



Chainstay

The Peninsula Bicycling Association

October 2014

Volume 44, Issue 9

Monthly Meeting



Monday
October 13, 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 Elections and
Siru Barber of
Hampton Roads Transit

Inside

- [President's Corner](#), p. 2
- [Is Cycling Like Candy?](#), p. 3
- [Sharing Goes Both Ways](#), p. 4
- [Sea Gull Century](#), p. 5
- [Breast Cancer Awareness](#), p. 6
- [PBA Classifieds](#), p. 8
- [Weekend Rides](#) (online only)
- [Weekly Recurring Rides](#), p. 9
- [Riding Out Yonder](#), p. 10
- [PBA Membership](#), p. 11

Surry Century Recap

By Robin Land

The Surry Century has come and gone, but the feeling of a great ride lingers. First, the weather. Could it have been any finer not to be in Carolina? Seriously! What a sweet day. After helping to assemble a few goodies for the rest stops, I had the privilege to lead a few friends on the 25 mile ride through Chippokes Plantation State Park. Yeah, it was a little congested on Route 10, but easily managed.

Once off the main road, the traffic was sparse, the scenery amazing and the local livestock entertaining. There is something to be said for taking it easy. You really get to see the beauty of nature around you. Other riders had the privilege of riding the challenging 50 and 100 mile routes with their (*my favorite*) hilly terrain and a lovely Fall

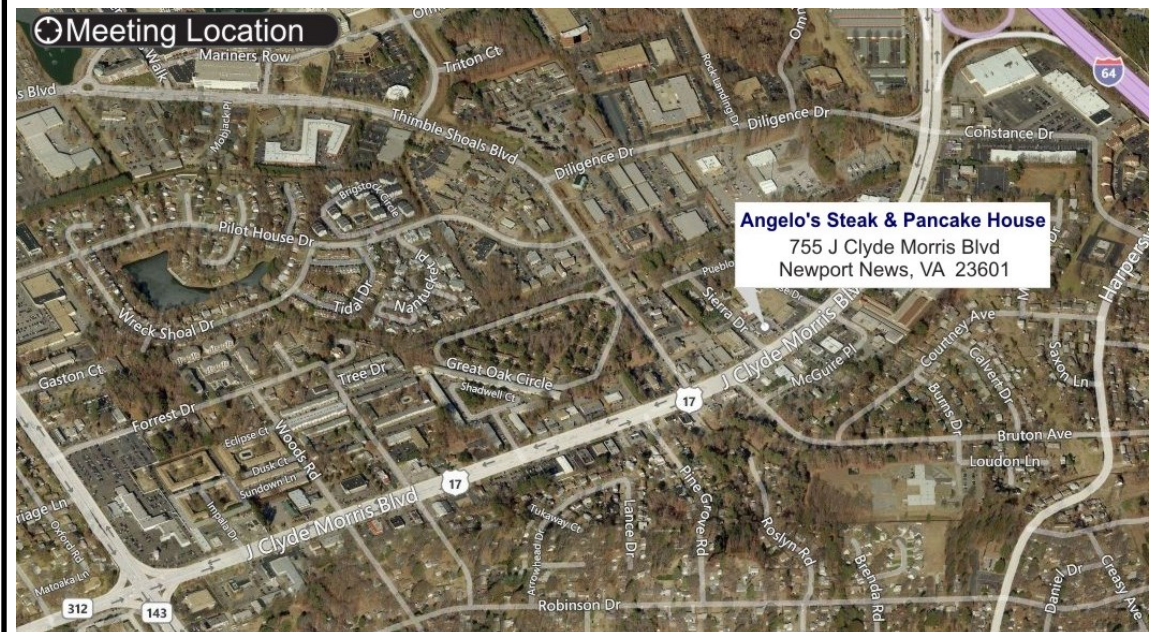
breeze just a-blowing in their faces. Were there a few glitches? Yes. But, from my vantage point, nothing got in the way of everyone's good time.

All of this fun was brought to you by a dedicated group of volunteers, many who put in a lot of hours. Registration, food preparation and service, rest stops, road markings and SAG were just a small subset of the workload that ensured a successful Surry Century for all. Their hard work and their dedication to this event resulted in over 250 riders and a lot of happy faces. The Peninsula Biking Association hopes everyone had a great time. We will see you next year. Go out there and get your biking on!

-Robin

Meeting Program — Hampton Roads Transit

Join Siru Barber from HRT. She will to share plans on how HRT is helping bicycle commuters get around as well as seeking advice on the needs of the community. Please bring your ideas to share with Siru.





The President's Corner

From the Vice President, by Tregg Hartley

I would like to thank all of our ride leaders for the miles they have logged encouraging others to ride. You are the backbone of our club. Our club membership has grown largely due to your efforts.

I am relatively new to doing club rides. A large majority of my rides are solo, whether it's a long weekend ride or a weekday commute. I joined the PBA in May of 2012. I managed to ride with the club a total of 4-5 times during the first two years. This year has been a little different. I have made it to several group rides and even led a couple. There is something special about riding in a group of like-minded people, pulling, drafting, sprinting and chatting through the miles. Whether it's a leisurely paced river ride, a hard and fast A pace through York County, or those bleeping hills in Williamsburg, the camaraderie is the same. It has been a wonderful riding season.

I frequently read articles talking about this "riding season." I never really gave it much thought until I saw some e-mails indicating that the Monday and Wednesday evening rides were coming to a close for the "season." The sun is setting earlier and the evenings are getting cooler. This is a signal to some cyclists that it is time to hang the bike up until next spring. I would like to suggest that, instead of hanging that bike for the year, you take a look at some lights for your ride. I have noticed at the group rides I have attended that there are very few bikes with lights on them; even fewer with fenders.

I know I am the odd one at these rides while riding my 35-pound steel touring bike with racks, lights, fenders, and bike luggage amongst some very light and fast carbon fiber and titanium rides. However, I can ride day or night, rain or shine, whenever the mood strikes. Sometimes, I can't get out for a ride until the sun is setting. My lights extend the time I can ride. Those same lights are needed for my commute during the short days of winter. The December 2013 issue of Chainstay has a good article about bike lights. The PBA also has a few randonneurs who are quite familiar with bike lighting since it is a requirement for the longer rides. I'm sure they would be willing to share their knowledge and experience, myself included.

I have found riding at night to be quite enjoyable. Generally, there is less traffic to contend with and, since my bike is lit up like a Christmas tree, I feel drivers can actually see me better. Of course I ride with two head lights that can provide 1400 lumens of lighting power, which is more than enough to light up any road. I have two tail lights just in case the batteries die on one of them. I also have wheel lights from Monkeylectric.com, but that will be a topic for another day.

Don't let the sun set on your riding enjoyment this year. Look into getting some bike lighting and extend your riding season. Get out and ride!



PBA Website:
www.pbabicycling.org

PBA Board Meeting

PBA Officers and Executive Committee meet on the first Monday of each month. All PBA members are welcome to attend and contribute to discussions which form the direction of the club. Business also includes planning PBA events. Contact Sharon Bochman for the location.



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.

Is Exercise Bad for Your Teeth?

By Gretchen Reynolds

From: <http://well.blogs.nytimes.com/2014/09/24/is-exercise-bad-for-your-teeth/>

Vigorous exercise is good for almost all of the body — except perhaps the teeth, according to a surprising new study of athletes. The study, [published in The Scandinavian Journal of Medicine & Science in Sports](#), found that heavy training may contribute to dental problems in unexpected ways.

There have been hints in the past that athletes could have a heightened risk for cavities and other oral issues. In a study [published last year in The British Journal of Sports Medicine](#), dentists who examined 278 athletes at the 2012 Summer Olympics in London reported that a majority displayed “poor oral health,” including high levels of tooth decay, often in conjunction with gum disease and erosion of the tooth enamel. The athletes came from the United States and Europe as well as less-developed parts of the world, and most had access to good -quality dentistry, although many had not visited a dentist in the last year.

The study didn’t examine why the athletes were at such high risk of dental problems, although many of us might assume that sugary sports drinks and bars would be a primary cause. Other studies, however, have found little if any link between consuming sports drinks and developing cavities.

So to better understand what is going on inside the mouths of athletes, researchers with the dental school at University Hospital Heidelberg in Germany and other institutions recruited 35 competitive triathletes and 35 age- and gender-matched healthy adults who were not athletes.

All of the volunteers visited the hospital’s dental lab for a full oral examination, including collection of their saliva after they had been sitting quietly. They also completed questionnaires about their diets, including consumption of sports drinks and other beverages, their normal oral hygiene routines, and their exercise habits, if any.

Fifteen of the athletes also completed an increasingly strenuous run of about 35 minutes on an outdoor track, during which their saliva was collected several times.

Then the researchers compared the groups’ teeth and spit, which turned out to be different in telling ways.

Compared with the control group, the athletes showed significantly greater erosion of their tooth enamel. They also tended to have more cavities, with the risk increasing as an athlete’s training time grew. Over all, the more hours that an athlete spent working out, the more likely he or she was to have cavities.

The researchers found no correlation, however, between consuming sports drinks or any other elements of the athletes’ diets and their oral health.

They also found no differences in the amount or chemical make-up of their volunteers’ saliva after the athletes and the non-athletes had been at rest.

But that situation changed when the athletes worked out. During their experimental runs, the amount of saliva that they



produced progressively lessened, meaning that their mouths became drier, regardless of whether they consumed water or other beverages during the workout. The saliva’s chemical composition also shifted, growing more alkaline as the workout continued. Excess alkalinity in saliva is thought to contribute to the development of tartar plaques on teeth and other problems.

The extent of the changes in the athletes’ saliva during a workout were something of a surprise, said Dr. Cornelia Frese, a senior dentist at University Hospital Heidelberg, who led the study.

“We had thought sports drinks and nutrition might have the most detrimental influence on dental decay,” she said, “but we saw no direct link” between them. Instead, it was the changes in saliva during exercise that differentiated the athletes’ mouths from those of the control group. Since saliva “has a very protective function” for teeth, Dr. Frese said, having less of it or a chemically different version during exercise could be problematic.

But, she cautions, this study was small, short-term and in many ways unrepresentative of the oral risks most of us would likely face from exercise. “The athletes participating in our study had a mean weekly training time of nine hours,” she said. They were, in technical parlance, hard-core.

“All we can say” based on the data from this group, she said, “is that prolonged endurance training might be a risk factor for oral health.” Whether less frequent or intense exercise would likewise affect oral health is uncertain but unlikely, Dr. Frese said.

Still there are a few precautions that anyone who exercises and has concerns about their oral health might want to take, she said. Drinking water during workouts could be a start, although the connection between hydration and oral health is not scientifically established, Dr. Frese said. More generally, brush and floss, as you know you should. And if you’re a serious endurance athlete, consider visiting a dentist with a specialty in sports dentistry, she said. The goal is to ensure that your teeth remain in as good shape as the rest of you.

Toolbox: Share the Road Goes Both Ways...

By Josh Horowitz

From: <http://www.pezcyclingnews.com/toolbox/toolbox-share-the-road-goes-both-ways/>

All too frequently in Los Angeles, and I'm sure in every city around the world, tempers flare up between cyclists and motorists and even police. Recently in Los Angeles there have been a few car vs. cyclist incidents and even a potential cop car vs. cyclist vehicular homicide.

Tempers flare, cyclists are outraged and indignant and talk of revolution and defiance runs rampant.

But before you start flipping off cars and raging at the police, consider this.

When car vs rider issues arise, remember that while we do need to exercise and defend our rights, it is also important to remember that whatever we think we may be entitled to, it is the motorists that allow us to share the road with them.



Pic:CorVos/PezCyclingNews

Anyone who thinks otherwise should try to nudge a car out of their lane next time they think their right of way is being infringed upon.

See how that goes.

It's a Math Problem

Anybody who doesn't think there is a risk of serious injury or death every time they head out on the road is kidding themselves. I've spent nearly 20,000 hours over the last 15 years training in Los Angeles and Malibu and a good part of that on the PCH. It's an undeniably dangerous pursuit and of course the more you ride, the more dangerous it is.

So I do whatever is possible to decrease the risk.

It's a simple question of percentages. Risk vs. reward.

Everything about the way I ride is designed around improving the percentages of me coming home alive.

A crucial part of that is fostering a healthy respect for cars and displaying that respect at every turn. I do everything I can to not give them a reason to get pissed at me. It's constantly on my mind. And not just pushed to the back of my mind but right up in front. Always.

But all that hard work of showing deference and respect goes out the window the first time one of those drivers bumps up against a disrespectful cyclist.

Cycling is More Fun When You Are Alive

For those of you who are still feeling self righteous and indignant, if you feel like we need to take a stand or make a

point, let me just tell you the one and only thing I care about.

STAYING ALIVE!

Maybe that isn't as important to you and based on the way I see a lot of cyclists ride, that does often seem to be the case but for me personally, I love to ride my bike and I don't think I will enjoy it as much if I'm dead.

Right of Way vs Right to Live

So just because you have the right to take up a lane or to ride two abreast, or block the turn lane at an intersection, doesn't mean you always should.

This doesn't mean that you should never take up the lane or ride two abreast. The road, the time of day, the size of the group, the weight of the traffic should all be taken into consideration when determining the absolute safest way to ride.

- Always be aware of the impact you are causing on the flow of traffic, no matter what the situation.
- When stopped at a red light, move over to let the car behind you turn right.

[Continued on page 7](#)



Flat, Fast, & Camaraderie-Filled: My First Time at the Sea Gull Century

By Mary Gersemalina, ChasingMailboxes.com

From: <http://chasingmailboxes.com/2014/09/30/a-first-timer-at-the-sea-gull-century/>

Crowded and flat. Windy. Dangerous. The words often used to describe the Sea Gull Century out of Salisbury, Maryland, did not endear me to it. For more than 10 years I had avoided the Sea Gull, telling people that I wasn't sure if it was the ride for me.

This year two registrations fell into Felkerino's and my laps thanks to our BikeDC friends Ted and Jean, and with a near-perfect forecast on the horizon I cast my reticence aside and made up my mind to see what all the fuss was about.

In the No Surprises Here department, we rode tandem. Recently tuned up, our Co-Motion comes in handy in a headwind, and it's what we've been riding all summer. I actually feel out of practice on my single bike, but that's another story.

The Sea Gull Century route covers Maryland's Eastern Shore, including the towns of Berlin and-- the highlight of the ride-- Assateague Island. It's non-undulating, you might say.

Having been quite taken as a child with the story of Misty of Chincoteague, I was also curious to see the wild ponies of Assateague. I imagined noble elegant ponies with heads held high, like something out of The Man From Snowy River, but friends warned me that the ponies were mangy and crazy. "Don't look them in the eye!"

Despite my aversion to flat terrain and deranged wildlife, I found myself looking forward to this century. We'd have plenty of company (this ride draws approximately 8,000 people) and I considered it a nice reward for my legs and my fitness after spending almost all of the last six months doing long rides in the hills.

I was a little worried about the danger aspect, since I was not sure of the skill level of the other riders, and crashing did not appeal to me no matter how much drama it might add to my day.

Flat, fast, and full of camaraderie, the Sea Gull Century exceeded all my expectations. We never rode alone, and the riders around us all held their lines and pace well.

Level terrain made it easier for us as a tandem to be around single bikes, as the differences in our momentum were not nearly as noticeable when compared to a rolling or hilly course.

We saw fatbikes, hand cycles, racey road bikes, velomobiles, folding bikes, and several tandems of varying



make and vintage. I even saw a person on a unicycle. It was like being part of RAGBRAI for the day, only on the Eastern Shore. And no kringla. But there was pie and ice cream, apparently a tradition at the 85-mile rest stop.

And ponies! In Assateague (mile 63), I was feeling a little disappointed about not seeing the mean-spirited wild horses, but all my Sea Gull dreams were meant to come true, I guess, because as we left the island we saw at least three of them on the roadside opposite us.

The horses didn't seem so crazy to me. I didn't go over and introduce myself, but from what I saw they seemed hungry for green grass and nonplussed by cyclists. The wild ponies of Assateague were not the noble animals of my childhood imaginings, but they had a primal beauty about them.

After we finished, I could not believe how quickly the time had flown by. 100 miles, and that was it. Done for the day! It was a feeling only made possible by the big rides done earlier in the season.

I had no regrets about waiting to take on the Sea Gull Century, but I realized that I had overlooked all the ride's up-sides.

This is probably the largest paid century in our area so you are likely to see at least one person you know, either on the route or at the finishing area. It may not be the most scenic course, but there are wild ponies!

[Continued on page 7](#)

October is Breast Cancer Awareness Month



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/>



Please join BikeBeat on October 11th for Trek's 9th Annual Ride as we ride to raise awareness for breast cancer prevention, screening, treatment and to help fund a cure.

Fun-Family ride for all ages and abilities!
Prizes! Prizes! Prizes! We have partnered with some great companies to provide awesome door prizes along with a Sweepstakes to win a Trek Bicycle!
Goodie bags for all pre-registered riders
Marked route and on-route support
Refreshments

There will be 4 different rides through the open roads of Chesapeake:

Metric Century (62-Mile Ride starting at 8:00 AM)

25-Mile Ride (starting at 9:30 AM)

10-Mile Ride (starting at 10:00 AM)

5-Mile Family Fun Ride (starting at 10:30 AM)

SAG support will be provided and there will be a feed zone along the route for the Metric Century and 25-Mile rides. Riders participating in the Metric Century will have 2 feed zone opportunities, and those participating in the 25-mile ride will have 1 feed zone opportunity.

Register at: <https://www.eventbrite.com/e/trek-breast-cancer-awareness-ride-bikebeat-registration-11376662905>

Location BikeBeat Chesapeake

Map & info: <http://bikebeatonline.com/about/chesapeake-edinburgh-commons-north-pg447.htm>

Why we ride...

We ride for our Mothers, Daughters, Sisters, Aunts, and our best friends. We ride for people we know and for people we don't. We ride to raise money for research and to find a cure. For the 6th year, Trek Women proudly supports The Breast Cancer Research Foundation.

100% of the Ride registration goes directly to this worthy cause. BCRF website: http://www.bcrfcure.org/about_mission.html

Thank you!

Toolbox...

Continued from [page 4](#)

- Single up if the lane gets narrow and one or more cars get backed up behind you.
- You should always and constantly be looking for the absolute safest place on the road to ride. Always!
- In general, all other things being equal you should always choose the path that is least disruptive to the path of the motorist.

Please Don't Get me Killed

As the guy who starts his training after you are done with your morning rides, my fate is in the hands of the pissed off driver whose commute was disrupted by the disrespectful group riding three abreast, totally unaware of the flow of traffic and the negative impact they are creating.

So for your sake and for mine and for the preservation of city cyclists around the world, I ask that you respect and preserve the tenuous relationship that we must maintain between the vehicles that we share the road with.

I beg that you always go out of your way, despite what you think is your right, to be respectful and reverent of the motorists who allow us to ride on their roads and the danger they pose to us if this relationship is not maintained.



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.

Sea Gull Century...

Continued from [page 5](#)

You see cyclists of all abilities. For some, this is their first century ride ever. For others, it's the only century they do in a given year. And for people like us, it's a welcome change of pace. I liked being part of this large circle of riders.



I'm not a fast rider, but Felkerino and I were able to maintain an 18.5 miles per hour moving average over the course of the day and take an hour off the bike, without flailing ourselves. This course is good for a person's ego.

I do wish there had been more real food to eat (or maybe if all the rest stops offered pie, ha ha!), but if I ever rode this again I'd probably tuck away a sandwich and potato chips in the Carradice.

The ride organizers totally know what they are doing. It's easy to park, find the start, grab your cue sheet, and go. Professional photographers are positioned at various spots along the course. The route is clearly marked throughout and course marshals and local police keep riders flowing through the intersections so stops and starts are minimal.

It was really a great day on the bike. Many thanks to our friends Jean and Ted, who were unable to ride and gave us their Sea Gull Century registrations. Without them, I'd still be wondering what all the fuss was about. Now, we're seriously considering riding the Sea Gull again next year.



PBA Classifieds

PBA Members Only

NEW LISTING - Seven Alaris SG - (2005 construction, 2009 purchase), titanium frame, Ultegra groupset, Chris King headset, Seven carbon fork, slightly used cassette, very little use on cranks and chainrings, 57.2 cm top tube, new Fulcrum 7 wheelset. Has been maintained and checked over by Rod at BikeBeat, Newport News. Very good condition. Decals need touching up. Asking \$3000 OBRO. Call/leave a message, Jan at 757-898-2870. (10/14)

NEW PRICE - 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: \$1100. 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)

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...**

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! CANCELLED...

NEW LISTING - October 17-19 - [Shenandoah Fall Foliage Bike Festival](#) - The Fall Foliage Bike Festival is a weekend event where hundreds of cyclists, of all ages and abilities, gather to ride together and enjoy the beauty of the Shenandoah Valley. Visit <http://shenandoahbike.org/> for details.

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.

This is the last month for Riding Out Yonder until next spring when the new schedule is created. Watch PBA's [Facebook page](#) and [website](#) for more details regarding the Thanksgiving Fort to Fort ride listed above.

PBA's Bike Journal Stats

2014 Total Distance Stats

[Log Ride](#)

Rank	Rider	Location	Distance (Miles)
1	B1keBox	Hampton, VA	6105
2	WonderWoman	Poquoson, VA	5490
3	LoneRanger	Poquoson, VA	5242
4	fatmanriding	Hampton, VA	3345
5	csbford	Yorktown, VA	3112
6	hulksmash	Newport News, VA	2471
7	CaptOverpacker	Newport News, VA	2132
8	JOECOO73	Gloucester, VA	2032
9	Fujichica	Poquoson, VA	1846
YTD club mileage (inc. riders w/ private mileage)			43,599

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