



Chainstay

The Peninsula Bicycling Association

August 2014

Volume 44, Issue 7

Monthly Meeting



Saturday
August 9, 2014

8:00 a.m. 50-mile, A pace
8:30 a.m. 35-mile, B pace
9:00 a.m. 25-mile, C pace

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

Waller Mill Park
Shelter #2

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The Waller Mill Park Ice Cream Rides

PBA Members Only

Saturday, August 9th is our last of the Summer Membership Series Rides. It's hard to believe Summer is coming to an end. We will meet at Waller Mill Park, 901 Airport Rd, Williamsburg (23185) where the following paces will depart:

- A Pace- (18+ mph average on rolling terrain) 8:00am 50 miles
- B Pace- (16+ mph average on rolling terrain) 8:30am 35 miles
- C Pace- (13-14 mph average on rolling terrain) 9:00am 25 miles

After we return and put our bikes away, we will congregate at Shelter 2 where we will have a short membership meeting while eating ice cream. The shelter is located across the foot bridge. You can stay at the park as long as you like. Kayaks and canoes are available for \$5 per hour. However, they are first come, first served and may possibly be unavailable.

Parking costs \$2, but we will raffle off several parking passes at the ice cream social. Bring fuel and a lot of water for the ride because there are not many places available to purchase staples along the route.

Contact Sharon Bochman at 757-272-4153 or Bochman@cox.net if you have questions.





The President's Corner

This has been a remarkable year! We had some changes on the Board of Directors but the new Directors have a great deal of energy and enthusiasm. Everywhere I go, people ask about the Peninsula Bicycling Association and are excited about what we are doing.

I put a question on PBA's Facebook page two months ago asking how the PBA can better serve the needs in the community. I received a variety of responses and made it my mission to implement as many ideas as we could. Here is a list of responses along with what your leadership and fellow members are doing to make those ideas happen:

- Host local criteriums and time trials - I am working with Newport News City Leaders to make this happen. I am told using the grid Downtown Newport News has been done in the past and is a viable option. City Center was used for a criterium this past weekend and drew a lot of attention. This may be a viable event for 2015.
- More C/D Pace rides for the casual or beginning riders - We have made a concerted effort to having something available every weekend. These rides are crucial to the growth of the club. Sandy Butler, Cindy Wong, Tregg Hartley, Bill Newton and Jackie and Michael Shapiro have been wonderful!

Continued on [page 8](#)



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

Keep Your Head Up!

by [Scott Farrell](#)

I've been on many rides over the past two years which had some unfortunate collisions and/or crashes. Other than rider experience or simply following too closely, I think a major contributing factor to most of these incidents is that riders are not looking ahead, perhaps even riding with their heads down.

In this article, I'll define a collision is unintentional contact between riders or their bicycles; a crash is when a rider or his bicycle falls to the ground. A collision doesn't always result in a crash. Not all crashes are caused by collisions. I have witnessed both collisions and crashes on PBA rides.

I base my "heads up" observation on the fact that I've seen incidents unfold 50-100 feet ahead of me, all while wondering, "Don't they see that?" One example is from a ride in Gloucester County. I was the third rider in a small group that was trying to catch a larger group. We were approaching a traffic light where a road tee'd into our route from the left. I saw the light turn amber. The two lead riders didn't slow. I figured their intention was to proceed, perhaps passing through the light just as it turned red. Then the light turned red. Still no change in speed. Now I'm thinking the plan is to proceed, which is illegal, but safe enough since we were on a shoulder and not crossing traffic. Everything happened within a couple of seconds. Suddenly, the lead rider hit the brakes HARD, probably just after noticing the red light. The #2 rider plowed right into #1. I made a clean stop. No one crashed and no one was hurt. But it was clear to me that neither rider was looking any farther than 10 feet ahead, if that. After the ride, the #2 rider sought my advice on how that could have been avoided, asking me, "Did you see that coming?" The incident reinforced the need to share intentions and observations. Had I called out, "light," both riders likely would have looked up, slowed for a stop, or perhaps indicated their intention to continue. I learned to not assume everyone sees what I see.

A crash earlier this year appeared to have been caused when a lead rider made a short-notice left turn. I was co-leading from the back and accounting for riders. But a rider beside me said the leader signaled with plenty of notice. I'm not sure what happened in the early stages of the incident. But the end result was that riders were suddenly hard on the brakes and crunched into an accordion, resulting in one rider crashing. Could this have been avoided if riders had their heads up and were looking ahead? As one who's constantly looking around and notices a lot of things, I tend to believe a little attentiveness goes a long way.

I lifted the photo above from the Internet. This rider may have been checking his computer, stretching his neck, or simply admiring his quads. I don't know. I'm sharing it because I suspect most have seen cyclists who ride just like this, glancing up from time to time. I think that is dangerous! It's likely what prevented the two riders in my story from seeing a changing traffic light and it MAY have



been why someone didn't notice that our group was about to slow for a left turn. All it takes is a second for one rider with his/her head down to miss something critical and disrupt a paceline, potentially causing a crash.

Think about how you ride. Where do you look? Staring at the wheel in front of you can be VERY dangerous because it severely limits what you see and does nothing to encourage a heads-up posture. Also, read about "[target fixation](#)." If much of your ride is spent staring at the "saddle" atop the 50-cm frame in front of you, then you're probably looking too low (*and fixating*). Personally, I tend to look slightly below my own eye level. I frequently look over the shoulders in front of me, under the shoulder of a taller rider or, if I'm following a "big and tall" rider, I may actually pull to the side a tad, all in an effort to maintain situational awareness. If I find myself fixated on someone's rear wheel, I take that as an indication that I'm following too closely and back off a few inches. I prefer to follow at 12-to-24 inches and will gauge that distance by using points on the rider in front of me such as a helmet piece, ponytail, heart rate monitor strap, objects in jersey pockets, logos or (*yes*) even the saddle of a tall rider. But I don't fixate on anything. With practice, this following distance can be maintained without staring at the wheel in front of you.

Of course, there's much more to safe riding than simply looking ahead. After witnessing yet another rider-at-fault crash before this article was even finished, Robin Land had the idea of presenting some "rider responsibilities" with the hopes of improving group safety. See her words of wisdom on [page 5](#). I've also shared an article called "9 Paceline Rules" on [page 6](#).

When I hear people voice frustration at the slow pace of our developing bike infrastructure, my impulse is to share their discontent. After all, the Virginia Capital Trail project is going on its tenth year. But even though construction has had its delays, this project has been generating a different kind of progress; progress that will sustain a faster pace of change in the future.

In 2006, we cut the ribbon on the Greensprings phase in James City County. Soon afterward, neighborhoods across whose entrance the trail traverses morphed from a source of vocal opposition to places where residents formed walking and biking groups, where houses went on the market listing "walking distance to the Virginia Capital Trail" as an amenity, and where sponsors donated generously for a trailhead structure. We confirmed through our 2010 trailside survey that access to the Virginia Capital Trail influenced people's home-buying decisions, and 69% of respondents said the Trail "definitely" influenced their decision to visit the area.

We've also seen the construction of the 2-mile Powhatan Creek trail connect more neighborhoods to the Virginia Capital Trail. We know trails encourage more trails, and to see it happening in James City County makes a lot of people very happy.

In Charles City County, we've heard from Cul's Courthouse Grille that trail users are their core business. We've heard from residents, once fearful that the trail would bring crime and litter, that they're proud to show off their beautiful and historic county to trail users who take the time to read historical markers and meander down to the James River.

We've heard an elected official in eastern Henrico say, "I had no idea this is what the trail is about. This is a lifestyle issue, not a political one." Henrico County is already planning a spur from Dorey Park to the Virginia Capital Trail.

Even though we're still changing minds and we have more work to do, we've come a very long way. Once the Virginia Capital Trail is complete, change will be quick. We'll see new trails develop and new attitudes toward this one take over. The whole 55 miles will be a model for more, and hopefully a tipping point for the region as it becomes more bicycle- and pedestrian-friendly.

So we're excited to be in the home stretch. Just over one year from now, we'll be looking at downtown Richmond, eastern Henrico, and Charles City County from a fresh new angle. And we'll be sharing space with all the others who now love our Trail.

Trail Construction Progress

From East to West:

Sherwood Forest: Completion by September 2014. (Landscaping will continue through December 2014.) The first four miles from the Chickahominy River to Wilcox Neck Road are complete! Stay tuned for a ribbon-cutting date for the whole phase in October.

Sherwood Forest Phase

New Market Heights: Completion by Fall 2015. Clearing has begun.

Varina Park: Construction will begin within 30 days and finish by September 2015.

Varina: Construction has begun! Completion by September 2015.

Richmond Riverfront: All phases will be complete by September 2015.

Beth Weisbrod
Executive Director
Virginia Capital Trail Foundation

<http://viriniacapitaltrail.org/get-involved/>

Rider Responsibilities

by Robin Land, with Scott Farrell

The Peninsula Bicycling Association has been seeing steady growth over the past year. This growth is expected to continue as the club continues to modernize. Growth leads larger cycling groups. Larger cycling groups tend to be more diverse, containing both seasoned and inexperienced riders with varying levels of strength and discipline (*a strong, fast rider is not necessarily a safe, disciplined rider*). In order for rides to be fun, every cyclist must be confident that their fellow cyclists are riding in a responsible and safe manner. It is not fun to be on a ride with unsafe riders, especially when someone gets hurt.

Responsibility for cyclist safety does not fall to just the ride leader. Every rider is responsible for their own safety. When a rider compromises their own safety, they also compromise the safety of every rider with them. Every rider should contemplate the following before and during every group bike ride:

1. Know the pace of the ride and whether you can maintain it. If you are not familiar with the route and/or the riders, then you should place yourself with a group comparable to your riding ability. Do not test your limits with strangers! If you want a challenge and feel as though you can reasonably keep up, start with the faster pace group only if the ride is advertised as "no drop" or if there is a slower pace group following the same route. As you tire, you can drop off the faster group and wait until the next pace group picks you up. It is unreasonable to expect riders on a "drop" ride to change their ride for you.

2. Observe other cyclists' riding styles. If you are with a group containing unfamiliar riders and/or are unfamiliar with the route, leave additional room between yourself and the rider ahead of you. This will allow for the needed reaction time resulting from unanticipated riding behavior from the cyclists ahead or an unanticipated turn on the route. With some observation, you may eventually get to know whose wheel you can trust and whose you cannot (*a trust that can and will change from time to time*).

3. Clear yourself at every intersection. Although we don't encourage calling "clear" in PBA, some riders still do it. "Clear for me" does not always mean "clear for you." Each rider should look left and right and make sure that traffic is clear enough to proceed safely. Don't depend on other riders to do it for you. Realize that some riders are comfortable with greater risk before blindly following someone into an intersection. When in doubt, stop (*and call out "Stopping"*). Simple as that.

4. New or inexperienced riders need to communicate that to the group. We are more than happy to help with training, but we can only help if we know you are new. Even experienced cyclists should exercise caution when riding with strangers.

5. Communicate with your fellow riders using both hand gestures and voice. [Click here](#) for common hand gestures. Let other riders know when the pace is slowing or stopping or when there are cars ahead or behind. Vocal commands are even

more important if it's possible not all riders can see hand gestures. You cannot over-communicate on a ride.

6. Adhere to the rules of the road! Cyclists are held to the same standards as drivers (see Virginia cycling laws [HERE](#)). Stop for red lights, signal your turns, yield to crossing traffic and follow the myriad of other road rules. Also, when coming to a stop at intersections, do not go around the cars in front of you. A group of riders impedes the drivers' view, disrupts traffic flow and generally irritates drivers (*do you REALLY want THAT driver behind you again?*). Pull up behind them as if you were driving a vehicle and proceed with the flow of traffic. Although it is legal to pass cars on the right when riding as an individual, passing on the right as a group is very unsafe and inconsiderate, especially if the driver(s) exercised some patience while waiting to get around a group of cyclists. This is a problem we need to fix within PBA. Consider the fact that new cyclists may follow the lead of riders who are breaking the law, perhaps thinking it's the correct way to ride, and could get into an accident. Wait your turn!

6A. Most cyclists want motorists to honor the cyclists' right to the road. Nothing sours a driver's opinion of cyclists faster than spotting a rider who blows through traffic intersections and hogs the road while riding two or more abreast. Not following the rules also makes us look hypocritical, especially since most drivers don't realize that bicycling advocates are not the same cyclists who break the laws. Be a good ambassador for bicycling!

7. Ride with your head up. Riders need to be aware of what is ahead of them and around them to the best of their ability. Even a rider in the back of the pace line may spot a road hazard before those ahead. See "[Keep Your Head Up](#)" on page 3.

8. Communicate if you are tired. We all have good and bad riding days. Other riders can help with the bad days, but only if they know a rider is struggling. It's not always obvious. And the ride leader is not always in a good position to spot tired riders. COMMUNICATE.

9. Don't leave a ride or take a shortcut unless you tell someone. Ride leaders tend to freak out when the head count is minus 1-2 riders at a regrouping point. That puts the "no drop" ride leader in an awkward position of deciding to move forward with the group or holding the ride until the missing rider is located.

This list is not all-inclusive. But it's a great start toward improving rider capabilities, group safety and our image on the road. Nothing compares to the simple pleasure of a bike ride. But, to keep biking fun, we must start and end without injury. To be successful, cyclists of all riding abilities need to ride safely together.

Ride Safely,

Robin

9 Paceline Rules:

Tips to keep your group together and in good formation...

By Selene Yeager, Bicycling Magazine

From: <http://www.bicycling.com/training-nutrition/training-fitness/9-paceline-rules>

When carried out properly, a paceline is an effective tool for a group ride: It enables cyclists to share the work of pushing through the wind. When performed poorly, the formation becomes counterproductive. "Most people are never taught the proper way to ride a paceline," says Ray Ignosh, a USA Cycling expert coach based in Pennsylvania's Lehigh Valley. "So they make the same common mistakes that eventually become habits." Whether you're riding in a single or double formation, try these tips for taking your pulls and pedaling in line.



KEEP THE PACE - The number one mistake riders make is picking up speed when they get to the front, says Ignosh. "Some guys just want to show off; others are well-intentioned; they just aren't in tune with their effort and feel like they're supposed to take a pull, so they PULL." As you're riding through the line, pay attention to the group's average speed and effort. When you get to the front, do your best to maintain those levels. The goal is to keep the pack together, not blow it apart or shell riders off the back.

MICROADJUST - It's nearly impossible for everyone to put forth equal amounts of effort, especially on undulating terrain. You need to make adjustments along the way to prevent what Ignosh calls the Slinky effect, where the line alternately bunches together and becomes strung out, with big gaps. "It's better to make two small undercorrections than one big overcorrection," he says.

"Think of it like driving: You don't slam on the brakes, then hit the gas... you moderate your speed." To do that in a paceline, try one of these techniques:

Soft pedal: If you feel like you're getting sucked into the rider in front of you, take a light pedal stroke or two to adjust your speed accordingly.

Air brake: An easy (and safe) way to trim speed is to sit up and catch some wind. It'll slow you down a notch without disrupting the rhythm of the line.

Feather brake: Gently squeeze the brakes while continuing to pedal. You can scrub speed while shifting up or down as needed to alter your pace.

Above paceline photo taken from a public domain...

DON'T STARE - Focusing on the wheel directly in front of you is a natural instinct when riding in a line, but it gives you zero time to react should something go awry. "Keep your head up and check about 10 meters down the road," says Ignosh. "Look through holes in the leading rider-over his shoulder, under his arm or through his legs-and ride proactively instead of reactively. This will help keep the line moving smoothly."

EASE OFF THE GAS - Rather than accelerating when you pull, try to ride in the line at a steady pace and decelerate as you pull off and drift to the back. "This provides the right work-to-recovery ratio without all the punchy surges that tend to blow the weaker riders off the back," says Ignosh.

SHARE AND SHARE ALIKE - Pacelines are designed to share the workload, so limit your pulls to a few minutes to stay fresh and give other riders a chance.

CONSERVE ENERGY - If you feel tired, sit out a few turns until you're ready to take another pull. Simply open a spot for riders to rejoin the line in front of you, or come to the front and immediately pull off and drift to the back. You'll do the pack a favor by staying with them rather than working yourself into the red and falling off the back, which makes the group slow down to let you catch up.

Online Registration and Payments Are Finally Here!

By Scott Blandford, Membership Chair

I know many of you have not joined the Peninsula Bicycling Association because you have to find a checkbook, envelope and stamp (Not to mention, remembering how to use them). Now you can join the Peninsula's growing bicycle club in the same way you join your other organizations.

Membership is only \$12/year for individuals and \$15/year for families. For this meager amount, you help support the cycling community in our area. You also get discounts at local bike shops, access to club rides of all levels, discounts on Surry Century and Smithfield Challenge, Members only rides, membership meetings and parties, club insurance for club rides, access to Chainstay (our club newsletter), free classified ads, and weekly emails about upcoming events.

To join the PBA today click here:

www.pbabicycling.org/join



Above: PBA's own Randy Howell, Glenn Young and Bob Ornelaz illustrate a safe paceline during the 2011 MS-150. These riders often finish early in the day after riding an A-pace without the need to follow each other at unsafe distances.

Below: Scott Farrell, Jennifer Hamm and Sharon Bochman also show that riders do not need to be too closely spaced in order to enjoy a draft benefit. A tight line and a steady pace even made it easy for Jennifer to catch a quick nap during the 2013 Tour de Cure! ;-)



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](#)

- Bike Safety Education - I just booked the Community Outreach Center on Warwick Blvd for August 24th. We will teach a one-hour road safety class then take the riders across the street and down River Road in the Hilton area of Newport News to demonstrate what we taught. See pbabicycling.org for more details.
- Road Trips - We just posted a Fall Foliage Ride in October. Reservations must be made by August 15th. See our website for full details.
- Local Winery and Brew Pub rides - Dave Clark and Robin Land had their first in a Brew Pub series on July 17th. It was very well attended and everyone is looking forward to the next one. See a ride report on this page.

As you can see, we are gaining momentum and the PBA is growing at a very fast rate. We have several new ride leaders that are planning some really fun rides for the fall months. I don't want to spoil the surprise, so stay tuned. If you are on Facebook, please look us up. Facebook has been a very useful tool in our tool chest. So, if you are already there, link up with us for the latest and most up to date information. Otherwise, if you are a PBA member, you will receive an e-mail on the weekend rides or you can check the website, pbabicycling.org, for more information.

Is anyone interested in serving as PBA's Marketing Coordinator? The volunteer's duties would include designing artwork for promotional materials, writing press releases to send to local media and publications as well as showing up to rides with a camera to take pictures that we can use for Facebook and website posts and updates. Please contact me if you're interested.

See You On the Road,

Sharon Bochman
bochman@cox.net



Inaugural 2014 Williamsburg Pub Ride a Success!

By Robin Land



Thanks to the outstanding efforts of Dave Clarke (*the retiree*) and his trusty sidekick, Robin Land (*the hard working Government employee*) and their never ending desire to combine biking with beer, the Inaugural 2014 Williamsburg Pub Ride from Aleworks to York River State Park was a resounding success. The turnout was estimated to be 20+ riders with more than half sticking around to partake of Aleworks' adult refreshments.

On the ride to and from the park, we were challenged with multiple hills, including the infamous KOA hill (*where Robin could be heard yelling "I thought we weren't going to do this one!!!"*). Dave and his band of A Flyboy (*and girl*) riders regaled us with their ability to climb the hills while sipping ever so gently from their water bottles. But it was the beer that kept us going! The chant of "*Beer! Beer! Beer!*" could be heard echoing off the blacktop of every hill.

Once back at Aleworks, the gang enjoyed refreshments, beer, and more importantly camaraderie! It's more than just the biking... it's the friendships! Stay tuned to the PBA Facebook site for more Pub Rides to come!

Robin



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 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 may 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...

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 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](#) -

SOLD OUT!

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.



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

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 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 - [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.

NEW LISTING - October 17-19 - ROAD TRIP! We have blocked out 10 rooms at the Sleep Inn in Charlottesville. We will all go to dinner together after everyone arrives Friday night then get a good night's rest so that we can get up early to ride outside of Charlottesville. After the ride, we can spend the afternoon doing what we please. You can hike the Shenandoah, go to Luray Caverns, tour Wineries or just go take a nap. We will come together again for dinner and then find something fun to do. On Sunday, we can take a nice easy recovery ride in the morning before heading home. Call 434-244-9969 by August 15th and tell them you are part of the PBA group to get the rate of \$139. per night. For suggestions or questions, please contact Sharon Bochman at bochman@cox.net

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.

NEW LISTING - Thanksgiving Fort to Fort Ride - Russell Parrish and Billy Glidden have mapped a new ride from Russell's house to Fort Huger (18 Miles) to Fort Boykin (24 Miles) and back to Russell's house. This ride is 52.3 miles of scenic views. There are thoughts of making this a Fall Fondo for the PBA. Keep a watch on Facebook for this ride. There may even be an earlier pre-ride.

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