

Chainstay

The Peninsula Bicycling Association



SPRING 2021

Volume 51, Issue 1

PBA Group Rides Will Resume This Spring

PBA's regular group ride season begins in April, but be sure to check the PBA website at www.pbabicycling.org for updates and the PBA Facebook page at <https://www.facebook.com/groups/pbabicycling/> for any pop-up ride announcements as the weather improves. See you out on the road soon!



We will continue to follow the current PBA safety policy based on State and Federal guidelines. Some of the guidelines include—groups with a Ride Leader will be limited to 10 total, riders are asked to bring a mask and hand sanitizer for before, during, at rest stops, and after a ride and social distancing must be adhered to.



Team Killer Bees—2021 Tour de Cure

Team Killer Bees is back, with Vince D'Elia as Team Captain, and they are participating in the 2021 Tour de Cure, a virtual event, to be held on May 5, 2021. Donate and/or join Team Killer Bees at [American Diabetes Association: 2021 Tour de Cure: Virginia \(Virtual\)](https://www.diabetes.org/tour-de-cure/virtual). Let's support Vince, Team Killer Bees and this worthy cause!

Upcoming Local Rides

(more info about these events inside this issue)

- **Virginia Capital Trail Cap2Cap**
May 7-9, 2021
- **Tour de Chesapeake**
May 15, 2021
- **3-Day Bike About**
June 18-20, 2021

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PBA Board Members and Directors

| | |
|--------------------------|-------------------|
| President | Jamie Clark |
| Vice President | Justin Wilbur |
| Treasurer | Tom Carmine |
| Secretary | Open |
| Advocacy Director | Open |
| Safety/Training Director | Tregg Hartley |
| Marketing Director | Beverly McLean |
| Communications Director | Todd Goodhead |
| Newsletter Director | Melanie Payne |
| Ride Director | Jen Faas |
| Program Director | Robb Myer |
| Membership Director | Richard Armstrong |

Additional Positions

| | |
|-------------------------------|-------------|
| Volunteer Coordinator | Open |
| SAG Coordinator | Open |
| Awards/Statistics Coordinator | 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 planning PBA events.

**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.



We are now almost a quarter into the new year of 2021 and it's been an interesting start for many reasons. The weather and temperatures have been quite the up-n-down syndrome, and I'm sure it has been difficult to get into any sort of routine with riding, especially outside.

Hopefully, more good news is on the horizon regarding vaccinations for all Americans and the threat of the mutations does not throw us back into the doldrums of what we experienced in the middle (and most) of 2020.

I want to bring to everyone's attention a few items that I feel are important to speak about.

- The clubs' new jerseys/kits and other paraphernalia were delivered at the end of last year. I got

the full 'kit' and love how it looks and feels. I am very proud to wear it out on any of the bikes rides I do.

We will be opening the storefront again in late March or early April to allow those who didn't purchase one the first time around another chance.

This order should be delivered by early summer. I will be asking Hincapie to offer another line for the men's/women's jersey—more of a 'close fitting' style with better material.

- Starting this spring, once Daylight Savings Time has started again, we hope to bring back all the group rides that were advertised in previous years. If anyone is interested in leading PBA sanctioned rides on their favorite routes in the area, please contact the Rides Director to discuss how to become a Ride Leader.

Depending on restrictions, i.e. number of participants in a group, these rides will be advertised on the club's webpage with the ability to sign up for a ride. This ensures that the Ride Leader knows who and how many will be on a specific ride. It is looking likely that many of the organized

(continued on next page)

(President's Corner continued)

event rides that happen each year will also be coming back, and not all done 'virtually'.

One specifically already being planned is the Bike About 3-day Ride on June 18th, 19th, and 20th. Get more details about it on page 13 of this newsletter.

As we learn about some of the larger bicycling events within Virginia as well as elsewhere, we'll be updating the webpage as soon as possible.

- There has been some good news out of the State's legislation related to cycling. Our Director of Advocacy, Tregg Hartley, has been following it extensively and providing updates on our Facebook page.

To highlight, it seems that the State's Senate has passed a modified version of the Bicycle Safety Act and it is now heading for the House side of the legislature. We now have the Change Lanes to Pass which allows cyclists to ride side-by-side and the Virginia State Police will be convening a work group to study the Safety Stop (I believe this is the rolling through a STOP sign and rules for when at a red light). At least we did receive one of the many requests we cyclists here in Virginia have been advocating for.

- I want to emphasize to all members a need for the club to fill the currently open positions that are available. This club cannot and will not survive unless we have an active and full Board of Directors to guide the club's ambitions and desires.

We are in need of key positions on the Board to remain fully functional. If anyone has the slightest interest, or know someone who potentially could be, please contact any of the current Board members and we will be happy to invite and show you what goes on during a meeting and advise what the expectations of an open position are. It is not like a full-time job, but it does require a portion of your time during a month and throughout the year. I feel it is rewarding to be a part of something that drives this great club year after year after year.

Please stay safe, watch out for each other, and as always Ride On!!!

Jamie Clark

PBA Club Affiliations



**Adventure
Cycling**
AFFILIATED CLUB



CONGRATULATIONS TO THE WILLIAMSBURG AREA BICYCLISTS (WAB) WINNERS OF THE 2020 RIDER'S CUP



This friendly, yearly mileage challenge takes place each year between PBA and WAB, and the Rider's Cup returns to the Williamsburg Area Bicyclists for top yearly mileage in 2020. The top thirty riders of both clubs logged over 310,000 miles! For the PBA this represented an increase of 10% over 2019 and a 15% increase for WAB. Congratulations to all who kept pedaling!

2020 PBA RIDER RECOGNITION

Bike Journal miles logged in 2020 was 181,792—a new record! Fifty-six members logged 1000 miles or more, with top honors going to **Sally Jackson**, who logged over 10,000 miles during the year. Congratulations everyone!

1000 MILE CLUB (1000 to 2499 miles logged)

| | |
|------------------------------|------------------------|
| Rodney Abare | Chris Nada |
| Stanley Bryant | Floyd Newman |
| Joey Chapman | Jason Peters |
| Richard Costello | JaeSun Riley |
| Melody Butler Daniels | Cliff Roebuck |
| Bob Flynn | Michael Shapiro |
| Carlton Foster | Bob Silva |
| Darren Foster | Paul Street |
| Dwayne Hillard | Dale Watkins |
| Tom Howard | Stephen A. Wood |
| Inae Kellam | Raul Zevallos |
| Jack Liike | |

2500 MILE CLUB (2500 to 4999 miles logged)

| | |
|--------------------------|----------------------------|
| Jennifer Allen | Tregg Hartley |
| Richard Armstrong | Mike Henning |
| Wayne Arrington | Mical Kupke |
| Tom Bauer | Robert Liles |
| Dale Bell | Beverly Boal McLean |
| Sandy Butler | Melanie Payne |
| Bob Carter | James Powelson |
| Linda Carter | Victor Sorensen |
| Robert Drees | Mark Suiter |
| Mark Gamble | Debbie Wells |
| Todd Goodhead | Cindy Wong |

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(2020 Rider Recognition continued)

5000 MILE CLUB (5000 to 7499 miles logged)

Donald Alexander

Kevin Butler-Au

Jamie Clark

Helene Drees

Wade Jackson

Bob Ornelaz

Mark Woolery

7500 MILE CLUB (7500 to 9999 miles logged) -

Patrick Johnston

David Jones

Richard Maruyama

Robb Myer

10000 MILE CLUB (10000 miles and over) -

Sally Jackson

2020 50-50 CHALLENGE RECOGNITION

(Ride 50 or more miles during Memorial Day and Labor Day weekends)

**Tom Bauer
Robb Myer**

BORN TO RIDE CLUB CHALLENGE

(Ride your birth year in miles or 62 miles if born after 1962, at least 12 times during the year)

Robb Myer

CONGRATULATIONS 2020 BIRTHDAY CLUB MEMBERS

Vanilla

**Sally Jackson
Wade Jackson,
Paul Street
Stephen Grinnell**

Peaches & Cream

**Jennifer Allen
Dale Bell
Helene Drees
Robert Drees**

**Inae Kellum
Michael Shapiro
Mark Suiter
Dale Watkins**

Rocky Roads

**Bob Carter
Linda Carter
Richard Maruyama
Robb Myer**

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. New members since December 1, 2020 are:

Alan Brandon
Aaron Bull
Daniel Girouard
Annette Kenyon
Michael Kenyon

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

2021 PBA Bike Journal Update

Even with the less than optimal cycling weather, **40 PBA** members have already recorded **18,575** miles (as of February 28). PBA remains in second place of all the Virginia clubs listed.

Logging your miles on Bike Journal is an excellent way of tracking your miles. Kudos to our top ten riders in alpha order as of February 28:

| | |
|-------------------------|-------------------------|
| Kevin Butler | Roy Kidwell |
| Robert Drees | Richard Maruyama |
| Sally Jackson | Robb Myer |
| Patrick Johnston | Bob Ornelaz |
| David Jones | Bob Silva |

bikejournal.com
Ride. Log. Repeat.



The 2021 Birthday Club Challenge Is On

There are three age categories for the Birthday Club Challenge.

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>

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.

Getting to know you...Richard Armstrong



This issue's spotlight member is Richard Armstrong who is proudly sporting the new PBA kit in the photo—color coordinated and all!

Richard is a long time member and ride leader who continues to support

PBA and now serves on the Board as Membership Director. Let's find out more about Richard.

Tell us a little about yourself .

I was born in Carlisle, England, but grew up in Salt Lake City, Utah. Like most kids I had bikes when I was a kid and I remember riding my first bike down the middle of my street on a snowy Christmas morning in 6" of what was probably slush. But that's what you did when you were a kid.

After finishing college at the University of Utah, I embarked on a 27-year career in the United States Air Force where I was a fighter navigator/weapon systems officer flying the F-111, the EA-6B (got 32 carrier traps!), the F-16, and finally the F-15E. I got to live all over the United States, plus Japan, England (twice) and Germany. I retired in 2012 as a Lieutenant Colonel.

My second career is teaching high school math, and I have been doing that in Newport News Public schools since 2012.

When did you first get interested in cycling for sport?

I was stationed in Sacramento, California for eighteen months in the late 80's and the second thing I did

(after finding a place to live) was find the local bike store. I bought a blue Schwinn touring bike and commenced to ride it almost daily up and down the American river (Sacramento had a 30-mile bike trail along the river way back then) and along various parts of the California coast. Unfortunately, this cycling phase died out when I was stationed in Oxfordshire, England, as I didn't think the roads (or the drivers) were compatible with cycling.

It wasn't until 2015 that I got back into cycling, quite by accident. My wife broke her calcaneus (the back of the foot) sledding and to help with her rehab I bought her a tricycle to ride around Ft. Monroe. To allow me to ride with her, I bought a beach cruiser ...and what do you know? I remembered that I loved cycling.

So I bought a used Specialized Crosstrail hybrid from some shady character named Todd who was selling it on eBay. That bike got me going, got me into some C-pace group rides out of Todd Stadium, and into the PBA. But after progressing up to my first 50-mile ride during the Smithfield Challenge, I realized that a half-century was as far as I was going to go on a hybrid, so it was time for a real bike. After much agonizing about spending the exorbitant sum of \$1500 on a bike, I bought a Specialized Diverge and that was the beginning of "real" riding.

Since then I have had the privilege of great friends who have helped me progress up to full Century rides and expanded my biking horizons. Today, I own a road bike, a gravel bike and a mountain bike. I ride road, gravel, trails, touring, cyclo-cross and just about anything else that doesn't require both of my tires to leave the ground. I've also learned to maintain my own bikes which is an essential skill if you are going to do long distance riding/touring, but also very rewarding.

What is your favorite PBA memory and/or ride?

The Surry Century ride where I first completed a 50-mile ride. I remember feeling like I could do anything (if I got a better bike).

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(Getting To Know You continued)

What advice would you give a new cyclist?

First, do what makes you happy and what doesn't stress you out. Start with what you are comfortable with. Build up your confidence and group riding skills in some C-paced group rides, and when you feel ready, try a friendly B-paced group. If the group is proving too challenging for you, speak up. More than likely there is someone else in the group who is also wanting to slow it down a bit and will drop back with you. But bottom line, your fellow cyclists are there for you. Let them help you progress with your cycling skills.

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

I think my favorite single-day ride would be the Lancaster Covered Bridges Classic. For some reason I keep going back and doing this ride over and over again. It's beautiful countryside and I love the almost constant rollers.

My favorite cycling experience was my ride down the Pacific coast. Its hard to beat three weeks of doing nothing but cycling, camping, and watching beautiful scenery roll by.

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

The desire to be outside. On really bad-weather days I definitely envy my friends with indoor trainers and Zwift subscriptions, but to me the whole point of riding is to be outside, getting exercise and seeing places. So as long as the ground isn't icy I'm happy to

dress and go. I've ridden rides where the "feels like" temp has been 110 degrees, and I've done gravel rides over mountains when it was below 20 degrees. If the sun is shining and I can reasonably dress for the temps, I'm in!

Describe your perfect day on a bike.

Hmmm. Well, it would be four friends (the perfect number for a bike ride) going on a gravel ride through beautiful rolling countryside on a sunny 80-degree day. Post-ride would be spent on a pub patio (such as Cul's) with a burger and beer.

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

I don't need to ride with famous people...I'm happy with the crowd we have here in the PBA!



THE VIRGINIA CAPITAL TRAIL CAP2CAP TO BE HELD MAY 7—MAY 9



Cap2Cap will be “revamped” in 2021 and will take place from May 7th to May 9th on the Virginia Capital Trail. CDC Guidelines such as masks, hand-sanitizer, and 6-foot markers will be adhered to. Riders will do their mileage on the Virginia Capital Trail with all of the same perks.

Each Cap2Cap 2021 participant will have fully stocked rest stops along the Capital Trail, takeaway lunch, beer ticket redeemable at any Hardywood Park Brewery locations throughout the month of May, an official 2021 Cap2Cap shirt, water bottle, string bag, and one raffle entry.

This year there is not an official start/finish line and you can choose where you want to start and finish. Lunches will be available for pickup at Dorey Park. There will be a start/finish truss at Dorey Park but you can choose to start anywhere along the Trail and at any time on May 7th, 8th, and 9th.

For more information go to [Dominion Energy Cap2Cap 2021 \(runsignup.com\)](https://www.runsignup.com)

Tips for Packing for a Supported Bike Trip

By Tom Carmine

The 2021 Adventure Cycling Association Tour Catalog arrived this week which I hope means a new touring season is coming. ACA offers self-supported tours where



work for you.

you bike pack your gear, but most of their tours transport your stuff each day. Hotels are nice, but the cheapest way to bike travel is to camp, which means you need to pack camping gear. I have been packing for supported tours for years, and I have a few suggestions that I wanted to share in case you are considering if that option will

Duffel Bags and Plastic Bags

First, I would say that camping is usually more convenient than hotels on a large organized trip. When you camp, all your gear is waiting for you at the end of the day. If you elect a hotel option, sometimes you are responsible for arranging to get your luggage to the hotel. Smaller tours may drop it off, but that happens after they have cleared the luggage truck, and you have found your stuff and put it back on the truck. The next morning if they pick it up, they will probably pick up the hotel stuff first which means it will be early.

The usual rule for trips is two bags per person weighing not more than 40 pounds each. That is generous limit and one you will appreciate when you are carrying your stuff to the luggage truck. On my first supported kayak camping trip, I had a large army surplus duffel that could have doubled as a body bag. It was bulky and awkward to carry. Two bags are definitely better than one.

When you pick up your gear at the end of the day, you will see all kinds of luggage. Most use duffel bags. Some pack in backpacks. Others use regular luggage. For my two bags, I have been using LL Bean extra-large and large duffel bags. I started with large and medium that I purchased from their old outlet for half price, but when I increased the size of my tent, I increased the size of the duffel. I went with yellow with my initials on it to make it is easier to spot in a sea of duffels.

The first rule of packing is to waterproof everything. Most duffels are not waterproof so if rain is possible, I pack everything in one or more large plastic leaf bags inside the duffel. On my Erie Canal ride, they unloaded the luggage from one of the trucks onto the parking lot and covered them with tarps. The tarps worked for the rain but not the flood of water flowing across the parking lot and under the tarps.

In my clothing bag, I pack everything in gallon plastic bags for two reasons. It organizes my clothing into daily packs, and it protects against moisture. On one trip a dense fog came during the night. It was worse than rain because the fog permeated everything inside and outside the tent. Everything was damp that was not bagged. Lesson learned.

If you have not camped, you may not have gear, and if you have, you may wonder what you should take and how best to pack it. All my camping gear goes in the largest duffel. When it is unpacked, I store it under my clothing duffel.

Your Tent—Your Home Away From Home

The tent is your shelter, and you want to be sure that it is waterproof most of all. Before you camp in a new tent, set it up before a storm, and test it. Do not rely on a garden hose. Leaks take time. If have a little seam leak and that is easily fixed. I usually spray my new tent seams with a 3M silicon sealant just to be sure.

But what kind of tent you ask? I have more tents than bikes, and I have curated my collection over forty years of camping and each was chosen based an activity. I currently use a four-person Big Agnes brand tent for supported bike tours. Tents are measured by the number of people that it will hold when packed as sardines with no gear. That means a two-person tent will allow you space to sleep and the other side accommodates your stuff. I chose a four-person one for two reasons. First, it is a dome model that allows me to stand up to put on clothes. Second, the generous floor plan allows a sleeping side and corner with my gear and a place to sit in my camp chair. I guess there is a third, I could take a tentmate in an emergency.

Large tents are not without problems. They are more expensive (but worth it), and they don't stand up well in gusty wind storms. My Big Agnes was flattened twice on top of me by wind gusts one night in an Ohio thunderstorm resulting in slightly bent poles.

At the other extreme if I am bike backing my own gear, I use a two-person ultra-light Big Agnes Copper Spur. It is an extremely compact tent when packed and will fit in my panniers when touring. It is rated for two people, but you better love being close to your tentmate. It does have double vestibules so my gear stays under one, and I exit through the other.

A good place to look for tents is REI. The offer name brand as well as their house brand tents in all sizes. Two of my tents are REI branded, and the other two obviously are made by Big Agnes.

Sleeping Bags

The next item is your sleeping bag. Bags are like cars, there are new models every year, but a good purchase will last a life time if properly cared for. I currently have 1984 vintage North Face Cat's Meow rated for about 20 degrees and a North Face Allegheny rated for about 40 degrees that I purchased about ten years ago. Both models are effectively discontinued. The Meow has been turned into a mummy bag, and North Face has replaced the Allegheny with the slightly warmer, more expensive Eco Trail. For summer time travel, you should be able to get by with a 40-degree

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(Packing for a Supported Bike Trip continued)

bag which will be reasonably priced. I prefer a rectangle bag because I use it more as a quilt than a bag. I zip up the bottom about a foot to create a box for my feet, and then I lie under the bag like a quilt. I also carry an Alps rectangular bag liner which is essentially a sheet with a zipper. On hot summer nights it all I need, and on colder nights it is added comfort inside the bag.

Even though they are less efficient, I like rectangular bags because they are roomy and can double as a quilt. I always take it when we travel by car in case the hotel room is too cool for my wife since they do not leave you blankets anymore. One important lesson about sleeping bags is, do not store them in the compression sacks that they came in. It will compress the fibers or down and reduce its R rating. Store them loose in a leaf or large shopping bag.

Avoid The Cold, Hard Ground

The most common reason for not camping is, "I don't want to sleep on the hard ground." Me neither, but a good sleeping pad solves that problem. My preference is a Thermarest self-inflating Base Camp model. It is 25 inches wide and two inches thick when fully inflated. It does not sound like much, but to me it is as comfortable as my mattress. I tried their smaller 20-inch model that is one-inch-thick, but it was too narrow as I tend to roll from side to side during the night. People do bring full size air mattresses and a hand pump. Power is usually not readily available for plugging in electric pumps.

If getting off the ground is a problem, there are a few collapsible cots out there. It's only a few inches, but it helps, and it replaces a sleeping pad in warm weather. I was bike touring through Cape Cod with a group, and one morning I looked into one of the guy's tents and noticed a telescoping cot. I was trying to be as minimalist as I could to keep my weight down, and he is carrying a bed weighing five pounds. I had to ask why the cot, and his response was, "If it fits, it ships." More power to him. He was a little slower going up the hills, but to his credit, he had biked the TransAm the year before, so biking the Cape was no big deal.

"My Pillow"

The last item for a comfortable night sleep is a pillow. There are many options, but I have settled on the Thermarest medium sized stuffed pillow. Its generous size allows me to cuddle it, and its stuffing is comfortable for my ear. The pillow is designed to be rolled up, but still, it takes a little space. Inflatable pillows pack flat and are comfortable if you are a back sleeper. I find they are too hard for my ear as a side sleeper. I have tried several, but I have never been happy.

That is your minimum gear bag, but I would suggest a few more comfort items. A nightshade for sleeping is wonderful if you have to camp too close to a floodlight. Foam ear plugs help drown out the snorer several tents away. An inexpensive 5x7 tarp can be used to tent your bike if it rains and makes a nice place to toss your stuff as you pack in the

morning. I have pulled one over my sleeping bag for extra warmth, and I have used one under me to protect me from a damp floor in my tent.

At the end of the day, it is nice to sit in a chair. I have a camp chair that I purchased off of Amazon for about \$25 which is equally as functional as the one I purchased from REI which was over \$75. You can also find a lightweight bag chair at Family Dollar or Dollar General for \$5. The advantage of the camp chair is it is smaller, easier to pack, I can easily sit in my tent with it, and it is also a little more reclined than a small bag chair.

I have done a lot of supported tours, and I tent camped more than I have shared hotel rooms. If I am traveling solo, I prefer the solitude and privacy of my own space. So, I camp. To each is own, but that's my story and I'm sticking to it.



\$25 camp chair and XL LL Bean duffel. From left to right: Big Agnes four person tent, Thermarest 25" Basecamp self-inflating mattress, North Face 40 degree bag, stuff bag for chair, Thermarest medium camp pillow, and my little Big Agnes bike packing tent.



PBA CAN HELP VIRGINIA GET \$40M FOR CYCLING TRAILS

Dear PBA Cyclist,

The Virginia Senate budget has a new one-time appropriation of **\$40 Million** "to support the statewide planning, development, and construction of multi-use trails" and a report to help understand the "prioritization process for the identification of new multi-use trail opportunities, a master planning process, and funding needs assessment." This is HUGE!!!

YOU CAN HELP! Please send an email to each of the **House Appropriations Committee members** to ask for the support of this one-time \$40,000,000 for trails

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(PBA Can Help Virginia.....continued)

ASAP. Feel free to copy the words below or write your own letter and send emails to each of the committee members found [here](#).

The PBA, Virginia Capital Trail, and the Birthplace of America Trail all appreciate you taking a few minutes to advocate for safe cycling in Hampton Roads.

Sincerely,
Beverly McLean

Sample Email Message To Delegates

RE: Support The Statewide Multi-Use Trail Initiative, \$40,000,000 (#SB-1100, Item 447 #1s)

Dear Delegate (*Insert Name),

I am writing to you to ask for your support of \$40,000,000 (#SB-1100, Item 447 #1s) in the Senate budget to provide support for the Statewide Multi-Use Trail Initiative. This funding will promote public health, local economies, and the quality of life for communities across Virginia.

I live in (*Insert City) and enjoy cycling/walking the **Virginia Capital Trail**. I also support the construction of the **Birthplace of America Trail** to extend the trail network throughout Hampton Roads. These trails offer our community a safe place to get outside and pursue our health and well-being. They also provide economic benefits to Virginia with increased tourism and local business opportunities.

I also want to thank you for having \$5,000,000 for trail development in the House Budget. I hope you will support both of these initiatives for trails; these appropriations will have a positive effect on public health, transportation, and the quality of life for all Virginians.

Thank you for your support,
(*Your Name)
(*Your contact info)

Richmond Hostel Permanently Closes

By Tom Carmine

The City of Richmond received a severe blow in February to its goal to become a destination for bike tourism and international travel when Hostel International announced it was putting their Richmond hostel up for sale.

The hostel offered single travelers an economical place to stay at \$30 a night for access to a four-person bunk room. It also offered 14 private rooms with baths for much less than the neighboring Holiday Inn Express.



Photo by Steve Adcox

The former Otis Elevator building was purchased and renovated for a total cost of

almost \$3.5 million, and it opened in 2016. I have stayed there in 2019, and I can attest that it was the nicest of the six hostels I have stayed in.

The Hostel was located on 2nd Avenue near the James River crossing point of the East Coast Greenway and was a short bike from the Richmond terminus of the Virginia Capital Trail using the Canal Walk Park. For foreign travelers taking Amtrak from New York City to Miami, it was an Uber ride from the downtown Amtrak Station.

In making the announcement, Hostel International cited that this was a fallout of the Covid19 restrictions, and it also announced the listing for sale its hostels in Washington, D. C., Baltimore, Houston, San Francisco, and Portland.

I have been trying to return to Cape Cod for another tour with friends, but the Cape Cod group of hostels remain closed until summer 2022, and the beautiful Star of the Sea hostel on Nantucket was sold in 2020 for \$3.5 million. Sometime the things we do in life are truly only once in a life time experiences.

Update on VA SB1263— Bicycle Safety Act

By Tregg Hartley



Wow, it has been a busy month. In mid January, the Bicycle Safety Act was presented in both the Virginia House and Senate. HB 2262 and SB 1263. Both bills proposed three changes.

The first would require automobiles to change lanes to pass a cyclist. Currently automobiles

are required to give cyclists three feet clearance when they pass. Some motorists have a hard time judging that distance. By requiring those same cars to change lanes, cyclists will be safer on the road. This law should encourage more riders to get out on the road as well

The second would allow cyclist to treat stop signs as yield signs. The cyclist would have to exercise due care before rolling through. The driving force behind this would allow cyclist to spend less time in intersections.

The third would allow cyclist to remain doubled up while on the road. The way the current law is written, "Persons riding two abreast shall not impede the normal and reasonable movement of traffic, shall move into a single file formation as quickly as is practicable when being overtaken from the rear by a faster moving vehicle, and, on a laned roadway, shall ride in a single lane." This implied that cars have more right to the road than the cyclists do. In the Bicycle Safety Act, this language is stricken from the law. It make sense that if motorist are required to change lanes to pass, that requiring cyclists to single up was no longer valid.

SB 1263 made it through the transportation committees, but it died on the floor of the Senate by a vote of 16-22. HB 2262 made it through the transportation committees and passed when presented on the floor of the House by a vote of 75-24! Now the House bill would have to go the Senate where the same Senate bill had failed. We launched an aggressive phone and email campaign to sway some of the Senators who had voted against SB 1263 to reconsider their votes. We managed to get one, but that wasn't going to get it done.

Senator Creigh Deeds did some digging and found that for at least a couple of the Senators that voted against SB 1263, the main sticking point was cyclists treating stop signs like yield signs. Senator Deeds wrote an amended HB 2262 which removed the stop sign portion of the bill.

He added a section to the end of the bill that crates a work group, including representatives from state and local law-enforcement agencies, traffic safety organizations, and bicycle enthusiast and advocacy organizations, to review issues related to allowing bicycle operators to treat stop signs as yield signs. The other two portions of the bill remained intact.

The revised HB 2262 was presented to the Senate and it passed 21-18. Since it was modified from the original it had to go back to the House where it passed 69-30. Considering that Governor Northam is a cyclist, I feel confident that he will sign HB 2262 into law. Now we will have to get to work on educating drivers about the changes that are coming.

Rest assured that I will be tracking the progress of the stop sign working group and will be providing my input whenever I can. Here is the link to the current version of the bill that has made it through both the House and Senate

<https://lis.virginia.gov/cgi-bin/legp604.exe?212+ful+HB2262S1>



The Tour de Chesapeake is moving forward with plans for a 2021 event on May 15, 2021

Lynda Smith Greve, Event Director, reported that details are being worked out now for the event this year, which will look a bit different. So be on the lookout for more information and registration in the coming weeks. If you are on our email list, you will hear first, so sign up now.

Send an email to tourdechesapeake@gmail.com to get your name on the list!



NEW CYCLING EVENT SUPPORTS LOCAL ECONOMY AND CHARITY

By Deana Sun

My friend Cynthia and I have been talking about putting together a small, 3-day cycling tour for a couple of years. Last year we decided to finally do it, and so 3 Day Bike About was born....on November 2, 2019.

What is it 3 Day Bike About?

It's a small (limited to 400 registered participants) bicycle tour over a 3-day weekend (Friday, Saturday & Sunday) in or near a small town in Virginia, with tent camping for 200 in a local park (or for those who prefer more luxurious digs – local hotels) while supporting a local charity and the local economy.

The first 3 Day Bike About tour will be right here in Williamsburg at Chickahominy Riverfront Park. Registered riders will Bike About the Historic Triangle of Jamestown, Yorktown and Williamsburg for 3 days - June 18, 19, and 20, 2021.

Several routes will be offered each day, ranging from 15–100 miles, sending riders in a different direction with new places to visit and supported by the SAG (Support and Gear) team. Hospitality teams will be on hand to provide a list of other activities, such as kayaking, hiking, and visiting historic sites, as well as shopping and dining to participants.

This year's tour will benefit The Arc of Greater Williamsburg (The Arc) whose mission, through community activities and advocacy, is to improve the quality of life for people with developmental disabilities. Ten percent of all registration fees will go directly to The Arc of Greater Williamsburg.

So help us “Spread the Word” for our inaugural event by emailing your friends, and posting on Facebook or other social media. Registration is open and people are signing up.

We are also hoping many of you will volunteer at the event. A volunteer registration page will be online before long but mark the dates on your calendar now.

In the meantime, check out our website @ www.3daybikeabout.com. If you have any questions, send me an email at deana@3daybikeabout.com

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

- Thank you to everyone who entered the “Count the Bike Icon” contest in the December 1 *Chainstay*. CONGRATULATIONS to our winner, **Melody Butler Daniels** for submitting the sole correct answer. Melody said she was thrilled to win the bike repair set.



- The new PBA kit is awesome. If you missed the first order, keep watching for details for when the Hincapie storefront will open for orders again this spring.



- Numerous upgrades will be completed at Hampton’s Air Power Park and Waterwalk, including installation of the bike repair station recently donated by PBA. Work will begin in May and be completed in the fall.



- Here is a great video about the Birthplace of America Trail featuring the Newport News area. Check it out!

[Birthplace of America Trail 2.0](#)

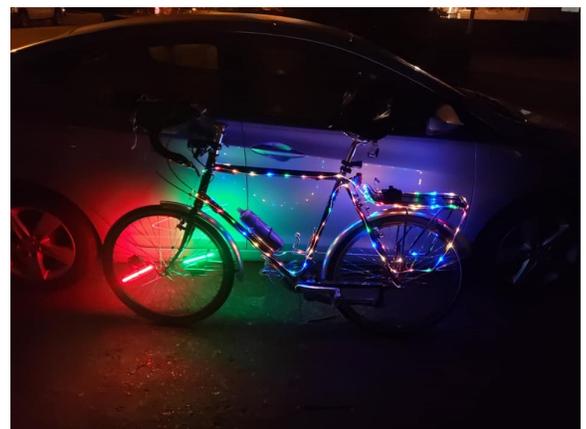
- **HOLIDAY LIGHTS NIGHT RIDE** on December 19, 2020, 7 PM from Hilton Elementary School.

A group of dazzling, decorated bikes and riders cruised the Hilton, Riverside, Hidenwood, and Maxwell neighborhood to view the decorations and lights. The group rode at a casual pace so they could admire the lights and complied with social distancing mandates. A good time was had by all!

Here’s **Robert Drees** with his twinkling ride and helmet.



And this is **Tregg Hartley’s** ride ready to dazzle the neighborhood.



TREK
Bicycles



LOCAL BIKE SHOP DISCOUNTS



Don't forget that our local bike shops, **Trek Bicycles Yorktown, 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 Trek Bicycles, Village Bikes and Conte's for supporting PBA!



The easiest and preferred way to join the Peninsula Bicycling Association is at <https://pba44.wildapricot.org/membership> (or you can still complete the form below)

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