

Chainstay

The Peninsula Bicycling Association



October-November-December 2016

Volume 46, Issue 4

UPCOMING PBA RIDES & EVENTS



OCTOBER 29 ADOPT-A- SPOT CLEANUP AND RIDE

9:00 AM—Noon. Meet at Yorktown Middle School.

We thought it would be fun to do a trash pickup near Halloween for our famous

local "haunted" road Crawford/Crafford Road for about 30 minutes. Once we are done, we will get on our bikes and hit the road for a nice tour of Yorktown. The conclusion of the ride will be at Ben & Jerry's where the Club will pay for ice cream to thank you for volunteering! Contact Virgil King, virgilr@yahoo.com if you have any questions.

HOLIDAY PARTY IN DECEMBER—Watch for an email announcement soon.

PBA OCTOBER CYCLING ROAD TRIPS —[See Page 15](#)

PBA MONTHLY MEMBERSHIP MEETINGS— 2nd Monday of each month at Angelo's, 755 J Clyde Morris Blvd. 6:00 PM Dinner/Social Hour - 7:00 PM Meeting
NEXT MEETING: Monday, October 10

A Message From Our President- Sharon Bochman

During the summer, all I could think of was how nice it was going to be to ride in some cooler weather. Before I knew it, October is here and fall has arrived. The downside is the days are also getting shorter so the after work rides are waning until the Spring. I want to thank all of the ride leaders that showed up week after week all summer to provide great after work riding opportunities for everyone. Thank you to Brian Utne, Steve Zajac, Dave Clarke, John Bright, Michael Shapiro, J.D. Hawthorne and Robb Myer for keeping the rides going. I also want to give a special "shout out" to Linda and Bob Carter. They led more weekend rides than any other ride leader and thanks to them, many new cyclists joined the club.



We had another great Surry Century on Saturday, September 10th. The weather forecast looked like heat was going to be an issue but we were blessed with thick cloud cover

until about 1:00 pm that kept the temperatures down. We had a large crowd, about 225 riders. Most did 25 or 50 miles which indicates that we probably got a lot of newer riders. Everyone was smiling and that told me all that I needed to know... they were having fun! There were things that we identified afterwards that would be great improvements for 2017 and I am looking at some new routes just to keep things interesting. I want to thank all of the volunteers that helped make this ride so special. Thank you to Scott Farrell, John Sprock, Russell Parrish, Arba Williamson, Jason Todd and Flat Out Events, Kathryn Lane and the volunteers from the Friends of Chippokes and Kristie Hendricks and the members of the Surry Masonic Lodge 31 as well as Gerry Warden, Greg Warden's wife who stayed at the school rest stop all day. This group of volunteers worked very hard to ensure the riders were well taken care of. We also had several volunteers that baked home goods for the rest stops. Thank you to Melanie Payne, Linda Carter, Tom Carmine and Lori Moffatt. The SAG team also did an outstanding job. Thank you to John Sprock, John Mayer, Bob Ornelaz, John Schnauz and Tom Carmine for keeping the riders safe and rolling. Sandy Butler, Diane Herbert and Debbie Wells did their usual great job with getting the riders registered quickly and efficiently. We couldn't have done this without you all!

One final thought... in the process of organizing the Surry Century, I found out that there are some cyclists that ride over there (and where they are from is a mystery to me) that are very rude to the locals and won't move out of the way for cars and trucks to pass. We need to remember when we drive over to these rural communities to enjoy the peace and quiet, we are guests and need to treat the citizens the way that we would want to be treated if the situation was in reverse. When you stop by a country store to use the bathroom, buy something. These merchants can't stay in business if we don't spend money and that valuable resource will be lost without our support. Wherever you ride, be friendly... smile, wave and speak to people you pass. It's amazing how many will smile and wave right back. Most cyclists are really nice, they obey the rules of the road and act like good citizens. Unfortunately, we get blamed even when others misbehave so we have to work that much harder to show members of the Community that we are better than that. I listened to the citizens of Surry and actually made a few friends along the way including the Sheriff of Surry County. He gave us tremendous support and I am most grateful!

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	John Sprock, sprock3tman@gmail.com
Chainstay Editor	Melanie Payne, blueberryg@aol.com
Executive Committee Members	Virgil King, virgilr@yahoo.com Rich Flannery, rflannery@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	Tom Howard, Tregg Hartley, Scott and Carol Bartram, Elaine Cardwell, Patrick Johnson
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	John Sprock
Meeting/Guest Speaker Organizer	Glenn Young



PBA Website:

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.

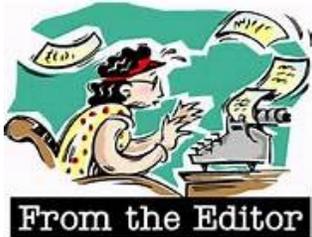
PBA's Club Affiliations



**Adventure
Cycling**
AFFILIATED CLUB



Chainstay is published quarterly or bi-monthly 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 2016. PBA's website is hosted by Wild Apricot.



This Chainstay covers October—December 2016 and the next issue will be January—March 2016. During the spring and summer months, the Chainstay will be out bi-monthly to be sure to include the current happenings and rides during the peak cycling season. This issue has lots of interesting input from members, and I thank them for contributing. I hope you enjoy reading this issue.

Welcome To New PBA Members

We look forward to riding with you!



Scott Angster
Ana Bossman
Connie Cirrincione
Brenda Claytor
Nicholas Eliopoulos
Garry Fitchett
Karen Gill
Linda Hewitt
Marty Karr
Dennis Keyes

Betty Lewis
Katie Mallory
Andrew Parra
Laarni Paulin
John Phifer
Rachel Royal
Cynthia Smitherman
Gary Vattelana
Linda West

PBA Bike Journal Update

As of September 30, 2106, **39 PBA** members have recorded **70,118 cycling miles**. That total equates to approximately 2.80 times around the circumference of the earth! Logging your miles on bikejournal.com is an excellent way of tracking your miles. Kudos to our top ten riders:

- | | |
|--------------------|---------------------|
| 1. Patrick Johnson | 6. Tregg Hartley |
| 2. Robb Myer | 7. Richard Maruyama |
| 3. John Atwood | 8. Linda Carter |
| 4. Bob Ornelaz | 9. Bob Carter |
| 5. Jonathan Snyder | 10. Mary Wikswo |



BIRTHDAY CLUB UPDATE



There are three age categories for the Birthday Club.

- Vanilla: Age 50-59
- Peaches and Cream: Age 60-69
- Rocky Road: Age 70 +

Vanilla members will receive 1 ticket for the awards ceremony drawing at the January 2017 Membership Meeting, Peaches and Cream 2, and Rocky Road 3. We now have 21 members thanks to the Surry Century catch up ride.

Birthday Club guidelines can be found on the PBA website homepage at www.pbabicycling.org.

CONGRATUATIONS TO PBA BIRTHDAY CLUB MEMBERS

- | | |
|-------------------|-----------------|
| Richard Armstrong | Vanilla |
| Tom Bauer | Vanilla |
| Sharon Bochman | Vanilla |
| Bob Carter | Rocky Road |
| Linda Carter | Rocky Road |
| Frank Dixon | Rocky Road |
| Stacy Garber | Vanilla |
| J.D. Hawthorne | Vanilla |
| Tregg Hartley | Vanilla |
| Tom Howard | Vanilla |
| Rosanne Howard | Vanilla |
| Greg Hurley | Vanilla |
| Richard Maruyama | Rocky Road |
| Lori Moffatt | Vanilla |
| Donna Moyer | Vanilla |
| Robb Myer | Rocky Road |
| Melanie Payne | Peaches & Cream |
| Jonathan Snyder | Vanilla |
| Mark VanRaam | Peaches & Cream |
| Greg Warden | Peaches & Cream |
| Mary Jane Wikswo | Vanilla |

Getting To Know You...

This issue spotlights Rich Flannery, PBA Board Member. Rich said he's not sure how long he's been a PBA member because he was for a while and then wasn't. But since returning, Rich has been a Board Member for about a year and is taking an active role in PBA. We're glad you are back!



Getting to Know—

Rich Flannery, PBA Board Member



I arrived in Virginia nearly thirty years ago as a result of the Navy. I served twenty-two years on both surface ships and submarines. I've been retired from the military nearly fourteen years now. I grew up in Illinois and Denver, Colorado. And yes, I joined the Navy immediately after high school.

I graduated from Old Dominion University with a Bachelor of Science in Environmental Health. I have a Master of Science in Emergency Management from Jacksonville State University in Alabama.

When did you first get interested in cycling as a sport?

Like most people, I've been cycling since I was a kid. As a teenager, I can remember riding my 5-speed bicycle from the Denver area to Boulder (lots of hills) in a pair of regular shorts, no shirt, no water, and no helmet. I did this pretty regularly. While in the Navy, I rode various bikes off and on when I wasn't deployed. I actually had one bike on a ship that I rode in port calls in France and Italy. Again, no helmet.

I rode throughout my military career that included a couple of years in hilly Groton, CT. Once I retired from the military, I found my way to the Killer Bees and the rest is history.

What is your favorite PBA memory and/or ride?

No real favorite PBA memory. However, thanks to Art and Elaine and the Killer Bee's Group, I made a lot of new friends and learned the roads and cycling etiquette on the Peninsula really well through their rides. For that I'm eternally grateful as I now ride with a lot of great friends and continue to make new friends every year.

Describe your perfect day on the bike—weather, location, cycling companions?

I prefer to ride in cooler temperatures as I don't do as well in the heat. I enjoy rides with hills even though I'm not a fast climber. I just like to climb hills while I ride just because I can. RAGBRAI provided the hills I wanted and then some this year. Believe me, Iowa is not flat!

What keeps you motivated to keep riding?

I just enjoy it. If I could earn a living riding, I'd give up my day job in a heartbeat. The best part of riding is that I can eat what I want, drink craft beers without worries, and it keeps me healthy as I grow older.

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

I really have no clue. I'm fortunate to have a great group of friends to ride with on most weekends. They are legendary in their own way...right guys?!?!



Cycling the Erie Canal – July 2016 by Mark Van Raam



The Erie Canal ride covers about 400 miles from Buffalo to Albany, New York in over 8 days and those that do the ride are known as an “End to Ender”. There are shorter options available as well as optional pre-rides around Buffalo and to Niagara Falls. Shuttle buses are available from the Albany to the start and from the end back to the start. About 650 people signed up to do the ride and most camped. About one-third used the tent vendor, Comfy Campers. Four luggage trucks and a shower truck are all part of the mix. Breakfast every day and six dinners are included in the price. There are AM and PM rest stops every day. It’s a well-organized ride. Cue sheets are provided each day with lunch options and sights to see along the way.

Most days the ride was between 40 and 60 miles with the last day being 28 miles. Most of the ride is along the tow path with both paved and stone dust surfaces. Some of the ride is on lightly travelled roads. It is not all flat and includes a few pretty steep hills near the end of the week. You’ll see the Erie Canal, the Niagara and the Mohawk rivers. It rained one afternoon and a couple of nights. The Canal is a huge economic engine for the region with commercial cargo barges, pleasure boats, and boats for rent for vacationers.

Upstate New York is a very beautiful part of the country with some great history. It’s hard to believe today with all of the buildings, that Buffalo and Rome were the frontier in the early 1800’s. One of my favorite things to watch was all of the locks operate on the Canal. The original canal was only 28 feet wide and four feet deep. There are many museums to stop at and nightly entertainment that included history talks and a talent show.

Most folks were riding hybrids, mountain bikes or road bikes with wide tires and a few trikes and recumbents thrown in the mix. The fine stone dust ends up on everything and the days after a rain, kept it on the ground. With most of the riders closer in age to ‘senior’ status, it was encouraging to see a couple of Boy Scout troops and some families doing the ride. It is a ride that I’m glad I added to my list of out of the area rides and would definitely do it again.



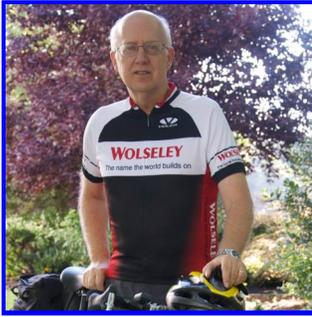
Kindred Spirits in Syracuse



By the Mohawk River in Cohoes, NY



I Hate Hills by Tom Carmine

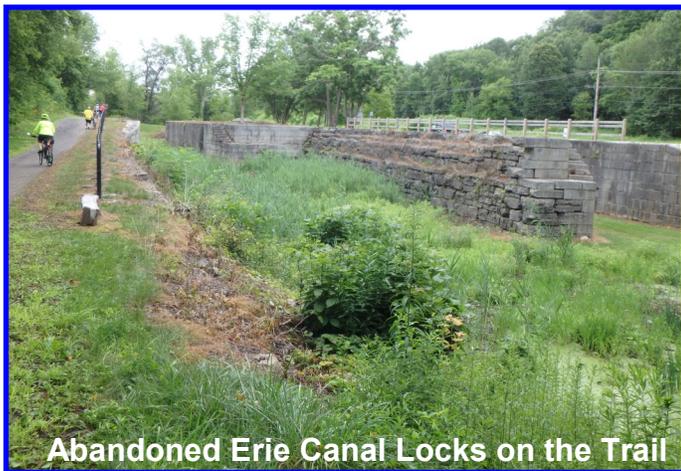


Living here in the flatlands I have developed an aversion to riding in hill country. Except for the climb from Yorktown beach, I don't encounter a hill on my rides. So when I look for bicycling excursions, I am careful to check the elevations before signing on and this has led me to love trail rides.

I took my first trail ride in 2001 when I rode the C&O and the Great Allegheny Passage from D.C. to Pittsburgh with a group of twenty-seven. The C&O climbs only 600 feet over 185 miles and the potholes are more troublesome than hills until you leave the trail at the end of the day. Getting out of the river valley to the hotel on the both segments can be a challenge at times.

I haven't always avoided hills. In 2012, armed with my new Trek 520 touring bike I rode Bike Virginia at Berryville and Harpers Ferry. Yes, there were hills, and there was carnage everywhere. Bikers were stepping off their bikes as we climbed out several steep ravines. The final challenge was the long climb out of Harper's Ferry where many were walking their bikes up the sidewalk, but they were graciously cheering those of us who were still riding our bikes at the top.

Having done both trips, I found myself gravitating to trail trips which offered gradual elevation changes, scenery, and



Abandoned Erie Canal Locks on the Trail

most important a largely traffic free day. When I retired in 2015, my first ride was the Erie Canal Trail from Buffalo to Albany covering almost 400 miles. It was a good size ride at 600 plus riders, It was scenic, but not entirely off road. About 90 miles was spent on roads where the trail could not follow the new or old canal and to access our campsite at the end of the day.

The ride was well run logistically with your breakfast and most of your dinners provided. Lunch was not provided, but rest stops were so bountifully stocked with fresh fruits and other goodies that lunch was usually not an issue. I always



Erie Canal Halfway Point—Camillus, NY

opt to camp, and we camped in school yards each night except for a night at the Fort Stanwix National Monument in Rome. Twice we encountered fund raising lunches which many of us supported. Restaurants were generally available around lunch time, but the early arrivals quickly packed the available seats.

The Erie was a fun trip. I enjoyed pedaling through the little canal towns along the path and learning some history of the Canal. Sadly, many towns are no longer prosperous, but each day we were greeted by local organizations and a couple of proud mayors wishing us a good time. There were opportunities to stop at some small museums along the trail, and each night we had an optional lecture in the school auditorium about the local history of the Canal.

For you dedicated road bikers, it's not really a road bike trip. Wider tires are highly recommended on the dirt, sand and crushed stone path especially if you encounter rain. I rode with 32 mm wide tires, but there were some with narrower. The bike of choice seemed to be a hybrid, and there were a number of trikes. There were also three fat tire bikes, and I never saw them setting down the entire week.

The Erie is a great trip, and one that many riders do year after year. Last year the oldest was 91, and he was back again in 2016. The cost is also reasonable for eight days of biking. When I went looking for a 2016 ride, I naturally gravitated back to trail rides and I wanted to do another classic one. This year I drove to St Louis in June and rode the 240 mile KATY trail out of St. Charles. This is a smaller ride with only 350 riders, but fully supported with breakfast and dinners provided. I elected to camp, and the overnight stops were in parks and one school yard.

It was a hot week with heat indexes over 100, and we were encouraged to get on the trail early with breakfast starting at 5:30 AM some days. The nice thing about trail riding is they

(continued on next page)

(I Hate Hills Continued...)

are usually green tunnels of overhanging trees so much of the ride was shaded. Day one was a 64 miler with little shade at the end. I remember stopping to drink water under the shade of a single tree and very quickly there was a crowd there vying for relief.



Scenic Stretch Along the KATY

The Erie had set high standards for me for scenery, logistical support and things to see and do during the day. The KATY failed me with their rest stops. Missing were the abundant fruit baskets and snacks and in its place were bananas and very dry Nature Valley granola bars. By the end of day one, I was calorie depleted despite a gallon of Gatorade and energy snacks, and I rode into the only convenience store I could find for some real food before trying to find the campground.

The overnight towns were large, but the depot stops along the way were dried up little scenes of Americana. The fact that we were riding so early also meant the few restaurants and stores along the way were not open. We were greeted on two different

days by bake sales which did a lot for our morale and their wallets. On Wednesday, we had an optional side trip to see the Anheuser Busch Clydesdale breeding farm for \$20.

Both trips provided a place to clean up after the ride and for a fee, shuttles back to the start. You also had the ability to take the shuttle from the start so you were finished at the end. Both trips were learning experiences, and I ended both by having my wife fly into town so we enjoy the drive home together. That gave her the chance to see Niagara Falls and Toronto last year and St Louis and other stops this year.

Both of these tours were sponsored and run by large organizations. There are smaller private tours of both trails available, but I like the big groups. You meet a lot of people and it's always a party. Next issue, I will write about four Adventure Cycling tours and the benefits of smaller fully supported and self-supported tours.



Reminder of The KATY Trail's Railroad Heritage



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119 - A Village Ave., Yorktown

757 - 229 - 0096
4640 Monticello Ave., Williamsburg



On the Advocacy Front by Tregg Hartley



City of Hampton Bicycle and Pedestrian Plan

After nine months of work, the Bicycle and Pedestrian Plan for the City of Hampton is nearly complete. I had the opportunity to read through the draft and provide my feedback one last time. The plan is really looking good. Here is the plan adoption time line:

- October 6, 2016 Planning Commission (3.30PM in City Council Chambers) – Staff will brief the Planning Commission on *Bike Walk Hampton*
- November 3, 2016 Planning Commission (3.30PM in City Council Chambers) – Staff will present the plan to Planning Commission for adoption
- December 14, 2016 Planning Commission (6.30PM in City Council Chambers) – Staff will present the plan to City Council for adoption

This is a big step towards improving the Bike and Pedestrian infrastructure for the City of Hampton. However, it is only one step. After the plan gets adopted, then we need to work on funding. Of course, there is no funding without the plan. The City of Hampton is interested in creating a permanent Bike/Walk Steering committee from the current one. I am not sure what that will entail, but I am sure it will be an adventure. It will be important to maintain momentum as we roll into 2017.

City of Hampton Bike Walk Event— 24 September 2016

We had an estimate 400 people show up for the event! This event was a wonderful success and there are so many people to thank.

Eleanor Hubbard and her grandson anchored the PBA table for the entire event. They handed out biking maps, rules of the road booklets, and business cards. So many people heard about our PBA for the first time because of their efforts.

Robb Myer and JD Hawthorne honchoed the first two rides of the day, the 8.5 mile Kecoughtan loop and the Buckroe loop. Both rides had around 50 riders of all skill levels. We had multiple sweeps as the groups spread out. John Sprock, Tom Howard, Amaury Perez and a few others whose names slip my mind ensured no rider was left on their own.

We followed those rides up two downtown loops. A one mile loop and a two and a half mile loop. These were designed for slower riders, including riders with children.



We even had Councilwoman Teresa Schmidt riding with us on those two rides. I led these with John Sprock and Tom Howard helping out sweep and rider education.

Our last ride of the day was a little four mile jaunt up King Street, to include the entire length of multiuse path. We had one young man riding with his mom who was rolling right along with the adults. John Sprock and Tom Howard helped out with this ride as well.

We had several of our faster riders show up to ride in support. Thank you for making these rides so successful. I finally kept up with Bob Ornelaz for an entire ride!

Finally, I want to thank the City of Hampton for putting this event on. Thank you, Alison Alexander, for all of your hard work. Thank you to the Hampton Police Department for riding with us and providing traffic control. I'll ride with them any day.

Robb Myer took part in the History Walking Tour of Downtown Hampton. Apparently, there was more History than walking, but it was very enjoyable. There were two runs at the event as well. There was a 1.1 mile fun run and a 3.75 mile neighborhood run as well. Both runs were led by the Peninsula Track Club.

For those whose names I missed, thank you for making this an Epic event. I have been in touch with Alison Alexander since the event. The feedback that the city has received has been wonderful. People are already asking when the next event will take place. Alison has indicated that she would like to do something next May during Bike Month. Plan to be there.

(See more photos of this event and a continuation of On The Advocacy Front. on the next page.)

Photos from the City of Hampton Bike Walk Event—
September 24, 2016



(On The Advocacy Front continued)

From the League of American Bicyclists (LAB)

Policy Priorities From League Advocates

Earlier this year, the LAB sent out a survey asking members and advocates what they felt were the most important issues that needed to be addressed with federal policy. Here are the results.

Major Themes from "What's your best idea for federal policy?"

1. Build Connected Networks. The most common solution/ policy idea was to build safe and accessible infrastructure networks for everyone, the funding to pay for it, and the policies to require or encourage it. There was a specific concern with connecting underserved communities to destinations across the networks. Many respondents also commented on the need for more accessible and better connected transit.

2. Distracted Driving is a HUGE concern. More than anything else people are concerned with distracted driving. The passion for universal and forceful enforcement is palpable when reading the comments.

3. Strong belief in education, and experiential education. Another common answer was education- education for drivers, law enforcement, cyclists and the public. Several of you want to see politicians, police and planners ride bikes regularly to experience the roads first hand!

4. Need for more and more inclusive public input into transportation plans. Several of you highlighted the need for a more inclusive public input process when planning and designing for transportation in general and biking and walking in particular.

5. Create incentives for biking, remove incentives for driving. Another major theme for policy solutions was to create and improve incentives for people biking whether that be a better commuter tax benefit or health insurance benefit. On the flip side, many folks zeroed in on removing free parking in downtown areas, eliminating the parking tax benefit (costs the government \$3 billion a year), and raising the gas tax to cover the true cost of driving.

Committee Forming to Help Make Langley Air Force Base More Bike Friendly by Tregg Hartley



I had a meeting with a Langley AFB Community Planner, Travis Willer, about two weeks ago.

He is a cycling advocate/enthusiast who is in a position to recommend changes to the infrastructure on base. He wants to put together a committee of cycling enthusiasts, who regularly ride on Langley AFB. The committee would meet regularly to put together ideas on making Langley more bike friendly.

I am reaching out to my fellow Langley cyclists to join me on this committee. I can provide a commuter's perspective, but I want to hear from others who are eligible to ride there. The more perspectives, the better.

If you are interested in improving the cycling infrastructure on Langley and are willing to attend a couple of meetings per year, shoot me an e-mail at pbafatmanriding@gmail.com.

2nd Annual Don Hubbard Memorial Ride and Ice Cream Social– August 6, 2016



Photo Courtesy of Edith Rose

Over twenty PBA riders joined the Hubbard family in remembering Don Hubbard on the 2nd Annual Don Hubbard Memorial Ride. We were treated to delicious ice cream with all the trimmings after the ride at the Messick Baptist Church hosted by Eleanor Hubbard and her family.

Cycling in Hampton Roads Update

By Tom Howard, PBA Advocacy Coordinator

August and September have been busy for programs that will enhance the cycling infrastructure here in Hampton Roads, both on the Southside and the Peninsula. Two Cycling / Ped. programs are showing some momentum.

The first is the adoption of the Surry Cycling Ped program, which was approved by a 4-1 vote at the Surry County commissioners meeting earlier this month. This means that a plan is in place to designate certain roadways for both walkers and cyclist throughout the county. In addition, the East Coast Greenway is one step closer to having the Jamestown / Scotland Ferry designated as an official part of the system. Thank you Kristi and all of the other supporters in Surry County for working tirelessly in getting this pushed through. We all know how beautiful Surry County is to ride as we experienced during the Surry Century event this past month. With a plan for future growth ready, Surry is one step closer to safer paths, sidewalks and cycling opportunities.

On the Peninsula—see Tregg’s update on the Hampton Cycling and Pedestrian plan. This is great news as Hampton is making progress. Equally good news is that VDOT and the Hampton Roads Transportation & Planning Organization has helped kick off the process for extending the Virginia Capital Trail from Jamestown in two different directions. One is towards Suffolk going through Surry and Isle of Wight Counties and the other direction heading through York County, Newport News and finally Hampton with a terminus at Ft. Monroe.

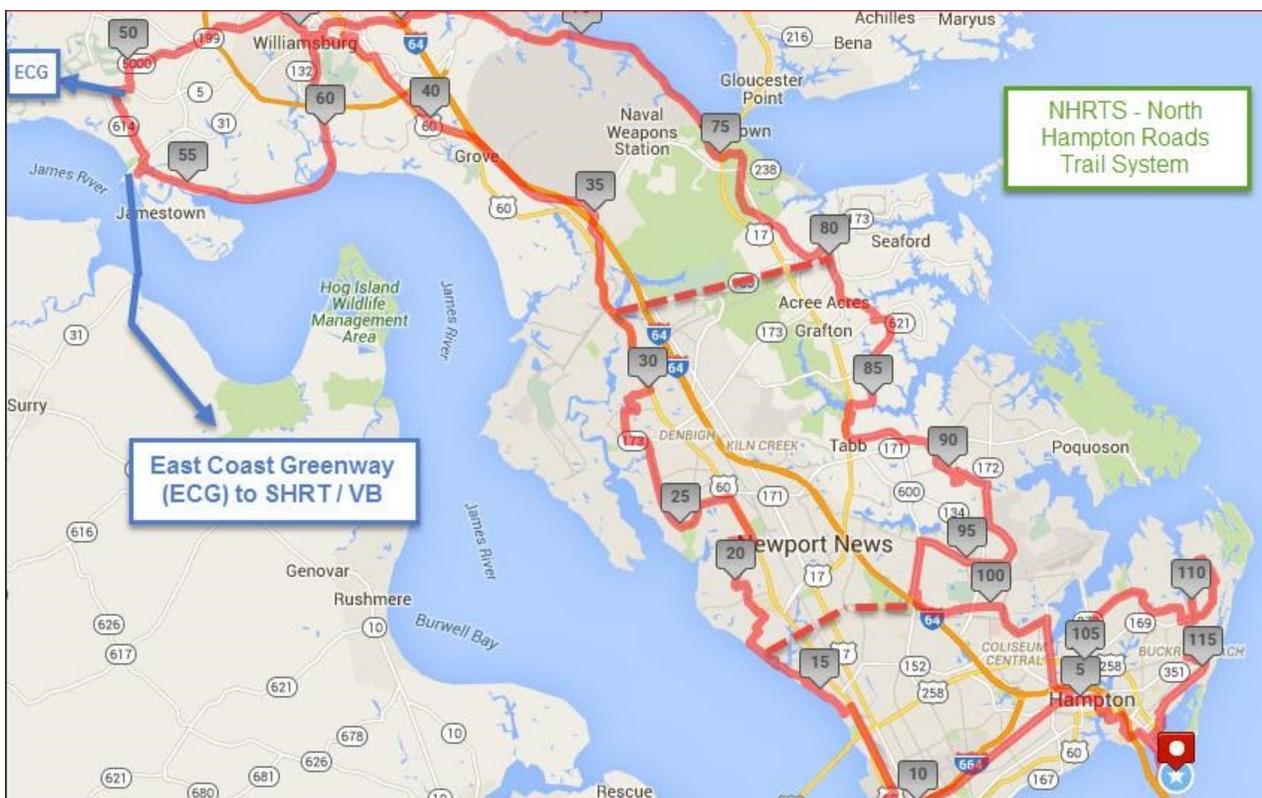
On September 27th, members of the HRTPO and VDOT held a meeting with transportation planners from all over Hampton

Roads at Ft. Monroe. We all listened to the options being presented by the engineering group hired to act as consultant and had an opportunity to make comments on proposed routing. Make note, the extension of the Capital trail would be a segregated, paved route that would serve walkers, cyclists and handicapped active transportation needs. The goal is to get the route identified, apply for the funding and to seek implementation.

The extension of the Capital Trail ties in nicely with the discussion we had several months ago about the North Hampton Trail System. Having a trunk line supported by active transportation initiatives of HRTPO and VDOT goes a long way towards creating a Loop Trail System as described in the last Chainstay newsletter. When implemented, the VCT extension that heads towards Ft. Monroe could act at the northern boundary of the NHRTS and provide feeder lines for the completion of the loop towards downtown Newport News, Mariners Museum / CNU and up towards Ft. Eustis.

We are in the infancy on both projects, but with some vision and prodding of our regional city/county officials, we could reasonably see a completed trail in the next 10 to 15 years. Now is the time to support your city planners, get the word out to businesses and promote the region as an active transportation community. The goal is to work towards Hampton Roads as being a bike friendly region, both on the Southside and the Peninsula and to ensure the East Coast Greenway, Beaches to Bluegrass Trail and the SHRT make progress towards completion.

Exciting times in the 757 !!



In Brief....News & Items of Interest

- ◆ **Bike Shop Discounts**—Don't forget that our local bike shops, Bike Beat, Village Bicycle and Conte's (in Tech Center, Newport News) offer PBA members a 10% discount on supplies and accessories. Check with each shop for their specific discounts. Thank you Bike Beat, Village Bikes and Conte's!
- ◆ **New PBA Jerseys.** Thanks to Robb Myer for getting the first round of orders organized and delivered. The next jersey order will be in February 2017, so watch for the email and Facebook announcements.



- ◆ Did you know that...

John Parker has served as PBA Treasurer and has been on the PBA Board since 1994? Thanks John for “keeping the books” and your long service to the club. In addition, **Sandy Butler** has been a PBA member since 1984 and **Rob Myer** has been a PBA member since 1988.

- ◆ **“LOVING WHEELS”**

is the name of a group of kids in Poquoson, VA who collect used bikes, fix them up and then donate them to people in need. The group recently sent their first 8 refurbished bikes to children in Louisiana who lost their bikes and other toys in the flood. If you'd like to help, check out the *Loving Wheels* Facebook page and send them a message. What a great bunch of kids! <https://www.facebook.com/Lovingwheels/>



A Bit of PBA History

Thanks to **Eleanor Hubbard** for bringing these vintage PBA jerseys to the last board meeting. The blue jersey in the photo below is circa 1977 and the yellow jersey is from the mid-1980's. Although they were made out of a cotton t-shirt material and



very different from what we call jerseys today, they were wonderful reminders of the long and proud history of PBA.

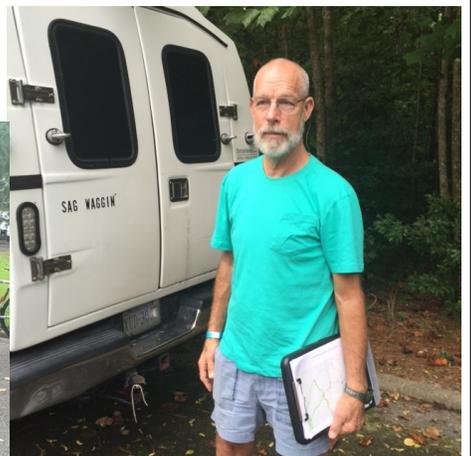


A Bit of Cycling Humor—THERE'S A BIKE OUT THERE FOR EVERYONE...



Surry Century Ride—September 10, 2016

The 25th anniversary Surry "Century" Ride was held on Saturday, September 10, 2016, through the rural Surry countryside. It was a 25-100 mile ride (3-loop course). Some 225 riders (including families and cycling clubs) participated in the annual event and charity donations were made to those organizations supporting the event. It was a great day and ride. Here are some enjoyable memories from the day.



PBA OCTOBER ROAD TRIPS

SEAGULL CENTURY OCTOBER 8, 2016— SALISBURY, MD.

A nationally acclaimed bicycling event, beginning and ending on the campus of Salisbury University, tours the picturesque Eastern Shore of Maryland and offers three routes: Assateague Century (100 miles), Snow Hill Century (100 miles), Princess Anne Metric (65 miles)

Go to <http://seagullcentury.org> for general information. Although online registration is closed, you can register on October 7th IN PERSON in Maggs Gym from 4-8pm. There is NO Saturday day of registration.

We have a large group going up but with so many people, it is difficult to stay together so we stay at the same hotel in Chincoteague. We stay Friday and Saturday night at the Chincoteague Inn.

You can check out the hotel at <http://www.chincoteagueinnmotel.com> but you may want to book by calling them on the phone. If you tell them you are with the Peninsula Bicycling Association, you get a discounted rate of \$56 per night. On Sunday, we like to do a easy recovery ride on Assateague Island before we embark on our return trip home. It's a fun weekend!



Riding Out Yonder...

For those of you who love to travel and ride “out yonder,” there a myriad of rides and events. .

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.

SHENANDOAH FALL FOLIAGE FESTIVAL OCTOBER 15, 2016– STAUNTON, VA

Perfectly suited for a wide range of cyclists: **from motivated century riders to families with young children (and all levels in between)**, offering well-marked courses with maps and cue sheets, plentiful rest stops with abundant snacks, a hearty lunch on Saturday and a brunch on Sunday, evening entertainment, and [discounts to local attractions](#). For the past few years, this ride has annually attracted over 700 cyclists. **We hope to see you as we celebrate our 26th year!**

Go to <http://shenandoahbike.org> for more details on the ride.

If you have any questions, contact Sharon Bochman at bochman@cox.net

Please register with PBA if you are going so you can be kept in the loop when we get together for socializing.

PBA RIDE SCHEDULE FOR FALL/WINTER MONTHS

PBA Seasonal Standing Rides (April-September) have wound down for the year, but rides pop up during the fall and winter months all of the time.

Be sure to check the PBA website at www.pbabicycling.org and the PBA Facebook page at <https://www.facebook.com/groups/pbabicycling/> ride announcements and other important information. The website also lists year round bike shop sponsored rides.

So dress for the weather and keep riding!



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.



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.

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