



Chainstay

The Peninsula Bicycling Association

September - December 2015

Volume 45, Issue 6

Monthly Meeting



Second Monday of Each Month
(except Jun - Aug & Dec)

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

Angelo's Steak House
755 J. Clyde Morris Blvd
Newport News, VA 23608

Program: [See website for details](#)

Where is Chainstay?

By Scott Farrell

You may have wondered where Chainstay has gone. Perhaps you haven't. Only one person has asked about Chainstay in the past three months. Is Chainstay really missed? July's edition failed to materialize due to some missed deadlines and a busy schedule on my part. August? That's a tough one to explain in writing. But here's what I've been thinking and asking some members over the past few months:

Is Chainstay still relevant?

Much of our news and information-passing has moved online, either via Facebook or e-mail blasts from our website. At first, I felt that the electronic news feeds and announcements were stealing thunder from Chainstay. Robin Land and Sharon Bochman have done a great job of pushing information to the club. How could I possibly ask them to stop just so Chainstay can "say it first?" Then, once the news or announcement is out, why have Chainstay say it again weeks later? If you're not subscribed to receive the club's e-mail announcements, then you're not getting the Chainstay announcements, either. So why bother building a Chainstay each month if the club is functioning fine without it?

Killing Chainstay without warning seems abrupt. Besides, I'm not sure it's time to pull the plug yet. I've talked to the Board and have opted to publish Chainstay on a quarterly basis as an experiment to see how things go. I haven't solidified which months Chainstay will publish. I will try to select months that announce major events and/or news. IF there's not enough news/content to justify a quarterly newsletter, then I will try a periodic format that produces an edition on a triannual or semiannual basis.

I understand this may come as unpleasant news for some. If Chainstay is a passion for you, please feel free to contact me and/or consider becoming the next editor. The editing software has an easy learning curve; or, if you're proficient with another program, you can produce Chainstay with a program of your choice. It's not difficult to produce an edition once a good template is established.

PBA Officer elections are coming soon, with newly elected officers assuming their responsibilities in January. If that's too soon for you, feel free to contact me or Sharon Bochman to discuss a timeline that's more convenient. I am not offended to relinquish my position at any time to someone who will bring more energy to the job than I have lately. I plan to publish the next Chainstay sometime in January.

Sincerely,

Scott

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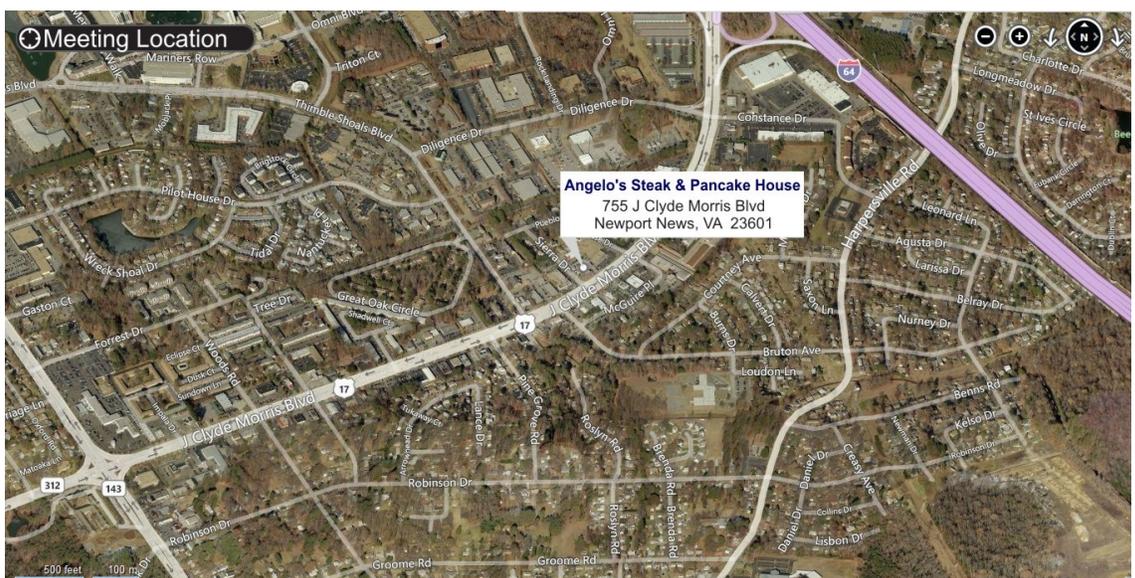
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2015 PBA Officers

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, stealthtdi@spamarrest.com
Executive Committee Members	Maria Lyons, mlyons@hampton.k12.va.us Rich Flannery, rflannery@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
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



**Adventure
Cycling**
AFFILIATED CLUB



Chainstay is published quarterly or as required for special announcements. 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.

SURRY CENTURY RIDES

SATURDAY, SEPTEMBER 19, 2015

Experience the heart of Southeastern Virginia by bike. See rural towns, farmland, historic plantations, and very few cars. The rides begin at the Surry Athletic Field behind the Surry Courthouse. During your visit enjoy Chippokes Plantation State Park and historic Bacon's Castle.

Registration fee: \$30 for non-members and \$25 for members.

Register online at <http://www.pbabicycling.org/surrycenturyrides>.

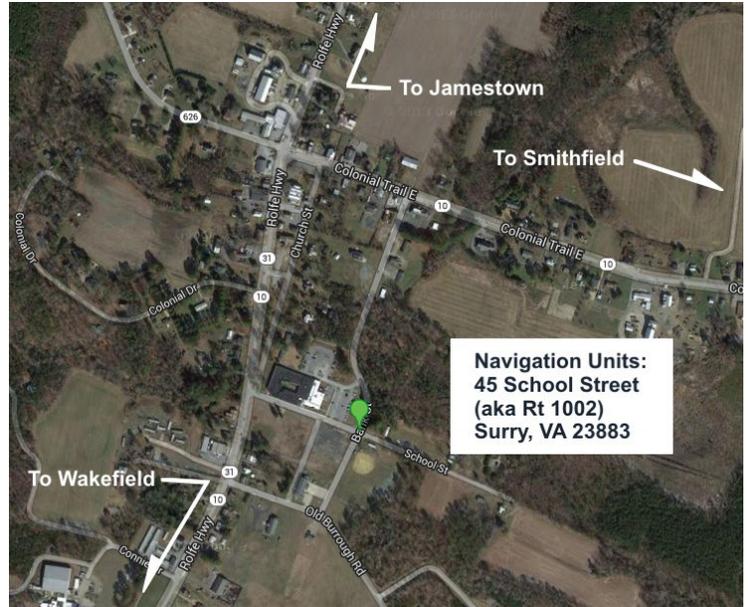
A \$5 late fee is added if registration form is post marked after September 1. Onsite registration is available with \$10 late fee (*check or cash*). A portion of the registration fee will be donated to the Surry Athletic Association and the Surry Rescue Squad. All routes will be fully sagged and marked. Maps/cuesheets and snacks are included.

Riders under 18 years of age must be accompanied by a parent or legal guardian. A parent/guardian must sign a minor release form (available at onsite registration).

START TIME: 7:30 a.m. Late registration: 7 - 11:30 a.m. for late risers. Century and 75-mile riders must start by 8 a.m. The rides (25, 50, 75 and 100 mile) consist of loops (25, 25 and 50 miles) over flat to slightly rolling terrain. The loops return to the start point for rest stops; there are also rest stops on the routes.

Contact Russel Parrish at parrishdesign@hotmail.com for more information.

Helmets are required!



Call for Volunteers:

Remember, this ride is not possible without volunteers! Consider spending some time off the bike to help make this a successful event. PBA wishes to make this an event that brings people in from out of town. Volunteers will still have time to ride a shorter route, if desired. Contact Russel Parrish at parrishdesign@hotmail.com to see if there are general needs remaining for volunteers.

Jim and Nan Mack are seeking volunteers for the major rest stop at Surry Elementary School. We hope to see this stop be a big contributor that keeps riders coming back! They only need an hour or two of your time to help staff this stop. They're also looking for snacks and other food contributions. Please contact nanousaf@aol.com or jimengr@aol.com for more info.

SAG: Some commented that they did not see much SAG (*support vehicle*) presence during the Smithfield Challenge. We had unmarked SAG vehicles, but in small numbers. We also had an unusually high number to riders to transport back to the start/finish. The SAG drivers were busy and thinly stretched. Please help us keep our riders safe by volunteering to drive your vehicle in support of this ride. SAG volunteers will receive free entry to the ride (*but may need to ride a shorter route*) and \$15 for fuel for their two-hour shift. Contact Scott Farrell at stealthtdi@spamarrest.com to volunteer or ask questions.



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 Glenn Young at 757-593-6993 if you are interested in making a presentation. The club can provide a projector and will pay for your meal that evening.

Legally Speaking: What to do if you're hit by a car

By Bob Mionske, [Velo News](#)

Picture this: You are riding along on your regular training route and nearly home. The light is green ahead, so you stand up on the pedals. If you make that one, you will make the next three. You clear the first light. Sweet — Now you will be home in three minutes!

Then, it happens. Someone pulls out from a driveway as though you are invisible. You are knocked to the roadway, but miraculously, you are unhurt. Naturally, your thoughts soon turn to your bike, and that's when you discover that it didn't fare as well as you. The forks are snapped, and your wheels are both crunched.

Of course, the driver is apologetic. He practically jumps out of his vehicle. "Sorry, I didn't see you," he exclaims. After making sure that you are OK — You assure him that yes, you are OK — he offers to pay for the bike and other damage. He seems like a good guy, and you take down his number.

Sound familiar? It does to me. I have received this call so many times; I know what is coming next. The "good guy's" phone number is wrong, or he won't pick up, or he now refuses to pay, pointing out that you "came out of nowhere" like "a bat out of hell."

Why did the driver's story change? It is a repeated pattern: A contrite driver starts to think about how the collision happened, and a possible latent injury. Now he's looking at a claim of tens of thousands of dollars against his insurance. He starts worrying about his insurance rates. His version of events changes over night. It wasn't his fault — so why should he be the one who gets jacked?

So now what do you do? You don't have his insurance information. You didn't get any witness names or contact info, and the police didn't respond to the scene of the crash. You might not have his license plate number. What a mess — the bike and wheels are worth over \$10,000.

Fortunately, this is a preventable mess. Before anything like this happens to you, let me walk you through what you need to know when confronted with this situation.

What to do (and what not to do) after any collision:

DO call the police. That doesn't mean they will always show up; they may not show up if you are uninjured. But are you sure that you are not injured? How do you know? A knee, shoulder, or hand injury may not develop for a day or two. What about that head knock? I've had many cases that began with the cyclist feeling "OK" immediately after the crash, only to have pain show up a few days later. So instead of emphasizing that you are OK, see if you can get the police to respond. If they ask if you are injured, tell them that you were hit pretty hard and need a medical exam.

DON'T volunteer that you are "OK." Ever. If an entirely legitimate injury develops later, it will look fishy to the insurance company if you initially assured the driver



that you were OK. If you feel you have to say something at the scene, be vague about your sensations, and be clear that you need to go to a doctor for a medical evaluation.

DO get the driver's insurance, license, and contact information. If the cops don't show up, you are taking his word that he will pay. Remember, he's a complete stranger to you. You don't know him well enough to take his word about anything. Get his plates, ask to see his driver's license and insurance information, get his phone contact (have him call you to verify the number — but that is no guarantee either with pre-paid phone numbers). Take pictures of his car, license plate, driver's license, vehicle, collision scene, your bike, and damage to vehicle.

DO get witness information. Ask any witnesses for their names and phone numbers in case you need somebody to say what they saw.

DO go to a doctor afterward. If the doctor gives you a clean bill of health, that's great. But if you tell everybody that you're fine and don't go to a doctor, and then injuries begin to show up afterward, you will have a harder time convincing the insurance company that you're not faking it and that their driver injured you.

DO preserve your evidence. You may want to get your bike repaired right away — DON'T! Leave your bike in exactly the state it was in after the crash. Take photos. Have a mechanic take a look at it but don't fix anything. What you need is the mechanic's expert opinion about the condition of the bike after the crash. Keep your bike in exactly that condition until after you settle with the insurance company.

One final note: In my experience, insurance companies are more responsive to cyclists who have been hit by their covered drivers when there is an injury — even a minor one. Conversely, I have noticed a trend of property damage-only claims being denied or ignored by insurance companies. So while you never want to fake an injury (that's insurance fraud, by the way), you have no reason at all to play down an injury. Save your toughness for race day, and let your doctor decide what injuries, if any, you have suffered.

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

The Grand Opening of the Virginia Capital Trail!

Save the dates:

Friday, October 2, and Saturday, October 3, 2015

In 1996 the Virginia Department of Transportation issued a request for proposals for a feasibility study on a multi-use trail between Richmond and Williamsburg along Route 5. The first ground-breaking for the Virginia Capital Trail took place in James City County nine years later on July 12, 2005.

Since then, this project has endured many challenges, from economic downturns to public and political pressure to change or discontinue it. The deep and longstanding support this project was lucky to have from key stakeholders, including governors, local officials and passionate citizens is how and why it has succeeded. It's a beautiful example of regional cooperation, how a public-private partnership can benefit the whole community, and how a well-coordinated advocacy effort can keep momentum going through a ten-year timeline.

Now that more miles of asphalt are on the ground and completion is this close, excitement is in the air. Forehead smacking can be heard from those who say, "Oh, this is what you meant -- awesome!" as well as excited "Wooot!"s from everyone else who has been patiently waiting, knowing exactly what a separate multi-use trail could do for their exercise options, commutes, and outdoor enjoyment.

Now we're within sight of the finish line, and here's how we plan to celebrate: On Friday, October 2, at 5:30 pm, there will be a formal ribbon-cutting ceremony at Great Shiplock Park in downtown Richmond, where we hope the public will join us. Immediately following, we're hosting a private reception to thank all of the Foundation's generous donors and supporters. On Saturday, October 3, each locality along the Virginia Capital Trail is organizing celebrations to bring everyone from their communities out to the trail, to see it, touch it, and realize that this is for them, whether they like to walk, run, skateboard, rollerblade, bike, or birdwatch.

The timing of these festivities is being coordinated so that anyone wanting to ride the whole trail could potentially enjoy them all. Plans are still in the works, so stay tuned for more details. In the meantime, mark October 2-3 on your calendar so you can be a part of a very happy and historic moment in the region's history.

I'm looking forward to seeing you there!

Beth Weisbrod
Executive Director
Virginia Capital Trail Foundation



Join us in downtown Richmond for the official ribbon cutting of the entire Virginia Capital Trail.

When: Friday, October 2, 2015, 5:30 pm.

Where: Great Shiplock Park, Pear and Dock Streets, Richmond, Virginia 23223

Keynote Speaker: Virginia Governor Terry McAuliffe

Parking is limited, so we encourage you to ride your bike, walk, or run to this historic event. We'll have a bike valet for those who do.

Immediately following the ribbon cutting, the Foundation is hosting a private reception to thank our loyal and generous supporters. Invitations will be going out shortly. We want to celebrate with you and hope you can come.

Get out and enjoy Virginia Capital Trail Day!
OFFICIAL OPENING DAY FOR THE TRAIL

When: Saturday, October 3, 2015

Where: Locations all along the Virginia Capital Trail

Some of the plans are still taking shape, but have a look below. Whether you walk, run, skateboard or ride a bike, trike, or unicycle, come out to the trail and enjoy any (or all) of the celebrations.

Richmond: Great Shiplock Park, 2803 Dock Street, Time TBD

Henrico County: Ribbon-Cutting Ceremony at Four-Mile Creek Trailhead, On Rt. 5, east of I-295 interchange, 10 am

Charles City County: Family Farm Fest, Root 5 Family Farms Greenhouse, 7400 John Tyler Memorial Highway (4 miles west of Charles City Courthouse), 10 am to 5 pm

James City County: Ribbon Cutting and Movie Night, Chickahominy Riverfront Park, 1350 John Tyler Highway, Time TBD

Riding Out Yonder...



September 12, [Delaware's Amish Country Bike Tour](#) - Delaware's largest and most popular cycling tour! Rest stops include the famous Amish Schoolhouse where members of the Amish community serve home-baked pies and cookies. The tour starts and stops in Historic Dover, the capital city of the First State. Following the bike tour, all cyclists are treated to a catered BBQ picnic. Info: <http://www.amishcountrybiketour.com/>

September 6, [Southern Maryland Fall Century](#) - The Indian Head 100, Indian Head, MD. 16, 29, 43, 60 or 100 miles from the Village Green Park in the town of Indian Head, at the southernmost end of MD 210 [Indian Head Highway]. Cycle through scenic and historic Southern Maryland. Presented by the Oxon Hill Bicycle and Trail Club. Visit <http://www.ohbike.org/century/> for info.

September 13, [33rd Annual Shenandoah Valley Century](#) - Enjoy the beautiful back roads of the Shenandoah Valley. Rides of 25, 50 and 100 miles over rolling to hilly roads. Checkpoints, snacks, drinks, sags, baked goods. Start/finish at Hillsdale Park, Harrisonburg, VA. Visit <http://www.svbcoalition.org/events/century/> for info.

September 13, [Boys and Girls Club Cycling Challenge](#) - The event starts in Crozet, Virginia (near Charlottesville) and passes through some of the most beautiful cycling routes in the foothills of the Blue Ridge Mountains. The funds raised go directly to supporting the Boys and Girls Club, which serves over 1,800 youth annually. Visit <http://www.bgcchallenge.org/> for details.

September 26 through October 3, [17th Annual "Mountains to Coast" Ride \(NC\)](#) - This year's route will go from Spruce Pine to Atlantic Beach, stopping in Morganton, Troutman, Asheboro, Holly Springs, Goldsboro and New Bern along the way. Visit <http://cnc.ncsports.org/fallCNCRide/> for more info.

October 3, [27th Annual Seagull Century](#) - Join more than 6,000 cyclists, starting at Salisbury University, on one of three routes: The traditional 100-mile Assateague century offers a panoramic view of the Atlantic Ocean and a glimpse of the wild ponies, while the 100-mile Snow Hill century takes cyclists through a quaint Worcester County town, with galleries and beautiful homes. A 65-mile Princess Anne metric route winds through Somerset County. For more information, visit <http://www.seagullcentury.org/>.

October 4, [9th Annual Northern Neck River Ride](#) - Join us for a day for riding & fun. Celebrate the conclusion of National Century Month with an English, Metric, One-Third Century or Family Route along the flat back roads of the Northern Neck. Visit <http://www.riverride.org/>.

NEW - October 16-18, [25th Annual Fall Foliage Bike Festival](#) - Enjoy the scenic heart of Virginia's Shenandoah Valley as you join us for the 25th annual Fall Foliage Bike Festival. A perennial favorite with cyclists up and down the mid-Atlantic states and beyond, the Fall Foliage Bike Festival offers a full weekend of riding, sightseeing and warm Virginia hospitality. Visit <http://shenandoahbike.org/> for more information.

October 17, [Martin's Tour of Richmond](#) - Choose the full 102-mile Gran Fondo or the shorter 59-mile or 29-mile distances. All riders finish at Richmond Raceway Complex. Plan on joining us for the entire day because we'll celebrate your accomplishment with a big ol' feast at the raceway afterwards! It's an experience fit for a pro and open to anyone who loves to ride. Visit <http://www.sportsbackers.org/events/tour-richmond> for more info.

October 24, [23rd Annual Between the Waters Bike Tour](#) - Cape Charles, VA - This event, sponsored by Citizens for a Better Eastern Shore (CBES), winds through interesting historic towns and communities and along back roads to scenic rest stops that overlook the Atlantic seaside and the Chesapeake Bay. Snack and drink stops are provided and a complimentary picnic lunch is served. Routes of 25, 40, 60 and 100 miles. For more info, go to <http://www.cbcs.org/>.

NEW - October 24, [Smithfield Century Bike Tour](#) - A scenic and leisurely ride through the beautiful farmlands of Isle of Wight, past historic sites, and along the Pagan River, with three routes (metric century, 35-miles, and 25-miles) beginning and ending at Windsor Castle Park. Live music, food vendors and a beer garden await the riders at the finish. Visit <http://www.smithfieldcentury.com/>.

Thanksgiving Fort to Fort Ride - Russell Parrish and Billy Glidden have mapped a new ride from Russell's house to Fort Huger (18 Miles) to Fort Boykin (24 Miles) and back to Russell's house. This ride is 52.3 miles of scenic views. There are thoughts of making this a Fall Fondo for the PBA. Keep a watch on Facebook for this ride. There may even be an earlier pre-ride.

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Coming in
October 2015

Newport News :12080 Jefferson Ave. Newport News, VA 23606



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.

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 Avaneil 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.

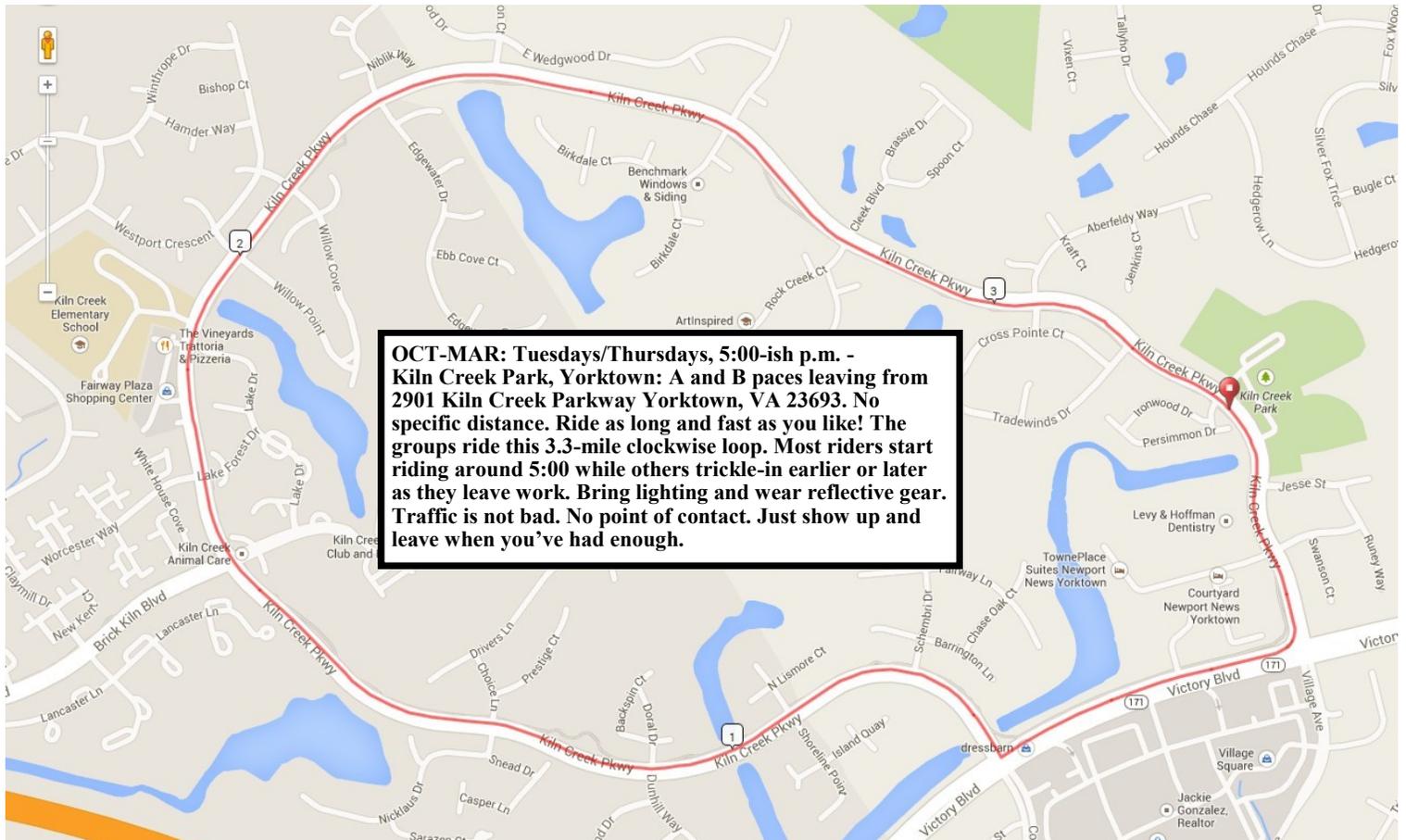
*Saturdays, 8:00 a.m. - **Washington Square parking lot, Grafton:** B+/A- pace ride leaving from Food Lion at 5210 George Washington Memorial Hwy. Contact Jeff Gainer at 757-880-6267c or Jgainer@cookandboardman.com for more info.

*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.



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](#)