



# Chainstay

The Peninsula Bicycling Association

November 2014

Volume 44, Issue 10

## Monthly Meeting



Monday  
November 10, 2014

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: PBA Officer  
Elections; American  
Diabetes Association and  
the Tour de Cure

## Inside

- [President's Corner](#), p. 2
- [A Special Ride](#), p. 3
- [A Guide to Headlights](#), p. 4
- [Sharing E-mails](#), p. 6-9
- [Bike Journal Rankings](#), p. 7
- [Lead a Tour](#), p. 8
- [PBA Classifieds](#), p. 10
- [Weekend Rides](#) (online only)
- [Weekly Recurring Rides](#), p. 9
- [PBA Membership](#), p. 12

## PBA Officer Elections This Month

By Scott Farrell

First, I must apologize for being so late with November's Chainstay. A part of what I attempt to do each month is ensure I'm passing the latest information to the club. This has been an unusual challenge lately. Those who read September's Chainstay and later saw October's meeting agenda probably expected to see PBA's 2015 officers elected by now. Unfortunately, we've had a setback. Those of you not connected with us online may not have heard that Sharon Bochman, PBA's President, was diagnosed with breast cancer late in September.

The lump was detected early, swiftly removed and did not appear to be a reason to alert the club and/or change PBA's 2015 slate of officers. However, Sharon later received news that the cancer had spread to her lymph nodes, cancer's super-highway to other parts of the body. Sharon was to begin an aggressive round of chemotherapy as well as radiation treatment. The news was understandably devastating and compelled Sharon

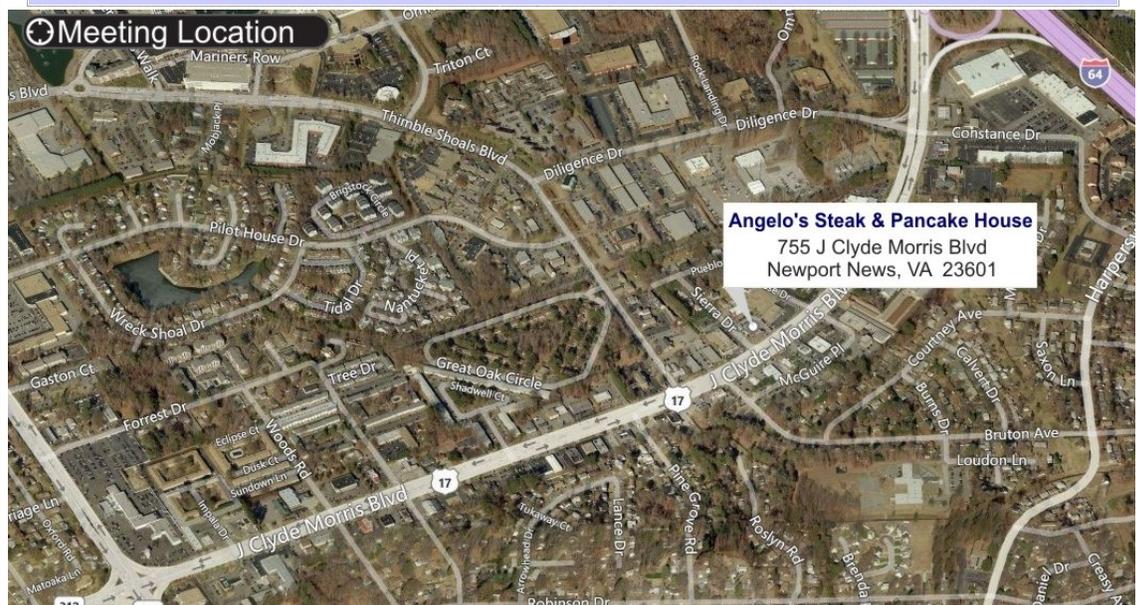
to resign her position and drove the rest of the Board to consider options for PBA's future.

Once the initial shock of learning of her prognosis and treatment plan had subsided, Sharon then concluded that not only can she remain aboard as President for the remainder of 2014, but she could also continue as President in 2015! Networking is a major part of being PBA's President. She's certain she can do that during her recovery.

We're going to miss Sharon at a few PBA meetings because some of her chemo-days will fall on PBA meeting days. Make no mistake, Sharon will be busy working behind the scenes and staying as active as possible during her recovery (*please come to any ride she leads... it's her own therapy*). Tregg Hartley, PBA's Vice President, will preside over this month's meeting and present our 2015 officer slate for official voting. All are welcome to attend. We also welcome additional nominations for consideration in Monday's election.

### Meeting Program — PBA Officer Elections; American Diabetes Association and the Tour de Cure

Join Amie Holman, Associate Director with the American Diabetes Association (ADA), as she presents the mission of the ADA and details about the Tour de Cure.



# The President's Corner

From the Vice President, by Tregg Hartley

I have only been a member of the Peninsula Bicycling Association for about two and a half years. My first ride with the PBA was January 1, 2012. We met in the parking lot of Huntington Beach and followed one of my favorite routes, riding along the James River. I didn't know anybody and certainly don't remember the names of the people who introduced themselves, but we had a fun ride. I joined later that year in May. I think I managed to make it to four or five more rides through the end of 2013. One was led by Jim Mack, another by Jen Hamm, yet another with Sharon Bochman. I never made an effort to get more involved in the club or make many meetings. I considered myself more of an antisocial cyclist than a social cyclist. So, I just paid my dues and rode with the club once in a while.

Near the end of 2013, I showed up for what would be the second PBA meeting I had ever attended. There was an election going on for the officers that would lead the PBA for the following year. There was a good crowd, nearly every table was full. I was sitting quietly, not too far from the door, just observing the festivities. I remember the person chairing the meeting was Cindy Wong and she was looking for one more person to serve on the Executive Board. Nobody was stepping up and I was certainly keeping quiet. I mean, what could I possibly have to offer. I rode quite a bit, and read a lot about advocacy and randonneuring and such, but volunteer? Nope! Not me!

Then Cindy singled me out and asked me by name if I would consider serving on the board. I guess it was the surprise that she actually remembered my name, coupled with the fact that now all eyes were on me, so I said yes. The vote was unanimous and I was in. I had no idea what to expect, but at least I already knew two of the officers I would be serving with, Sharon Bochman and Scott Farrell. I went over to Sharon after the vote and told her that I wasn't sure that I had anything to offer, but that I would give it my best effort.

[Continued on page 6...](#)



**PBA Website:**  
[www.pbabicycling.org](http://www.pbabicycling.org)

## PBA Board Meeting

PBA Officers and Executive Committee meet on the first Monday of each month. All PBA members are welcome to attend and contribute to discussions which form the direction of the club. Business also includes planning PBA events. Contact Sharon Bochman for the location.



**PENINSULA BICYCLING ASSOCIATION**  
 P.O. Box 12115  
 Newport News, VA  
 23612-2115

PBA Affiliations:



### 2014 Officers

President	Sharon Bochman, bochman@cox.net	757-868-4120
Vice-President	Tregg Hartley, tregg.hartley@verizon.net	
Treasurer	John Parker, johnjljr@verizon.net	757-898-7147
Secretary	Scott Farrell, StealthTDI@spamarrest.com	757-880-4070
Executive Committee Members	Todd Chopp, todd_chopp@yahoo.com Robin Land, jbtaxi2829@aol.com Maria Lyons, mlyons@hampton.k12.va.us	757-513-9000

### Committee Chairs

Ride Schedule	Tregg Hartley, tregg.hartley@verizon.net	
Membership	Scott Blandford, csbford@yahoo.com	757-256-9391
Publicity	<b>Vacant (anyone interested?)</b>	
Advocacy	Stephen Froeber	

Chainstay editor and PBA webmaster is Scott Farrell. 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](mailto:StealthTDI@spamarrest.com) (please type "PBA" in the subject). Send all other club business to the club P.O. box listed in the left margin. Ride leader volunteer and ride inquires should be directed to the Ride Scheduler, Jack Liike, jliike@hotmail.com. Chainstay is produced using Microsoft Publisher with photo editing by Corel Photo-Paint. PBA's website is hosted by Wild Apricot.

# Special Ride...

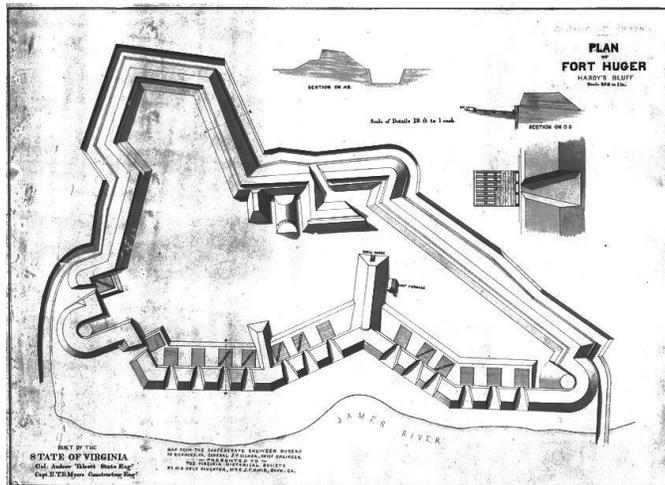
**November 29 - After-Thanksgiving Fort to Fort Ride** - Russell Parrish and Billy Glidden have mapped a new ride from Russell's house (24 Dashiell Drive, Smithfield, VA) to Fort Huger (18 Miles) to Fort Boykin (24 Miles) and back to Russell's house. This ride is 52.3 miles of rolling terrain and scenic views. The forts have restrooms and will serve as our rest stops. The ride departs promptly at 12:00pm. Late attendees will have to catch up.

RSVP's required for after ride cookout (including non-riders)... BYOBeer/BYOwine + anything special... It would be great if attendees would bring a potluck side dish.

A bonfire will be burning at 4pm for the evening's outdoor festivities. Children welcome.

A change of clothes can occur in the Parrish bathroom or in the great outdoors under cloak of darkness.

Keep a watch on PBA's Facebook page for more details. There may even be an earlier pre-ride. There are thoughts of making this an annual Fall Fondo for the PBA.



**Here is the route for those who want to scout ahead of time:**

## FORT-TO-FORT HALF-CENTURY

(aka: bikes, beers, and bonfire ride)

START: From 24 Dashiell Drive, Smithfield, VA LT:  
onto Watson Drive  
LT: onto Moonefield Drive  
RT: onto Lumar Road  
RT: onto Route 10/South Church Street  
LT: onto Grace Street  
RT: onto Main Street  
RT: onto Route 10  
RT: @ Rushmere Food Mart onto Fort Huger Dr  
RT: onto Creekmore  
RT: onto Lawnes Neck Drive to Fort Huger  
parking lot. REST STOP



Reverse steps to Route 10  
RT: onto Route 10  
LT: onto Moonlight Road  
LT: onto Burwells Bay Road  
RT: onto Route 10 Bypass  
LT: onto Route 10 (Old Stage Highway)  
LT: onto Blounts Corner Road  
RT: onto Days Point Road;  
at 'T' intersection, veer left  
LT: onto Morgarts Beach Road  
RT: onto Morgarts Beach Road intersection  
RT: onto Morgarts Beach Road intersection;  
END @ Fort Boykin parking lot. REST STOP  
Reverse steps to intersection of Blounts Corner Road  
and Route 10 Bypass  
LT: onto Route 10 Bypass  
LT: onto Red Point Drive  
RT: onto Beale Avenue  
LT: onto Jefferson Drive  
(changes name to Ridgeland Dr midway )  
RT: onto Pagan Road  
LT: onto Moonefield Drive  
RT: onto Azalea Drive  
LT: onto Riverside Drive  
RT: onto Faye Drive  
RT: onto Watson  
LT: onto Dashiell Drive  
END at 24 Dashiell Drive...  
BEER, BRATS, + BONFIRE



# Your guide to the best front lights for cycling

By Dave Atkinson, [Road.cc](http://road.cc) (adapted to Virginia audience)

From: <http://road.cc/content/buyers-guide/34746-your-guide-best-front-lights-cycling-beam-comparison-engine>

When the clocks go back and the nights draw in, you need to make sure you've got a set of lights on your bike. It's the law in Virginia to run them after dark, and they're a major safety aid around town as well as letting you see where you're going in the dark lanes.

If you're in the market for some bike lights, there's a bewildering array of lights out there to choose from, ranging from a few dollars to nearly a grand. So what's the best bet for your riding? To help you choose here's Road.cc's quick guide to the technology and the options available for your front light.

## It's LEDs or LEDs these days

A few years ago you had a choice of different bulb options to consider, but LED lights have improved to such an extent – and come down in price too – that there really isn't a choice any more. LEDs check all the boxes for a bike light. They're tiny, they cost little to make, they last for ever, they're rugged, they run fairly cool and they're easy on the juice. No wonder that everyone's using them these days. There's LEDs and there's LEDs – the bulbs in a cheap flasher that look like the ones out of your old 100-in-1 science set are a long way removed from the high-spec emitters in top-dollar off-road lamps. Outputs have shot up in the last year or two as well, with the brightest lights claiming outputs of several thousand lumens, more than a car headlight. More general purpose lights range from 50 to about 500 lumens, with basic commuter lights and emergency lights weaker still; they're mostly to be seen, though, instead of lighting the road.

## Setting the standard.

Technically, all bike lights must be fitted to comply with the Virginia law. For the record, here's what those regs say...

*Every bicycle ridden between sunset and sunrise must have at least one white headlamp with the light being visible at least 500 feet to the front. The bicycle must have a red reflector on the rear visible at least 600 feet to the rear. On roads posted with speed limit of 35 mph or greater, the bicyclist must additionally be equipped with at least one red taillight visible from 500 feet to the rear. Taillights may be steady or blinking, are allowed under all conditions, and may be attached to the cycle or rider.*

§§[46.2-1015](#),[46.2-1066](#)

## Choosing a light: things to consider

### What am I going to use the light for?

Are you going to be riding on the road, or do you detour through the woods on the way home? You need to consider how much light you need and where you need it to be shined. Brighter is often better, but look for lights with good



side visibility if you're riding a lot in town: side visibility is very important when riding through an intersection.

If you're solely riding on the road, look for a light with a beam pattern that's not going to blind oncoming traffic. Narrow beams and German-style cutoff beams (*designed to comply with German road lighting regulations, where 95% of the available light must be directed downwards*) are the ones to look for. If you're mixing up your road riding with paths and singletrack, a light with a wide beam that has lower-power modes for use in traffic may be the one to go for.

If you're going to be doing a lot of swapping between bikes, consider how easily transferred the light is. Are the mounts quick release? Are there lots of wires to deal with?

### How regularly will I use the light, and how long per day?

If your commute is an hour and your light gives out after 50 minutes then you're in trouble. If it has a proprietary charger rather than batteries or a USB charge option, then it needs to last to where you're going and back again. Think about when you'll recharge the light and how long that will take.

Many lights have low-power options that will extend battery life. So it's important to work out if these will give you enough output for certain sections of your ride. Many lights have displays to let you know the state of the battery. These can be very useful if you ride regularly and aren't good at remembering to charge your lights.

### What conditions will I use the light in?

If you're riding every day, come what may, your lights will take a beating. They're very exposed to rain and spray at the front of your bike. Generally the more expensive lights are better constructed with more effective seals. Spend as much as you can afford. If you think you might break your lights from using them in all conditions, check the warranty.

[Continued on page 5...](#)

# Lighting...

[Continued from page 4...](#)

## The gamut of glare

Okay, so you have to buy some lights. What kind of lights do you need? Here's a quick run down of the basic types you can get your hands on, and who they're aimed at.

## Emergency lights

Small enough to leave in your bag for when you need them, emergency lights normally attach with a stretchy band to the bars or frame and are powered by button cell batteries. They don't put out a great deal of light, but they're a lot better than nothing if you get caught out late or your main lights fail.

## Small flashers

The next step up is a bar/frame-mounted flasher. Most of these are capable of putting out a steady beam too. They're a bit bigger and sturdier than an emergency light and they usually take AAA batteries. You can pick them up cheap, so they can be better value all round – in terms of buying and running – than emergency lights.

## Torches

There are lots of choices when it comes to torch-style front lights. Powered either by AA/AAA cells or – more



commonly now – a rechargeable battery pack, they put out a bit more light. If your riding takes you anywhere you need to see – rather than just be seen – you'll need at least one of these. Manufacturers often will bundle a torch-style front light with a rear flasher, seeing to both ends of your bike and scoring you a bit of a discount in the process. Rechargeable units sometimes come with a main adaptor, but USB chargers are becoming increasingly common, allowing you to juice up your light at your desk. The brightest torch-style lights now kick out over 1,000 lumens, which is more than you'll ever need for road riding, but on lower settings the best ones will run all night.

## Rechargeable systems

These tend to be characterized by a separate battery pack attached to a smaller head unit that's a lot more powerful than a standard torch. They can start at around \$30, but you can pay the best part of a grand for the really high end stuff. If you want to go out regularly and train after dark on the road, or venture off-road, then a rechargeable set may be your best bet.

## Dynamo lights

If you want your lights to be a permanent fixture and never worry about batteries, then you can't do better than a dynamo light. Hub dynamos are the pick for low maintenance and decent output; most will supply 3W, which is plenty for a bright light front and rear. Pick a system that stores some of the energy from the dynamo so you don't go dark when you're stopped at traffic lights. Many riders leave their dynamo lights on for daylight running too, as they draw very little energy from the bike.

## Head torches

Fitting a light to your helmet means you can point the beam where you want it, making the light a lot more useful. Some of the smaller rechargeable systems come with a helmet mount, or you could go for a more general use headband-type light and ziptie it on. Bear in mind that you should also have a fixed light on your bike if you want to comply with Virginia law.



## 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](mailto: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.

## President's Corner...

[Continued from page 2...](#)

From our first “unofficial” meeting in December at Village Bicycles, the energy was high. New ideas were welcomed on how to best serve the club and map our way forward. It felt really good to lend my energy to the group and focus on common goals and how we would achieve those goals. In May, Mary Hughes had to step down as Vice-president because of new job related commitments. Sharon called and asked me if I would step in and take over as VP and ride coordinator. I am sure she could hear the fear and trepidation in my voice as the conversation ensued. She assured me that I could do the job and so once again I said yes. I am so glad I did.

As of this writing, nearly a full year has passed since I first volunteered. I have not regretted it one bit and have enjoyed being able to contribute to the club. I actually feel like my efforts make a difference. I know this coming year will present some new challenges. I will need step up and carry some of the load that Sharon carried for us this year and be her right hand man. I look forward to doing just that.

Enough about me already. How about you? Where can you fit into this club as a volunteer? You may be thinking that you don't have the time, or that you don't really have anything to offer. Those were my thoughts at first, but I assure you, you really can make a difference. There are so many ways you can serve, there is bound to be something that appeals to you. Volunteers are at the very foundation of the Peninsula Bicycling Association. Depending on your interests, skills, or availability, we have a way for you to get involved!

We accomplished quite a bit in 2014. We pulled off a pair of successful major bike rides, the Smithfield Challenge and Surry Century. We improved our web presence with an overhaul of the PBA web site and a Facebook page. We used this web presence to publicize our weekend rides and our major rides. We offered a wide variety of group rides for our members. We got involved with local and state government officials and advocated on behalf of all riders. We have held bicycling safety classes to teach traffic and pace line safety. We have reached out to other clubs in the area to build stronger relationships with riders across the area and neighboring states. There are many things I am overlooking here, but you get the idea.

All of these things were accomplished with the time, ideas, and energy of people just like you. People who stepped up to make our club a better one. The work load was spread over many folks and we had fun in the process. Come join the fun and be one of our volunteers.



## Another E-mail to PBA...

*Editor's Note: Webmasters tend to get a lot of e-mails. Most are junk. Sometimes I get a few worth sharing. Take a look at this message if you're considering an exercise bike. I've also placed the contents of a few more e-mails on pages 7-9.*

My name is Anna and I'm a researcher with Reviews.com. We work to develop unbiased, data-driven reviews of products and services in partnership with an industry expert who adds deep knowledge and years of experience to our analysis and commentary. We've worked with many organizations – including universities, professional associations, city governments, and chambers of commerce – to deliver our free information resources to local communities.

I'm contacting you today to share a free resource we produced on home exercise bikes that I believe has a lot to offer your members. As you know, an exercise bike is an important training tool that enables a rider to exercise at home when life or weather gets in the way of a road or trail workout. However, given the diversity of exercise bikes on the market, it can be a real challenge for a rider to find the ideal machine that best matches her needs. By linking to our resource on your website, you can help people learn how to evaluate and compare the top models for themselves.

Take a look at our work here: [Exercise Bike Reviews](#)

This resource – which is completely free and instantly accessible to anyone – includes a general guide to exercise bikes, a must-read Q&A with exercise expert Andre Ashley, detailed reviews and ratings, data-driven comparisons, and completely unbiased commentary. We spent hundreds of hours compiling these materials, collecting extensive data on 157 different exercise bikes and 53 different features and options.

I'm confident that your members will find it to be informative and very useful in identifying the best exercise bikes on the market. I can't wait to hear back from you!

Thanks for the consideration,

Anna



# A RESEARCH STUDY ABOUT BICYCLING

DEAR FELLOW BICYCLE RIDERS,

IF YOU ARE 18 OR OLDER, please take part in an anonymous survey for a research study about bicycling practices and bicycling accidents. The survey will take only about 15-20 minutes to fill out.

IT DOES NOT MATTER WHETHER OR NOT YOU HAVE HAD AN ACCIDENT RIDING YOUR BICYCLE. Your answers will help researchers find out how to make bicycling safer.

YOU WILL NOT BE ASKED FOR YOUR NAME. No one will find out how you answered the questions.

TO GO TO THE SURVEY, please use this link:

[http://survey.qualtrics.com/SE/?SID=SV\\_eXRDaDI9sn3TrT](http://survey.qualtrics.com/SE/?SID=SV_eXRDaDI9sn3TrT)

THANK YOU! If you have any questions, please feel free to call me. (I won't ask you to tell me your name.)

Mark W. Hoglund  
Doctoral Student  
School of Public Health  
SUNY Downstate Medical Center  
450 Clarkson Avenue  
Brooklyn, New York 11203  
718-270-4718

# bikejournal.com

Want a little push to reach your total mileage goal in 2014? Join your fellow PBA members and log your miles at [BikeJournal.com](http://www.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.

## 2014 Total Distance Stats

Rank	Rider	Location	Distance (Miles)
1	<a href="#">B1keBox</a>	Hampton, VA	7430
2	<a href="#">WonderWoman</a>	Poquoson, VA	6422
3	<a href="#">LoneRanger</a>	Poquoson, VA	6152
4	<a href="#">fatmanriding</a>	Hampton, VA	3763
5	<a href="#">csbford</a>	Yorktown, VA	3479
6	<a href="#">hulksmash</a>	Newport News, VA	2971
7	<a href="#">CaptOverpacker</a>	Newport News, VA	2482
8	<a href="#">JOECOOL73</a>	Gloucester, VA	2218
9	<a href="#">velobum1</a>	suffolk, VA	1974
YTD club mileage (inc. riders w/ private mileage)			49,461

# A Message from VBT Bike Tours

Dear Peninsula Bicycling Association,

Wishing this emails finds you well! As our big focus is to hire local trip leaders in each location we visit, we're getting in touch to see if you may know anyone who might be interested in a rewarding seasonal career leading week-long bike tours in 2015.

We are hiring for the following tour - [Colonial Virginia: Riding the Road to Independence](#)

Anyone interested or wanting more info is welcome to contact me, although I encourage candidates to first take a look at our Careers page for further info: <http://www.vbt.com/careers/>

I'm also attaching a job description and more details if you'd like to forward it along to anyone interested or publicize it with your group.

We look forward to meeting excellent candidates and showing our guests this beautiful part of the world!

All the best,

Cédric Baele  
Leader Operations Manager  
VBT Bicycling and Walking Vacations  
614 Monkton Rd  
Bristol, VT 05443  
(800) 245-3868 x3423  
(802) 453-6223  
<http://www.vbt.com/>  
[cbaele@vbt.com](mailto:cbaele@vbt.com)



*Note from the editor - I replied to this solicitation with some questions of my own so our readers will have more information. Here are my questions and Mr. Baele's answers:*

*Q1) Who is this job best-suited for? It looks like more than a part-time job (disqualifies me). What hours do the leaders work? Might it be conducive to some retirees or college students? Is it a weekend or week-long?*

A1) The tours run from Sunday to Friday (6days, 5 nights), with a built-in pre and post day as bookends to prepare and clean equipment. While on tour, Trip Leaders give a 100% time commitment as they travel with the group. The hours are usually 7am-11pm on a typical tour day. When we schedule leaders, a full schedule would follow the format of 2 weeks ON, 1 week OFF and so forth. The job is best suited to those with a flexible schedule but we have a wide range of Trip Leaders currently employed – from professionals who lead only a handful of tours to “full-time” trip leaders who make a living by working seasonally (usually bike in the summer, ski in the winter).

*Q2) I hate to ask how much it pays, but.... ;-). Is the pay “supplemental income,” a way to “make a few extra bucks,” or is it full-time?*

A2) While I cannot give you an exact number, the wages exceed the industry average for high-end luxury vacations; so it can definitely be considered supplemental income. As a

former trip leader myself, I can attest that there are not many occupations that are as rewarding and pay as much for a short – but intense – work assignment. Should a candidate be further interested in a position, I would be happy to have that conversation with them directly.

*Q3) I read what looks like a “what to expect” type document on your website. This question is sort of another way of asking about the leaders' hours - Do leaders drive-in from home to prepare riders for the day, then go home after the riders are all settled for the evening? Or are the leaders present the entire time, including overnight, in case the riders need something unexpected?*

A3) Both leaders (we always have two with a max group size of 20) are always present for the whole tour and stay at the same hotels as the group and enjoy many meals with guests. It is an immersive experience for both guests and leaders and helps create a rewarding group dynamic that really allows locals to connect with engaged visitors.

As a former trip leader myself, I can attest to how rewarding it can be to share your local area with our engaged and engaging guests, all while being paid to ride a bike and feel supported by the VBT staff. From a personal perspective, my life has not been the same since I've been with VBT and I truly believe we offer life-changing vacation experiences that enhance local economies, our staff's quality of life and the lives of our guests.



*presents the 2nd annual*

# RICHMOND ENDURANCE ATHLETE SYMPOSIUM AND EXPO

A DAY OF MOTIVATION AND EDUCATION

▶▶▶▶▶ JANUARY 24, 2015 ◀◀◀◀◀

THE WESTIN RICHMOND

[RVAENDURANCESYMPOSIUM.COM](http://RVAENDURANCESYMPOSIUM.COM)



REGISTRATION OPENS  
OCTOBER 1st!

BENEFITS



## PBA Classifieds

PBA Members Only

**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)

**2011 Trek Madone 4.5 (58cm)** - Shimano 105 (except crank/brakes). Purchased in March 2012. Has approximately 6500 miles. Maintained by Bike Beat in Kiln Creek. Excellent condition with exception of minor paint chips in seat stay and chainstay. Upgraded wheels to Bontrager 28-hole Classics. Matte black paint with blue accents. 58cm size is good for riders ~5'11"-6'2". Asking: \$1100. Contact Scott at [StealthTDI@spamarrest.com](mailto:StealthTDI@spamarrest.com) ("PBA" in subject, please). (2/14)

**2012 Schwinn "MADISON"** single speed bike. Size 24" frame (*middle of crank to top seat post*). Frame is black with yellow rims. Purchased \$500 asking \$300. Contact Paul at [Pauly14@verizon.net](mailto:Pauly14@verizon.net) (5/13)

PBA members may place your free cycling related for sale ad. Send ad to Scott Farrell at [StealthTDI@spamarrest.com](mailto:StealthTDI@spamarrest.com).



**BikeBeat**  
Discover the Power of the Bike

[www.bikebeatonline.com](http://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: 22-24 mph (fast and steady)

A pace : 20-21.9 mph (fast and steady)

B+pace: 18-19.9 mph (moderate & steady)

B pace: 16-17.9 mph (moderate & steady w/stops)

C+ pace: 14-15.9 mph (moderate with stops)

C pace: 12-13.9 mph (group will wait for all cyclists)

D/Casual: 10-11.9 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 it's dynamic nature. [See it online.](#)

## 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](mailto: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.

## SEASONAL RIDES (April through September)

**Mondays, 6:00 p.m. - Old courthouse parking lot at 116 Church St, Yorktown:** Join us for 27 mile A and B/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 Todd Chopp (*A group*), [todd\\_chopp@yahoo.com](mailto:todd_chopp@yahoo.com), 757-513-9000 or Scott Farrell (*B group*), [StealthTDI@spamarrest.com](mailto:StealthTDI@spamarrest.com), at 757-880-4070 if you have questions.

**Mondays, 5:00 p.m. (changes to 6:00 p.m. in May) - White Marsh Shopping Center on Route 17 Gloucester -** Join us for a 28 mile A & B Pace Ride, 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.

\***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. Contact Jeff Gainer at 757-880-6267c or [Jgainer@cookandboardman.com](mailto:Jgainer@cookandboardman.com) for more info.

**Wednesdays, 6:00 p.m. - Todd Stadium, Newport News:** Join Bill Newton by the parking lot entrance of Todd Stadium for a fun filled ride thru beautiful Glendale, Maxwell Gardens, Deep Creek, Hidenwood, 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. Diabetics welcome. Call Bill Newton at 757-596-0837

**Wednesdays, 6:00 p.m. - Courthouse parking lot at 310 Ballard St, Yorktown:** Ride length and pace depend upon group (*usually C; 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 B/B+ pace ride. We meet with Bill Monroe's group (*above*) and then separate after a warm-up. The group may exceed a B+ pace. But no B-rider will be dropped. 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 218-3529.

\***Thursdays, 6:00 p.m. - Old courthouse parking lot at 171 Ballard St, Yorktown:** Meet at the corner of Ballard & Main Streets. A/B pace. Call Randy Howell at 757-876-1476.

\*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](http://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 at the end of 2014, will have a shared-use path between Mill Rd and Showalter Rd. This will make our rides through this section much safer. The entire project will finish in 2017. 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