



Chainstay

The Peninsula Bicycling Association

July 2014

Volume 44, Issue 6

Monthly Meeting



Saturday
July 12, 2014

8:00 a.m. 50-mile, A pace
8:30 a.m. 37-mile, B pace
9:00 a.m. 25-mile, C pace

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

Newport News Park
Shelter #1 (new location)

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After the 4th of July Rides

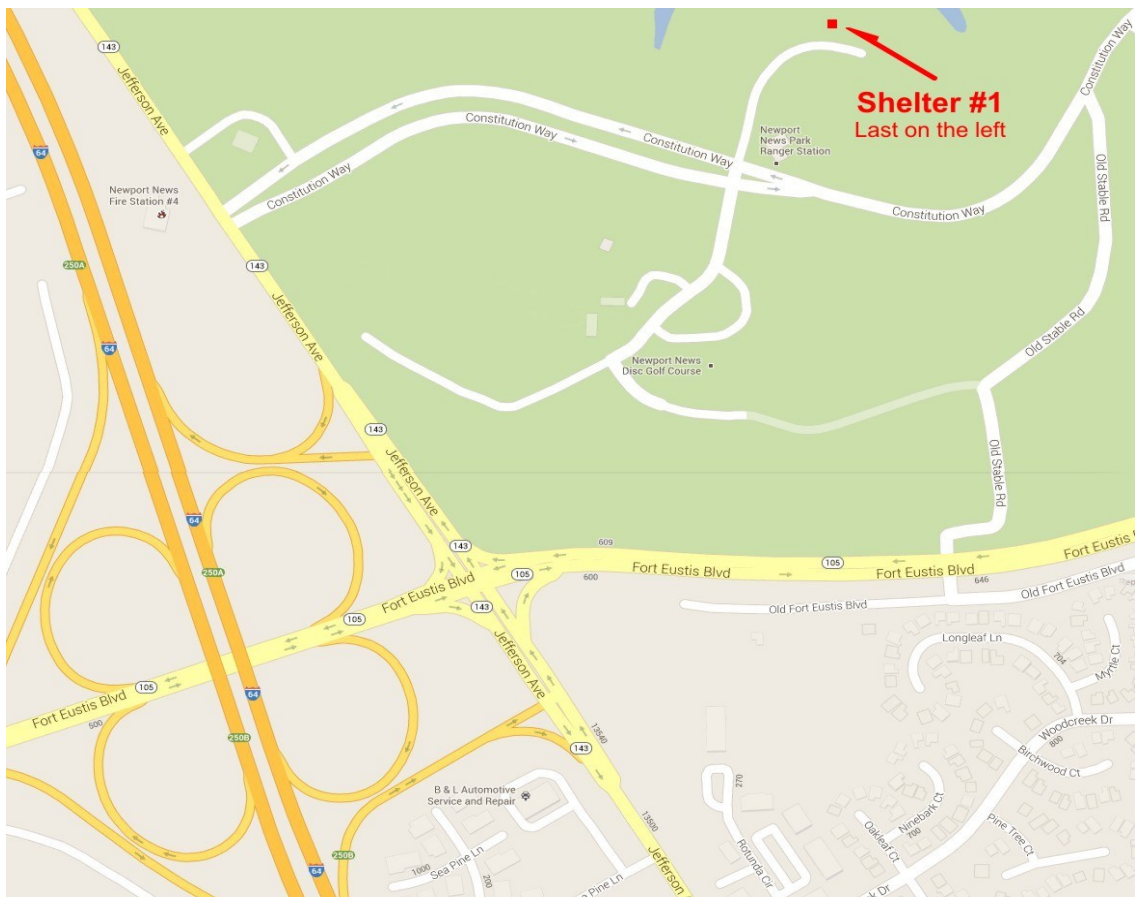
PBA Members Only

The PBA After 4th of July Rides will take place on **Saturday**, July 12 starting from Newport News Park (I-64 exit 250B), group **shelter #1** (<<<**This is a new location for this ride!**>>>). This members-only ride will serve as our monthly summer meeting/bike ride/food event. Has your PBA membership lapsed or are you interested in joining? There's still time to join. See the last page for a membership application.

Back by popular demand is the "make your own sandwich" food feast. There will be meat and cheese trays consisting of turkey, ham, and Swiss cheese. There will be pasta salads, fresh Kaiser rolls, potato chips and condiments. Drinks, plastic ware and paper products will also be provided. All that food will be hard to resist, especially since it is FREE to all PBA members.

Of course, to work up an appetite there will be three great rides: an 8:00 a.m. 50 mile A pace ride, an 8:30 a.m. 37 mile B pace ride, and a 9:00 a.m. 25 mile C pace ride. All rides will start and end at group shelter #1. The food should be available by 12:00 noon.

It is extremely important for everyone who plans to attend to contact Sharon Bochman at 757-272-4153 or Bochman@cox.net by July 10. We need to know how many people are planning to come to ensure there is enough food for everyone. Come out for the fun, food and socializing even if you don't plan to ride.





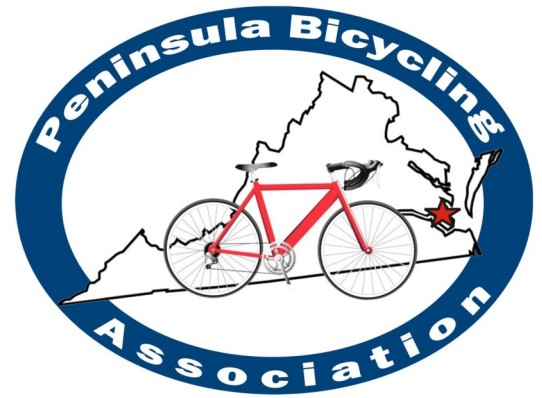
The President's Corner

It is now July, six months since a new Board of Directors (BOD) took over leadership of the PBA. Since that time we have made quite a few changes. We kicked off the year with our first Membership Drive. We had 62 people attend and picked up many new members. Scott Farrell and Scott Blandford worked tirelessly to update and revamp our website. We also created a PBA Facebook page which has turned out to be the most useful tool in our toolbox so far. Rides can be posted within 24 hours and turnouts have been tremendous! We also moved the former "Weenie Ride" to Smithfield where the name was changed to the Smithfield Challenge. We marketed the Smithfield Challenge through social media and created an Active.com account so users could go online to register. We had over 100 riders pre-register and about 30 register the day of the event which made it much easier to handle. We drew riders from all over, especially the Southside Hampton Roads. The riders all loved the routes and the weather was fabulous. We learned a lot that will help us next year.

Our BOD had some changes during this first six months as well. Mary Hughes resigned as the Vice President/Ride Coordinator and her position was filled by Tregg Hartley who was already on the Board. Since he has taken over, he has provided many ride options at all levels and is doing an outstanding job. We are thankful for his hard work! When Tregg stepped up, that created a vacancy on the Board. About the same time, Bill Nuckols and Bill Newton also resigned. The three positions on the Board were quickly filled by Todd Chopp, Maria Lyons and Robin Land. We will miss the Board Members we lost, especially Bill Nuckols who knows more about the inner-workings of this club better than all of us combined. Still, we are excited to have some new people with fresh ideas to assist in moving the club forward.

Recently, we had a new member, Stephen Froeber, step up to be our Club Advocate. He is a bike commuter and understands the need for more bike lanes in the area. He lives in the City of Hampton and recently attended a City Council meeting where his presence and ideas were really appreciated.

[Continued on page 6](#)



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
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Executive Committee Members	(NEW) Todd Chopp, todd_chopp@yahoo.com (NEW) Robin Land, jbtaxi2829@aol.com (NEW) Maria Lyons,	757-513-9000

Committee Chairs		
Ride Schedule	(NEW) Tregg Hartley, tregg.hartley@verizon.net	
Membership	Scott Blandford, csbford@yahoo.com	757-256-9391
Publicity	Vacant (anyone interested?)	
Advocacy	(NEW) Stephen Froeber	

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 Wild Apricot.

The New Rules of Hydration

by Matt Fitzgerald, Active.com

From: <http://www.active.com/health/articles/the-new-rules-of-hydration>

Remember when the only guideline for staying hydrated during exercise was to drink—and drink often? And plain water took the podium as the perfect sports drink? Thanks to new insights on how our bodies process fluids and other nutrients while we're working up a sweat, the conventional wisdom on when and what to drink is evolving. And although the rules may have changed, the objective remains the same: improved performance and optimal health.

More: [Measure Your Sweat Loss for Optimal Hydration](#)

Here's a look at the old and new views on hydration.

Old: Drink ahead of your thirst.

New: Drink according to your thirst.

For years, sports nutrition experts advised athletes to drink "ahead of thirst," that is, to drink before getting thirsty and more frequently than what thirst dictated during exercise. Experts warned that by the time you feel thirsty, you've already become dehydrated. However, recent studies show that being in this state of slight dehydration has no negative impact on performance or health.

For example, in a study from the Sports Science Institute of South Africa, runners did three two-hour workouts while drinking a sports drink at three different rates: by thirst (roughly 13 oz. per hour), at a moderate rate (about four oz. every 15 to 20 minutes), and at a high rate (about 10 oz. every 15 to 20 minutes).

More: [15 Hydration Facts for Athletes](#)

The study found no significant differences in core body temperature (rising body temperature hastens dehydration) or finishing times among the three trials. However, during the high-rate trial two of the eight runners suffered severe stomach distress and couldn't finish the workout, suggesting that drinking too much too often can cause problems.

"The idea that thirst comes too late is a marketing ploy of the sports-drink industry," says Tim Noakes, M.D., a professor of sport and exercise science at the University of Cape Town, South Africa. While thirst is not a perfect indicator of hydration status, it does appear to be a good indicator of the optimal drinking rate during exercise, according to Noakes. "The answer is just drink as your thirst dictates."

Old: Aim to completely prevent dehydration.

New: Aim to slow dehydration.

You've probably been told to drink enough fluid during exercise to completely make up for what you lose through sweat. In other words, the goal is to weigh the same before and after your workout. But the latest research has revealed three problems with this advice.

First, when athletes drink according to thirst, they usually replace only 60 to 70 percent of the fluid they lose, but studies have shown that this state of slight dehydration does not harm performance or health.

Second, the recommendation to drink enough fluid to prevent weight-loss is based on the false assumption that all the weight lost is from body fluid evaporating as sweat. However, recent studies show that a significant amount (as much as 60 percent) is actually due to the loss of water stored with fat and carbohydrate



molecules, which is released from the muscles when these stores are converted to energy. Although it contributes to sweat and weight loss during exercise, this kind of fluid loss has no dehydrating effect because it doesn't reduce blood volume.

Third, the problem with drinking to completely prevent dehydration is that it tends to dilute the concentration of sodium and other electrolytes in the blood, especially during prolonged exercise of more than two hours. Electrolytes are dissolved minerals that regulate your body's fluids, helping create the electrical impulses essential to physical activity. When you sweat, you release more sodium than any other electrolyte.

More: [Hydration Basics](#)

Since even the most electrolyte-packed sports drink has a lower sodium concentration than sweat, when you replace sweat with a sports drink you essentially water down your blood. In extreme cases, blood sodium dilution leads to hyponatremia, a potentially fatal condition where fluid balance is thrown off to the point where cells literally become waterlogged, causing the brain to swell.

Therefore, instead of drinking to completely replace the fluid you sweat out during exercise, aim for keeping thirst at bay. Respond to your thirst right away with small amounts of sports drink, but don't allow your thirst to build to the point that you're forced to guzzle down a full bottle at one time. Taking a few sips about every 10 to 12 minutes will help you stay hydrated and avoid stomach upset.

Old: Use either a sports drink or water for hydration.

New: Use a sports drink instead of water.

Prior to 2003, USA Track & Field's hydration guidelines for runners suggested that water and sports drinks were equally good choices for hydration during intense physical activity.

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“Life’s a Beach” Recap

by Elaine Caldwell, Queen Bee



Eight members of Team Killer Bees took part in a Triathlon on June 14th at Buckroe Beach in Hampton and, if you take a look at the pictures, you’ll see we were in fine form. Participants were: Gail Lucado-Phelps (Queen for a Day), Robin Land, Elaine Caldwell, Katherine Long, Tracey Attebury, Louis Attebury, Glenn Young and Carl Killian.

We had such a great time, we are already planning to rally the team for next year and hope lots of PBA members and families will join us.

Here’s how the event organizers describe their event:

“Our bodacious course designers will have you "swimming" for 200 yards. Want to use fins? Be our guest! Want to use a boogie board? Awesome! When you exit the water, you'll meet the first of your Life's A Beach Challenges--the Turtle Crawl. You'll wiggle your way up the beach under a net before hitting the Transition Area to hop on your fat-tire bike for 5 miles. That's right, you don't need some skinny-tire, \$5,000, aerodynamic speed demon for Life's A Beach! Any fat-tire bike (beach cruisers recommended) will do! After cruisin' on the bike, you're off on a 2-mile beach run for fun in the sun! And, this is where you'll meet two more challenges--our Leapin' Loungers and Totally Tubular--before challenging the Sea Wall limboing across our Life's A Beach finish line.

Want to race with your family? We allow racers down to 9 years old AND you can all sign up for the same starting wave! That's right--start waves are not based



on age group--you choose! So, you can also race next to friends and coworkers!

Heard your serious triathlon friends talk about shaving seconds off their transition times? Well, at Life's A Beach "transition time" means how long it takes to get you from the finish line into beach bash mode--dancing to the beat of our live music or chillaxing with a cold beverage while waiting for your friends to finish and join the jammin' after-party!

We'll even have a free Hatchling Dash event for the younger kids--so bring along the entire family for some beach fun!”



TransAmerica Race

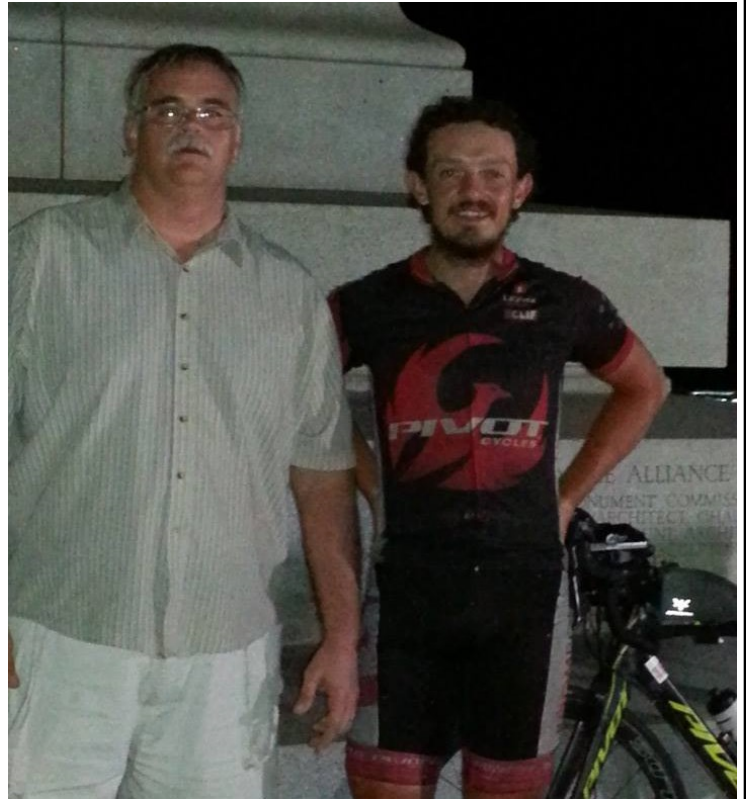
by Tregg Hartley

“Hey honey, I’m going out for an evening ride after dinner. After my ride, would you like to go with me to Yorktown and see Mike Hall cross the finish line of the Inaugural TransAmerica Bike Race?” Much to my surprise, she said yes. We headed off to the Yorktown Monument around 10:30 p.m. on Tuesday night, June 24th, to witness this historical event. Mike arrived at the monument around midnight and we got to take pictures, get an autograph and just hang out and talk. There was a film crew there creating a documentary called “Inspired to Ride.” They had been covering the ride from the beginning. We were even asked to sign waivers so they could use footage they shot of us in their film. We finally left about 1 a.m. realizing we had just witnessed something awesome.

The TransAmerica Bike Race started on June 7th in Astoria, Oregon. It follows the TransAmerica bike trail for 4233 miles through 10 states, finishing at the Yorktown monument. The race was to be ridden randonneuring style, or completely self-supported. Riders carry their own gear, fix their own flats and are on their own to get food, water and sleep wherever they can.

Mike Hall, who hails from the United Kingdom, had the strategy to get out in front quickly and just stay there. He rode over 300 miles per day for the first 3 days and averaged over 235 miles per day for 18 days. When he crossed the finish line his nearest competitor was in Charlotte, VA and 3rd place was still in Kentucky. The oldest racer was 73 year old Thomas Camero of Oregon, who is in the race to finish. He estimates that it will take him at least 60 days to complete the race. There were five women racing as well. The lead woman, Juliana Buhring of Italy, finished in fourth place, ahead of 90% of the field. Juliana and Mike hold the respective fastest times in the 18,000-mile World Cycle Race and now hold the TransAmerican world records as well. The other riders will be straggling in throughout July and into August.

The TransAmerica Trail is a bike route that was established in 1976 as a celebration of our country’s bicentennial. That year, 4100 riders participated in what was called the Bikecentennial, with participants from each state. Over 2000 riders completed the entire distance. People have ridden the TransAm trail every year since it was established. We even have members of our own bike club who have completed the ride.



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.

President's Corner

Continued from [page 2](#)

We would like to have advocates from other localities such as Newport News, Yorktown and Williamsburg, too. If you are interested, please see me at the After the Fourth ride for more details.

As we go into the 2nd half of 2014, it is time to assess how we want to continue to improve the club as we move forward. I would like to hear from anyone with ideas and time to volunteer. I asked this question on our Facebook page. Here are the ideas I received there...

- PBA Time Trials
- Commuter Advocates
- Eco-cycling to encourage city leadership to join us on their bikes so they can see for themselves where the needs are. Go to ecocycling.org for more details.
- Non-commuter bike routes
- More C/D pace rides offered
- Bike rodeos for kids
- Bike safety classes taught by members
- More weekend out of town trips organized by club
- Local winery and brew pub rides
- Williamsburg-Richmond ride via Cap 2 Cap (once it is finished) with overnight stay at the Jefferson Hotel with SAG support.

As you can see, we have a lot of needs in the community that we can be a part of... what we need now is VOLUNTEERS! It takes many volunteers to make great things happen. If any of these ideas are near and dear to your heart, please e-mail me at bochman@cox.net or you can text/call me at 757-272-4153. I am enjoying being part of an active, fun club that seems to have the momentum building and well on its way to being a club that can make some very positive changes in our communities.

See You On The Road,

Sharon, Bochman@cox.net



From PBA's New Ride Coordinator

I want to thank everyone for their patience as I try to continue the good work Mary Hughes and her predecessors have done. Thank you to all of our ride leaders who have stepped up to lead rides for our members. There is nothing like a good group ride to build skills, speed, and endurance all while having good time.

We are having success with our A and B pace rides. I need a little help getting more C pace and casual rides offered up. Until last month, I had not led any rides. I rode quite a bit, but never felt as if I could actually lead a ride myself. Well, I led my first ride on Sunday, 29 June. I just took a route that I had ridden many times before, and decided to lead a C pace group. We had a dozen people show up and we all had a great time.

We all have our favorite neighborhood routes. If you are going to ride an old favorite, weekend or evening, think about letting others know about your ride. We can get the word out if you are interested.

Tregg



RICHMOND – Virginia's roads should be safer for bicyclists across Virginia beginning July 1. That's when a new law requiring motorists to pass bicyclists by three feet goes into effect.

"As we see more people choose to ride bikes or walk rather than drive their cars, this extra foot of clearance makes streets much safer for cyclists" according to Champe Burnley, President of the Virginia Bicycling Federation (VBF) who supported the legislation. "We hope that drivers will use extra care when they pass a rider and avoid potential crashes."

Virginia law currently requires a motorist to pass a bicyclist by two feet. The Commonwealth is the twenty-first state to pass a three foot law. Pennsylvania requires four feet.

According to statistics from the Virginia Department of Motor Vehicles (DMV) Highway Safety Office, in 2013, eight people died and more than 600 people were injured in crashes involving bicycles on Virginia roadways.

The legislation was sponsored by Senator Bryce Reeves, R-Spotsylvania. "Our ability to be able to work across the aisle and build relationships in a bipartisan manner allowed us to successfully get this commonsense legislation approved. Those that are active in the bicycling community—as well as my Republican and Democrat friends in both the House of Delegates and the Senate—were all part of making this legislation possible. I will continue to work very hard on areas where we can find common ground and consensus for the people of Virginia."

The VBF is working with other organizations like DriveSmart Virginia and state agencies such as DMV, VDOT and the Virginia State Police to educate drivers about the new law.

Hydration Rules...

Continued from [page 3](#)

But, based on new research concerning the risks of blood sodium dilution, the USATF revised its hydration guidelines stating, "A sports drink with sodium and other electrolytes is preferred." Athletes in other sports are now following these guidelines as well.

In short, sports drinks simply hydrate better than water does. Your body absorbs fluids through the gut and into the bloodstream faster when their osmolality, the concentration of dissolved particles in a fluid, more closely matches the osmolality of body fluids such as blood.

More: [11 Hydration Strategies for Hot Weather](#)

Because a sports drink contains dissolved minerals (key electrolytes such as sodium, calcium, magnesium, potassium, and phosphate) and carbohydrates, it's absorbed into the bloodstream more quickly than water, which has fewer or no dissolved particles.

Moreover, electrolytes and other nutrients play important roles in regulating fluid in the body. They help determine how much fluid enters muscle fibers and cells, and how much remains in the blood. That's why sports drinks do a better job than water of helping the body maintain an optimal fluid balance.

Water is fine for short (less than an hour) workouts of easy to moderate intensity in which you don't sweat a lot. But in any workout where sweat losses are substantial, and especially in warm weather, use a sports drink.

More: [Stay Hydrated With High Water Content Foods](#)

Old: Protein exacerbates dehydration.

New: Protein enhances hydration.

The first generation of sports drinks contained no protein because it was believed to slow the absorption of fluid into the bloodstream from the stomach and intestine. But new evidence suggests that a small amount of protein actually enhances both fluid absorption and retention in athletes.

A recent study from the Universidad Catolica San Antonio in Spain found that a carb-protein sports drink actually entered the bloodstream significantly faster than a carb-only sports drink when used by cyclists pedaling at a moderately high intensity level.

More: [How Much Water Should You Drink?](#)

In another study from St. Cloud State University in Minnesota, athletes retained a carb-protein sports drink 15 percent better than a carb-only drink, meaning 15 percent less of it was wasted in the bladder. "A small amount of protein in a sports drink may enhance absorption and retention by increasing osmolality," says Robert Portman, Ph.D., and CEO of PacificHealth Labs, manufacturer of the protein-powered Accelerade sports drink.

"Small" is the operative word. Packing your water bottle with protein powder is not the secret to peak performance. Too much protein slows absorption and hampers hydration. Research shows that sports drinks containing only about five grams of protein per 12 oz. not only re-hydrate better, but also reduce muscle damage and increase endurance compared to drinks without protein. Recently, the International Society of Sports Nutrition recommended the use of protein-added sports drinks by both



competitive athletes and daily exercisers.

More: [Bottled water: Better than tap?](#)

Old: Caffeine exacerbates dehydration.

New: Caffeine does not affect dehydration.

Caffeine is a known diuretic, which means it increases urine production and has a dehydrating effect. But research has also shown that during exercise, the body is able to circumvent the diuretic influence of caffeine, which can boost athletic performance by stimulating the nervous system and reducing perceived effort.

A new study conducted at the University of Birmingham in England found that caffeine increases the rate at which supplemental carbohydrates (those consumed during the workout as opposed to those already stored in the body) are burned during exercise. In the study, cyclists received either a 6 percent glucose solution or a six percent glucose solution plus caffeine during a two-hour indoor cycling test.

More: [A Clear Look at Water Bottles](#)

Researchers found that the rate at which the supplemental carbs were burned was 26 percent higher in the cyclists receiving carbs with caffeine, concluding that the caffeine may have increased the rate of glucose absorption in the intestine. By providing fuel to working muscles at an accelerated rate, caffeine helps athletes work harder for longer periods of time.

But don't overuse it. Reserve caffeine consumption for races and occasional high-intensity workouts. "The best use of caffeine as an ergogenic aid [energy booster] is prior to competition," says Jose Antonio, Ph.D, author of *Supplements for Endurance Athletes*. "The beneficial effects of caffeine on athletic performance are reduced with habituation, so the more often you rely on it, the less it will do for you."

Although no major sports drink brand contains caffeine, some flavors of sports gels do, such as Gu Chocolate Outrage, Strawberry Clif Shot, and Chocolate Accel Gel.

More: [What's in Your Water?](#)

The Cardinal Rule

One principle of proper hydration hasn't changed: Practice makes perfect. Experiment with various hydration strategies to learn what works best for you. Try different sports drinks in varying amounts,

PBA Classifieds

PBA Members Only

Burley Koosah Recumbent - I bought this one from Robb earlier this year as I have back issues on my road bike on longer rides. Virtually all of its miles have been on trails except the few (a couple hundred at most) I have put on around the neighborhood. This blue 2006 Koosah is great for someone who wants to try a recumbent. The long wheelbase frame absorbs bumps and vibrations which makes it a great trail rider with improved comfort on moderately bumpy roads. Trail tires have recently been replaced with road tires. The bike has a mirror, front and rear saddlebags, a rear luggage rack and 3 water bottle holders. The beauty of the Burley is that seat and handlebars are adjustable, as is the amount of recline, so the bike can be made to fit almost anyone. Asking \$600, which is what I paid a few months ago. Contact Michael at michaelshapiro@towerpark.com. (7/14)

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 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.



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 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.

*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. Contact Jeff Gainer at 757-880-6267c or Jgainer@cookandboardman.com for more info.

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...**

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>.

NEW LISTING - August 2-3, [Inaugural Cycle NC Mountain Ride](#) - Lake Lure, NC. The Mountain Ride is Cycle North Carolina's newest weekend cycling event! The ride will take place annually in the western part of NC and it is modeled very similar to our Coastal Ride (previously known as the Spring Ride). We will offer loop rides each day, both on Saturday and Sunday. Friday is travel and check-in day. For more information, visit http://cnc.ncsports.org/contentPages.cfm/contentVariable/Mountain_Ride

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 Catoclin 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 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



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

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 11 (FIRM DATE), [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. [Click here](#) for more information.

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.

Do you know of a ride you'd like to share? E-mail me to add it here.

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