

Chainstay

The Peninsula Bicycling Association



Come Ride With Us!

June-July-August 2020

Volume 50, Issue 2



Saturday, July 11th

"After the Fourth Ride" - Fort Monroe *

Saturday, September 12th

"Don Hubbard Memorial Annual Ice Cream Ride" - Surry, VA *

* Details for these events coming soon.

PBA Group Rides Will Be Resuming

On June 7, 2020, the Board created a base policy for resuming group rides and to allow individual ride leaders the discretion to be stricter in policies for their ride as they see fit.

The base policy for resuming group rides includes:

- 10 riders per ride leader
- Social distancing should be adhered to before, during and after rides.
- Sign in to be done by ride leader
- It is recommended that riders bring masks and hand sanitizer
- Rides will be publicized in the usual places – Facebook, email, etc.



Be sure to check the PBA Facebook page at <https://www.facebook.com/groups/pbaticycling/> for ride announcements and other important information.

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PBA Board Members and Directors

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Treasurer	Tom Carmine
Secretary	John Sprock
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Membership Director	Richard Armstrong

Additional Positions

Volunteer Coordinator	Open
SAG Coordinator	John Sprock
Awards/Statistics Coor.	Robb Myer
Webmaster	John Bright,

PBA Website:

www.pbabicycling.org/

PBA Board Meeting

The PBA Officers and Executive Committee meet on the first Sunday of each month at changing locations. See the webpage for location and contact Jamie Clark 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

Join the Peninsula Bicycling Association on

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

The 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.

PBA Club Affiliations



**Adventure
Cycling**
AFFILIATED CLUB



Greetings my fellow club cycling friends. I hope you are all safe and doing well in these strange and uncertain times we are all going through. I was looking back at my previous writing and noted the happy and up-tempo flavor to that piece, hopefully you all agree with that assessment. But this one will be of a slightly different tone.

As mentioned we are going through a difficult time as a people, a nation, a country, but we are resilient as a species and I believe we will all get through this. Unfortunately, I don't have a lot of 'good news' to report or talk about with respect to the last couple of months on club activities as they have been far and few in between. With the pandemic hitting us hard in mid-March much has changed with respect to how the club interacts with its members. Having made the decision to suspend all group activities such as sanctioned rides and meetings as well as one of our big events, Pedal for the Pig, I know it has been a bit difficult for many, myself included. But in keeping in touch with friends and an eye on Facebook, I am happy to see that connections are still happening, if not personally, at least virtually.

I can honestly say that good things are on the horizon and coming into focus as well. The Board met for the first time since the pandemic started (virtually of course) and it was good to see everyone. We came to unanimous decisions about how we want to move forward from here. Knowing that the State is moving forward with assisting the citizens,



we certainly want to follow all the current rules and guidelines set forth. The Board decided to allow sanctioned group rides to begin again, but with specific guidelines.

We ask for everyone's cooperation and adherence to what has been stipulated. Club sanctioned groups rides will be updated on the club's webpage and Ride Leaders may begin posting on the club's Facebook page as well, with the following guidelines. Groups should not be larger than 10 including one Ride Leader, the Ride Leader will be the only person completing a sign-up sheet for a designated group ride, all participants are requested to have a mask and sanitizer with them before, during, and after a group ride, and a Ride Leader is allowed to be more stringent than these

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(President's Corner continued)

guides should he/she choose to be, but must make those requirements known as part of a posting so that participants know the rules before attending a posted ride.

A few other notes of interest is that we will still be holding the After the Fourth Ride in July with all of the above guidelines in place, but we won't be having any sort of buffet or food provided after the ride. We have also decided to combine the Don Hubbard Memorial Ice Cream Social Ride with the Surry Ride in September as a club group activity. More details about these rides are available herein and on our webpage.

Lastly, some of you may have already seen a request/survey about PBA becoming involved with Adopt-A-Spot. If you have, I hope you'll take a moment to complete it; if not please let someone on the Board know so that we can compile everyone's voice about this topic. We feel it is a good idea for the club, but want to make sure the membership is also behind it.

PLEASE stay safe and healthy and prepared. We all want to see everyone back out on their rides together again in groups enjoying the atmosphere and camaraderie that is the essence of this great club. Ride On!!

Jamie Clark

Smart Cycling Class For Educators By Tregg Hartley

In October of 2019, I was contacted by Hampton's new Safe Routes to School Coordinator, Loranda Jenifer. We met for lunch downtown to discuss the city's plans for implementing a Safe Routes to School program. She asked me if I would be willing to teach a Smart Cycling class for her grade school physical education teachers. Of course I said yes! How exciting! I would get to teach 12 grade school teachers who would then take that knowledge and teach hundreds of 3rd through 5th graders. Talk about making an impact!

It took a while to coordinate everything, but finally we were able to hold our class on March 6th of this year. Loranda was able to secure us a large classroom at the wonderful Boo Williams Fitness Center. Attending were twelve grade school teachers and one high school teacher from the Hampton City School system and some PBA

members—18 cyclists in all.

For those who are not familiar with the Smart Cycling class, it is a full

day class. We cover bikes, maintenance, safety, rules of the road, lane positioning and more. The classroom portion takes about four hours including a written test. There is a two hour graded cycling skills section that follows the classroom portion and the class ends with a graded group ride. Of course everyone passed. Teachers take really good notes!

Loranda arranged for use to use the indoor basketball courts for the skills section since the class fell on a rainy Spring day. While I was setting up the skills/obstacle course, the class started riding around the basketball courts. Picture four basketball courts, two courts wide and two courts long, and the smoothest riding surface you have ever ridden on! Some of these teachers had not ridden a bike since childhood.

PBA members, Jae Sun Riley and Carlton Foster, provided personal loaner bikes for two male teachers. The city made arrangements for a couple of loaner bikes for the female teachers. A couple of the PBA members in the class helped when covering bike knowledge like shifting and clipless pedals. A special shout out to John Sprock who helped with the skills portion of the class.

The teachers really enjoyed themselves and were looking forward to getting their classes up and running. The PBA stands ready to help them when that time comes. A couple of our PBA students indicated an interest in pursuing their League Cycling Instructor certification so we can multiply our training efforts in the future. All in all it was a very fulfilling day—standby for future Smart Cycling classes in the future!





From the Editor

Apologies for this issue being published late, but under the circumstances we wanted to make sure all information was accurate and up-to-date, especially where club rides are concerned. Thank you to all who submitted stories, photos and ideas. Keep them coming!

The next quarterly issue will be published on September 1, 2020.

Melanie Payne— pbamel@aol.com

Welcome to All New PBA Members

PBA is a bicycling and social club for people of all ages. Club cycling is the best way to get into riding on a regular basis, meet other cyclists, learn about equipment, riding techniques, and the best places to ride on and off the Peninsula. Membership also includes a 10% discount on selected items at most local bike shops. Come ride with us! Please note: *Your first yearly Peninsula Bicycling Association membership is automatically included with your Pedal for the Pig or Surry Century registration.*

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

New Members Since March 1, 2020

**Brian Arndt
Christine Arndt
David Belvin
Karen Burns
Janie Foster
Martha Haslanger
Arla Holec
James Powelson
Krystal Powelson
Nancy Ridsen**

2020 PBA Bike Journal Update

PBA members have already recorded **57,811** miles (as of June 3). PBA currently in second place of all the Virginia clubs listed. Logging your miles on bikejournal.com is an excellent way of tracking your miles. Kudos to our top ten riders in alpha order as of May 31:

Kevin Butler-Au	Patrick Johnston
Jamie Clark	David Jones
Helene Drees	Richard Maruyama
Sally Jackson	Robb Myer
Wade Jackson	Mark Woolery



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 have the "Born-2-Ride Challenge." To qualify:

- * Ride your birth year 12 times in 2020.
- * Ride no more than two in a single month.
- * If born in 1962 or later, ride 62 miles.
- * Periodically, send birth year, date and miles to Robb Myer, Awards/Statistics Coordinator.

Birthday Club 2020

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>

Congratulations and Happy Birthday to:

Vanilla—**Sally Jackson, Wade Jackson, Paul Street**
Peaches & Cream—**Jennifer Allen, Helene Drees, Robert Drees, Mark Suiter**
Rocky Road—**Robb Myer**

NATIONAL BIKE MONTH

50/50 CHALLENGE

(Logged two or more rides of at least 50 miles during May)

**Thomas Bauer
Vincent Cordrey
Helene Drees
Robert Drees
Sally Jackson
Wade Jackson
Richard Maruyama
Ken McFarland
Robb Myer
Mark Suiter
Steve Zajac**

Getting to know you...



This issue's spotlight member is **Sally Jackson**. Sally has not been riding that long, but has embraced the sport full on and is steadily one of the top ten mileage riders on PBA's BikeJournal.com list, and to date, is the top mileage logger. Way to go Sally! She also received a special recognition at the February Annual Awards and Recognition Dinner. Sally was awarded the "learnedmynewbike" award as the club's 2019 Most Improved Rider. Let's learn more about Sally.

Tell us a little about yourself.

I was born and raised in Michigan and graduated from Business School at the

University of Michigan. My husband Wade and I moved to Virginia when he got a job with NASA. We lived in Hampton, Virginia Beach, and Chesapeake for many years before moving to York County in 2012. I earned my CPA in Virginia, worked in banking for many years, and have worked at Christopher Newport University for over five years now.

When did you first get interested in cycling for sport?

Our son Logan (now 18 and finishing his senior year in high school) is an avid runner and triathlete. When he was a teenager, but not yet old enough to drive himself, we started dropping him off to do group rides and picking him up afterwards. Wade began to realize how silly that was and noticed how much fun we were missing. Then it was the domino effect from there.

Wade bought a bike in the Spring of 2018 just in time to do Pedal for the Pig, did a lot of group rides over the summer, and then I bought a bike in the Fall of 2018, just as the group ride season was winding down. I managed to get a ride or two in with Linda and Bob Carter and a few rides in with the Tabb Library Ride, and then I settled into the Grafton Bethel Ride for the winter.

I'm super grateful to Kevin Butler-Au, Helene Drees, John Bright and Rebecca Wheeler for keeping the fire

burning during that off season right when I was just getting into it! Kevin and Helene continue to inspire me as riders and friends. At one point I almost bought a bike exactly like Helene's but decided that may be going overboard since we already wear some of the same kits.

What is your favorite PBA memory and/or ride?

My favorite PBA memory is the ride where Kevin Butler-Au took me under his wing in the faster group of the Grafton Bethel ride and coached me through my first 50 mile ride averaging 20mph overall! Kevin was so supportive and encouraging. He kept checking on me, and at some point during the ride he told me that we were going to get those numbers and that I had to just stick with him. I fell back from the main group near the end of the ride, but Kevin stayed with me, and I managed to do it! Thank you, Kevin – you have no idea how much that meant to me!!!

A very sad but meaningful PBA memory was the Brian Utne Memorial ride. It was so touching how many people turned out and how much community support there was for Brian. I had just started riding and had never met him personally, but consistent with everything I heard about him, he had been so welcoming toward Logan as a young rider. And the other people in the riding community were so great, they reeled me right in!

Since you are an experienced cyclist, what advice would you give a new cyclist?

My advice for a new cyclist is to do group rides at a pace you're comfortable with, get to know other riders, and support the local bike shops. The people around here are a huge part of what has made cycling so fun for me.

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

My favorite rides are the ones that end in beer and good conversation with fellow riders! The Bistro ride with Jamie, the Whole Foods ride with Jake, the Oozlefinch ride with Justin, the Williamsburg Winery ride with Simon, and many more. I miss those so much and can't wait to get back to them!

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

I'm pretty much always up for a ride (sometimes even when my body isn't!). When I first started riding, I was just thrilled to find a form of exercise I could do after a

(continued on next page)

(Getting to Know You continued)

series of injuries and meniscus surgery. Then I wanted to get strong enough to ride with Wade without having to slow him down too much. Then once I got to know the people he was riding with, I wanted to ride with them too. I also love the feeling of pushing myself and going as fast as I can.

Describe your perfect day on a bike.

My perfect day on a bike would be long, fast ride on a sunny, non-windy day, with a large fun group that wouldn't drop me, followed by good beer, food, and conversation after the ride of course!

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

Two famous riders I'd like to ride with are Julian Alaphilippe and Peter Sagan. I may have to ride an e-bike to keep up with them, but it would be an entertaining ride for sure.

2020 The Year of Opportunity

By
Tom Carmine

As I start on this article it is April 25th, and I and other PBA members were supposed to be in Oriental, North Carolina at the North Carolina Coastal ride—another victim of the Corona Virus. I am somewhat consoled however, by the sound of rain on my window. It would have been a cold wet weekend of biking and camping.

Still, it is only April, and already all my travel plans have been cancelled through September. I am sure that I am not alone in this. I just did not think my September trip would be cancelled, but I got an email from Hostel International stating that due to the virus they would not be opening any of the Cape Cod area hostels this year. There goes Cape Cod, Nantucket and Martha's Vineyard for this year.

I am retired so I am largely unaffected by this stay at home order except I need a haircut, but many of you reading this have had your lives turned upside down. You are trying to work at home while maybe teaching your kids or maybe you are doing overtime at a medical facility. If you have been furloughed, you are trying to figure out your path forward. It is a stressful time.

Stress has sent many folks outdoors. We have met more neighbors since the stay at home orders commenced than we ever did in any spring before. People want to get outside and many want to bike. If you have been in a bike shop lately you will notice they are devoid of entry level bikes. The same applies to Walmart,

Target and other discount stores. The slowdown of Chinese imports coupled with the desire to exercise has dried up the US bicycle inventory as sales soared over last year.

Linda and I walk most every day in Kiln Creek where we live. Normally, we hardly ever encounter bicyclists on the walk/bike path, but now we constantly having to look over our shoulder since these new riders do not know to say, "On your left", or ring a bell. It is not just solo cyclists. It is parents with kids in a pace line.

All this is good news for the bike industry. Bike sales were declining, but the stay at home order has gotten people riding again which will possibly lead to them wanting better equipment. They are also seeking safer places to ride which I hope will lead to their support for more bike infrastructure.

I hope this is also good news for the PBA too as we need to develop the next generation of riders and leaders. Remember, our motto is "Come Ride With Us". As you encounter new riders, don't snub them because they are only riding a department store bike. We all started with something less than we ride today. Smile and say, "It's a great day for riding."

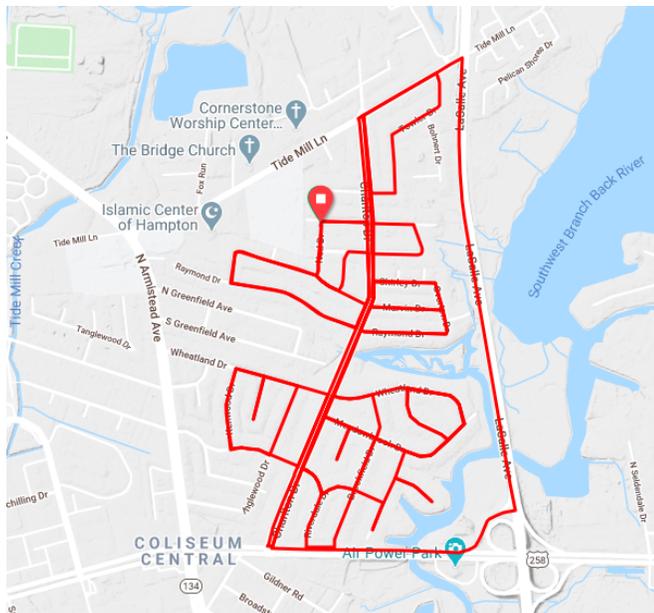


Self-Isolation “Birthday Club” Ride

By Robb Myer

After the “1000 Mile Club” the most popular member challenge is the “Birthday Club” in which members 50 years and older ride their age around their birthdate. Our Pedal for the Pig event is designated as “catch up” for members whose birthday occurs in January to May. As this event was cancelled this year, the entire Memorial Day weekend was designated “open season” for all members to qualify of 2020 membership in this club.

Since my birthday is the end of September, I am fortunate to have multiple group rides for qualification. The last five Ohio To Erie Trail, Surry Century, Sea Gull Century, Cycle North Carolina, and Ride Your Park Day have all been memorable experiences. To make this year’s ride also “memorable”, I decided to ride my 75 miles on the 15-mile route in the Riverdale neighborhood of Hampton. Some observations:



Top Five Benefits of Doing a Self-Isolation “Birthday Club” Ride

- #5. Leisurely breakfast before the ride.
- #4. No drive to/from the ride site.
- #3. Well stocked rest-stop, never more than 2 miles away (i.e. White Chocolate Macadamia Nut Clif Bars and Fig Newtons).
- #2. No need to carry save-a-ride kit, more than one water bottle or snack etc.
- #1. Lunch stop of my favorite grilled cheese-tomato-portabella sandwich.

The only downside was getting back on the bike after lunch, and after the last rest stop, I was wishing I were 68 years old again!

While this was a one-off experience, next year I plan on doing my Birthday Club qualifier at the Sea Gull Century.



Sandy Butler, Debbie Wells and Cindy Wong Conquer the 51.7 mile Capital Trail

Recently, Sandy, Debbie and Cindy decided to do something for the first time—ride the entire Capital Trail from Jamestown to Richmond in one ride. Harriet Jones was their SAG driver.

Social distancing and wearing masks in the vehicle did not stop this trio from completing the ride.



Congratulations ladies!

Are You Ready for Some Silly (and to win a prize)???



If the *New Yorker* magazine can do caption contests, so can the *Chainstay*. We can all use some smiles during this difficult time, so get ready to use your imagination and win a bike shop gift card. Three cards will be awarded—one for each photo below.

All you have to do is provide humorous captions for the weird cycling photos below and submit the photo number and caption to pbamel@aol.com by **June 25**. The PBA Board of Directors will choose the winners soon after.



PHOTO 1



PHOTO 2



PHOTO 3

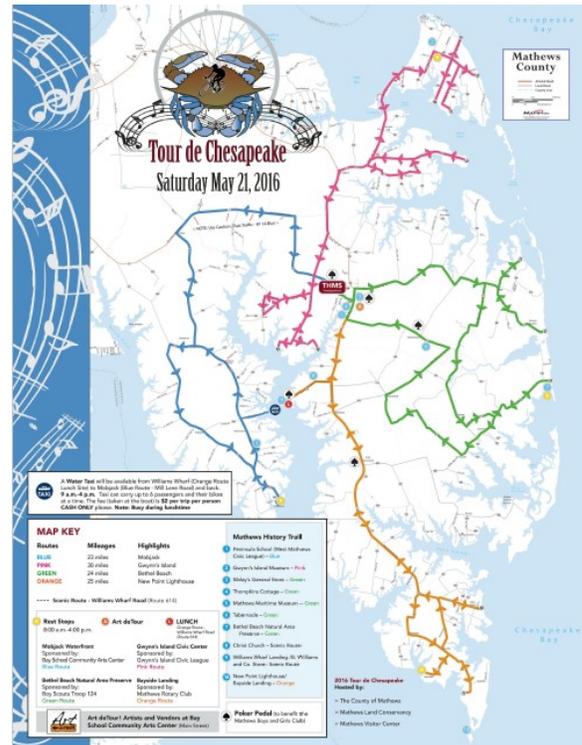


My “Virtual” Tour de Chesapeake

By Robb Myer



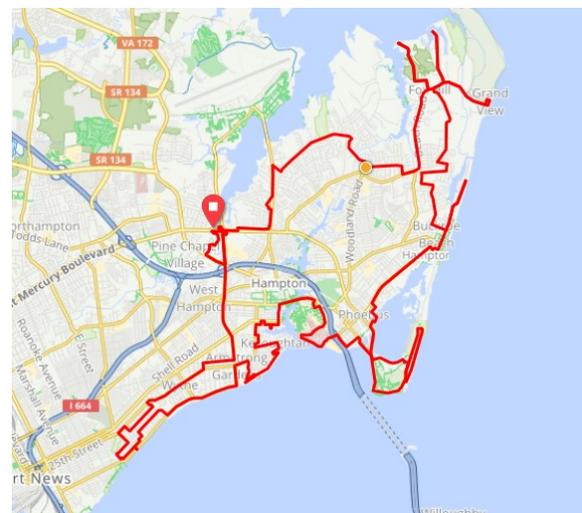
New Point Comfort became Old Point Comfort. The 48-mile new route starts and ends at Hampton’s Air Power Parks and uses the Waterwalk at the beginning and end to get to Armistead Ave. I started from home to qualify for a Bike Month 50-50 Challenge ride and carried a copy of the TDC route map to “virtually” take in Mathews County.



Mid-April to the end of May marks the beginning of our cycling season. From the Cycle North Carolina Coastal Ride to our own Pedal for the Pig there is an event almost every weekend. I especially look forward to the Tour de Chesapeake (TDC) in Mathews. I normally drive up Friday afternoon with bikes and kayaks, camp at the Middle School, ride Saturday and paddle Sunday morning with a stop at The Podtery Studio on the way home. I was especially looking forward to this year’s ride as we missed it last year because we were on a cycling tour in Europe. After the event was cancelled, the event director Lynda Smith Greve created a series of short videos featuring some event highlights and introducing the behind the scene volunteers that make this such a popular event.

Unlike events with multiple length routes that start from the same place and branch all the routes to achieve the published distance (e.g. Pedal for the Pig has 32, 50 and 62 mile options), TDC has a number of color coded routes ranging from 22 to 30 miles all of which start and end at the Middle School, which allows you to customize your day’s mileage. Each colored route also has a name associated: blue = Mobjack, pink = Gwynn’s Island, green = Bethel Beach and orange = New Point Comfort. While you could still drive up to Mathews this year and ride on your own, I chose to create substitutes and ride in Hampton.

Gwynn’s Island became Grandview Nature Preserve. Mobjack became the Monitor-Merrimac Overlook Park on Chesapeake Ave. just over the Hampton-Newport News line. Bethel Beach became Buckroe Beach and



While it was a fun ride, I look forward to returning to Mathews for the 2021 event.



My Virtual Trans Global Bike Race

By John Spock

Because of the pandemic, the Trans America Bike Race (TABR) for 2020 was cancelled. An international group of ultra-distance cyclists got together in early April

and came up with a *virtual* race, called the Trans Global Bike Race. It was to run from April 8 to May 8, with a group of approximately fifty people all over the world committed to raising money for Médecins Sans Frontières/Doctors Without Borders (MSF). To do this, we as a group would attempt to ride collectively a distance equal to two and a half times around the world—about 96,000 km.



There were three goals in all. First, the distance, then climbing the equivalent of 93 times Mount Everest and finally raising a little more than 40,000 euros for Médecins Sans Frontières/ The event was invitation only, and I was tremendously flattered and delighted to be one of four people from the United States asked to participate.



Rules were fairly simple. Each person was to ride as many miles as possible, either on trainer or on the road. If on the road, you were restricted to 100 km from your home, could not do an overnight ride, but had to return home each night. You were strongly encouraged to carry all your supplies and not resupply on the road any more than absolutely necessary. Some countries restricted people riding outdoors, and those folks had to ride on trainers. Some of them made enormous contributions to the effort. I cannot imagine riding ten hours a day on a stationary trainer.

We collectively achieved our distance goal and about 73% of the climbing we had hoped to achieve. Our fundraising efforts are ongoing, but we are currently at about 14%. If any of the PBA members want to donate, here is a link: <https://www.justgiving.com/fundraising/transglobalbikerace>

Three people were responsible for organizing this event, Tanja Hacker from Austria, Ed Tapp from England, and Heath Ryan from Australia. I had ridden the last miles of the TABR with each of them. I also met some of their friends and family after the race in Yorktown. There were many friends in the Trans Global Bike Race too. People I had met in the course of previous TABR events.

I completed just over 4,100 miles in the period between 8 April and 8 May and finished second. Tanja was first and way out in front. Pete Anderson, who finished the TABR in last place in 2017 and took first the year after was right behind me. We had been trading second and third position all through the ride. It was an exciting and exhausting month.

My goal was to complete 4,250 miles, but it became apparent that would not happen in the month allotted. So I kept riding after the official finish and completed that distance this afternoon. That is a little more than the TABR distance, but has some personal significance for me.

So social distancing is not an obstacle to riding. There were a few days when I had company on the road, but we stayed apart. But the support of my wife, Lizz and grandson, Josh, was invaluable. And to the other friends and family who provided encouragement and help along the way, I am truly grateful.

Position	Name/ Race Number	Country	Distance (Km)	Height gain (ft)
1	Tanja Hacker # 6	Austria	7332	292439
2	John Sprock # 23	USA	6609	30306
3	Whiskey Pedaler # 21	USA	6123	143890
4	Kate Spicer # 26	Australia	5855	167104
5	Andrew Shand # 13	Scotland & Korea	5106	76459
6	Yumi Soule # 28	Japan	4865	47437
7	Stuart Offer # 38	UK	3948	73936
8	Rene Rutten # 35	Holland	3793	17615
9	Cristian Gonzalez Diaz # 39	Spain	3602	88594
10	Jean Philippe Soule # 2	France	3476	25366
11	Johan Kodstra # 37	Holland	3388	15000
12	Lydia Adelin # 3	Spain	3363	29771
13	Team Go Solo* # 1	Italy	3316	63570
14	Ashley Sharp # 11	UK	3308	83602
15	Pedro Leandro Correia # 32	Brazil	3138	56174
16	Camille Colle # 15	Belgium	3029	41705
17	Bernarda Juric # 31	Slovenia	2709	57613
18	Hippy # 8	Australia, lives in the UK	2534	46411
19	Laura Gara # 12	Latvia & Scotland	2500	98930
20	Paul Alderson # 10	UK	2424	53256
21	Gunnar Ohlenders # 17	Sweden	2208	48153
22	Paweł Pulawski # 18	Poland	2178	45672
23	Rafael Romay # 36	Mexico	2008	38498
24	Richard Arlen # 34	Canada	1902	39094
25	Heath Ryan # 7	Australia	1859	35061
26	Ed Tapp # 5	UK	1666	25770
27	Thomas Jacquemet-Ross # 29	France & USA	1604	12425
28	Drew Haristone # 27	New Zealand	1508	20060
29	Stephen Holmes # 9	UK	1472	57125
30	Chris Bartley # 22	USA	1303	26489
31	Mathias Dalgas # 40	Denmark	1020	18708
32	Dieter Gopfert # 39	Germany	1013	23958
33	Stephan Schulz # 30	Germany	885	17275
34	Keith Rahn # 33	USA	760	10403
35	Michael Wacker # 16	German	704	5906
36	Adrian O'Sullivan # 14	Ireland	525	12114
37	David Alfonso # 4	Spain	415	6365



PBA congratulates John on his awesome cycling achievement for Médecins Sans Frontières/Doctors Without Borders



PBA'ers were sent an email last month asking how they are doing during the pandemic and for input on some or all of the following:

- How have your riding habits changed since the lockdown?
- How often are you currently riding?
- What's your favorite thing about riding at the moment?
- What challenges have you faced with riding a bike lately?
- How do you predict your riding habits will change post lockdown?

Thank you to those who responded with their thoughts, updates and best wishes.

Mark Suiter wrote:

I'm riding three times most weeks as I did before the virus, but now I'm either riding alone or with my wife. I miss the group rides, especially the Tabb Library Ride which we did one time before it was suspended. There is something special about the bike riding community that I have come to appreciate and I really look forward to chatting with my cycling friends again. Thanks for keeping us connected

Eleanor Hubbard wants us to know:

I'm not riding anymore. Hope to around the new neighborhood. I moved to Smithfield last weekend. Will continue keeping up with PBA. I'm life member Number 2 and hope it lasts a lot longer. Don and I loved this group of friends. See you all at the ice cream ride. Ride safe.

Jack Liike said:

I hope you're hanging in there and becoming adjusted to a different way of life, it seems. And somewhat rapidly, it also seems.

I completed my last class the middle of March, and the shutdown occurred that following weekend. For about 6 weeks, the daily routine became fairly familiar; living room, den, (bat... never mind) maybe outside. I was able to get many more neighborhood rides in – especially on the

really nice days we've been having. Fortunately, from my neighborhood, I can almost go in three directions and run into water, so it's fun to do the "In's and Out's" on a lot of the roads that lead out to Little Back River, or the Bay, or the numerous inland roads that end up at a waterway. Plus there's the Fort. Many of the routes I ride are off the major roads, like Fox Hill or Woodland, but vehicle traffic has been way down.

School has started back up – online. And I'm putting a LOT of time into getting that started – but it looks like the rhythm is smoothing out. I'll have a few more afternoons and mornings to jump on the horse and put a few miles in.

Whenever riding, I've managed to avoid crowds – if I come across anyone I give them a wide berth. So far the longest daily ride has been 37 miles and I managed to pretty much avoid all human contact (and vehicles too) the whole ride. The boardwalk at Buckroe is becoming more and more congested – I avoid that like the plague (oops – wrong analogy..)

I will continue to suit up and take off as often as I can – especially now. By nature I'm pretty much a non-social individual, especially at home. I love being with a group of people, like my cycling family, but at home life kinda circles individually around here. I can't get together with another group of cyclists (a) for now (b) for awhile (c) till this is over (d) EVER) and I at least need to do something to help clear my brain. An hour-ish of spinning my wheels instead of the brain gears does wonders to help me both physically but mostly psychologically. I see other riders out here too – we all give a wave or thumbs, but that's about it.

It's going to be a very different social world for us – it already is. I do know that we'll discover how to safely continue to participate in life. Stay safe, and thanks for letting me voice my thoughts.

Joe Diemer wrote:

Pretty much the same, 1 or 2 others with me most times. Ride about 3-5 times per week, 25 miles min, 63 miles max. Hatteras Island has no tourists—yet, so traffic is light.

All the managed rides through early July are canceled. I had looked forward to participating in many of them, like Cap2Cap, Bike Virginia, and the Hot Doggett in NC. All canceled. Sad.

After pandemic, we will try to grow our riding group down here on the Island of Misfit Toys, and then look for organized, managed rides to see if they are still a go. The Brutal in western NC on Aug 22 and Bike MS in New

(continued on next page)

(Member Musings continued)

Bern in September are still a go, as is Seagull Century in October out of Salisbury MD

Gene Edwards shared:

Normally this time of year (March/April) I would be riding at the USO Kickr studio a few times a week and perhaps outside if the weather cooperated. The USO kickr studio closed due to COVID and I personally don't want to ride outside as 1) bike is in the trainer upstairs and it's a pain to bring downstairs 2) I fear a crash and don't want to burden the medical system. We had a full, metric and crit scheduled for Warrior Week but that's all been cancelled.

I ride every day, sometimes 2x a day! I was lucky to score a used kickr snap on craigslist in early January and have rarely missed a day. I love Zwift (we are now doing our USO rides on that platform) and finally completed the Everest challenge to get that freaking Tron bike.

I am keeping active and maintaining a routine. I normally run at 6am but have not been able to since October of last year due to injury. Fortunately I could still bike so every morning I'm up at 5 something to ride at least an hour before I log in to telework. I've managed to connect with friends that have moved away and do virtual group rides which is pretty cool. I did the virtual Bo Bikes Bama ride and though I did not see Bo Jackson, I did ride along side Jens Vogt for a bit which was pretty cool.

Not ready yet for outdoors, the so called "social distance" - rides I've seen are not really social distancing, I think it sets a bad example (my neighbor across the street was the first Norfolk COVID fatality so I take that seriously). I do see a lot of people riding in my neighborhood which is great, I wish they were wearing helmets, most adults I see are not. I've also noticed most folks need to put some air in their tires and raise their seats an inch. When this is over, I'm going to ride my ass off outside (usually from King Fork HS in Suffolk or the Capital Trail). I will probably tune up my bike and swap out my rear tire first, I've pretty much sacrificed a GP 5000 II.

Jill Tarr wrote:

I do not live in your area but one of the best decisions I made was coming and riding with one of your rides last summer. I don't know what it was called but a friend and I came from Richmond and I think rode a 75 miler and were treated to some of the nicest group riders we have ever had the pleasure of riding with, and she really enjoyed the food after.

First, thank you for your good wishes and hope you and your family and friends are safe and healthy. My riding: I have been doing a lot of trainer riding for the last few years due to some disgusting bike accidents and injuries so I am no stranger to riding indoors. Interesting, just like a child now because I can't go outside I crave it more. Or maybe because

all the pro bike races I watch when riding inside for hours have also been canceled. Who would ever think I would be watching avatars of pro riders on Zwift? No, not racing with them, just watching while riding their pain.

I have started to go to an area up here where cyclists have ridden without fear for a long time (except in the last years a soccer field and now a brewery have changed that) but during this period it is empty again and so no fear of cars, or virus or people right now. I hope at some point we will ride together again. My friend and I were looking forward to our first ride in that Pedal for the Pig ride you have, but guessing we will have to continue to look forward to it. Stay safe, healthy and sane.

Ray Nations said:

I live in Hampton, near New Market, and have ridden to Poquoson and back a few times. I have to make sure that I have more than enough water because I cannot stop at Wendy's or McDonald's to get water. I also have to plan to make sure I pass by somewhere to use the restroom (or go out into the bushes or a very secluded area!). Cannot stop to buy a snack, either.

After the pandemic— sky's the limit!



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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

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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.

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