



Chainstay

The Peninsula Bicycling Association

March 2015

Volume 45, Issue 2

Monthly Meeting



Monday
March 9, 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: Planning for
Newport News

By Britta Ayers,
City of Newport News

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Coming Soon: Discussion Forum and Online Classifieds...

When I first became the editor and webmaster, I shared a plan to bring online discussions and classifieds to our website. Obviously, progress has been slow. I am ready to implement these two major features. However, I need some preparation from you before I proceed. First, let me tell you what's coming:

Our Facebook page is a good place to see announcements for events and rides. However, we have intentionally setup the page so that only PBA officers and ride leaders may post announcements in order to maintain a high signal-to-noise ratio. This is especially important in Facebook since not everyone there is a PBA member. Our forthcoming discussion area on [PBA's website](#) will be available to PBA members only and will allow semi-private discussions among our members.

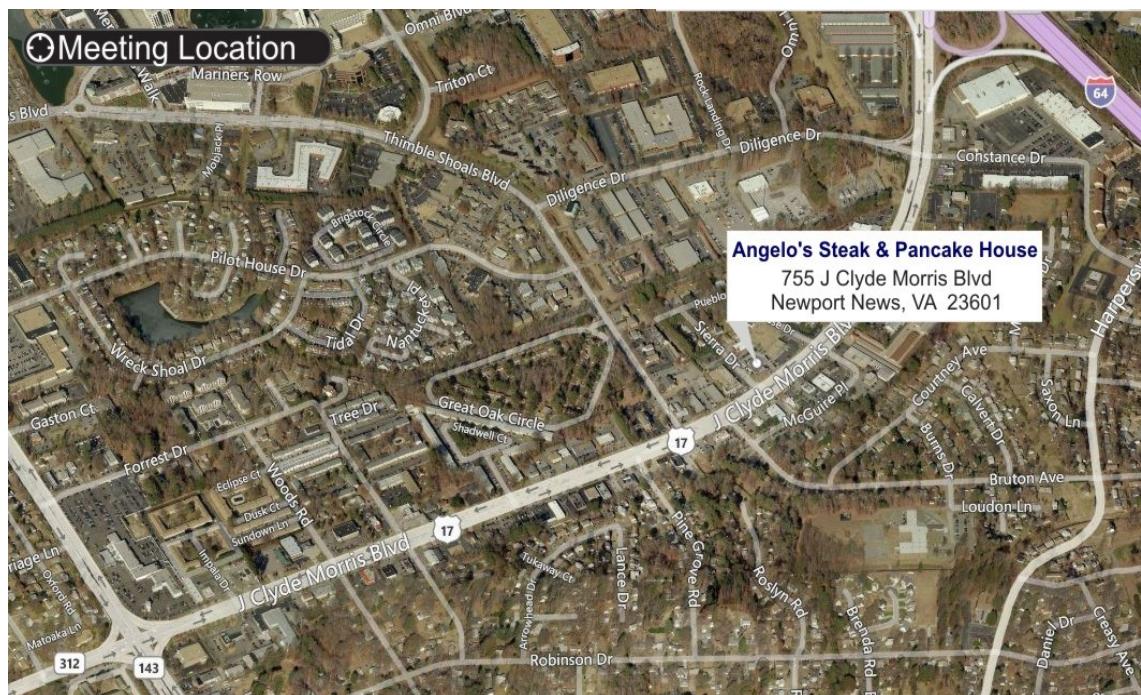
The classified page will be visible to the public, but only PBA members will be able to post ads. This should enable sellers to reach a wider audience than current Chainstay readership. Rather than ads tailored to fit within a Chainstay column, PBA members will be able to feature ads with as much detail as desired as well as a few photographs. Details will come later.

I plan to enable these features on April 1st. **Please use the month of March to review your personal profile** and ensure you are sharing the information you want or need to share. Once you participate in a discussion, readers will be able to identify you, click your name, and read whatever information you have chosen to share (*or not chosen to hide*). You may view and edit this information by visiting <http://pbabicycling.org/profile>.

-Scott Farrell

March Meeting Program — Plan for Newport News

Join us with Britta Ayers, Manager of Comprehensive Planning for the City of Newport News, for a brief PowerPoint presentation on the comprehensive plan Newport News is putting together and a brainstorming session to discuss local cycling issues.



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, rrflannery@cox.net Vacancy (contact Sharon to apply)

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
Webmasters	Scott Farrell, stealthtdi@spamarrest.com Jay-T Thompson, chainringoutlaw53@verizon.net
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.



A Few Notes...

by Sharon Bochman

We need a few more volunteers to ride as road marshals for the [One City Marathon](#), which will be held Sunday, March 15th. I am organizing the bike road crew and only have three spots left. If anyone is interested in riding, please contact me at 757-272-4153 for more details.

Also, for the One City Marathon, Team Killer Bees is looking for a LARGE spirited crew to hand out water to passing runners in Hilton (*less than one block from Village Bikes*). We would like to have a LARGE showing of cyclists there to show that the cycling community is fully supporting our running community. Art Wolfson is taking names of volunteers for the Killer Bee watering hole and can be reached at 757-879-5683. Once we have everyone's e-mail address, we will send out an e-mail detailing race day logistics. There are currently over 1,500 people registered. Organizers expect over 2,000; so it's going to be CRAZY!!! It should be a lot of fun, so bring your fun signs and cowbells!

The 2nd annual PBA Membership Social will be held in two locations this year. The first is Tuesday, March 24th at BikeBeat in Yorktown at 6:00pm. The second opportunity will be at Village Bicycles on Thursday, April 2nd at 6:00pm. Both bike shops will offer PBA discounts and demonstrate new items they are carrying. Also, the PBA will have information available for the Tour de Cure, the MS150 and the Smithfield Challenge. We will be raffling off prizes at both bike shops, so there will be LOTS of FREEBIES!!! The Bartending School (*two doors down from Village Bicycles*) is even sending a training bartender down with "Mocktails." It should be really fun!

I hope to see you there!

Sharon Bochman
bochman@cox.net

Bicycle Camping, Anyone?

by Scott Farrell

If you haven't looked at the "[Rides and Meetings](#)" page on our website recently, then I want to bring your attention to a special overnight ride that's being hosted by Scott Blandford on April 11th. He's calling it an "[Intro to Touring Trip](#)" with the hopes of creating a group of regular bicycle tourists within the PBA. PBA's mission statement describes us as "*a bicycle touring and social club for people of all ages.*" That leads me to believe that PBA had a prevalent group of tourists at some point. We have a few individuals who tour from time to time. However, their identities and touring habits are largely unknown by others in the club (*please contact me if you have a story to share*).

Scott's upcoming overnight ride could rekindle a group of tourists. I hope to pique interest in this ride by featuring some articles about overnight riding in the March and April Chainstays. The articles focus on single-night trips, sometimes referred to as "*S24O*" (*sub-24hr overnight*) rather than extended tours. If you're wondering where you've seen that term before, I shared [this story](#) in the May 2014 Chainstay.

So you don't have a touring bike? No problem! Your aluminum road, hybrid or mountain bike may have rack mounts. No rack mounts? Hauling cargo on your bike is not completely out of the question. Check out [this rack](#) (*mounts to quick-release skewer and brake bridge*) and [this optional mount](#) for ideas to add cargo to your bicycle. I wouldn't load 50-lbs and trek across the country with this setup. But it should work for an overnight trip. You might also consider a handlebar bag, an [OMM rack](#), or a [really large saddle bag](#). Remember, this is just a taste of touring/camping to see if it's right for you. The investment is relatively small.

Join Us!

Scott Farrell
<http://CaptainOverpacker.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.

Bike Overnights?

from BikeOvernights.org

From: [http://
www.bikeovernights.org/
page/what-is-a-bike-
overnight](http://www.bikeovernights.org/page/what-is-a-bike-overnight)

What exactly is a “bike overnight?” It’s a short bike tour where you start riding on one day, stop and stay the night somewhere, and then ride back the following day (*or the day after that*). Bike overnights are also known as "S24Os" or "sub 24-hour overnight" -- coined by Grant Petersen of Rivendell Bicycle Works.

Bike overnights can be camping trips, or they can be getaways to a local inn, hostel, or B&B. For those of us who love to bike tour, but don’t always have the time or money, bike overnights are a great option. For riders interested in touring, but are inexperienced or concerned about what touring requires, bike overnights provide an easy way to test the waters before heading out on an extended adventure.

Bike overnights are different from longer tours in several important ways. Overnights are easy to do from your front door or a nearby transit stop. If you have a technical problem, (*or the weather is lousy*) at least you can get back home in a jiffy and learn from your mistake. Overnights can be done inexpensively, heck, just for the cost of the food you take. Overnights are also easy to do with friends and family -- you can try a bike trip with different riding companions as a bridge to future, longer adventures!

BikeOvernights.org is meant to provide inspiration and resources to help you get out and enjoy short bike adventures.

Top 10 Reasons to Go Overnight

- Doesn’t take a lot of prep time
- Fun for all ages
- Good intro to bike touring (*some say it's the "gateway drug!"*)
- Nice way to spend the weekend
- Can be done on a limited budget
- Can be done on almost any kind of bike
- Great way to get exercise
- Extends the pleasure of your commute
- Good practice for longer tours (If you forget something big, you’re not out for long!)
- Friends you invite along can’t say they don’t have the time



Gear Lists

Small, lightweight backpacking gear is ideal for a bike overnight. If this is your first time though, don’t get wrapped up in shopping for gear right away. You could spend a lot of money and realize your first time out that you overlooked something important! Make do with what you have on your first couple of trips or borrow from a friend. You’ll start to recognize what new pieces you may want to purchase to improve your experience in the future. There are lots of different opinions on the best gear for an overnight! Of course, some of it is somewhat dependent on the season and weather.

The Basics for Camping:

Sleeping bag
Camp pad
Small tent, bivy sack, or camp hammock
Food (*or a nearby dining establishment*)
Personal items: toiletries, etc

Deluxe Gear List:

Perhaps you’re not a minimalist. Just remember: everything you bring adds weight to your bike. If you have much hill climbing or a lot of mileage planned, you may want to reconsider how much you take along.

Add to Basic List Above:
Route map(s)
Camp pillow or stuff sack
Cooking equipment (*small stove, cookware, utensils*) including food
Camp chair
Headlamp or flashlight
Pocketknife
Waterproof matches
Two sets of bike clothes
Two sets of off-the-bike clothes
Raingear
Cold weather gear
Shoes/sandals
Bathing suit
Towel

Other possibilities:

Books, camera, playing cards, sports equipment, fishing gear, radio/iPod/MP3 player, and more!

Five Tips to Get Your Stolen Bike Back...

by The Editors of Bicycling

[http://www.active.com/
cycling/Articles/5-Tips-
to-Get-Your-Stolen-Bike-
Back](http://www.active.com/cycling/Articles/5-Tips-to-Get-Your-Stolen-Bike-Back)

Last fall, police officers in the cycling-friendly town of Davis, California, recovered almost 70 stolen bikes they believe are linked to a single thief. But in roughly half the cases, officers say now, they have a problem: They can't press charges unless they can find the bikes' owners.

"We have to have a victim before we can charge for the theft," Davis Police Sergeant Mike Munoz told the Davis Enterprise's Lauren Keene. A related problem: Without theft reports, police obviously can't reunite the bikes with those rightful owners. The bikes that go unclaimed, by law, will be returned to the pawn shops where the thief or thieves fenced them.

Bike theft is often not a high priority for municipal police departments—a fact that produces a fair bit of grumbling among cyclists whenever a bike goes missing. But as the Davis case points out, part of the problem is that bikes are difficult to trace in ways that other expensive pieces of personal property, like cars, aren't.

The issue may be partly circular: Bike owners don't take some anti-theft steps because they don't believe police care much about bike theft; cops don't actively pursue bike theft because sometimes owners haven't done the things that make it a pursuable case. In the unfortunate event that your bike is stolen, it pays to put yourself in the best possible situation to recover your ride.

Record It

When you buy a new bike, or other expensive piece of equipment like wheels, keep copies of the original purchase receipts. It's a key way to prove ownership.

Register It

All bikes have serial numbers, right? These are useful in warranty situations, but also to record proof of ownership. Most municipal police departments have bike registries. You'll likely get a tamper-proof registration sticker to put on your bike, but the information will also be kept in a police database and



can be used in the event of theft. You may have to visit a local precinct for this, but some bike shops are equipped to register your bike right there. Don't believe this is important? In Davis, police cracked the case in part due to registrations that showed the bikes were others' property.

We should note that this is different than the hotly debated bicycle licenses you sometimes see proposed to ensure that cyclists pay "their share" of road maintenance (*a canard we won't bother to debunk here*). One of the best aspects of registration is there's no reason for the police not to pursue the case. If you ever sell the bike, make sure to give the buyer a receipt and tell them about the registration.

Insure It

Most homeowners' and renters' insurance policies cover theft of personal effects even outside the home. But check your policy for specific restrictions, like reimbursement limits. If you've got some fancy rides, you may need a special, additional policy called a "rider." As well, make sure the coverage is replacement value rather than actual cash value; a five-year-old bike will depreciate far below its replacement cost, especially when you take into account the standard deductible.

Label It

We'll be honest—many stolen bikes are never recovered. But there are some methods to help ensure what's yours stays yours. One old trick: Write "This bike belongs to" and your contact info on a small piece of paper. Waterproof it (*laminating or even covering it*



Continued on [page 9](#)...

Ride an S24O: The Quick and Easy Bike Tour

By Grant Petersen

From: [http://
www.motherearthnews.com/
green-transportation/s240-
bike-touring-
ze0z1301zgar.aspx](http://www.motherearthnews.com/green-transportation/s240-bike-touring-ze0z1301zgar.aspx)

Forget the pressure to become a racer — just enjoy cycling with a "sub-24-overnight," a relaxed approach to bike touring.

The most fun I have with my bike is during overnight bike-camping trips in the local hills. I call them Sub-24-Hour Overnights, or S24Os, and mine average sixteen hours, typically from about 5:30 in the evening to 9:30 the next morning. I've gone on several solo, but the best ones are with good company. I go with one to four of the guys from work, and sometimes local friends.

We load up the bags and baskets with what we need for the night, and leave in the afternoon or evening, and after one to three hours of riding we find a place with a good view and settle for the night. It doesn't matter if there are city lights and hustle-bustle a few miles away and visible in the distance; there may not be any way around that. You don't want to hear boom boxes, but even just one mile of pavement-free earth between you and city lights and noise is enough isolation to let you pretend you're in the boonies.

The great thing about the S24O is that it minimizes any problems in planning, packing, weather, bike imperfections, or anything else that might wreck a long tour. If you mess up and forget to bring something, or if the weather turns foul, it's OK, because everything will be back to normal tomorrow.

Nearby open spaces and parks are ideal places for an S24O. Sometimes you have to get a permit, and these days you do that online. When you're out there, don't whoop it up or set the woods on fire. Pack out more than you pack in, and you won't go to hell or jail for stealth camping. The more official the camp spot, the more comfortable it's likely to be.

If you live in the middle of a metropolis that would take you an hour of dreadful riding to escape, drive or have somebody drive you to a point where the riding is decent, and ride from there. Remember, it's just a quick, informal bike trip, so there's no shame in getting a head start by car if that makes it easier.

Who to go with: friends, yourself, or family. Not every member of your family may be up for a tour with a week of fifty-mile days, but they might go for a two-mile pedal and one woodsy overnight if you promise they can leave at 6 p.m. and be home by 9 a.m. the next morning. If they hate it, it's only a night, and they'll still be proud as they brag to their friends about how much they hated it, and they'll be secretly glad they did it.

What to take bike-camping

Here's a list that'll get you through the night. You can add to it or subtract from it to suit yourself, but this is a good list:

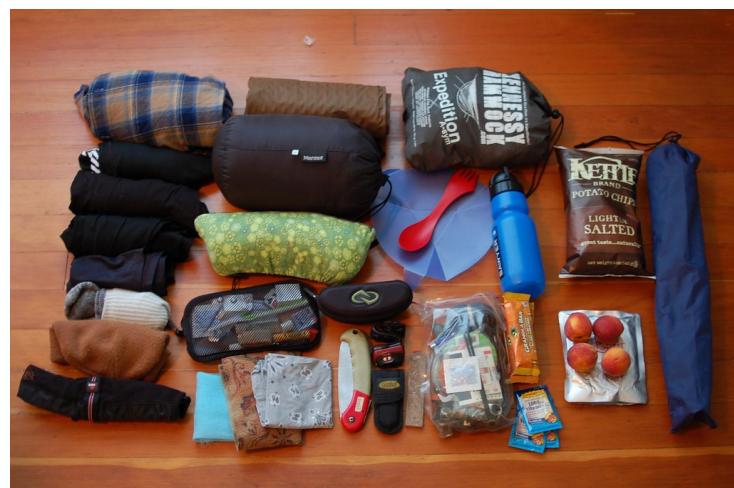
- sleeping bag
 - sleeping pad
 - pillow
 - tent, for the rain, wind, or bugs
 - sleeping clothes (*wool underwear and beanie*)
 - headlight and book
 - toothbrush kit
 - extra clothing for sitting around camp when the sun's down
 - knife, because you go to the woods, you bring a knife—it's basic
 - food—and, if you want it hot, a stove
 - bowl or plate, and spoon or fork
 - bandanas or paper towels, for clean-up



Those are the basics, but there's no shame in bringing tiny electronics, or big, bulky gear you think you'd like to have out there. I once took fifty-five pounds on a winter overnight with two friends, because I thought there was a chance it would rain until noon the next day, and I thought an extra tent big enough for the three of us to walk around in might be good. I grunted with the weight up a long climb, but I wasn't looking at a week or more of that. You can get away with a lot on an S24O.

The S24O is a great way to practice bike touring and get a feel for what you like and don't like in camping gear before committing to a three-week trip with it. Any longer trip, even a day longer, requires a lot more planning. You have to rearrange your schedule or get special time off. If your family isn't into it, you feel guilty leaving them. On a long tour, if something goes wrong or you've packed or planned wrong or the weather turns rotten, you suffer for days. A tour locks you in, and an S24O gives you an escape hatch the next morning.

I've been on ninety or more S24Os in the past several years, every one of them squeezed into a sixteen-hour period between about 5 p.m. and 10 a.m. They're a perfect use of a bike. On an S24O, you use your bike to get someplace faster than hiking and where cars can't go. I suppose you could hike your S24Os, but you wouldn't get as far away. Plus, riding home the next day beats hiking home the next day, any day.



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

American Diabetes Association.



**Saturday April 25, 2015
King's Fork High School
Suffolk, VA**

What **BIG IDEAS** will advance bike advocacy?

BIKES+



Find out at the National Bike Summit

March 10-12, 2015



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.

PBA is Supporting...

www.ONECITYMARATHON.com

THE NEWPORT NEWS



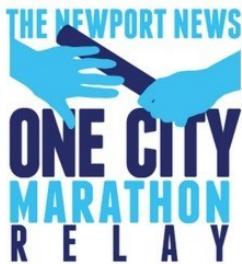
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THE NAUTICAL MILE



ONE CITY, ONE CELEBRATION



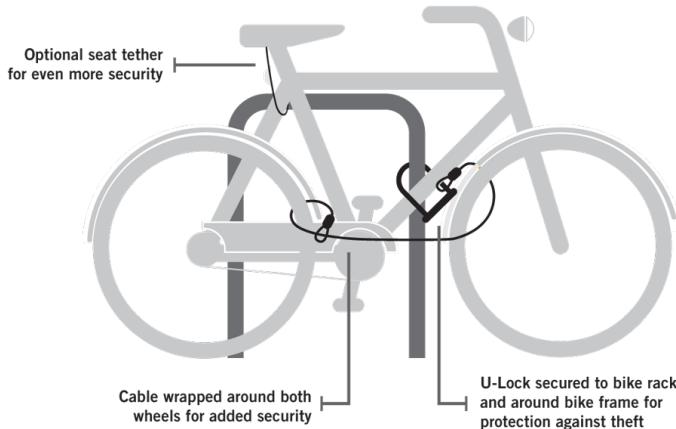
MARCH 15, 2015

Get It Back...

continued from [page 5](#)...

with packing tape works) then fix it to the inside of your seatpost so that it sticks out slightly. If the bike ever turns up at a shop, a sharp mechanic may notice the label doesn't match the name on the repair form. There are a few higher-tech solutions as well, like the Bike Spike and the Spy Bike; the Bike Spike uses GPS and cell technology, while Spy Bike relies on cell reception.

How to properly lock your bike



Report It

If your bike is stolen, make sure to report the crime to local police (*no, don't call 911 unless it's a theft in progress*). If the cops don't know your bike is stolen, they can't get it back to you. Similarly, you can't make an insurance claim without proof of theft, which is most commonly a copy of the police report. When you file a report, ask for a specific officer's contact information for follow-ups; don't settle for calling the general line.

Watch It

As the Davis case showed, pawn shops are common places for thieves to sell stolen bikes. If your bike gets pinched, contact local pawn shop owners and ask if they've seen it. If not, give them specific info about your bike so they can report it as stolen if the thief does bring it in. They should call police if it shows up, not you.

Similarly, keep an eye on Craigslist and eBay. The latter site takes fraud seriously and is typically responsive about shutting down auctions of stolen goods, as long as you provide proof (*another situation where the police registry is handy*). Craigslist is more the wild west, but if you spot your bike on it or any local auction site, contact the police right away. While there are stories of folks recovering their bikes personally, it's dangerous; don't directly contact the seller or try to get your bike back on your own.

As far as the Davis case goes, don't worry that the thief will walk free. While roughly half the bikes weren't reported stolen, the suspect still faces six felony and more than 20 misdemeanor charges.

How About Randonneuring?

[Tidewater Randonneurs](#) has survived its first couple of years as an official chapter within [Randonneurs USA](#) (RUSA). Last year, Tidewater Randonneurs hosted [ACP](#) rides of 100km, 200km, 300km, and 400km. New for 2015, Tidewater Randonneurs will host its first [Super Randonneur Series](#), a series which consists of 200km, 300km, 400km, and 600km ACP rides in a single season.

One somewhat unique aspect of Tidewater Rando's particular series is that all four rides take place in fairly-flat terrain. All rides start in Suffolk and head west or south into North Carolina. Some may argue that this could be one of the "easiest" series in the region. I'm going to begin the series and see if my schedule and health allow me to make it through to the end. Hey, "it's only four rides," right? 😊

RUSA membership is not required to enter these events. However, the club does adhere to [RUSA's Rules](#). Riders entering 300km or longer rides will have their bicycles inspected for adequate lighting and must wear approved [reflective gear](#) (*vest and ankle bands*).

Read more about randonneuring [HERE](#). If you like what you see and want to tackle a timed ride that's longer than a century, then take a look at Tidewater Rando's brevet schedule below:

Date	Distance	Route	Fee
3/21/2015	200k	Suffolk-Skippers	\$5
4/18/2015	300k	Suffolk-Skippers-Lake Gaston	\$10
5/2/2014	400k	Suffolk-Lake Gaston-Ahoskie Loop	\$20
6/13/2014	600k	Suffolk-Lake Gaston-Washington Loop	\$40

Feel free to contact me if you're interested in riding in any of these events. I'm not the organizer, but I can put you in touch with him.

Happy Riding!

Scott Farrell
RUSA #8059



Riding Out Yonder...



April 18, 26th Annual Ocean to Bay Bike Tour - Offers you a leisurely ride through the beautiful countryside of The Quiet Resorts. Riders of all ages will find the flat terrain an enjoyable ride whether they choose the 5-mile, 30-mile, or 50-mile course. For more information visit: <https://business.bethany-fenwick.org/events/details/ocean-to-bay-bike-tour-834>

April 18, 21st Annual Tarwheel Century - Camden, NC. "The World's flattest Century" will be one of the most beautiful rides you can do. Our completely sagged century will take you through the historical downtown areas of both Elizabeth City and Edenton, NC. Expect azaleas and dogwood trees in bloom along the attractive waterside. All cyclists are welcome, families too. Visit <http://www.rivercitycyclingclub.com/>.

April 26, 5th Annual Draw for Sight Bicycle Poker Run - Betterton, MD. The Chestertown Lions Club welcomes cyclists to **Draw For Sight** Bicycle Poker Run Ride. The tour consists of a 36 or 60 mile rolling to flat course. The route takes in the scenery of the heartland of Upper Kent County in Maryland including farmlands, old country homes, quaint towns, and great country stores. The ride goes through historic Chestertown. Visit <http://chestertownlions.org/> for more information.

May 2, 39th Annual Knotts Island Century - The Tidewater Bicycle Association proudly presents its signature event, the 37th Annual Knotts Island Century ride. One of the ride's highlights is that the English and Metric Century both cross the Currituck Sound on the North Carolina State Ferry, from opposite sides. New century option with no ferry crossing. Visit <http://www.tbarides.org/> for more info.

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 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 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 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 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 20, 11th Annual Pencil to Big Walker Charity Ride - Wytheville, VA. Formerly the Big Walker Century Ride, 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. The ride offers four recreational routes: 100 miles (3 climbs), 62 miles (2 climbs), 45-miles (1 climb), and 30-mile fun ride (no climb). 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/>

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>.

Do you know of a ride you'd like to share? E-mail me to add it here.

"SPECULATIVE" dates are not firm, but are estimated by Chainstay editor based on the previous year's date. This date will be updated when the actual date is official on the host's website.

PBA Classifieds

PBA Members Only



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.

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)

PBA members place your free cycling related for sale ad.
Send ad to Scott Farrell at StealthTDI@spamarrest.com.

Announcements

CHILI AND BEER - Join the Tidewater Bicycle Association on March 7th for the 2015 Edition of the Chili Ride at Smartmouth Brewery! All paces with distance options from 10-28 miles. Shorter distance/slower paced rides will go north along the Elizabeth River trail through ODU and Larchmont and longer distance/faster paced rides will travel to the Jordan bridge to perform an assault on "Mt Norfolk." Visit <http://www.tbarides.org/event-1859848> for details and to sign up. Registration is currently open. Ride limit is 150 participants and fills up fast.

Wounded Warrior Ride and Chili Party - Glenn Young will once again be hosting the Wounded Warrior Ride/Chili Party at his home on Saturday, March 28th at 9:00 am. This ride is a great training event for the MS150 and Tour de Cure and a great way for the PBA to help support the Wounded Warrior Project (<http://www.woundedwarriorproject.org/mission.aspx>). This is a fun ride even if you are not riding in the MS150 or TdC. Join us!

The course is rural roads with little traffic and a few hills for Hammerheads! Afterwards we indulge in chili, nibbles, and adult beverages! And if you just want to come and hang out, do that too. Riding is not required, although there will be a C-pace group for those that want to just take a leisurely ride through the country side! Parking is on site at Glenn's house (25573 *The Trail, Mattaponi, VA 23110*) or across the street in the church. RSVP not required.

Please bring with you:

- New or Slightly used Cycling clothing and Equipment to be donated to Wounded Warriors
- Side dish/nibble to share
- Any adult beverages you would like to consume (or share J)
- Enough water/snacks for your ride. There are no retail stops available.

See [our website](#) for more details, including items to bring.



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 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 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.

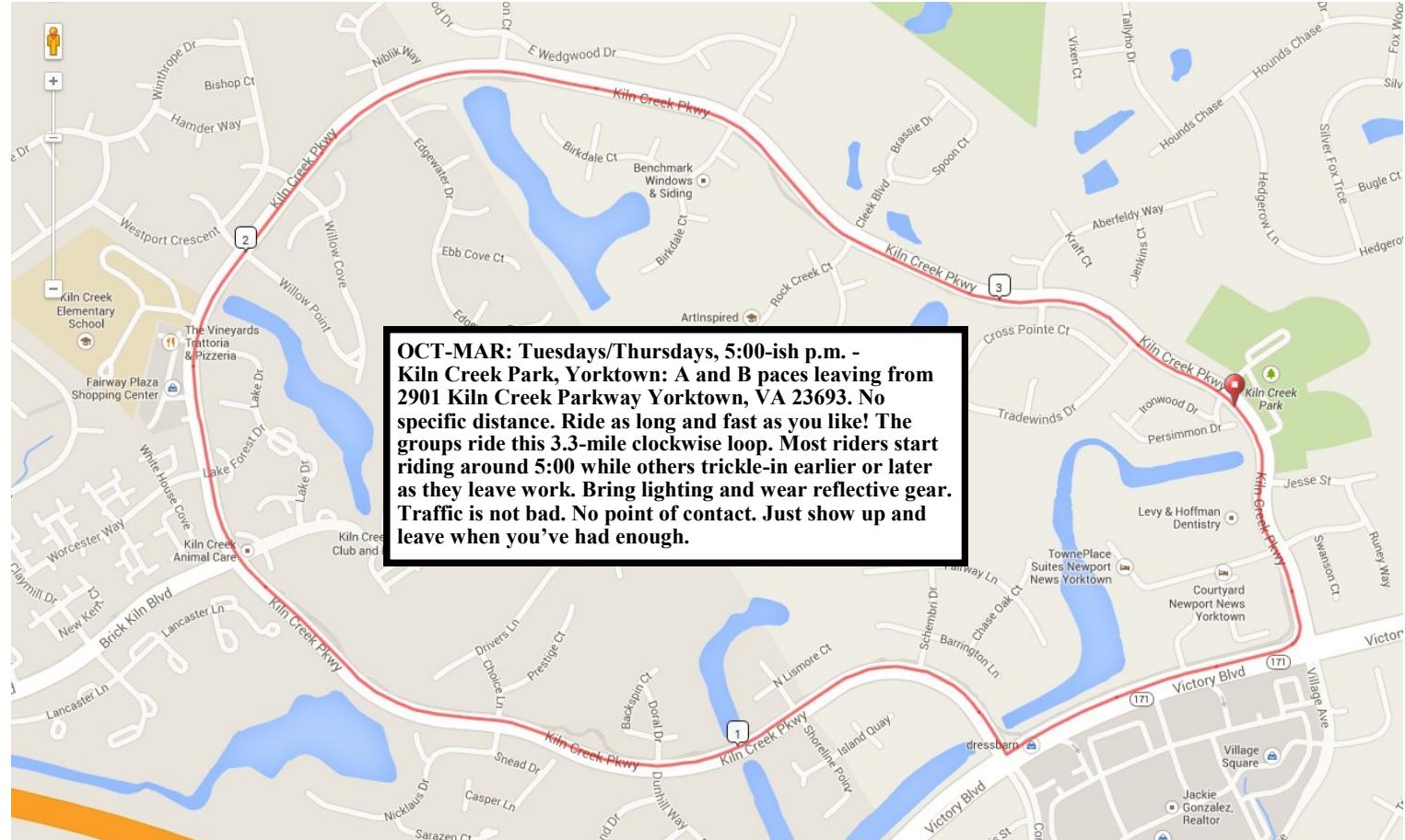
***Saturdays, 8:00 a.m. - Washington Square parking lot, Grafton:** B+/A- pace ride leaving from Food Lion at 5210 George Washington Memorial Hwy. Contact Jeff Gainer at 757-880-6267c or Jgainer@cookandboardman.com for more info.

***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