

# Chainstay

The Peninsula Bicycling Association



June-July 2016

Volume 46, Issue 2

## UPCOMING PBA RIDES AND EVENTS



**Hot Diggity Dog Ride**—Windsor Castle Park  
– Saturday, 8:00 AM, **June 11**. Free event for  
PBA members. Register on the PBA website today!

**June Overnight Bike Camp Out**— Start at  
Tabb Library, 10 AM, Saturday through  
Sunday, **June 25-26**. For more information go  
to: <https://pba44.wildapricot.org/event-2239501>

**The After the 4th of July Ride**—Newport  
News Park - Sunday, 8:00 AM, **July 10**

**"STAY CATION"- Jamestown to  
Richmond Ride**— Start at Jamestown  
Settlement, 9:00 AM, Saturday through  
Sunday, **July 16-17**

**2nd Annual Don Hubbard Memorial Ride  
and Ice Cream Social**—Poquoson, Messick  
Baptist Church, 8:00 AM, Saturday, **August 6**

**Annual Surry Century Rides**—Surry  
Athletic Field, 7:30 AM, Saturday  
**September 10**

## A Message from the President...

As most of you are aware, May was National Bicycle Month and we had a busy month. It started with our monthly meeting that turned into a "road trip ride." We rode around Hampton, Fort Monroe and Buckroe then we went to Mama Rosa's for dinner and a meeting.



The following weekend was the Cap 2 Cap ride. Since it was the weekend after my birthday, the riders in my group were wonderful and we rode an additional 3 miles so we could log 53 miles and I could qualify for the "Ride Your Age Club." I am now in the club!

The weekday evening rides are now rolling along. There is an abundance of opportunities to ride with a group pretty much any day of the week. After a two year hiatus, Virgil King has organized a Adopt-a-Spot for Crawford/Crafford Road and our signature spring ride, the Smithfield Challenge is all organized and registrations are coming in. Thanks to our many volunteers, It will be another great ride!

Summer is coming soon and our next three membership meetings will be rides where food is included and free for all members. We have constantly tried to "think outside the box" to make the club a fun, friendly organization that promotes friendships as well as safe cycling for all. It is a pleasure to be your President and I hope to see you out on the roads soon!

*Sharon Bochman*

## 2016 PBA Officers

President	Sharon Bochman, bochman@cox.net
Vice-President	Tregg Hartley, pbafatmanriding@gmail.com
Treasurer	John Parker, johnj1jr@verizon.net/Tom Carmine
Secretary	Markeala Dotson, kngdmwoman00@yahoo.com
Chainstay Editor	Melanie Payne, blueberryg@aol.com
Executive Committee Members	Virgil King, virgilr@yahoo.com Rich Flannery, rrfannery@cox.net Sandy Butler, sebhike24verizon.net

## Committee Chairs

Ride Schedule	Lori Moffatt, lorimoffatt5@yahoo.com
Membership	Scott Blandford, csbford@yahoo.com
Publicity	John Hunt
Advocacy	Scott and Carol Bartram, bartram2@verizon.net , Elaine Cardwell, Patrick Johnson, Tregg Hartley
Webmaster	John Bright, john_s_bright@yahoo.com
Marketing	Tu Ritter
Business ( <i>Insurance</i> )	John Parker, johnj1jr@verizon.net
Business ( <i>Taxes</i> )	Tom Carmine, tomcarmine@gmail.com
Smithfield Challenge Organizers 2016	Jackie Shapiro, Michael Shapiro, Sandy Butler, Sharon Bochman
Hot Diggity Dog Ride Organizer 2016	Cindy Wong
After the Fourth Ride Organizer 2016	Lori Moffatt
Ice Cream Ride Organizer 2016	The Family of the late Don Hubbard
Surry Century Organizers 2016	Russell Parrish, Rich Flannery, Sandy Butler & Sharon Bochman
2016 Holiday Party Organizer	Sharon Bochman
Hospitality	Risa Bastien
Event SAG Director	Scott Farrell
Meeting/Guest Speaker Organizer	Glenn Young



**PBA Website:**

[www.pbabicycling.org/](http://www.pbabicycling.org/)

**Join PBA on Facebook to interact with other PBA members and for up-to-date announcements.**

## PBA Board Meeting

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

## PBA's Club Affiliations



**Adventure  
Cycling**  
AFFILIATED CLUB



Chainstay is published quarterly or as required for special announcements. Send all Chainstay submissions to Melanie Payne, blueberryg@aol.com. 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 2013 with photo editing by Corel Photo-Paint. PBA's website is hosted by Wild Apricot.



### From the Editor

So why is there a June/July 2016 Chainstay after I wrote in the last Chainstay that the publication would be quarterly? The PBA Board has revised publication dates so that more issues are being published during prime cycling season and less during the winter months when due to

weather, our bikes might be collecting dust. The next issue will be August/September 2016 and then October/November/December 2016.

Please note the new *Members Musings* page where members' cycling thoughts, suggestions, or editorials can be included. If you would like to be "published," have the copy to me by the 20th of the month prior to publication. We'd love to hear from you!

I've also had a request for more info about rides and PBA member doings and less about general cycling info that is so prevalent on the Internet. A new page has been added to the PBA website, *Bicycling Information*, which can include general info of interest to cyclists. Check it out.

This issue of the Chainstay has lots of member ride and event reports (the word rain is used a lot), photos, information and hopefully, it will provide you with some smiles.



### Welcome To All New 2016 PBA Members

We look forward to riding with you!

- Bill Barnhart
- Mike Brewer
- Brian Brown
- Sandra Brown
- Steele Byrum
- Greg Carpenter
- Jim Day
- Terry Day
- Judd Deaton
- Frank Dixon
- Greg Edwards
- Jennifer Faas
- Jody Gaskins
- Robert Gomez
- Todd Goodhead
- JD Hawthorne
- Harry Heiss

- Vicki Hunt
- Garrett Kershner
- Holly and Quentin Kidd
- Kent Mack
- Heather Martin
- Beverly McLean
- Carie Morris
- Donna Moyer
- Dana Nicholson
- Bonnie Pinzel
- Richard Ubele
- Greg Warden
- Brent Weathered
- Stephen Wood
- Karen Zablocki
- Terry Zablocki

### Getting To Know You...



This issue spotlights Tregg Hartley—"Mr. Vice President." Tregg has been a member for a little over four years and joined just before the 2012 MS 150. In a short time, Tregg has taken on leadership roles and done a lot for PBA, especially on the advocacy front. Tregg is also known for his green turtle helmet. So here's Tregg...

### Getting to Know—"Mr. Vice President" Tregg Hartley

#### What do you do in your "real life"?

I am retired Navy. As a sailor, I was an electronics technician. I worked on all things electronic from televisions and radios to navigation gear and computers.



As I got closer to retirement, I focused more in the computer field. I now work as a Cyber Security engineer for the Air Force. My wife and I are empty nesters and fortunately we really enjoy each other's company. My primary hobby is cycling, but I also enjoy spending time fly fishing, fly tying, and working on my genealogy. I have been known to pack a fly rod on the bike to hit some local fishing spots.

#### When did you first get interested in cycling for sport?

For me, personally, I see cycling as a lifestyle. I would rather commute to work by bike than drive. Many of my neighborhood rides become errand based rides. I enjoy heading out on an early Saturday morning knowing roughly how many miles I want for the day, but completely undecided on the route for the day. Now don't get me wrong, I enjoy watching the Grand Tours as well other, shorter races. I also enjoy a good group ride with the conversation, cooperation, and a sprint every so often. However, for me, cycling is more about the freedom and adventure.

As a teenager, I had a classic ten speed as did many of my friends. It took me on many adventures including several fishing trips to local ponds and rivers. Other friends had

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knobby tire BMX bikes to tear around on. I had always thought that it would be great if someone could marry the two and develop a multi gear bike with the knobby tires. Wouldn't that be cool? You could go anywhere with a bike like that.

In the early 80's, while stationed in San Diego, California, I bought my first adult bike. I was a young sailor with a family and one car. A second car was out of the question. A bike seemed like a logical solution, since I only lived six miles from the base. Imagine my surprise when I went bike shopping and I found what was known as a mountain bike! Someone had invented my dream bike! Oh hell yes! I used that mountain bike for commuting between Chula Vista and the San Diego Naval Base and the occasional joy ride. I found I could get to work just as quickly by bike as I could by car, since I could bypass the traffic at the gate and park on the ship. I took that bike with me on my 1986 deployment on the USS Bristol County. On that deployment I was able to ride in Japan and the Philippines. I chose to leave that bike with a shipmate when I transferred from San Diego to Norfolk.

I bought another mountain bike when I got stationed here in 1988. No more commuting to work though. VDOT frowns on riding through the HRBT. Most rides were neighborhood rides with the kids. That bike made a deployment with me in 1994-1995 and saw pavement in Crete, Greece, Spain, and France. While in Crete and France, I got very familiar with switchbacks. Very familiar.

#### **What is your favorite PBA memory?**

I have ridden the MS 150 for seven years now. June will mark my eighth ride. 2015 was my first MS 150 as a Killer Bee. I took great pride wearing the Bee jersey for the first time.

#### **What has been your favorite ride either local or out yonder?**

My favorite out, out yonder ride would be riding Mount Faron in Toulon, France. Over Christmas / New Years of 1994-1995, my ship was in port in Toulon, France. One of my riding buddies and I decided to take on Mount Faron while we were there. At 1900 feet, it didn't seem too high. However, the climb was 4.1 km long and an average incline of 9.3 %. After what was an endless supply of steep switchbacks, we actually walked our bikes up for the final third of the ascent. That gave me a real appreciation for the Tour de France riders that roll up inclines like that faster than I go on the flats. The view from the top was spectacular. The descent actually melted my cheap rear brakes.

During that same deployment, we pulled into Crete twice. We would have group rides of 8-10 nearly every day. We would carry fresh fruit and water from the ship. During the ride we would through the country side until we found a mom and pop store. Hard crust bread, cheese, and wine would be purchased. Afterwards we

would look for good picnic spot. After our picnic we would head back to the ship, only to do it all over again the next day.

My favorite local ride would be cruising through Poquoson with Linda and Bob Carter. Great people, good conversation, and a chillin' ride. What more could you ask for?

**We all know it can be difficult to get out and ride some days. What motivates you to keep riding?** I find it easy to remain motivated throughout the year. It is the ultimate stress relief and a fun way to spend an hour or two. I try to ride to work as often as possible, so I have that as a motivator as well.

#### **If you could ride with two famous people (living or deceased), who would they be?**

Mike Hall, winner of the inaugural TransAmerican Bike Race and Ben Franklin, because he's Ben Franklin.



#### **Team Killer Bee Buzz...**

#### **Tour de Cure 2016**

By Vincent D'Elia, Jr.

I would first like thank all the members of Team Killer Bees who participated and/or donated to this year's ride. We had at least 9 members (3 or 4 who are Red Riders) ride and raised **\$5,779** (the event raised **\$404,618.12**) to help diabetes research. I also like to thank Sharon and Elaine for allowing me to be team captain this year. This was my first Tour de Cure as a participant and Red Rider.



The day was overcast and stayed around 59 degrees for most of the day with no rain this year. Based on reports from team members or other participants, everyone enjoyed themselves. We did have one ride with a mechanical issue

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(Tour de Cure continued)

which was temporarily fixed by the bike mechanic at one of the rest stops.

From pre-ride packet pickup and light breakfast to the post ride activities and lunch choices, the event was run well.

The ride itself was well supported by local organizations/companies who manned the rest stops and provided snacks, the motor cyclists monitoring the various routes and amateur (ham) radio operators providing on-site communications.

The routes were well marked with signage and arrows painted on the pavement (even distances to the next rest stop). Several groups even had signs along the way thanking riders for participating. Anyone who has ever ridden the Smithfield challenge will recognize some of the scenery as the two rides cover some of the same roads.

## Virginia Senior Games Cycling Events May 22, 2016

by Melanie Payne



This was my first experience with the Virginia Senior Games and it was awesome. In fact, this was my first experience as an “athlete” in any event—*ever!* The weather was dismal and rainy, but events went on as scheduled.

I only rode in the 5K time trial, and I loved it! I almost chickened out, but then my son who is a triathlete encouraged me by saying, “The only difference racing in the rain is that you get wet.” Yeah right! But thank you Matt for the encouragement as it was just what I needed to get my butt out into the rain and do it.

I was the only entrant in the female 65-69 category and I won the gold, but being the only rider in that age group didn’t lessen my excitement of competing in and completing the event. I also earned a spot in the National Senior Games this year in Alabama, but I think I’ll definitely pass on that opportunity! Lessons learned—do a better warm up by riding the course beforehand, give it your all, and you’re never too old!!! The motto for the Senior Games is—*Where Athletes Are Forever Young!*

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(Senior Games continued)

There was a lot more competition in the male age groups. Congratulations to PBA member, Frank Dixon, for his two cycling medals—silver in the 5K and bronze in the 20K road race. He also earned an additional four medals in swimming events. Way to go Frank! Although I didn’t see him compete this year, another PBA member, John Atwood, has earned a bucket of Senior Game medals over the years.

Newport News Parks and Recreation put on a first class event, with a huge tent, organized check ins and events, and snacks and drinks galore, and they were constantly checking the weather to ensure our safety.

The next Virginia Senior Games (*remember—you only need to be 50 years old to qualify*) will be May 2017 in Henrico County. Let’s have a PBA contingent rip up the roads in next year’s events!

## CONGRATULATIONS TO PBA MEMBERS WHO SURVIVED THE NYC FIVE BORO BIKE TOUR—May 1, 2016

- Sharon Bochman
- Diana Johnson
- Rich Flannery
- Richard Armstrong
- Steve Ellis
- Richard Johnson



Here are **Rich Flannery’s** thoughts on the experience:

Chilly, wet, cold, drenched...but worth doing again. With a cup of coffee at the start line and contemplating how wet this would really be, the rain started just as the ride started. It's bad enough navigating the streets with 32,000 friends, but the rain made it a little more challenging.

A great ride through Manhattan, through Central Park (while trying to avoid the remnants of exhaustion from the horses the night before), into Harlem, a very brief visit to the Bronx, and back to Manhattan before Queens. That's when the



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downpours started. After traveling through Queens, it was off to Brooklyn and onto the expressway where the downpours not only continued, we faced direct headwinds all the way to the Verrazano bridge. Once on Staten Island and too cold and wet to care about the event festivities, it was off to the ferry and call it done!

I was fortunate to enjoy this misery with my twin brothers who also traveled to NYC to do the ride. After a cup of coffee on the ferry, a couple of beers and food in lower Manhattan, we all agreed that it was fun despite the weather and will do it again in a couple years. Probably the beer talking at that point!

And **Sharon Bochman's** thoughts were:

When I decided that I wanted to do the NYC 5 Boro Ride, I knew that since we hadn't been up since 9/11, there would be a lot that we wanted to do and see so we made



it a mini-vacation. We also determined that to maximize our time there, it was cost effective to fly and to rent a bike. After several conversations, Diana Johnson and I realized we were looking for the same type of travel experience. She took her aunt from North Carolina and I took Dan. We were able to share a lot of transportation expenses by taking the same flight and staying two blocks away from one another in Midtown Manhattan. We had a great time! The weather was delightful until... about 7:30 am on Sunday. It wasn't bad at first. We enjoyed riding on closed streets. But as the day wore on, we got more and more wet. By mile 20, my shoes were squishing with every step. The hybrid rental bikes we rented were very heavy had slippery pedals and my tennis shoes kept sliding off anytime I pushed too hard. It was a slow roll.

We do have some bragging rights. We did not walk any of the bridges. The Queensboro Bridge was probably the most challenging because it was the steepest. By the time we got to the Verrazano Narrows Bridge, we were thankful for the physical challenge. The only time I felt warm was when we were climbing.

I inquired at mile 28 about taking the SAG support option because I was getting hypothermic. I quickly realized I had to suck it up because there was no help. They gave me a Mylar blanket that I wrapped around my core and off I went. I was glad I did though, coming over the Verrazano Narrows Bridge was worth it! After a quick stop for food that I couldn't eat for shivering, I rode over to the Staten Island Ferry, turned in my bike and boarded. On the other side, we got a cab to midtown where I quickly jumped in a hot shower. Once I was warm, I was fine. We took the subway to Tribeca that evening and had a wonderful meal.

Overall, it was a great experience. I can't say I am itching to that one again anytime soon but I can have a few laughs thinking of the madness that I endured. Diana had a special shirt made that really sums things up! Some men are blood brothers, we are rain sisters!



And former PBA member, **Richard Johnson**, who now lives in another state commented:

The 2016 NY 5 Boro Bike Tour was a great experience. A friend that I've known for 28 years carpoled to New York and we did the Tour together. From the beginning I would tell anyone to make sure that you register as soon as possible. I'm sure that all the event was sold out within the first week of registration opening and if you are unfamiliar with New York, plan plan plan ahead. Take into consideration time from your housing accommodations to the packet pickup location, the starting location and the finish location. We made sure to get a parking spot near the finish location and rode the ferry across to Manhattan.

The ride overall was a great route with a nice combination of hills and flats. I truly loved having the opportunity to ride through the city, even if it did involve dodging some pedestrians and other cyclists. As I was preparing for the weekend, I made sure to pack cold weather and rain gear. I'm glad I did! After doing the Tour in a constant rain and about 40 degrees, I feel as if I don't have too many excuses for not riding now. I've participated in other rides but none to this scale. Anyone with any type of bike and a helmet did participate, which led to a few falls and crashes. Even though youth are allowed to sign up, I personally wouldn't let anyone under 16 ride at such a congested event. I did purchase a jersey for my memories and there was plenty of other apparel for the Tour along with vendors at the Bike Expo.



# The Inaugural DC Bike Ride on May 22, 2016 Was Wet & Wild

By Melanie Payne

I decided to do this ride with my daughter, who lives in DC, and I'm so glad I did. Despite the rain, the 8,000 cyclists from over 30 states were in good spirits enjoying the festivities and the ride. The 17 mile ride started out in front of the US Capitol Building and wound, car free, around the city, past iconic monuments, into Georgetown and even over the 14th Street Bridge into Virginia near the Pentagon. The DC Police did a fine job of blocking



the streets and the ride staff was good about warning us to ride single file in narrow spots, to slow down in U-turns, etc. Wish there was someone to warn us about potholes though!

We saw Bob and Patty Kaufman before the ride and I think Steve

Ellis and Mark Van Raam were somewhere in the crowd.

Some riders had "adornments" on their helmets and the one that gave me the best chuckle was a foot high Styrofoam model of the Washington Monument. How appropriate, but until I got right behind the guy, I really couldn't tell what it was!

This inaugural event was fairly well-organized, although the start waves were organized by speed from 18 MPH down to 6 MPH and were much too large at the start. But after the first few miles, the crowd thinned out a bit and we were actually able to have a more steady, enjoyable ride.

The promoters have already sent out an online survey and have vowed to make this event even better next year. I definitely will do this ride again.

DJ Questlove from Jimmy Fallon's show was one of the entertainers at the huge festival held after the ride. We did not stay for that and rode back to my daughter's house in Capitol Hill to dry out and warm up!



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119 - A Village Ave., Yorktown

757 - 229 - 0096  
4640 Monticello Ave., Williamsburg

**On the Advocacy Front – by Tregg Hartley,  
PBA Vice-President**



The Virginia General Assembly closed its 2016 legislative session on March 12th with some welcome news for bicyclists across the state and the Washington

DC region. Thanks to the efforts of hundreds of Virginia residents, advocates, and legislators, *SB 117, the “dooring” bill, passed both the Virginia House and Senate. On April 1, Governor Terry McAuliffe signed the bill into law.*

**SB 669 Highway maintenance payments; bike lanes—** Provides that cities and towns that receive highway maintenance payments from the Commonwealth based on moving-lane miles of highway will not have such payments reduced if moving-lane miles of highway are converted to bicycle-only lanes, provided that the number of moving-lane-miles is not more than 50 moving-lane-miles or 3% of the municipality's total number of moving-lane-miles, whichever is less.

Looks like this bill is getting carried over to the 2017 Legislative session

Locally, the City of **Please mark your calendars for the second public meeting to be held on June 9<sup>th</sup>, 2016 at 6.00PM** Hampton continues to develop a Bicycle and Pedestrian Plan. in rooms 108/109 of the Hampton Roads Convention Center, which is located at 1610 Coliseum Drive, Hampton, VA 23666. At that time we will be discussing results and insight gained from the survey and further developed recommendations for improvements to be made in strategic locations throughout the city.

On 13 April 2016, the City of Hampton amended city code Chapter 6, Article II, Section 6-28 – Bicycles Sec. 6-28. – Required use of bicycle paths  
Old - Whenever a usable path for bicycles has been provided adjacent to a roadway, bicycle riders shall use such path and shall not use the roadway.

New - Whenever a usable path for bicycles has been provided adjacent to a roadway, bicycle riders shall use such path and shall not use the roadway, except under any of the following circumstances:

- ◆ When overtaking and passing another bicycle proceeding in the same direction;
- ◆ When preparing to make a left turn at an intersection

or into a private road or driveway, or avoiding riding in a lane that must turn or diverge to the right; or

- ◆ When reasonably necessary to avoid conditions including, but not limited to, fixed or moving objects, parked or moving vehicles, pedestrians, animals, or surface hazards that make it unsafe to continue in the bicycle path.

On April 23<sup>rd</sup>, the PBA was well represented at the Armstrong Elementary Wellness Day at Ft. Monroe. We were on hand to perform basic bike inspections/repairs and talk about bike safety. A special thank you to all who participated- Markeala Dotson, Duncan Dotson, Cat Evans, Thor Evans, Stacey Cole, Richard Armstrong, Tregg Hartley, and Sharon Bochman





## Member Musings

Do you have suggestions or ideas for the betterment of our area's cycling community?— Share them here.)

### A Time to Get Involved by Linwood Tom Howard

We were at the height of the Industrial Revolution in the early 1900's and cities were bustling.

American ingenuity was kicking into high gear and people were working sometimes too hard and under awful conditions. Folks started thinking of the impact this lifestyle was having not only on themselves and on the landscape of the cities and factories in which they worked.

This led to the conservation movement and the age of Roosevelt, Muir and other naturalists. Our National Park System was born and we saw the plans of a visionary start to take root. This visionary suggested that a pathway be built along the high ridges of the Appalachian Mountains where a factory worker could go to decompress from this evolving "industrialized" world. This pathway enable communities to walk, recover and come in contact with nature. This pathway would start in the White Mountains of New Hampshire on top of Mt. Washington and finish in the Black Mountains of Mt. Mitchell, NC. We all know of this pathway that is now called the Appalachian Trail and the efforts of the man, Benton MacKaye. This pathway is world renowned and considered the benchmark of all other long distance backcountry trails.

They say all things run in patterns and what's old is new and what's new is old-kind of like history repeating itself. As it is now with a new type of mission to open up green spaces for our citizens in this "Age of Technology" such as backcountry hiker that needs decompression, the mom who needs to walk her children to school and the wheelchair bound who need a safe pathway to travel to the grocery store. Americans are answering the call to build that pathway that takes them to school, work and play. Visions of linking our cities and hamlets together via an off roadway path are taking root. In Virginia we have the blessings of a proactive movement that brought us the Virginia Capital Trail. A fifty-two mile ribbon of asphalt that links Williamsburg, Charles City Courthouse and Richmond, VA on which cyclists, walkers, runner and yes, even skateboarders can travel the length of the path from end to end.

But something much grander is in the works. In the early 2000's, the East Coast Greenway plan took shape and is growing before our eyes. The Virginia Outdoor Plan suggested a pathway from Virginia Beach to the Cumberland Gap called the Beaches to Bluegrass Trail and locally, the folks of Southside Hampton Roads started the process of building the South Hampton Roads Trail. The goal of all these fine projects is to link our communities together with a safe path for our citizens to get to school, work or play.

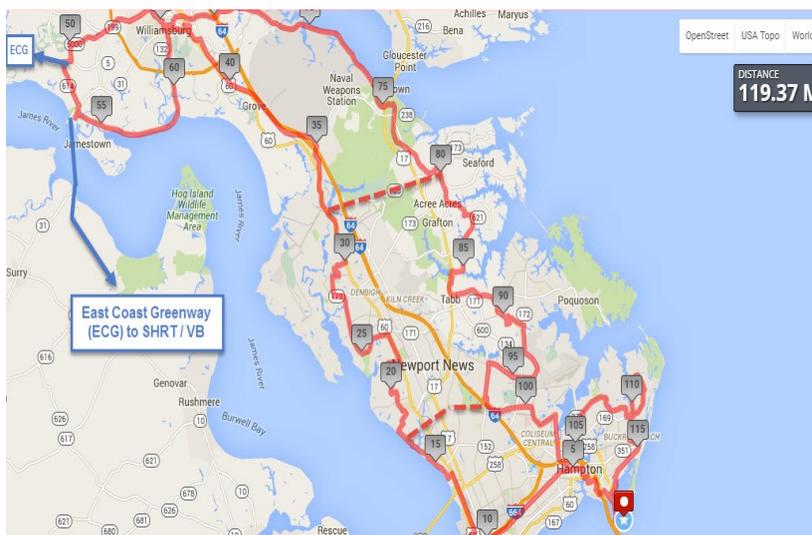
I have had the pleasure to attend the past two PABAC (Pedestrian and Bicycle Advisory Committee) meetings for the Hampton Roads Transportation Planning Organization as a citizen advocate for cycling. I have learned about the short and long range plans to address our region's transportation goals, including the "active" transportation plans that include pathways and sidewalks. As I look at the projects listed, I see most of them located on the south side of our area. I also see the time it takes to initiate and implement these plans. There are studies that have to be done, funds to arrange and easements to acquire.

The time has come for the localities of Newport News, Hampton, Poquoson, York and James City Counties to implement their plans for an "active" transportation plan. A time to build the **North Hampton Roads Trail System**, connect to the

East Coast Greenway, that will link to the South Hampton Roads Trail and the Beaches to Bluegrass Trail. A way for the Peninsula to be involved with the changes that are sure to come. If not now, it may be too late to take advantage of the benefits of communities that will need this type of transportation alternative. It is my opinion, that communities that lack this type of transportation option, will lose out. The time to act is now to get involved.

The reason I am addressing the members of the Peninsula Bicycling Association is to actively promote this concept of the NHRTS, to work to link to the East Coast Greenway (and subsequently the SRHT / B2B) that crosses at the Jamestown / Surry Ferry and work to promote our region as a connected active transportation hub.

A time has come for our club to be the catalyst to pull the Peninsula's government agencies together and encourage cooperation between the localities to build this NHRTS. I do not know exactly where this NHRT would be built, but there are definitely some options. Wouldn't it be great to capitalize on the emergence of our nation's newest National Monument at Ft. Monroe? For a pathway to connect Hampton University, Downtown Hampton & Newport News, the world's largest shipyard, Christopher Newport College, Thomas Nelson Community College, Yorktown Battlefields, Colonial Williamsburg and then finally to Jamestown? How about our airport, our primary and secondary schools, and our military bases?



<http://www.mapmyride.com/routes/view/1060209598>

A recent trip to New York City has had a huge impact on my vision for the options that lie ahead. Did you know, there are little to no gas stations in Manhattan? Reason, real estate is too valuable to squander on a gas station. But there are dedicated bike lanes (painted green and divided by concrete) to handle the massive number of cyclists that make their way around NYC. I found NYC to be very bike and pedestrian friendly. Hampton Roads is a long way off from being a NYC style metropolitan, but not far off from those like Minneapolis / St. Paul, MN or a Portland, OR.

The time to act is now. Time to promote the NHRTS, support the completion of the SHRT, and strive to complete the East Coast Greenway between Surry, Smithfield and Suffolk. Time to promote Hampton Roads as a linked active community.

Linwood Tom Howard  
Hampton, VA.  
fullcount.tom@gmail.com

**Join us for  
The Surry "Century" Ride**  
**Our Annual Twenty-Five to a Hundred September Ride**

**Saturday, September 10, 2016**



**The Ride:**

- Starting from the Surry Athletic Field behind the Surry Courthouse.
- Experience the heart of Southeastern Virginia by bike... see rural towns, farmland, historic plantations, and very few cars.
- Rides of 25, 50, 75 and 100 miles consist of three loops of 25, 25 and 50 miles.
- Roads are flat to slightly rolling.
- During your stay consider visiting local attractions Chippokes Plantation State Park & historic Bacon's Castle.

**Times:**

- 7:00 to 9:00 am: On site registration and check-in.
- 1:00 pm: Lunch closes.
- 4:30 pm: Course closes.

**Fees:**

- Fee includes maps, cue sheets, marked routes, rest stops, lunch, snacks and SAG support.
- A portion of the registration fee will be donated to the Surry Athletic Association and the Surry Rescue Squad.
- Register before September 1st and Early Registration fee is \$25 for members and \$30 for non-members, \$10 each child (12 and under).
- After September 1st, Registration is \$30 for members and \$35 for non-members. Children 12 and under will be \$15.
- Registration fee is an additional \$5 if registering the day of the event.
- **Mail-In and Online Registration - coming soon.**

**To Volunteer (or for more info):**

Contact Russell Parrish at [paganriverarchitects@gmail.com](mailto:paganriverarchitects@gmail.com)

**CONGRATUATIONS TO THE LATEST  
PBA BIRTHDAY CLUB MEMBERS**



**Tregg Hartley, Sharon Bochman and  
Bob Carter**

Birthday Club guidelines can be found on the PBA website homepage at [www.pbabicycling.org](http://www.pbabicycling.org).

**PBA Bike Journal Update**

As of May 30, 2016, **32 PBA** members have recorded **28,338** cycling miles.

Kudos to our top five riders:

- **Robb Myer**
- **Patrick Johnson**
- **John Atwood**
- **Bob Ornelaz**
- **Tregg Hartley**

*bikejournal.com*  
*Ride. Log. Repeat.*



# Weekly Standing 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

- Standing rides repeat weekly and do not go on our web calendar.
- Oftentimes, riders simply show up and there's a ride.
- Check the PBA Facebook or call, text, or email the ride leader to confirm the ride is on.
- \* Rides marked with \* are not PBA-sanctioned rides. They are good nonetheless!

**Arrive 15 minutes early ——— Helmets are required.**

## SEASONAL RIDES (April through September)

### **Mondays:**

- **5:30 pm - York Hall at 301 Main St, Yorktown (parking lot behind building):** 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 Brian Utne (A-group) at [blutne@gmail.com](mailto:blutne@gmail.com). **B-group leader needed.**
- **6:00 pm - White Marsh Shopping Center at 4834 George Washington Highway Route 17, zip 23072, 8 miles North of the York River.** The Monday Night Ride in Gloucester is a ride for A or B pace riders. We ride 27 miles. Contact Bob Anderson, landline: 804-642-5941 or Bernard Robbins, landline: 804-642-6412). [Gloucester Virginia Cycling Facebook](#)

### **\* Tuesdays / Thursdays:**

- **5:30 pm - 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! Visit the Facebook group at [BAR Cycling Facebook](#)

### **Wednesdays:**

- **6:00 pm - Todd Stadium at 12465 Warwick Blvd in Newport News,** C+ pace ride, basically 14+ mph rolling but no one dropped. We do about 20 miles similar to the Squirrel Scalper route -- Deep Creek, Maxwell Gardens, Hidenwood, Riverside, Lions' Bridge, Warwick on the James, Brandon Heights, Hilton Village and back through the Mariner's Museum and CNU. Contact John Bright, cell: 757-812-1909. Updated 05/2016. **B Pace ride leader needed.**
- **6:00 pm - York General District Courthouse parking lot at 300 Ballard St, Yorktown:** Ride length and pace depend upon group (no one dropped). Contact: John Parker, cell: 757-898-7147. If you would like to learn how to ride in a group call John Parker. Bill Monroe, landline: 757-868-9242 or Charlie Park, cell: 898-0890.
- **6:00 pm - York General District Courthouse parking lot at 300 Ballard St, Yorktown:** Join us for a 28 mile B+ pace ride to include York Point and Dandy Loop and finish with the Ben & Jerry's hill climb. (Traditionally a B-pace in April and then faster as the group gets stronger through the summer)
  - Contact Steve Zajac, cell: 757-870-4873 or [spz1957@yahoo.com](mailto:spz1957@yahoo.com). Updated 05/11/2016.

### **Thursdays:**

- **\*5:30 pm - ref Tuesdays / Thursdays above.**
- **6:00 pm - York Hall at 301 Main St, Yorktown (parking lot behind building):** A pace, 18 to 22 mph rolling speed, 25 to 30 miles. This is NOT a ride for beginners and you will be dropped if you cannot keep up. Contact Randy Howell, cell: 757-876-1476, [rhowell4@me.com](mailto:rhowell4@me.com)
- **6:00 pm - Tabb Library at 100 Long Green Blvd in the Tabb section of York County:** B- pace, rolling 14-16 mph with a couple sprint options. 20-25 miles depending on daylight. Contact JD Hawthorne, cell: 757-218-3529 or Robb Myer, cell: 757-812-9942, [threespeed67-pba-ride-leader@yahoo.com](mailto:threespeed67-pba-ride-leader@yahoo.com), route sheets available by email. Updated 05/20/2016.

## Riding Out Yonder...

For those of you who love to travel and ride “out yonder,” there a myriad of rides and events. Here are just a few of the upcoming rides to closer home.

Thank you to Scott Farrell for providing the following website that has a calendar of all 2016 North East and Mid-Atlantic rides. See <http://www.cd-international.org/2016-season.html> for many more rides not listed below. There are rides for everyone! If there is a ride you'd like listed, email me and I'll get it in the next Chainstay.



**June 5, [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.. Visit <http://www.fletcherflyer.com/> for details.

**June 11, [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. Visit <https://www.vtsmts.com/jamestowngranfondo/> for more details.

**June 18, [The Tour De Shore Event](#)**—All routes start and end at the Onancock School in Onancock, VA. First ride starts at 7 am. 3 routes: 100 mile (begins 7am), 100k (begins 8am), or 50k (begins 9am) Register for this event via the Eastern Shore of Virginia Chamber of Commerce's website here: <http://shop.esvachamber.org/> A portion of the proceeds will benefit YMCA's Camp Thunderbird, a great youth camp located in Chesterfield, VA.

**August 13-14, [CNC Mountain Ride](#)** - Brevard, 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. Visit <http://cnc.ncsports.org/mountainCNCRide/> for more info.

**August 12-14, [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 28, [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 10, [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, well-marked routes designed for every ability level. No walk-in registration. For more information go to: <http://www.civilwarcentury.com/>.

**September 10, [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 goodies. The tour starts and stops in Historic Dover, the capital city of the First State. After the bike tour, cyclists are treated to a catered BBQ picnic. Info: <http://www.amishcountrybiketour.com/>

**September 11, [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 18, [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 Mts. The funds raised go directly to supporting the Boys & Girls Club. Visit <http://www.bgcchallenge.org/> for details.

## In Search of Guest Speakers

We're looking for guest speakers to speak at our monthly membership meetings. If you've been on an interesting bike tour or trip, or if you are a professional in a cycling, fitness or sports medicine related field, or if you are knowledgeable about cycling related topics (*nutrition, riding, mechanics, projects, law, etc.*), we would love to have you share your insight 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 provide you with a complimentary dinner for that evening.



# WHERE'S WALDO???



Cap2Cap Riders



Heide's Place Memorial Garden  
—A beautiful and favorite  
Poquoson rest stop



From the Chili Ride



Haulin' on the Surly "Big Dummy"

Note: This is the Editor's family in  
Minneapolis MN.

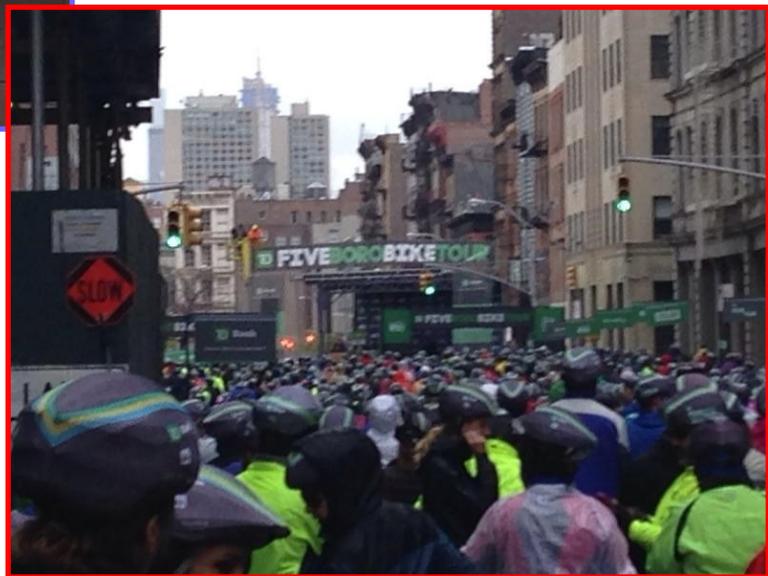


Elaine & Art  
Our Queen & King Bee



New Friends  
on the DC  
Metro

New York New York!



Mother's  
Day Ride

# A Little Cycling Humor—There's a tee shirt for everyone!



Printed on the shirt—

*Sigh-co-sis*

*When shift happens to the off-derailleur cyclist.*

*CBA (Chronic Bike Addiction)*

*OCD (Obsessive Cycling Disorder)*



## PBA BUSINESS CARDS

Check out PBA's new business card. They are available and ready for ride leaders to pass out at rides. Contact a board member for a supply.



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

## 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**