

Chainstay

The Peninsula Bicycling Association



October-November-December 2017

Volume 47, Issue 5



Watch for an email and announcement about the following upcoming PBA events:

- October Membership Meeting, Monday, October 9, 6 PM, Place TBA
- Holiday Party, TBA



Autumn is upon us, the days are getting shorter and most of us will be modifying our riding to continue to stay in the saddle. With our summer group rides coming to a close, some will only ride on the weekends. Others, like me, will put their lights on and ride into the twilight hours. Either way, I hope you find yourself riding this fall and enjoying the cool, crisp weather. I would like to take this time to thank all of our volunteers who either made our summer club rides possible, or led rides through the summer and into the fall. A bike club like ours lives or dies because of volunteers. Thank you to all who step in and lend a hand.

Our regular club meetings will resume in October. We will most likely be changing up the location a bit though. We tried to have a club meeting/ride on 9/11 on Ft. Monroe, however the weather was less than optimal and turnout was meager. We should have our election of the 2018 Board of Directors in November and our Holiday Party in December. Having said that, anyone interested in serving on the Board please let me know.

Scott Blandford has been taking care of membership for the club for the last four years. He will be

resigning soon and we will need a replacement. We don't have a location set for the Holiday party. If anyone would like to host the party for the club, let me know.

Our Surry Century ride this year was the biggest ever. I don't want to steal Sharon's thunder, however, I would like to thank all of the volunteers who made this ride happen. The rest stops were great, the music filled the air with energy, and the lunch was awesome! I would like to give a special shout out to Sharon Bochman. This ride gets better every year and she is the driving force behind it.

The City of Hampton has established a Bike & Pedestrian Advisory Committee. This is a move in the right direction for a city seeking to improve multimodal transportation. I would like to see more of this in the rest of our fair cities since we are all connected to each other. If you know of any good bike related news, I would love to hear about it. Also, if you have an interest in getting involved locally to improve the cycling in your city, let me know. I will be more than happy to help out in any way I can.

The City of Hampton has started holding slow paced cruising rides each month. The ride location rotates around the city. The idea is to get more people riding. We showcase the current bike infrastructure and show where improvements are coming. I have started a community ride in my own neighborhood using the social site, Next Door. We have only had one casual ride so far, but I plan on having more as weather permits. Give some thought about doing this in your neighborhood. As always, I am available to help out. We could hold another Ride Leader Training class, if that would help. Let me know.

Lastly, the PBA is purchasing helmets for a special education program in the Newport News School System. It seems like a good way to give back to our community and support cycling at the same time.

I look forward to seeing you at our next meeting and out on the road.

Tregg Hartley

2017 PBA Officers

President	Tregg Hartley, pbafatmanriding@gmail.com
Vice-President	Beverly McLean
Treasurer	Tom Carmine
Secretary	John Srock
Chainstay Editor	Melanie Payne, pbamel@aol.com
Executive Committee Members	Sandy Butler, Jamie Clark, Todd Goodhead

Committee Chairs

Advocacy Coordinator	Tom Howard
Awards, Recognition and Statistics	Robb Myer
Event Planner	Sharon Bochman
Event Support (Food)	Sharon Bochman
Event Support (Water)	Scott Farrell
Holiday Party	
Historian	Sandy Butler, John Parker
Hospitality	TBA
Meeting Coordinator	DJ Johnson, djcycle2015@gmail.com
Membership	Scott Blandford
Online Marketing	Beverly McLean
Public Relations	Jen Faas
Rides - General	
Ride Coordinator	Beverly McLean
Ride Leader Coordinator	Steve Zajac
Ride Leader Training	Mary Mitchell
Rides - Annual	
Smithfield Challenge Organizer	Sharon Bochman
Hot Diggity Dog Ride Organizer	Cindy Wong
After the Fourth Ride Organizer	Lori Moffatt
Staycation - Jamestown to Richmond	
Ride/Overnighter	Sharon Bochman
Don Hubbard Memorial Ride and Ice	
Cream Social Organizer	Family of the late Don Hubbard
Surry Century Organizer	Sharon Bochman
SAG Director	John Srock
Volunteer Coordinator	TBA
Webmaster	John Bright, john_s_bright@yahoo.com , cell: 757-812-1909



PBA Website:

www.pbabicycling.org/

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

PBA Board Meeting

The 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



Chainstay is published quarterly or bi-monthly or as required for special announcements. Send all Chainstay submissions to Melanie Payne, PBAmel@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.



From the Editor

This issue was fun to do with lots of member input and lots of photos to include. The next Chainstay will be published January 1. Please continue to submit input on your travels and other cycling information for everyone to enjoy.
(pbamel@aol.com)

Welcome To New PBA Members

(July 31—present)

We look forward to riding with you! And a big thank you to all members who have renewed their membership.



Ouida Archinal
Mary Boxer
Arthur Brown
Alex Dorfman
Bob Flynn
Kathleen Fore
Thomas Gooding
Jim McLeod
Bobbie Piche
Chad Sanderson
Michael Stupar
Lawrence Watkins
Gary Wilkerson

2017 PBA Bike Journal Update

As of September 30, 2017 **56 PBA** members have recorded **111,574 cycling miles**. That equates to almost 4.5 trips 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 (in alpha order):

John Atwood, Richard Armstrong, Jamie Clark, Tregg Hartley, Patrick Johnson, Richard Maruyama, Donna Moyer, Robb Myer, Bob Ornelaz, Jonathan Snyder



Birthday Club 2017 Update

Below is our Club Statistician, Robb Myer's "official" birthday club list. If you have ridden your birthday miles, email Robb (threespeed67-pba-ride-leader@yahoo.com) with your birthday, age, date and miles ridden so you can get your name on the list and so that you will be eligible for prizes at the January membership meeting. Birthday Club guidelines can be found on the PBA website homepage at www.pbabicycling.org



Vanilla—Ages 50-59

Richard Armstrong, Tom Bauer, Stacy Garber, Tregg Hartley, Tom Howard, Diana Johnson, Donna Moyer, Michael Noehl, Jonathan Snyder, Linda West

Peaches & Cream—Ages 60-69

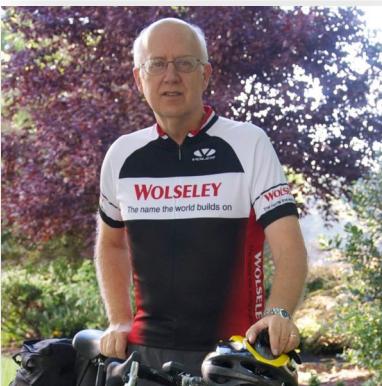
Helene Drees, Robert Drees, Carol Frenck, Roland Martin, Mark Suiter, Mark Van Raam, Stephen Wood, Barbara Zevallos, Raul Zevallos

Rocky Road—Ages 70 +

John Atwood, Bob Carter, Linda Carter, Frank Dixon, Ron Hafer, Richard Maruyama, Robb Myer, Melanie Payne



Getting to know you...



This issue spotlights Tom Carmine, PBA Treasurer. Tom has been a PBA member for many years and now helps the club keep its finances in top shape. So let's learn more about Tom!

Tell us a little about yourself

I was born in Hampton and graduated from Warwick High School. After college, I came back to Newport News where I worked in the accounting and tax field until I retired two years ago. My wife Linda is also from Newport News.

I have a lot of interests but not enough time to enjoy them fully. Biking takes most of my time, but I like to kayak when I can. Camping goes with both of them, and my photography interest goes along on any adventure. I also spend time fixing bikes that are donated to me which I turn over to two food pantries to be given to people who primarily need a bike for transportation. So far in 2017, I have refurbished 30 bikes.

When did you first get interested in cycling for sport?

I have never looked at cycling as a sport. My bike has always been my way to get places. As kids it was how we got from neighborhood to neighborhood. Then for five years in high school, I used my bike to deliver over a 100 pounds of newspapers every day. In college, it was my means to buy groceries and to get around Williamsburg and to commute to work in the summer.

Since retiring, it has been my way to expand my travels. I love cycling on rail trails and other dedicated bike trails. I mostly ride my Trek 520 touring cycle so I am not out for speed. If I am doing a ride with someone else, I will break out the road bike to make keeping to their pace a little easier.

What is your favorite PBA memory and/or ride?

Probably my first Surry Century ride in 2001, the year I joined the PBA. I rode 50 miles on my 1973 Peugeot 10-speed. It was my first 50 mile ride on that bike, so it was an accomplishment for me.

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

My favorite ride would probably be my D.C. to Pittsburgh ride in 2001 on the Great Allegheny Passage. It was my first and only bike trip until 2013. There were 26 of us on the trip, and we had a great time. The GAP was still in its infancy, and it wasn't completely finished so we had to walk our bikes over the stone ballast in places.

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

I found it was easier to ride often when I was working because I tried to commute by bike several times a week. Now I'm just too busy somedays to ride, so I try to keep a trip booked in the future that forces me to keep riding. My next trip is the second half of the North Carolina Mountain to the Sea ride in October, which will be three 60 plus mile days.

Describe your perfect day on a bike.

I may have just enjoyed my perfect day on a bike. I just completed a solo bike tour of Cape Cod, Nantucket, and Martha's Vineyard. For seven days I biked on roads, paths and rail trails stopping in quaint villages and sea towns. It epitomized what I like to do on a bike—ride somewhere and enjoy everything along the way.

If you could ride with two famous people (living or dead; cyclists or not), who would they be?

In 1978 Barbara and Larry Savage started a bike ride across America from California that became a two year around the world adventure. They told their story in Barbara's book, *Miles from Nowhere* published in 1983. It is a remarkable story especially when you consider that they did their trip without the aid of cell-phones, internet, Google maps, and email. They would go for a month without any contact with their family. Their book helped me look at the bike as a tool for travel. Tragically, Barbara was killed in a bike-auto accident just after completing the manuscript.

Greene Trails Cycling Classic

Xenia, Ohio
July 13 to 16,
2017

By Linda Carter

Bob and I arrived in Xenia, Ohio for the Greene Trails Classic on the Wednesday before the ride. After checking in and as we began to set up camp, up drove Mark Van Raam, so we had a mini-PBA gathering of tents. This is our second year riding in Xenia. I won a free registration for this year's ride, so couldn't pass up the chance to again experience this wonderful ride and it didn't disappoint. This year's registration fee of \$150.00 covered a T-Shirt, camping, two dinners and four breakfasts, plus rest stops, Century pictures, etc.



The Greene Trails Classic makes use of the "nation's largest network of paved trails." Most of the trails are very flat and all the routes are out and back, so you can ride as little or as much as you want. This is a perfect ride for those not used to riding a lot, but also provides sufficient miles for those who want more.

After setting up camp, we met with Ed and Joyce Gillette, friends from our Cross Country trip (they rode on Robb's Thursday night ride when visiting last summer) and peddled 10 miles along the Ohio-to-Erie trail into Cedarville for dinner, passing what I would guess is one of the smallest Welcome Centers around. It was the size of a small garden shed on the bike path filled with information on the town, bike paths and surrounding sights and \$2 food coupons to use in the village.

Thursday morning dawned with rain and possible thunder-showers. After discussions of whether to ride or not and consultations with the weather app, we determined it might be clear between 11-2 PM, so off we went. Today's ride went into Dayton along the Creekside and Mad River Trails. About one mile from the Dayton rest stop we got a warning that rain would start in seven minutes and it did. We were at the stop light in front of the Park and it started and then by the time we were safely under the Pavilion, it poured. We were dry and happy and had a chance to meet some new riders while we all waited for a break in the skies.

There were opportunities for an optional 5-mile trip North of Dayton to the see Formal Gardens and another option on the way back to visit the USAF Museum at Wright Patterson AFB. We skipped these options due to the threatening rains, but did visit the Museum last year, which was well worth the extra miles. Today's ride also offered the Greene Trails Geocache, which we skipped also but enjoyed trying last year.

Friday brought clear skies and beautiful weather. Today's ride included a Metric Century and a Full Century option along the Southern Portion of the Little Miami Scenic Trail. Trails went through several little towns, were shaded and comfortable riding even as the day grew warmer. Bob, Mark & I rode the Metric Century and about 16 miles from the end met friends in Waynesville, "the Antique Capital of the Midwest," for lunch at Stone House. After a fueling lunch, we all finished the ride at our campsite, where pictures of those completing the centuries were taken. Bob and I joined friends for dinner in Xenia at the Acapulco Mexican Restaurant. The Margaritas were wonderful...the food was good too!



Saturday was another day of great weather. Bob, Mark and I, plus Joyce and Ed and their daughter, Kay, headed out on the Northern portion of the Little Miami Scenic Trail. This day's ride was also called the "History Ride," where ten different areas were marked and information was provided noting everything from where Xenia was established to an old woolen mill, railroad, various small towns on the route etc. There were two options to add to the days ride...a trip to Young's Dairy for Ice Cream and to Clifton Mills for lunch. I had a flat tire about a mile into the ride, so we sent the others on and Bob fixed my tire, which resulted in missing the side trip to Young's Dairy. We met back up with everyone at the turn around and stopped in Yellow Springs for shopping and lunch.

If you buy something along the way, just call the ride headquarters and they will pick up and deliver your purchases. This day's ride was more scenic along the trail with a covered bridge, flower gardens, and a child's train at the turn around and park along the trail in Yellow Springs.



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(Greene Trails Cycling Classic continued)

After dinner, they had a drawing for a free registration for next year, passed out medals and pictures for the Century rides, had a silent auction and played bingo for a number of prizes. So it was a very busy day for everyone.

Sunday's ride took us along the Xenia-Jamestown connector to the end of this trail—another scenic and shaded route with wonderfully paved paths. We completed today's ride and broke camp and headed to Ed and Joyce's about a half hour away, where on Monday we rode the Little Miami trail further south along a portion of the trail that also had a home used in the underground railroad.

On our way back to Virginia we stopped outside Pittsburgh to visit friends and on Wednesday rode a portion of the Great Allegheny Passage from Ohiopyle towards Rockwood. I would recommend the bike shop in Confluence for any of your needs. They were very helpful and welcoming. They have free water, WiFi, and clean bathrooms. On Friday we went out for another shorter ride, part road and part local trail. The road section was very steep, but I did manage to get to the top for a wonderful view. Now we're home and planning our next adventure.

Next year's Greene Trail Classic is July 19-22, 2018. They will open registration the beginning of January and are limiting the number of riders to 400. The fee is expected to be a little higher next year, but they have offered a small discount if five or more registrations are received together from a club.



PBA's Le Dixième du Tour de France 2017

from Tregg Hartley

I would like thank all who participated in this year's Le Dixième du Tour de France. The seventeen of you who rode logged 5023.18 miles! That's pretty impressive!

Here are the final standings.

Yellow Jersey (Most miles logged)

1st Place – Patrick Johnston 654.2 miles
2nd Place – Linda Carter 503.25 miles
3rd Place – Emily Anderson 473.9 miles

Polka Dot Jersey (Longest single day ride)

1st Place – Diana Johnson 76.9 miles
2nd Place – Ana Bossman 65 miles
3rd Place – Patrick Johnston. 64.5 miles

Green Jersey (Most consistent)

1st Place – Emily Anderson (22 of 21 riding days, 473.9 miles)
2nd Place – Bob Anderson (22 of 21 riding days, 447.1 miles)
3rd Place – Stefan Hancock. (21 of 21 riding days, 375.3 miles)

Honorable Mention – Robb Myer—21 of 21 riding days, exact mileage each day. Those of us who know Robb, know that is only a fraction of his real mileage.



There's Still Time to Bike a Century in Virginia or Maryland

If riding a century is one of your cycling goals, here is a list of nearby opportunities in the coming months. Check bikeacentury.com for rides all over the United States.

October 2017

[Culpeper Cycling Century](#) - Culpeper, Virginia
[Tour de Greene](#) - Stanardsville, Virginia
[Tour de Bland](#) - Bland, Virginia
[Gran Fondo Virginia](#) - Charlottesville, Virginia
[Fall Foliage Bike Festival](#) - Staunton, Virginia

[Sea Gull Century](#) - Salisbury, Maryland
[Lifeline 100](#) - Millersville, Maryland
[The Crop Hop](#) - Southern Maryland, Maryland
[Star City Gran Fondo](#) - Roanoke, Virginia
[Between The Waters Ride](#) - Cape Charles, Virginia

Lancaster Covered Bridge Classic

August 20, 2017



By Katie Mallory

My husband and I recently ventured up to Amish country in Pennsylvania to ride the 31 mile course of the Lancaster Covered Bridge Classic on August 20th. We'd seen the ride posted on the Peninsula Bicycling Association Facebook page and couldn't resist.

After enjoying some quaint Amish towns and local breweries that weekend, we showed up

to the well organized ride Sunday morning. The event promised scenic views, moderate hills and of course, covered bridges.

The route started at a community college in Lancaster and within a mile or two, our bikes left any sign of city behind as we pedaled past silos and fields full of tall corn. Before long we heard the familiar clip clop of hooves as the Amish made their way to neighbors' homes for their Sunday worship. It was heartwarming to learn that the Amish are very bike friendly themselves - throughout our visit we saw many Amish children riding their bikes amongst the buggies. Though we didn't get the chance this ride, we'd heard that those Amish cyclists enjoy challenging riders in the Covered Bridge event.

There was a notable level of politeness during the day - the Amish were quick to respond to my cheery "Good morning" with a wave and a smile, and even fellow cyclists thanked us for announcing our passing on their left. Maybe it was the beautiful weather or the fresh air, or perhaps just the chance to enjoy the countryside, that set everyone into a pleasant mood.

It was striking really. As we pedaled along watching buggies and cyclists swap greetings while we went about our respective ways, I thought how wonderful and dynamic it was that both populations were using our amazing surroundings for two totally different purposes. Many of them depend on the land for their livelihood, and we depend on it for sanity and relaxation. It made me thankful for the opportunity to see both populations, so vastly different, being so civil with each other as we shared a common place but uncommon culture.

We continued to climb and swoop down along verdant pastures and well-tended crops. The climbs were bigger than I expected and I used every single gear to power my way up.

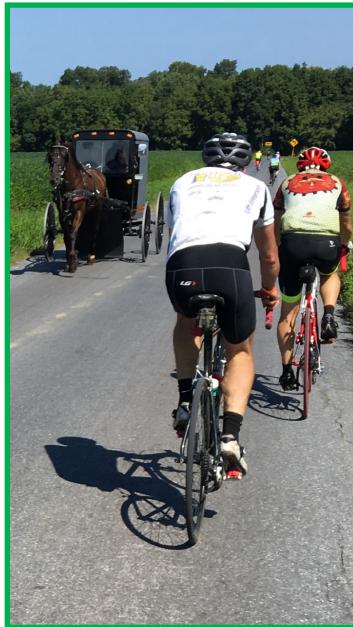
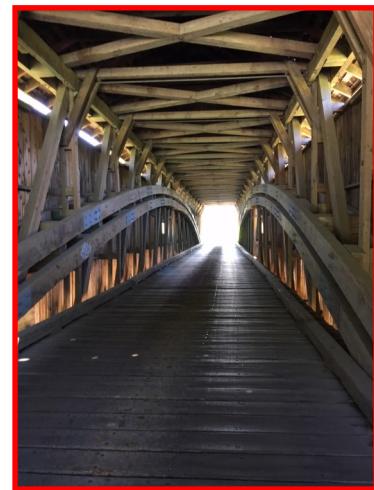
The downhills were exhilarating and thankfully provided a good bit of momentum for the next hill that was inevitably ahead. The best part of the ride was the little surprises that weren't advertised openly - the stone houses that all had beautiful flower gardens in full summer bloom, the grazing mules, spinning windmills, and beautiful shaded stretches of white fence-lined ponds.

The course was roughly a big loop with 55 different turns. Being still somewhat new to cycling, I wrestled with how to not lose my way on the course in the days leading up to the ride. At the suggestion of a coworker, I searched for a smart phone app that would provide directions along the way. I found an app called RunGo and was able to plug in the route from the cue sheet. Without a chance to test the dependability of the app, I made sure to bring my cue sheet along, just in case. By the end of the ride, two things became clear - the Lancaster Bicycle Club knows how to mark a course, and the RunGo app is amazing. The app was loud enough to alert me to every turn 300 feet in advance, which was pretty consistent with the ample markings the Lancaster Bicycle Club used to point the way. Adorably, their chosen method of marking the course was with little covered bridges stenciled on the road surface, turned so that the pitch of the roof pointed the way along.

The only possible improvement that could be made on the experience would have been if I'd worn a GoPro to capture all the scenery I didn't get a picture of. As it was, I found myself turning around on the course to ride a stretch again, reveling in the repeated downhill just to capture some video on my iPhone. The mere suggestion of turning back to climb the downhill we'd just completed brought chuckles from those cyclists nearby, but they all understood I just couldn't pass up the chance. My wonderfully understanding husband just smiled as I sped off more than once or hung behind to capture what memories I could in my phone.

The covered bridges dotted the second half of the course and proved to be a great spot for the event photographers to capture the happy smiles of the cyclists.

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(Lancaster Covered Bridge Classic continued)

The support on the ride was superb. Event bracelets were mailed in the weeks leading up to the ride, so there was no need to check in before heading out during the two hour rolling start window. There was ample parking and a few vendors peddling their jerseys and bike paraphernalia before and after the ride. There were two roomy rest stops on our 31 mile course, complete with restroom facilities, fuel, and hydration. After the ride, I thought my eyes were deceiving me when I saw Subway lunches, complete with orange slices, Snickers, fruit bars, drinks, and cookies. I think food was the only thing at that point that could have kept me from the rest of the vendors that had set up their rainbow of decently priced jerseys and other cycling goodies.

We chatted and ate and listened to the rest of the cyclists share tales of the course and their experiences. Our 31 mile ride was actually over 34 miles according to my GPS watch, and I was tickled to have a new longest distance ride complete.

Now that the ride is over, I look back and realize this never would have happened without the PBA. Sure, I'd

heard of the ride through the Facebook post, but it was more than that. It was the PBA group rides that unconsciously built my confidence in riding among other cyclists and showed me that I'm not as bad on hills as I previously thought. The rides also taught me how to act in a rolling pack of the two-wheeled variety, and how to be comfortable being passed, and passing on hills.

In the end, it was an amazing event that I'll revisit often in my mind in those slower moments of the day. I'll see the slightly worn yet pristine white barns that dotted the hills and the long rows of corn waiting to be harvested. Maybe I'll imagine the free wheel of a passing cyclist (or maybe I'll be the one doing the passing) as we race up and down the rewarding terrain. I'll only have to daydream until my next long country ride, and this event will be plenty fuel until then.



Hampton Cruise

By Tregg Hartley



In May, the City of Hampton held a National Bike Month event at Fort Monroe. The PBA provided the ride leaders for all five rides in this event. The most popular ride was the casual ride. Melanie Payne led 72 riders around Ft. Monroe on an easy paced cruise. Check it out at:

<https://www.youtube.com/watch?v=t3gHiPcijH8&t=19s>

With the popularity of this ride, the city planners wanted to establish a recurring ride at a cruising pace. These rides take place on the 4th Sunday of each month.

The first of these rides was held at Ft. Monroe on August 27th. Thirty-eight riders rolled out from the Community Center including Richard Armstrong and myself as rider leaders. Alison Alexander, who is Hampton's Place Making Planner, Hampton Councilwoman Teresa Schmidt, two of Hampton's finest, and most of Hampton's new Bike & Pedestrian Advisory Committee made the ride as well. We enjoyed a slow roll around the base to include the inner fort and the boardwalk.

Our second Hampton Cruise rolled out from Buckroe Beach on September 24th. We had another good sized group of 24 riders. We even had two riders all the way from Gloucester

join us. We cruised down the boardwalk, through the Salt Ponds, and into Fox Hill. 8.2 miles covered over an hour.

Our mission with these rides is to get more people riding. People show up with everything from tri bikes to beach cruisers. Blue jeans, shorts, and lycra are the norm. Everyone just shows up for a slow paced ride, sightseeing, and conversation.



Our October ride will be on the 22nd. We will meet at Armstrong Elementary and roll out at 4 PM. We will do some sightseeing while we roll through the Wythe neighbor-

hood of Hampton. As usual, we will have a Hampton Police Officer along with us to help with any traffic issues. Come join us as we explore the City of Hampton by bike.

Hampton's New Bike & Pedestrian Advisory Committee

By Tregg Hartley

Through most of 2016, many of us from the PBA were actively participating in the creation of the City of Hampton's first ever Strategic Bicycle & Pedestrian Plan. This plan outlines the goals of the city to improve its active transportation network. That plan was passed by the Hampton City Council in December of that same year.

On August 15th of this year, we held the initial meeting of Hampton's Bike & Pedestrian Advisory Committee. This meeting was an introduction to each other and the Bike & Pedestrian Plan. We discussed various goals we would like to see attained by the committee. This committee will continue the work started last year and press forward to implement the plan. Our second meeting was on September 19th. We chose a few of the goals from the first meeting to get started on. These include;

- Develop Public Safety & Awareness Campaign
- Evaluate Existing Bike Routes
- Review Existing Ordinances
- Champion Signature Path/Trail
- Develop Neighborhood Route 'Cheat Sheet'

Our next meeting will be on October 17th, 6 PM, 5th Floor of City Hall. These meetings are open to the general public and we welcome your views and ideas. I am asking for your input starting now. Item 5 above covers neighborhood routes. I would love to hear from you. Tell me about your routes through Hampton and how they connect with the surrounding cities.

Current Project

A new trail is being built in the Central Park area of Hampton. This includes a multiuse trail along Pine Chapel over the interstate and a trail that goes past the Hampton Coliseum and continues to the Air Power Park along Mercury Blvd. Pictures below.

Future Project

The city planners have submitted a grant to fund an improvement in cycling infrastructure in Phoebe. These improvements, once funded, will do the following:

- Put sharrows on Mallory Street from the VA Medical Center to Mercury.
- Put sharrows on Mellon Street from Mallory to Ft. Monroe
- Put bike lanes on both sides of Mallory from Mercury to Buckroe
- Put bike lanes on both sides of Mercury from Mallory to Ft. Monroe.

Here is the link with the specifics <http://hampton.gov/CivicAlerts.aspx?AID=2788>



Central Park Coliseum



Multi-use path on Pine Chapel



Central Park Path



The Best Surry Century Ever

By Sharon Bochman, Event Director

I want to thank you all for coming out to ride the Surry Century this year. Wow, what an amazing day! We had beautiful weather, music and amazing food and we had a record crowd once again! We had 25 more riders in 2017 than we did the previous year. It was so much fun to watch the riders having a good time. There were quite a few people that did their first century and it was great to share those special moments with them.



Our volunteers once again exceeded expectations and did an amazing job taking care of the cyclists from the moment they left until they returned. I don't think anyone had to wait more than five minutes for a SAG vehicle and the rest stop food was once again AMAZING!



At the rest stops, we had lots of fresh fruit, all types of baked goods, ham biscuits, trail mix, pickles, boiled potatoes with sea salt, several different vegan and gluten free items so that no matter what you are able to eat, there was something for everyone. The lunch

was catered by Zoe's Kitchen and the food was incredibly yummy! There was such an abundance of food that we were giving out Ziploc bags to send food home with the riders. Nothing was wasted. The music added a great atmosphere at the ball park and most riders hung around and socialized afterwards.

Looking forward, I am working on more improvements to our next event, the Smithfield Challenge, as well as the Surry Century. The date for the Smithfield Challenge has been set for Saturday, May 26th and the Surry Century will be Saturday, September 8th, so mark your calendar. We will never rest and strive to improve our rides each year. We are currently designing a logo for both events and are recruiting sponsors so that we can move forward with plans for dry fit shirts without raising the price of registration. I am talking with some amazing food vendors to kick up the quality of food for lunch once again. I'm even negotiating a group rate for hotels so that out of town riders will save a few dollars

on their accommodations. I will keep you updated on our final plans as they take shape and keep you posted when registration opens.

If you have never ridden a full century, set your sights for the 2018 Surry Century. We are discussing ways to foster first-timers through the training process to help achieve their goals and make their first century a memorable one. We are also making plans to give first time century riders some special "bling" for their efforts.



Again, these details will be shared once we have the designs completed.



Believe it or not, we are already actively recruiting volunteers for our 2018 events. If you want to volunteer for a event, you can choose to do a short ride and a shift or defer your free ride to the next event so you can do a longer ride... your choice. If you choose to drive a SAG vehicle, we kick it up a notch and not only let you ride for free but, you also will receive \$25 for gas. It's a real win/win. If you have a non-riding spouse that can volunteer, you can ride for free. We can place your spouse somewhere so that you will see them along the way for a kiss and some encouragement during your ride. It takes a small army of volunteers to pull off successful events and we are extremely thankful for the help that each of you provide. Please call me at 757-272-4153 if you are interested in volunteering and we will find a job that suits your strengths.

Keep pedaling!



PBA RIDE SCHEDULE FOR FALL/WINTER MONTHS

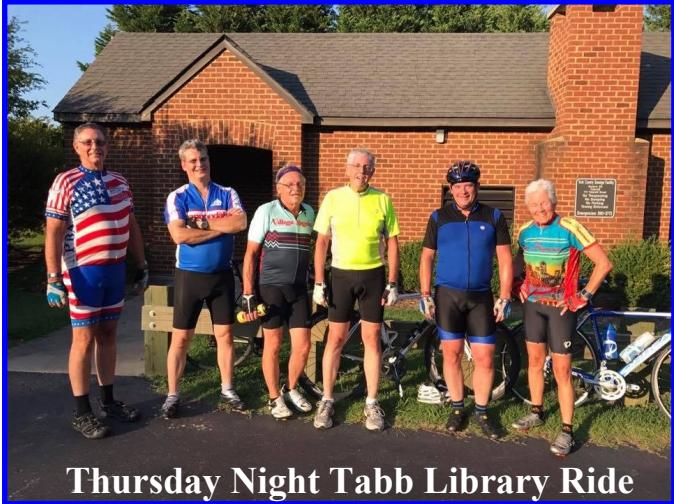
The PBA Seasonal Standing Rides (April-September) have wound down for the year, but rides pop up during the winter months all of the time.

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



So dress for the weather and keep riding!

RIDERS ENJOYING MANY OF THIS YEAR'S SEASONAL WEEKLY STANDING RIDES



Thursday Night Tabb Library Ride



Monday Night Tour de Fox



Saturday Morning Poquoson Ride



The Poquoson "Rocky Roads"



Wednesday Night Todd Stadium Ride



In Brief.....Member News and Items of Interest

- ♦ Get your PBA decals and magnets.....



See any Board member for a decal. Jamie Clark has magnets available on rides and at membership meetings.

- ♦ Congrats to **Tregg Hartley** on becoming an League of American Bicyclist certified League Cycling Instructor.

This is the graduation photo, featuring Tregg (back row, center) from the recent LCI class in Williamsburg. This is a wonderful group of people dedicated to making cycling safer for everyone.



- ♦ A Very Special RideGold Star Parents End Cross-Country Bike Ride At Ground Zero on September 17, 2017.

Kaye Jordan and Michael Perich rode across the country, nearly 3000 miles, in honor of their sons, who lost their lives in the War on Terror.

The two riders left San Diego in June, stopping along the way to visit other Gold Star parents who have suffered the pain of losing a son or daughter. Perich said, "We live in a wonderful country, and I hope that everyone never forgets about our young men and women that lost their lives since 911 for our freedoms."

Source: <http://newyork.cbslocal.com/2017/09/16/gold-star-parents-ground-zero/>



- ♦ Have a not-so-smart fitness watch that doesn't give you steps for cycling? The Wellness Center at the University of North Dakota has come up with the following conversion chart:

Cycling, 10 mph = 93 steps per minute
Cycling, 15 mph = 160 steps per minute
Cycling, 20 mph = 200 steps per minute

Source: <http://und.edu/health-wellness/workwell/documents/2015getmovingconversion.pdf>

- ♦ New Store Open on the Capital Trail in James City County.....**Spoke & Art Provisions** opened in early September on the Capital Trail at the corner of Rt. 5 & Greensprings Road. The shop currently sells granola bars, ice cream and drinks, but by the spring will offer a coffee station, juice bar and lunch counter. Right now, the store is open on Saturday & Sundays only, from 12:00-4:00 PM.

- ♦ Unusual bike shop names (Source: <https://www.bicycling.com/culture/bike-shops/14-awesomely-funny-bike-shop-names>):

- Oh, Wheelie? Denver, CO
- King Kog Brooklyn, NY
- Outspokin' Bicycles Columbia, SC
- The Cycle Path Cornelius, NC
- Planetary Cycles Houston, TX
- Cycle Analysis Jacksonville, OR
- Bike Pedelars Lincoln, NE
- Free Cycles Missoula, MT
- CyclePath San Mateo, CA
- Bicycle Belle Somerville, MA
- Krank It Up Tallahassee, FL
- Grateful Tread Bikes Fort Collins, CO
- Old Spokes Home Burlington, VT
- Melo Velo Santa Fe, NM

- ♦ Some Silly Cycling Humor (Source: <http://jokes4us.com/sportsjokes/cyclingjokes.html>)

Tandem Riders

A tandem rider is stopped by a police car. "What've I done, officer?" asks the rider. "Perhaps you didn't notice sir, but your wife fell off your bike half a mile back . . ." "Oh, thank God for that," says the rider - "I thought I'd gone deaf!"

Q: Why can't a bicycle stand up on its own?
A: Because it's too tired!

Q: What do you call a bicycle built by a chemist?
A: Bike-carbonate of soda!

Q: What does a bicycle call its dad?
A: Pop-cycle

Q: When is a bicycle not a bicycle?
A: When it turns into a driveway.

PBA BUSINESS CARDS

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



LOCAL 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 for supporting PBA!



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