



Chainstay

The Peninsula Bicycling Association

June 2015

Volume 45, Issue 5

Monthly Meeting



Saturday
June 13, 2015

Informal meeting
following the

Pedal, Paddle & Picnic
Windsor Castle Park
301 Jericho Rd
Smithfield, VA

All rides leave at 8am

From the President

It looks like summer is finally here and the rides are ramping up. There are a number of weekly recurring rides and weekend rides on the website and Facebook to choose from. If you are planning to lead a weekend ride, please let Robin know by Thursday night so she can add it to her weekly e-mail.

Summer also means we have several fun rides and get-togethers that involve the other thing we all love: food and ice cream! Our first in this series is coming up next weekend - Pedal, Paddle & Picnic at Windsor Castle Park. The ride will begin at 8:00am. We will follow the 32, 50 or 62 mile route markings that are still on the roads from the Smithfield Challenge, then when we return to the park, riders can go down to the kayak launch and paddle around a bit while the lunch team is getting the coals hot for the BBQ. Once everyone is in, the lunch will begin. We need several volunteers to lead groups of cyclists and to set up and to cook. Please let me know if you are available to help by calling or texting me at 757-272-4153.

In July, we have our annual "After the Fourth ride" on Saturday, July 11th at Newport News Park in August. Please contact Billy Glidden at bgliddenjr@gmail.com to volunteer to assist him with organizing the ride. We also have our annual "Ice Cream Ride" on Saturday, August 8th at a destination to be determined. Again, several volunteers are needed for both of these rides to be successful. Let us know if you are available to help or the rides may cancel.

We had another beautiful day for our 2nd annual Smithfield Challenge and a record crowd. Over 170 riders showed up to ride, had a great time, and are looking forward to next year. This year, VDOT threw us a curve by closing a bridge on a road that we used last year. The redesigned route added seven miles, but we liked it much better because you got to see Lake Burnt Mills and Lake Prince. It has been suggested that we add a 15 mile fourth loop next year for beginning riders and families.

We have several people to thank for helping us to plan and execute the Smithfield Challenge this year. Please thank them for their service to the Club: Jackie & Michael Shapiro, Scott Farrell, Bob & Linda Carter, Billy Glidden, Russell Parrish, Rich Flannery, Sharon Bochman, Sandy Butler, Diane Herbert, Debbie Wells, Kelly Peck, Risa Bastien, Molly Sherman, Scott Blandford, Steve Zajac, Tregg Hartley, John Parker, Jim & Nan Mack, Paul Krieschen, and Paul Rein.

There are also businesses that supported our ride. Thank you to Byrum Family Farms in Zuni and Pons Store for letting us use their facilities for two of the rest stops. A BIG thanks to Conte's Bike Shop for providing a bike mechanic at Rest Stop 2 at no cost to the club.

I also want to thank the following road marshal Volunteers that assisted Flat Out Events for the Patriot Half Marathon last weekend. Robin Land, Russell Parrish, Tsvi Katz-Hyman, and Virgil King. Way to represent!

If you are interested in volunteering to road marshal on your bike for future local runs, call Jason Todd at Flat Out Events. His number is 757-879-9991. If you call or text him, he will take your e-mail address and add you to his e-mail distribution that he uses when he is looking for volunteers. If you haven't done it, you should. The positive energy at those events make it worth it.

Another BIG "shout out" to the Team Killer Bees for another big year raising money and awareness for MS. The weather was glorious again this year and Jack Liike had the tunes rocking on his bike again! The second day was a bit challenging due to the southern winds, but everyone made it and had a blast in the process.

Sharon Bochman

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2015 PBA Officers

| | |
|-----------------------------|-------------------------------------------------------------------------------------------|
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| | |
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| Hot Diggity Dog Ride Organizer | Rona Altshuler |
| After the Fourth Ride Organizers | Billy Glidden and Russell Parrish |
| Ice Cream Ride Organizer | Steve Zajak |
| Surry Century Organizer | Sharon Bochman |
| 2015 Holiday Party Organizers | Art and Sherry Wolfson |
| Hospitality | Linda Carter |
| Event SAG Director | Scott Farrell |
| Meeting/Guest Speaker Organizer | Glenn Young |
| Nominating Committee | Linda Carter Elisa Pannetta Risa Bastien |



PBA Website:

www.pbabicycling.org

PBA Board Meeting

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



PBA's Club Affiliations



**Adventure
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AFFILIATED CLUB



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.

Team Killer Bees Swarmed the Eastern Shore for the MS 150 Bike Ride

On May 29, 2015, Art Wolfson (*Bee Captain*), Elaine Cardwell (*Queen Bee*), Sherry Wolfson, Natalie Bare, Sarah Darling, Peggy Buckley, Glenn Young, Tregg Hartley, Carl Killian, Randy Howell, Bob Ornelaz, Ann Carlson, Jan Carlson, Michael Cross, Scott Farrell, Jack Liike, Mike Phillips, Kristen Findley and Jay Thompson came out to swarm the Eastern Shore of Virginia during a 150 mile bike ride to raise money and awareness for Multiple Sclerosis.

We arrived at Camp Silver Beach on Friday, May 29th and met for an evening picnic and some good 'ole cycling story swapping, unpacked and settled into our cabins.

Early on Saturday morning, we drove to Cape Charles, donned our shoes and helmets, met for a picture, and we were off at 7:00 a.m. for the 75 mile ride back to camp. The weather was perfect, the winds at our backs (mostly) and the team stayed together for most of the day. Best part... no girls had to pull – the boys did all the work and made sure we all arrived back at Silver Beach at 1:30 for hamburgers, salad and beer.

Next we were off to the beach, the pool, the showers, or a nap (*depending on your preference*). Those of us who were around met up at 4:45 for another team picture. Dinner was served in the dining hall, followed by a short ceremony to honor the top fundraisers. Team Killer Bees has raised over \$18,000 to date. We have until August 1, 2015 to get all our donations collected. Our team had a number of VIPs, riders who collected at least \$1,200 in donations. Tregg Hartley did an amazing job of raising nearly \$5,000.

Day 2, Sunday morning found us in the dining all for a full breakfast provided by the folks at the camp. We packed our bags and put them on the porch of our cabins to be picked up by the MS volunteers and transported back to the start and our cars. There was another team picture at the start of day 2 and then we were off again for the return trip to Cape Charles. For those who rode the full 75 miles back into an especially strong, hot, gusty wind – congratulations. Some of us had to get back to the Peninsula early and chose the 36 mile return and that was difficult enough!

A note of special thanks to Jan Carlson, who registers to ride every year, collects at least \$1,200 in donations and then, spends 2 days providing SAG support. Impressive!

NOW for some exciting news. We loved riding on the Eastern Shore where the MS folks have provided a safe, well supported ride for us for 10 years. Plans for next year on June 4 and 5, 2016, include a ride originating in Smithfield and ending at the Doubletree in Williamsburg. We will meet up with the Richmond MS riders for the festivities on Saturday night, stay over at local hotels and return back to our cars in Smithfield on Sunday. Plans are in the works and we will post them as we know them.

All in all, a perfect ending to a decade of great riding with MS on the Eastern Shore. We're looking forward to a new venue, new scenery and, hopefully, some new Killer Bees.

Elaine



In Search of Guest Speakers

We're looking for would-be guest speakers to come forward and volunteer to speak at one or more of our monthly meetings. Anyone who is a professional in a cycling, fitness or sports medicine related field, anyone who is knowledgeable about cycling related topics (*riding, mechanics, projects, law, etc.*) is encouraged to step forward and share their insights with the membership. Please contact Glenn Young at 757-593-6993 if you are interested in making a presentation. The club can provide a projector and will pay for your meal that evening.

AAA Mid-Atlantic Adds Bicycle Service to Membership

AAA Mid-Atlantic, long known as the premier and trusted provider of roadside assistance for stranded motorists, announced today that bicycle roadside assistance is now included as part of its legendary service. Members do not need to do anything – the bicycle coverage is now automatically embedded into each current level of membership.

This news is anticipated to be well received in the Commonwealth due to the current hype surrounding the UCI World Championships which are coming to Richmond in September. In addition, according to the League of American Bicyclists, Virginia is ranked high among the top bike friendly states, coming in at the 13th spot for 2015. “Enthusiasm for biking in Virginia is at an all-time high as the final preparations for the championships are underway. AAA is thrilled to join the celebration by debuting bike service at this exciting time for the cycling community,” said Martha Mitchell Meade, Manager of Public and Government Affairs for AAA Mid-Atlantic.



AAA believes that rescuing bicyclists is a logical next step for the organization that has been promoting bike and pedestrian safety for as long as it has been aiding stranded motorists. “Extending our legendary roadside service to bicycles is a natural extension of who we are as AAA: a roadside assistance provider that helps get people moving again,” says Berni Koch, CEO of AAA Mid-Atlantic. “Our service gives bicyclists peace of mind when they travel and someone to call if they break down. We want all those who share the roads to be safe and mobile.”

About AAA Mid-Atlantic’s bicycle coverage:

Member roadside assistance calls can be used for bicycles or automobiles. Members receive four service calls per year, per person with their membership (five for Premier level). A bicycle call will count as one of those service calls.

Bicycle roadside assistance service is included in all levels of AAA Mid-Atlantic membership – at no extra cost. Roadside assistance does not include repair. AAA will transport a bicyclist, bicycle and any accompanying minors due to bicycle disablement (transportation not included for rider fatigue or physical inability to continue riding) and transport the cyclist to a safe location or home. Cyclists must remain with their bicycles. If AAA cannot accommodate all passengers, we will assist members in obtaining alternate transportation at their own expense.

Bicycle towing mileage mirrors vehicle towing mileage:

- 3 miles for Basic AAA membership
- 100 miles for Plus AAA membership*
- 200 miles for Premier AAA membership

*Motorcycle coverage is provided with the AAA Plus / RV Rider Membership.

[Continued on page 8](#)

2015 PBA Event Schedule

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

Pedal, Paddle & Picnic, formerly known as the Hot Diggity Dog Ride - Windsor Castle Park - Saturday, June 13

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

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

Surry Century Rides at Surry Athletic Field - Saturday September 19

bikejournal.com

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

Windmills and Two Wheels: Biking in the Netherlands

By Melanie Payne, PBA Member

I recently returned from the Netherlands after participating in a two week Road Scholar bike and barge trip. It was a wonderful trip with rides that averaged 25 miles a day that included Amsterdam, Utrecht, Maastricht, the Flanders and Limburg regions and Antwerp, Belgium. Cycling in the larger cities during rush hour seemed more like riding in the Tour de France. But biking on the paths and on the dikes, along the canals, and in the wooded areas and farmlands was an interesting and beautiful mix of nature and culture. Where else would you have to wait for a flock of sheep to cross a bike path and take a bike ferry to cross a river to get to the other side of the bike path?

When we had our first orientation to the Dutch rules of the road. Most of us, who were Americans, had a hard time adjusting. Road Scholar requires helmets, thank goodness, but the Dutch do not wear helmets or use verbal cues—only hand signals. They trust their drivers who themselves are cyclists, and if in a bike/car accident, which is very rare, the driver can be responsible for most of the damages. Now imagine eighteen nervous Americans trying to learn totally unfamiliar new road signs, riding without mirrors and being told not to use verbal cues. We complied the first few days, and then we just couldn't help ourselves and started yelling the familiar "car back" and "stopping" to feel safer and more comfortable. The helmets, spandex and boisterousness were a sure tip off to the Dutch that we were Americans.

On Dutch Liberation Day and the weekends, we saw many road racing teams traveling down the roads at top speed (and with helmets). Very cool! And as for clothing, no spandex or colorful jerseys are found on the Dutch. Even the racing teams had more sedate uniforms. Some of the travelers were looking for "Holland jerseys" to take home as souvenirs. These could not be found in any store, except



for the last day of the trip when an entrepreneur came on board the barge selling handmade "Holland jerseys."

Our bikes were fairly new and a German hybrid type. Now that's ironic since the Dutch are still learning to like or tolerate Germans due to WWII destruction. They have a saying "Ik wil mijn fiets terug!" meaning "I want my bike back" - a reference back to WWII when the German army confiscated their beloved Fietsen -bikes. They often chant this at Germany during football matches.

I'm a fair weather biker, but this trip made me hardier and more tolerant of weather conditions. Most days the winds were upward of 20+ mph and there were frequent rain showers, and we were out during a hail and thunderstorm (definitely a first for me). Our tour leader was Marijke, a strong, seventy-six year old Dutch woman who carried more stuff in her panniers than Scott Farrell did for his camping trip! She was a beast, as well as an example of how cycling can keep you strong and healthy when you start as a child and incorporate it into your everyday life!

I would recommend a trip like this to anyone who loves cycling, traveling, and wants to explore the culture and countryside of the Netherlands – cited as the most bicycle friendly country in the world. How true!

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Riding Out Yonder...



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

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

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

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

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

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

August 14-16, [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 16, [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://lancasterbikeclub.net/cbmc.html>.

August 23, [The 33rd 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/>.

August 15, [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/>.

September 12, [15th Annual Civil War Century](#) - *Registration opens in June and WILL SELL OUT FAST!* 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. No walk-in registration. For more information go to: <http://www.civilwarcentury.com/>.

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

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

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

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

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



AAA Bike

Continued from [page 4](#)

Service will be provided if cyclists can safely move their bicycle to a normally traveled road. What type of bicycles? Non-motorized bicycles. Excluded are bicycle taxis or bicycles used for commercial transportation. Just like with vehicle roadside assistance, cyclists should show a valid AAA membership card, either hard copy or on the AAA mobile app or Passbook app, as long as the cyclist has another form of identification. Because the ownership of the bicycle cannot be verified, AAA Mid-Atlantic will not service bicycles secured with a lock for which the member has no key or combination.

Even before the new service's official public launch, Mr. Mike Kanney, became the first member in the association's five-state territory to be rescued while riding in Virginia. For both Mr. Kanney and AAA, the outcome of the very first bike service was positive. "I would like to take this opportunity to express my sincere and deep appreciation for AAA's new bicycle service. In early May while riding in New Kent VA, I had a flat tire and remembered information about AAA's new bicycle service when I recently renewed my membership. Let me say it was fast and expeditious and I was really astonished to find out that I was the first customer!" Mr. Kanney followed his rescue using AAA's mobile app. "Another amazing thing was the mobile app which allowed me to track the driver's whereabouts immediately upon dispatch. In all I'd like to say that I received amazing bicycle service which was consistent with AAA's amazing roadside service!"

The bicycle community is also reacting positively with news of the inclusion of bike coverage for AAA members. According to Bill Agee, co-owner of Agee's Bicycles, which has been doing business in Richmond since 1910, "This is an exciting announcement from AAA! It gives families a safety net when they venture out for their cycling activities, and it shows just how much cycling has become an important part of the Richmond area lifestyle."

AAA has been involved in bike safety for close to 100 years through educational programs and outreach efforts. In conjunction with National Bike Month, the Mid-Atlantic Foundation for Safety and Education, a non-profit affiliate of AAA Mid-Atlantic, gave away nearly 200 helmets during six bicycle safety programs at YMCA Afterschool Program sites. (Baker Elementary School, Mehfoud Elementary School, Seven Pines Elementary School, Adams Elementary School, Highland Springs

Elementary School, and the Chickahominy YMCA) The safety programs included helmet use education, helmet fittings, proper biking attire, and bike path safety.

AAA advises bicyclists to follow these safety tips:

- Be Alert, scan ahead, center, left and right.
- Be Wary, pay attention to vehicles, pedestrians and others on the road.
- Be Seen, use your horn, hand signals and light to be seen by others on the road.
- Wear your helmet. Follow this simple rule and you reduce your risk of serious injury by as much as 85 percent.
- Keep your head up and look ahead, not at the ground. You need to see what is coming up so you have time to react and maneuver.
- One person per bike. Riding with unsecured passengers puts you at risk for injury to yourself and others.
- Ride in single file with space between bikes.
- Ride on the right side of the road, never against traffic. Otherwise, you are at risk for an accident – or a ticket.
- Plan ahead if you will ride in a group. Agree on the route ahead of time. Have a plan on what you will do if separated by traffic.
- If you will be riding in an unfamiliar area, check out local laws and rules first.
- Avoid busy roads and peak traffic times on your route.
- Before riding at night, ask someone to help you check your visibility to motorists.
- Maintain the bikes in your household. Keep chains clean and lubricated and periodically inspect brake pads.

The new bicycle service covers the almost 837,000 AAA members in Virginia and a total of almost 4 million AAA members throughout the Mid-Atlantic region who carry Basic, Plus or Premier AAA memberships.

Follow the social media buzz on AAA's bike launch @AAAVANews #AAABikes. For specifics on the Mid-Atlantic coverage area, see AAA.com/Bicycle.



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Weekly Recurring Rides

RIDE SPEED CLASSIFICATIONS

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

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

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

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

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

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.](#)

SEASONAL RIDES (April through September)

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

NEW TIME - Mondays, 6:00 p.m. - White Marsh Shopping Center at 4834 George Washington Memorial Hwy (Rt 17), Hayes, VA - Join us for a 28 mile A & B pace ride or a C pace Ride of 12 Miles. We ride the Warner Hall Loop and Zaroni. Call or text Bob Anderson at 804-413-5941, Bernard Robins at 804-815-9719 or Cindy Wong at 757-287-5948.

Mondays, 5:30 p.m. - R.F. Wilkinson Family YMCA at 301 Sentara Circle in Williamsburg - Join Dave Clarke for a flat, 21-mile B/B+ no-drop ride. Expect an early season pace in the B- and B+ range. This ride may split into two groups with options for extending the route based on light conditions. View the basic route at <http://ridewithgps.com/routes/7340984>. Contact Dave Clarke at bc2.consult@cox.net for more info.

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

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

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

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

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

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

YEAR-ROUND STANDING RIDES

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

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

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

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

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

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

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

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

***Not a PBA ride...**

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



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



Come ride with us!



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

422-1278

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



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

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

PBA Membership Application

Name _____ Email _____

Address _____ Phone _____

City/State/Zip _____ Age (if under 21) _____

Type of membership Individual Family New Member Renewal

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

Reasons for Joining: Club Rides Tours Newsletter Advocacy Socializing

Names and emails of family members who ride _____

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

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

Signature(s)

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

Mail to: [Peninsula Bicycling Association, P.O. Box 12115, Newport News VA 23612-2115](#)