



Chainstay

The Peninsula Bicycling Association

June 2014

Volume 44, Issue 5

Monthly Meeting



Saturday
June 7, 2014

8:30 a.m. 50-mile, B pace
9:00 a.m. 27-mile, C pace

Picnic and informal
meeting at 12:00 p.m.

Leslie & Howard Beizer's
Home in Carrollton

Hot Diggity Dog Rides

The summer meeting schedule starts off with our annual Hot Diggity Dog Rides on Saturday, June 7. This year's rides will start at the home of Leslie & Howard Beizer, 22570 Tally Ho Drive, in Carrollton. There will be two great rides on country roads: a 50-mile, B-pace starting at 8:30 a.m. and a 27-mile, C-pace starting at 9:00 a.m. Both rides will have a rest stop at historic Fort Boykin. The rides should end between 11:30 and 12:00.

Please bring either a salad, side dish or dessert to share. The club will provide Nathan's hot dogs, condiments, paper products, plastic ware, soda and chips. We will provide a grill for those who'd like to bring something else to cook. A general business meeting will follow the feast, if you can stay awake until then. Please call Leslie or Howard Beizer at 757-356-1451 or email hbeizer@aol.com if you plan to attend. This will give us an idea of how many hot dogs and buns we will need.

Even if you don't want to or can't ride, come out for the food and camaraderie of your fellow cyclists and club members. This is a great opportunity to meet other club members and perhaps new riding partners. Bring a lawn chair if you want to keep your bottom off the ground. The Hot Diggity Dog Rides are the first of our three summer meetings/ride format. The After the Fourth of July Rides is a catered affair and free to all PBA members. The final summer meeting/ride is the August Ice Cream Rides. Look for details next month on the After the Fourth of July Rides and meeting.

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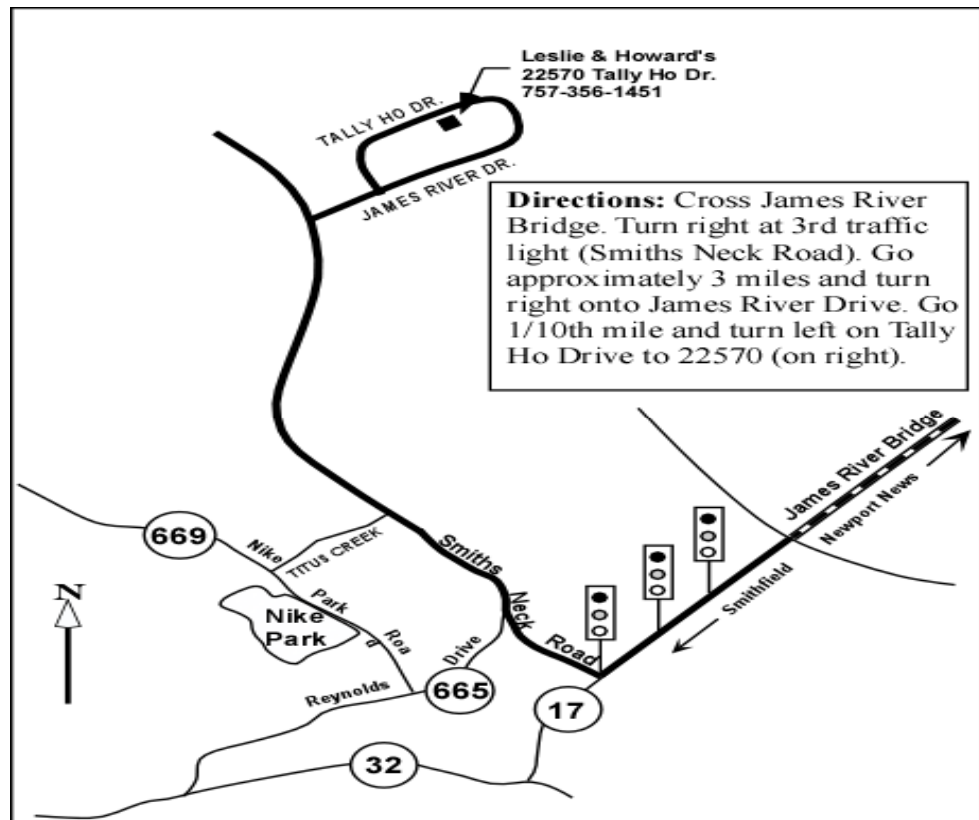
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The President's Corner

Finally, Summer is here! With the improvement of the weather, there are more riding opportunities. We just had our first major riding event, the Smithfield Challenge, on Saturday, May 24th. The weather was perfect and people came out in force. I don't have the final count as I write this, but it is in the 140-150 person range. Our volunteers did a great job and everyone who came out had a fantastic time. Patricia D'Elia did an excellent job organizing! Other people we need to thank include: Scott Farrell, Bill Newton, Vince D'Elia, Mary Hughes, John Hughes, Sandy Butler, Diane Herbert, Hazel Woodard, Maria Lyons, Risa Bastien, Virgil King, Nan Mack, Stuart Fielding, Jack Liike and Mark Van Raam. If I missed someone, and I probably did, thank you so much! Thank you, Team Killer Bees, for coming out to ride.

Several of us from Team Killer Bees "swarmed" the Eastern Shore to raise money for MS. This may be the last year of having the ride on the Eastern Shore as the MS Society is looking at alternate places to have their ride next year. For those of you who grew tired of riding the same ride for years as well as paying a hefty toll, this might be an opportunity to see different real estate while supporting a great cause. We will keep you posted as we find out more details in the days to come.

Our next event is the Hot Diggity Dog ride on Saturday, June 7th at the home of Harold and Leslie Beizer. See details on the previous page. This is the first of three free summer rides for PBA members. The club provides the hot dogs, chips, sodas and paper products. We ask those participating in this ride to bring a side dish or dessert to share.

We've had some recent changes on PBA's Board. Bill Nuckols resigned his Executive Committee position for personal reasons. We thank him for his many years of service. Todd Chopp is currently acting in an interim capacity. Those who attended May's membership meeting may recall that Bill Newton also resigned. Also, Mary Hughes accepted additional challenges at work and has resigned her position as Vice President and Ride Coordinator. Tregg Hartley volunteered to fill this position and was voted-in by the Board (*Sharon, Mary, John and Scott*). The shuffle has left vacant positions on the Executive Committee. We plan to nominate Robin Land and Maria Lyons for these positions at the June meeting following the Hot Diggity Dog Rides. Please join us to vote for Todd (*officially*), Robin and Maria as new Executive Committee members. Contact me if you are interested in running against any of these candidates.

The Surry Century will be here before you know it. We already have most of the volunteer positions filled, but we would like to have more general committee members. If you are interested in helping, either e-mail me at bochman@cox.net or come to the Hot Diggity Dog ride. We will have a short meeting after the ride. Everyone has different talents, so we need a lot of people to help with ideas and organizing.

See You On The Road,

Sharon, Bochman@cox.net



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 form the direction of the club. Business also includes planning 2014 PBA events. Contact Sharon before attending to ensure the location has not moved.



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	(NEW) Tregg Hartley, tregg.hartley@verizon.net	
Treasurer	John Parker, johnj1jr@verizon.net	757-898-7147
Secretary	Scott Farrell, StealthTDI@spamarrest.com	757-874-2881
Executive Committee Members	Todd Chopp (Interim), todd_chopp@yahoo.com	
	Vacant (to be filled on June 7)	
	Vacant (to be filled on June 7)	

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.

7 Recovery Strategies Used by Pro Cyclists

by John Hughes, Coach-Hughes.com

From: <http://www.active.com/cycling/articles/7-recovery-strategies-used-by-pro-cyclists>

Joaquim Rodriguez Oliver (Spain) of Team Katusha lost the 2012 Vuelta a Espana after the second rest day. He hates rest days. After leading the Vuelta for 13 days, when Alberto Contador (Spain) of Team Saxo Bank Tinkoff Bank attacked on the big ring climb on Stage 17, Rodriguez couldn't follow. He lost the red jersey and finished third on the podium in Madrid.

Tony Martin (Germany) helped power Team Omega Pharma-Quick Step to gold in the men's team time trial at the 2012 world championship. Taylor Phinney (USA) helped BMC Racing Team take silver. Three days later Martin had recovered fully and won the individual time trial, retaining his rainbow jersey. Phinney had also recovered well and took silver, just five seconds back. What can we learn from how pro riders recover?

More: [Why You're Still Sore After Yesterday's Ride](#)

Cool Down - During the Tour de France, Bradley Wiggins and Team Sky emphasized good recovery, including warming down on rollers after each stage. Don't just hammer to the garage after a training ride. Spin easily for the last 10 to 15 minutes.

More: [3 Recipes for Fast Recovery](#)

Recovery Nutrition - You burn a combination of glycogen from carbohydrate and fat for fuel when you ride, and the harder you ride the more of your energy comes from glycogen. You only have enough glycogen for several hours of hard riding. You may deplete your glycogen stores on a fast ride.

Pro racers have burned all their fuel and start eating carbs in the team bus even before they shower. As you come to the end of a ride, finish any food you are carrying with you. When you get off the bike eat two calories of carbohydrate per pound of body weight every hour until you can sit down for a regular meal. For example, if you weigh 150 pounds, you should eat 300 calories of carbohydrate every hour.

Pick foods that you like—sports bars are no better than crackers or pretzels for example—and read the label to be sure you are getting enough calories from carbohydrate. Many foods contain a mix of carbohydrate, protein and fat—you're after calories from carbohydrate. Protein after a ride doesn't help you recover faster. You need a little protein to rebuild muscles; however, you can get that in your regular meals.

More: [Eating to Win: What We Can Learn From Pro Cyclists](#)

Recovery Hydration - Racers on Team Sky are weighed after each stage and they each drink 1.5 times the body weight lost. You should drink to satisfy your thirst and keep drinking until you've replaced all the body weight you've lost, i.e., drink 16 fluid ounces for every pound lost.

Water is a good start. Here are some other choices: Fruit juices provide calories and potassium. Vegetable juices such as provide carbohydrate and plenty of sodium. Low-fat or non-fat regular or chocolate milk both provide lots of calories. You can also make a smoothie mixing non-fat milk or yogurt, fruit and some sugar or honey in a blender.

Sports drinks and recovery drinks are no better than real food and cost more. Although a beer may taste good, you're substituting

empty calories from alcohol for quality calories from carbohydrate.

More: [Cycling Hydration Myths](#)

Recovery Electrolytes - How much sodium you lose in sweat and the sodium concentration of your sweat depends on your genetics, diet, fitness, heat acclimatization, gender, how hard you are riding and the heat and humidity. On a three-hour ride you could lose roughly 1,200-4,800 milligrams (mg) of sodium, which equals 2 to 6 percent of your sodium stores, and also lose 300-1,200 mg of potassium, which is only 0.001 to 0.007 percent of your potassium stores.

Processed foods you buy at the store and restaurant meals are generally high in sodium. Unless you eat a moderate sodium diet following the recommendation of not more than 2,300 mg per day, you probably don't need to worry about sodium losses. If you normally control your sodium intake, eat salty carbohydrate-rich snacks after a hot ride.

More: [2 Ways to Conquer Cramps on the Bike](#)

Sleep - Wiggins attributed his Tour de France victory to paying attention to all the little factors that affect recovery, including getting to bed early. Many of us try to combine athletic performance with busy personal and professional lives and as a result are short on sleep. When you are training hard try to get to bed a little earlier and then don't watch TV, surf the net or read so that you relax immediately and drift off to sleep.

More: [3 Reasons You Should Sleep More](#)

Active Recovery - The lymph system is the body's sewage system, moving waste products from the muscles to the lymph nodes. Lymphatic fluid doesn't have a pump like the heart to circulate it; rather it depends on the action of the muscles to move the fluid from the muscles to the lymph nodes. The day after a hard ride, do something active. Go for an easy spin, walk the dog, play catch with the kids or go for a swim in the local pool.

More: [Which Recovery Strategy Works Best for Cyclists?](#)

Massage - If we were paid to race we'd get frequent professional massages to help remove waste products and also to reduce Delayed Onset Muscle Soreness, sore stiff muscles the day after a hard ride. I got a weekly massage when I was training for the Race Across America. I also learned how to massage myself, which is described in this self-massage article on my website.

If professional massage isn't an option, work on your legs regularly. If you massage your legs after a hard ride be gentle. If you do it the day after a hard ride, go deeper.

The pros and their coaches have it figured out: train and race hard and recover fully. When you are riding hard you are breaking down your muscles, not getting stronger. You only get fitter when you allow time for your body to recover. By using these tips you'll improve the quality of your recovery so that you can ride even better.

More: [Rub Out Sore Legs With Massage](#)

Bike MS, aka “MS-150” Recap

by Art Wolfson, Co-Captain



KILLER BEES,

What a fantastic time the Killer Bees had this weekend on the Eastern Shore of Virginia. The weather and the camaraderie couldn't have been more perfect. Ask any other team member who joined us this year for this event and you will get nothing but a positive response! Thank you to those of you who joined the team for this very special ride. Thank you to those who volunteered. Thank you to my co-captain, Elaine Cardwell, for helping to always make this a fun-filled and bee-eautiful event with all of our bee posters. Thank you to my wife and my riding partner, Sherry, whose tenacity and her positive attitude towards making sure that we finished all 150 miles made it such a special occasion once again. We did not have as much training miles in this year as we've had last year and I was flabbergasted at how well Sherry road. I am very, very proud of her having completed her second MS150.

Although the name of our team is The Killer Bees, that doesn't mean that you have to ride the killer bee pace. Although we have team members who are certainly very fast riders, we have other members who just like to come out to ride at a leisurely or moderate pace, take their time, visit at all of the rest stops to enjoy the beautiful surroundings, meet familiar faces and make new friends!

I know of only one of our team riders, Julie Gum, who suffered a minor injury with a fall off the bike. Julie, we all hope that you will recover quickly from whatever injuries you sustained. I was made aware of one cyclist on our team, AJ Strasser, who could not ride the second day because of a spoke failure. AJ - Check with the manufacturer and see if the rim has known defect.

On a personal note, on the second day of the ride,

Sherry and I met a fantastic couple named John and Jennifer from Norfolk VA who had ridden their new bicycles all of 12 miles before they decided to do this ride for the very first time. They were both very fit and they were very appreciative of our mentoring and helping them enjoy this event without having to cycle all by themselves.

Although the ride is over, we have until August 2 to continue to raise funds. The MS Society is approximately \$60,000 short of their goal for this event.

Please send us a small team donation. Come on, \$5 or \$10 can help a lot. Thanks to those of you who have contributed to the team or to a specific rider. I suspect many of you have yet to support the team's efforts. [CLICK HERE](#) to make a donation.

If you are not interested in helping with a donation, I would love to have some feedback. We will be looking forward to next year's MS 150 and it is my hope that many of you will be able to join Team Killer Bees for the 2015 ride.

Sincerely,

Art Wolfson
Co-captain



ACCEPT THE CHALLENGE



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. Upgraded wheels to Bontrager 28-hole Classics. Matte black paint with blue accents. 58cm size is good for riders ~5'11"-6'2". Asking: \$1300. Contact Scott at StealthTDI@spamarrest.com ("PBA" in subject, please). (2/14)

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)

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)

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



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.



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

757 - 229 - 0096
4640 Monticello Ave., Williamsburg

www.bikebeatonline.com



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 ride. 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...

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 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 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 cyclists 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/>.

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/>.

September 6, [14th Annual Civil War Century](#) - 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



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

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 Atlantic Beach, stopping in Morganton, Troutman, Asheboro, Holly Springs, Goldsboro and New Bern along the way. Visit <http://cnc.ncsports.org/fallCNCRide/> for more info.

October 4, [9th Annual Northern Neck River Ride](#) - Join us for a day for riding & fun. Celebrate the conclusion of National Century Month with an English, Metric, One-Third Century or Family Route along the flat back roads of the Northern Neck. Visit <http://www.riverride.org/>.

October 4, [Martin's Tour of Richmond](#) - Choose the full 102-mile Gran Fondo or the shorter 59-mile or 29-mile distances. All riders finish at Richmond Raceway Complex. Plan on joining us for the entire day because we'll celebrate your accomplishment with a big ol' feast at the raceway afterwards! It's an experience fit for a pro and open to anyone who loves to ride. Visit <http://www.sportsbackers.org/events/tour-richmond> for more info.

October 4 - [Petals for the Cure](#) - Anderson's Home and Garden Showplace hosts a beautiful 22 mile bike ride to benefit Beyond Boobs! Grab your bike and join us for a great ride or bring the kids for a 7 mile fun tour. Either way, you will be "petaling" your way for a great cause. Lunch and entertainment included. Contact Kelly Peck at kelly.peck@townebank.net to register. Visit <http://petals4thecure.com/> for more information.

October 12 (TENTATIVE), Page County Grown Century - The century course for this event takes in pretty much all of the beautiful countryside in Page County and Page County Grown member farms will serve as pit stops along the way. Half- and quarter century options. **Details at a later date.**

October 25, [Between the Waters Bike Tour](#) - Cape Charles, VA - This event, sponsored by Citizens for a Better Eastern Shore (CBES), winds through interesting historic towns and communities and along back roads to scenic rest stops that overlook the Atlantic seaside and the Chesapeake Bay. This one day bike tour is an ecotourism event for CBES, a non-profit organization serving Northampton and Accomack counties. With very little vehicle traffic, the ride is sure to be relaxed and peaceful as well as easygoing because of the flat terrain. Snack and drink stops are provided and a complimentary picnic lunch is served. Routes of 25, 40, 60 and 100 miles. For more info, go to http://www.cbes.org/events/events_biketour.asp.

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](http://www.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.

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

