

Chainstay

The Peninsula Bicycling Association



SUMMER 2022

Volume 52, Issue 2



- JULY 9** AFTER THE FOURTH RIDE—PBA Storms the Fort
- JULY 25** SUMMER SOLSTICE CAMP OUT RIDE
- AUGUST 13** MEMORIAL RIDE & ICE CREAM SOCIAL
- SEPTEMBER 10** DC BIKE RIDE

(Watch Facebook and email for details)

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As we close the second quarter of the year, we have led well over 100 club rides. We've seen a large group of PBA riders at Tour de Chesapeake, and had a fun and successful Smithfield Challenge. With some valuable lessons learned next year's event should be even better! Our rides and events would not be possible without our dedicated ride leaders and volunteers. Thank you to all who make this possible.

In the coming weeks, we'll be planning and preparing for our annual After the 4th Ride, which will be held on July 9th at Fort Monroe. We'll need help with ride leaders for our B+, B, and Casual rides. We also need volunteers to help with the organization of food for post-ride. If you're interested in helping, please reach out to a board member.

As the days get longer and warmer, more of us will be out riding. Please stay safe, stay hydrated, and keep an eye out for your fellow cyclists!

Carlton Foster

2022 PBA Board Members and Directors

President	Carlton Foster
Vice President	Rob Liles
Treasurer	Tom Carmine
Secretary	J amie Clark
Advocacy Director	Mark Suiter
Safety/Training Director	Tregg Hartley
Comm. Outreach/Volunteer Opportunities Director	Tom Bauer
Newsletter Director	Melanie Payne
Rides Director	Robb Myer
Program Director	Vacant
Membership Director	Richard Armstrong

Additional Positions

Historian	Sandy Butler/John Parker
Awards/Statistics Coordinator	Robb Myer
Webmaster	John Bright

Website

www.pbabicycling.org/

PBA Board Meetings

The PBA Officers and Executive Committee meet on the first Sunday of each month at changing locations. Contact Carlton Foster to have your topic added to the meeting agenda. *All PBA members are welcome to attend.*

The *Chainstay* is published quarterly. Send all *Chainstay* submissions to Melanie Payne, PBAmel@aol.com. *Chainstay* is produced using Microsoft Publisher 2016. PBA's website is hosted by Wild Apricot.

PBA Club Affiliations



Dear PBA Members,

After 6+ year as the *Chainstay* editor, I am ready to mentor and assist my replacement for the remaining quarterly issues (September and December) and retire in 2023. It's past time for me to retire and turn the reins (or keyboard as it may) to someone with fresh ideas and energy for a club newsletter. Here's what the editor does:



- The editor sources and prepares the newsletter four times a year, working with other club members and the board for the content.
- The editor is a voting member of the board of directors and a key in promoting and ensuring the continuing success of the club.



I've thoroughly enjoyed the position as it's helped me meet and learn about members I otherwise would not have met or learned about. It's really a fun position, so please contact me and let's talk.

Melanie Payne
pbamel@aol.com

Congratulations Robert & Helene

Congratulations to **Robert Drees** and **Helene Drees** for completing their Coast-to-Coast ride in St Augustine Beach, Florida! We are in awe and so proud of you.

While other members have ridden from ocean to ocean, they join a select group of spouses to do so. **Bob Carter** and **Linda Carter's** 2014 tour was a positive influence on many club members. If this is not already on your "Bike-It-List," it deserves serious consideration.



Add This One to Your Bike-It List



Saturday, September 10, 2022

After watching the 2007 Jack Nicholson, Morgan Freeman film almost everyone started a "Bucket List," that is everyone but a cyclist who started "Bike-It Lists." Just as a bicycle has two wheels, a "Bike-It List" has a pair of lists.

The first contains supported and self-supported tours, like the Coast-to-Coast and Erie Canal. The second list contains popular cycling events like RAGBRAI, The Five Boro Bike Tour and the Sea Gull Century. One thing these events have in common is the large number of participants, ranging from 5,000 for the Sea Gull to over 30,000 for Five Boro. This is what makes them different from our local Saturday morning or weekday community rides.

Another "Bike-It List" candidate is the **Saturday, September 10th DC Bike Ride**. Like RAGBRAI and Five Boro it is a "rolling party" while pedaling 20 miles past monuments and memorials on car-free streets. There are stocked rest stops, music and a Finish Festival in front of the U.S. Capitol.

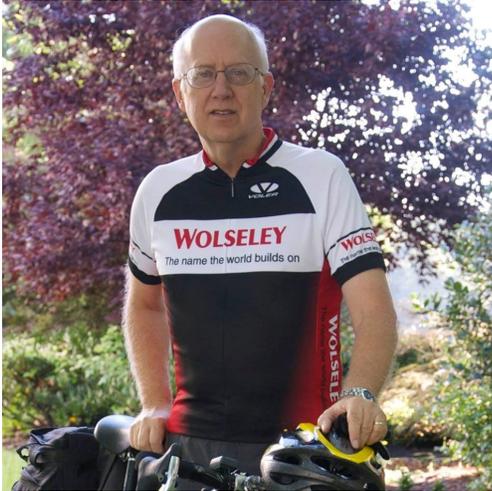
The organizers offered PBA a group rate discount registration fee of \$50 for adults with code "PBA". This is an \$19 savings over the standard registration fee of \$69. Register for the DC BIKE RIDE at <https://dcbikeride.com/> There is a Peninsula Bicycling Association team you may wish to join, but is optional and not required to use the discount code.

There will be an optional ride Sunday morning on the Mount Vernon trail. Information will be emailed to everyone who registers for the event here. This is not a PBA lead ride and the club insurance does not apply. Some optional hotel considerations are: Hampton Inn & Suites Alexandria Old Town Area South, 5821 Richmond Hwy, Alexandria, VA and Quality Inn Mount Vernon, 7212 Richmond Hwy, Alexandria, VA.

GETTING TO KNOW YOU.....

This feature continues spotlighting the 2022 Board of Directors. Get to know the 2022 Treasurer, **Tom Carmine**, the PBA Secretary, **Jamie Clark**, and our Advocacy Director, **Mark Suiter**. Thank you guys for stepping up to club leadership roles.

Tom Carmine—Treasurer



Tom was born and raised in Hampton and worked in the accounting and tax field until he retired. He and his wife, Linda, live in Newport News.

Tom has lots of interests and biking takes most of his time, but he also likes to kayak. Camping goes with both of them, and his photography interest goes along on any adventure. Tom spends time fixing bikes that are donated to him which he then turns over to two food pantries to be given to people who primarily need a bike for transportation.

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

Since retiring, biking has been his way to expand his travels and he loves cycling on rail trails and other dedicated bike trails. Tom has been on many bike tours including D.C. to Pittsburgh on the Great Allegheny Passage, Cape Cod/Martha's Vineyard, the Erie Canal, and the KATY Trail just to name a few. If you are interested in self-supported bike touring, Tom is the guy you need to talk to.

Jamie Clark—Secretary



Jamie, who is also PBA's past president, originally hails from Providence, Rhode Island, where his family still resides. Jamie currently lives in Williamsburg and is employed as an engineer with the City of Williamsburg.

Jamie raced on a club team out of Attleboro, Massachusetts for several years before moving to Virginia where he continued to race in many criteriums and a road race.

Jamie has played tennis, also field hockey and ice hockey, and soccer before a knee injury stopped those activities. Now Jamie enjoys walking his dog, Luna, and taking Tai Chi classes and by practicing Tai Chi at home.

Jamie started a biking club at Union College and that is where he started riding competitively and regularly. I enjoyed racing in my 20s and early 30s. I still enjoy riding fast when I can and seeing other parts of the state and areas near us.

Jamie leads many rides for both PBA and WAB and has ridden the Skyline Drive/Blue Ridge Mountains, many roads on the Eastern Shore (CBES & Salisbury), Surry Century, around Valley Forge and other areas in Pennsylvania just to name a few.

Mark Suiter—Advocacy Director



Mark calls himself an “Air Force Brat,” and was mostly raised in California until he was fourteen when his father retired from Langley. Mark graduated from York High School and Christopher Newport University and spent three years in the Army, including a year in Korea.

Mark has worked with a Hampton-based manufacturer of electronic components for thirty years, and is currently phasing into retirement by working 15-20 hours a week. He lives in Yorktown with his wife, Beth.

Mark says he has had a bike for as long as he can remember, and bought his first good road bike in the early 80’s from Conte’s when it was in Hilton. It was a Fiji Monterrey.

Mark started running in high school and it’s been his primary sport since then, but about six years ago he bought a new Trek road bike that’s about 10 pounds lighter and much faster than his old Fuji and he increased his annual mileage from 700 to about 3,000.

Mark’s favorite PBA ride is the Tabb Library ride. He joined PBA and took a chance and joined the Tabb Library Ride wondering if he could keep up. Mark usually rides three times a week when it’s warm and tries to ride twice when it’s not. Mark and Beth

ride the Capitol Trail together and some of the roads in Smithfield on days they are both off from work and he says it’s a fun thing for them to be able to do together.

Mark says he is thankful for the PBA. He rode solo a lot during COVID and says it was so good to get back together with his friends as we have reopened. There is a real community among cyclists that he so appreciates.

BICYCLE CO-OP OF WILLIAMSBURG DONATION DELIVERY—May 14, 2022

Tom Bauer and **Robb Myer** made the PBA’s latest donation drop off at the Bicycle Co-Op of Williamsburg. In addition to two bicycles, there were 10 sets of tires, some new, a couple of dozen lights and other accessories. Also donated were two large boxes of jerseys, shorts, bibs and bike shoes. The image below is of Andy Ballentine of the Bicycle Co-Op with PBA’s outreach coordinator, Tom Bauer, standing in front of your donations.

During the last month the Co-Op sold nearly 70 bicycles and provided more than 1/2 dozen to those in need of transportation to/from their jobs.

Thanks to all who’ve donated since the April general membership meeting jersey drive. Tom will be accepting components, accessories and bike clothing at upcoming PBA events.



WELCOME NEW PBA MEMBERS (as of May 30)

Daryl Cofsky
Dean Dante
Jennifer Dean
Joshua Dean
Pamela Dispirito
Jane Elkin
Jannine Goetz
John & CK Gular
Cindy Halliday
Charles Helm
John Hinton
David Hudson
Deborah Hudson
Darrell Hudson, Jr.
Patrick Hurley
Judy Hurley
Hezekiah Jenkins
Jack Lindenmuth
Raleigh Martin
Shirley Martin
Kenta Katsumoto
Erin Matzen
Joseph Matzen

Matthew Matzen
Rebecca Matzen
Tarcela Mitchell
Kristin Morse
Ciaran Naughton
Elaine Quick
John Ratliffe
Stuart Richardson
Janet Riggs
Sheryl Romeo
Mathew Schwaller
Paul Sperling
Nazli Tavarez
Paola Vargas
Sixto Vazquez
Ryan Ware
Sandra P. Washington
Kari-lynn Wenciker
Chip Williams
Arba Williamson
Beth Willis
Donald Willis

Membership includes a 10% discount on selected items at most local bike shops. Thank you to members who have renewed their membership. We look forward to riding with you!

2022 MEMBER MILEAGE UPDATE

Members have already logged 64,530 thus far this year. Our top ten riders who recorded their mileage on Bike Journal or Love to Ride, in alpha order, as of May 30 are

Stacey Cole	Wade Jackson
Helene Drees	Patrick Johnston
Robert Drees	Roy Kidwell
Todd Goodhead	Robb Myer
Sally Jackson	Bob Silva

Three Ways To Log Your Miles

1. Join the Peninsula Bicycling Association (PBA) group on Love to Ride (URL: https://www.lovetoride.net/usa/groups/2518?group_invite=true). This is the preferred method for new challenge members and those using Strava or MapMyRide, as they will sync to Love to Ride.
2. Challenge members currently using Bike Journal, may continue to use it in 2022, which may be of interest if you do not use Strava or MapMyRide. (URL: <http://bikejournal.com/>)
3. Email your miles ridden to Robb at threespeed67-pba-ride-leader@yahoo.com.

As member challenges are for active club members, you must complete your BikeJournal/Love to Ride profile (i.e. real name and email) to be identified.

2022 BIRTHDAY CLUB CHALLENGE

Congratulations to the following members for completing the Birthday Club Challenge:



Vanilla Ages 50-59

Don Alexander, Jamie Clark, Bob Flynn, Sally Jackson, Patrick Johnston

Peaches and Cream Age 60-69

Jennifer Allen, Jim Day, Helene Drees, Robert Drees, Raleigh Martin, Shirley Martin, Ken McFarland

Rocky Road Age 70 +

Robb Myer

If you have ridden your birthday miles, email Robb at threespeed67-pba-ride-leader@yahoo.com. Birthday Club guidelines can be found on the PBA website at [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 2021.
- * 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/Stats. Coordinator.

Details about all member challenges can be found at <https://pbabicycling.org/Member-Challenges>

Summer Solstice Campout

By Robb Myer



Grab your tent and cooking gear, pack your panniers, and join us for our annual sub-twenty-four hour overnight on Saturday, June 25.

This year's mini tour will launch from Jamestown Settlement and ride the Virginia Capital Trail to Indian Fields Tavern for lunch and then back to the Chickahominy Riverfront Park campground.

After cooking your dinner and breakfast, the tour will return to Jamestown Settlement after a loop of Jamestown Island and ride along the Colonial Parkway. Depending on the interest we will either share the cost of a small group campsite (~ \$10 a camper) or reserve your own campsite (~ \$28 a tent).

If interested, please [register](#) early so we get an accurate count for the campsite requirement. If the overnight adventure is not of interest, you can still register for the first day of riding the Virginia Capital Trail returning to Jamestown Settlement after the lunch stop. The third option is ride up and back without your camping gear and then drive to the Chickahominy Riverfront Park.



2021 Rider's Cup Presentation Ride

Saturday, April 16, 2022



After spending last year with the Williamsburg Area Bicyclists (WAB), the Rider's Cup has come home to the PBA. For the past five years the PBA and WAB yearly mileage challenge has alternated winners each year. 2021 was our third win with the winning total increasing each year.

Over thirty WAB and PBA riders enjoyed rides at various paces rolling from the Yorktown Battlefield Visitor's Center riding through Yorktown, Seaford and Dandy.

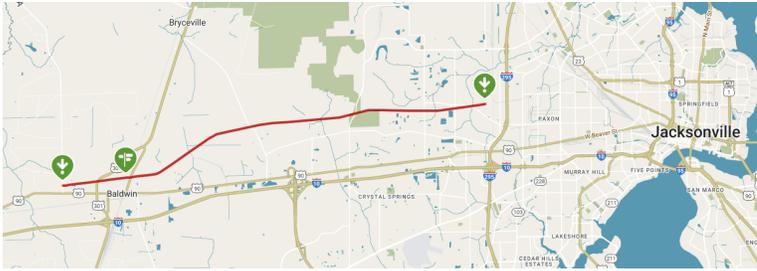


Carlton Foster accepting the trophy from WAB President, Jim Day



Jacksonville-Baldwin Rail-Trail

By Robb Myer



Twice this year we drove down I-95 for bike ride adventures in Florida as we've done for many years. While we used to be focused on reaching our destination, this year as Ralph Waldo Emerson extolled when he wrote "it's about the journey, not the destination", we looked for a nice trail along the way. The nearly 15-mile paved Jacksonville-Baldwin Rail-Trail was a perfect fit.

The east most trailhead at Imeson Road is only a mile and a half from I-295. And there are two trailheads a few miles apart in the town of Baldwin at the western end (Center Street and Brandy Ranch Road) that are just north of US 90 and a couple miles from I-10.

During our visit in February the mid-section of the trail was being resurfaced. This section was completed when we returned in April as was the next section toward Baldwin with construction on the last section between Baldwin and Brandy Ranch Road underway. The new surface should now be completed. There are nice restrooms and water fountains at all but the Brandy Ranch trailhead which has a port-a-let and the paved surface is wonderful. There are several crossing roads close to the Imeson Road trailhead, but much longer stretches of open trail offering many wild-life encounters including alligators and lots of bird species.

We are glad we found this trail and plan to ride it again on our next drive to Florida.



Annette Myer enjoying the trail.

Newport News Bicycle & Pedestrian Master Plan

Vision

Newport News strives to provide residents and visitors many options for bicycling and walking through well-designed bicycle and pedestrian facilities and interconnected bicycle- and pedestrian-friendly streets. A well planned and safe active transportation network improves public health, enriches the sense of community, and supports our overall quality of life.

- Wednesday, June 8th (4 pm - 7 pm): Community Open Houses ("drop-in style") will be held at the Denbigh Rec Center and Main Street Library
- Summer (TBD): Virtual Presentation: Draft Recommendations for walking and biking infrastructure projects, policies, and programs.

Your input is needed. For a survey to complete, an interactive map for suggested routes and more click the link below:

[Newport News Bicycle & Pedestrian Master Plan](#)

Smithfield Challenge Recap May 28, 2022

Otherwise known as "A Southern Champagne & Caviar Festival Celebration" (Moon Pies, RC Cola & Peanuts)



Over 50 riders registered for this event and left from Windsor Castle Park to ride around the beautiful Smithfield area and countryside. There were B+, B, C and Casual paces.

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The Merry Month of May Join/Renew raffle winners were announced and a highlight was the raffle held for members who stayed to enjoy refreshments. Items included, a bike repair stand, bike repair tool kits, bike clothing, and much more. **Debbie Wells** won the top prize—a registration to the DC Bike Ride on September 10.

Special thank you to **Janie Foster** and **Melanie Payne** for setting up at the park and **Tom Carmine** and **Linda Carmine** for the rest stop and SAG. Of course a big thanks to **Alex Ramirez**, **Rob Liles**, **Robb Myer**, **Carlton Foster** and **Sandy Butler** for leading the rides. The "Merry Month of May" raffle was a lot of fun, thanks to **Beverly Boal McLean** for securing most of the raffle gifts. Here are some photos from the event.



The Merry Month of May Join/Renew Raffle Winners

We had a few more than 40 new member/renewals during the National Bike Month "Merry Month of May Join/Renew Raffle" event with 10 raffle gifts, or a one in four chance of winning. A few winners were present at the Smithfield Challenge and received their gifts. Others please reply to Robb Myer at threespeed67-pba-ride-leader@yahoo.com to work out a time and location to get you your gift. Possible times are our After the Fourth Rides and Social (July 9 at Fort Monroe) and the Memorial Ice Cream Social and Bike Ride (Aug 13 at Bethel Recreation Area).

<u>Name</u>	<u>Join/Renew Gift</u>
Jane Elkin	Plain water bottle
James A Hughes Jr	Small Ortlieb seat bag with tire and patch kit
Kenta Matsumoto	Water bottle holder
Mel Moss	Trek NN Gift Card
Ciaran Naughton	Le Tour de France water bottle
Michael Noehl	Four ceramic bicycle themed bowls
Robert Prue	Handlebar Phone holder
Elaine Quick	Conte's Gift Card
Nazli Tavarez	Head sweat hat
Cynthia Williamson	Le Tour de France water bottle

Poquoson Memorial Day Ceremony Ride May 30, 2022

Bob Carter and Linda Carter led their annual Memorial Day Ceremony ride this morning. We took an extended rest stop in front of Poquoson City Hall where the local American Legion Post honored the nearly two dozen residents who served and died for their country during the World Wars through Operation Iraqi Freedom and the War in Afghanistan.

Attending these ceremonies reminds us that the Memorial Day weekend is much more than a chance to get in a couple of long rides, go to the beach or welcome in Summer. Most of us on the ride are veterans or from veteran families, who served with comrades from other towns and other wars who made the ultimate sacrifice.



Bob is a retired USAF Pilot and both his and Linda's father were career military officers who served in World War II. Thank you Bob and Linda, for giving us a chance to reflect for a few moments on those who we served with.

GENERAL MEMBERSHIP MEETING

April 5, 2022 held at Village Bicycles

Over twenty-five PBA members and guests attended the Spring 2022 General Membership Meeting at Village Bicycles in Newport News and enjoyed pizza and beverages provided by the club. A big thank you goes out to **Walt and Connie** for their continued support by holding this meeting at Village Bicycles.



Andy Ballentine & Carlton Foster

Andy Ballentine was the guest speaker who spoke about the wonderful work of the Bicycle Co-Op of Williamsburg located in the James-York Plaza. The Co-Op is a project of BikeWalk Williamsburg which is a nonprofit organization whose vision is to provide access to bicycles for youth and adults in our community who otherwise cannot obtain functional bicycles. The Co-Op's mission is refurbish donated bicycles and distribute them to individuals referred to the Co-Op by social service agencies, to provide a facility for the repair of bicycles, to train youth in operating such a facility, and to educate the community about the benefits of safe bicycling.

If you are interested in volunteering for the Co-Op email them with your interest at bikecoop@bikewalkwilliamsburg.org. Volunteers repair and refurbish the donated bicycles, work in the store, do fundraising and community outreach. In addition to bicycles, the Co-Op accepts bicycle parts, accessories such as bike bags, and cycling jerseys. At this meeting, PBA members filled a box of donated items for the Co-Op. PBA will also be collecting items at our upcoming summer events.

PBA President **Carlton Foster** gave an overview of upcoming events and **Robb Myer** went over the many fun PBA member challenges. Ride leaders present were introduced and they talked about their rides.

In addition, **Carolyn Poissant, Senior Planner for the City of Newport News**, gave an overview of how Newport News is involved in the Birthplace of America Trail, future trails that are planned, and how safer and more accessible bicycle routes are a priority in Newport News.



CITY CYCLING CHALLENGE / NATIONAL BIKE MONTH KICK-OFF EVENT

May 1, 2022

Over 40 riders kicked off the City Cycling Challenge and National Bike Month with B+, B, C, and Casual pace rides from the Tradition Brewing Co. in Newport News. Information tables were staffed from Sister Cities Newport News, Sister City Greifswald, Germany, the Birth of America Trail, Books on Bikes, Trek Newport News and Conte's Tech Center, as well as PBA.



Thanks to everyone who made this event a success: **Pax Goodson and Michele Hatcher** of Tradition Brewing Co, **Kate Helwig** of Sister Cities NN and to our ride leaders: **Rob Liles/Tom Bauer, Beverly Boal McLean/Todd Goodhead, Robb Myer/Melanie Payne and Anette Brinkley**. Special hats off to PBA President **Carlton Foster** and his wife, **Janie**, for staffing the PBA information table.



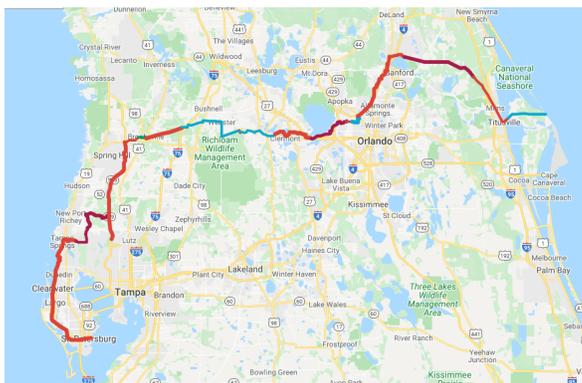
Florida's Coast to Coast Connector

By Robb Myer



I think all cyclists that ride beyond their neighborhood have the wanderlust gene. Every time I see riders on a loaded touring bike heading East to Yorktown or West toward Richmond, I have a desire to join them in their travels. Some club members have ridden the TransAmerica Trail between Astoria, Oregon, and Yorktown. Others, like Bob and Linda Carter, Robert and Helene Drees and Mark Van Raam have ridden the Southern Tier from San Diego, California to St Augustine Beach, Florida. Not all of us with the desire to bike tour can commit and budget and the two-month investment in a Pacific to Atlantic tour. Luckily for us, there is an option closer to home, and that's the Florida Coast-to-Coast Connector, or FL C2C Trail.

This "trail" really consists of parts of nineteen trails connected by road segments that extend from the Gulf of Mexico at St. Petersburg to the Atlantic Ocean at Canaveral National Seashore. The long-term goal is to replace the road segments with greenways and off-road segments. Unlike the East Coast Greenway which is currently 30% complete the FL C2C is 80% off road. The length is from 250 to 275 miles depending on the "road segments" you choose, i.e., more traffic on the shorter segments and the route you choose east of Titusville. The red-lines in the image represent the greenways and off-road trails while the blue-lines the current on-road connectors.



Recently, my wife, son and I had the opportunity to ride the eastern and western sections of the FL C2C Trail bypassing the 30 plus mile connector (i.e. blue line in the center of the image above). Most of Florida cycling trails are fully paved asphalt so there is no need for a mountain or gravel bike to ride them. In fact, hybrids and trikes were very popular on the trails we rode. We rode touring bikes with 32 mm and 36 mm tires.

On the eastern section we saw several club rides of a dozen or more riders all on road bikes. Several of the trails we'd ridden before including a couple of our favorites, including the 46-mile Withlacoochee State Trail and the 47-mile East Central Regional Trail. The eastern end of the trail is in Titusville, but the ride to Playalinda Beach in the Canaveral National Seashore and the Merritt Island National Wildlife Refuge and back to Titusville was a wonderful day without too much traffic (i.e. the shorter blue line at the right of the image above). Because we rode several out-and-back segments we logged 240 miles total. As soon as the 30+ gap in the center section is closed we will be back to have a real coast-to-coast adventure.



Before you start planning your FL C2C tour, recommend you watch this 22 minute [video](#) on Florida's Coast to Coast Connector trail.

Tour de Chesapeake—May 21, 2022

Over 50 PBA and WAB members participated in the 23rd Annual Tour de Chesapeake in Mathews, with 30 joining the group rides. Once again **Lynda Smith Greve** and her staff put on a great event. The early "Dog Days of Summer" (92F by our lunch stop) influenced many to adjust the day's mileage goal. Others tried the water taxi for the first time. Thanks to WAB president, **Jim Day**, for the group ride idea.



City Cycling Challenge 2022

By Robb Myer

“Oh boy it was fun to watch those miles pileup”



Last year Sister Cities of Newport News accepted the City Cycling Challenge from their German Sister City, Greifswald. Along with other local groups, we entered a team of 30 which logged almost 10,000 miles during the three-week challenge.

This year we double the size of our team and again finished at the top among the 26 teams in the Newport News group. This year's team logged over 15,000 miles with **Roy Kidwell** setting the pace once again with more than 810 miles.

As there are over 900 members of the Greifswald team, it will take a few more years before local participation grows enough for us to become competitive, but it is fun to participate, and all miles count in our annual member “1000 Mile Club” challenge. This is an example of win-win. Thanks to everyone who joined the team and logged your miles.

SPRING RIDES PHOTO COLLAGE



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!



morningstar
STORAGE

2360 Hampton Hwy,
Yorktown, VA
757-865-8200

Thank you for supporting the
Peninsula Bicycling
Association.

The easiest and preferred way to join the Peninsula Bicycling Association is at <https://pba44.wildapricot.org/membership>. Or you can complete the form below Mail to: Peninsula Bicycling Association, P.O Box 12115, Newport News, VA 23612-2115

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