



Chainstay

The Peninsula Bicycling Association

May 2014

Volume 44, Issue 4

Monthly Meeting



Monday
May 12, 2014

Dinner and
Social Hour 6:00 p.m.
General Meeting 7:00 p.m.

Angelo's Steak House
755 J. Clyde Morris Blvd
Newport News

Program: Planning The
Smithfield Challenge

Inside

- [Pedal the Parkway](#), p. 3
- [The Smithfield Challenge](#), p. 4
- [Bike MS, aka "MS-150"](#), p. 5
- [Carbohydrates \(the truth\)](#), p. 6
- [Ride Reports](#), p. 7
- [What's an S240?](#), p. 7
- [PBA Classifieds](#), p. 10
- [Weekend Rides](#) (online only)
- [Weekly Recurring Rides](#), p. 11
- [Riding Out Yonder](#), p. 13
- [PBA Event Schedule](#), p. 13
- [May is Bike Month](#), p. 15
- [PBA Membership](#), p. 16



Yep, it's May -- and May is Bike Month. Whether you bike to work or school; ride to save money or time; pump those pedals to preserve your health or the environment; or simply to explore your community, National Bike Month is an opportunity to celebrate the unique power of the bicycle and the many reasons we ride.

And today is a big day. It's the official start of the National Bike Challenge; it's the release of the 2014 Bicycle Friendly State Ranking, and it's the day we invite YOU to show your love by changing your Facebook profile or timeline photo to May is Bike Month!

What else is on the national calendar? Here are important dates to remember:

- May 7: [Bike to School Day](#)
- May 11: [Cyclofemme](#)
- May 12-16: Bike to Work Week
- May 16: [Bike to Work Day](#)
- May 21: [Ride of Silence](#)

[More on Page 15](#)

May Meeting Program — Planning The Smithfield Challenge

Join us as Sharon Bochman delivers a presentation on PBA's plan for The Smithfield Challenge. Sharon will share the plans and details that may not be understood simply by reading the registration page.



The Peninsula Bicycling Association is hosting their first annual Smithfield Challenge cycling event on Saturday, May 24th in Windsor Castle Park. This event is designed to promote a healthy lifestyle while enjoying the beautiful scenery around Isle of Wight County. There are three routes with different start times:

64 miles (8:00am), 46 miles (8:30am) and 25 miles (9:00am)

This will be a great way to kickoff summer. One of the rest stops will be at Oliver Farms where riders will be able to pick their own strawberries while taking a break. PBA will have vehicles available to transport strawberry purchases back to Windsor Castle Park where riders can pick them up at the end of their ride.

Riders will also be treated to a festive lunch at Windsor Castle Park after their ride. The entry fee not only includes lunch but also rest stops stocked with food, water and Gatorade, SAG support and ham radio support. We will have a massage therapist onsite afterwards offering massages for your tired muscles for a small fee. Be sure to bring cash for the produce you will want to buy as well for your post-ride relaxation therapy. Before you leave Smithfield, you will find the Town of Smithfield is having a large Farmers Market the same day very close to the park. What an awesome way to begin summer, with a great ride and fresh produce to take home, too!

The first 50 riders will receive a FREE swag bag filled with great goodies. Go to pbabicycling.org for more details and a link to sign up for the best ride anywhere in the area!

Volunteers are needed to help with Food (*no preparation on your part*), Registration and SAG. We could have about 150 riders at this event, if it is as successful as the "old ride" from Upper County Park. It takes many volunteers to make it a success. All we need is a few hours of your time. You will still have time to ride. Volunteers ride free. In addition, SAG volunteers receive \$15 to defray the cost of fuel. Contact Patricia D'Elia at 757-268-7374 or patricadelia@gmail.com for food, registration or parking control. Call Mark Van Raam at 757-827-7221 for SAG.

Get your ride on!

Sharon Bochman



PBA Website:
www.pbabicycling.org

PBA Board Meeting
 PBA Officers and Executive Committee meet on the first Monday of each month at Carmines Robbins & Company, 11815 Rock Landing Drive in Newport News. All PBA members are welcome to attend and contribute to discussions which will form the direction of the club. Business also includes planning 2014 PBA events.



PENINSULA BICYCLING ASSOCIATION
 P.O. Box 12115
 Newport News, VA
 23612-2115

PBA Affiliations:



2014 Officers		
President	Sharon Bochman, bochman@cox.net	757-868-4120
Vice-President	Mary Hughes, justmarybee@gmail.com	757-713-9321
Treasurer	John Parker, johnj1jr@verizon.net	757-898-7147
Secretary	Scott Farrell, StealthTDI@spamarrest.com	757-874-2881
Executive Committee Members	Tregg Hartley, tregg.hartley@verizon.net Bill Newton, williamnewton1@verizon.net Vacant (anyone interested?)	

Committee Chairs		
Ride Schedule	Jack Liike, jliike@hotmail.com	757-788-1196
Membership	Scott Blandford, csbford@yahoo.com	757-256-9391
Publicity	Vacant (anyone interested?)	
Safety	Gale Harvey, harvey.gale@gmail.com	757-723-7148

Chainstay editor and PBA webmaster is Scott Farrell. Chainstay is published 11 times a year with a combined issue for December/January. **All submissions and advertising copy are due by the 20th of the month prior to publication.** Classified ads are free to club members only. Send all Chainstay submissions to StealthTDI@spamarrest.com (please type "PBA" in the subject). Send all other club business to the club P.O. box listed in the left margin. Ride leader volunteer and ride inquires should be directed to the Ride Scheduler, Jack Liike, jliike@hotmail.com. Chainstay is produced using Microsoft Publisher with photo editing by Corel Photo-Paint. PBA's website is hosted by Network Solutions.

IT'S BACK! Pedal the Parkway 2014



Pedal the Parkway 2014 Free to the Public on the Colonial Parkway

Bicycle, jog or walk along the Colonial Parkway on Saturday May 3rd 2014!
at the 17th Annual Pedal the Parkway

When: Saturday, May 3rd 2014 from 8 AM to 1 PM. Free, but bike helmets and registration required.

Where: Pedal the Parkway is held on the Colonial Parkway section running from Williamsburg's Newport Ave entrance to Jamestown.

What: The National Park Service closes the Colonial Parkway to motor vehicles from Williamsburg to Jamestown for cyclists, runners and walkers of all ages to enjoy a car free Parkway. In 2012, over 1000 people enjoyed the beautiful scenery along the Parkway during this event. New in 2014, an Outdoor Activity Expo located at the ECO Discovery Park will be held to promote outdoor recreation and healthy living activities.

Who: Your local bicycling club, Williamsburg Area Bicyclists (WAB) is once again organizing the 17th Annual Pedal the Parkway to provide an enjoyable experience along the historic and temporarily car-free Colonial Parkway.

Why: Fun, free, and family-friendly alongside the beautiful James River.

Non-competitive, start at your own time, go at your own pace.

Free bicycle helmets for children at the ECO Discovery Park while they last.

Suitable for young families, special-needs athletes.

Need more Info? www.williamsburgbikemonth.org

Facebook: <https://www.facebook.com/pages/Pedal-the-Parkway/117268508285310>

Contact: Nancy Carter, njcarter@starpower.net, 757-229-4907

Sponsors Needed!

Help us put on
Pedal the Parkway!
Contact us at pedalthehighway@gmail.com



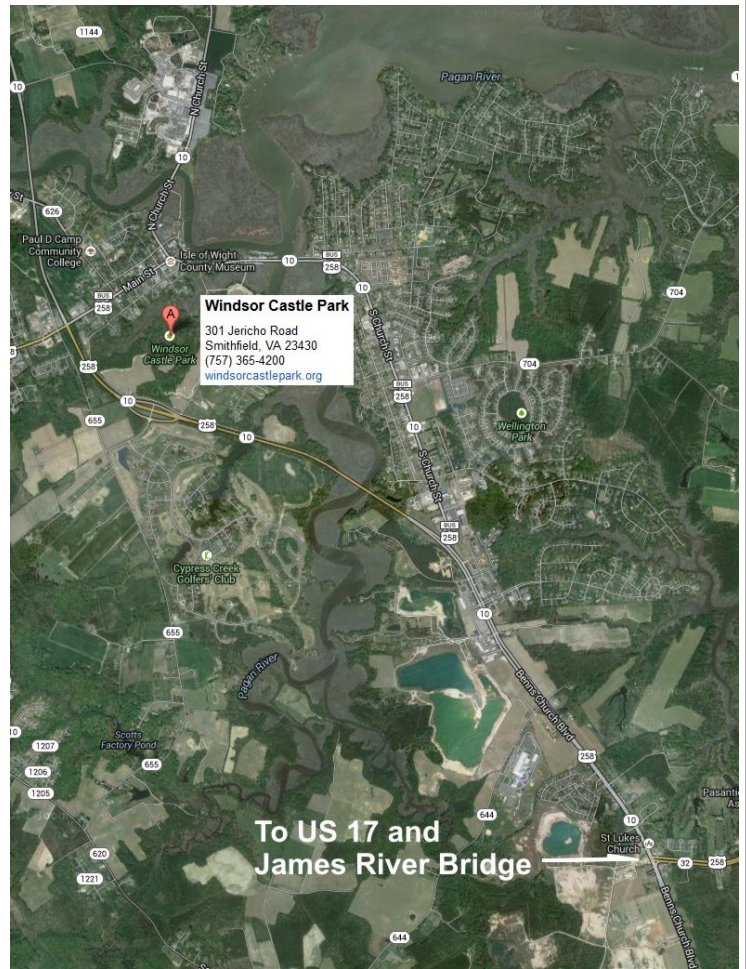
The Smithfield Challenge: May 24, 2014

Join the Peninsula Bicycling Association on an all-new ride, The Smithfield Challenge, starting from Windsor Castle Park in Smithfield, VA.. The park is near downtown Smithfield (*address in photo*). Rides of 25, 46 and 64 miles though Surry County. Registration fee is \$15 for members, \$20 for non-members and \$10 for each child (*12 and under*). Fee includes maps, cue sheets, marked routes, rest stops, snacks, sag support and lunch at the end of the ride. Pre-registration requested. **A \$5 late registration fee if registration form is postmarked after 5/15 or registering on-site.** On-site registration opens at 7:45 a.m. Route SAG from 8:30 a.m. to 2:30 p.m. Lunch from 11:00 a.m. to 2:30 p.m. **HELMETS ARE REQUIRED!**

Contact Patricia D'Elia at 757-268-7374 or patricadelia@gmail.com for additional details or to volunteer.

Make checks payable to PBA and mail registration form to:

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



The Peninsula Bicycling Association 2014 SMITHFIELD CHALLENGE Saturday, May 24, 2014

Name: _____
(one name only)

Phone: _____

Address: _____

E-mail: _____

City/State: _____

ZIP: _____

Emergency Contact: _____

Emergency Phone: _____

I will ride the following route (please circle one):

25/ 46 / 64

Registration Fee: (please circle one):

Non-member	\$20
PBA member	\$15
Child (12 and under)	\$10
Late Fee (after 5/14)	\$5

Total Enclosed: \$ _____

RELEASE AND WAIVER:

In signing this application, I 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 do hereby: assume all risk for injury, loss or damage, foreseeable or not, which I and/or any children under the age of 18 in my care may sustain as an accident to such activities. I 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 right to proceed any class of persons specifically excluded herein, who negligently cause injury, loss, or damage to the persons named on this application.

(one name only)

JOIN TEAM KILLER BEES – IT'S AN ATTITUDE, NOT A SPEED.

by the Queen Bee



I think I have neglected to explain something to those of you who read the newsletter and think about joining the MS-150 but are apprehensive about the pace. It's not about the pace!!! The ride starts at 7:00 and you have until 5:00 to finish. There are 1 and 2 day options with routes of 36, 75 and 100 miles each day. The routes are FLAT with rest stops every 10 miles or so. Just think of these two days as lots of 10-mile rides. The Killer Bees all ride at different paces and there are SAG wagons for the weary – just participating is a challenge and its own reward.

Afraid of fund-raising? The MSS website is full

of fund-raising ideas and links to help you ask for donations online.

Having trouble getting out of the house for a weekend of riding? Have a spouse or significant other who doesn't ride? We need volunteers – contact the MS at 757-490-9627.

For more information contact Captain Bee Art Wolfson (afwolfson@cox.net or 757-877-0147) or Queen Bee Elaine Cardwell (elainecardwell@cox.net or 757-871-7544) or sign-up online at <http://www.MSVirginia.org/>.
BE SURE TO REGISTER ON THE KILLER BEE TEAM.

bike
MS

Don't just ride, Bike MS

VIRGINIA'S OCEAN TO BAY RIDE 2014 - CAPE CHARLES
SATURDAY, MAY 31 - SUNDAY, JUNE 1

VISIT BIKEMS.ORG TO LEARN MORE

Carbohydrates Facts: Get The Right Info Once and For All

by Nancy Clark, from Active.com

From: <http://www.active.com/nutrition/Articles/Carbohydrates-Facts-Get-The-Right-Info-Once-and-For-All.htm>

Carbohydrates seem to be a source of confusion for athletes and fitness exercisers alike. Due to the Paleo Diet, Grain Brain, Wheat Belly, and other trendy diet books, many active people don't know what to eat. They just think they should avoid pasta, bagels, juice, bananas and sugar—even if these foods are non-problematic for them.

Yet, most of the carbs are evil, fattening & bad for you hype is targeted not to athletes but to the masses of overfat, underfit people whose bodies do not handle carbohydrates as healthfully.

More: [The Best Carbs for Athletes](#)

What Are Carbs?

Some athletes are confused about carbs because they do not even know what carbohydrates are. One marathon runner claimed he "stayed away from carbs." Yet, he routinely ate oatmeal for breakfast, whole wheat wraps for lunch, and sweet potato with dinner.

He failed to understand that oatmeal, wraps, and potatoes are carbohydrates. He was actually limiting his intake of refined sugars; there is a big difference.

Here's what he needed to know about carb biochemistry:

Carbohydrates include both sugars and starches. Carbs are in fruits, vegetables, grains, and milk (lactose). These carbs all digest into the simple sugar glucose. Glucose travels in the blood and, with the help of insulin, is taken up for fuel by the muscles. Athletes who restrict carbs pay the price—"dead legs" and inability to perform at their best.

All carbs—both sugars and starches—are equal sources of muscle fuel. Regardless of whether you eat a starchy potato or sugary candy, the end product is the simple sugar glucose. Some of that glucose feeds your brain; some of it fuels your muscles; and some gets stored in muscles as glycogen, ready to be used for fuel during hard and extended exercise.

Sugars and starches are biochemically similar. For example, an unripe banana (or any fruit) is starchy. As it ripens, it becomes sweeter; the starch converts into sugar. In comparison, peas (and other vegetables) are sweet when young and their sugar converts into starch as they mature.

More: [9 Tenets of Clean Eating](#)

Are Carbs Bad For You?

Regarding health, some carbs are better for you than others because they offer more nutrients. For example, the sugar in sport drinks provides "empty calories" with no nutritional value (unless they are fortified to give a healthier appearance). The sugar in orange juice is accompanied with vitamin C, folate, potassium, and many other vitamins, minerals, and plant compounds that contribute to good health.

While juice offers slightly less nutritional value than you'd get by



eating the whole fruit, most anti-juice hype is targeted at overfat people. Liquid calories from juice, soda and sports drinks do not contribute to satiety (fullness). Hence, drinking sugary beverages with meals adds extra calories that can contribute to undesired weight gain. Yet, for active people who want to gain weight, juice can help a skinny athlete easily boost calorie intake while simultaneously adding carbs for fuel that enhances muscle-building workouts.

More: [Can Beet Juice Improve Your Performance?](#)

Even though refined sugar adds "junk calories" to a sports diet, you need not eat a sugar-free diet to have a good diet. A fit and healthy person's menu can accommodate 10 percent of calories from refined sugar (World Health Organization's guidelines).

Yet, if you frequently consume sports drinks, gels, and sports candies—as well as other sweets—you can easily consume more than 250 to 350 calories (10 percent of calories) from refined sugar. Please don't displace too many fruits, veggies and whole grains with empty calories from sugar.

More: [Avoid Junk Fitness Food](#)

High Fructose Corn Syrup

High fructose corn syrup (HFCS), also deemed evil and fattening, is less evil and less fattening than portrayed by the media (See source 1). Ninety percent of 567 media reports on HFCS since 2004 replaced science with opinion and were biased to the erroneous (See source 2).

HFCS is a double molecule comprised of 45 percent glucose, 55 percent fructose—the same as honey and similar to white sugar (50 percent glucose, 50 percent fructose).

[Continued on page 15](#)

Ride Reports

Suffolk-Skippers 300 km Brevet

by Keith Sutton, TidewaterRando.com

Just before sunrise Saturday 4/19, 3 riders left Suffolk for a 190 mile unsupported ride to Lake Gaston and back. They would face drizzle and 50 degree temps, as this has been typical weather for our region this year.

Their bikes had to carry supplies for any surprises along the way and enough food and water to get them to the next available facility where they can resupply. With the rain and anticipated riding into the early part of the night, they had front and rear



lights as well as reflective clothing. Since they had until 2AM to finish, riding in the dark for several hours was possible. This required being able to navigate dark rural roads which may be unfamiliar. With only a cue sheet for directions, helmet lights for reading and seeing the street signs were common equipment.

The route took them through quiet farmland along the Southeastern border of Virginia. The terrain is rather flat until Emporia, then more rolling roads as they made their way West.

All that riding is celebrated along the way with brief stops for a bit of rest and often a pleasant sit down meal. A quaint coffee shop in Boykins has become a favorite on these routes for that purpose. We were able to have volunteers at that 40 mile stop and at the 95 mile turn-around to check people through.

The riders made it back to the Suffolk finish in late evening, with all completing their ride within the time limit in spite of the conditions we had for the event.

Having already held a 200k (125-mi) event in March, we're planning a 250 mile ride with a 27 hour time limit on 5/24 using this same route but instead looping to Littleton and Ahoskie before returning through Franklin.

Editor's note: See Scott's report of this ride at <http://www.CaptainOverpacker.com/>

Tour de Cure

by Sharon Bochman



Team Killer Bees had a great showing at the Tour de Cure this year. We had 31 riders in 2014, which are 11 more riders than 2013. As of May 1st, we have received \$11,304 in donations. The reason we are doing so well is simple.... Diabetes affects one in three adults in our population. We all have friends and family members affected by this dreadful disease. One thing we all know, it is preventable. Diet and exercise DO make a tremendous difference. That is why we ride!

It is not too late to donate. Go to tour.diabetes.org and click on the link to Team Killer Bees. You can post a donation to your favorite "Bee" or just donate to the team in general. Either way, the money goes to a great cause. Thank you to all that already donated!



What is an S24O? Only the Greatest Thing Ever!

By Russ Roca

From: <http://www.bikecommuters.com/2008/06/24/what-is-a-s24o-only-the-greatest-thing-ever/>

So you're a hardcore commuter. You ride five days a week rain or shine. You know how to carry gear on your bike, or maybe you have an Xtracycle. You want to go on vacation with your bike, but you "just don't have the time." Think again! It's time to go on an S24O!

An S24O (pronounced "Es-Two-Four-Oh") was coined by Grant Peterson of [Rivendell](#). It is a sub-24 hour overnight bike camping trip. The beauty is that it takes little time commitment (less than 24 hours) and if you forget something in your packing, it's not the end of the world.

If your commuter bike has a rack and panniers, it's S24O ready. Because the trip is so short, you don't have to carry everything and the kitchen sink. Two rear panniers and a saddle bag should do it. No need for front panniers. GP shows a typical kit for one night out on the Rivendell site. It's not a whole lot.

S24Os are also pretty inexpensive due to the short duration. They are also family friendly, since you won't be covering huge miles!

Finding a suitable location for an S24O will probably be the



biggest challenge. State parks with camping would be the first choice or if you're going solo, you could free camp with discretion in your local foot hills or mountains. I live in Long Beach, CA which is in LA County. Not the first place that comes to mind when you think of camping. However, with a little research I've found some great S24O opportunities not too far from Los Angeles. Combining the train, I can do an S24O in the central coast or in the mountains just north of Pasadena or the state beaches south of Orange County. There are a lot more options than you would think.

Here are a few accounts of some S24Os to inspire you.

- [Kent's S24O](#)
- [Alex Whetmore's S24O account](#)
- An [S24O Flickr Group](#)
- An excellent [S24O video](#)

Editor's Note: If you're not a camper, an S24O can be done "credit-card-style" by staying at hotels or Bed & Breakfast Inns instead. There must be options for a Yorktown start! :-)



In Search of Guest Speakers

We're looking for would-be guest speakers to come forward and volunteer to speak at one or more of our monthly meetings. Anyone who is a professional in a cycling, fitness or sports medicine related field, anyone who is knowledgeable about cycling related topics (*riding, mechanics, projects, law, etc.*) is encouraged to step forward and share their insights with the membership. Please contact Sharon Bochman at bochman@cox.net or 757-868-4120 if you are interested in making a presentation. The club can provide a projector and will pay for your meal that evening.



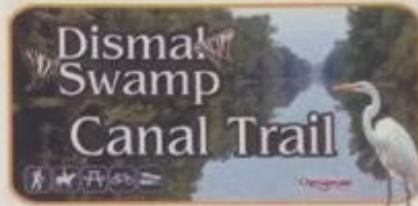
BikeFest



Dismal Swamp Canal Trail - May 4, 2014

CHESAPEAKE

Come celebrate Bike Month with the Chesapeake Bicycle/Trails Committee, the Tidewater Bicycle Association (TBA), and Safe Routes to School Chesapeake. Bring your bike and enjoy 8.5 miles of paved trails and great family friendly bike activities including a bike rodeo, bike safety demos, and visit with a bike mechanic. Parking & restrooms available. See the Parks and Recreation website for directions.



SafeRoutes

National Center for Safe Routes to School



www.cityofchesapeake.net



May 4th 1-4pm
"Friends, Family & Fun!"

City of
CHESAPEAKE
Virginia

PBA Classifieds

PBA Members Only



2011 Trek Madone 4.5 (58cm) - Shimano 105 (*except crank/brakes*). Purchased in March 2012. Has approximately 6500 miles. Maintained by Bike Beat in Kiln Creek. Excellent condition with exception of minor paint chips in seat stay and chainstay from broken spokes. Upgraded wheels to Bontrager 28-hole Classics. Matte black paint with blue accents. Sale includes two water bottle cages and DuoTrap speed sensor (*cadence non-functional*). 58cm size is good for riders ~5'11"-6'2". Asking: \$1400. Contact Scott at StealthTDI@spamarrest.com ("*PBA*" in subject, please). (2/14)

VINTAGE 1986 TREK 310 ELANCE, 54 cm, men's red road bike. Great for classic collector to show off. 27 1/4 tires are idea for beginner, for casual rides, and easy to handle on dewy or damp road surfaces. Shimano Tiagra. Rode the Surry Century 100 miler and several duathlon's with ease every time. Tuned and road ready. Asking \$175. Contact Dave at 813-5272 or Ziggy0705@aol.com.

2011 Cannondale Synapse WSD 51cm women's road bike. The carbon fiber frame and fork are shades of charcoal gray and in excellent condition. Originally sold and all maintenance performed by Village Bicycles. The bike has about 2,500 miles. Comes with SPD pedals, 10-speed Shimano Ultegra components throughout including SG-X 105 50-F crank. Mavic Ksyrium Elite wheels with Continental Grand Pix 4000S tires. New Bontrager seat. The bike is ready to ride and a dream to own. Asking \$1,200. Contact Kelly or Dave Peck at 757-596-7387 or kellyndave2@verizon.net. (12/13)

Green RANS Cruz Crank Forward Bike - Includes rear rack, kickstand, mirror, cyclometer, water bottle cage/bottle, bell. See <http://www.rans.com/bicycles/cruz.html> for current specifications. Asking \$750. Contact Robb at rmyer3@verizon.net or 757-826-4433. (11/13)

2012 Catrike Expedition - Considered top of the line for recumbent trikes. Bought after hip operation, but found after operation that I preferred my road bike. Just over a year old with less than 150 miles.

With rear car rack, value is \$3200. Will sell for \$2000. Call Fred Adams at 757-467-2775. (10/13)

2012 Schwinn "MADISON" single speed bike. Size 24" frame (*middle of crank to top seat post*). Frame is black with yellow rims. Purchased \$500 asking \$300. Contact Paul at Pauly14@verizon.net (5/13)

2003 TREK 2200 WSD 51 cm women's road bike. The bike is White and in excellent condition with about 2000 miles. Comes with Flight Deck computer, SPD pedals, 9-speed Shimano 105 components and all original manuals. Rodney Martin at Bike Beat has looked over the bike, made all necessary adjustments and stated that the bike is worth between \$700 and \$800 dollars (we have the receipt). The bike is ready to ride. Asking \$600.00 firm. Contact Anthony or Hazel Woodard at 766-9180 or e-mail at papawoodard@verizon.net. (4/13)

2006 Fuji Newest 1.0, 54 cm, TIG welded Fuji Altair 2 frame with carbon front fork, Truvativ compact crankset (36/50 teeth), Alex ALX R-1.0 rims. Upgraded with 10 speed, indexed Shimano Ultegra shifters, Ultegra rear derailleur, and Shimano 105 cassette (12-27). Fuji saddle is original and still new. (I swapped it out for my own saddle.) Wheel set is like new. Bicycle was ridden one season before I upgraded to a new frame. This is a nice entry level road bike made even nicer with these component upgrades. Asking \$800 OBRO. Call Jan Carlson at 757-898-2870 (renewed 4/13)

2006 Madone 5.2SL 52cm Road Bike. Ultegra 6600 10 speed, 53-39, 12-25. Purchased and serviced exclusively at Bike Beat Kiln Creek (all records available at BB). Italia Seat with Bontrager seat bag. Madone 5.2SL is less pedals. Selling price is \$700. Contact Mel Moss at 757-867-8943. (update 12/13)

PBA members place your free cycling related for sale ad. Send ad to Scott Farrell at StealthTDI@spamarrest.com.



BikeBeat
Discover the Power of the Bike

www.bikebeatonline.com

757 - 833 - 0096
119 - A Village Ave., Yorktown

757 - 229 - 0096
4640 Monticello Ave., Williamsburg



Weekly Recurring Rides

RIDE SPEED CLASSIFICATIONS

A+ pace: 22-24 mph (fast and steady)

A pace : 20-21.9 mph (fast and steady)

B+pace: 18-19.9 mph (moderate & steady)

B pace: 16-17.9 mph (moderate & steady w/stops)

C+ pace: 14-15.9 mph (moderate with stops)

C pace: 12-13.9 mph (group will wait for all cyclists)

D/Casual: 10-11.9 mph (group will wait for all cyclists)

Call one day prior when planning to attend a ride. This allows time to inquire about directions, the weather or to discover last minute changes in the schedule. **Ride leaders are not obligated to lead a ride in inclement weather, when the temperature is below 40 degrees or when no one calls to inform them there is a group to lead.** PBA recommends helmet use for all cyclists. They may be required by individual ride leaders. **PBA's Weekend Ride Schedule is no longer published in Chainstay** due to it's dynamic nature. [See it online.](#)

YEAR-ROUND STANDING RIDES

*Saturdays, 7:30 a.m - **BikeBeat Kiln Creek:** B+ pace 32/42 mile ride. Contact Chris Scales at 833-0096.

*Saturdays, 7:30 a.m - **Women's Shop Ride BikeBeat Kiln Creek:** 22 mile no drop tide. Road bikes only. Contact Avaneil at 833-0096.

*Saturdays, 8:45 a.m. - **Village Bicycles:** 25 mile A & B pace ride from 9913 Warwick Blvd, Newport News. Call Walter at 595-1333.

*Saturdays, 8:00 a.m. - **Washington Square parking lot, Grafton:** B+/A- pace ride leaving from Food Lion at 5210 George Washington Memorial Hwy. Contact Jeff Gainer at 757-880-6267c or Jgainer@cookandboardman.com for more info.

*Sundays, 8:45 a.m. - **Village Bicycles:** 50 mile A pace ride from 9913 Warwick Blvd, Newport News. Call Walter at 595-1333.

*Sundays, 9:00 a.m. - **Various Routes:** A-/A pace (*B-pace with interest*), 50+ miles, Contact Bob Ornelaz at 874-4125 or Mike Cobb at 846-8797 for details. If you'd like to be on Bob's "Sunday Ride" email list, please email Bob at ornelazr@hotmail.com.

*Tuesdays, 1:30 p.m. - **Village Bicycles:** ~20 mile C-B pace ride from 9913 Warwick Blvd, Newport News. Call Connie at 757-595-1333.

Wednesdays, 9:00 a.m. - Dismal Swamp Trail on Rt 17 in Deep Creek. Fran & Fred Adams lead a ride for seniors, retired people and anyone who has Wed. off. About 30 miles with a stop at G.R.I.T.S. for snacks. Contact Fran at 467-2775.

***Mon/Wed/Fri, 6:15 a.m. - "Squirrel Scalpers" Ride.** 22 miles Pace to suit slowest rider (B pace minimum). Meet at Panera Bread at Christopher Newport University (12368 Warwick Blvd). Call Rod Martin for more information at HM 930-8345 or WK 833-0096.

SEASONAL RIDES (April through September)

Mondays, 6:00 p.m. - Old courthouse parking lot at 116 Church St, Yorktown: Join us for 27 mile A and B/B+ pace rides to York Point and Dandy Loop. If you drop off the A pace, you can finish with a more relaxed pace. We regroup at major stops. B-pace riders are welcome to get progressively faster throughout the summer and move to the A-group. Contact Todd Chopp (*A group*), todd_chopp@yahoo.com, 757-513-9000 or Scott Farrell (*B group*), StealthTDI@spamarrest.com, at 757-880-4070 if you have questions.

Mondays, 5:00 p.m. (changes to 6:00 p.m. in May) - White Marsh Shopping Center on Route 17 Gloucester - Join us for a 28 mile A & B Pace Ride, C Pace Ride of 12 Miles. We ride the Warner Hall Loop and Zaroni. Call or text Bob Anderson at 804-413-5941, Bernard Robins at 804-815-9719 or Cindy Wong at 757-287-5948.

***Tuesdays/Thursdays, 5:30 p.m. - Washington Square parking lot, Grafton:** B+/A pace ride leaving from Food Lion at 5210 George Washington Memorial Hwy. Call or text Carl Killian at 757-812-5810 or Jeff Gainer at 757-880-6267 for more info.

NEW LOCATION - Wednesdays, 6:00 p.m. - Todd Stadium, Newport News: Join Bill Newton by the parking lot entrance of Todd Stadium for a fun filled ride thru beautiful Glendale, Maxwell Gardens, Deep Creek, Hidenwood, Riverside, Mariners Museum, Hilton Village and beyond. We ride together (*no one dropped*). A very social ride that will cover 17 or 27 miles with a few regroupings as necessary. Diabetics welcome. Call Bill Newton at 757-596-0837

Wednesdays, 6:00 p.m. - Courthouse parking lot at 310 Ballard St, Yorktown: Ride length and pace depend upon group (*usually C; no one dropped*). Contact John Parker at 898-7147 or Bill Monroe at 868-9242 or Charlie Park at 898-0890. If you would like to learn how to ride in a group call John Parker.

Wednesdays, 6:00 p.m. - Courthouse parking lot at 310 Ballard St, Yorktown: Join Scott Farrell for a 27 mile B/B+ pace ride. We meet with Bill Monroe's group (*above*) and then separate after a warm-up. The group may exceed a B+ pace. But no B-rider will be dropped. Call Scott at 757-880-4070.

Thursdays, 6:00 p.m. - Tabb Library at 100 Long Green Blvd, Yorktown: Leisurely B pace. Contact J. D. Hawthorne at 218-3529.

***Thursdays, 6:00 p.m. - Old courthouse parking lot at 171 Ballard St, Yorktown:** Meet at the corner of Ballard & Main Streets. A/B pace. Call Randy Howell at 757-876-1476.

*Not a PBA ride...



Presented by:



SATURDAY, MAY 10, 2014

SyCom Century: 7:30 am

Sands Anderson Half Century: 8:30 am

25-Miler Presented by Busch Gardens: 9:00 am

Eco Discovery Park 15-Mile Fun Ride: 10:00 am

Richmond Start: Rocketts Landing

Williamsburg Start: Chickahominy Riverfront Park

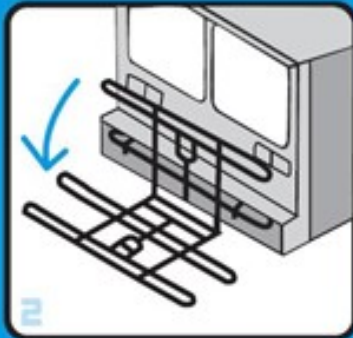
Proceeds support:



Register online at virginiacapitaltrail.org



PULL HANDLE



DEPLOY RACK



LOAD BIKE



SECURE BIKE

Passenger assumes all liability for loading, securing, unloading, theft, or damage of their bicycle.

bikejournal.com

Want a little push to reach your total mileage goal in 2014? Join your fellow PBA members and log your miles at BikeJournal.com. Basic membership is free. Point your browser to <http://www.bikejournal.com/> to sign up and create a profile. Configure your profile through the "Riders" menu. Configure your journal from the "Journal" menu. Be sure to join the "Peninsula Bicycling Association (PBA)" club through the "Club" menu. You can be a member of multiple clubs. After you ride, visit Bike Journal and add the ride. Don't worry — you can enter multiple rides and rides from previous days, or edit past rides. If you make your journal public, then others may see your mileage and you can see theirs. At next year's awards banquet there will be a Bike Loggers drawing similar to the "door prize" drawings. For each 1000 miles, you get one chance in drawing (e.g. 7420 miles earns 7 chances, 2210 miles earn 2 chances etc.). The more you ride, the better chance you have of winning. You must be present to win.

May 10, [Virginia Cap2Cap](#) - Join the 2014 Cap2Cap ride, one of the fastest growing cycling events in the region! You will be treated to some of the most stunning scenery Virginia has to offer, while pedaling through 400 years of history between Richmond and Williamsburg. Enjoy well-stocked rest stops, awesome volunteers, delicious lunch, BEER, a vendor expo and live entertainment—a full day of outdoor fitness and fun! Visit <http://virginiacapitaltrail.org/cap2cap-ride/>

NEW LISTING - May 17, [7th Annual Hope, Ham, History, Hospitality & HeArt Relay for Life Bicycle Tour](#) - All rides begin and end at Smithfield Center. Thanks to our very generous sponsors, 100% of the fees will be donated to the American Cancer Society. Registration is available at : <https://www.bikereg.com/the-7th-annual-hope-hams-history-hospitality-and-heart-relay-for-life-bicycle-tour> . If PBA riders use the code PBA by May 10th, they will receive a \$5 discount.

May 17, [CASA River Century](#) - Shepherdstown, WV. All ride proceeds benefit CASA of the Eastern Panhandle. The ride offers 25, 50 and 100 mile routes. A fully supported ride, with sag support and our famous post-ride picnic. Visit <http://www.casarivercentury.org/>

May 17, [15th Annual Tour de Lions](#) - Climax, NC. New routes, 13, 22, 40 or 62 miles, all within beautiful Randolph County. Great roads, beautiful scenery, good people, scrumptious food & cold drinks. Tons of door prizes and benefiting great causes! Visit <http://www.tourdelions.org/> for info.

May 17, [Scotland Neck's 12th Annual Country Roads Bike Tour](#) - Scotland Neck, NC. Bike along tranquil country roads through pristine farmland. Tour travels through an amazing view of the Roanoke River Valley. Routes of 25, 50 and 61 miles. All routes begin and end in Scotland Neck at the Town Hall. Visit <http://www.townofscotlandneck.com/> for details.

May 17, [27th Annual Tour de Madison](#) - The Vineyards of Madison County. The ride begins and ends at Graves Mountain Lodge in Syria, Virginia. Cyclists and their families will have the opportunity to enjoy the complete Graves Mountain Lodge experience. There are three ride options: Metric Century (61 miles), 41 miles and a Family Ride. Plan to end your ride between 11:00 pm and 2:00 pm and enjoy a post-ride meal featuring Pork BBQ, grilled boneless chicken breast, or pita bread and hummus. Also included will be slaw, baked beans, French fries, dessert and a drink. Visit <http://tourdemadison.com/> for more info.

May 17, [38th Annual Knotts Island Century](#) - The Tidewater Bicycle Association proudly presents its signature event, the 37th Annual Knotts Island Century ride. One of the ride's highlights is

that the English and Metric Century both cross the Currituck Sound on the North Carolina State Ferry, from opposite sides. New century option with no ferry crossing. Visit <http://www.tbaries.org/> for more info.

May 16-18, [16th Annual Tour de Chesapeake](#) - Tour de Chesapeake is a family-friendly cycling event located in Mathews County, on Virginia's Middle Peninsula. The supported ride is all day on Saturday, but we hope you will make a weekend of it and see all Mathews has to offer. We offer four routes ranging from 19 to 24 miles. Ride them all! Visit <http://tourdechapeake.org/> for more info.

May 18, [4th Annual RecRide](#) - Bike Maryland is happy to announce the 4th Annual RecRide bicycle tour out of Patterson Park in Baltimore City, Maryland. Two great, recreational bicycle tours, approximately 12 and 30 miles give you a close-up view of Charm City's neighborhoods, cultural areas and historic monuments. Visit <http://bikemd.org/page.php?id=693> for details.

May 25-June 1, [Ride to Recovery Memorial Challenge](#) - Washington, DC to Virginia Beach, VA. Full Challenge or one day rides are available. For example, May 29th is from Richmond to Williamsburg and May 30th is from Williamsburg to Virginia Beach. Visit <https://ride2recovery.com/event.php?ID=535> for more info.

June 1, [11th Annual Fletcher Flyer](#) - Presented by the Blue Ridge Bicycle Club (BRBC). Routes include the full, metric, half century, and thirty mile rides, which wind through the valleys south of Asheville, NC. It is the least hilly ride in Western North Carolina, but it has plenty of rolling hills to keep all riders interested. There is terrific mountain scenery without the long mountain climbs. Visit <http://www.fletcherflyer.com/> for details.

June 8, [Jamestown Gran Fondo](#) - The Jamestown Gran Fondo is ideally situated in the heart of Virginia's Historic Triangle. This beautiful ride rapidly takes you onto low traffic, country roads where the pavement is nice and the hills are small. With staggered starts everyone can finish and enjoy BBQ and beer by the water next to the Jamestown Settlement. Don't miss out on this wonderful time of year to be in Williamsburg, VA. Visit <http://www.setupevents.com/> for more details.

June 21, [10th Annual Pencil to Big Walker Charity Ride](#) - Wytheville, VA. Formerly the Big Walker Century Ride, this fundraising bike ride begins in downtown Wytheville at the iconic Wytheville Office Supply "Big Pencil" before heading out of town and through the country lanes and scenic byways of southwest Virginia toward Big Walker Mountain. The ride offers four recreational routes: 100 miles (3 climbs), 62 miles (2 climbs), 45-miles (1 climb), and 30-mile fun ride (no climb). SAG vehicles are available with tools for minor repairs, first aid



2014 PBA Event Schedule

Smithfield Challenge at Windsor Castle Park, Smithfield - Saturday, May 24

Hot Diggity Dog Ride - Beizer Home, Carrollton - Saturday, June 7

The After the 4th of July Rides - Newport News Park - Saturday, July 12

Ice Cream Ride - Waller Mill Park, Williamsburg - Saturday, August 9

Surry Century Rides at Surry Athletic Field - Saturday September 20

and refreshments. Rest stops with refreshments and temporary facilities are provided. Visit <http://www.bigwalkercharityride.com/>.

July 13-20, [Cycling the Erie Canal](#) - 16th annual 8-day, 400-mile, bike tour across New York State along the scenic and historic Erie Canal, named a National Heritage Corridor. Enjoy great scenery, interesting history, and unparalleled cycling. Visit <http://www.ptny.org/canaltour>.

August 9, [Cumberland Valley Century](#) - Presented by The Cumberland Valley Cycling Club. When was the last time you cycled the beautiful, low traffic, roads of Washington County? The Cumberland Valley Century provides the perfect opportunity to experience the history and charm of this lovely valley. 25, 64 and 103 mile routes take in some of the most fabulous scenery in the area. The metric and century routes visit the C&O Canal National Historic Park and the Antietam National Battlefield. Visit http://www.bikecvcc.com/cvcc_century.html.

August 15-17, [Tour de Frederick](#) - Choose from a variety of bike rides, ranging from an eight mile history tour of Fredericktowne (led by a local historian) to the legendary Covered Bridges tour, and a challenging ride up to Catoctin Mountains. This event is designed to showcase the best that Frederick County, Maryland has to offer and much more. Visit <http://www.tourdefrederick.com/> for more information.

August 16, [Anthem Moonlight Ride](#) - Take in the sights and sounds of Richmond, VA by bike... under a full moon... with 3,500 other riders decked out in crazy lights and costumes. Then top it off with pizza, ice cream, a live concert and a Blue Moon beer (for you 21-and-uppers!). We even have plenty of exhibitors and interactive activities for the fam, so you're guaranteed to have a fabulous night on the town! For more info, visit <http://www.sportsbackers.org/events/moonlight-ride>.

August 17, [Covered Bridge Metric Century](#) - Sponsored by the Lancaster Bicycle Club. Routes wind their way through some of Pennsylvania's most famous rural scenery, including six covered bridges. The terrain is rolling with a few hills on the 100K ride and flat to moderately rolling on the 50K & 25K rides. The rewards are stunning vistas of the richest farmland in America. Registration will be limited in number and will end in early July, or when we reach our pre-determined number of participants, whichever comes first. For more information go to <http://www.lancasterbikeclub.org/cbm.php>.

August 26, [Shore Fire Century](#) - Ride beautiful, scenic routes (35, 65, and 100 miles) through flat to gently rolling farmland in central Delaware. All routes will be marked with support (until 5 pm.). A wide array of bicycle-friendly food will be available at rest stops at regular intervals (five on the century). For info go to <http://whiteclaybicycleclub.org/events/shorefire/>.

August 23 (TENTATIVE), [Tour de Lions](#) - Sponsored by Food Lion. Starts in Ashland, VA. The 100+ mile ride goes to Tapahannock and cyclist can start from either end. Fully supported event. Food Lion will cover the donation to Children's Hospital unless cyclist want to raise additional funds. Details at a future date.

August 24, [The 32nd Annual Reston Century](#) - Sponsored by the Reston Bike Club. Start/finish at Reston Town Center Pavilion. Routes 34, 65, and 102 miles. The challenging Century and Metric routes follow beautiful rolling rural roads through scenic historical towns such as Hamilton, Purcellville, Lovettsville, and Waterford. The rides are fully supported with rest stops and food, bike mechanics, and SAG vehicles. For more information go to <http://www.restonbikeclub.org/>.

September 6, [14th Annual Civil War Century](#) - *Note from the editor: I did not list this ride last year because it had already sold out before it was traditionally advertised. This is a great ride with a registration limit of 1600 riders. Registration opens in May and WILL SELL OUT FAST!* Sponsored by the Baltimore Bicycling Club. Join us in Thurmont, Maryland again this year for the cycling event that has everything -- famous historical sites, breathtaking scenery, low-traffic roads, and well-marked routes designed for every ability level. As in the past, you can visit the South Mountain and Antietam or Gettysburg battlefield sites -- or all three of them if you elect to ride the full century -- while cycling through some of the most beautiful countryside east of the Mississippi. No walk-in registration. For more information go to: <http://www.civilwarcentury.com/>.

September 6, [Delaware's Amish Country Bike Tour](#) - Delaware's largest and most popular cycling tour! The bike tour, suited for all ages and abilities, includes 15, 25, 50, 62 and 100-mile loops through the flatlands of Delaware's Amish farmlands. Rest stops include the famous Amish Schoolhouse where members of the Amish community serve home-baked pies and cookies. Additional food stops will be included, featuring healthy snacks, sandwiches and beverages. The tour starts and stops in Historic Dover, the capital city of the First State. Following the bike tour, all cyclists are treated to a catered BBQ picnic. Info: <http://www.amishcountrybiketour.com/>

September 7, [Southern Maryland Fall Century](#) - The Indian Head 100, Indian Head, MD. 16, 29, 43, 60 or 100 miles from the Village Green Park in the town of Indian Head, at the southernmost end of MD 210 [Indian Head Highway] (20 miles south of Washington Beltway exit 3-A). Cycle through scenic and historic Southern Maryland. Presented by the Oxon Hill Bicycle and Trail Club. Visit <http://www.ohbike.org/century/> for info.

September 14, [32nd Annual Shenandoah Valley Century](#) - Enjoy the beautiful back roads of the Shenandoah Valley. Rides of 25, 50 and 100 miles over rolling to hilly roads. Checkpoints, snacks, drinks, sags, baked goods. Start/finish at Hillsdale Park, Harrisonburg, VA. Visit <http://www.svbcoalition.org/events/century/> for info.

September 14, [Boys and Girls Club Cycling Challenge](#) - The event starts in Crozet, Virginia (near Charlottesville) and passes through some of the most beautiful cycling routes in the foothills of the Blue Ridge Mountains. It is a great ride, but it is an even better cause. The funds raised go directly to supporting the Boys and Girls Club, which serves over 1,800 youth annually. Visit <http://www.bgcchallenge.org/> for details.

September 26-28, [Rodney's Luray Classic](#) - Join Rodney Martin (*Bike Beat*) for three glorious days of mountain climbing and comradery with some of the coolest peeps on two wheels! Friday we roll about 1:00 from the Ramada Inn in Strasburg, VA where you can get a special rate by calling 540-465-2444. Ask for the "Luray/White Post Block" @ \$65.00/nite (*double*). Ask for Geri Miller (*manager*) if the attendant seems confused. Saturday is approximately 100 miles along Skyline Drive and down into the town of Luray where we stop for lunch. Then, the big climb up Massanutten and a gorgeous ride through the George Washington Park and back to the hotel. Sunday is a beautiful 50 miler of rolling hills in horse country. All three days you will be supplied with a cue sheet and you are encouraged to pick a buddy to ride with. There is very limited sag support as the ride has grown over the years and we have more riders than our volunteers could possibly take care of. Contact Rodney for more details.

September 27 through October 4, [16th Annual "Mountains to Coast" Ride \(NC\)](#) - This year's route will go from Spruce Pine to

Carbohydrates Facts, [continued from page 6](#)

The negative hype about HFCS applies primarily to overweight folks who consume excessive calories of sweets, soda, candies and processed foods sweetened with HFCS.

While no one needs excessive, lack-luster calories that could be better spent on nutrient-rich fruits, veggie and whole grains, does an athlete really need to fret about a few calories of HFCS in ketchup? No.

More: [How to Make Your Own Healthy Condiments](#)

Are Carbs Fattening?

Despite popular belief, carbohydrates are not inherently fattening. Excess calories are fattening. Excess calories of carbs (bread, bagels, pasta) are actually less fattening than excess calories of fat (butter, salad oil, cheese). That's because storing excess calories of sugar as body fat requires more energy than storing excess calories of dietary fat as body fat. This means, if you're destined to be gluttonous and want to suffer the least weight gain, indulge in (high carb) frozen yogurt instead of (high fat) ice cream.

More: [Find Healthier Frozen Recipes](#)

Sugar "Highs" and "Lows"

Sugar "highs" and "lows" can easily occur in overfat, underfit people. Athletes, however, can metabolize sugar without problems. That's because exercise enhances the transport of sugar from your blood into your muscles with far less insulin than needed by the body of an unfit person. The unfit body contributes to the rise in blood sugar that triggers the need for excess insulin and leads to the "crash."

The most common reason for "sugar crashes" (hypoglycemia) among athletes relates to running out of fuel. The shakiness and sweats are because the athlete did not eat enough carbs to maintain normal blood glucose levels and the brain is now demanding sugar. One marathoner thought the 100-calorie gel he took at mile 16 caused him to "crash." More likely, he needed 200 to 300 calories to meet his energy needs, not just 100 calories.

More: [Infographic: How Many Calories Does an Endurance Athlete Burn?](#)

You Are An Experiment of One

If you have intestinal distress relating to wheat, gels, onions, milk or any fruits, veggies and grains, your best bet is to figure out how much (if any) you can tolerate. The dose might be the poison.

If you need to eliminate wheat due to celiac disease or gluten intolerance, you might have trouble getting enough carbs to fuel your muscles. That is, you'd need to eat three cups of blueberries to replace one bagel. Not only is that expensive, but also puts you at high risk for undesired pit stops.

Consulting with a registered dietitian (RD) can be a smart idea. The referral network at SCANDpg.org can help you find a local sports RD who can address your food concerns and take the confusion out of carbohydrates.

Selected References

1. Lowndes, J, S Sinnett, S Pardo, V Nguyen, K Melanson, Z Yu, B Lowther, J Rippe. The effect of normally consumed amounts of sucrose or high fructose corn syrup on lipid profiles, body composition and related parameters in overweight/obese subjects. *Nutrients* 2014. 17; 6(3):1128-44

2. [Sweet and Sour: The Media Decided Fructose Was for American but Science Had Other Thoughts](#), Forbes.com

More: [Carbs Athletes Should Love](#)

Eat right and perform better. Find a [nutrition plan](#) for you.

National Bike Month

May is National Bike Month, sponsored by the [League of American Bicyclists](#) and celebrated in communities from coast to coast. Established in 1956, National Bike Month is a chance to showcase the many benefits of bicycling — and encourage more folks to giving biking a try.

Promotional materials for National Bike Month are now available to use! [Click here](#).

Whether you bike to work or school; ride to save money or time; pump those pedals to preserve your health or the environment; or simply to explore your community, National Bike Month is an opportunity to celebrate the unique power of the bicycle and the many reasons we ride.

As a national sponsor, the League provides resources to help you plan an event in your area, and each year the number and diversity of Bike Month celebrations continues to grow, accelerating the momentum around bicycling nationwide.

And don't forget: May is the start of the National Bike Challenge; [learn more here](#). The 2014 National Bike Challenge begins TODAY -- register now and build a team, compete for your workplace and community and make every mile count! We're aiming high for the 2014 Challenge: 50,000 riders pedaling 30 million miles.

Sign up for the Challenge today! [Click here](#).

Business Cards - Check out PBA's new business card. We're still working out printing details. But they're ready to print from any home printer to pass out at rides. [Click here](#) for the PDF file.



Peninsula Bicycle Association
 P.O. Box 12115
 Newport News, VA 23612-2115
www.pbabicycling.org



Come ride with us!



It might be his United States Cycling Federation Masters Level, age-graded District Championship gold, silver, and bronze medals; it might be his three top ten placings in the national championships; or it might be his 18 years legal experience representing cyclists; Any way you look at it, on or off the bike, his track record speaks for itself. A dedicated cyclist successfully representing cyclists. Find out what serious cyclists already know... "When they don't see you, see him!"

422-1278

713-19th Street, Suite 101
 Virginia Beach, VA 23451



Reminder: VDOT is widening Rt 17 to six lanes between Hampton Highway (Rt 134) and Wolf Trap Rd (aka Denbigh Blvd). The project has begun on the section between Mill Rd and Showalter Rd, a section well-traveled by bicycle groups. Groups typically travel in either direction on the northbound shoulder. Some say this is a dangerous practice under normal circumstances. It will prove to be even more dangerous with construction in progress and potential lane closures testing motorists' patience. Please consider routes which do not include this portion of Rt 17.

The good news is this section, when completed at the end of 2014, will have a shared-use path between Mill Rd and Showalter Rd. This will make our rides through this section much safer. The entire project will finish in 2017. Visit VDOT's [project site](#) for more information.

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 \$12, Family \$15 per year

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