



Chainstay

The Peninsula Bicycling Association

May 2015

Volume 45, Issue 4

Monthly Meeting



Monday
May 11, 2015

Dinner and
Social Hour 6:00 p.m.
General Meeting 7:00 p.m.

Angelo's Steak House
755 J. Clyde Morris Blvd
Newport News

Program: Training for a
Cross-Country Ride

May is National Bike Month, sponsored by the League of American Bicyclists and celebrated in communities from coast to coast. Established in 1956, National Bike Month is a chance to showcase the many benefits of bicycling — and encourage more folks to give biking a try. Whether you bike to work or school; ride to save money or time; pump those pedals to preserve your health or the environment; or simply to explore your community, National Bike Month is an opportunity to celebrate the unique power of the bicycle and the many reasons we ride. As a national sponsor, the League provides resources to help you plan an event in your area, and each year the number and diversity of Bike Month celebrations continues to grow, accelerating the momentum around bicycling nationwide. [Click here](#) to see a list of special Bike Month dates.

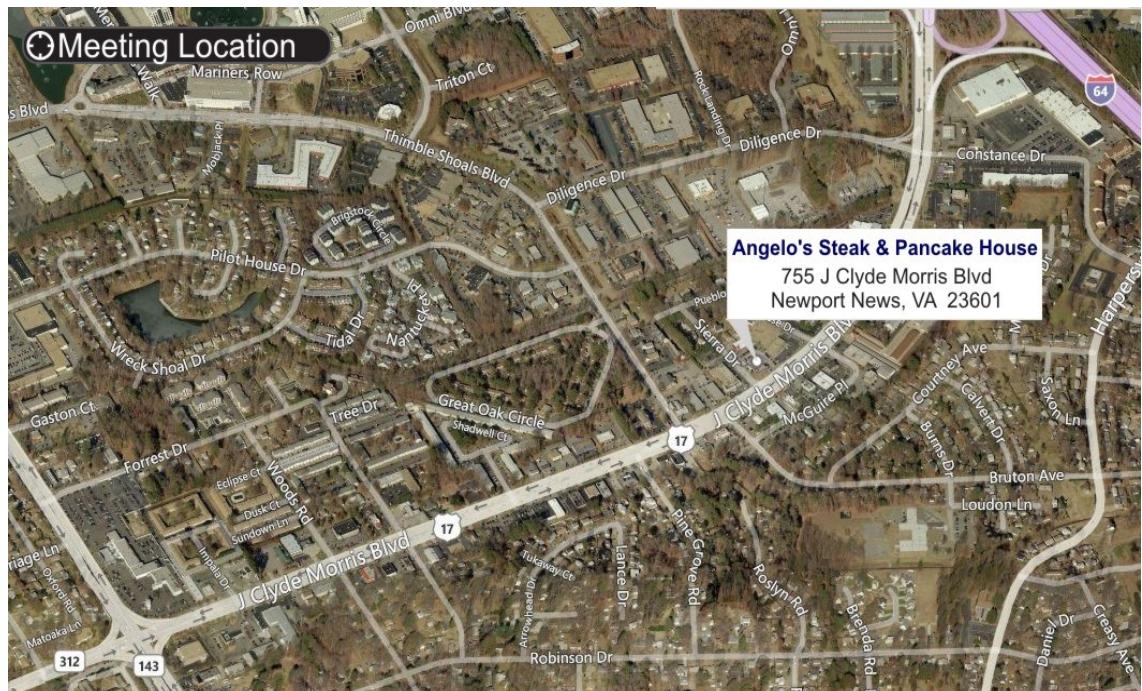


May Meeting Program — Training for a Cross-Country Ride

Join Dr. Paul Rein as he discusses how to train for a cross-country ride.

Inside

- [The Smithfield Challenge](#), p. 3
- [BikeMS, aka "MS-150"](#), p. 4
- [PBA Event Schedule](#), p. 5
- [TdC Ride Report](#), p. 6
- [Overnight Trip Report](#), p. 7
- [Riding Out Yonder](#), p. 8
- [PBA Classifieds](#), p. 9
- [Weekend Rides \(online only\)](#)
- [Weekly Recurring Rides](#), p. 10
- [PBA Membership](#), p. 11



2015 PBA Officers

President	Sharon Bochman, bochman@cox.net
Vice-President	Tregg Hartley, tregg.hartley@verizon.net
Treasurer	John Parker, johnj1jr@verizon.net
Secretary	Cindy Halliday, challiday@cox.net
Chainstay Editor	Scott Farrell, stealthdi@spamarrest.com
Executive Committee Members	Maria Lyons, mlyons@hampton.k12.va.us Rich Flannery, rrflannery@cox.net Sandy Butler

Committee Chairs

Ride Schedule	Robin Land, jbtaxi2829@aol.com
Membership	Scott Blandford, csbford@yahoo.com
Publicity	Volunteer Needed
Advocacy	Scott and Carol Bartram, bartram2@verizon.net
Webmaster	Scott Farrell, stealthdi@spamarrest.com
Marketing	Tu Ritter
Business (<i>Insurance</i>)	Ken Hodge
Business (<i>Taxes</i>)	Tom Carmine
Smithfield Challenge Organizer	Jackie Shapiro
Hot Diggity Dog Ride Organizer	Rona Altshuler
After the Fourth Ride Organizers	Billy Glidden and Russell Parrish
Ice Cream Ride Organizer	Steve Zajak
Surry Century Organizer	Sharon Bochman
2015 Holiday Party Organizers	Art and Sherry Wolfson
Hospitality	Linda Carter
Event SAG Director	Scott Farrell
Meeting/Guest Speaker Organizer	Glenn Young
Nominating Committee	Linda Carter Elisa Pannetta Risa Bastien



PBA Website:

www.pbabicycling.org

PBA Board Meeting

PBA Officers and Executive Committee meet on the first Monday of each month at changing locations. Contact Sharon for the location and to have your topic added to the meeting agenda. All PBA members are welcome to attend and contribute to discussions which will form the direction of the club. Business also includes planning PBA events.



PBA's Club Affiliations



Chainstay is published 11 times a year with a combined issue for December/January. **All submissions and advertising copy are due by the 20th of the month prior to publication.** Classified ads are free to club members only. Send all Chainstay submissions to StealthTDI@spamarrest.com (please type "PBA" in the subject). Send all other club business to the club P.O. box listed on the last page (*bottom of membership application*). Chainstay is produced using Microsoft Publisher with photo editing by Corel Photo-Paint. PBA's website is hosted by Wild Apricot.

The Smithfield Challenge: May 23, 2015

Join the Peninsula Bicycling Association on its 2nd annual Spring ride, The Smithfield Challenge, starting from Windsor Castle Park in Smithfield, VA. The park is near downtown Smithfield at 301 Jericho Rd. Rides of 25, 50 and 64 miles take place on quiet and lightly-traveled roads through Isle of Wight County. Roads are mostly flat with a few small rollers. Enjoy scenic views of Lake Burnt Mills and Lake Prince. Eagle sightings are common along these lakes. Afterwards, there will be a hotdog cookout in the park before you leave. If you like to kayak, bring it and enjoy a little boat ride after you refuel. The creek goes out to the Pagan River near Smithfield Station Restaurant.

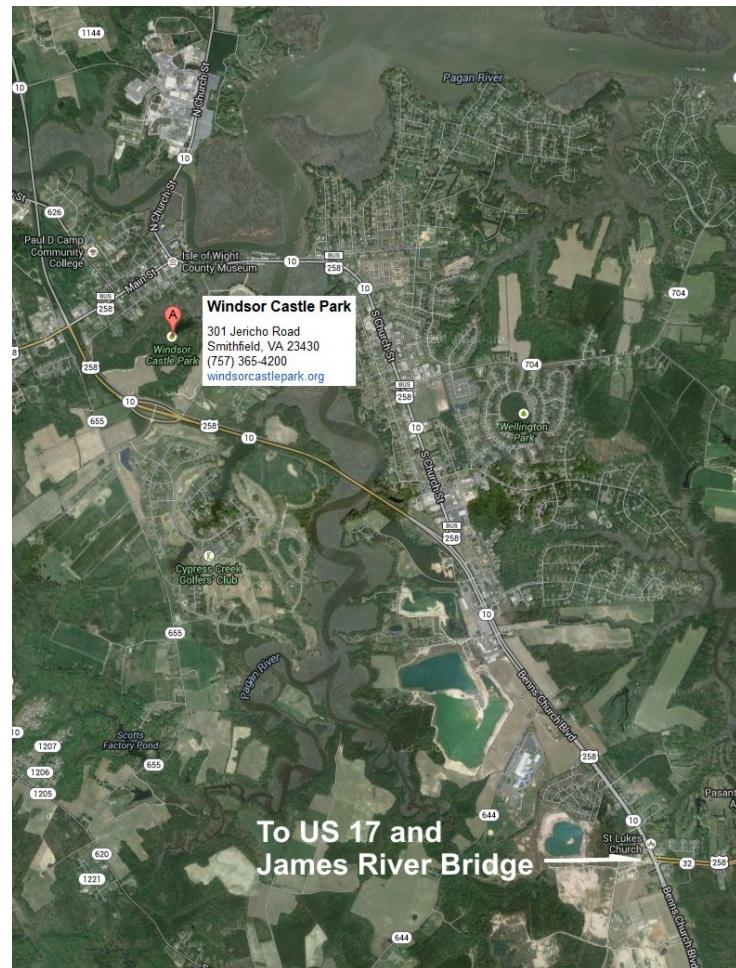
Early Registration fee is \$15 for members, \$20 for non-members and \$10 for each child (12 and under). Fee includes maps, cue sheets, marked routes, rest stops, snacks, SAG support and lunch at the end of the ride. Pre-registration encouraged. A \$5 late registration fee if registration form is not postmarked by May 13th and an additional \$5 if registering on-site. On-site registration opens at 7:00 a.m. There will be a mass start at 8:00am for the 64 mile route, 8:30 for the 46 mile route and 9:00 for the 25 mile route. Route SAG will start at 8:00 and not leave the course until the last rider is in.

Lunch will be served from 11:00 a.m. until the last rider is in. **HELMETS ARE REQUIRED!**

Contact Jackie Shapiro at jlshapiro@verizon.net for additional details or to volunteer.

[Register online](#) or fill out the form below. Make checks payable to PBA and mail registration form to:

Peninsula Bicycling Association
P.O. Box 12115
Newport News, VA 23612-2115



The Peninsula Bicycling Association 2015 SMITHFIELD CHALLENGE Saturday, May 23, 2015

Name: _____

(one name only)

Address: _____

City/State: _____

Emergency Contact: _____

Phone: _____

E-mail: _____

ZIP: _____

Emergency Phone: _____

I will ride the following route (please circle one):

Registration Fee: (please circle one):

25/ 46 / 64

Non-member \$20

PBA member \$15

Child (12 and under) \$10

Late Fee (after 5/13) \$5

Total Enclosed: \$ _____

RELEASE AND WAIVER:

In signing this application, I hereby make it known to whomever it may concern, that during Peninsula Bicycling Association activities-with full realization that there are known and unknown hazards to these activities. I do hereby assume all risk for injury, loss or damage, foreseeable or not, which I and/or any children under the age of 18 in my care may sustain as an accident to such activities. I warrant to make no claim at law or equity against the Peninsula Bicycling Association or any participant arising out of any injury, loss, or damage from whatever cause during a bicycling activity, PROVIDED HOWEVER that this release shall not be construed to limit my right to proceed any class of persons specifically excluded herein, who negligently cause injury, loss, or damage to the persons named on this application.



Don't just ride, Bike MS



VIRGINIA'S OCEAN TO BAY RIDE 2015 - CAPE CHARLES

SATURDAY, MAY 30 - SUNDAY MAY 31

VISIT BIKEMS.ORG TO LEARN MORE

Join Team Killer Bees (or donate) for BikeMS. Each ride starts at 7:00 and you have until 5:00 to finish. There are 1 and 2 day options with routes of 36, 75 and 100 miles each day. The routes are FLAT with rest stops every 10 miles or so. Just think of these two days as lots of 10-mile rides. The Killer Bees all ride at different paces and there are SAG wagons for the weary – just participating is a challenge and its own reward.

For more information contact Captain Bee Art Wolfson (afwolfson@cox.net or 757-877-0147) or Queen Bee Elaine Cardwell (elainecardwell@cox.net or 757-871-7544) or sign-up online at <http://www.MSVirginia.org/>. BE SURE TO REGISTER ON THE KILLER BEE TEAM.



In Search of Guest Speakers

We're looking for would-be guest speakers to come forward and volunteer to speak at one or more of our monthly meetings. Anyone who is a professional in a cycling, fitness or sports medicine related field, anyone who is knowledgeable about cycling related topics (*riding, mechanics, projects, law, etc.*) is encouraged to step forward and share their insights with the membership. Please contact Sharon Bochman at bochman@cox.net or 757-868-4120 if you are interested in making a presentation. The club can provide a projector and will pay for your meal that evening.



CELEBRATING
10
YEARS
2006-2015

JOIN THE CELEBRATION!

SATURDAY, MAY 9, 2015

SyCom Century: 7:30 am

Sands Anderson Half Century: 8:30 am

25-Miler Presented by Busch Gardens: 9:00 am

15-Mile Fun Ride: 10:00 am

Richmond Start: Rocketts Landing
Williamsburg Start: Chickahominy Riverfront Park

Proceeds
support:



Register online at virginiacapitaltrail.org



2015 PBA Event Schedule

Smithfield Challenge at Windsor Castle Park, Smithfield - Saturday, May 23

Hot Diggity Dog Ride - Windsor Castle Park - Saturday, June 13

The After the 4th of July Rides - Newport News Park - Saturday, July 11

Ice Cream Ride - Waller Mill Park, Williamsburg - Saturday, August 8

Surry Century Rides at Surry Athletic Field - Saturday September 19

bikejournal.com

Want a little push to reach your total mileage goal in 2015? Join your fellow PBA members and log your miles at BikeJournal.com. Basic membership is free. Point your browser to <http://www.bikejournal.com/> to sign up and create a profile. Configure your profile through the "Riders" menu. Configure your journal from the "Journal" menu. Be sure to join the "Peninsula Bicycling Association (PBA)" club through the "Club" menu. You can be a member of multiple clubs. After you ride, visit Bike Journal and add the ride. Don't worry — you can enter multiple rides and rides from previous days, or edit past rides. If you make your journal public, then others may see your mileage and you can see theirs. At next year's awards banquet there will be a Bike Loggers drawing similar to the "door prize" drawings. For each 1000 miles, you get one chance in drawing (e.g. 7420 miles earns 7 chances, 2210 miles earn 2 chances etc.). The more you ride, the better chance you have of winning. You must be present to win.

Tour de Cure Report

by Robin Land

The Killer Bee Team was out in force for the Tour de Cure on Saturday. Rain, overcast skies and cool weather (very cool) could not dampen the spirits of the team riders. We started the day with breakfast and Starbucks (*provided by Carl “Brickman” Killian*).

The first group started on their 65-mile diabetes journey at 7AM-ish. This group, led by Scott Farrell, blasted through the course in very short order. They were back before 12PM (*much to the Queen’s surprise*).



The second 65-mile group two took a much more laissez-faire attitude, heading out around 8AM at a slightly slower pace. As they finished, much to the Queen’s surprise, Rebecca Wheeler was greeted with a large bouquet of flowers. Where were the Queen’s flowers, hmm? Finally, the Queen’s team sauntered out for a leisurely 25-mile journey, where we got rained on. Ew! A couple of Queen Team members even did an extra 10 miles! Everyone finished up with medals and lunch.



All in all it was another great Tour de Cure event! Regardless of pace or distance, these riders showed a Killer Bee can-do attitude and raised \$8,531.48 for a great cause! Thanks to everyone that rode and everyone that donated.

Same time next year!

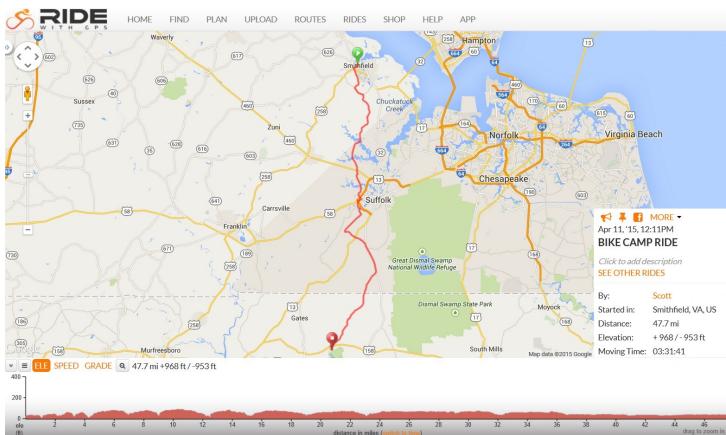
Robin, Tour de Cure Queen for the Day!



Overnight Trip Report

By Scott Farrell, excerpts from CaptainOverpacker.com (visit for additional photos)

Eight riders met at our starting point in Smithfield, VA: Scott Blandford (*organizer*), CJ Jackson, Paul Krieschen, John Schnautz, Robb Myer, Bob & Emily Anderson, and myself. It was interesting to see the various setups. Scott B. and CJ had full pannier sets; John, Bob and Emily had rear-only setups (*and John was on a mountain bike*); Paul towed a trailer with his road bike; and I had a front-only setup. John, Paul and I were new to touring. The weather was PERFECT at our noon departure time. It was around 70 degrees and expected to warm just a little more. The wind was light. Armed with cue sheets and/or Ride w/GPS files, we left shortly after 12:00 pm and stayed together for the first five miles.



Riding in a group of loaded bicycles is sort of like group climbing; pacelines don't really work and each rider has to find a speed that's ideal for them. That may be 15 mph for some and 10 mph for others. As a result, we spread out into smaller groups of two or three. I was most comfortable around 14 mph. Scott encouraged us to ride at our desired speeds and to simply proceed to the campsites when we arrived. We still opted to regroup from time to time. Our only stop for food and drink was a tiny store in Suffolk. It had the word "superior" in its name, so it must've been good, right? Wrong! I picked up some water and Gatorade. I had other food in my bag already. The roads were relatively free of traffic and the ride was easy at my pace.



We arrived at Merchants Millpond State Park around 4:30pm and set up camp in three different camp sites. We gathered fallen tree

branches to build a fire. Our collection of wood was HUGE. I had no idea it would be gone in three hours. We did not cook. Instead, we each brought our own packaged foods. We gathered at a single site for the fire and some visiting. Riders slowly trickled back to their sites as the evening progressed. I'm no night owl, but good company made staying up until about 11pm enjoyable.



Birds and daylight woke me at about 6:30am. I wasn't ready to get up, so I dozed for about 45 minutes. I started packing my things when I heard Scott and CJ stirring in their tents. Scott had brought a tiny camp stove and heated water for oatmeal and coffee. I had a Clif Bar and was optimistic that the store ten miles into our route would have food. The other riders hit the road about 30-45 minutes ahead of us. We left the park at 9am. It was a bit cooler than Saturday. The wind was blowing from the north, right into our faces, but we pressed on. Holding out for breakfast was a great idea! The Citgo in Whaleyville, VA had a deli that made breakfast items to order. I had a delicious sausage, egg and cheese sandwich and picked up a chocolate pie to eat later.

The rest of our ride was fairly uneventful. We stopped at the "superior" store for more water and Gatorade. We also peeled off some layers. I ate my pie. The other riders finished about 45-60 minutes ahead of us, except for Robb. We caught up with him about five miles from the end. We returned to Smithfield at 2pm, packed-up and said our goodbyes.



Overall, I'd say my first weekend bicycle camping trip was a success! The driving idea behind this "Intro to Touring" was to build a core of touring bicyclists in our club. I'm not sure if I'll be available for a weeklong ride in the near future. But I'm definitely game for another weekend outing. Count me in!

Riding Out Yonder...



May 9, Virginia Cap2Cap - Join the Cap2Cap ride, one of the fastest growing cycling events in the region! You will be treated to some of the most stunning scenery Virginia has to offer, while pedaling through 400 years of history between Richmond and Williamsburg. Enjoy well-stocked rest stops, awesome volunteers, delicious lunch, BEER, a vendor expo and live entertainment—a full day of outdoor fitness and fun! Visit <http://virginiacapitaltrail.org/cap2cap-ride/>

May 13-16, 2015 Virginia Senior Games - The City of Newport News is excited to serve as the host for the 2015 Virginia Senior Games! There's a lot to see and do in Newport News, and we are happy to roll out the welcome mat in May to the athletes, their families, and friends. On Saturday, May 16th we are in need of Race Marshalls for the 5k and 20k cycling events held at City Center at Oyster Point. We are reaching out to your members to see if anyone is interested in assisting with the event. Please contact Joanne Palmeira at (757)247-8950 or visit <http://nnparks.com/vasrgames13/vasrgames13.htm> for more info.

May 16, 17th Annual Tour de Chesapeake - Mathew, VA. Tour de Chesapeake is a family-friendly cycling event located in Mathews County, on Virginia's Middle Peninsula. The supported ride is all day on Saturday, but we hope you will make a weekend of it and see all Mathews has to offer. We have lined up a whole assortment of things for you to do on Friday, Saturday and Sunday too! For more information, visit <http://tourdechesapeake.org/>

May 16, CASA River Century - Shepherdstown, WV. All ride proceeds benefit CASA of the Eastern Panhandle. The ride offers 25, 50 and 100 mile routes. A fully supported ride, with sag support and our famous post-ride picnic. Visit <http://www.casarivercentury.org/>

May 16, 16th Annual Tour de Lions - Climax, NC. New routes, 13, 22, 40 or 62 miles, all within beautiful Randolph County. Great roads, beautiful scenery, good people, scrumptious food & cold drinks. Tons of door prizes and benefiting great causes! Visit <http://www.tourdelions.org/> for info.

May 16, Scotland Neck's 13th Annual Country Roads Bike Tour - Scotland Neck, NC. Bike along tranquil country roads through pristine farmland. Tour travels through an amazing view of the Roanoke River Valley. Routes of 25, 50 and 61 miles. All routes begin and end in Scotland Neck at the Town Hall. Visit <http://www.townofscotlandneck.com/> for more information.

May 16, 28th Annual Tour de Madison - The Vineyards of Madison County. The ride begins and ends at Graves Mountain Lodge in Syria, Virginia. Cyclists and their families will have the opportunity to enjoy the complete Graves Mountain Lodge experience. There are three ride options: Metric Century (61 miles), 41 miles and a Family Ride. Plan to end your ride between 11:00 pm and 2:00 pm and enjoy a post-ride meal featuring Pork BBQ, grilled boneless chicken breast, or pita bread and hummus. Also included will be slaw, baked beans, French fries, dessert and a drink. Visit <http://tourdemadison.com/> for more info.

May 17, The 6th Annual Storming of Thunder Ridge — Lynchburg, Virginia's only local, fully-supported road cycling event. With the Blue Ridge Mountains as your backdrop, there's a ride for everyone: 27, 45, 75 and 100 mile options. The Storming of Thunder Ridge Bicycle Ride is a fund-raiser benefiting the YMCA of Central Virginia's Annual Fund. For more information, visit <http://stormingofthunderridge.org/>

May 24-30, Ride to Recovery Memorial Challenge - Washington, DC to Virginia Beach, VA. Full Challenge or one day rides are available. Visit <https://ride2recovery.com/event.php?ID=707> for more info.

June 6, Jamestown Gran Fondo - The Jamestown Gran Fondo is ideally situated in the heart of Virginia's Historic Triangle. This beautiful ride rapidly takes you onto low traffic, country roads where the pavement is nice and the hills are small. With staggered starts, everyone can finish and enjoy BBQ and beer by the water next to the Jamestown Settlement. Don't miss out on this wonderful time of year to be in Williamsburg, VA. Visit <https://www.vtsmts.com/jamestowngranfondo/> for more details.

June 7, 12th Annual Fletcher Flyer - Presented by the Blue Ridge Bicycle Club (BRBC). Routes include the full, metric, half century, and thirty mile rides, which wind through the valleys south of Asheville, NC. It is the least hilly ride in Western North Carolina, but it has plenty of rolling hills to keep all riders interested. There is terrific mountain scenery without the long mountain climbs. Visit <http://www.fletcherflyer.com/> for details.

June 14-20, Ride The Fault Line - Seven day cycling tour through the Mississippi River valley states of MO, AR, TN, and KY. Begins and ends in New Madrid, Missouri crossing the Mississippi twice, one via bridge and the other on a ferry. The route is mostly flat with a total of 428 miles ranging from 45 (last day) to 74 miles a day. Visit http://www.ridethefault.com/Itinerary_2.html for the full itinerary.

June 20, 11th Annual Pencil to Big Walker Charity Ride - Wytheville, VA. This fundraising bike ride begins in downtown Wytheville at the iconic Wytheville Office Supply "Big Pencil" before heading out of town and through the country lanes and scenic byways of southwest Virginia toward Big Walker Mountain. SAG vehicles are available with tools for minor repairs, first aid and refreshments. Rest stops with refreshments and temporary facilities are provided. Visit <http://www.bigwalkercharityride.com/> for more information.

June 28, 30th Annual Bay to Bay Ride - Betterton, MD. The Bay to Bay ride consists of five routes between 27 and 104 miles in length. The flat loop routes take in the scenery of the heartland of the Upper Eastern Shore of Maryland and Delaware including farmlands, old country homes, quaint towns, and great country stores. Spend the day touring the town, then return to join your friends just up the hill from Betterton Beach. Visit <http://chestertownlions.org/> for more information.

July 12-19, Cycling the Erie Canal - 17th annual 8-day, 400-mile, bike tour across New York State along the scenic and historic Erie Canal, named a National Heritage Corridor. Enjoy great scenery, interesting history, and unparalleled cycling. Visit <http://www.ptny.org/canaltour>.

August 1-2, 2nd Annual CNC Mountain Ride - Lake Lure, NC. This two-day weekend event features multiple route options in and around Lake Lure. Routes offer winding, canopy covered, stoplight-free roads with magnificent scenery. The ride is fully supported with SAG, rest stops and mechanics. Details about this mountain ride are still a little slim. Visit <http://cnc.ncsports.org/mountainCNCRide/> for more info.

August 8, Cumberland Valley Century - Presented by The Cumberland Valley Cycling Club. When was the last time you cycled the beautiful, low traffic, roads of Washington County? The Cumberland Valley Century provides the perfect opportunity to experience the history and charm of this lovely valley. 25, 64 and 103 mile routes take in some of the most fabulous scenery in the area. The metric and century routes visit the C&O Canal National Historic Park and the Antietam National Battlefield. Visit <https://www.bikereg.com/cumberland-valley-century>.

PBA Classifieds

PBA Members Only



As promoted in March and announced on page 1 of this Chainstay edition, the "PBA Classifieds" page will move to an online format beginning in May. I will maintain a highly-visible link to our [online classifieds](#) in Chainstay. I haven't figured out how it will appear. I'll come up with something.

Read our [guidelines](#) for the more effective way to publish ads online. As stated in the topic, all ads are visible to the public. Use caution with what you share about yourself in that area. Feel free to e-mail me with questions if you have concerns.

The ads shown in the right column of this page will be copied and posted online. I'm behind schedule on that plan. But it will happen. Please feel free to e-mail me if you have an ad here and would like to include photographs with your online ad. You're also welcome to post the ad yourself to include information that I may have omitted from Chainstay for the sake of brevity.

Enjoy!

Scott



BicycleBlueBook.com

What is a fair price to pay for a used bicycle? How much is your bike worth? Check out "[Bicycle Blue Book](#)" to see pricing trends for your exact bike and model.

NEW PRICE - 2003 TREK 2200C - 54 cm Coastal Blue, aluminum frame, carbon fork, Bontrager wheels, 700x28c tires, shock absorbing seat post, clipless pedals, Shimano Ultegra/105 9-speed with triple chainring, wireless computer, rear rack, 8830 miles and in very good condition. Asking \$500 OBRO. Contact Charlie at 757-249-1551. (4/15)

2013 Jamis Aurora Elite - Reynolds 631 steel, 50 cm, Shimano 105 groupset, AVID BB7 mechanical brakes, rear rack and fenders. Perfect bike for touring and commuting. Less than 1,500 miles. Asking \$1,000. Call Tracy at 757-812-0468. (2/15)

2012 Trek FX w/Electric Assist - Aluminum frame, 9-speed, 48/36/26 crank, 700x32 tires, 350-watt Bionx motor with 48V lithium battery that's good for 30 miles. Bike will do 20-mph on electric only... faster with rider input. Bike was \$2500 new. Asking \$1200. Shipping, if required, is at buyers expense. Call Ron at 757-503-5713. (2/15)

Seven Alaris SG - (2005 construction, 2009 purchase), titanium frame, Ultegra groupset, Chris King headset, Seven carbon fork, slightly used cassette, very little use on cranks and chainrings, 57.2 cm top tube, new Fulcrum 7 wheelset. Has been maintained and checked over by Rod at BikeBeat, Newport News. Very good condition. Decals need touching up. Asking \$3000 OBRO. Call/leave a message, Jan at 757-898-2870. (10/14)



BikeBeat
Discover the Power of the Bike

www.bikebeatonline.com

757 - 833 - 0096
119 - A Village Ave., Yorktown

757 - 229 - 0096
4640 Monticello Ave., Williamsburg



Weekly Recurring Rides

RIDE SPEED CLASSIFICATIONS

A-pace: 18-22 mph (fast and steady)

B-pace: 15-17 mph (moderate & steady)

+ or - indicates the ride will be either at the top end or bottom end of pace range

C-pace: 11-14 mph (moderate with stops)

Casual: Up to 11 mph (group will wait for all cyclists)

Call one day prior when planning to attend a ride. This allows time to inquire about directions, the weather or to discover last minute changes in the schedule. **Ride leaders are not obligated to lead a ride in inclement weather, when the temperature is below 40 degrees or when no one calls to inform them there is a group to lead.** PBA recommends helmet use for all cyclists. They may be required by individual ride leaders. **PBA's Weekend Ride Schedule is no longer published in Chainstay** due to its dynamic nature. [See it online.](#)

SEASONAL RIDES (April through September)

Mondays, 6:00 p.m. - York Hall at 301 Main St, Yorktown (parking lot behind building): Same location, updated name - Join us for 27 mile A and B pace rides to York Point and Dandy Loop. If you drop off the A-pace, you can finish with a more relaxed pace. We regroup at major stops. B-pace riders are welcome to get progressively faster throughout the summer and move to the A-group. Contact Scott Blandford (A group) at csbford@yahoo.com; Brian Utne (A-group) at blutne@gmail.com; or Scott Farrell (B-group) at StealthTDI@spamarrest.com or 757-880-4070 if you have questions.

Mondays, 5:00 p.m. - White Marsh Shopping Center at 4834 George Washington Memorial Hwy (Rt 17), Hayes, VA - Join us for a 28 mile A & B pace ride or a C pace Ride of 12 Miles. We ride the Warner Hall Loop and Zanoni. Call or text Bob Anderson at 804-413-5941, Bernard Robins at 804-815-9719 or Cindy Wong at 757-287-5948.

NEW - Mondays, 5:30 p.m. - R.F. Wilkinson Family YMCA at 301 Sentara Circle in Williamsburg - Join Todd Chopp and Dave Clarke for a flat, 21-mile B/B+ no-drop ride. Expect an early season pace in the B- and B+ range. This ride may split into two groups with options for extending the route based on light conditions. View the basic route at <http://ridewithgps.com/routes/7340984>. Contact Todd Chopp at choppcyclist@gmail.com or 757-513-9000 for more info.

***Tuesdays/Thursdays, 5:30 p.m. - Washington Square parking lot, Grafton:** B+/A- pace ride leaving from Food Lion at 5210 George Washington Memorial Hwy. No point of contact; just show up and ride!

Wednesdays, 6:00 p.m. - Todd Stadium at 12465 Warwick Blvd in Newport News: Meet by the parking lot entrance at Todd Stadium for a fun filled ride thru Glendale, Maxwell Gardens, Deep Creek, Hiddenwood, Riverside, Mariners Museum, Hilton Village and beyond. We ride together (no one dropped). A very social ride that will cover 17 or 27 miles with a few regroupings as necessary. **Ride leader needed.**

Wednesdays, 6:00 p.m. - Courthouse parking lot at 310 Ballard St, Yorktown: Ride length and pace depend upon group (no one dropped). Contact John Parker at 898-7147 or Bill Monroe at 868-9242 or Charlie Park at 898-0890. If you would like to learn how to ride in a group call John Parker.

Wednesdays, 6:00 p.m. - Courthouse parking lot at 310 Ballard St, Yorktown: Join Scott Farrell for a 27 mile A-/B+ pace ride (traditionally a B-pace in April and then faster as the group gets stronger through the summer). We meet with John Parker's group (above) and then separate after a warm-up. Riders unable to maintain a minimum of 16 mph will be dropped to C-group. Call Scott at 757-880-4070.

Thursdays, 6:00 p.m. - Tabb Library at 100 Long Green Blvd, Yorktown: Leisurely B pace. Contact J. D. Hawthorne at 757-218-3529.

Thursdays, 5:30 p.m. - York Hall at 301 Main St, Yorktown (parking lot behind building): Same location, updated name - A pace. Call Randy Howell at 757-876-1476.

YEAR-ROUND STANDING RIDES

***Saturdays, 7:30 a.m. - BikeBeat Kiln Creek:** B+ pace 32/42 mile ride. Contact Chris Scales at 833-0096.

***Saturdays, 7:30 a.m. - Women's Shop Ride BikeBeat Kiln Creek:** 22 mile no drop ride. Road bikes only. Contact Avanell at 833-0096.

***Saturdays, 8:45 a.m. - Village Bicycles:** 25 mile A & B pace ride from 9913 Warwick Blvd, Newport News. Call Walter at 595-1333.

***Saturdays, 8:00 a.m. - Washington Square parking lot, Grafton:** B+/A- pace ride leaving from Food Lion at 5210 George Washington Memorial Hwy. No point of contact; just show up and ride!

***Sundays, 8:45 a.m. - Village Bicycles:** 50 mile A pace ride from 9913 Warwick Blvd, Newport News. Call Walter at 595-1333.

***Tuesdays, 1:30 p.m. - Village Bicycles:** ~20 mile C-B pace ride from 9913 Warwick Blvd, Newport News. Call Connie at 757-595-1333.

Wednesdays, 9:00 a.m. - Dismal Swamp Trail on Rt 17 in Deep Creek. Fran & Fred Adams lead a ride for seniors, retired people and anyone who has Wed. off. About 30 miles with a stop at G.R.I.T.S. for snacks. Contact Fran at 467-2775.

***Mon/Wed/Fri, 6:15 a.m. - "Squirrel Scalpers" Ride.** 22 miles Pace to suit slowest rider (B pace minimum). Meet at Panera Bread at Christopher Newport University (12368 Warwick Blvd). Call Rod Martin for more information at HM 930-8345 or WK 833-0096.

*Not a PBA ride...

Business Cards - Check out PBA's new business card. We're still working out printing details. But they're ready to print from any home printer to pass out at rides. [Click here](#) for the PDF file.



Peninsula Bicycle Association
P.O. Box 12115
Newport News, VA 23612-2115
www.pbabicycling.org



Come ride with us!



It might be his United States Cycling Federation Masters Level, age-graded District Championship gold, silver, and bronze medals; it might be his three top ten placings in the national championships; or it might be his 18 years legal experience representing cyclists; Any way you look at it, on or off the bike, his track record speaks for itself. A dedicated cyclist successfully representing cyclists. Find out what serious cyclists already know... "When they don't see you, see him!"

422-1278

713-19th Street, Suite 101
Virginia Beach, VA 23451



Reminder: VDOT is widening Rt 17 to six lanes between Hampton Highway (*Rt 134*) and Wolf Trap Rd (*aka Denbigh Blvd*). The project has begun on the section between Mill Rd and Showalter Rd, a section well-traveled by bicycle groups. Groups typically travel in either direction on the northbound shoulder. Some say this is a dangerous practice under normal circumstances. It will prove to be even more dangerous with construction in progress and potential lane closures testing motorists' patience. Please consider routes which do not include this portion of Rt 17.

The good news is this section, when completed in 2016, will have a shared-use path between Mill Rd and Showalter Rd. This will make our rides through this section much safer. Visit VDOT's [project site](#) for more information.

PBA Membership Application

Name _____

Email _____

Address _____

Phone _____

City/State/Zip _____

Age (if under 21) _____

Type of membership Individual Family

New Member Renewal

How are you willing to assist? Ride Leader Event Support Publicity/Marketing Adopt-A-Spot

Reasons for Joining: Club Rides Tours Newsletter Advocacy Socializing

Names and emails of family members who ride _____

RELEASE: In signing this application, I (we) hereby make it known to whomever it may concern, that during Peninsula Bicycling Association activities---with full realization that there are known and unknown hazards to these activities---I (we) do hereby: assume all risk for injury, loss, or damage foreseeable or not, which I (we) and/or any children under the age of 18 in my (our) care may sustain as an accident to such activities. I (we) warrant to make no claim at law or equity against the Peninsula Bicycling Association or any participant arising out of any injury, loss, or damage from whatever cause during a bicycling activity PROVIDED HOWEVER, that this release shall not be construed to limit my (our) right to proceed any class of persons specifically excluded herein, who negligently cause injury, loss, or damage to the persons named on this application.

All persons over the age of 17 and parents/guardians of minors must sign below. **Unsigned forms will be rejected.**

Signature(s)

Dues: Individual \$12, Family \$15 per year

Mail to: Peninsula Bicycling Association, P.O. Box 12115, Newport News VA 23612-2115