



Chainstay

Newsletter of the Peninsula Bicycling Association (PBA)

www.pbabicycling.org

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HOLIDAY PARTY



The PBA Holiday Party was held December 10 at the Falcon Creek Apartment Complex, Newport News. We enjoyed pot-luck, exchanged Secret Santa bicycle-themed gifts, and collected bicycle-related items for the Bicycle Co-Op of Williamsburg. Pictured are Vice President Rob Liles, President Carlton Foster, Membership Director Richard Armstrong, Secretary Kimberly Collins, Rides Director, Awards & Statistics Coordinator Robb Myer, Outgoing Newsletter Editor Melanie Payne, Safety & Training Director Tregg Hartley, Historian Sandy Butler, Treasurer Tom Carmine, Advocacy Director Mark Suiter, and Incoming Newsletter Editor Jane Elkin.

MICHAEL SHIPP



Michael Shipp, 53, founder and owner of East Coast Bicycles in Norfolk, and a leader in the Hampton Roads cycling community, was struck from behind and killed by a pickup truck on South Carolina highway US-521 in Clarendon County on February 16. Shipp, a husband and father of two, was on his way to an annual week-long ride in Florida. The PBA sends condolences to the family and friends of Michael Shipp.

PBA RETAINS THE RIDERS CUP



Congratulations to the members of both the PBA and Williamsburg Area Bicyclists (WAB) who participated in the Rider's Cup Challenge. While the PBA retained the cup,

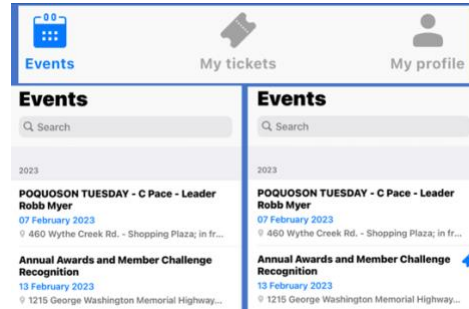
the margin of victory was less than one third of 2021 when we returned the cup to the club. The annual challenge continues to be a great motivator to get out and ride.

USE AN APP TO REGISTER FOR A PBA BIKE RIDE AND LOG YOUR MILES

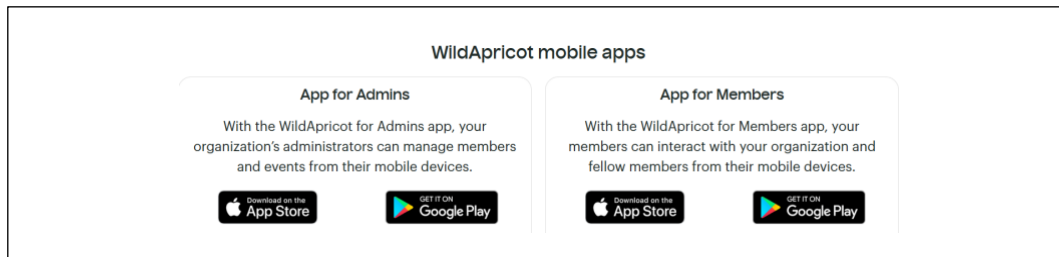
The first app is for registering for rides and other events and the second for member-challenge participants to manually log miles after a ride.

It's only been a few years since pre-ride registration replaced the paper sign-in sheets for club rides. While the process simplified ride registration for both riders and ride leaders with home/office computer access we knew we had to extend the ease to those using smartphones or other mobile devices before pre-ride registration was totally accepted.

Members should download the "WildApricot or Members" app from the Apple App Store or Google Play depending on your smartphone operating system, install and log in using your PBA website email address and password. Ride leaders do the same with the "WildApricot for Admins" app. This makes it easy to find and register for rides and



other club events like social and volunteer opportunities. You can also use the app to cancel registrations, renew membership, edit your profile.



The interface is simple to use. Once logged in select the "Events" icon and then the event or ride. Once your registration is completed, you'll a "ticket" icon next to the event. If you need to cancel, select the "My tickets" icon, and proceed to cancel. Once completed the "ticket" will no longer appear next to the event. In addition, ride leaders and event coordinators can see who is registered for the ride or event.

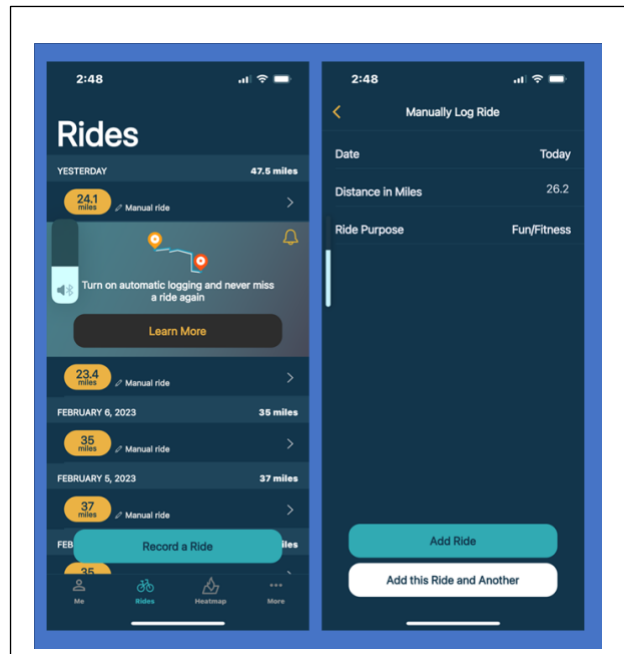
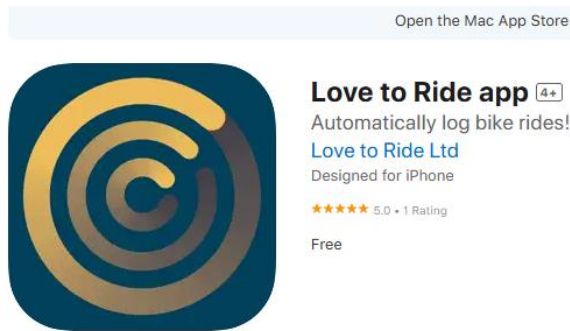
There is no change to the current registration process using the club website, so if meets your needs, you do not need to use the app. However, member feedback has been positive, because you do not need access to a desktop to register or cancel registrations. Remember, registration is required for all rides and events.

The second app is for member-challenge participants to manually log their miles on Love to Ride. Currently this app is only available for iPhone. Some participants link their Love to Ride and Strava profile so outdoor miles are automatically added after a ride, but Strava indoor miles are not passed between profiles. Some members have requested this, because occasionally they've reset their cyclometer before you get a chance to log their miles on a desktop computer. With this app you can log before you drive off after the ride, or log as soon as you finish your indoor ride.

Download the Love to Ride app from the Apple App Store, install and then log in with your Love to Ride email. If you sign-in using their Magic-link. Your code will be

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sent to email. The screens to record a ride are shown below.



received 3”-circular decals with the new club logo.

MEMBER CHALLENGE AWARDS DINNER

CONGRATULATIONS to the seventy-two PBA members who were honored with 113 member challenge awards at the dinner meeting held at the Country Grill & Smokehouse on February 13. Honorees received tubes of GU Hydration Drink Tabs, courtesy of Village Bicycles. Multiple winners also received a 3" PBA logo decal designed by vice-president Rob Liles.

The annual Awards & Recognition Meeting was held at the County Grill & Smokehouse on February 13, with over 38 members and guests attending.

Over 72 Member Challenge winners were presented with tubes of GU Hydration tablets. Multiple challenge winners also

Before the awards presentation, a hands-on demo of the mobile device application for bike ride and other event registration was

conducted. (*SEE THE ARTICLE ON THE APPS AVAILABLE FOR CLUB MEMBERS AND MEMBER CHALLENGE PARTICIPANTS IN THIS ISSUE OF THE NEWSLETTER.*)

Award winners were honored with gift certificates from either Trek Bicycle - Newport News or Village Bicycles.

Congratulations to all!

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The winners are:

2022 Awards

Most Improved Award: Chip Williams

Most Miles Ridden: Carlos Rodriquez

Volunteer of the Year: Janie Foster

"Going The Extra Mile" Award

(20 or more rides led): Sandy Bulter

Linda Carter & Bob Carter

Jamie Clark

Rob Liles

Robb Myer

Alex Ramirez

Thank you for your service:

Melanie Payne - six years as Newsletter Editor

Jamie Clark - four years (three years as President and one as secretary)

Born 2 Ride Challenge

To complete the Born 2 Ride challenge members must ride their birth year, or 62 miles if born after 1962, twelve times during the year, with the maximum of two rides recorded per month. In alpha order the challenge winners are:

Helene Drees

Robert Drees

Richard Maruyama

Robb Myer

Carlos Rodriquez

2022 Birthday Club Challenge Winners

The club members who rode their age during their birthday window in alpha order by ice cream flavor

Vanilla (Age 50 to 59)

Rodney Abare

Don Alexander

Jamie Clark

Bob Flynn

Sally Jackson

Wade Jackson

Patrick Johnston

Craig Logsdon

Laarni Paulin

Alex Rameriz

Carlos Rodriquez

Jonathan Romero

Jeff Spurlin

Peaches & Cream (Age 60 to 69)

Jennifer Allen

Jim Day

Helene Drees

Robert Drees

Dean Foster

Inae Kellum

Raleigh Martin

Shirley Martin

Ken McFarland

Sandra Washington

Rocky Roads (70 & over)

Sandy Butler

Bob Carter

Linda Carter

Richard Maruyama

Robb Myer

Melanie Payne

Mark Van Raam

Dale Watkins

Debbie Wells

1000 Mile Club Challenge Winners

[1000 to 2499 miles logged]

Rodney Abare

Kurt Alexander

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Wayne Arrington
Tom Bauer
Dave Bowman
Tom Carmine
Linda Carter
Melody Daniels
Brendan Donahoe
Dane Dye
Carlton Foster
Dean Foster
Peter Franklin
Mark Gamble
Tom Howard
Andrew Im
Inae Kellum
John Lasater
Nicholas Marickovich
Raleigh Martin
Shirley Martin
Floyd Newman
Bob Ornelaz
Laarni Paulin
Jonathan Romero
Mark VanRaam
Dale Watkins
Debbie Wells
Cindy Wong
Stephen Woods
Mark Woolery
Diego Zevallos

**2,500 MILE CLUB CHALLENGE
WINNERS**

[2500-4999 miles recorded]

Don Alexander
Jennifer Allen
Richard Armstrong
Dale Bell
Sandy Butler
Bob Carter
Jamie Clark
Stacey Cole
Gene Edwards
Mical Kupke

Jack Liike
Craig Logsdon
Beverly Mclean
Tarcella Mitchell
Melanie Payne
Alex Rameriz
Bob Silva
Mark Suiter

**5,000 MILE CLUB CHALLENGE
WINNERS**

[5000-7499 miles recorded]

John Hinton
Mike Kenyon
Todd Goodhead
Wade Jackson
Patrick Johnston
David Jones
Rob Liles
Richard Maruyama
Brendan Smith

**7,500 MILE CLUB CHALLENGE
WINNERS**

[7500-9999 miles recorded]

Sally Jackson
Roy Kidwell

**10,000 MILE CLUB CHALLENGE
WINNERS**

[10000 miles and over recorded]

Robert Drees
Helene Drees
Robb Myer
Carlos Rodriquez

HOLIDAY LIGHTS ON THE PENINSULA

By Robb Myer



Bob and Linda
Carter

When we think of the Virginia Peninsula, "Winter Wonderland" does not easily come to mind. When our community rides end after our clocks "fall back," it's easy to turn our attention to pursuits other than cycling, but if we think "Winter Wonderland," and light up our bike, there are many opportunities for fun and camaraderie on the Peninsula.

This year there was the Holiday Light Stroll, followed by the holiday lighting rides at both Langley Air Force Base and Christopher Newport University, and of course the Holiday Wonder Walk, which is also for bikes.

Lighting a bike is easy; just buy a string of LED lights for the frame and a set of LED wheel lights. Helmet LED lights are a fun addition. Cost varies, but we decorated two bikes for less than \$50 and that included a bag of 4" tie-wraps. It took a half hour to decorate the first one and about 20 minutes for the second.

Un-lighting the bike after the holidays took less than 15 minutes and that included storing them in freezer bags to be used again next holiday season. The Hampton Holly Days Parade in December was also a great opportunity to experience Winter Wonderland without all the snow and ice.



FLORIDA TRIP REPORT: BICYCLING IN THE VILLAGES, FL

by Jane Elkin

A [League of American Bicyclists Gold-Level](#) bicycle-friendly community in Florida, The Villages, is a beautiful place to ride a bike. It's a planned 55+ community of 100,000 in central Florida, and like the rest of Florida, has a high rate of growth. Although it's not on the ocean, palm trees, live oaks, and water views of the large fresh-water lakes create a visual feast.

Maybe you've heard that The Villages has a "reputation?" For Sure! I sat next to a guy in a bar who had an oxygen tank and oxygen tubes in his nose. The local crime reports recently described how a 91-year-old woman was sent to jail for leaving the scene of an accident after hitting two bicyclists. Law enforcement tracked her down after they found her white Mercedes in a repair shop.

Exploring The Villages on a bicycle is completely different from exploring it in a car. Multi-modal trails for bicycles, pedestrians, and golf carts are everywhere. Most of the intersections in The Villages are controlled by traffic circles, and the multi-modal pathways use tunnels to cross intersections. Recently the interiors of the tunnels were painted white, which helps with visibility.

Group bike rides are organized by [The Sumter Landing Bicycle Club](#). I rode the C Social rides of about 15-20 miles, a challenge for me after my October hip replacement. With 30 cyclists, the bike rides usually took the roads, rather than the multi-modal trails, probably because the bike club would rather deal with cars than golf carts. When entering a traffic circle as a group, all riders must be on the tail of the rider in front of them, to "take the lane." I

received a scolding for not following the cyclist ahead of me closely enough. I had created enough space for a vehicle to move between bicycles. The traffic circles were a little scary when there's traffic, but when there's no traffic in the circle, it's a lot of fun to lean into the circle and speed around it.

One lady I rode with on a bike ride said that when she and her husband bought a house, the priority was that it had to be close to the start of the weekly club bike rides.

My husband, John, joined me for a week although he went on a hunting trip. I'll probably avoid January rentals in the future, because it's the most expensive month to rent and it's also the most crowded.

I attended a Sumpter Landing Bicycle Club training session for ride leaders and sweeps. The major issue addressed was getting groups of cyclists through the roundabouts safely, in a community of seniors with poor eyesight. A few roundabouts are nicknamed, "Circles of death." In Florida it's required to ride with a mirror on the bicycle or helmet. Radar may not be substituted for a mirror because a radar can't detect which lane a vehicle is in. Mirrors are not required in Virginia. The issue of people showing up to ride in a group in which they were not qualified was also addressed. Newcomers assume that The Villages is easier to ride because it's flat and the riders are old farts, so ride leaders were counseled to question new riders. Experience riding a Peloton doesn't count for experience.

LIMELIGHT: JANE ELKIN, NEW CHAINSTAY EDITOR

When I saw there was an opening for a newsletter editor of the PBA, I volunteered because I like to write, edit, and ride my bicycle. I'm also interested in bicycle issues, especially advocacy for separated bike lanes and multi-modal trails. I like to ride bike club C rides and I love multi-day bike rides. I was the ten-year-old kid riding her bike to the public library, the teenager on a 10-speed, and now a member of the (60-69 year old), still riding a road bike.

After my first husband died when we were 30, from cancer, I bought a road bike and I met my second husband on a Potomac Pedalers bike ride in 1995. Although I retired to raise my family, in the early 1990s I was one of the first patent examiners in biotechnology at the U.S. Patent & Trademark Office. I returned to cycling when my children became teenagers. I've cycled Bike Virginia, RAGBRAI, (six times) Bubba's Pampered Pedalers Coast to Coast in 2018 and 2019 and ridden other multi-day rides on the East Coast Greenway and the Florida Keys. This year I'm excited about again attending--this time in person--the League of American Bicyclists Annual Meeting in March, Bike Virginia, and RAGBRAI.

BICYCLE TOURING IS CHANGING

By Tom Carmine

In 2001, I rode from Washington D.C. to McKeesport, Pennsylvania, just south of

John, my husband, and I are also the world's most elderly parents. Our two buys are



finally grown and flown (well, almost) and we currently live in Gloucester.

I recently bought a custom road bike from Georgena Terry. She still designs women's bikes with steel frames although she sold her women's cycling apparel company. I like that the steel frame will wrap itself around a stationary object, instead of shattering like a carbon frame. I had the bike designed with a dropped top tube (I had a hip replacement in October), a triple cassette on the front (for the climbs of Bike Virginia), and rim brakes (easier to change a tire than with disk brakes). The paint color had to be hyper green (like my car).

Pittsburgh, on a bike tour organized by the Allegheny Trail Alliance. Each year the Board of the ATA hosted these rides for around 25 people to promote the Great Allegheny Passage and to show that bicycle tourism was a real thing. My ride was not

their first year, and portions of the GAP portion were not even finished.

By today's standards, that trip was a modest adventure. Participants paid the ATA \$100 to ride. Most of that went to the Duane, out SAG driver, who tossed our duffel bags into his covered pickup truck each morning and met us for lunch with cold drinks around noon. The ATA arranged with hotels for each night, but we were responsible for booking our rooms. If you needed a roommate to share costs, they helped with that. I had a roommate from Pittsburgh for the week.

ATA no longer sponsors the rides. I believe that Adventure Cycling officially took over the ride, and today there are numerous competing outfitters offering tour packages. Similarly, Rails to Trails discontinued their annual ride that featured a different rail trail each year in 2018, stating that it was time for the private sector to step up and run these rides. I rode in the last ride down the Delaware Lehigh Trail. In 2016, I rode the Katy Trail, but when I looked online, the Missouri State Parks has not restarted their Katy Trail ride that they closed for COVID. I suspect that public ride has been replaced by private tour operators.

I've organized self-supported trips for myself and friends, but I really enjoy organized tours. My favorite has been fully supported camping trips with around 25 people. Camping keeps the costs down, a smaller group enables riders to get to know everyone, and fully supported also means that I'm not cooking dinner at the end of the day.

Today, you can go almost anywhere on a bike trip and do almost any kind of trip: self-supported, camping, low budget hotel, or luxury travel. If you're on a mailing list for

any bicycling organization or related magazine subscription, you've no doubt receive tour catalogs in the mail. It's all a matter of how much you want to spend.

I was completely shocked when I met up with Back Roads Bike Tours on Nantucket and learned how much people were willing to spend on a short bike trip. In this case it was \$3,999 per person for four hotel nights, double occupancy. This experience motivated me to review what some of the rides that I have done currently cost.

In 2015, for my first retirement bike trip, I chose the New York Parks Erie Canal Ride. It's a 725-person ride from Buffalo to Albany over eight days. Cost includes free camping, breakfasts, most dinners, and two first-class rest stops each day. The shuttle ride at the beginning or the end is extra. The 2023 cost, including shuttle, will be \$1,305 versus \$800 in 2015, still a great value for eight days. You can opt out of hotels, but you're on your own to make that work.

Wilderness Voyagers offers a short four-day tour of a portion of the Erie using hotels for \$1,490 per person double occupancy which includes most meals.

When I planned a 2022 week-long tour of Cape Cod, Nantucket and Martha's Vineyard, our costs for lodging, food, and ferries came to under \$900 per person. Four days with Vermont Bicycle Tours, touring only a portion of Cape Cod and staying in one hotel is \$2,595 per person. USA Bike Tours has a six-day trip, including meals, for \$2,595 that uses multiple hotels and does a day trip to Martha's Vineyard. As mentioned, the four-night Back Roads tour of Cape Cod was \$3,999. I checked the prices of the Back Roads hotels, and the rooms were \$800+ per night. Staying in

first-class hotels during tourist season is half of the cost of the trip.

If you're a hard-core camper, you can do a self-supported Cape Cod, Martha's Vineyard, Nantucket trip with Adventure Cycling for \$1,699 (\$1,250 when I went in 2014.) BikeEternity, run by Arlen Hall, former tour director at Adventure Cycling and my tour leader in 2014, did a Cape Cod tour in 2022, the same week that I was touring. I couldn't locate a price for his tour online, but I'm sure that it is comparable to ACA's price.

There's a bike tour almost anywhere that you would want to go. If there isn't a full tour operator available, there are often local support that will help you with your trip. For example, when my friend and I did the Greenbrier Trail, we needed a shuttle ride from our end point to the starting point on the first day. That 90-minute ride costs \$180, but it saved us from driving two vehicles to and from West Virginia and

spending three hours retrieving the dropped vehicle at the end of our ride. Public transportation is also improving. Today, Amtrak is more accommodating to bikes. On my last GAP trip, I met a cyclist that took the train every year from Chicago to Pittsburgh to ride the GAP.

If you've never done a bike tour, an all-inclusive package is the way to start. Having your gear moved for you and SAG support also means you can ride a road bike, without carrying gear on the bike. If you want to design your own trip, start with the itinerary for an organized trip and modify it for yourself. I hope to do that with the Erie Ohio Trail later this year.

To summarize, if you want to do a bike tour, you have more options than ever before. The bike tour industry is growing both here in the US and in Europe as well. It is time to get out and take a bike tour.

LOG THOSE MILES: PARTICIPATE IN THE CLUBS ANNUAL MEMBER CHALLENGE

1. Create an account on [Love to Ride](https://www.lovetoride.net) and join the Peninsula Bicycling Association at: https://www.lovetoride.net/usa/groups/2518?group_invite=true . Please make sure your name and email address match with your PBA website member record. If desired, you can connect your Love to Ride profile with your Strava or MapMyRide profile and your outdoors miles will be automatically recorded on Love to Ride. You still must manually log your indoor miles. Of course, even if you have a Strava account you may log miles manually. If you choose automatic logging, you must occasionally verify that all rides are synced.
2. Members also have the option to periodically email your miles to Robb at threespeed67-pba-ride-leader@yahoo.com. However, you miss out on the "social benefits" of the friendly challenge with other members.
3. Reminder, as the name suggests, Member Challenges are for active members, so make sure your membership is current. Lapsed members will not be recognized.

2023 PBA Officers and Committee Chair

President	Carlton Foster
Treasurer	Tim Carmine
Secretary	Jamie Clark
Advocacy Director	Mark Suiter
Safety/Training Director	Tregg Hartley
Comm. Outreach/ Volunteer Director	Tom Bauer
Newsletter Director	Jane Elkin
Rides Director	Robb Myer
Program Director	Vacant
Membership Director	Richard Armstrong

Additional Positions

Historian	Sandy Butler
Awards/Statistics Coord.	Robb Myer
Webmaster	John Bright

PBA Board Meetings

The PBA Officers and Committee Chairs meets on the first Sunday of each month at 7 PM, currently electronically by Microsoft Teams. Contact Carlton Foster, PBA President, to have your topic added to the meeting agenda. All PBA members are welcome to attend.

PBA Newsletter, The Chainstay, is the quarterly newsletter of the Peninsula Bicycling Association, published using Word for Apple. The Club encourages and supports all types of bicycling on Virginia's Peninsula. Email your cycling-related photos and story submissions to Jane Elkin, Chainstay Editor, at jelkin87@gmail.com. PBA's website is hosted by Wild Apricot Membership Management Software.

Join the Peninsula Bicycling Association:

<https://pba44.wildapricot.org/membership>.

Don't forget that our local bike shops, **Trek Bicycles Newport News, Village Bicycle**

offer PBA members a 10% discount on supplies and accessories. Check with each shop for their specific discounts. Thank you, Trek Bicycles and Village Bikes for supporting PBA.

