



Chainstay

The Peninsula Bicycling Association

September 2014

Volume 44, Issue 8

Monthly Meeting



Monday
September 8, 2014

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

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

Program: 2015 PBA
Officer Nominations and
Rona Altshuler's
Alzheimer's Awareness
Cross-Country Ride
Report

2015 PBA Officer Nominations

It is time for club officer nominations for the coming year's term beginning January 1st. Sharon will introduce the Nomination Committee who will then present a slate and open the floor for additional nominees at our September meeting. The election will be held at the October meeting.

According to the PBA Constitution, the President, Vice-President, Treasurer, Secretary, three Executive Board members and the Chainstay Editor are elected positions.

The duties of each positions are as follows:

President - To preside at all regular and special meetings of the membership and of the Executive Committee Members.

Vice President - To assume and carry out the duties of the President in the latter's absence and to organize a monthly schedule of rides sponsored by the association.

Secretary - To prepare and keep minutes of the meetings of the members and of the Executive Committee, to maintain a record of correspondence concerning association business, and to have custody of all records and files of the association.

Treasurer - To receive and disburse association funds, to deposit such funds to the credit of the association in a manner prescribed by the Executive Committee, to pay all bills due and approved, to keep books of accounts of all receipts and disbursement, and to prepare reports of the association's financial status at least annually.

Executive Committee Member - To act upon association business at Executive Committee meetings, to serve on standing and special committees of the association and to be responsible for the governance and leadership of the association.

Editor - To publish and distribute the association newsletter, to maintain a newsletter mailing list, and to secure advertising to support the costs of newsletter publication. *Note: the description of duties for the Chainstay editor has changed as a result of our new online membership and publishing. This will be reflected in an upcoming update to PBA's Constitution. -Editor*

PBA's success is due to the many devoted members who give their time and talent. The club would not survive without them.

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Meeting Program — Alzheimer's Awareness Cross-Country Ride Report

Join Rona Altshuler as she delivers a presentation about her ride across the country to raise awareness of Alzheimer's disease.

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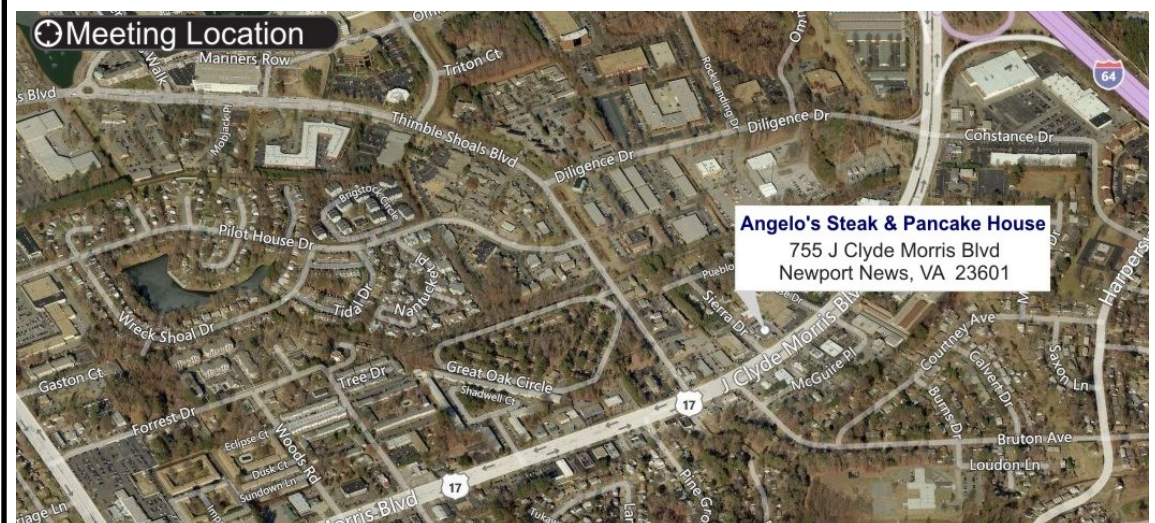
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It's hard to believe September is already here.

What that means to us is summer is wrapping up and soon we will be too. It also means that soon we will be hosting our signature event, The Surry Century! This year, we moved the ride to the 3rd Saturday, September 20th so that we would not have a conflict with the RABA ride, The Heart of Virginia. In years past, that conflict has kept our numbers down so we are hoping to have a better than average attendance. We have already had 50 riders sign up online.

Maria Lyons will be the event coordinator this year and she can be reached at mlyons@hampton.k12.va.us or at 757-561-5129. If you would like to volunteer as a SAG driver, she could use two more, all other positions have been filled. The first rest stop is going to be staffed by representatives from the Tour de Cure, the main rest stop will be staffed by Team Killer Bees and the Lunch stop is being staffed by members of Kirkwood Presbyterian Church's cycling team.

You can pre-register at <http://www.pbabicycling.org/surrycenturyrides>. Registration is \$20 for PBA members, \$25 for non-members and on-site registration will be available for an additional \$10. The on-site registration opens at 7:00am, and the course opens at 7:30am. SAG support will begin at 7:45am until 4:30pm. Rest stops will also close at 4:30pm. Riders can choose to ride 25, 50, 75 or 100 miles but be mindful that all event support ends at 4:30pm. Please check back in at the registration table to let us know that you have returned so we have everyone accounted for. Now, let's hope for some good weather!

Please mark your calendar for Monday, September 8th 6:00pm-7:00pm which will be our first General Membership Meeting at Angelo's Steakhouse on Route 17 in Newport News near City Center. Our guest speaker will be Rona Altshuler. She will show us a PowerPoint of her cross-country cycling journey for Alzheimer's Awareness this past spring. Rona has become quite an advocate for Alzheimer's awareness after her mother passed away from this terrible disease. We will also have an update from Siru Barber, HRT's Traffix program director.

I look forward to seeing many of you next week!

Sharon



PBA Website:
www.pbabicycling.org

PBA Board Meeting

PBA Officers and Executive Committee meet on the first Monday of each month at Carmines Robbins & Company, 11815 Rock Landing Drive in Newport News. All PBA members are welcome to attend and contribute to discussions which form the direction of the club. Business also includes planning 2014 PBA events. Contact Sharon before attending to ensure the location has not moved.



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

PBA Affiliations:



2014 Officers

President	Sharon Bochman, bochman@cox.net	757-868-4120
Vice-President	Tregg Hartley, tregg.hartley@verizon.net	
Treasurer	John Parker, johnjljr@verizon.net	757-898-7147
Secretary	Scott Farrell, StealthTDI@spamarrest.com	757-880-4070
Executive Committee Members	Todd Chopp, todd_chopp@yahoo.com Robin Land, jbtaxi2829@aol.com Maria Lyons, mlyons@hampton.k12.va.us	757-513-9000

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.

9 Tips for Century Ride Rookies...

By Ryan Wood, Active.com

From: <http://www.active.com/cycling/articles/6-tips-for-century-ride-rookies>

Editor's Note: With the recent growth in the club and the Surry Century coming in just a few weeks, I figured now is a great time to run an article geared to those who may be contemplating their first century. Have a look!

In all likelihood, your first century ride will be the longest bike ride you've ever done. Could you possibly know every setback you may face ahead of time? It pays to get wisdom from those who have conquered a century ride and learned a lot from it. So Active.com interviewed two riders who recently did their first century. Both were relatively inexperienced cyclists when they clipped in and took off on a 100-mile journey that was both exhilarating and painful.

More: [4 Training Tips for Your Century Ride](#)

Mari Lohr of Santa Monica, CA was extremely new to cycling when she signed up for a 60-mile charity ride to benefit a friend's son who was diagnosed with ALS. After catching the bug and gaining confidence, she decided to up the ante and sign up for the 100-mile Ride to Defeat ALS in Napa, CA.

Gary Highfield of Chattanooga, TN stepped on the scale one day and weighed 248 pounds. He vowed he would never see 250 and joined the Chattanooga Bicycle Club with a decades-old bike that was falling apart. After a few equipment upgrades, he signed up for--and suffered through--the Sequatchie Valley Century. A few months later, he took on the daunting 3-State, 3-Mountain Challenge century ride despite some telling him to steer clear until he gets more experience.

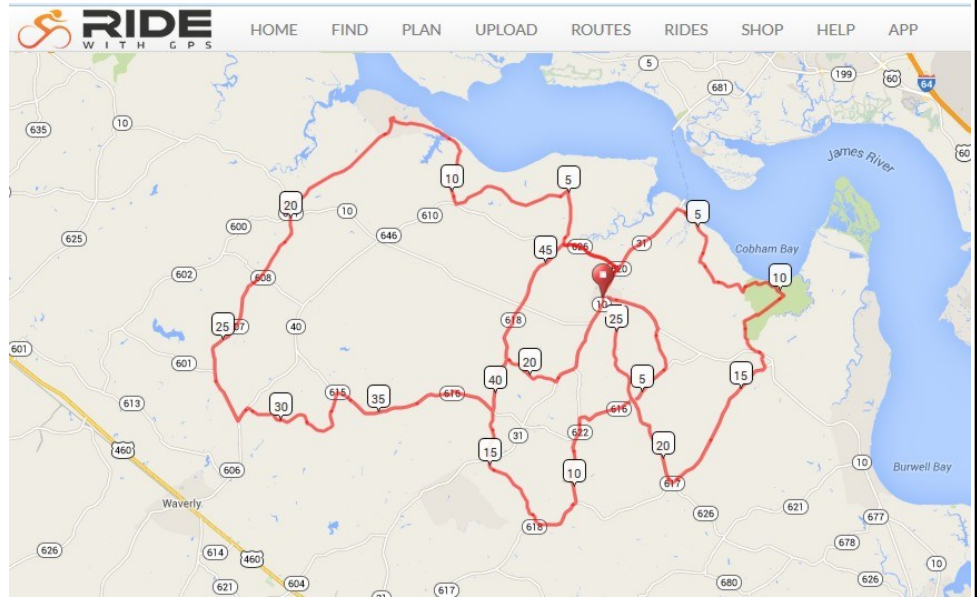
"It's a real booger," Highfield said. "But 1,700 other people did it, dadgummit. Why not me?" He finished, and now he and Lohr are century ride veterans. Here are a few challenges they weren't expecting during their first ride, and what they learned from them:

More: [How to Successfully Complete a Century](#)

Stay Loose

Staying relaxed and loose are some of the most important things you can do during a century ride. Short on experience, Highfield used grit to conquer his first 100-mile ride. He gripped the handlebars tight and pedaled like crazy. When he got done, his right pinkie finger was numb. He's had problems with it ever since.

"Moving your hands and keeping them loose is critical," Highfield said. "You can hurt yourself." Cycling veterans



recommend keeping your body loose, and not locked in. Relax your shoulders and bend your elbows slightly. This can also keep your neck and back from seizing up from the long grind of a century ride.

More: [12 Common Century Ride Mistakes](#)

Know Where You Are

Most established century rides are well-marked and make it hard to get lost. But have a backup plan ready in case. Most rides offer cue sheets. Or you can pack a map. At the very least, having a GPS will keep you better-informed about how far along you are. "I didn't have a Garmin," Lohr said with a laugh. "I recommend a Garmin."

At one point, Lohr was all alone on the route with no fellow riders in sight, and doubts about whether she was lost started creeping into her head. She wasn't, but the simple act of mentally retracing her steps to figure out if she made a wrong turn was taxing. "It helps mentally (to know where you are)," Lohr said. "If you do too much trying to find yourself, it drains you."

Note: The three Surry Century loops are depicted above. Garmin-compatible data for each of the loops can be seen at: [50-mi Loop](#), [25-mi Loop 1](#), and [25-mi Loop 2](#).

More: [What Type of Century Rider Are You?](#)

Be Prepared for Flats

Have an extra tube and a CO2 cartridge with you at the very least, and learn how to fix a flat. You'll never realize how important it is until you get one. Lohr and Highfield thought they were ready for flat tires, but Lohr was only partially prepared. "I had a spare. I was taught how to do it but not hands-on," Lohr said.

[Continued on page 7](#)

SURRY CENTURY RIDES

SATURDAY, SEPTEMBER 20, 2014

Experience the heart of Southeastern Virginia by bike. See rural towns, farmland, historic plantations, and very few cars. The rides begin at the Surry Athletic Field behind the Surry Courthouse. During your visit enjoy Chippokes Plantation State Park and historic Bacon's Castle.

Registration fee: \$25 for non-members and \$20 for members. A \$10 late fee is added if registration form is post marked after September 13. Avoid the fee by registering online at <http://www.pbabicycling.org/surrycenturyrides>. On site registration is available with \$10 late fee (*check or cash*). A portion of the registration fee will be donated to the Surry Athletic Association and the Surry Rescue Squad. All routes will be fully sagged and marked. Maps/cuesheets and snacks are included.

Riders under 18 years of age must be accompanied by a parent or legal guardian. A parent/guardian must sign a minor release form (available at onsite registration).

START TIME: 7:30 a.m. Late registration: 7 - 11:30 a.m. for late risers. Century and 75-mile riders must start by 8 a.m. The rides (25, 50, 75 and 100 mile) consist of loops (25, 25 and 50 miles) over flat to slightly rolling terrain. The loops return to the start point for rest stops; there are also rest stops on the routes.

Make checks payable to **PBA** and mail registration form to: **Peninsula Bicycling Association, P.O. Box 12115, Newport News, VA 23612-2115.** Contact Maria Lyons at mlyons@hampton.k12.va.us or at 757-561-5129 for more information.

Helmets are required!



The Peninsula Bicycling Association SURRY CENTURY RIDES SEPTEMBER 20, 2014

Name _____ Phone _____
 (one name only)
 Address _____ Email _____
 City/State _____ Zip _____
 Emergency Contact _____ Phone _____

I will ride the following route (please circle one): 25 50 75 100

Registration fee: **Non-member Adult** \$25 _____
 PBA member Adult \$20 _____
 LATE FEE (after 9/13) \$10 _____
 Total enclosed _____

RELEASE AND WAIVER:

In signing this application, I hereby make it known to whoever it may concern, that during Peninsula Bicycling Association activities-with full realization that there are known and unknown hazards to these activities-I do hereby: assume all risk for injury, loss or damage foreseeable or not, which I and/or any children under the age of 18 in my care may sustain as an accident to such activities. I warrant to make no claim at law or equity against the Peninsula Bicycling Association or any participant arising out of any injury, loss, or damage from whatever cause during a Bicycling activity, PROVIDED HOWEVER that this release shall not be construed to limit my right to proceed any class of persons specifically excluded herein, who negligently cause injury, loss, or damage to the persons named on this application.

Applicant or parents/guardians of minors (under the age of 18) must sign below.

Odds and Ends...

by [Scott Farrell](#)

“Killer” B Pace Rides

Has anyone noticed an increase in speeds on B and B+ pace rides? It's not unusual for the speeds to increase on these rides as riders get stronger from April to September. Growth within the club has also made these rides quite large. Sure, a rider who's riding at 20+ mph should move up to an A pace ride. However, the only A pace rides we advertise are actually A+ rides which often cruise at 22-24 mph. What's a speedy “B rider” to do?

A few ride leaders are working on a solution which may surface in 2015. The vast majority of my B/B+ rides feature entire groups of riders who are okay with buzzing along at 19-21 mph. The good news is these groups have become large enough that they can break into separate groups. With some luck, I think we can manage to get a competent rider or two to lead, perhaps “manage” is a better word, an A group on Mondays and Wednesdays. Watch Chainstay, the website and our ride schedule for details. The rides may not surface in April. But I think we'll have them by June/July.

2015 Tour de Cure Registration is Open!

It's not too early to join Team Killer Bees' Tour de Cure team for the 2015 event on Saturday, April 25th. This is an opportunity to ride with old friends and meet new friends. It's a chance for new riders to blow the dust off that old bike you bought (couple of years ago?) and give it a spin! Put April 25, 2015 on your calendars and come out to Suffolk to get healthy, get happy and get your ride on!

The Tour de Cure course is extremely well marked and supported. Team Killer Bees will provide ride leaders as well. We want riders of all abilities to join us in the fight against diabetes!!! Contact “Queen for a Day” [Robin Land](#) for details.

To join us, go to the Killer Bees page at <http://main.diabetes.org/goto/killerbees> and select “Join This Team.”



petals
FOR THE
CURE

Join us on at Anderson's Nursery in Newport News on October 4th at 8:00am for a unique bike ride to support finding a cure for breast cancer.

This wonderful event has been supported by PBA and Team Killer Bees in the past and is a great local ride. The name of the PBA team for this ride is “Bike for Life.” It is our support of Breast Cancer awareness, as well as personal experience of some of our team, that makes this ride especially meaningful. Our ride captain and “Queen For A Day” is Kelly Peck.

Be sure to register on the “Bike for Life” team. We'll have more details regarding team pictures, etc. later. Kelly has asked that the pink technical shirts be reserved for our team. The sooner we sign up and show team spirit, the better our chances.

There will be two bike tours, 7 miles and 22 miles, around Newport News to raise money for Beyond Boobs and Susan G. Komen for the Cure! The ride begins and ends at Anderson's Home & Garden Showplace.

There will be Food, Fun & Prizes for the whole family at the end of the tour! Prizes include: Funniest Outfit, Largest Team, Oldest Rider, and Most Money Raised by an Individual!

Register at: <http://www.active.com/newport-news-va/cycling/races/petals-4-the-cure-2014>

Fees: 7 Mile - \$25.00 , 22 Mile - \$35.00

More info at: <http://www.petals4thecure.com/>

Century Tips

Continued from [page 3](#)

"So the only thing I knew was to look pathetic on the side of the road." Lohr was fortunate--her tires held up. But she won't risk it going forward, and neither should you.

More: [Video: How to Change a Flat Tire](#)

Take Care of Your Backside

You will pay if you don't plan for chafing. Highfield did nothing to prepare for it before his first century. "I looked like a baboon," he deadpanned. Bike shops have chamois butter. Buy it and apply it, definitely before the ride and probably during the ride, too.

Another thing that will help combat saddle soreness is a good pair of bike shorts. Highfield was visiting family in Albuquerque, NM when he stopped at a bike shop and chatted with the owner. "He said he just rode from Seattle to San Francisco," Highfield said. "I said, 'I only have one question: What shorts did you wear?'"

He plopped down the cash for a quality pair of bike shorts that were "four times thicker" than what he rode his first century in. And it paid off. "Buy the best shorts you can buy," he insists.

More: [How to Prevent Saddle Sores](#)



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

Eat and Drink

In the hour leading up to the start of the ride, Lohr got caught up making sure everything was in order. She forgot something important--breakfast. "Next thing I know, I hear 'five minutes to start time' and I hadn't eaten," Lohr said. "I grabbed what I could, stuffed my face with a bagel and held it in there like a chipmunk. I had bananas in my back. I didn't even drink coffee, so my coffee was gels that had caffeine."

A pre-ride breakfast is essential, as is plenty of eating and drinking throughout the ride. Don't forget about it.

More: [4 Nutrition Secrets for Your First Century Ride](#)

You Are Not Alone

While many endurance events are on a closed course, many century rides aren't. Always be aware that you're probably sharing the road with vehicles, and that comes with responsibility. "Just because it's an organized ride doesn't mean that cars see you," Lohr said. "Obey all traffic laws."



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.

PBA Officer Nominations

Continued from [Front Page](#)

Good club leadership is also essential. Motivated individuals willing to go a step further for the benefit of all. Sharon will introduce the Nominations Committee at our October general membership meeting. The committee will present a slate of nominees and accept additional nominations. If any of you are interested in leadership positions and shaping the future of PBA, please come forward at the October meeting and be nominated for one of the fun and worthwhile positions among PBA's Board of Directors.

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.



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, 5:30 p.m. (NEW TIME FOR SEPTEMBER) - 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, 5:30 p.m. (NEW TIME FOR SEPTEMBER) - 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, 5:30 p.m. (NEW TIME FOR SEPTEMBER) - 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...**

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

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

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

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

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

September 27 through October 4, [16th Annual "Mountains to Coast" Ride \(NC\)](#) - This year's route will go from Spruce Pine to Atlantic Beach, stopping in Morganton, Troutman, Asheboro, Holly Springs, Goldsboro and New Bern along the way. Visit <http://cnc.ncsports.org/fallCNCRide/> for 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.

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.cbcs.org/events/events_biketour.asp.

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.

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



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



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



Come ride with us!



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

422-1278

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



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

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

PBA Membership Application

Name _____ Email _____

Address _____ Phone _____

City/State/Zip _____ Age (if under 21) _____

Type of membership Individual Family New Member Renewal

How are you willing to assist? Ride Leader Event Support Publicity/Marketing Adopt-A-Spot

Reasons for Joining: Club Rides Tours Newsletter Advocacy Socializing

Names and emails of family members who ride _____

RELEASE: In signing this application, I (we) hereby make it known to whomever it may concern, that during Peninsula Bicycling Association activities---with full realization that there are known and unknown hazards to these activities---I (we) do hereby: assume all risk for injury, loss, or damage foreseeable or not, which I (we) and/or any children under the age of 18 in my (our) care may sustain as an accident to such activities. I (we) warrant to make no claim at law or equity against the Peninsula Bicycling Association or any participant arising out of any injury, loss, or damage from whatever cause during a bicycling activity PROVIDED HOWEVER, that this release shall not be construed to limit my (our) right to proceed any class of persons specifically excluded herein, who negligently cause injury, loss, or damage to the persons named on this application.

All persons over the age of 17 and parents/guardians of minors must sign below. Unsigned forms will be rejected.

Signature(s)

Dues: Individual \$12, Family \$15 per year

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