

Chainstay

The Peninsula Bicycling Association



September-October-November 2018

Volume 48, Issue 4



**The Stupendous
26th Annual Surry
Century is just
around the corner!**

September 08, 2018 7:00 AM

Location: Surry Athletic Field
(45 School St., Surry, VA)

Several improvements have been made to our ride this year.

- We have T-shirts again! The first 300 participants will receive a free shirt with their paid registration.



- We have a special gift for all Century riders—a commemorative bike towel as you return to the ballpark. If it's a hot day, we will put them in a cooler with ice and water to refresh you after the ride
- Zoe's Kitchen will be catering lunch once again and we have a number of PBA members that will be baking fresh, delicious goodies that will be at all of the rest stops.

There's still time to register at www.pbabicycling.org. If you are a PBA member, you will save \$10 off your registration fee but you need to login to your account to get that option. See [page 11](#) for all the details. We look forward to seeing you in Surry!

Mark Your Calendars.....

Upcoming Membership Meetings

- **September 10**—Details TBA..
- **October 8 & November 12**
Bike Safety Class. Details TBA.

Where has the summer gone! Seems like we just got through spring and now September is upon us. I hope everyone has been able to ride as much as they want to over the past three months. Aw, who am I kidding, we never really get to ride as much as we want to!

We had a successful series of club summer rides. The ride previously known as the Hot Diggity Dog Ride was a blast. We had casual, C, and B pace groups. Cindy Wong catered the event with homemade ham and turkey. We had a great picnic and I got to meet several new members. I rode with the C pace group, sweeping for Katie Mallory. Our group did a 30-mile loop rolling out of Smithfield and stopping at Pons Store at the halfway mark. About a mile after we left Pons, Ron Hafer realized he had forgotten his helmet at the picnic table. I waited for Ron and sent the group on ahead. On the ride back with Ron it was everything I could do to keep up with his e-bike. Those things can really go!

For our After the Fourth Ride, we were looking for a new venue. I sent out a poll and Fort Monroe was chosen. The Oozlefinch Brewery graciously let us set up in their parking lot for the ride. We had over 80 riders show up! New record! We had a B, C, Casual, and Hampton History tour options. After the ride, we all had a nice lunch and several of us went to Oozlefinch for additional refreshment.

Our Don Hubbard Memorial Ice Cream ride was hosted again by Eleanor Hubbard and her family at Messick Baptist Church. For the past couple of years, the weather has been either misty or down right rainy and we had to cancel last year due to rain. This year we had a warm, sunny morning and everyone had a great ride. The ice cream social topped off the event. Thank you Eleanor for hosting this ride again!

The Surry Century is just around the corner and it looks like the weather is going to be great! If you haven't done this ride in the past, you don't know what you are missing - beautiful country roads, well stocked rest stops, a delicious catered lunch, and a real party atmosphere. Come on out! You won't be disappointed! I will be riding the 50-mile loop and then I get put to work by Sharon afterwards. I'd love to see you out there and possibly ride with you. It would be a great chance to bend my ear with your ideas for the club!

There are a couple of bike advocacy notes. The City of Hampton, along with the Bike/Pedestrian Advisory Committee, is embarking on a Public Safety and Awareness Campaign. This includes shooting bike safety videos, creating posters and possibly life size cutouts, and possibly some radio and/or TV promotions. Part of this campaign will be getting out the names of businesses that will allow us to put up the posters and cutouts. Keep in mind that these posters and cutouts will be geared towards non-cyclists. As you go about your daily routine would you be willing to ask the Hampton businesses you frequent if they would be willing to participate? Restaurants, book stores, clothing stores, Target, Walmart - all of them are fair game.

(continued on next page)



(Tregg's message continued)

You could send the information to me and I can get it to Alison Eubank, Hampton City Planner. If you have any questions, drop me a line at pbafatmanriding@gmail.com.

We will be starting up our monthly membership meetings again in September. For the October and November meetings, I will be presenting the classroom portion of the Smart Cycling class. The classroom portion takes about three hours, so we will split it up over two meetings. This class normally costs \$40 to attend, but it will be provided free of charge to our members. Hope to see you there.

Lastly, I have some news to share. I have been the PBA vice-president from 2014-2016 and president from 2017-2018. It is time for me to step aside and let some new, fresh ideas come in the door. Our club has seen wonderful growth over the last five years and I am happy to have been a part of it. Our vice-president is also stepping aside to continue work on the Birth of America Trail. That being said, we are looking for someone to step up continue where we have left off. It could be a husband and wife team, previous military, or anyone with a real passion for what we do - cycling. I will stay on as the past president to support whoever steps up, much in the same way Sharon did for me. I will continue to be active in the club, but I will just have more time for advocacy, getting the Birth of America Trail built, and leading more casual rides for the club.

Tregg

2018 PBA Officers

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

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	TBA
Historian	Sandy Butler, John Parker
Membership	Katie Mallory
Online Marketing	Beverly McLean
Rides - General	
Ride Coordinator	Beverly McLean
Ride Leader Coordinator	Steve Zajac
Ride Leader Training	Mary Mitchell
SAG Director	John Sprock
Volunteer Coordinator	TBA
Webmaster	John Bright, john_s_bright@yahoo.com



PBA Website:

www.pbabicycling.org/

Join the Peninsula Bicycling Association 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.

PBA's Club Affiliations



Adventure Cycling
AFFILIATED CLUB



Chainstay is published quarterly or as required for announcements and items of member interest. Send all Chainstay submissions to Melanie Payne, PBAmel@aol.com. Send all other club business to the 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

Thanks to everyone for submitting articles, photos and ideas for the *Chainstay*. I know there is a lot of talent out there and there are a lot of bike trips and riding going on, so please contact me with articles and ideas for future issues. Happy riding and I hope this issue provides you with some happy reading.

Melanie Payne (pbamel@aol.com)

Welcome To New PBA Members (June 1—August 26)



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

Rodney Beltz	Marty Horton	Tom Santomieri
Dan Brownlee	Kevin Horvath	Bob Silva
Keith Bruffey	Susan Housley	Galen Small
Carl Chesley	Gregory Krieg	Jenn Small
Rodney Clemmer	Scott Lewis	Ross Small
Richard Costello	Betsy Liljeberg	Suzanne Small
Roberto Cuadro	Pete Liljeberg	January Spangler
Joe Delgado	Christopher Malone	Jeremy Stephens
David Demmin	Amy Miller	Scott Surbrook
John Denison	Douglas Murphy	Paul Tartabini
Elyse Devereux	Michael Nerino	Daniel Thomas
Cyd Dough	Rick Nevins	Janet Thomas
Bill Farrell	Nicky Peterson	Daniel Wolfe
Roye Greenzaid	Glenn Pruitt	Kellie Yencer
Leigh Honeycutt	Richard Roberts	Jean Zadeh
	Ruben Rodriguez	

2018 PBA Bike Journal Update

As of August 30, 2018, **44 PBA** members have recorded **70,450 cycling miles**. 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	Tregg Hartley
Jamie Clark	Patrick Johnson
Frank Dixon	Robb Myer
Todd Goodhead	Bob Ornelaz
Craig Hanson	Mark Suiter



THE BORN-2-RIDE CHALLENGE—

A Challenge For All Ages

The Birthday Club is very popular with 50 year old and older members, especially the Rocky Road set, but feedback from the millennials has been "how about us?" We listened and are happy to announce the "Born-2-Ride Challenge."

To qualify:

1. Ride the number of miles in the last two digits of your birth year 12 times during 2018.
2. Ride no more than two in a single month.
3. If born in 1962 or later, ride 62 miles.
4. Periodically, send birth year, date and miles to Robb Myer, Awards, Recognition and Statistics Committee Chair.

Here are some examples of ride lengths:

Birth Year	Miles to Ride
1942	42
1955	55
1960	60
1968	62
1979	62
1985	62

50/50 CHALLENGE

Ride 50 or more miles in each of PBA's signature rides—"Pedal For The Pig" & "The Surry Century".

NEW FOR 2018

And the Birthday Club Continues for 2018

Congratulations to:

- Jennifer Allen**
- Bob Carter**
- Linda Carter**
- Inae Kellam**
- Paul Street**
- Mark Suiter**



There are three age categories for the Birthday Club.

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

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 get your name on the list to be eligible for prizes at the annual January membership meeting.

Birthday Club guidelines can be found on the PBA website at <http://pbabicycling.org/Member-Challenges>

Getting to know you...



This issue spotlights **Michael Noehl**. In his short time as a PBA member, and as a cyclist, Michael became a PBA ride leader and his enthusiasm and passion for cycling is contagious. So let's find out more about Michael!

Tell us a little about yourself.

I was born in Compton, California to a military family which meant we moved around a lot. I have eight brothers and sisters and three step-brothers/sisters totaling twelve siblings – we had a tribe. As a military family, we traversed the nation and settled in Salisbury, Maryland, once my father retired. I attended local schools from middle school through college in Salisbury. After graduating from high school, I joined the military and completed one term before deciding to pursue a college degree. I returned to Salisbury and completed my BS at Salisbury University. It was then that I met and married my beloved wife – Judy Noehl. After college, we re-entered the military and completed a twenty-year career performing several duties: a Field Artillery Officer, a Space Operations Officer and a research analyst. We settled here in Yorktown as our three children have now grown, started their families and reside in the local area. I am currently employed by the Department of Defense as a Civil Servant working for the Chairman of the Joint Staff as a Military Analyst in the Joint Lessons Learned Division where we investigate areas that are not working as planned and recommended how to better prepare the force for future operations.

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

My latest passion began in Spring 2017. I learned to ride a bicycle when I was young on a “throw away” bike with no tires, just rims that my brother found next to a dumpster. My brother repaired it and *voila* we had a bike for the tribe to cherish. As I grew up my focus shifted to running which became my passion through school, college and the military. From such a large family running was cheaper than buying a bicycle. It wasn't until I broke my back while in the military that I needed to find an alternate activity. My doctor and physical therapist suggested I try bicycling.

In the fall of 2016 my wife and I decided to purchase bicycles from Walmart - my first since childhood. As I started it was slow going. I remember riding one mile and thought the pain would keep me from going further. After consulting my doctor, he assured me my back was fine, and I pushed through the pain and progressively increased my mileage to ten miles. I began looking for alternate routes beyond my neighborhood and learned of the Ft Monroe ride

and signed up where I ran into an old friend who turns out is the current President of PBA – Tregg Hartley. We had a nice reunion after the Tour de Fort Monroe ride. I learned so much about PBA that I signed up that very day. Tregg suggested I try the Todd Stadium ride as way to expand my neighborhood rides and pointed me to the club newsletter, the *Chainstay*. for more information. So begins my PBA experience. At the time, John Bright was leading the Todd Stadium ride and even with his kidding, he was a great teacher. He taught me a lot about cycle care, group rides, and cycle safety. Since then I have stepped up and led the Todd Stadium ride covering until Rebecca Wheeler could take over.

As a new rider I had my doubts that could lead a group. In preparation I attended (and recommend to all riders new and old) to attend the PBA classes on Bicycle Safety and Group Leader Responsibilities led by Tregg Hartley. Both of these classes helped my confidence and my ability to lead a group. Trust me, I have a long way to go and look forward to the journey with each and every one of my fellow riders. I hope to see you on the road!

When not biking, what do you enjoy doing?

Teaching, reading, and spending time with my grandchildren.

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

I haven't attended many rides outside of PBA weekly rides so nothing stands out. I must admit that I enjoy the group rides with fellow PBA'ers. The rides, the comradery and the fellowship afterwards have always been refreshing. As I am preparing for my first century ride at the Surry Century, I have enjoyed the training rides with Katie Mallory and the advice offered by many seasoned PBA members.

Some days it's difficult to ride - what motivates you to get out and cycle?

Riding is my source of energy and in itself I long to hit the road. John Bright used to kid me about my throwaway Schwinn. His advice regarding a true road bike led me to buy my first Trek. I love my Trek with a passion. It has given me the ability that my Schwinn could not. A day without my Trek is a day without my energy – my wife will tell you I just have to ride. It's become my passion.

Describe your perfect day on a bike.

Any beautiful morning ride where I can put in 50 miles. Those who know me know that I hit the road on most Saturdays by 5:00 am. I ride the York County Library ride with the addition of a ride to Langley AFB and Hampton Golf Course. Thanks to Katie for showing me the route.

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(Getting to know you....continued)

Do you have a dream cycle route or trip you'd like to complete?

My current dream is to complete my first Century which will occur with my participation in this year's Surry Century. Just a year ago I didn't think I would ever achieve a 100 mile ride. But many PBA'ers have provided great encouragement and offered excellent advice. Katie has shared her experience on the Lancaster Pennsylvania Covered Bridges ride and I believe that will be my next goal. She shared that ride in an earlier *Chainstay* and it has captured my imagination and the desire to experience that ride.

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

The late Robin Williams was an avid cyclist. I really enjoyed his humor and would love to ride one last time with him to understand why he was compelled to take his life. The world has lost a great philanthropist. He made so many people laugh and was a champion of many causes.

And the second would be President George W. Bush, another unknown cyclist. He regularly invites wounded war veterans to join him for a ride on his Texas ranch. I would love to get to know him personally on a ride.

**All Aboard
Taking Your Bike on Amtrak**

By Tom Carmine



You probably noticed recent articles announcing the new service for bikes traveling between Richmond and Williamsburg. This is great news as it is a giant step forward for those of us who enjoy

bike touring and need transportation at the beginning or end of our bike ride. Unfortunately, this was a pilot program for the summer so we will have to wait and see whether it will continue in the future. ‘

The articles touted the benefit this would bring to travelers on the Virginia Capital Trail, but when you get into the details you realize it is really not that useful to Peninsula cyclists wanting to go to Richmond and ride the VCT back. The only train to Richmond accommodating bicycles leaves Williamsburg at 5:41 PM and arrives at the Main

Street Station in Richmond at 6:30 PM which is way too late for most people to ride back to Williamsburg in daylight.

Taking a bike costs an extra \$20 and should be made in advance as there are only 12 bicycles spots per train. If you combine the trip with an overnight stay in the hostel on N 2nd Street for an additional \$35, you could make a nice 24hr adventure out of your trip.

Connections are a little better for travelers to Williamsburg from Richmond. The train leaves Richmond on Friday and Saturday at 9:34 AM and arrives in Williamsburg at 10:38. For Sunday to Thursday departures it leaves at 10:10 AM and arrives at 11:14 AM. This schedule allows for a lunch stop and enough time to ride back to Richmond by dark.

I am excited by the possibilities that Amtrak will expand its service for travelers with bicycles. Getting to Richmond means the ability to connect to other destinations such as Pittsburgh to ride the GAP and the C&O back to D.C. I have looked at that schedule, and it would take you two days to get to Pittsburgh and you would be arriving after 10:00 PM on day two.

My fear for this pilot and all the routes accommodating bikes is simply the economics of it all. The major bicycling organizations have been pressuring Amtrak for bike accessible trains, but if people do not use them, Amtrak will eliminate the service to cut costs, and we will all lose out.

The composite image contains three main elements:

- BikeBeat Advertisement:** A photograph of a cyclist riding on a dirt path. Text includes 'BikeBeat', 'Discover the Power of the Bike', and the website 'www.bikebeatonline.com'. Contact information for Yorktown (767-833-0096) and Williamsburg (767-229-0096) is provided.
- Village Bicycles Logo:** A circular logo with a gear-like border containing the text 'HOME OF WALT RACING' and the brand name 'Village Bicycles' in a stylized red font.
- CONTE'S BIKE SHOP Logo:** A logo featuring a green silhouette of a bicycle wheel and the text '1957 CONTE'S BIKE SHOP'.

A Very Special “Thank You” from Robb Myer to Current and Past Club Members

As the club’s weekday evening rides come to an end for 2018 and I complete 30 years as a PBA Ride Leader, I’d like to acknowledge some past and presents members who’ve accompanied me on my bike ride to the moon (currently almost 97% of the way there and plan to start orbiting the moon before next Spring’s Pedal for the Pig ride.) In rough chronological order:

Mike Woodard, who mentored me as a ride leader in 1989 on the Thursday evening Brass Shop ride (although the starting location has changed several times, this ride continues as the Thursday Tabb Library Ride).

Bill Nuckols, who influenced me to volunteer for off-bike positions, which led to becoming a club officer, executive committee member and several committee chairs.

Danny Bunn and **Jim Dwyer** who took **Bob Carter** and me on our first out-of-state bike adventure to Tennessee over twenty-five years ago.

Don and Eleanor Hubbard who enticed me to plan and make self-supported bike tours.

Ron Hafer (aka formally Recumbent Ron and now e-Bike Ron) who set me on the path to all-day-comfort and got me “bent”.

Sandy Butler who introduced me to “rails-to-trails” touring.

Bob and Linda Carter for sharing many week-long bike adventures and who along with **Mark Van Raam** “nudged” me to ride Coast to Coast last year. A special thanks to Mark for keeping me headed in the right direction, both literally and figuratively before and during our two-month adventure.

Art Wolfson, **Scott Farrell** and **Sharon Bochman**, my fellow “Gang of Four” members for their new vision for the club and **Sharon and Tregg Hartley** turning that vision into reality.

Barbara Cassidy, **Bob Ornelaz**, **Brent Weathered** and **Patrick Johnston**, who collectively influenced my decision to ride in the evening after dinner (i.e. to keep pace with them in the miles logged challenge). Oh, the joy of night riding.

J. D. Hawthorne, my co-leader on the Thursday Tabb Library Ride for the past ten years and companion along with my son on our first Pittsburgh to Georgetown ride. GAPCO has been an annual adventure every year since 2004.

Rocky Roads members, you rock. And the pre-Vanilla members, you’re awesome at growing the club and keeping the Rocky Roads members pedaling.

My wife, Annette, for encouraging me to always find time for a bike ride, and our children for accompanying me/us on those annual bike adventures.



Robb & his son finishing RAGBRAI 2018 at the Mississippi River.

And thank you to every club member who’s come on one or more of my rides and helped “push” me to the moon.

Respectfully yours,
Robb Myer

Group Riding—Intimidating No More! Sharing My PBA Experience

By Raul Zevallos

I know many folks would love to ride in groups, but are intimidated at the thought of riding in close proximity to somebody they may not know, or be left behind (dropped in cycling terms). Those are all valid concerns that can be addressed so that they don’t become an obstacle to the wonderful experience of group riding.

About being intimidated, I get it. I can’t say I haven’t felt a sense of concern,

fear, or just discomfort when trying something new. My suggestion is that you go with a friend for that first few rides, somebody who will hang out with you regardless of what the group does.



Raul and Barb Zevallos ready to roll on their tandem.

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(Group Riding continued)

That should help mitigate the concerns and fears of getting dropped or not fitting in with the group. Thankfully, most PBA groups are very friendly and supportive enough that a new person can show up and feel welcomed from the beginning.

Going with a friend offers a degree of social comfort that helps keep you focused on the other important part of group riding, which is your own bike handling skills. In a group you'll be adjusting speed quite a bit, slowing and accelerating as you negotiate turns, stops signs and street crossings. You'll also be expected to "keep a line" while following along, meaning that you don't weave too much as you pedal and maneuver. That makes it easier for those behind you and ahead of you to ride along the trail or road following the leader. Most people can handle the maneuvering and become very smooth in short order, but may take longer building up their skill slowing and accelerating with the group. This is an important consideration since you want to ride in a group that doesn't over-tax your skills.

Given the considerations, social support, your skill level and your overall fitness, then you can pretty much select which groups offer the best match for you based primarily on distance and speed. I suggest contacting the ride leader before your first ride as an introduction and as a way to validate your estimates with the actual leader. I did this myself for my first ride with the Wednesday evening Yorktown rides. I contacted Donna Moyers, who led that ride at the time, and she was wonderfully encouraging and supportive.

I think these thoughts will help you get you toward your first ride with other groups, and along the way build up your bicycling skills and further enjoy the joy of our sport. There are so many options available for rides with PBA, so I won't repeat them here, but I do hope you look them up and give them a try.

Heide's Point– A Favorite Poquoson Rest Stop

By Melanie Payne



At the end of Beach Road in Poquoson, Virginia, you find a very tranquil and peaceful marshy area, as well as a poignant and reverent memorial to Heide Laura Cayouette, a Southwest Airlines pilot, who was raised in the area, and died in an aerobatics aircraft accident in California in 1997 at thirty-six years of age. It's called Heide's Point. The memorial was lovingly created by Heide's parents after her death and they still live on Beach Road and maintain the property.

Heide's family also established the Heide Cayouette Memorial Scholarship Fund at Southwest Airlines that enables a child of a Southwest employee to attend Space Camp each year.

The memorial includes a stone fence and iron gate with a placard honoring Heide, and through the gate down

the path toward the shore stands a beacon of love for Heide in the form of a 20-foot lighthouse with another placard.

Heide's Point is my favorite cycling rest stop, as it is for many cyclists. As well as the serenity and beauty of the area, there are benches that enable us to rest our weary legs.

Recently, during one of the Carter's Saturday morning Poquoson rides, Heide's mother, Rose, joined the group at Heide's Point offering everyone a cold Diet Pepsi. That was a very special day for the riders.



How to Enjoy a Group Tour Ride

By Tom Carmine



If you have never taken a multiday commercial bicycle tour there are a few things you should consider before you take that first trip. I am going to focus on the ones with a camping option since they require the most gear and planning.

Supported or Self-supported

There those adventure lovers among us who love a self-supported tour. Adventure Cycling (ACA) has a number of them, and I have taken two. Self-supported means you will be carrying your own stuff on your bike along with some of the group cooking equipment and food. To do that you will need a bike with racks or a trailer and a willingness to take your turn cooking.

For those with road bikes only or an aversion to cooking, there are the fully supported tours. These can range from hotel to hotel or can be camping only. The big advantage to fully supported tours is they will provide some or all of your meals and move your stuff from campsite to campsite. They will provide rest stops during the day, but sometimes lunch will be on your own.



This caterer provided the best week of eating on a tour that I've ever had.

My preference has been for fully supported tours simply because I do not want to cook after a long day of bicycling, and a caterer is going to provide you a nice meal.

Size Matters

I rode the Erie Canal trail with 750 people and the KATY trail with 350. I did not notice much difference other than more luggage trucks and more tents on the field. Big rides offer the best value for your vacation dollar and going alone is not a problem because there are people everywhere. Food service becomes a more institutional, but I thought both rides provided good food.

Smaller rides of 15 to 50 provide more opportunity for making new friendships and with a dedicated caterer better food. Of the rides I have done, I have maintained contact with more people that I met on the smaller rides than the larger ones. Given a choice, I would choose a ride with 30 to 50 people.

Equipment

If you are not already into camping, then you will need to acquire some camping gear. The big three are your tent, sleeping bag and sleeping pad. If your stuff is being shuttled, as long as you make their weight limitations, anything in your bag goes.

I have two touring tents. I use a lightweight two person backpacker's tent when I have to carry it on the bike. If I am doing

a supported tour, I use a four person tent that affords me enough room to sit inside and read in my camping chair if the bugs or weather are bad.

The most important thing about your tent is its waterproofness. You should set it up before a thunderstorm to see if and where it leaks. Despite testing it before I toured with a sprinkler, I found my first touring tent leaked under real heavy rain. It is a good idea to spray seams with a silicone spray to increase the likelihood that they will not leak even if you did not find any leaks from your thunderstorm test.

If you choose a small tent you will want a vestibule to store your stuff. When I use my touring tent, my four panniers fit on one side and I can access them through the door without having to clutter the tent. Some will opt for the smaller one man tent, but my two person tent offers me that second vestibule and about 15 more inches of width, and if necessary, room for a second person.

You also want a footprint or tarp to protect the bottom of tent and prevent moisture seepage. Most tents have a custom fitted one available, but many folks make their own from Tyvek or heavy plastic. It is also worth investing in heavier stakes. To make a tent light, manufactures skimp on the L-shaped stakes. I buy larger ones to ensure they will not bend when I use them, and if I am going to be in a sandy area, I carry some 12" plastic stakes.

Sleeping bags cost between \$15 and \$300 and are temperature rated from zero to dorm room. My first bag was dorm room rated, and I nearly froze on my first camping trip. As soon as I could I upgraded to a 20 degree North Face bag that I have used for over 30 years. It is bulky but warm, and it's semi-rectangular so it is not as confining as a mummy bag. I also have a much more compact 40 degree rectangular bag and a bag liner. The bag liner by itself is ideal for those hot nights in July, and I have traveled with it alone.

People hate sleeping on the ground but with a good pad you can be as comfortable as sleeping in a bed. I use the Thermarest 25 inch wide Base Camp pad. It's self-inflating and packs into a long sleeve that fits in my duffel. I started with their 20 inch wide thinner pad, but the 5 inches less width made it feel like I was Snoopy sleeping on the ridge of the dog house. The added cushion is also a bonus.

There are an abundance of pads to choose from. There are really nice but more expensive air filled pads. There are cheap zfold pads for the hardcore, but if someone else is carrying it, I would go for comfort. It's not unusual to see folks inflating 6 inch thick twin size mattresses on these trips.

Most large tours also contract with companies like Comfy Campers who will set up and take down your tent, inflate your mattress, provide a camp chair, and a fresh towel each day. If you don't want to buy a tent and mattress and care even less about setting one up, this arrangement might be your best bet. They may also provide a hospitality tent at the end of the day for an extra fee.

Other miscellaneous items

I carry a 5x7 tarp on all my trips with two small carabiner clips. The tarp serves as my bike garage when there's heavy

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dew or rain. It's a staging area in the morning for my gear. I have used it as a cover to hold body heat when the temperature dropped more than expected, and to shield me from moisture that once seeped through the floor of my tent.



A bright bag is easier to spot

Take a garbage bag in case it rains all night to stuff your wet tent in so it will not make other things in your gear bag wet.

I have a small chair that packs into a small pouch. On large rides you will be camped in fields and having a chair to sit in is a nice addition. The REI version runs close to \$100 but I have a knockoff from Amazon that cost less than \$30 and works equally well.

I always carry some food with me in case I arrive in camp famished, and I did not pass anything before I got to camp. That is not uncommon in small towns. I also do not want to wake up hungry in the middle of the night with nothing to eat. I usually pack some homemade trail mix and some Cliff Bars.

Charging electronics can be a challenge. Tours usually provide a charging station full of multi-strips. I have my own mini four outlet strip which I will carry into a building where we are staying if I can and charge in my iPad, iPhone, camera, and battery backup while I sit in my camp chair and read. At least take a standard extension cord.

Packing it all in

With group rides you are generally allowed two bags weighing less than 40 pounds each that you will carry to the luggage truck each morning and toss on the stack. I use a large bright yellow LL Bean duffel bag for my camping gear. My second duffel is waterproof, and I use it for my clothes.

If there is any chance of rain and your bags are not waterproof I suggest that you pack key stuff inside garbage bags. On one trip, bags were tossed out of a truck in the rain but covered with a tarp. Still water pooled under the tarp and some folks had wet clothes and gear.

I organize my day to day clothes in individual zip lock bags. That allows me to compact them for packing and protects against moisture. On one river camping trip, the fog rolled in and everything inside the tent that was not bagged was damp.

Be a morning person

Typically bags must be on the luggage truck by 8:00. You don't have to leave that early, but your bags do. If you are electing a hotel option your bags may be picked up as early as 6:30.

On my KATY trail ride it was so hot we chose to be on the road by 6:30. Breakfast was served starting at 6:00, so we were already packed and ready to roll as soon as we finished eating.

On smaller rides if you are a habitually late starter, you will cause problems. One ACA tour leader shared with me that in the Intro to Road Touring class, they had one rider who just could not get going before 11:00. This forced the co-leader to stay in the camp till this person left in order to ride sweep. The rider was so adamant that she was being unreasonably rushed in the morning that she quit a day early.

On a typical day I try to be ready to ride by 7:00 and with goal to finish by 3:00. This allows me enough daylight to set up camp, shower, and launder my riding clothes. I carry small clothes pins for pinning my towel and laundry to the tent in the sunlight.

Tying it all together

Bike touring is a great way to vacation especially when your route is off limit to cars giving you a unique scenic trail each day. If you are organized and get into a routine from the beginning you will have a more enjoyable time. Before bedtime, I have repacked except for the next day's wear so in the morning I just have to pack my camping gear. Try to minimize your gear even if it is being carried for you. The less clutter, the less mess you have to keep up with. I will admit though, I am an over-packer.

CALLING ALL PBA MEMBERS!!!

By Jamie Clark, Board Member



Have you ever thought about instructing or been approached by another cyclist to impart some of your knowledge of BICYCLING? Or maybe you've wondered what are some good routes in my area, or how do I prepare for a ride, or what's the best bike/equipment out today?

Our club members have a wide variety of experience and knowledge about this wonderful activity, from the novice to the more advanced riders. We have come up with an idea of how to assist members in both cases and see if there is interest among us—**The PBA Mentorship Program.**

This is a voluntary program where we place members in pairs to foster the sport of biking and hopefully promote friendships. The idea is to pair riders together who would benefit mutually from the connection. Whether it be imparting general tips of how to ride, to proper gear for certain types of rides, how to prepare for a distance ride, good etiquette while riding, etc., or just having someone else to ride with on occasion.

If this seems like something of interest to you, please email me and our Membership Coordinator with the following information:

Name—Gender—No. of Years Riding—Pace you ride at—Want to be a Mentor or Mentee? Preference of Gender & Pace to be matched with—Contact information (email or phone #)

My contact information is Jamie Clark, sibertigr4@aol.com and our Membership Coordinator is Katie Mallory is ssanbur@vt.edu.

2018 Veterans Golden Age Games

By Frank Dixon



On August 1, my friend Charles “Chuck” Wynder from the Williamsburg Area Cyclists, headed out on a three day road trip to transport our bikes to the 32nd National Veterans Golden Age Games (GAG) in Albuquerque, New Mexico. Prior to our trip I had contacted the national program coordinator to ensure that this

was in fact a mass start time trial. On both occasions I was told that it was in fact a time trial race, an issue that will come up later in this article. Shortly after getting there our first crisis—Chuck realizes that he forgot his cycling shoes on his garage floor in Williamsburg. After arriving, we rode a half dozen recon/practice rides. On Sunday’s race day at 6:00 AM I rode a warm up ride followed by a recon ride to familiarize my friend, Alan McCullough from Indianapolis, with the route.

Next we begin to line up in waves by age groups starting with four waves of women first and then the men; 55 –59 followed by 60 – 64 and so forth for a total of ten waves of 96 riders. The waves are scheduled to start 15 seconds apart. I am starting in wave eight, one minute and fifteen seconds behind the first group and forty-five seconds behind the fifty-five to sixty men’s group.

Almost ready to start and crisis number two and three arise—Chuck is told that he has to remove his tri-bars and then I was told I could not race my Time Trial bike. The race director explains to me that this is a race and riding the TT bike would be unsafe. I explain to him that we both drove 2000 miles to get here and I questioned this issue twice with the national director and was told both times that it was a time trial and cited the rules that stated for this race one cannot draft, a time trial rule, that is going to be hard to follow in a mass start. I pointed out that for the past month I had been training in PBA group ride. The director allows us to start, but comments that these rules need to change.

The 10K race is ready to begin and the gold medalist for my age group from last year decides to line up with the age group wave in front of mine. For him this was probably a bad decision because as Chuck knows I enjoy chasing people down as if they had a target on their back. The race is off and things are going well, despite not knowing how that altitude is going to affect me. Albuquerque is at 5000 feet. My goal is to go inside nine minutes for the first lap, 5K. First lap comes in at eight minutes and forty-one seconds and I have a good breathing pattern.

Getting faster, then a third of the way through the second lap my right tri bar comes loose, no more shifting for the rest of the race as I don’t want to get stuck in a high gears. I had to hold the limp bar in place and ride pulling only on the left bar. Shortly after the malfunction, I catch and pass last year’s class winner, who started 15 seconds in front of me. Then with two miles left I sense someone coming up on my left shoulder and think that he was marking me and getting ready to pounce. Coming around the second to last turn I let him come around me, as I am getting ready to hit it in the second long straight away before home. As I hit it, I realize it is not the leader of the age group ahead of me as I power away and continue to pass riders heading for home.

I cross the finish line at about 25 MPH, five miles down from the 30 MPH I trained at with the PBA group, passing 52 riders. Only three finished ahead of me and I had the second fastest meet time. My second lap dropped to a nine, ten seconds for a total of seventeen minutes and fifty-one seconds. A gold medal for me! And my 76 year old friend Chuck, finishes at a nineteen minutes and eighteen seconds, a mere *two* seconds behind the gold medalist for a silver medal. Oh, for a pair of shoes!

The next day we both head to the swimming meet. I manage two more medals—gold in the 50 yard backstroke and silver in the 25 yard backstroke. Chuck who is a glutton for punishment, entered 10 medal events and not only went on to win six medals in swimming, track and bocchia ball, but was also inducted into the Golden Age Games Hall of Fame.

Next year’s games will be held in Anchorage, Alaska from 5 thru 10 June, 2019. The Veterans Affairs Medical Center in Hampton, Virginia will send first time veteran participants 55 and older who choose to participate in four sports in three days to the games free of charge. They will pay airline fare and hotel rooms and the National Department of Veterans Affairs will provide a meal card for the event. Sports include: air rifle; badminton; bowling; bocchia; cycling; track and field (shot put, discuss, javelin) ; golf; horseshoes; nine ball; power walking; shuffleboard; swimming; and table tennis.



Frank proudly wearing his GAG medals

Any veteran 55 year or older wanting information about how to get a free trip to Alaska should not hesitate to get in touch with me. If you would like some coaching advice in the field events, I am sure Chuck would be willing and for those who might want coaching in cycling, swimming, air rifle and bocchia, as would I. I also bowl, however, you would be better off going to You Tube then depend on me. My friend at senior social bowling says that my problem is that I don’t use the *right* hand, me being a left hander can’t seem to get it *right*! Hopefully, we will see more PBA/WAB veterans winning medals in Alaska.

**PBA's 26th Annual 25 to 100 Mile Ride
The Surry Century – Saturday, September 8, 2018**



The Ride

- Starting from the Surry Athletic Field behind the Surry County Offices at 45 School St. Surry VA.
- Experience the heart of Southeastern Virginia by bike - rural towns, farmland, historic plantations, and very few cars.
- Rides of 25, 50, 75 and 100 miles consist of 3 loops of 25, 25 & 50 miles. You decide how far you want to ride. Roads are flat to slightly rolling.
- During your visit consider visiting local attractions Chippokes Plantation State Park and historic Bacon's Castle and the Hampton Roads Winery in Elberon. Then take the Jamestown Scotland Ferry to visit the Williamsburg Winery.

The Schedule

- 6:00 to 7:00 am: On Site registration and check in for the century riders
- 7:00am: Century riders depart in a mass start.
- 7:30am: 75 mile riders depart in a mass start.
- 8:00am: 50 mile riders depart in a mass start.
- 8:30am: 25 mile riders depart in a mass start.
- 9:00am All riders must be underway at this time.
- 11:00 am-2:00 pm: Lunch is served at the Ball Park.
- 4:30 pm: Course closes.

The Cost - PBA Members \$45/all others \$55

- Fee includes maps, cue sheets, marked routes, rest stops, and SAG support.
- The rest stops are full of home baked goodies, fruit and healthy snacks. We even provide vegan and gluten free options.
- A delicious lunch will be served at the Ball Park from 11:00am - 2:00pm.
- A portion of the registration fee will be donated to the Surry Athletic Association, the Surry Rescue Squad, the Friends of Chippokes as well as other local cycling charities.
- **Online registration will end Friday, September 7th at 10:00pm**
- **Same day registration will be available for an additional \$10 per person**

The routes are online:

[Loop 1, Spring Grove Loop, 50 miles](#)

[Loop 2, Chippokes Loop, 25 miles](#)

[Loop 3, Elberon Loop, 25 miles](#)

To register go to:

<http://pbabicycling.org/event-2926225>

RIDING OUT YONDER

For those of you who love to travel and ride “out yonder,” here are just a few of the upcoming rides closer to home. Check the PBA website for additional listings.



- **PBA's Surry Century Ride , September 8, 2018:** PBA's own fundraiser and signature event. More info at the top of this page.
- **Heart of Virginia Ride, Saturday September 15, 2018 - presented by RABA** Hanover, VA. Register [here](#)
- **Three Creek Century, Sunday September 16, 2018, , Harrisburg Bicycle Club.** Newville, PA Register [here](#)
- **Seagull Century, Saturday October 6, 2018, Salisbury MD (Eastern Shore).** Register [here](#).
- **Tour de Midnight, Saturday October 13, 2018**—fundraiser for *Epilepsy Foundation of Virginia*. Rockville VA (west of Richmond on I-64). Register [here](#)
- **The Big Pig, Saturday November 10, 2018**—Brought to you by the *Isle of Wight Chamber of Commerce*. Options up to a metric century, Smithfield, VA. More info [here](#)

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

- ◆ **Get your PBA decals & car magnets...** See any Board member for a decal. Jamie Clark has magnets available on rides and at membership meetings



- ◆ **Join Team Killer Bees and Team Captain Vincent D'Elia** for the 2019 TOUR DE CURE — Hampton Roads Virginia on April 27, 2019 to help fight diabetes.



To join or support the team go to <http://main.diabetes.org/site/TR?>

- ◆ **PBA HISTORIC HAMPTON ROADS JERSEY EXCHANGE**

The "Historic Hampton Roads" jerseys arrived last month and all have been delivered. Since we placed the order in January a lot of members have asked if had ordered extras for future sales, which we did not. A few members have also mentioned to me that their jersey is either to large or small and are willing to sell or exchange. As the next order will not be until January 2019, if you in the market to buy, sell or trade please add a comment to Robb Myer's recent Facebook post. All transactions are solely between individuals. For reference the cost of the short sleeve jersey was \$50 and \$55 for the long sleeve jersey (shipping was extra).



- ◆ **BIKE SHOP NEWS.....**Bike Beat owners David & Dixie Wilson have officially retired! The shop locations in Williamsburg, Yorktown, and Virginia Beach are now known as Trek Bicycle but have the same attentive staff plus a few new faces.

- ◆ The next time you pass through the Capital Trail Jamestown Trailhead—look down and you'll see the PBA brick in support of the trail.



- ◆ Due to conflicting events, there will not be a Pedal the Loop bike ride in 2018 during the Gloucester Guinea Jubilee.

- ◆ Farewell to Richard Armstrong, who has moved out-of-state. Best wishes Richard!



- ◆ Congratulations to Paul Street who rode 100 miles in support of fighting childhood cancer.



SPRING AND SUMMER (APR.-SEPT.) WEEKLY STANDING RIDES WILL BE WINDING DOWN SOON BUT...

Be sure to check out the PBA rides page on the website at <http://pbabicycling.org/standingrides> for a complete listing of rides that continue through the fall/winter.

Additional rides are also posted on the PBA Facebook page.

A pace: 18-22 mph rolling speed
 B pace: 15-17 mph rolling speed
 C pace: 11-14 mph rolling speed
 Casual: Up to 11 mph (group will wait for all cyclists)



Please arrive 15 minutes early—Helmets Required

2018 SUMMER FUN—PBA STYLE



Poquoson Saturday Morning Ride



Thursday Night Tabb Ride



July 8—PBA Storms the Fort



Wednesday Night Todd Stadium Ride



June 9– Smithfield Bicypicnic Ride



**August 18—Don Hubbard Memorial Ice Cream Ride
In Poquoson**

**Thank you to the
Hubbard Family**

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 \$15, Family \$20 per year

Mail to: Peninsula Bicycling Association, P.O. Box 12115, Newport News VA 23612-2115