



FAQs - Pedal the Parkway 2017

Saturday, May 6th 2017 from 8 AM to 1 PM. Free but bike helmets and registration are required. Rain or shine. Bicyclists, runners and walkers welcome to enjoy a car-free Colonial Parkway section running from Williamsburg's Newport Ave entrance to Jamestown. Start at your own time, go at your own pace.

Why should I participate in Pedal the Parkway?

Where else can you have one heck of a lot of fun, for free, out in the great outdoors? Bicycle, jog or hike along the banks of the James River. To see more check out this YouTube video from a previous year: http://www.youtube.com/watch?v=tdEq5_xGsJI.

How much will Pedal the Parkway cost me?

Nothing, free, gratis, nada, no charge to you because wonderful sponsors such as our local Casey Toyota dealer, Williamsburg Event Rentals, local Long & Foster realtor Steve Menaquale and vhb, an engineering firm focused on human mobility and environmental stewardship. They have donated money to pay major expenses such as food, advertising and insurance. If you wish to help out, look for the donation boxes at the t-shirt sales tables near the parking areas at both Williamsburg and Jamestown. In a typical year it costs about \$8 per participant to put on Pedal the Parkway, so your donation helps!

I have small children, which end of the Colonial Parkway is best for them?

The Jamestown end has fewer hills so recommend you start from Jamestown. If you elect to start from the Williamsburg end with smaller children, please be sure to teach them how to brake and control their bike on long downhill slopes. There are a couple of long downhill slopes near the Williamsburg end (uphill on the way back☺).

T-shirts? How can I get a Pedal the Parkway t-shirt?

Look for the t-shirt sales tables near the parking areas in Williamsburg and at the Jamestown Settlement.

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Is there a Registration? Yes, when you enter at either the Jamestown end or the Williamsburg end volunteers will ask you to sign the registration form/insuranceliability release. Registration is free. Detailed addresses for the endpoints are:

Jamestown Endpoint near 2110 Jamestown Road, Williamsburg VA 23185

Williamsburg Endpoint near 300 Newport Ave, Williamsburg VA 23185

Do I need a bike helmet? Yes. Everyone needs to have a bike helmet. If you don't have one please borrow one from a friend. Alternatively, major stores like Walmart, Target, Kmart, etc often have inexpensive helmets.

Are you giving away bike helmets? Yes. Free bike helmets (while supplies last) will be fitted to children at the Jamestown end near the Jamestown Settlement.

What do I need to watch out for on the Parkway? In addition to looking at the fabulous view, be sure to keep your bicycle tire out of the cracks between the concrete slabs that make up the Colonial Parkway. Wider bike tires will be fine. Those narrower racing type tires can drop down into the crack and become trapped. So be careful and watchful of the joint cracks especially when turning.

Who puts on Pedal the Parkway? Local organizations! Your local advocacy group BikeWalk Williamsburg, bike club Williamsburg Area Bicyclists and the Colonial National Historical Park unit of the National Park Service. The local Lions Club and Williamsburg Amateur Radio Club are key volunteers who make this event happen.

How many people participate in Pedal the Parkway? If the weather is great, over 1200 people will participate, many from distant towns such as Chesapeake, Virginia Beach, Richmond, Staunton and even farther afield. If it is rainy, not so many.

What time does Pedal the Parkway start? You may start anytime from 8 AM to 1 PM. There is no group start, this is an individual event to enjoy the beautiful riverside environment of the Colonial Parkway. Ride, jog or hike at your own pace in a car-free environment. Remember, cars are allowed back onto the parkway promptly at 1 PM.

Where are the restrooms? There are restrooms at the Jamestown Marina and Jamestown Settlement. Port-a-potties can be also be found at the Williamsburg registration table and mid-way along the Colonial Parkway at the refreshment stand located at Archer's Hope parking pull off.

Will there be refreshments? Yes, halfway along the Colonial Parkway will be a refreshment stand with goodies courtesy of Martin's groceries and Rita's Italian Ice along with ice water and port-a-potties. Relax for a bit, enjoy the view of the beautiful James River and chat with fellow bicyclists, joggers and walkers.

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Where can I park? At the Jamestown end parking is available in the Jamestown Settlement parking lot. At the Williamsburg end parking is available in adjacent parking lots. Look for the signs directing you to parking areas. If you live nearby or along the Virginia Capital Trail we hope you will bicycle to Pedal the Parkway.

What if I get there and my bike breaks? BikeBeat will have a bike mechanic at the Jamestown end of Pedal the Parkway. Conte's will have a bike mechanic at the Williamsburg end. Look for them nearby the Registration tables. If you have a flat tire please bring your own replacement tire inner tube.

What if my bike breaks out on the Colonial Parkway? We have a SAG vehicle, courtesy of our local Casey Toyota dealer that will help you get to one of the two endpoints. To contact the SAG vehicle either wait for them to come by or ask one of the radio communications team members from the Williamsburg Amateur Radio Club. They are located at multiple points along the parkway. They can let the SAG team know that you and your broken bike need transport to an endpoint.

What if I skin my knee or have another injury? First aid kits will be located at the Williamsburg Registration table, Jamestown Registration table, and at the Archer's Hope refreshment stand at the midway point. Just ask one of the volunteers at these locations for the first aid kit. The volunteers from the radio communication team and the SAG vehicle will also be happy to help you obtain assistance. For medical emergencies requiring an ambulance please call 911 on your cell phone and provide your location along the parkway to the operator.

How far is it from Jamestown to Williamsburg About eight miles, sixteen round trip. You don't have to ride the whole length unless you want to. You can turn around anytime. The road markers along the parkway are in kilometers not miles. If you want to get a lot of miles in then ride multiple laps!

What: **Pedal the Parkway** will be held on Saturday, May 6, 2017. The National Park Service closes the Colonial Parkway to motor vehicles from Williamsburg to Jamestown for cyclists, runners and walkers of all ages to enjoy a *car free* Parkway. In 2016, over 1000 people enjoyed the beautiful scenery along the Parkway during this event.

Why: Fun, free, and family-friendly alongside the beautiful James River.

Non-competitive, start at your own time, go at your own pace.

Free bicycle helmets for children at the Jamestown entrance while they last.

Suitable for young families, special-needs athletes.

Need more Info? www.williamsburgbikemonth.org

Facebook: <https://www.facebook.com/pages/Pedal-the-Parkway/117268508285310>

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