

Chainstay

The Peninsula Bicycling Association



January-February-March 2017

Volume 47, Issue 1



ANNUAL AWARDS EVENT AND DINNER

MONDAY
JANUARY 9, 2017

Dinner/Social Hr.: 6:00 PM Angelo's Steak House
Program: 7:00 PM 755 J. Clyde Morris Blvd

At this Awards Event, we will recognize member contributions in many different areas, including *Most Improved Rider* *Rider Leader(s) of the Year* *Volunteer of the Year* *Most Enthusiastic Member* *Ride Angel (i.e. encourages riders)* *Best Way-Out-Yonder Ride (PBA sponsored overnight ride)* and many more.....

There will be drawings, prizes and surprises....so come out and enjoy the fun!

“Wow. What a ride!” by Sharon Bochman



When I became the President of the Peninsula Bicycling Association in January 2014, I knew that this Club had a lot going for it and knew that we could take a good organization and make it even better. At that time, I never anticipated the explosion of growth and ideas that was soon to come.

Our first order of business was to improve and redefine us as an organization that would be recognized in the community as we became more visible. We all had a vision for bigger and better things. We had a lot of forward thinking people from a new set of talent as well as our past Board of Directors that worked in conjunction to make improvements that would move the PBA in a new direction.

In the beginning, Scott Farrell and Scott Blandford quickly got busy updating our website to include the ability to join the club and pay for your membership online with just a few clicks and a credit card. They also reorganized the web page to make navigation and information easier.

After that, our Club sought to brand an image that would reflect our slogan of “Come ride with us” and we trained our Ride Leaders to create a bicycling culture that made the experience wonderful to whoever showed up. We began with a push to define expectations for the cyclist so that they knew what kind of ride this was going to be and more importantly, create more developmental rides that encouraged and informed the new participants. Our thoughts were if this were a fun and informative experience, the riders would develop a love for the sport that we love and promote.



Later in 2015, My niece (who has graphic artist capabilities) and I came up with this logo and the Board of Directors thought it was simple but reflected the area which is rich in Military, History and Military History. The Board of Directors reviewed several different designs from a variety of places but this one won at the end of the day.

As 2016 began, ideas and projects really started to take shape and membership exploded. Robb Myer took our logo and previous Club jerseys to create an all-new PBA jersey with our new logo. It was such a big hit, we opened the store and sold 89 jerseys in one week. Many people were unable to make the deadline so the store will be reopened soon so that you can get a jersey before the 2017-riding season.

By the summer of 2016, Tom Howard joined our team as Advocacy Chairman. He spends hours in meetings all over the region to advocate for new cycling infrastructure in our region, not just the Peninsula. Since then, several projects have come to fruition including a expansion of the Capital Trail across the Jamestown/Scotland Ferry over to Surry County where a multi-use trail will eventually connect with the East Coast Greenway. Another project in the works currently is a plan to extend the Capital Trail down the Colonial Parkway to Yorktown and eventually all the way to Fort Monroe. Our incoming President, Tregg Hartley has been hard at work creating an alliance with the City of Hampton to improve infrastructure for a Bike/Pedestrian plan and the plan was just approved on December 14th. This will create more bike lanes for commuters to use for years to come.

Finally, thanks to several successful fundraising events, we had enough in our treasury to make generous donations to the Bikes for Tikes program that is organized by the Oyster Point Rotary Foundation in conjunction with several Community Foundations to provide bikes to under privileged kids on the Peninsula. We also purchased a bicycle repair station that will be located

(continued on next page)

("Wow. What a ride!" continued)

at the Charles City Courthouse along the Capital Trail, which will bear the PBA logo. This is a legacy project that will be a permanent fixture on the Trail that we all love and ride. Thank you to all that have helped with projects over the last three years including these great events:

- | | | | |
|---|------------------------|---------------------------|--------------------------|
| *Surry Century | *Tour de Cure | *MS 150 | *Beyond Boobs ride |
| *Smithfield Challenge | *One City Marathon | *Ice Cream ride | *Summer weekly rides |
| *Hot Diggity Dog ride | *After the Fourth ride | *Coffee rides | *Road Trips |
| *Weekend rides | *Pub rides | *Pedal, Paddle and Picnic | *National Bike Challenge |
| *Christmas Town 8K dash road marshaling | | | |

None of this would be possible without the help and support of ALL of you! I could not be more humbled to have witnessed such an outpouring of support throughout these three years. Sure there have been challenges, but isn't that normal? We have a few new faces on the Board of Directors this year including a new President. I'm so excited to see what great things Tregg Hartley will do as your President. He has a lot of new ideas and opportunities that are continuing to unfold and he continues to move the agenda forward for better infrastructure and biking laws that do affect all of us.

As for me, I'm not riding off into the sunset, I'm just going to the back of the line to draft for a while. I will always be the biggest cheerleader in the crowd... Looking forward to sunny skies and a good tail wind...

My Ride To The Front of the Pace Line by Tregg Hartley

I have been cycling off and on for quite a while now. As a teen growing up in Iowa, I rode a Huffy ten speed to explore the local country side and look for new fishing spots. As a young sailor, I rode a mountain bike back and forth to work. My mountain bike made deployments with me to the Western Pacific Ocean and Mediterranean Sea.

After retiring from the Navy in 2002, I purchased a new Trek 4900 hardtail mountain bike. I rode all over the Peninsula. I quickly added a rear rack and trunk bag to carry my fishing rods to the local fishing spot. Surprisingly, there are quite a few public access ponds and lakes within easy riding distance.

In 2004, I started working at the US Joint Forces Command (JFCOM) compound in Suffolk, Virginia. They had a gym and locker room/shower area right in our building! They also had an indoor bike rack near the gym entrance. Soon after starting there, I had a conversation with one of my new coworkers about bikes.

John Eavey was an avid cyclist who had been riding for years. He even worked as a bike mechanic in his younger years. He told me about a group at JFCOM who rode nearly every day at lunchtime. Soon I had joined them, riding every day I could for about an hour. These guys backed off their pace and took me under their wing. Soon I was keeping up and holding my own. John was the captain of loose band of riders that met once a year for the MS 150. In 2009, he talked me into joining Team Creek in my first Eastern Shore MS 150. I continued to ride with Team Creek each year even after I accepted a new job in Hampton.

In 2011, I started working at Langley Air Force Base. Finally I was working in the same city that I lived in. I was so excited



about being able to commute by bike again! I was riding so much the first few months that I sold my second car. I just wasn't using it. I have explored several commuting routes and have ridden them all many, many times over the last five years.

I rode my first PBA ride on January 1st, 2012. I met a group at Huntington Park Beach for their 2012 New Year's Day ride. This was my first group ride other than my lunch time riding with Team Creek. I enjoyed that ride and the comradery so much that I joined the club in May of 2012.

I wasn't much for attending our club meetings. I guess I would rather be out riding, but wouldn't we all? The second meeting I attended was in December of 2013, if I remember right. There was an election going on. Sharon Bochman was elected president of the club. Mary Hughes was elected vice president and so on. At one point, Cindy Wong was looking to fill the final seat on the Board of Directors. No one was volunteering, when she came over and asked me if I would serve on the board. I knew Sharon and thought she was an awesome lady, so I said sure, why not.

Our first board meeting was held the following January at Village Bicycles, and so the journey had started. In June of 2014, Mary Hughes stepped down as vice president due to work. Sharon asked me to fill in as vice president/ride coordinator and together we have done some great things. I have enjoyed being Sharon's right hand over the last few years. She is a great leader and a great friend. Now the time has come for me to step up and fill her role. "Take a pull at the front of the pace line," as she would say. I know I will be leaning on her a lot as I take my pull. My only hope is that I serve you well.

Remember, a club like ours depends on the continuous efforts of many people. We are where we are at because of those efforts. Each of us has something we can do to make our club stronger. I encourage you to find your niche. Together, we can take the PBA even higher.

2017 PBA Officers

President	Tregg Hartley
Vice-President	Beverly McLean
Treasurer	Tom Carmine
Secretary	John Sprock
Chainstay Editor	Melanie Payne
Executive Committee Members	Bill Glidden Sandy Butler TBA

Committee Chairs

Advocacy Coordinator	Tom Howard
After the Fourth Ride Organizer	Lori Moffatt
Bike Journal Statistician	Robb Myer
Event Planner	Sharon Bochman
Event Support (Food)	TBA
Event Support (Water)	Scott Farrell
Historian	Sandy Butler, John Parker
Hospitality	TBA
Hot Diggity Dog Ride Organizer	Cindy Wong
Ice Cream Ride Organizer	The Family of the late Don Hubbard
Meeting Coordinator	Diana Johnson
Membership	Scott Blandford
Online Marketing	Beverly McLean
Public Relations	Jen Faas
Ride Coordinator	Beverly McLean
Ride Leader Coordinator	Steve Zajac
Ride Leader Training	Mary Mitchell
SAG Director	John Sprock
Volunteer Coordinator	TBA
Webmaster	John Bright



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 Tregg Hartley 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.

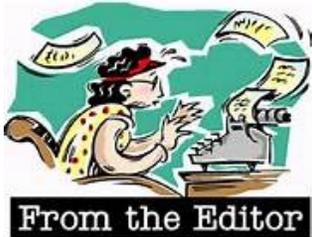
PBA's Club Affiliations



**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.



Happy New Year everyone! Wishing you a wonderful year ahead that is full of biking adventures.

This Chainstay is the winter edition and is full of member stories and input and other information to keep you busy

reading when the weather is not conducive to cycling, and there is also a list of the top "cycling films" to watch to keep you motivated.

The next issue, April-May 2017, will get us ready to hit the road when the weather warms up. Of course, if you are the hearty type, keep cycling during the winter and write about your experiences and travels for the Chainstay. I hope you enjoy this issue.

Welcome To New PBA Members

We look forward to riding with you!

Barbara Cailteux Zevallos
Inae Kellam
Diego Raul Zevallos



PBA Bike Journal Update

As of December 28, 2016, **44 PBA** members have recorded **93,071 cycling miles**. That total equates to approximately **3.74 times around the circumference of the earth!**

Logging your miles on bikejournal.com is an excellent way of tracking your miles. Our top ten riders remain constant. Kudos to them for their mileage achievement!

- | | |
|--------------------|---------------------|
| 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 25 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 |
| Ana Bossman | Vanilla |
| Tom Carmine | Peaches & Cream |
| 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 |
| Barb Zevallos | Vanilla |
| Diego Zevallos | Vanilla |

Getting To Know You...

This issue spotlights Sandy Butler who became a PBA member in 1984 when she started biking seriously. She has given much appreciated time and energy to PBA having served as Secretary for three years, President for three years and a Board Member for 11 years. So let's find out more about this active lady.



Getting to Know— Sandy Butler, PBA Board Member

Tell us a little about yourself and your hobbies.

I am a physical education teacher, athletic director, volleyball coach and outdoor education teacher at Trinity Lutheran School in Newport News where I am working on my 37th year.

I love sharing with my school students the great outdoors whether it's camping or being involved in sports. I have many hobbies other than biking. I hike a lot, travel in the summer which involves biking and hiking, and have belonged to the Tidewater Appalachian Trail Club for 23 years which is responsible for maintenance on 10 + miles of the AT.

I am also a Member of the High Pointers Club where I have 40 of the 50 state highpoints which includes climbs/hikes up Mt Whitney, Katahdin and Mt Hood. I have also backpacked across the Grand Canyon, rafted the Colorado River twice and biked the Trans American Trail from Florence, OR to Yorktown, VA.

When did you first get interested in cycling for sport?

I started biking in 1984 because I got tired of running and wanted to go places and see the country side by bike. I have kept a record of all my bike miles since 1984 which includes, who with, where, weather, which bike and any special information. I am now over 70,000 miles. I usually average about 2,000 miles a year.

What is your favorite PBA memory and/or ride?

Many of the PBA club members joining Ray, Bob and I on the Colonial Parkway when we were completing our Cross Country journey coming into Yorktown. Many friends, families, school students and teachers met us in Yorktown at the end of our ride of over 4,000 miles.

What has been your favorite ride?

My favorite ride was my two month bicycling trip across country in 2002 to celebrate my 50th birthday with Raymond Yoh, Bob Flynn and Ron Hafer.

My favorite trail to ride is the Greenbrier Trail in West Virginia. I love the Capital to Capital Trail and riding it with my bike buddies, Diane, Debbie, Cindy, Ron and others. Other great rides are the Katy Trail, Great Ohio Bike Adventure, the Coastal Carolina Ride, Great Allegany Trail and C and O Canal Ride. Also in 2003, seven PBA members and I did a tour around Lake Michigan.

We all know that it can be difficult to get out and ride some days. What motivates you to keep riding?

Besides loving riding and going places, setting a goal of 2,000 miles a year motivates me along with being with my friends and taking them on rides. It keeps me active for my job and increases my quality of life.

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

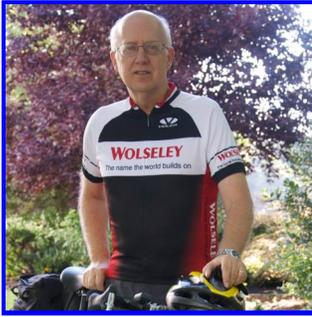
It would be Annie Oakley. She could bike ride with me and I could horse back ride with her.



Sandy with friends on some of her favorite trails.



Adventurous Trails by Tom Carmine



In the last issue I wrote about my trips on the Erie Canal and the KATY trail. This issue I wanted to write about the four trips I have made with Adventure Cycling (ACA): two self-supported and two fully supported trips.

In 2013, I signed up for Adventure Cycling's Introduction to Road Touring class. I have dreamed of bike touring, and since the class was being held in Williamsburg, it was a very convenient.

We began the week on Sunday with a classroom session on all aspects of bike touring and the logistics for an ACA group tour. After the Monday morning session, we loaded our bikes and did a downhill ride to York River State Park for lunch. We returned to the KOA campground, and two people quit the class because of the hills. The next day was wisely a dress rehearsal ride to Yorktown and back with all of our gear. This gave us a long day of fully loaded travel with the ability to throw some of it back in the car at the end of the day. Two more left the group and went to Virginia Beach.

With self-supported ACA trips, everyone has to cook, so two people are assigned cooking duties each day. Their task is to be finished biking by 4:00, bike to the nearest store, and buy food for dinner, breakfast and lunch on a budget of about \$12 per person. Then have snacks out by 5:00 and a gourmet dinner on the table by 6:00 using two alcohol stoves. The whole group shares the task of



Class on the ferry en route to Chippokes State Park

carrying the sixteen items used for cooking and any leftover food. Meals are dependent on what's available at the nearest market and the team's cooking talent. When all else fails, beans and rice are acceptable.

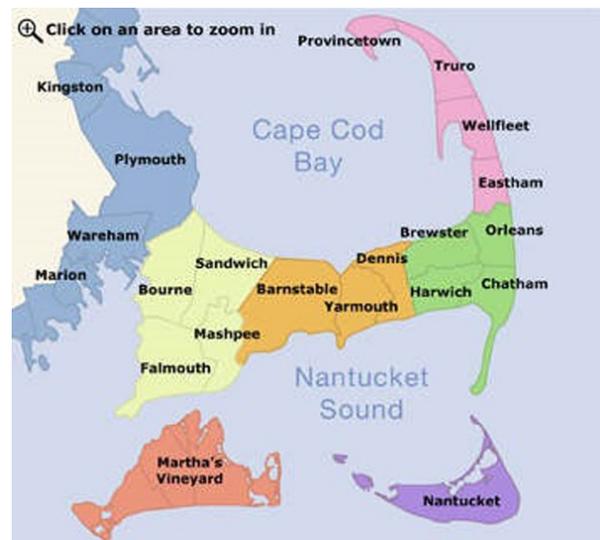
One night we opted to ride into Surry for pizza since we did not pass a store on that day's route to Chippokes. It's

all about learning to be flexible, and there was also group desire for cold beer.

For four days we packed up in the morning and rode about 40 miles and set up camp, cooked meals and enjoyed ourselves. We were able to experience two evening thunderstorms, and I learned that my tent leaked. Two members of the class who flew out from Oklahoma intended to bike to the Outer Banks so they left the group in Surry and started their trip a day early. I encouraged them to bike all the way to Ocracoke, and I agreed to pick them up from the Ocracoke ferry in Swan Quarter the following Friday where I would be staying. My wife and I enjoyed the stories of their adventure over dinner, and then the next day we took them back to Richmond to fly home.

A Free Trip

I enjoyed the touring class, but I didn't have the intention of doing another tour with ACA. My thought was to merely do some overnight trips. Then in August, Adventure Cycling called to tell me that I had won the 2014 dream tour giveaway. So I got to pick any 2014 ACA tour and apply my prize towards the cost of the trip. I decided to do their self-supported Cape Cod tour because it was



From <http://www.weneedavacation.com/Cape-Cod/info/>

relatively flat, I could drive there, and I had never been to Cape Cod.

We had eleven people on the Cape Cod trip including two leaders. The trip began in a campground outside of Plymouth on a Saturday afternoon where we met to discuss the week's trip. The leaders fixed a dinner of beans and rice to set the bar low for our gourmet expectations.

Cape Cod has both bike trails and dedicated paths. We spent two nights in different state parks before taking the ferry down to Martha's Ferry for two nights in a hostel. We camped two more nights finishing in Provincetown with a nice restaurant dinner. We ate a lot of pasta themed

(Continued on next page)

(Adventurous Trails continued from previous page)

dinners that week, but the meals were all very good. Each of us felt the pressure to do as well as the night before.

After two self-supported trips I can say I do not mind carrying my gear or camping, but I don't care for the cooking. The limited resources coupled with the possibility of vegans, vegetarians, food allergies and other food preferences within a group can make cooking a challenge.

No More Cooking in Michigan and Ohio

In 2015, I wanted to do a second trip after riding the Erie, so I went to the Upper Michigan Peninsula to try one of ACA's relaxed fully supported tours. Relaxed means less mileage and maybe a non-ride day in the middle, but you still may have 50 to 60 mile days. They move your gear, and most importantly, it's catered.

Fully supported groups can be as large as 50, and we had about 30 with the staff. Some folks opted to stay in hotels where their luggage was dropped in the afternoon and then picked up each morning at 6:30. Riders rode their bikes to the hotels.

It was so much more fun to arrive at camp, set up, and lounge around waiting on a delicious dinner than it was to cook. We also had tables and chairs and popup tents to eat under vs. the uncovered picnic tables on the self-supported trips. ACA does not provide alcoholic beverages, but it does provide a couple of coolers of ice where you can cool your own beverages for happy hour. Adam, our caterer, was from Floyd County, Virginia and every meal was fantastic.

The Upper Peninsula is pretty quiet in September, so we enjoyed roads with little traffic. Each night we were camped by a small lake, river or a Great Lake. We visited the Great Lakes Shipwreck Museum, the home of the Edmund Fitzgerald ship's bell. We watched ships transverse the locks at Sault Ste Marie, and we stopped in numerous little museums and sights along the way. The ACA ride started and ended in Mackinaw City with a short time on Mackinac Island on the last day.

I had not been to Michigan before so I went early and met my friend Danna, who was one of the two women from the Intro class that rode down the Outer Banks, at Petoskey State Park. She was one of the staff for the trip, and she had the flexibility to arrive early. We rode the Little Traverse Wheelway, a very scenic trail along Lake Michigan between Harbor Springs and Charlevoix. The next day I drove to Traverse City and rode the Leelanau Trail to Sutton Bay. Both were scenic and well worth arriving early to ride.

After a hot and dry KATY trail ride in June 2016, I made a last minute decision in July to ride ACA's Southern Ohio Relaxed bike tour on the Little Miami Scenic Trail, a paved

rail trail. My friend Danna was back on board as a staffer and mostly importantly, Adam was back to cater.

The mileage on this trip was ridiculously low, but the trip fit my schedule and temperament for the middle of July heat. We started out with a room at the Holiday Inn Express in Milford, OH on Saturday since there were no campgrounds close to the trailhead. My roommate Ray was from Portsmouth of all places and a regular rider with the Chuckatuck Chain Gang. On Sunday we rode to a campground on the Little Miami River. The campground offered canoe and kayak trips, but a number of us opted to ride our bikes to Fort Ancient, the site of extensive Native American earthworks. It was a short ride, but they neglected to mention the 13% grade to get there.

On Monday we moved on to a three night stay at the Green County Fairgrounds near Dayton. That afternoon we visited the Air Force Museum which was 16 acres of enclosed aircraft exhibits. It was too much to see in one afternoon. On Tuesday we did a loop tour and spent the afternoon time visiting the Wright Brother's bicycle shop, and two other museums related to the Wright Brothers. Wednesday was another loop, and a number of folks went back to the Air Force Museum.

The fairgrounds provided us with nice restrooms, showers and an air conditioned dining hall which we used as our gathering room to cool off and hangout. Some opted to sleep there when the Wednesday night storms came. I should have as my tent was knocked down twice during the storm.

On Thursday night we returned to the same campground as Sunday, and then back to Milford on Friday to finish. The trip was fun because I did not just ride all day, and I got to see more than just the trail. It's always enjoyable to meet other cyclists and share our trip experiences. One woman provided us with two impromptu guitar concerts, and Adam joined in to jam with her on Thursday night.

Self- or Fully-Supported?

So given the choice between fully supported and self-supported, I am going to lean towards fully supported, but ACA appears to have changed their pricing policy and has reduced the cost of their self-supported trips. For example my Cape Cod trip is \$250 cheaper now than when I went so I may reconsider. ACE also offers supported trips, but they only move the gear. The group still cooks their own meals. Trip details and itineraries are available on their website at www.adventurecycling.org.

Each of my trips have been unique, and I have no regrets about taking any of them. I see my bike as another way to travel, and I want to go places where I cannot drive my car which is why I especially like trail rides. So get out there and ride someplace new.

The Hampton Bicycle and Pedestrian Plan

by Tregg Hartley

In October of 2015, the City of Hampton was awarded a planning grant from the Office of Intermodal Planning and Investment to develop a bicycle and pedestrian plan. Over the last year, City staff and the project consulting team has worked with community stakeholders to develop a plan that meets the City's current and future needs.

In November of 2015, I was approached by Alison Alexander to serve on the steering committee for Hampton's first ever Bicycle and Pedestrian Plan. I found it nearly impossible to contain my enthusiasm when I gave her my answer. Hampton was going to be moving forward in bicycle and pedestrian safety, and I was going to get to be there from the beginning! The first Steering Committee was to be in early January so I posted in our Facebook page and announced at our meetings that I wanted input from our members. I received input from Robb Myer, Mark Van Raam, John Sprock, Stacy Cole, Patrick Johnson, and a few others. I had my own ideas, but I wanted to be able to represent the whole club. Thank you all for your help.

January 5th, 2016 marked our first Steering Committee meeting. Alison had done a great job assembling a group of citizens that represented the diversity of Hampton very well. We all got to know each other and then we got down to business. The City of Hampton used the grant money to hire a consulting firm, Rhodeside & Harwell, to review our existing infrastructure and give their recommendations. The areas they were focusing on are the City's seven urban development areas, Buckroe, Coliseum Central, Downtown, Fort Monroe, Kecoughtan, North King Street, and Phoebus.

February 23rd, 2016 was our second Steering Committee meeting. Alison Alexander and Rhodeside & Harwell presented their preliminary findings. These findings were discussed at length and members of the committee were asked for their input concerning problem areas, cycling destinations, and improvements we would like to



see. Later that evening the City sponsored the first public input meeting. The findings were presented to the group and their input was requested as well. I was pleased at the turnout which included several PBA members. There was only one naysayer in the crowd and he shut down after I asked if he had anything constructive to say.

In early March, a survey created and published to pull in even more public input. The survey was available until the middle of April and had over 600 people responding. We got the word out to our club members and I am sure that several of those 600 were PBA members. The survey asked why people walk and ride. It also asked what deterred people from walking and riding more. Bad drivers and poor infrastruc-

ture were the top two reasons why people don't ride more. Those results were very understandable.

June 9th, 2016 was our third Steering Committee meeting and later that day, our second public input meeting. Alison, along with consultants from Rhodeside & Harwell, presented the findings from the study of our infrastructure. Rhodeside & Harwell made their recommendations on how to best improve walking and riding infrastructure which included sharrows, bike lanes, new sidewalks,

separate multipurpose paths, traffic light modifications, and so on. Those recommendations were well received across the board. A draft bike and pedestrian plan was then developed to be presented to the public and the Hampton Planning Commission in October.

September 24th, 2016 was the Inaugural Hampton Bike Walk Event in downtown Hampton. The purpose of the event was to get people out to ex-

perience group walking/running/riding in Hampton. We had a table manned by Eleanor Hubbard and her grandson. They gave out many maps and informational pamphlets. The PBA led five different rides of varying lengths exploring Buckroe, Downtown, Kecoughtan, North King Street, and Phoebus. A special thank you goes out to our club members who rode in this event. I know I am going miss a few but here goes, Robb Meyer, John Sprock, Richard Flannery, Bob Ornelaz, Amaury Perez, Stacy Cole, Tom Howard, and more.

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(Hampton Bike & Ped. Plan continued from previous page)

Even as the longer rides spread out into slower paced groups, we had at least one PBA rider in each and every group. We had several people who rode with us that Saturday, who are now PBA members. Thank you again.

On October 6th, 2016 Alison presented the Bike Walk Hampton, A Strategic Bicycle & Pedestrian Plan to the City's Planning Commission. It was well received by the commission. On November 3rd, 2016 the plan was presented a second time to the Planning Commission. Tom Howard and I spoke on behalf of the plan. The commission voted to approve presenting the plan to the Hampton City Council.

On December 14th, 2016 the plan was presented to the City Council. PBA members present were Tom Howard, Robb Myer, Mark Van Raam, John Sprock, and myself. We didn't get signed in to speak, but John Sprock was able to speak on behalf of the plan and did so very eloquently. The City Council voted unanimously to approve the plan and so there we are.

Alison will be going through the process of creating a Bicycle and Pedestrian Advisory Committee that will work with the City of Hampton to implement the plan as funds become available. We will be going through the City Council to formally create the committee and the tasking for us. The committee will make recommendations on improvements to areas outside of seven primary development areas as well. Tom Howard and I will continue to serve in this capacity. If you are a Hampton resident and would like to be involved with the advisory committee, let me know and I will pass your information on to Alison.

I am not sure if our other cities are working a similar plan, but I will keep an ear open. If you hear anything, let me know.

Here is the link to the City of Hampton's official page. It has links on it for the approved plan and the survey results.

<http://www.hampton.gov/3003/Bicycle-Pedestrian-Plan>

More Bike Advocacy from Tom Howard

There are a few exciting things going on with the Virginia Capital Trail Connector. This proposal is a plan to connect the Capital Trail to the South Hampton Roads Trail via paths on both sides of the James River.

Advocacy
Works!

The PBA has been represented with the process since the inception of the Ad Hoc Committee organized by VDOT & HRTPO. This link, <http://www.dailypress.com/news/traffic/dp-nws-capital-trail-ft-monroe-20161116-story.html>, take you to a recent article published in the Daily Press about the project.

There is also a survey on HRTPO's website to discuss this project. The link is also posted on the PBA Facebook page. If someone wishes to look at this in more depth - <http://www.hrtpo.org/page/paths-connecting-to-the-va-capital-trail/>

Team Killer Bees Wants You... for the next

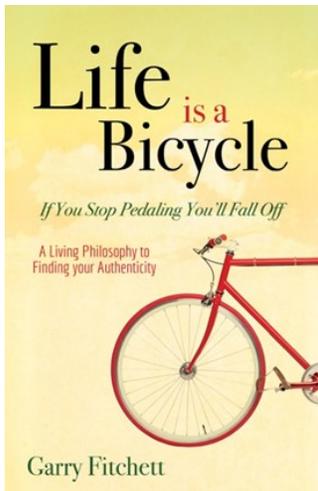
*Hampton Roads Tour de
Cure on April 29, 2017.*

For more info or to join the team, go to the team page at:

http://main.diabetes.org/site/TR/TourdeCure/TourAdmin?team_id=734647&pg=team&fr_id=11710



Life is a Bicycle - If You Stop Pedaling You'll Fall Off By Garry Fitchett



This is an overview of the book *Life is a Bicycle - A Living Philosophy to Finding Your Authenticity* authored by PBA Member, Garry Fitchett, that was released in June 2016.

The idea of the bicycle as an illuminating metaphor for living a unique and successful life came to me in October 1991 - atop my bicycle - while cycling around Lake Minnetonka in Minnesota. I was, shall we say, between jobs and spending a lot

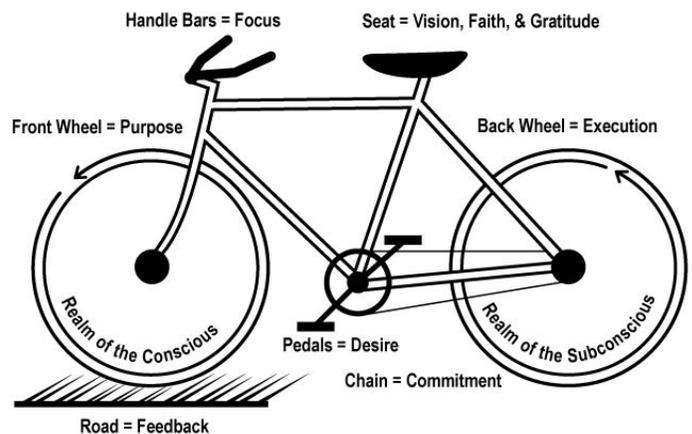
of my time thinking about what I wanted to do, professionally, with the rest of my life. Ultra aware, at age thirty-five, of the fleeting and indeed precious nature of time, I desperately wanted to find work that would be fun and fulfilling; work, in essence, that would exercise my individuality along the lines of my authentic nature. From my observations of friends, former colleagues, and the world at large this achievement loomed rather difficult; people, in general, did not appear to be in love with their work, and by extension, in love with their life.

On a fateful cool afternoon in early October of 1991, as I commenced my daily ride, the idea of a metaphorical bicycle came to me in a flash of intuition. It began with the notion that I was, indeed, riding this bicycle - that is to say, I was pedaling, and in a real way *working* at riding the bicycle under my feet - but the question arose; Who is it that is riding my bicycle? That is-to-say a vehicle representing the ideal work, or profession that would bring out my best, while being, all-in-all, very pleasurable and fulfilling. On the heels of my initial question, 'Who is riding my bicycle?' came the questions: What do they do? Where do they live? How do they think? And what do they enjoy?

After my initial intuitive moment, it came to me straightaway that many of the components of the ubiquitous and common bicycle could exemplify the essential elements for success necessary for any endeavor. Almost immediately I recognized that the handlebars could represent FOCUS, and thus the front wheel could signify my ultimate PURPOSE that I am focused on achieving. This is about as far as my intuition took me on constructing my metaphorical bicycle as the cool air of an early-fall Minnesota day skirted my face. But a hint had come, and I was willing to *take the hint*.

Over the next twenty years, as I engaged in less-than-fulfilling professional activities to afford a means of livelihood for my family, this idea of the bicycle helping me find my authenticity turned into a tandem partner. On my cycling excursions, filled with self-reflection and contemplation, I began to connect the dots, and listening carefully, I eventually developed a philosophy of the bicycle as a vehicle exemplifying and illuminating all the important universal components and ideals necessary for success; success at not only finding one's most congenial professional endeavor, but, more importantly, success in discovering one's true individuality and authenticity. Ideals certainly important to me, and seemingly very important to the world at-large. As Thoreau noted, "If I am not I, who will be?" Ultimately I was really looking for myself, and I began to appreciate that the bicycle, literally under my feet, could become my vehicle of discovery.

Over the years as I pondered the physics of bicycling, while researching philosophical concepts outlining the dynamics of 'cause and effect', my bicycle's construct developed a metaphysical dimension that looked like this:



The more I study physics, the more I am drawn to metaphysics.

Albert Einstein German-born physicist

You can find the entire cosmos lurking in its least remarkable objects.

Wisława Szymborska Polish poet

So eventually, the bicycle and bicycling proved to be a wonderful and enlightening metaphor for living a successful, fulfilling, and balanced life. It turned-out that I had learned all I needed to know about finding and living my unique and authentic life through the simple act of bicycling.

(continued on next page)

(Life is a Bicycle - If You Stop Pedaling You'll Fall Off continued from previous page)

And here is how my cycling metaphor worked itself out:

The seat is where my VISION, FAITH, and GRATITUDE for my life are housed. The handlebars represented FOCUS which is concentrated in the direction of my PURPOSE, designated as the front wheel of my bicycle. The pedals, that have to be exercised, indicate the DESIRE required to arrive at my life's ultimate destination. The chain represented the COMMITMENT essential for any worthwhile achievement; with every revolution strengthening my resolve while providing a feedback loop for continued improvement. In short: a chain reaction of momentum and success is commenced, once my desire physically engages to produce my vision and purpose. The back wheel exemplified the ACTION and EXECUTION necessary to allow my ideas, invisibly held in thought, to manifest into visible reality. And finally, the road on which I find myself, pinging-back images of success, or lack of success, provided FEEDBACK on how I am doing as I cycle my metaphysical bicycle. It was all there, in plain view for all seeking to exercise their individuality to see and finally understand. One just needs to know that life is a bicycle, and then exercise it to their heart's content.

Garry's book is available at regional bicycle shops, book stores, or can be ordered on line at Amazon,. In addition, more information can be obtained at lifeisabicycle.com/

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 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 Gives Back to Our Communities



Sharon Bochman and Tregg Hartley presenting a \$400 check to the Surry Athletic Association at the November 14 PBA social at Village Bikes for their contribution to the Surry Century event.

- ◆ The PBA Board of Directors has approved funds for a new bicycle repair station at the Charles City Courthouse on the Capital Trail that will bear our logo.
- ◆ PBA is buying 25 bikes for less fortunate local kids that will be distributed on Saturday, December 17th. PBA members helped to assemble 18 bikes at Village Bike, only a small portion of the total bikes being donated. The Oyster Point Rotary Foundation will be delivering a total of 150 bikes.
- ◆ In addition to the donation pictured above, \$200 each was given for support of the Surry Century to the Friends of Chippokes State Park, the Surry Rescue Squad, and the Masonic Lodge #31. We couldn't sponsor this ride without these generous folks.



- ◆ \$200 to the League of American Bicyclists

PBA guys building donated bikes at Village Bikes



Holiday Party Fun

December 22, 2016

It was a wonderful get-together and thanks to our gracious hosts, Dan and Sharon Bochman.



In Brief....Member 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!

- ◆ **PBA Jerseys and Shorts**

New order will be taken soon, so watch for the email and Facebook announcements from Robb Myer.



- ◆ **A cause worth including again.....“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/>

- ◆ **You can now travel with your bicycle on Amtrak on select routes and trains.** One of the routes is the local Newport News VA to Boston MA Northeast Regional route. On that route, only train numbers **65, 66 and 67** are equipped with a baggage car to accept bikes. There are six spots per train and the fees is \$20. Check with www.amtrak.com for more specific information and other routes on which you can travel with your wheels.



- ◆ **Ever wonder how a PBA member gets hooked on cycling?**

Carol Frenck was a noted national and world champion racquetball player in the 80's. In 1990 a friend ask her to start riding a bike as something they could do together.

Carol was very reluctant to take up biking because she was still competing and thought this will never be as much fun. But she gave cycling a try and went for her first ride with friends at Surrender Field. She borrowed someone's Huff and remembers someone saying "someday this speed and the 8 miles you completed today will seem like nothing".

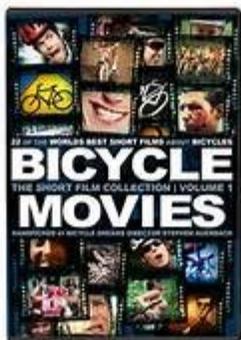
She got home and was talking with friends and they said "you know there is a computer you can put on your bike so you can compare your speed and distance from ride to ride. Carol said, "Well, that was it!"

She continued to play and compete in racquetball tournaments, but cycling started to take precedence. Carol loves the sport and all the wonderful people and places cycling has taken her.

- ◆ Pictured below is Sheriff Diggs of the York-Poquoson Sheriff's Department presenting PBA member, **Sgt. Bob Hickey**, with his retirement picture. Bob also received his retired I.D., Badge and Duty Weapon. Congratulations Bob!



If the weather outside is frightful, and the fire is so delightful, and you've got no place to go (can't ride), then there are...



The Top 10 Cycling Movies of All Time

From [http://www.active.com/cycling/articles/top-10-cycling-movies-of-all-time?cmp=276&memberid=\[memberid\]&lyrisid=\[outmail.messageid\]](http://www.active.com/cycling/articles/top-10-cycling-movies-of-all-time?cmp=276&memberid=[memberid]&lyrisid=[outmail.messageid])

1. Bicycle Dreams—2009 One of the most torturous single-day races in the world, this documentary tracks the 1976 edition of Paris Roubaix and the war between legendary rivals Eddy Merckx and Roger De Vlaeminck. If you aren't familiar with Paris Roubaix or Merckx, this film will open your eyes to a whole new world of cycling. It really is as good as it gets.

2. American Flyers—1986 Kevin Costner, evil Russians, moustaches and the Coors Classic cycling race in the Rocky Mountains: Is there really anything more that needs to be said? This one is a classic.

3. Road to Roubaix—2006 If you've fallen in love with Paris Roubaix over the years, you'll fall for this film too. From the nervousness of the riders in the days leading up to the race to the anguish and pain that the cobbles of Belgium dish out, /Road to Roubaix/ captures it all.

4. Rad—1986 It may sound cheesy, but this movie is the one that made me fall in love with cycling. Cru Jones, a young BMX rider, is faced with a life changing decision: take the SAT and apply to go to college, or race Helltrack, the Tour de France of BMX. The 80's soundtrack to this film is just as memorable.



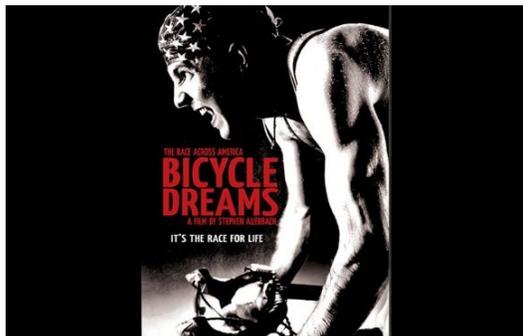
5. Chasing Legends—2010 There aren't too many films that can capture the essence of the Tour de France. Why? Because it's too much to tell in an hour and a half. Chasing Legends narrows the focus by following the Columbia-HTC team during the 2009 edition, and the star of the show is Mark Cavendish, who just so happens to break the British record of nine stage wins during the filming.

6. The Flying Scotsman—2006 The Flying Scotsman/ doesn't have the most memorable cycling scenes in the bunch, but it isn't short on inspiration. Graeme Obree is Rocky on a bicycle. Search for a century Stars and Watercarriers (1974) 7 of 11 This is one of the original cycling documentaries that paved the way for the others that followed. Like the title suggests, this documentary follows the stars from the 1973 Giro d'Italia and the lesser-known watercarriers who suffered silently and out of the spotlight.

7. Stars and Watercarriers—1974 This is one of the original cycling documentaries that paved the way for the others that followed. Like the title suggests, this documentary follows the stars from the 1973 Giro d'Italia and the lesser-known watercarriers who suffered silently and out of the spotlight

8. Triplets of Belleville—2004 Don't let this quirky animated French film fool you. it's one of the great cycling movies of all time. And there's barely any dialogue, so you won't have to worry about subtitles. The story follows a young boy who's determined grandmother trains him to be the next winner of the Tour de France. /Triplets/ won the Oscar for Best Animated Foreign Film in 2004.

9. A Sunday in Hell—1976 One of the most torturous single-day races in the world, this documentary tracks the 1976 edition of Paris Roubaix and the war between legendary rivals Eddy Merckx and Roger De Vlaeminck. If you aren't familiar with Paris Roubaix or Merckx, this film will open your eyes to a whole new world of cycling. It really is as good as it gets.



10. Breaking Away—1979 A young Dennis Quaid might not be the most believable cyclist, but this movie is full of charm. The film follows a small town boy (Dennis Christopher) who has big dreams of becoming a professional cyclist in Italy. /Breaking Away/ won an Academy Award for Best Screenplay in 1980 and was nominated for four other awards.

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.



Join the Peninsula Bicycling Association by mail (use form below) or go to the PBA website and join online at <https://pba44.wildapricot.org/membership>

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