Other items may not qualify for discount at certain shops - call store for details.

League of American Bicyclists
Affiliated Club

James City County
Division of Parks & Recreation
Co-Sponsored Club

Print your membership card

There are many benefits to being a member of the Williamsburg Area Bicyclists. One of them is that the local bicycle shops all give a 10% discount to club members for most bicycling accessories (excludes bicycles). In order to get the discount, you must show your membership card. To print out a copy of your membership card, follow these simple steps:

1. Login to the website with your username/password.
2. On the Top Menu, hover your mouse over the “My Account” link and a submenu will appear. Click on “Print My Membership Card”.
3. This will show a screen with your name and details of your membership. Click on the button “Print Membership Card”.

You can then just cut out the membership card. You might want to laminate it with clear packing tape or print on card stock, but you can always print another card if it becomes worn.

If you have questions about printing your membership card, or any other website topic, don’t hesitate to send an email to webmaster@wabonline.org.
As we head into a new year and cycling season, I’d like to take a moment to thank our outgoing board members for their service in 2019. Cole Casey served as a Director and was instrumental in helping to pull together our new cycling kit last year. Mark Holt served as Director, Newsletter Editor for several years and Cycling Without Age chair in 2019. Ralph Simmons served as Secretary for the past five years. Thank you all SO MUCH for all you have done for the club! Fortunately, we have three awesome folks ready to fill their shoes with John Hinton, Maryann Horch, and Elaine Quick. I look forward to working with them in 2020!

I’d also like to recognize our 2019 Award winners as they were recognized at the January Membership Meeting (a meeting that also served as an Awards Meeting and 22nd club birthday celebration). Congratulations to High Mileage winner Fran Wenbert, Ride Leader of the Year Jamie Clark, Most Improved Cyclist Natalie Barron and Volunteers of the Year recipients Ralph & Happy Simmons. And of course Charlie Hart who received a special “Ambassador Extraordinaire” award!

It was also nice to see so many past WAB Presidents at the January meeting – Mary Turnbull, Reed Nester, Neal Robinson, Nancy Carter, Bob Austin, and Deana Sun.

Finally, I’d like to thank Linda and Dave Coppinger for their outstanding video presentation covering their cycling trip in France – it was inspiring!

If you haven’t yet attended one of our Membership Meetings, you should come! We will once again be at the Queen’s Lake Club House on Wednesday, February 12th. We will enjoy pizza and a presentation by Steve Reiss on his recent trip on the Katy Trail in Missouri – should be another great time and fascinating topic!

Hope to see you all soon!

Rick Nevins, President
president@wabonline.org

WAB JERSEYS!

The latest jersey design is inspired by a jersey WAB developed back nearly 20 years ago as part of the 300th anniversary of Williamsburg. This jersey is manufactured by Hincapie and the sales and distribution of the jersey is done directly through a WAB “storefront” on the Hincapie website. This storefront will be made available for 2-week periods several times a year.
WAB SPECIAL RIDES

Following are special rides for February, weather dependent. Watch the weekly Message Board posts for changes, and refer to the WAB calendar at http://wabonline.org/index.php/ride-calendar for full ride details. Everybody is welcome.

Waverly Ride - 4-H Ride
Date: Sat., Feb 8 - 9:30 am
Start: Waverly
Paces: B and C
Enjoy lunch afterward

Rick’s Cheesesteak Ride
Date: Sat, Feb 15 - 10:00 am
Start: Rick’s Cheesesteak
Paces: B+, B, C
Enjoy lunch and / or beverages afterward

Surry County Ride (Tentative)
Date: Feb 29 - 9:00 am
Start: Jamestown Settlement
Pace: TBD

WAB RECURRING RIDES

Following is the recurring weekly ride schedule for February, weather dependent. Watch the weekly Message Board posts for changes, and refer to the WAB calendar at http://wabonline.org/index.php/ride-calendar for full ride details. Everybody is welcome.

Monday - Charles City County Ride - 10:00 am
Start: Charles City Courthouse
Paces: B+ and C
Enjoy lunch afterward at Cul's

Wednesday - WABbit’s Ride - 10:00 am
Start: Williamsburg Community Chapel
Paces: C and D
Enjoy lunch afterward at the Chapel Café

Thursday - Moonlight Ride - 6:00 pm
Start: Jamestown Settlement
Pace: B (others welcome, self-led)
FRONT AND REAR LIGHTS ARE REQUIRED
Enjoy beverages afterward at Billsburg Brewery

Friday - PM Ride - 1:00 pm
Start: Chickahominy Riverfront Park
Pace: B (others welcome, self-led)

Saturday - Poquoson Ride - 9:00 am
Start: Wendy’s in Poquoson
Pace: C
Enjoy lunch afterward at Wendy’s
ONLY AS POSTED - watch the Message Board

PACE FOR RIDES:

A ...................................................... 18-20 mph
B+ ...................................................... 16-18
B ...................................................... 14-16
C ...................................................... 12-14
D ...................................................... 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 Jamie Clark at ridecoordinator@wabonline.org.

Helmets are required on WAB rides. Updates and cancellations are posted on the Members Only message board. Ride leaders are obligated to collect waiver signatures prior to the ride.
Out of Bounds is on winter vacation. Remember, now is a good time to plan for your major events this year. Below are registration links for a few events. Early registration can save you money! Here are some noteworthy events to consider:

**Cycle NC Coastal Ride** (4/24-26)  [https://ncsports.org/event/cyclenc_coastal_ride/](https://ncsports.org/event/cyclenc_coastal_ride/)
**Cap2Cap** (5/9)  [https://www.virginiacapitaltrail.org/cap2cap](https://www.virginiacapitaltrail.org/cap2cap)
**Tour de Madison** (5/16)  [https://tourdemadison.com/](https://tourdemadison.com/)
**Storming of Thunder Ridge** (5/17)  [https://www.ymcacva.org/storming-thunder-ridge](https://www.ymcacva.org/storming-thunder-ridge)
**Kent County Spring Fling** (5/22-25)  [http://www.baltobikeclub.org/index.php/component/content/article?id=219%20](http://www.baltobikeclub.org/index.php/component/content/article?id=219%20)
**Pedal for the Pig** (5/23)  [https://caamevents.com/event/pedal-for-the-pig/](https://caamevents.com/event/pedal-for-the-pig/)
**BikeVA** (6/19-24)  [https://bikevirginia.org/2020-tour/](https://bikevirginia.org/2020-tour/)

For additional events, check here:  [www.cyclingva.com](http://www.cyclingva.com)

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**On The Road**
*By Jamie Clark, Ride Coordinator*

It continues to be an interesting month in terms of weather conditions; ranging from the unusual temperatures of in the 60s for a few days here and there, and then back down to the normal low 40s and even some chilling below freezing nights. The evening chill of temperatures in the low 30s and slow warmup during the days have not been so conducive to riding outside unless you are well prepared with winter gear. I’m certain a LOT of ‘indoor miles’ have been gained for this month with some actual outdoor mileage sparsely in between.

January has been a little better with respect to scheduled rides, but because of the acute swings in temperatures and inclement weather rides have been altered or cancelled. We attempted to continue a mid-week Moonlight Ride rolling out when the weather and temperature are favorable in the evenings with 4 rides completed, each on the Thursday of this month. There were the continued recurring rides for the month with 9 rolling out on the scheduled day, including Charles City County, WABBIT’s, Friday PM, and one Poquoson ride on the weekend with 5 of the rides having to be cancelled. The monthly Pub Ride had to be cancelled due to bad weather, there was the monthly Waverly Ride down near Waverly, the Craft 31 Ride was moved from Saturday the 18th to Sunday the 19th due to wet weather, and a ‘pop-up ride’ was well attended on Sunday the 26th from Chickahominy Park.

As always, additional details of times, paces, and distances for recurring, pop-up, and special rides can be found herein and on the clubs webpage; the next month is looking as good if not a little better with recurring, special, and non-WAB rides.
**Trail Mix**

*by Ted Hansen*

**Trail Clean Up Event March 14**

The first semi annual Trail clean up of 2020 is scheduled for **Saturday March 14**, a change from the previously announced date. It may not sound like fun, but the clean ups take on a bit of carnival atmosphere, and you are helping to keep the Trail sparkling. Sign ups are available on the VCTF website: [www.virginiacapitaltrail.org](http://www.virginiacapitaltrail.org). Or this weblink: [https://forms.gle/wSZy2KNWWtGj1coEA](https://forms.gle/wSZy2KNWWtGj1coEA)

**Spoke + Art Provisions Update**

Spoke + Art Provisions is closed until March; however, one restroom is open through the winter closure.

As many of you know, Steve Rose had a stroke earlier this month, but is now home and doing rehab. We continue to wish him a speedy recovery to full function! Expect to see him walking on the Trail as he rebuilds his strength. If you want to send him an old-fashioned paper card, the address is:

Steve Rose  
3449 John Tyler Hwy  
Williamsburg, VA 23185

Or post on the Facebook, link below.  
[https://www.facebook.com/spokeartprovisions](https://www.facebook.com/spokeartprovisions)

And Spoke + Art’s sister businesses Quirks and The Sideshow (owned by Spoke + Art co-owner Jenn Raines), will be closing this spring and bringing many of their offerings to expand Spoke + Art offerings.

**CAP2CAP 2020 Registration Opening this Month**

This year CAP2CAP returns to Chickahominy Riverfront Park (in addition to Dorey Park). Both locations will have post ride celebrations.

Registration for CAP2CAP 2020 (May 9, 2020) is available on-line (link below). The cost will increase $5-$10 February 7th. Currently planned routes are in the link below.

Both locations offer fun volunteer opportunities.

**Routes:** [https://www.virginiacapitaltrail.org/cap-2-cap/routes](https://www.virginiacapitaltrail.org/cap-2-cap/routes)  
**Registration Sign Up:** [https://www.virginiacapitaltrail.org/cap2cap](https://www.virginiacapitaltrail.org/cap2cap)  
A COLD WIND

By Linda Coppinger

A beam shone through a window of opportunity, and Stoker and Captain threw up the sash. A freshet blew in and slammed the door. Moral of the story: when a window of opportunity opens, leap out. Don’t look for a door.

After a night of rain and a morning of drizzle, the forenoon offered a peek of sunshine. Quick, get on some cycling shorts and go! Never warm enough, low metabolic Stoker put on lycra pedal pushers, shorts that extend beyond the knees, and a long-sleeved thermal jersey. Captain, who only wear pants to funerals and campouts that reach far below freezing, was dressed for spring cycling. Burl, the bike, had on his fenders in recognition of the recent weather. The team raced down the driveway trying to catch the sunlight.

Thank goodness for the fenders. The first puddle was on the driveway, and it soon became evident that the Capital Trail was sponsoring a convention of puddles. Single small puddles lounged around in the sunny spots, while clusters of puddles gathered in the shade, creating lakelets. “Pedal up!” called Captain, and the team coasted through the ponds, the fenders diverting the splash back to the ground.

There were few cyclists about, and well before a mile had passed the team realized their wisdom and its own hubris. Dressed for spring, the team pedaled into January. A stop for Stoker to cover ears; one for Captain to don gloves. Burl, a stately steel steed with small wheels and fat tires, is a D pace kind of guy, but the cold humans aboard cranked at a brisk tempo, trying to generate warmth. Burl settled in at 17.

Less than halfway into the ride Stoker, shivering, noticed the clouds darkening and lowering, scudding at a solid B minus from two directions. The window of opportunity had opened onto sunshine. The speeding, glowering clouds were slamming the door. At the halfway point, the team surrendered, worried about being caught in a cold downpour without raingear. Despite the headwind, the pedals turned at 110 as Burl executed a perfect tandem attack on the hill, gathering momentum to ease over the top. Water sluiced over shoes, but Stoker had a dry back. There should be an anthem of praise for fenders.

Had the team waited long enough to really observe the weather, they would not have ridden. Later in the day the clouds did sail off, and the trail bloomed with cyclists. Obligations for the afternoon kept the tandem parked once the sun came out. Opportunity is a slippery creature requiring a strong grip.

Now several days later Stoker is in a hospital room, bored to distraction and aggravated by the distractions to the point of insomnia. There is a large window in the room, displaying a thick layer of clouds and a few peeks of sunshine. Captain comes to visit, his jacket covered in a layer of cold air. Opportunity is playing hide and seek. Stoker would take that game but for all the tubes. Even a cold wet ride beats a hospital bed. Put down this paper, dear reader. Get bundled up and go for a ride. Don’t let the door hit you on your way out.

MEETING MINUTES

Missed a Meeting?
Curious about what is discussed during a Board meeting?

You can check out the minutes of the general membership meeting and/or a summary of the Board minutes by going to:

https://www.wabonline.org/index.php/login
Login with your Username and Password
Click on the Meeting Minutes icon
Presented to Charlie Hart who joined WAB shortly after it’s inception. It is rare to find a prospective, new or long-term WAB member who was not initially warmly greeted by Charlie; who proceeded to welcome and explain all that WAB can provide as well the club’s many ways to support the community.

In addition Charlie has been a ride leader, route finder/originator, and contributed in any events that WAB has for itself and community outreach, particularly in youth bicycling instruction and safety.

THANK YOU CHARLIE for showing us the way!
Highest Mileage Cyclist: Fran Wenbert
Fran receives the High Mileage award from Ride Coordinator Jamie Clark for riding **13,092 miles!**
(That's 1,091 miles EACH month or 272.75 miles each week!)

Most Improved Cyclist: Natalie Baron
Natalie receives the Most Improved Cyclist award from WAB Ride Coordinator Jamie for improved riding resulting in her fantastic racing accomplishments in 2019!

Volunteers of the Year: Ralph and Happy Simmons
Rick presented the Volunteer of the Year award to Ralph & Happy Simmons for all their contributions over the years. Ralph completed his fifth year as club Secretary in 2019!

Ride Leader: Jamie Clark
President Rick Nevins presents the Ride Leader of the Year award to Jamie Clark. He not only led 74 rides, he also created many new routes and new cycling events in 2019. (Yes, that’s leading more than one ride a week for the whole year!)
While the 2020 local race scene kicks ‘on’ Feb 22nd with the William and Mary Tidewater Classic road race; last year’s MABRA Road Cup and MATT series winners were honored at the annual MABRA Awards dinner in Hyattsville, MD, Saturday, January 25th. MABRA (Mid-Atlantic Bicycle Racing Association) consists of over 2000 licensed racers living in DE, WV, MD, DC and VA and awards champions in 20 age group and/or license categories so it’s pretty cool to win the series championships.

Williamsburg punched well above weight with four of the 20 Road Cup champions (points awarded for all the road races, criteriums, and time trials in the area combined and 2 of the 20 time trial specialists (MATT series).

First up, Lisa Pitman won both the 45+ Women’s Masters Road Cup title and also took the 45+ Women’s Masters MATT title bringing home two championship jerseys and the Road Cup gold medal! By the way, this is just her second season of racing and she had a full hip replacement done January 14th last year. Pretty good recovery I’d say!

Next, Natalie Barron won the 55+ Women’s Road Cup title and was second place (by 1 point) in the MATT title series. This was Natalie’s first race season and through dedication and smart training she made herself into a champion. Everyone that trains with Natalie can vouch for the joy she brings into the sport and it was terrific to see her get this honor.

Michelle Krewinghaus won the Category 3 Women’s Road Cup title despite being upgraded to Category 2 half way through the season. She was a dominant force in the very tough early season road events (2nd overall at Jeff Cup and 1st Cat 3 and Cat 3 champ at the Page County Stage Race) and her Road Cup championship comes in just her second season of racing. Michelle was accepted at the Homestretch Foundation’s training facility in Tuscon, AZ for the month of December and she is set up for an amazing 2020.

Last, Williamsburg’s Medicare racer, Mark Britton Holt also won both the Road Cup title and MATT series titles for Master’s 65+ men but was lucky to get both. Rival Phil Corbin, who is a good friend as well as competitor, broke some ribs in a crash mid-season and another friend and rival, Tim Rohrbaugh, pulled a hamstring in July.

So if you see any of these folks rocking some unusual white jerseys out on the trail or around Little Creek you’ll know what they are about.
Publicity Chairperson Needed

Looking for an opportunity to be more engaged with the Williamsburg Area Bicyclists and the local cycling community?
Are you savvy with social media?
Are you a good communicator?

If so, please consider becoming our club’s Publicity Chairperson! In this role, you will help publicize and promote the Williamsburg Area Bicyclists’ sponsored events, significant club activities, and member accomplishments. This can be done by making submissions to area magazine and newspaper publications as well as through posts and events created on our Facebook page. As a committee chair, you will be asked to join our monthly board meetings (1st Wednesday of each month at 7:00 pm) in order to keep abreast of club happenings. One of the first activities you will get engaged with is helping to promote our “Bikes Out of Hibernation” event which will be held on April 18th.

NOTE: You will be given plenty of help and support from our board and past publicity Chair so don’t feel intimidated! This could be a great opportunity to get engaged and hone your communication skills! If you think you may be interested, or just have questions, please don’t hesitate to ask!

Thanks for your consideration,
Rick Nevins, President
president@wabonline.org
717-579-7644

The most important component is YOU

Daniel Shaye, DC,
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performancechiropractic.com
757.229.4161

“Connecting You to Your True Potential”
Mondays this Winter, 6pm to 9pm - Themed Trivia Night
Join us every other Monday night for different themed Trivia Nights in the Billsburg Brewery Taproom.
Interested in a pint and some fun trivia challenges for great prizes? Grab your friends and build a team to compete every other week.

Check out the group rides for mountain and road biking on the Bikes Unlimited website.

Call 757-229-4620 to confirm if the ride is on.

Be sure to check out our sponsors...
Let them know we appreciate them!