



Chainstay

The Peninsula Bicycling Association

March 2014

Volume 44, Issue 2

Monthly Meeting



Monday
March 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

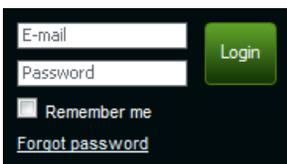
Program: Boy Scouts of
America by Richard L.
Johnson

PBA's New Website Is Coming Soon!

from the Editor/Webmaster

Those who attended February's PBA general membership meeting got a preview of our new website. I'm almost ready to launch the new site. The web address will not change from www.pbabicycling.org/. Our current provider will simply redirect traffic to the new location. Since I'm military, I feel compelled to call that "Phase 1." HAHA! Some of your bookmarks to specific pages may vanish during the move. I'm keeping the page names the same. Therefore, I hope everything magically works. Unfortunately, I cannot guarantee old bookmarks will work. I'm still finalizing some of the content. I also want to ensure you have a chance to read this and know it's coming before I redirect traffic to the new site.

The new website brings a new look and incorporates much of the content from Team Killer Bees' old website. It will provide membership management, online payment options, e-mail list management (*including opt-out settings for you*), a classified section with photos (*I've been promising that for a while*), a discussion forum (*members only*), and ride/event management for select ride leaders. It's a lot to take in. It'll make more sense once you see it. Please look over the site and feel free to contact me if you see typos, broken links or other questionable content.



You will notice a sign-in area in the lower right corner of the page. Please do not contact me to request a username and password. You will receive an e-mail from the server to establish your account within the next 30 days, aka "Phase 2." The message will appear to come from me (*I think*) and will contain a temporary password. Follow the link to set up your account. This is when you can set your privacy settings, including what e-mail you receive from us. Initially, we can provide only one account per family due to the cost of the new site. I expect to see this change once the database and membership management has stabilized.

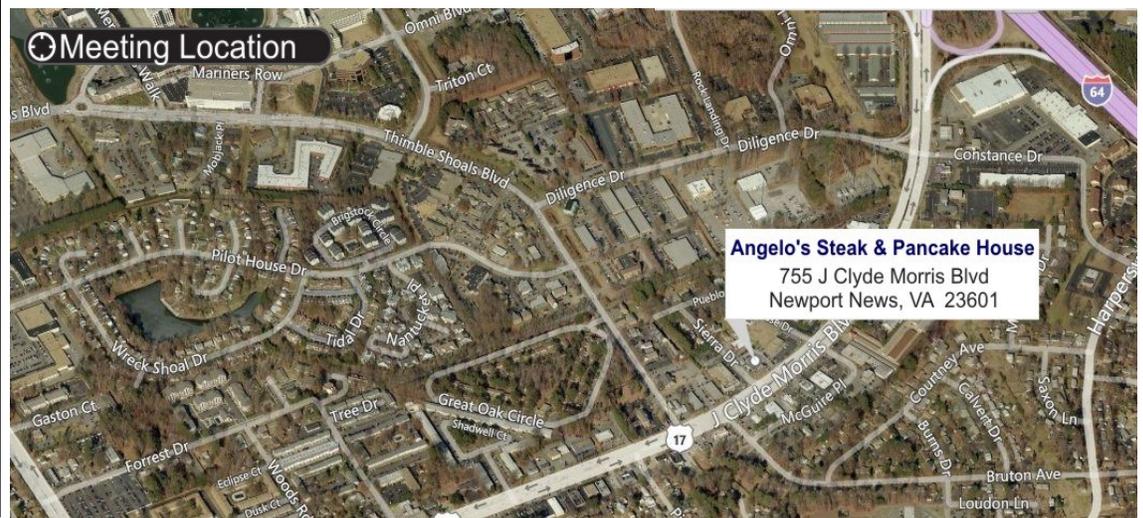
"Phase 3" will happen sometime in May-June when we sever all ties with our current server. We may experience a hiccup. I will do my best to ensure this can not happen before killing the old account.

March Meeting Program — Boy Scouts of America

Richard L. Johnson, Field Director for the Colonial Virginia Council of the Boy Scouts of America, will discuss the Scouts' bicycling merit badge, ways they are promoting bicycling, and the volunteer services they will provide during our upcoming events.

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The month of February has certainly been a busy one!

We started the month out with our rescheduled (*due to snow*) first ever PBA Membership Drive hosted by Bike Beat in Yorktown. Even with the reschedule, we had 63 people in attendance. Scott Blandford, John Parker, Mary Hughes and I were busy all night taking membership applications. Many people renewed but we also had a lot of new members sign up too. We received 17 applications overall. We are now discussing not only making the February event an annual one, but also having another drive hosted by Village Bikes in Hilton Village at the end of the riding season.

Later, Scott Farrell, Maria Lyons and I attended the 2014 Tour de Cure Kickoff Event to recap the previous year and to get motivated to assemble our 2014 team. Last year was our first year participating as Team Killer Bees and we had 20 riders. I was proud to realize our 2013 team placed #9 overall in total funds raised. I accepted a beautiful plaque for our team's accomplishment. We had so many hard working cyclists raising money for Diabetes research like Tracey Atterbury, Jan Carlson, David Palagyi and Carl Killian (*Sorry if I missed someone!*). This year, our team is even larger. We currently have 28 members and we are #1 in the Club/Organization category for fundraising so far. This year looks even better!

Another quick mention of several exciting things going on... Mary Hughes and Jack Liike held our first ever Ride Leaders meeting. We met on a Sunday afternoon and had 18 Ride Leaders show up to brainstorm ways to make PBA work better. We discussed several great ideas and are making plans to implement new ideas. We created our own PBA Facebook Page which gives us more flexibility to give riders another way to find out where the groups are meeting. Scott Farrell and Scott Blandford have been working very hard on our new website which is about to go live in March. If you missed our last Membership meeting, Scott Farrell gave us a test drive and you are going to love the new website!

Also, Patricia D'Elia, the Smithfield Challenge Committee Chairman, held a meeting with Bill Nuckols, Lamont Poole, Mary Hughes, Scott Farrell, Vince D'Elia, and me. Bill Nuckols had already worked on the routes with his son-in-law, Stuart Fielding and they created what we think is going to be a great ride. The route options will be 25 miles, 46 miles and 64 miles. We even discussed placement of rest stops and port-a-potties. Now if we can get some good weather, we will get out to pre-ride the route very soon.

March will also be a very busy month with Team Killer Bees ramping up their team for the MS150 and Tour de Cure. Check pbacycling.org, your e-mail inbox and the Facebook page for updates on our rides.

Sharon Bochman



PBA Website:
www.pbacycling.org

PBA Board Meeting

PBA Officers and Executive Committee meet on the first Monday of each month at Carmines Robbins & Company, 11815 Rock Landing Drive in Newport News. All PBA members are welcome to attend and contribute to discussions which will form the direction of the club. Business also includes planning 2014 PBA events.



PENINSULA BICYCLING ASSOCIATION
 P.O. Box 12115
 Newport News, VA
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PBA Affiliations:



2014 Officers

| | | |
|-----------------------------|---|--------------|
| President | Sharon Bochman, bochman@cox.net | 757-868-4120 |
| Vice-President | Mary Hughes, justmarybee@gmail.com | 757-713-9321 |
| Treasurer | John Parker, johnjljr@verizon.net | 757-898-7147 |
| Secretary | Scott Farrell, StealthTDI@spamarrest.com | 757-874-2881 |
| Executive Committee Members | Bill Nuckols, wmnuck@cox.net Tregg Hartley, tregg.hartley@verizon.net Bill Newton, williamnewton1@verizon.net | |

Committee Chairs

| | | |
|---------------|------------------------------------|--------------|
| Ride Schedule | Jack Liike, jliike@hotmail.com | 757-788-1196 |
| Membership | Scott Blandford, csbford@yahoo.com | 757-256-9391 |
| Publicity | Vacant (anyone interested?) | |
| Safety | Gale Harvey, harvey.gale@gmail.com | 757-723-7148 |

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 (*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 Network Solutions.

Cars Versus Bicycles: Where's the Justice?

by Marc Lindsay, Active.com

<http://www.active.com/cycling/articles/cars-versus-bicycles-where-s-the-justice>

Note: We've read about plenty of car-bike crashes lately. It seems fitting to share this article.

In 15 years of cycling, I'd never had a close call with a car. But after relocating from the Pacific Northwest to Southern California this past year, I had a wake-up call. Well, two actually. I was struck by a car while riding in the bike lane, twice, in less than two months.

The first accident was the result of the driver's failure to stop at a stop sign. The second was the result of youth: a 16-year-old test driving a new car with her father and a salesman made a right-hand turn right into me as they pulled into a dealership. Neither accident was avoidable, but luckily I wasn't seriously injured.

These things just happen, right? After all, I could be killed in an airplane crash, or in a car on the crazy California freeways. It's a risk that cyclists have to accept, frightening as that may be.

More: [How to Handle a Bike Accident With a Vehicle](#)

What was much more of an eye opener for me was the lack of accountability that the drivers in each incident were held to. In both cases, neither driver was cited for any wrongdoing, nor were tickets issued.

How could this be? If a car turned right into another car's path for no reason other than they didn't see it, someone would be ticketed, wouldn't they?

This controversy isn't a new one. Last year, a New York Times article asked: "[Is it OK to Kill Cyclists?](#)" The article brought up several incidents in which cyclists weren't only injured, but killed, and no traffic citations were issued. In fact, several cyclists were issued citations for holding a vigil at the scene where one of these accidents took place.

According to Seattle-based cycling attorney John Duggan, this scenario is all too familiar. "There have been few criminal prosecutions in bike-versus-car cases that didn't involve a DUI or hit-and-run situation," Duggan said. "The reason is that most of the situations didn't rise to the level of vehicular assault or vehicular manslaughter because of the lack of intent or reckless disregard for human life."

"In most situations, it's simply a situation where the car driver fails to yield the right-of-way to the cyclist because the car driver doesn't see the cyclist. Car drivers are looking for other cars, not bicycles."



3-Chainstay



Be that as it may, bicycles have just as much legal right to the road as a car. It may be true that most non-cyclists view bicycles as nothing more than a toy. Sadly, this point of view causes cyclists to be treated as second-class citizens in the eyes of police and the judicial system. And if this is in fact true, how can cyclists continue to ride on the road without fear? Drivers aren't aware of cyclists, and the justice system has given them little reason to change this behavior.

More: [Your Bike Was Mangled By a Car...Now What?](#)

A recent [survey](#) in Portland determined that there are four types of cyclists:

1. Those who are strong and fearless on the road, representing less than 1% of the population.
2. Those who are enthused and confident on the road, representing 7% of the population.
3. Those who are interested in cycling more but are concerned, representing 60% of the population.
4. Cyclists who will not ride on the road under any circumstance because of fear, representing 33% of the population.

The total number of cyclists who ride daily, even in a city like Portland, is dwarfed by the number of trips taken by car each day. And out on the roads, and in the eyes of the police, the majority rules. For me, this is a major concern. If drivers don't have to fear punishment when an accident occurs, what incentive is there to remain vigilant of cyclists on the road? And if cycling is to continue to grow in numbers, people can't be scared to ride the roads because of fear of an accident.

More: [Do You Need Bike Insurance?](#)

Fortunately, several states have adopted new laws to try to right many of the legal missteps. Vulnerable User Laws, or VULs, enhance the penalties when a person is convicted of an offense that causes physical death as a result of using a public road. These laws provide better protection to pedestrians, cyclists, highway workers and skateboarders, and a sentence requires those convicted to complete traffic-safety courses, serve 200 hours of community service, and pay a fine of up to \$12,500 with a possible suspension of driving privileges for up to one year.

[Continued on page 5](#)

3 Exercises to Treat Neck Pain From Cycling...

by Jessica Kisiel, The PF Athlete

<http://www.active.com/cycling/articles/3-exercises-to-treat-neck-pain-from-cycling>

Warm weather is coming. Your first ride may leave you with neck pain. These exercises may put you in a better position (pun) to avoid neck pain from the start of the 2014 cycling season. -ed.

A cyclist's position, especially on a road bike, requires you to hold the head at an exaggerated curve to counter the rounded position of your upper back. That can be a lot of weight to hold up considering that the head, weighing in at 8 to 11 pounds on average, is supported only by the muscles of the neck and shoulder. And the more aggressive the position you ride in (such as when you're in the drops), the more your upper back will round and the less muscular support you'll get from the shoulders.

Staying in this position for prolonged durations, as you do during a long ride, can lead to muscle imbalances and pain. The front of the neck becomes lengthened while the back of the neck shortens. Consequently, muscle tightness and knots can develop on both sides of the neck, limiting range of motion and altering your posture.

Fortunately, only a handful of your 24 hours is on the bike, leaving you enough time in the day to reverse the strain. By building an aligned posture, you can learn to optimize your strength and balance your body to decrease stress on the overworked muscles of the upper spine and prevent injury.

More: [3 Posture Exercises to Keep You Cycling Strong](#)

Try these three exercises right after a ride to rid yourself of a pain in the neck.

Posture Exercise #1: Shoulder Shrugs

Stand with your back against a wall. Keep your heels touching and your feet hip-width apart, facing straight ahead. Take note of how your shoulder blades are in contact with the wall. Most likely you'll feel only the inner edges in contact. Pull your shoulder blades down and together to flatten them against the wall. Make sure not to bring the shoulders up. You should not feel increased tension near your neck.

Also note that your lower back shouldn't exaggerate its arc. Make sure the rib cage stays neutral, not pointing up. Keep the shoulder blades against the wall. Slide them up towards your ears and then push them down towards your feet. Don't let your shoulder blades drop and continue to press through the entire range of motion.

More: [How to Prevent the 6 Most Common Cycling Injuries](#)

This exercise will relax the muscles of the shoulders and upper back. Don't be alarmed by a few pops and cracks, but the movements should not be painful. You should feel some tension between the shoulder blades since you're strengthening this area and opening up your upper back. Complete 30 repetitions.

Posture Exercise #2: Upper Spinal Floor Twist

Lie on your side in the fetal position with your lower body at a 90-degree angle. Your knees should be directly out from the hips, and the hips should be aligned beneath the shoulders.



Stretch your arms out in front of you with your hands stacked and palms touching. Lift the upper arm and reach behind your body, rotating your spine and head in one movement. Follow your hand with your eyes and try to lay your ear on the floor.

Make sure to keep the hand and shoulder aligned. Keep your knees stacked and pelvis level when doing the twist. The rotation should only take place in the upper body. Flex your feet up and hold your knees with your other hand to help you maintain the correct position.

More: [How to Avoid Lower Back Pain While Cycling](#)

This exercise opens the front of the shoulder and chest, and extends the upper back. Focus on deep diaphragm breathing in this position. With each exhale try to increase the rotation. Hold for 1 minute on each side.

Posture Exercise #3: Static Extension Position

Position yourself on your hands and knees. Keep your hips aligned above your knees and your shoulders above your wrists. Take a small step 4 to 6 inches forward with your hands. Bring your shoulders back so that they are directly over your wrists. Allow the hips to move in front of the knees. Sway your back and drop your head. Roll your pelvis forward and down to create an arch in your lower back. Collapse the shoulder blades together so that they're touching, if possible. Keep your elbows straight but not locked.

This exercise puts you in the reverse position of your bike with your upper and lower back in extension. The forward head position will allow the muscles at the back of the neck to lengthen and release. Hold this position for 1 to 3 minutes.

More: [Exercises to Treat Shoulder and Neck Pain From Cycling](#)

PBA RIDE ON THE W&OD

Join Sandy Butler and other PBA members on Saturday and Sunday, April 12th and 13th, 2014 for our annual overnight adventure on the Washington and Old Dominion Trail (W&OD) through the rural countryside of Purcellville to the suburbs of Falls Church. The W&OD Trail is the most popular paved trail of the "Rail to Trail" system in the United States. It is 45 miles long with gradual terrain and a few hills that go over roads. (We will be doing 40 miles each day at a C or above pace) This will be the fourteenth year of this popular ride.

We will leave Newport News early Saturday morning and travel to Purcellville, about a 3½ hours drive. We will have breakfast on the other side of Richmond at Cracker Barrel and arrive at Purcellville around 11:00AM. We will then bike to Leesburg where we will have lunch at a wonderful train station bakery. After lunch the group would then travel through Herndon, Reston, Vienna and East Falls Church. We will arrive at our motel (Econo Lodge) between 4:00 to 5:00PM after riding 40 miles (or earlier for you fast riders). The motel is near the 5 mile marker. Once we have rested and cleaned up we will likely take the Metro into Crystal City and have dinner at a California Pizza Kitchen or you can walk from the motel to a nearby restaurant. Sunday will find us retracing our route back to Purcellville with breakfast at La Madeleine, a French restaurant in Reston. After breakfast we will continue back to Purcellville while stopping at Leesburg again. We usually get back to Purcellville between 1:00 and 2:00PM.

If you want to reserve a space or need more information, give Sandy Butler a call at 757-872-9271. The number of people going on this ride is limited. Please note that the weather this time of year can be anything from thunderstorms, downpours, winds and even snow. It can also be beautiful as it has been in the past two years. Despite the bad weather we have usually been able to ride at least one day and the other day has been shopping.

Howard and Leslie Beizer and Anthony and Hazel Woodard have once again agreed to transport our luggage from Purcellville to Falls Church and back. Motel reservations must be made by you and you need to contact Sandy for the phone number and to sign up. Many of the same people return year after year to do this ride.

Hope to see you.

Sandy



Cars Versus Bicycles, [continued from page 3](#)

While it's a step in the right direction, Duggan says there's more that can be done. "We need a societal change, similar to what's occurred in Copenhagen and Portland," Duggan says. "Bicycles need to become a legitimate part of the transportation system and cities need to create conducive infrastructure to make this happen. This will involve lots of education and awareness of both cyclists and motor vehicle drivers."



More: [How to Prevent Bike-on-Bike Accidents](#)

But even more progressive states like Oregon and Washington that have VUL laws have struggled to provide the kind of education regarding cyclists' legal rights to the use of public roads that can present change.

"Up until seven or eight years ago, this changed when Washington revised its driver education laws and mandated that driver education programs include a chapter and video pertaining to cyclists' legal rights," Duggan said. "The driver education test also includes questions regarding cyclists' legal rights. Theoretically, as we increase the education and awareness of car drivers, car drivers will start looking for bicycles before making turns, and the number of car-versus-bike incidents should decrease."

Whether it's society's behavior towards cyclists or a lack of awareness, something needs to change. I for one am not going to stop riding my bike, and if more people can start to feel more protected on the roadways, maybe the numbers will start to even out. Maybe we'll all start to pull our bicycles out of the garage a little more often instead of our cars, and the roads can be a place to enjoy cycling instead of fearing it.

More: [10 Things I Learned From Being Hit by a Car](#)

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 Classifieds

PBA Members Only



NEW LISTING - Burley Koosah Recumbent - When Burley introduced the Koosah the press release stated that "their new long wheelbase frame design absorbs smaller bumps and vibrations with passive suspension to improve your comfort on moderately bumpy roads". I bought this one to ride on the Great Allegheny Passage (GAP), Chesapeake and Ohio (C&O) tow-path, Greenbrier River Trail, New River Trail and New River Trail. Virtually all of its miles have been on these trails. This blue 2006 Koosah is available to someone who wants to try a recumbent. If you prefer, I'll replace the trail tires for road tires. Asking \$600. Contact Robb at rmyer3@verizon.net or 757-826-4433.

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 from broken spokes. Upgraded wheels to Bontrager 28-hole Classics. Matte black paint with blue accents. Sale includes two water bottle cages and DuoTrap speed sensor (cadence non-functional). 58cm size is good for riders ~5'11"-6'2". Asking: \$1500. Contact Scott at StealthTDI@spamarrest.com ("PBA" in subject, please). (2/14)

VINTAGE 1986 TREK 310 ELANCE, 54 cm, men's red road bike. Great for classic collector to show off. 27 1/4 tires are idea for beginner, for casual rides, and easy to handle on dewy or damp road surfaces. Shimano Tiagra. Rode the Surry Century 100 miler and several duathlon's with ease every time. Tuned and road ready. Asking \$175. Contact Dave at 813-5272 or Ziggy0705@aol.com.

2011 Cannondale Synapse WSD 51cm women's road bike. The carbon fiber frame and fork are shades of charcoal gray and in excellent condition. Originally sold and all maintenance performed by Village Bicycles. The bike has about 2,500 miles. Comes with SPD pedals, 10-speed Shimano Ultegra components throughout including SG-X 105 50-F crank. Mavic Ksyrium Elite wheels with Continental Grand Pix 4000S tires. New Bontrager seat. The bike is ready to ride and a dream to own. Asking \$1,200. Contact Kelly or Dave Peck at 757-596-7387 or kellyndave2@verizon.net. (12/13)

Green RANS Cruz Crank Forward Bike - Includes rear rack, kickstand, mirror, cyclometer, water bottle cage/bottle, bell. See <http://www.rans.com/bicycles/cruz.html> for current specifications. Asking \$750. Contact Robb at rmyer3@verizon.net or 757-826-4433. (11/13)

2012 Catrike Expedition - Considered top of the line for recumbent trikes. Bought after hip operation, but found after operation that I preferred my road bike. Just over a year old with less than 150 miles. With rear car rack, value is \$3200. Will sell for \$2000. Call Fred Adams at 757-467-2775. (10/13)

Racor Gravity Bike Rack - Conveniently holds two bikes and up to 100lbs. There are no bolts, screws or fasteners required. The Gravity Bike Rack is free standing, so you can safely and securely store two bikes along the wall and immediately start saving space in the garage or in your home. At just 20lbs, the Gravity Bike Rack can be easily moved and repositioned. Independent adjustable arms accommodate men's and women's road and mountain bikes and keep them level. Asking \$750. Contact Robb at 757-826-4433 or rmyer3@verizon.net. (10/13)

2012 Schwinn "MADISON" single speed bike. Size Large. Frame is black with yellow rims. Purchased \$500 asking \$300. Contact Paul at Pauly14@verizon.net (5/13)

2003 TREK 2200 WSD 51 cm women's road bike. The bike is White and in excellent condition with about 2000 miles. Comes with Flight Deck computer, SPD pedals, 9-speed Shimano 105 components and all original manuals. Rodney Martin at Bike Beat has looked over the bike, made all necessary adjustments and stated that the bike is worth between \$700 and \$800 dollars (we have the receipt). The bike is ready to ride. Asking \$600.00 firm. Contact Anthony or Hazel Woodard at 766-9180 or e-mail at papawoodard@verizon.net. (4/13)

2006 Fuji Newest 1.0, 54 cm, TIG welded Fuji Altair 2 frame with carbon front fork, Truvativ compact crankset (36/50 teeth), Alex ALX R-1.0 rims. Upgraded with 10 speed, indexed Shimano Ultegra shifters, Ultegra rear derailleur, and Shimano 105 cassette (12-27). Fuji saddle is original and still new. (I swapped it out for my own saddle.) Wheel set is like new. Bicycle was ridden one season before I upgraded to a new frame. This is a nice entry level road bike made even nicer with these component upgrades. Asking \$800 OBRO. Call Jan Carlson at 757-898-2870 (renewed 4/13)

2006 Madone 5.2SL 52cm Road Bike. Ultegra 6600 10 speed, 53-39, 12-25. Purchased and serviced exclusively at Bike Beat Kiln Creek (all records available at BB). Italia Seat with Bontrager seat bag. Madone 5.2SL is less pedals. Selling price is \$700. Contact Mel Moss at 757-867-8943. (update 12/13)

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

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 tide. 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.

*Sundays, 9:00 a.m. - **Various Routes:** A-/A pace (*B-pace with interest*), 50+ miles, Contact Bob Ornelaz at 874-4125 or Mike Cobb at 846-8797 for details. If you'd like to be on Bob's "Sunday Ride" email list, please email Bob at ornelazr@hotmail.com.

*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.

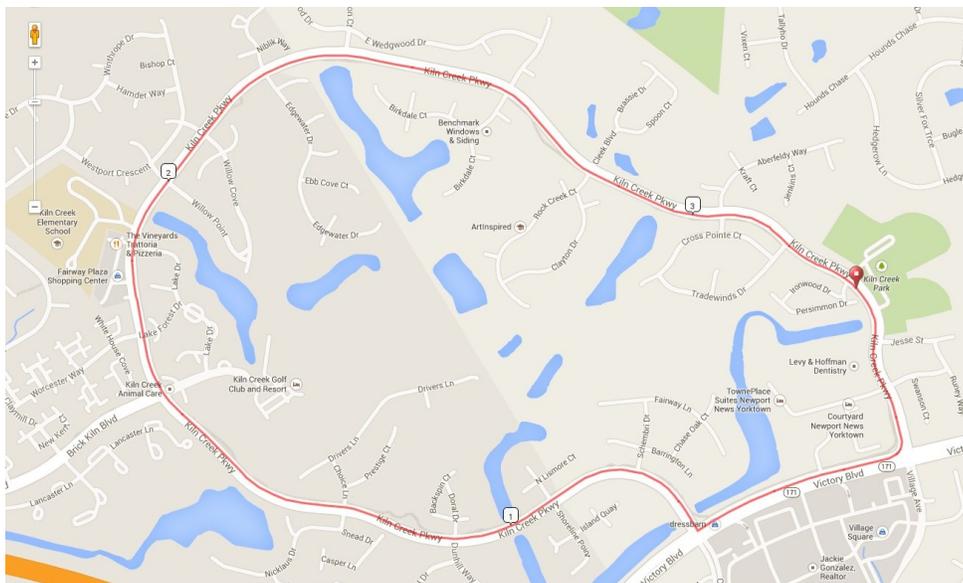
*Mon/Wed/Fri, 6:15 a.m. - **"Squirrel Scalpers" Ride.** 22 miles Pace to suit slowest rider (B pace minimum). Meet at Panera Bread at Christopher Newport University (12368 Warwick Blvd). Call Rod Martin for more information at HM 930-8345 or WK 833-0096.

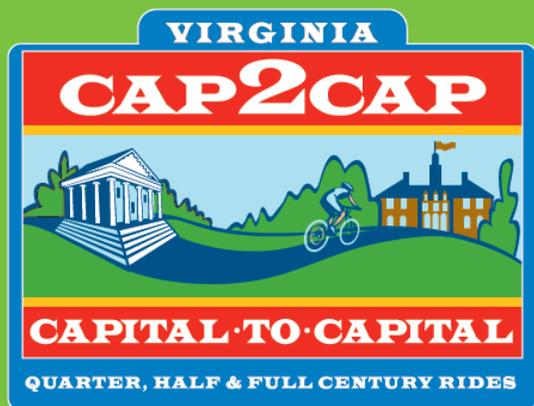
SEASONAL RIDES (October through March)

PBA's weekday evening rides have come to an end until April. However, there is still at least one group who will ride on weeknights throughout the winter:

*Tuesdays/Thursdays, 5:30 p.m. - **Kiln Creek Park, Yorktown:** B+/A- pace ride leaving from 2901 Kiln Creek Parkway Yorktown, VA 23693. No specific distance. Ride as long as you like! The group rides the 3.3-mile clockwise loop shown below. Most riders start riding at 5:30 while others trickle in as they leave work. The beauty of this ride is you can start early or late and still have a group. If you drop off the pace then you may jump in again when you're caught. If you're overdressed or underdressed then you can stop at your car to adjust your attire and then jump back on the road when the group comes around again. Bring lighting and wear reflective gear. Traffic is not bad. Contact Jeff Gainer at 757-880-6267c or Jgainer@cookandboardman.com for more info. Or just show up!

*Not a PBA ride...





Presented by:



SATURDAY, MAY 10, 2014

SyCom Century: 7:30 am

Sands Anderson Half Century: 8:30 am

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

Eco Discovery Park 15-Mile Fun Ride: 10:00 am

Richmond Start: Rocketts Landing

Williamsburg Start: Chickahominy Riverfront Park

Proceeds support:



Register online at virginiacapitaltrail.org



Do you use the mountain biking trails at any of the following locations in Eastern VA?

Ipswich (IRP) – First Landing State Park – Freedom Park
New Quarter Park – Newport News City Park – York River State Park

If so, please consider participating in this survey! The information gathered by this survey may be useful in **validating funding, promoting, and maintaining the park/trails** in a manner that reflects the desires of the trail's users—**YOU!**

The survey should take no longer than 10 minutes to complete. To access the survey, you can scan the QR code and fill it out on your mobile device or visit <http://www.surveymonkey.com/s/mountainbikingEVA>. Please contact us if you have any questions/concerns.

Thank you,

Dr. Eddie Hill, (757) 683-4881, ehill@odu.edu
Brian Smith, (703) 447-1560, bsmit010@odu.edu



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. 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.

April 26, [25th 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. Registration fee \$45. For more information visit: <http://web.bethany-fenwick.org/events/25th-Ocean-to-Bay-Bike-Tour--533/details>

April 26, [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/>.

May 10, [Virginia Cap2Cap](#) - Join the 2014 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 17, [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 17, [15th 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 (TENTATIVE), [Scotland Neck's 12th 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/>

May 17, [27th Annual Tour de Madison](#) - The Vineyards of Madison County. the ride begins and ends at Graves Mountain Lodge in Syria, Virginia. Cyclists and their families will have the opportunity to enjoy the complete Graves Mountain Lodge experience. There are three ride options: Metric Century (61 miles), 41 miles and a Family Ride. Plan to end your ride between 11:00 pm and 2:00 pm and enjoy a post-ride meal featuring Pork BBQ, grilled boneless chicken breast, or pita bread

and hummus. Also included will be slaw, baked beans, French fries, dessert and a drink. Visit <http://tourdemadison.com/> for more info.

May 17, [38th 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 16-18, [16th Annual Tour de Chesapeake](#) - 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 offer four routes ranging from 19 to 24 miles. Ride them all! Visit <http://tourdechESAPEAKE.org/> for more info.

May 25-June 1, [Ride to Recovery Memorial Challenge](#) - Washington, DC to Virginia Beach, VA. Full Challenge or one day rides are available. For example, May 29th is from Richmond to Williamsburg and May 30th is from Williamsburg to Virginia Beach. Visit <https://ride2recovery.com/event.php?ID=535> for more info.

June 1, [11th 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 8, [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 <http://www.setupevents.com/> for more details.

June 21, [10th 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).



2014 PBA Event Schedule

Smithfield Challenge at Windsor Castle Park, Smithfield - Saturday, May 24

Hot Diggity Dog Ride - Beizer Home, Carrollton - Saturday, June 7

The After the 4th of July Rides - Newport News Park - Saturday, July 12

Ice Cream Ride - Waller Mill Park, Williamsburg - Saturday, August 9

Surry Century Rides at Surry Athletic Field - Saturday September 20

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/>.

July 13-20, [Cycling the Erie Canal](#) - 16th annual 8-day, 400-mile, bike tour across New York State along the scenic and historic Erie Canal, named a National Heritage Corridor. Enjoy great scenery, interesting history, and unparalleled cycling. Visit <http://www.ptny.org/canaltour>.

August 9, [Cumberland Valley Century](#) - Presented by The Cumberland Valley Cycling Club. When was the last time you cycled the beautiful, low traffic, roads of Washington County? The Cumberland Valley Century provides the perfect opportunity to experience the history and charm of this lovely valley. 25, 64 and 103 mile routes take in some of the most fabulous scenery in the area. The metric and century routes visit the C&O Canal National Historic Park and the Antietam National Battlefield. Visit http://www.bikecvcc.com/cvcc_century.html.

August 15-17, [Tour de Frederick](#) - Choose from a variety of bike rides, ranging from an eight mile history tour of Fredericktowne (led by a local historian) to the legendary Covered Bridges tour, and a challenging ride up to Catoctin Mountains. This event is designed to showcase the best that Frederick County, Maryland has to offer and much more. Visit <http://www.tourdefrederick.com/> for more information.

August 17, [Covered Bridge Metric Century](#) - Sponsored by the Lancaster Bicycle Club. Routes wind their way through some of Pennsylvania's most famous rural scenery, including six covered bridges. The terrain is rolling with a few hills on the 100K ride and flat to moderately rolling on the 50K & 25K rides. The rewards are stunning vistas of the richest farmland in America. Registration will be limited in number and will end in early July or when we reach our pre-determined number of participants, whichever comes first. For more information go to <http://www.lancasterbikeclub.org/cbm.php>.

August 26, [Shore Fire Century](#) - Ride beautiful, scenic routes (35, 65, and 100 miles) through flat to gently rolling farmland in central Delaware. All routes will be marked with support (until 5 pm.). A wide array of bicycle friendly food will be available at rest stops at regular intervals (five on the century). For info go to <http://whiteclaybicycleclub.org/events/shorefire/>.

August 23 (TENTATIVE), [Tour de Lions](#) - Sponsored by Food Lion. Starts in Ashland, VA. The 100+ mile ride goes to Tapahannock and cyclist can start from either end. Fully supported event. Food Lion will cover the donation to Children's Hospital unless cyclist want to raise additional funds. Details at a future date.

August 24 (TENTATIVE), [The 32nd Annual Reston Century](#) - Sponsored by the Reston Bike Club. Start/finish at Reston Town Center Pavilion. Routes 34, 65, and 102 miles. The challenging Century and Metric routes follow beautiful rolling rural roads through scenic historical towns such as Hamilton, Purcellville, Lovettsville, and Waterford. The rides are fully supported with rest stops and food, bike mechanics, and SAG vehicles. For more information go to <http://www.restonbikeclub.org/>.

September 6, [14th Annual Civil War Century](#) - *Note from Scott Farrell: I did not list this ride last year because it had already sold out before it was traditionally advertised. This is a great ride with a registration limit of 1600 riders. Registration opens in May and WILL SELL OUT FAST!* Sponsored by the Baltimore Bicycling Club. Join us in Thurmont, Maryland again

this year for the cycling event that has everything -- famous historical sites, breathtaking scenery, low-traffic roads, and well-marked routes designed for every ability level. As in the past, you can visit the South Mountain and Antietam or Gettysburg battlefield sites -- or all three of them if you elect to ride the full century -- while cycling through some of the most beautiful countryside east of the Mississippi. No walk-in registration. For more information go to: <http://www.civilwarcentury.com/>.

September 6-7 (TENTATIVE), [The Great Peanut Tour](#) - Enjoy four great days of bicycle riding and touring in beautiful Southside Virginia and Northeastern North Carolina. For more information go to: <http://www.greatpeanuttour.com/>.

September 6, [Delaware's Amish Country Bike Tour](#) - Delaware's largest and most popular cycling tour! The bike tour, suited for all ages and abilities, includes 15, 25, 50, 62 and 100-mile loops through the flatlands of Delaware's Amish farmlands. Rest stops include the famous Amish Schoolhouse where members of the Amish community serve home-baked pies and cookies. Additional food stops will be included, featuring healthy snacks, sandwiches and beverages. 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 7, [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] (20 miles south of Washington Beltway exit 3-A). 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 14, [32nd 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 ?? (DATE SOON), [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. It is a great ride, but it is an even better cause. 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 26-28, [Rodney's Luray Classic](#) - Join Rodney Martin (*Bike Beat*) for three glorious days of mountain climbing and comradery with some of the coolest peeps on two wheels! Friday we roll about 1:00 from the Ramada Inn in Strasburg, VA where you can get a special rate by calling 540-465-2444. Ask for the "Luray/White Post Block" @ \$65.00/nite (*double*). Ask for Geri Miller (*manager*) if the attendant seems confused. Saturday is approximately 100 miles along Skyline Drive and down into the town of Luray where we stop for lunch. Then, the big climb up Massanutten and a gorgeous ride through the George Washington Park and back to the hotel. Sunday is a beautiful 50 miler of rolling hills in horse country. All three days you will be supplied with a cue sheet and you are encouraged to pick a buddy to ride with. There is very limited sag support as the ride has grown over the years and we have more riders than our volunteers could possibly take care of. Contact Rodney for more details.

September 27 (TENTATIVE), [9th Annual Northern Neck River Ride](#) - Join us for a day for riding & fun. Celebrate the conclusion of National Century Month with an English,

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 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