



Chainstay

The Peninsula Bicycling Association

February 2015

Volume 45, Issue 1

Monthly Meeting



Monday
February 9, 2015

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: One City
Marathon (w/PBA Support)

by Telly Whitfield,
City of Newport News
Assistant City Manager

Inside

- [National Bike Summit](#), p. 3
- [The Truth About Saddles](#), p. 4
- [A Note from Sharon](#), p. 5
- [PBA Awards Results](#), p. 6
- [Classifieds](#), p. 7
- [Announcements](#), p. 7
- [Weekend Rides](#) (online only)
- [Weekly Recurring Rides](#), p. 8
- [Capital Trail Update](#), p. 9
- [PBA Membership](#), p. 10

Annual Valentine's Dinner

Join the PBA for a Valentine's Day Dinner at 6:30 pm on Saturday February 14, 2015 at Al Fresco, an excellent local Italian restaurant located at 11710 Jefferson Ave in Newport News. The food is fantastic! Please come out and join us for a most enjoyable evening, whether it's for yourself, you and someone special, or you and a close friend. Call Anthony or Hazel Woodard at 757-766-9180 or email papawoodard@verizon.net for details and to RSVP. RSVP no later than 6:00 pm on Wednesday, February 11 to allow time to make the necessary adjustments to the reservations. P.S. You can justify eating heartily by saying you're carbo loading for a big ride on Sunday! Hope to see ya there.

Ride safe, ride far, and ride fast.

Anthony

February Meeting Program — One City Marathon

Our guest speaker is Telly Whitfield, Assistant City Manager, City of Newport News. He is organizing the One City Marathon in March 2015 and will have maps of the course for review. It is the City of Newport News' first ever full marathon and is a qualifier for the Boston marathon. It will begin at Newport News Park, go along the James River and end at the Victory Arch downtown Newport News. There will be shuttle service to get you back to your car. It looks like a great event. I am hoping we will have several people offer to road marshal or just come out with big signs and ring cowbells along the course. We could have our own cheering section along the way since a lot of our members will be out running. We really need to support our running community!



2015 PBA Officers

President	Sharon Bochman, bochman@cox.net
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Committee Chairs

Ride Schedule	Robin Land, jbtaxi2829@aol.com
Membership	Scott Blandford, csbford@yahoo.com
Publicity	Volunteer Needed
Advocacy	Scott and Carol Bartram
Webmaster	Jay-T Thompson, chainringoutlaw53@verizon.net
Marketing	Tu Ritter
Business (<i>Insurance</i>)	Ken Hodge
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Smithfield Challenge Organizer	Jackie Shapiro
Hot Diggity Dog Ride Organizer	Rona Altshuler
After the Fourth Ride Organizers	Billy Glidden and Russell Parrish
Ice Cream Ride Organizer	Steve Zajak
Surry Century Organizer	Sharon Bochman
2015 Holiday Party Organizer	Volunteer Needed
Hospitality	Volunteer Needed
Event SAG Director	Scott Farrell
Meeting/Guest Speaker Organizer	Glenn Young
Nominating Committee	Linda Carter Elisa Pannetta Risa Bastien



PBA Website:

www.pbabicycling.org

PBA Board Meeting

PBA Officers and Executive Committee meet on the first Monday of each month at changing locations. Contact Sharon for the location and to have your topic added to the meeting agenda. All PBA members are welcome to attend and contribute to discussions which will form the direction of the club. Business also includes planning PBA events.



PBA's Club Affiliations



**Adventure
Cycling**
AFFILIATED CLUB



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 on the last page (bottom of membership application). Chainstay is produced using Microsoft Publisher with photo editing by Corel Photo-Paint. PBA's website is hosted by Wild Apricot.

2015 National Bike Summit

We're just weeks away from the premier bicycle advocacy event of the year: the [2015 National Bike Summit](#) and [National Forum on Women & Bicycling](#). Why should you join hundreds of passionate bicyclists in Washington, D.C., March 10-12?

[Register today!](#)

We didn't choose this year's theme -- Bikes+ -- lightly. We believe it's time to change the equation for bicycle advocacy. To build a bicycle-friendly America for everyone, we can't stop at bicycling as an end in itself. We must consider how bikes can add value to other movements and how our movement can expand to serve broader interests.

[Key Event Details](#)

It's been months in the making, and we couldn't be more excited to reveal the full agenda for the Summit and Forum. What's in it for you? How is this year different than the past?

1) The Summit is the nation's biggest annual bicycle advocacy event, bringing together hundreds of passionate bicycling leaders from communities across the country. Both the Summit and the Forum connect you to other people who share your passion for bicycling -- and want to build a bicycle-friendly America for everyone.

2) The Summit unites the voices of bicyclists on Capitol Hill, highlighting critical issues and creating relationships with members of Congress that have a direct impact on biking in your community. We know the Summit gets results: Last year, we pushed for Congress to tell the U.S. Department of Transportation to set a national goal to reduce bicyclist fatalities. Before the end of 2014, they did exactly that. We won, thanks to hundreds of participants at the National Bike Summit.

3) The Summit and Forum share cutting-edge knowledge and tools you can put into action back home. And this year, we're not focused on incremental changes or tweaks to the status quo. We're thinking BIG about game-changing strategies and innovative tactics that can spur exponential growth in bicycling. The core aspects we'll zero in on:

- ◆ Leading-edge campaigns and important trends that are transforming bicycle advocacy, like transportation equity, Vision Zero and retrofitting suburbia.

What **BIG IDEAS** will advance bike advocacy?

BIKES+



Find out at the National Bike Summit

March 10-12, 2015

- ◆ Knowledge, skills and tools to build your advocacy capacity and political power for better biking at the local, state and national level.
- ◆ Leadership development insights and strategies to invite more creativity and innovation into the bike movement.
- ◆ And big ideas from community leaders nationwide that are changing the face of bicycle advocacy in new and exciting ways.

So what are you waiting for? Don't miss the premier bike advocacy event of the year!

[Register for the Summit today!](#)



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.

The Truth About Your Bike Saddle...

by Aaron Ross, [FASTER](#)

<http://www.active.com/cycling/Articles/The-Truth-About-Your-Bike-Saddle.htm>

I have been getting numerous emails from people all over the country from my previous article on [10 Bicycle Fitting Myths](#). One very important area of bike fit that was not covered was saddles.

At FASTER, we receive emails and calls on a daily basis, "My behind is very sore," or "I experience uncomfortable pressure and numbness on my frontal area," to "I have tried many different saddles and can't find the right one."

Some of the symptoms people experience can be very uncomfortable, or even embarrassing to talk about. Some people have gone as far as needing medical attention for saddle sores. There's also a lot of confusion and myths out there on what makes a good saddle, so many people resort to the game of "Let's try this out and see how it's goes." As each person is very unique, the saddle that's the best for you might be the wrong saddle for another person.

Here's a list of myths that I've compiled to help you both understand the complexities and importance of the saddle in optimizing your bike fit:

Myth No. 1

"That saddle looks hard, tiny, and uncomfortable. I need something that is bigger and with more cushion!"

When thinking of saddle shopping, think of bed shopping. When you are bed shopping, do you look for a mattress that is supportive or has no support? Do you like a bed to have some firmness, but also a little cushion? When you spend hours of your life sleeping, you want to find a bed that's not only going to provide a good night's rest, but make sure you don't get unnecessary soreness when you wake up in the morning. How does your body feel when you sleep on a bed that has no support?

When you are biking, you support your entire body weight on the saddle. The saddle needs to provide sufficient support to support your body whether you are riding 20 miles or doing a century ride.

Here's a saddle with lots of cushion:



I have seen this appeal to some people—especially when they are purchasing their first road bike. The only issue is that this type of saddle is not firm enough to provide support. As the person sits on the saddle, their body sinks in, putting pressure on the soft tissue areas (for both men and women).

Now instead of the sit bones providing support, and pushing the body up off of the groin area, the soft tissue is handling your weight and now you have started getting discomfort in your lower

back and or can potentially get saddle sores.

More: [Preventing Saddle Sores](#)

Myth No. 2

"My friend told me to get this particular saddle because she uses it too and I've read so many great reviews on it"

Again, every person is unique. Doing your research first before buying is very important.

However, when it comes to saddle shopping, the best method of choosing your saddle is by getting a professional bike fit. The best bike fitters use both 2D and 3D technology with proprietary software to help examine the effects of different saddles on your body and help choose the perfect saddle for you. Because a saddle has different weights, shapes, and stiffness, and we all have unique bodies, flexibility, riding levels, and widths of our sit-bones, the right saddle for you is different from the saddle that is right for your friend.

Recently, I did a fit for identical twins for their new bikes. You would assume that since they look physically identical, they would have similar fits. But alas, they were very different, right down to their saddles!

More: [The Quest for the Perfect Saddle](#)

Myth No. 3

"I recently purchased a bike. Shouldn't the saddle that comes on the bike work for me?"

If you've recently purchased a bike or walked through a bike shop, you will notice that all new bikes come with a saddle the manufacturer specifies for that model. The saddle is usually narrow and stiff. A narrow saddle will work for some people, but I have found from working with many athletes on bike fitting, that a narrow saddle works for very few people. A narrow saddle size typically is about 143 millimeters wide.

An important fa?ade of saddle fit is being able to support your sit bones on the wide portion of the saddle. Having a wider saddle has nothing to do with your weight or size of your butt. It's all about your bone structure. For example, women tend to have wider sit-bones than men given their hips are prepared for child birth. When I fit my wife Melissa on her new bike last spring, I chose a wider saddle than the saddle she previously had. Her response was, "Oh, are you saying I have a big butt?"

After some marital counseling sessions, she understood that she needed a wider saddle for her sit bones to have more support and so she wouldn't slide forward.

More: [Women-Only Cycling Issues Explained](#)

Myth No. 4

"I keep getting numbness/pressure on my groin area. Should I tilt the saddle forward to relieve the pressure?"

This is a more sensitive topic. Many people are uncomfortable or embarrassed to talk about these discomforts and resort to either making several guesses on how to fix it, or deal with saddle sores/numbness. In many instances with frontal saddle pressure, your instincts will tell you that you just need to tilt the object away from the sensitive area. Sometimes, a slight tilt in the saddle will relieve some pressure on your groin area.

[Continued on page 9](#)

A Few Notes from Sharon:

1. The City of Williamsburg just got funding for 50 bike racks that will be placed around Colonial Williamsburg. One rack that will benefit us is being placed near Aroma's on Prince George Street. Whoopee!!!
2. William and Mary is trying to be the first Virginia College to be awarded an accreditation for being bicycle friendly.
3. The City of Williamsburg is trying to figure out how to capitalize on the International Bike race by attracting tourism. More info to follow...
4. The York County Planning Commission Meeting will be held on February 11, 2015.
5. The next LAB class to become a League Instructor will be held March 13th- March 15th at ODU. We have two to three people that may possibly be attending to finalize their certification.
6. LAB is offering a Traffic Skills 101 class from May 15th- May 16th. This is a great introductory class that will help new road cyclists.
7. Scott and Carol Bartram have graciously accepted the position as point people for our Advocacy group. If you are interested in volunteering, please contact Sharon Bochman for more information at 757-868-4120.
8. A topic of conversation at the Historic Triangle Bicycle Advisory Committee was to try to find a way to get cyclists up Route 17 using parallel roads and making them safer. If you live in the area and have suggestions, we would like to talk to you. Contact Scott Bartram at 757-867-8547 to offer help or suggestions.
9. Pedal the Parkway is scheduled for May 2, 2015.
10. Tidewater Bicycling Association is planning a chili/beer ride in March at Smart mouth Brewery. Save the date, March 7th. Go to tbarides.com for more information.

Our guest speaker for our February 9th Meeting is Telly Whitfield, Assistant City Manager, City of Newport News. He is organizing the One City Marathon in March 2015 and will have maps of the course for review. It is the City of Newport News' first ever full marathon and is a qualifier for the Boston marathon. It will begin at Newport News Park, go along the James River and end at the Victory Arch downtown Newport News. There will be shuttle service to get you back to your car. It looks like a great event and I am hoping we will have several people offer to road marshal or just come out with big signs and ring cowbells along the course. We could have our own cheering section along the way since a lot of our members will be out running. We really need to support our running community!

That is all I can think of right now.

Sharon Bochman
bochman@cox.net



bikejournal.com

Want a little push to reach your total mileage goal in 2015? 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/](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.

2014 Annual Awards Banquet Results - January 12, 2015

Most creative use of a tandem - Jeff Hellner and Evelyn Cooper (*rode to wedding on separate bikes, rode away married on tandem*)

Best new project - Smithfield Challenge - Patricia D'Elia

Ride with the most potential - Fort-to-Fort - Russell Parrish & Billy Glidden

Best Pull Award – Kite award - Steve Zajac

Spatula Award - Most spectacular crash

Tregg Hartley

Billy Glidden

Sharon Bochman

Scott Blandford

Richard Maruyama

Most Improved Rider

Doug Begor

Billy Glidden

Russell Parrish

Tu Ritter

Rona Altschuler

Most Consistent Ride Leaders

Sharon Bochman – 27 rides

Sandy Butler – 16 rides

Scott Blandford – 16 rides

Robin Land – 15 rides

Scott Farrell – 10 rides

Dave Clark – 10 rides

Greg Gecowets – 8 rides

Robert Anderson – 8 rides

Bernard Robins – 8 rides

Spring Back Award - Bob Ornelaz

Fund Raising Team - Largest Team - Kelly Peck

Fund Raising Team - Most Money Raised - Team Killer Bees - Art Wolfson and Elaine Cardwell

Helping Hands Award - Kirkwood Presbyterian Church

High Mileage Award - Rob Meyer

Road Angel

Joseph Van Burick

Bob and Linda Carter

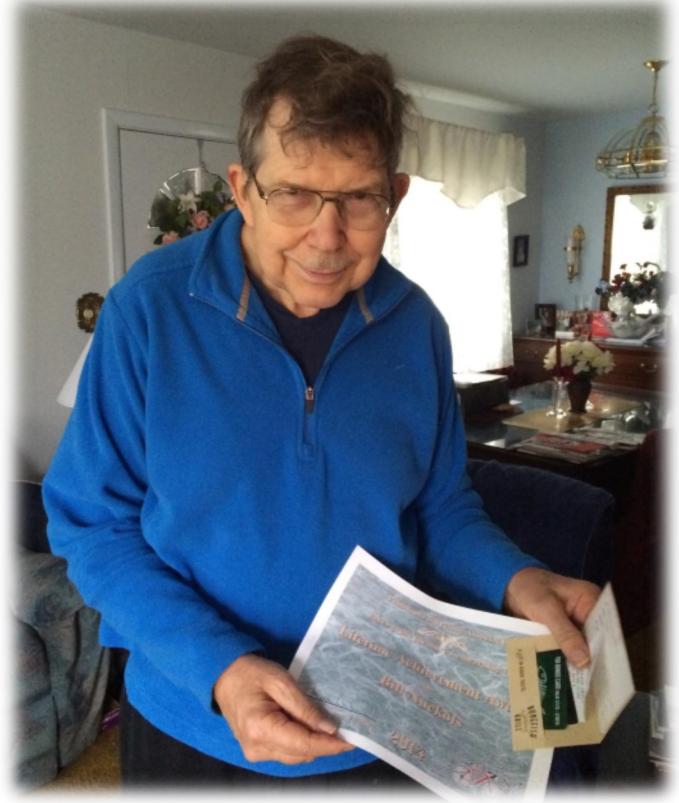
Most Popular Ride - Pub Series - Growler and Bottle Cage - Dave Clark

Lifetime Achievement

Bill Nuckols

George Crocker

Lifetime Membership - Cindy Wong



Bill Nuckols receives his Lifetime Achievement Award

PBA Classifieds

PBA Members Only



BicycleBlueBook.com

What is a fair price to pay for a used bicycle? How much is your bike worth? Check out "Bicycle Blue Book" to see pricing trends for your exact bike and model.

NEW - 2013 Jamis Aurora Elite - Reynolds 631 steel, 50 cm, Shimano 105 groupset, AVID BB7 mechanical brakes, rear rack and fenders. Perfect bike for touring and commuting. Less than 1,500 miles. Asking \$1,000. Call Tracy at 757-812-0468. (2/15)

NEW - 2012 Trek FX w/Electric Assist - Aluminum frame, 9-speed, 48/36/26 crank, 700x32 tires, 350-watt Bionx motor with 48V lithium battery that's good for 30 miles. Bike will do 20-mph on electric only... faster with rider input. Bike was \$2500 new. Asking \$1200. Shipping, if required, is at buyers expense. Call Ron at 757-503-5713. (2/15)

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)

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

Announcements

TEAM KILLER BEE JERSEYS - Anyone interested in ordering a Killer Bee jersey or shorts, Peak 1 Sports has created an online store for our convenience. Orders must be placed by February 23, 2015 and will be delivered to Elaine Cardwell for distribution on April 4, 2015. That's plenty of time for those of you who want to wear the PBA/Killer Bee jersey in the Tour de Cure and MS150 bile ride. Just click on the link below and you will be taken to the site.

<http://www.peak1bikestore.com/killer-bees/>

CHILI AND BEER - Join the Tidewater Bicycle Association for the 2015 Edition of the Chili Ride at Smartmouth Brewery! All paces with distance options from 10-28 miles. Shorter distance/slower paced rides will go north along the Elizabeth River trail through ODU and Larchmont and longer distance/faster paced rides will travel to the Jordan bridge to perform an assault on "Mt Norfolk." Visit <http://www.tbarides.org/event-1859848> for details and to sign up. Registration is currently open to TBA members. Non-TBA rider may register beginning February 14th. Ride limit is 150 participants and fills up fast.

Wounded Warrior Ride and Chili Party - Glenn Young will once again be hosting the Wounded Warrior Ride/Chili Party at his home on Saturday, March 28th at 9:00 am. This ride is a great training event for the MS150 and Tour de Cure and a great way for the PBA to help support the Wounded Warrior Project (<http://www.woundedwarriorproject.org/mission.aspx>). This is a fun ride even if you are not riding in the MS150 or TdC. Join us!

The course is rural roads with little traffic and a few hills for Hammerheads! Afterwards we indulge in chili, nibbles, and adult beverages! And if you just want to come and hang out, do that too. Riding is not required, although there will be a C-pace group for those that want to just take a leisurely ride through the country side! Parking is on site at Glenn's House or across the street in the church. RSVP not required. See [our website](#) for more details, including items to bring.



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

757 - 229 - 0096
4640 Monticello Ave., Williamsburg



Weekly Recurring Rides

RIDE SPEED CLASSIFICATIONS

A-pace: 18-22 mph (fast and steady)

B-pace: 15-17 mph (moderate & steady)

+ or - indicates the ride will be either at the top end or bottom end of pace range

C-pace: 11-14 mph (moderate with stops)

Casual: Up to 11 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.

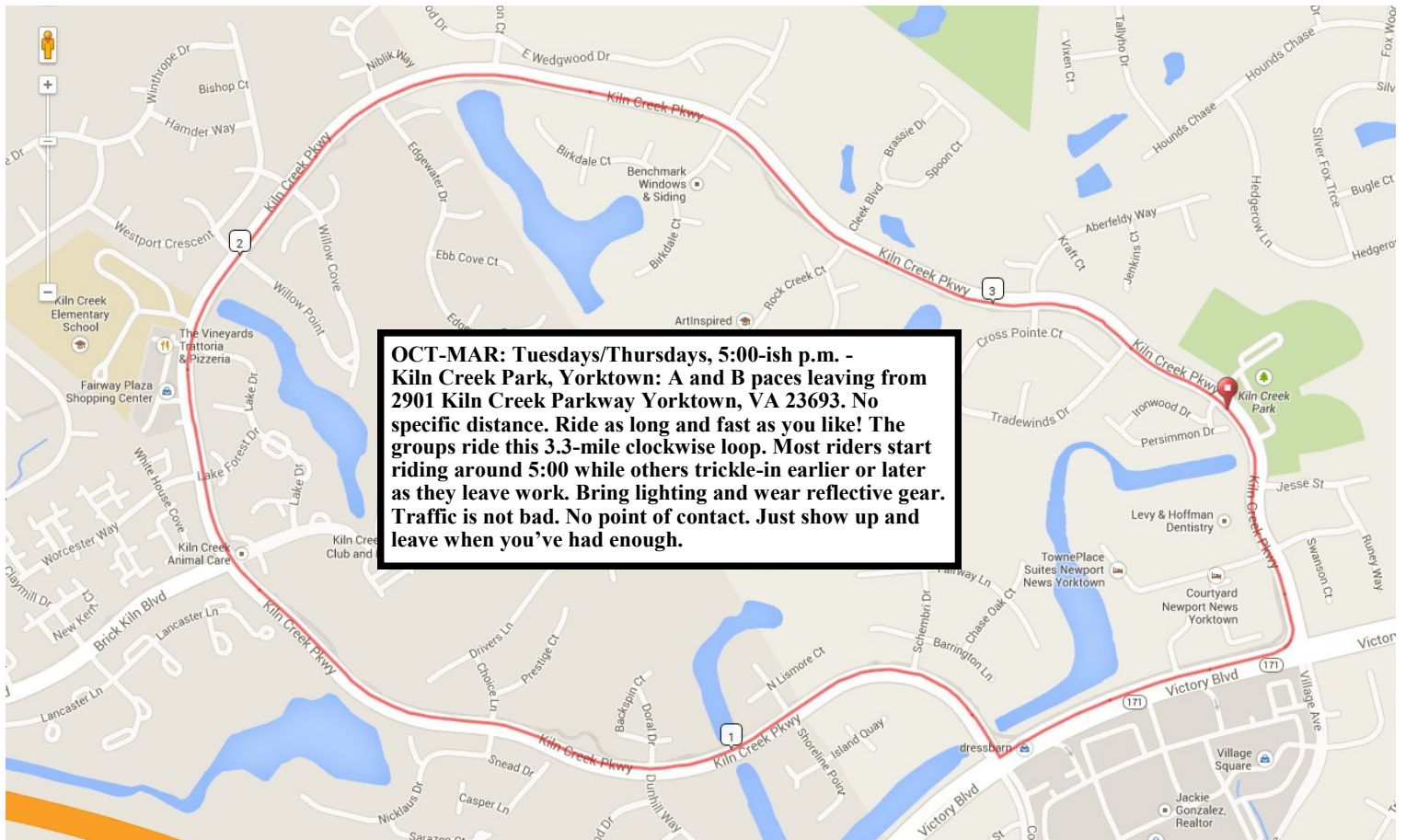
*Saturdays, 8:00 a.m. - **Washington Square parking lot, Grafton:** B+/A- pace ride leaving from Food Lion at 5210 George Washington Memorial Hwy. Contact Jeff Gainer at 757-880-6267c or Jgainer@cookandboardman.com for more info.

*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.



Saddles...

[Continued from page 4](#)

However, the problem may arise that you start to slide forward, thus now putting no pressure on your sit bones and all of your pressure on your soft tissue area. Or by tilting your saddle forward, you could find yourself sliding around in your saddle.

Relieving groin/soft tissue discomfort can come from choosing a saddle that supports your sit bones (with the proper width) and also trying saddles with the slit in the middle such as a Specialized or Selle Italia. Many men and women who get groin discomfort have found relief from this type of saddle design. For men with prostate issues, the Selle SMP saddle has been found to help relieve a lot of discomfort as its design has a very large cut-out in the center. Please note that not all saddles with the cut-out design are created equal. Here's a picture of a center cut-out style saddle:



More: [Home Remedies for Saddle Sores](#)

Myth No. 5

"My saddle I use for my triathlon/time trial bike will also work for my road bike, right?"

As your saddle tilts you in different ways and has so many features to it, it won't always be compatible between your bikes. When you get a new bike or have a different type of bike, your body is put into a new position. Your new position may be slightly different or dramatically different. These differences can add new areas of pressure.

When you look at a Tri/TT bike, your body is extended and put into an aerodynamic position. If you were to put your road bike saddle onto your tri bike, you may find a lot of discomfort and pressure in the frontal area. You might also feel like the saddle is very 'stiff' or 'hard'. That's because of your new body position.

Saddles have many specialties from road cycling, to triathlons, to mountain biking and commuting. These saddles are made to be more specific to that person's position and style of riding. A great example of a triathlon specific saddle is the ISM Adamo brand. As you will notice in the picture below, this saddle has a much different shape and stiffness than a traditional road saddle.

A Note from Our Friends at Virginia Capital Trail Foundation...

Happy New Year!

What Happens Next?

In eight months, we'll have a 53-mile paved multiuse trail linking four localities. Then what?

To address this question, we recently gathered trail stakeholders throughout four localities of the Trail's alignment, to talk about the future. Participants included local and state tourism officials, economic development teams, county supervisors, planners, V-DOT representatives, property owners, and business owners. Why? To begin the work of taking advantage of this incredible opportunity.

We know trails have drawing power on their own, but with planning and coordination, we can multiply and expedite it, bringing tourists, commuters, fitness enthusiasts, and everyone else looking to enjoy the outdoors. Using the notion that trail users are in it as much for the journey as the destination, ideas on how to enrich the experience began to flow. We asked lots of questions to stimulate conversations, like: How can people from far away plan a trip to the Trail? After people are on the Trail, how do we make sure they enjoy it enough to linger and come back, again and again? Supported tours, campsites, B&Bs, bike repair, historical interpretation, mapping and GPS-based technology, community events, and fitness and educational programs are some of the eight pages of ideas recorded from this high-energy meeting.

We're now in the process of turning these ideas into initiatives, and working together on implementation. It's critically important that we're able to capitalize on the opportunity that the Virginia Capital Trail affords us. How do we best show off our part of Virginia? How do we maximize the economic impact? The rewards of getting it right, of going through the process and succeeding in fulfilling the Trail's potential are huge. Since this meeting, for example, two small businesses have contacted me. One is a new bed and breakfast in eastern Henrico, another entrepreneur is creating downloadable itineraries, incorporating various attractions along the Trail.

So stay tuned. Now that the asphalt is nearly in place, watch as it becomes the most visited attraction in the region through collaboration, creativity, and ingenuity.

That's what happens next.

Beth Weisbrod
Executive Director
Virginia Capital Trail Foundation



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 in 2016, will have a shared-use path between Mill Rd and Showalter Rd. This will make our rides through this section much safer. 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