



Chainstay

The Peninsula Bicycling Association

April 2015

Volume 45, Issue 3

Monthly Meeting



Monday
April 13, 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: Being a Well-
Rounded Cyclist

Inside

- [Tour de Cure](#), p. 3
- [Bike Overnights?](#), p. 4
- [Eat Your Oatmeal](#), p. 5
- [Costly Eating Habits](#), p. 6
- [PBA Event Schedule](#), p. 7
- [Riding Out Yonder](#), p. 8
- [PBA Classifieds](#), p. 9
- [Pedal the Parkway](#), p. 10
- [The Smithfield Challenge](#), p. 11
- [Weekend Rides](#) (online only)
- [Weekly Recurring Rides](#), p. 13
- [PBA Membership](#), p. 14

Old Man Winter is Gone... Let's Ride!

Even year-round cyclists who don't believe in "the cycling season" can agree that this past winter was more challenging for cyclists than usual. The combination of warmer, dryer conditions and the return to Daylight Saving Time has firmly proclaimed that it's time to get out and ride! Here are a few items of interest as we enter a traditionally-busy month for cyclists:

Scott Blandford's overnight [Intro to Touring](#) ride is shaping up nicely. We have a group of 10 riders, including two women. It's not too late to join us. The ride is April 11th. I've included one last S240/overnight ride article to pique your interest about this ride.

Join PBA and White House Cove Marina for a day of cycling, fun and fellowship on April 18th at 10:30AM. The ride will begin at Poquoson Primary which is located at 19 Odd Rd, Poquoson. Advanced registration is \$25 prior to April 15, 2015. The registration fee will include maps, cue sheets and will include a delicious seafood boil lunch, water, tea and lemonade at White House Cove Marina and entry to their open house complete with a live local band. [Click here](#) for more info.

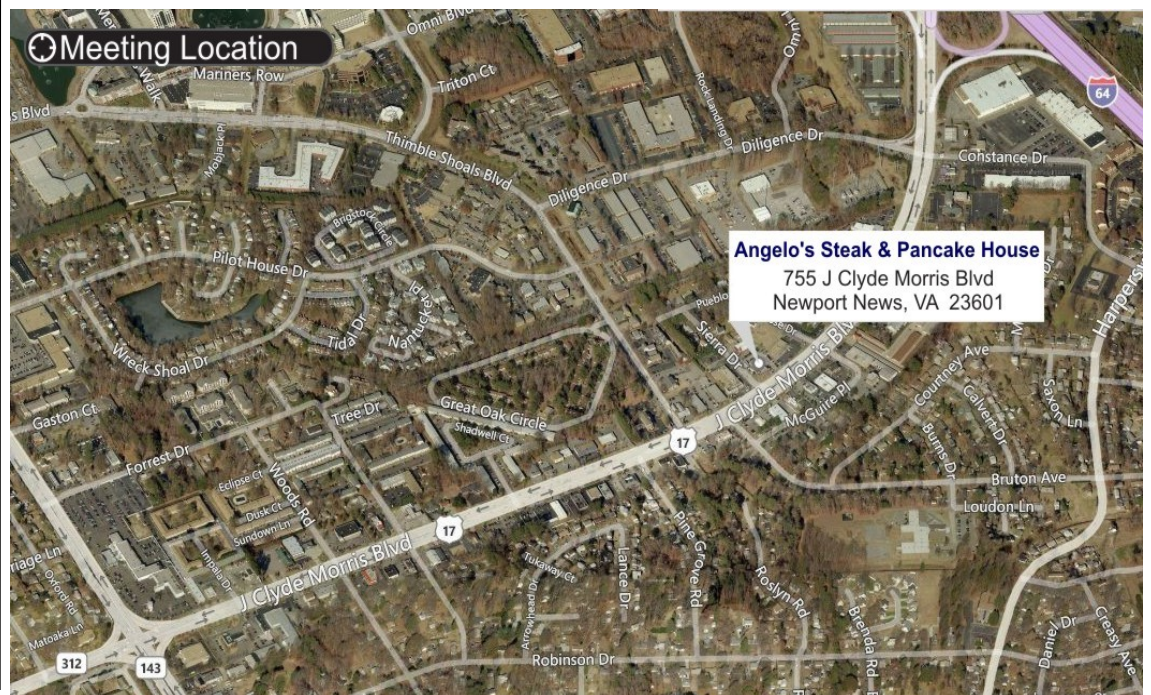
As announced in March's Chainstay, our new [discussion forum](#) is now open. This is a members-only benefit. You must be signed in on the website to see this area. Who will be first to post a topic? Before posting, please read our [forum guidelines](#). Yes, RULES... They keep us civilized, especially when relaxing behind the comfort of our monitors.

The online classifieds section is now open. It is visible to the public, but only PBA members can post ads. I will phase out our Chainstay's classifieds page. I have posted additional details about the transition on [page 9](#).

-Scott Farrell

April Meeting Program — Being a Well-Rounded Cyclist

Discover how to become more active in the cycling community, how to join teams to raise money for worthwhile charities, and how to network with other cyclists that aren't wearing spandex. Summer is coming; find out where all of the fun rides are!



2015 PBA Officers

President	Sharon Bochman, bochman@cox.net
Vice-President	Tregg Hartley, tregg.hartley@verizon.net
Treasurer	John Parker, johnj1jr@verizon.net
Secretary	Cindy Halliday, challiday@cox.net
Chainstay Editor	Scott Farrell, stealthtdi@spamarrest.com
Executive Committee Members	Maria Lyons, mlyons@hampton.k12.va.us Rich Flannery, rflannery@cox.net Position to be filled soon...

Committee Chairs

Ride Schedule	Robin Land, jbtaxi2829@aol.com
Membership	Scott Blandford, csbford@yahoo.com
Publicity	Volunteer Needed
Advocacy	Scott and Carol Bartram, bartram2@verizon.net
Webmasters	Scott Farrell, stealthtdi@spamarrest.com Jay-T Thompson, chainringoutlaw53@verizon.net
Marketing	Tu Ritter
Business (<i>Insurance</i>)	Ken Hodge
Business (<i>Taxes</i>)	Tom Carmine
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 Organizers	Art and Sherry Wolfson
Hospitality	Linda Carter
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.

TourdeCure®

Join the Killer Bee Tour de Cure team, be a part of the solution to possibly help save a life, and have some fun while winning great fund raising incentives!

This is a fun ride!! I repeat, fun ride. It's for everyone. You will see plenty of families with kids there riding. There are lots of staffed rest stops (every 10/15 miles for longer routes) stocked with drinks, snacks and plenty of friendly support. The course is very well marked. There are several Killer Bees doing each distance and we stay together. Afterwards there is a catered lunch, a band, massages and a Bee party in the tent!

The local Suffolk event is on Saturday, April 25. The routes are 100 / 65 / 25 / 10 miles. See the Local Event Web Site below for start times. The 65 milers will start with the Century group at 7AM as they have done in the past. Really you can start whenever you want! The terrain is rolling hills with flat sections, winding roads, and lots of scenic countryside.

This is a fundraising event with a minimum commitment of \$200. That's 20 friends/family, \$10/each. Easy Peasy! Shout out to our 3 top fundraisers!!!! Rebecca Wheeler (\$2,200), Jerry Thompson (\$1,200), and Mark Van Raam (\$800)! You guys are shining examples for the rest of us. I talked with Rebecca on how she did it (she has had 54 donations). She has sent out over a 100 emails to family and friends with a direct link to her donation page. It just takes time! Also post a link to your Facebook page.

The 22 member Bee team has raised \$7,600 so far. That is AWESOME! But our goal is \$20,000. We still have a long way to go! The more team members we have the more we can raise. So come join us and I hope to see you riding beside me and doing your part to help cure diabetes once and for all!

Location: King's Fork High School - Suffolk, VA ; 351 King's Fork Road, Suffolk Va (~40 min from Newport News)

Suffolk Event Web Site: http://main.diabetes.org/site/TR?fr_id=10211&pg=entry

Join the Killer Bees: http://main.diabetes.org/site/TR/TourdeCure/TourAdmin?team_id=695245&pg=team&fr_id=10211

Killer POC: Robin Land; jbtaxi2829@aol.com; 757-746-2829

Suffolk Even Manager: Amie Holman; aholman@diabetes.org; (757) 424-6662 x3276

 American Diabetes Association®

TourdeCure®



OF YOUR LIFE

REGISTER TO RIDE
diabetes.org/hamptonroadsvatour

Saturday, April 25, 2015
King's Fork High School
Suffolk, Virginia



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.

Getting Away With Weeknight Bike Camping...

from [TheBicycleStory.com](http://www.thebicyclestory.com)

From: <http://www.thebicyclestory.com/2013/06/getting-away-with-weeknight-bike-camping/>

There is an undeniable romance to bike camping. Escaping the everyday routine under your own power, sleeping outside, the sense of adventure; even the easiest S24Os are thrilling. I've experienced this romance on plenty of weekends and holidays, but it had long been my fantasy to sneak in a work-night bike camping trip.

Thanks to a recent spate of unseasonably dry and sunny weather in Seattle and two gung-ho coworkers of mine, I was able to make fantasy reality.

Jeff, Skye and I wrapped up work at five on a Tuesday and coasted down the hill from our downtown Seattle office building to the Bainbridge Island ferry. Our destination, Fay Bainbridge Park. Short of pitching a tent in your backyard, I'm not sure S24Os get any easier than Seattle to Fay Bainbridge. A 35 minute ferry ride and a seven mile ride on low-traffic roads and you're there. Bainbridge is hilly, to be sure, but the ride is short enough that anyone could grunt their way through.

We used our 35 minutes on the boat to drink a beer and lay the ground rules for this trip (essentially the only rule was to try to minimize complaining about work to each other). This was, as Jeff pointed out, a micro vacation worthy of celebrating.

After disembarking the ferry, we made a quick pit stop in town to stock up on dinner supplies. From there it was just a casual 40 minute ride to the park.

Fay Bainbridge Park is divided into an upper and a lower section. The upper section is wooded and has a few campsites. The lower section is right on Puget Sound and has a beach and campsites in a large field. And while the park is simple and small, it boasts some incredible views. Clear and sunny day that it was, we had an inspiring view of Mount Rainier looming far to the south behind Seattle's skyline. Directly east of our camp, we could see the snowy peaks of the central Cascades. I'm lucky to live in such a beautiful place.

When we arrived, we nearly had the park to ourselves. One family was wrapping up their barbeque on the far end of the lawn. The rest of it was totally empty. We picked our site based on the remnants of an afternoon campfire still smoldering in the fire pit. As luck would have it, we also found a stack of firewood that someone had left under a nearby picnic table. Skye used his boy scout skills to revive the embers into a nice fire and we settled in for dinner.

With a zero percent chance of rain in the forecast and a relatively warm overnight low of 42, we all opted to bring bivy sacks instead of tents for the sake of weight and space. It was my first experience sleeping in a bivy; I found it to be generally pleasant. It might've been another story if it had been raining and I needed to zip the bivy over my face, but I lucked out and didn't have to bother.



It turns out Elliot Bay stays busy and noisy through the night. I awoke several times to the sounds of trains motoring north out of Seattle, cargo ships heading into and out of port, and the wakes from boats lapping onto shore. A fair trade for the opportunity to sleep out under the clear, starry night between stints at my desk.

I woke up at dawn and pulled out my camera to get ready for the spectacular sunrise that was about to crest the mountains. The oranges and yellows and reds and pinks lighting the Sound were truly remarkable. Once we'd had our fill of sunrise photos, we broke down camp and fueled up on bananas and instant coffee to get ready for the ride to work. Our ride back to the ferry was a bit more urgent than the previous day's as we needed to make the 7:55 boat to get to the office on time. As such, we took a higher traffic, but faster route down Bainbridge's main highway and covered the distance in only 30 minutes.

Another 35 minute boat ride and a steep climb away from the water and we were back at the office. I had plenty of time to shower and grab a breakfast sandwich and still get to work at 9am.

As I dug through the morning's pile of email, I thought about the amazing break we'd put in our routine the previous night. On an average Tuesday, I'd probably be at home watching TV or reading or out at happy hour with friends or something else worthwhile, but nonetheless mundane. Instead I joined two friends on an awesome adventure, slept outside by a campfire, woke up to the glow of a Cascadian sunrise. It almost felt like we'd gotten away with something; like we should keep our mini adventure a secret because we broke the rules.

Looking ahead this summer, I hope I can get away with many more weeknight bike camping trips.

Why Every Cyclist Should Eat Oatmeal...

by By Anne Guzman | [PezCycling News](#)

<http://www.active.com/cycling/Articles/Why-Every-Cyclist-Should-Eat-Oatmeal.htm>

Oatmeal is an incredibly useful ingredient. I use oatmeal ground up in my meatballs, mixed with eggs for oatmeal pancakes, in smoothies, homemade bars, banana breads, muffins, homemade granola and of course as a good old fashion breakfast. Some of my racers have been known to mix protein powder or eggs right into their oatmeal as a regular pre-race staple meal. Life on the road sometimes requires simple practical solutions, and oatmeal makes a racer's best friend by simply adding hot water.

Oat Categories

One common question I get is, "Should I eat steel cut oats instead of quick oats? What's the difference?"

There are several types of oatmeal. Let's provide an overview and how they are produced:

- 1. Oat Groats:** All oats start off as oat groats, which are hulled, toasted oat grains. The bran remains intact when they are hulled, retaining all the nutrients.
- 2. Steel Cut (Irish) Oats:** This would be your least processed type of oatmeal. Oh the "Hardy Irish!" The toasted oat groats are chopped into small pieces about the size of a piece of quinoa. These take about 45 minutes to cook before eating and have a nice chewy texture loved by many.
- 3. Stone Ground (Scottish) Oats:** Scottish oats are the same as Steel cut Irish oats, except they are ground into smaller pieces. These take about half the time of Irish steel cut oats, based on their smaller size. They still have a different texture than rolled oats.
- 4. Old Fashioned Rolled Oats:** The toasted groats are steamed to create this popular oatmeal. After steaming, the groats are run between rollers to create flakes. Rolled oats can be eaten raw or cooked into oatmeal. These take about 10 minutes tops to cook and we likely know them from the red, blue and white "Quaker" package.
- 5. Quick Cooking Oatmeal:** This oatmeal is the same as the old fashioned rolled oats except they are rolled thinner for quicker cooking times. They can also be eaten uncooked. These take only five minutes to cook and are great for baking.
- 6. Instant Oatmeal:** These are the most processed oats. The oat groats have been finely chopped, flattened, pre-cooked and dehydrated. Many instant oatmeal products will have added sugars, flavors and salt although you can get the plain versions. I would steer clear of the sugar added versions, opting to add your own fresh fruit and maple syrup instead. These take only a few minutes to cook.



Oatmeal Nutrition

All oatmeal, with exception to the ones with added sugars and flavorings, are a healthy carbohydrate choice. At a quick glance many will assume that the quick oats are not as nourishing, but in reality there isn't much nutritional difference.

Oatmeal has many great nutritional properties. It is a hardy grain that is able to thrive in poor soil conditions that most crops cannot survive in. Oatmeal gets its nutty taste from the roasting process the groats go through after being harvested and cleaned. Oatmeal retains all of its bran and germ even though it's hulled, leaving it full of nutrients and fiber.

One 1/2 cup of Rolled Oats has 150 calories, 27 grams (g) of carbohydrates, 5 g of protein, 3 g fat, 1 g sugar and 4 g fiber. Oatmeal has both soluble and insoluble fiber.

One 1/4 cup of Steel Cut Oats has 170 calories, 29 g carbohydrates, 7 g protein, 3 g fat, 5 g fiber.

Steel cut oats are a more calorically dense option for the same size serving. Note that the comparison above is 1/2 cup to 1/4 cup.

More Than Just a Carbohydrate

Oatmeal has a specific type of fiber called beta glucan, which has been shown to reduce cholesterol levels. People with high cholesterol (over 220 mg/dl) consuming only 3 g of soluble oat fiber per day (what you would find in a typical bowl of oatmeal) can lower cholesterol by 8 to 23 percent.

Fiber of course is also great for healthy bowels. With all the food cyclists have to consume, having healthy bowels is certainly a top priority to feeling energetic and reducing GI issues while riding.

Regardless of who you are, starting off your day with oatmeal as part of your breakfast will help you to maintain steady blood sugar. By continuing to fuel with some high fiber foods, lean proteins and good fats throughout the day, you can have sustained energy all day—rather than the highs and lows from sugary, low-fiber breakfast options.



[Continued on page 12](#)

Six Eating Habits That Sabotage Your Cycling

By Grant Petersen

From: <http://www.active.com/nutrition/articles/6-eating-habits-that-sabotage-your-cycling>

It's hard to break bad fueling habits if you don't even know they're problematic. That's why people repeat the same mistakes.

"A lot of cyclists form bad habits because they don't think about food," says Suzanne Girard Eberle, a sports dietitian and author of *Endurance Sports Nutrition*.

By recognizing your downfalls, you can forge a routine that ensures optimum energy on every ride. Here are six common pitfalls and how to change them.

Skipping Breakfast

Some people aren't hungry in the morning. Others, says Eberle, pass on breakfast to trim calories. Neither is a good strategy, because undereating in the morning usually leads to increased calorie consumption later. Plus, eating breakfast replenishes your liver glycogen stores, which typically dip while you sleep. An ample supply of liver glycogen will stabilize your blood sugar as you ride to help keep your levels from spiking and prevent you from bonking.

Change it: If time is your problem, stock up on just-add-water breakfasts such as instant oatmeal. If solid foods seem unappealing in the morning, whip up a fruit-and-yogurt smoothie.

Experimenting at the Wrong Time

During a race, trying new foods and drinks usually spells disaster, but during training it's a great way to discover what fuels you best. "Training rides are prime opportunities to practice race-time eating and drinking strategies," says Eberle. Once you discover a winning formula, you'll approach your next big race or century ride with a fail-proof plan.

Change it: Test new foods on shorter rides before eating them on epics. Designate one day a week as "new foods day." You'll never discover your ideal fuel combos until you mix things up a bit.

Underfueling During Long Rides

Eating on the roll can be tricky. And drafting behind other riders can fool you into thinking you don't need to refuel. Eberle says cyclists often fail to take in enough energy to realize their potential during tough workouts or long rides.

Change it: Fill your bottle with a sports beverage rather than water and set your watch alarm to remind you to sip every 15 minutes. Make a game out of eating all the snacks you've stashed in your jersey: End the ride with uneaten food and you lose. *(I need to work on this! -Scott)*



Missing the Recovery Window

Eat within 30 to 60 minutes of ending your workout, and your body fast-tracks those nutrients to muscle repair and glycogen replacement. After that, you'll still benefit, says Eberle—just not as much. Put off eating, and you're more likely to feel tired from the effort, not stronger for the next one. That's a crucial difference when you're stacking big rides back to back.

Change it: Prep your recovery foods beforehand so they're ready for you to eat. Far from home? Pack a cooler with a sandwich and a salad.

Not Drinking after Rides

Too often, cyclists stop drinking when the ride stops. But because it's almost impossible to take in enough fluids while riding to fully replace what you've lost, cyclists end workouts dehydrated, which compromises recovery.

Change it: Refill your bottle after your ride and down the contents within an hour.

Ignoring Seasonal Changes

Come winter, fewer hours of sunlight and snowy streets can curtail your time on the bike. If you don't trim calories accordingly, you'll gain weight by spring. "Eat according to your activity level," says Eberle.

Change it: Look at the duration and intensity of your winter workouts: If you're cranking hard as ever, eat like it's July. If not, pass on seconds.



CELEBRATING

10

YEARS

2006-2015

JOIN THE CELEBRATION!

SATURDAY, MAY 9, 2015

SyCom Century: 7:30 am

Sands Anderson Half Century: 8:30 am

25-Miler Presented by Busch Gardens: 9:00 am

15-Mile Fun Ride: 10:00 am

Richmond Start: Rocketts Landing
Williamsburg Start: Chickahominy Riverfront Park

Proceeds support:



Register online at virginiacapitaltrail.org



2015 PBA Event Schedule

Smithfield Challenge at Windsor Castle Park, Smithfield - Saturday, May 23

Hot Diggity Dog Ride - Windsor Castle Park - Saturday, June 13

The After the 4th of July Rides - Newport News Park - Saturday, July 11

Ice Cream Ride - Waller Mill Park, Williamsburg - Saturday, August 8

Surry Century Rides at Surry Athletic Field - Saturday September 19

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. 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.

Riding Out Yonder...



April 17-19, [12th Annual Cycle NC Coastal Ride](#) - Washington, NC. The fun-filled weekend will offer three days of cycling and feature some great Coastal Carolina food, music and festivities. The CNC Coastal Ride will also include many off-the-bike recreational activities in the Washington area. Historic walking tours, kayaking, boat cruises, great local restaurants and live entertainment will fill time away from the bike and provide a taste of spring in Coastal North Carolina. Visit <http://cnc.ncsports.org/springCNCRide/> for details.

April 18, [26th Annual Ocean to Bay Bike Tour](#) - Offers you a leisurely ride through the beautiful countryside of The Quiet Resorts. Riders of all ages will find the flat terrain an enjoyable ride whether they choose the 5-mile, 30-mile, or 50-mile course. For more information visit: <https://business.bethany-fenwick.org/events/details/ocean-to-bay-bike-tour-834>

April 18, [21st Annual Tarwheel Century](#) - Camden, NC. "The World's Flattest Century" will be one of the most beautiful rides you can do. Our completely sagged century will take you through the historical downtown areas of both Elizabeth City and Edenton, NC. Expect azaleas and dogwood trees in bloom along the attractive waterside. All cyclists are welcome, families too. Visit <http://www.rivercitycyclingclub.com/>.

April 26, [5th Annual Draw for Sight Bicycle Poker Run](#) - Betterton, MD. The Chestertown Lions Club welcomes cyclists to the **Draw For Sight Bicycle Poker Run Ride**. The tour consists of a 36 or 60 mile rolling to flat course. The route takes in the scenery of the heartland of Upper Kent County in Maryland including farmlands, old country homes, quaint towns, and great country stores. The ride goes through historic Chestertown. Visit <http://chestertownlions.org/> for more information.

May 2, [39th Annual Knotts Island Century](#) - The Tidewater Bicycle Association proudly presents its signature event, the 37th Annual Knotts Island Century ride. One of the ride's highlights is that the English and Metric Century both cross the Currituck Sound on the North Carolina State Ferry, from opposite sides. New century option with no ferry crossing. Visit <http://www.tbaries.org/> for more info.

May 2, [4th Annual Le Tour de Shore Bike Ride](#) - Ride in the relaxed beauty tucked between the Atlantic Ocean and the Chesapeake Bay. This land between waters is sprinkled with quaint towns of picturesque streets lined with historic homes, museums, art galleries and shops. Visit <http://www.esvachamber.org/> for more details.

May 9, [Virginia Cap2Cap](#) - Join the Cap2Cap ride, one of the fastest growing cycling events in the region! You will be treated to some of the most stunning scenery Virginia has to offer, while pedaling through 400 years of history between Richmond and Williamsburg. Enjoy well-stocked rest stops, awesome volunteers, delicious lunch, BEER, a vendor expo and live entertainment—a full day of outdoor fitness and fun! Visit <http://virginiacapitaltrail.org/cap2cap-ride/>

May 16, [17th Annual Tour de Chesapeake](#) - Mathew, VA. Tour de Chesapeake is a family-friendly cycling event located in Mathews County, on Virginia's Middle Peninsula. The supported ride is all day on Saturday, but we hope you will make a weekend of it and see all Mathews has to offer. We have lined up a whole assortment of things for you to do on Friday, Saturday and Sunday too! For more information, visit <http://tourdechesapeake.org/>

May 16, [CASA River Century](#) - Shepherdstown, WV. All ride proceeds benefit CASA of the Eastern Panhandle. The ride offers 25, 50 and 100 mile routes. A fully supported ride, with sag support and our famous post-ride picnic. Visit <http://www.casarivercentury.org/>

May 16, [16th Annual Tour de Lions](#) - Climax, NC. New routes, 13,

22, 40 or 62 miles, all within beautiful Randolph County. Great roads, beautiful scenery, good people, scrumptious food & cold drinks. Tons of door prizes and benefiting great causes! Visit <http://www.tourdelions.org/> for info.

May 16, [Scotland Neck's 13th Annual Country Roads Bike Tour](#) - Scotland Neck, NC. Bike along tranquil country roads through pristine farmland. Tour travels through an amazing view of the Roanoke River Valley. Routes of 25, 50 and 61 miles. All routes begin and end in Scotland Neck at the Town Hall. Visit <http://www.townofscotlandneck.com/> for more information.

May 16, [28th Annual Tour de Madison](#) - The Vineyards of Madison County. The ride begins and ends at Graves Mountain Lodge in Syria, Virginia. Cyclists and their families will have the opportunity to enjoy the complete Graves Mountain Lodge experience. There are three ride options: Metric Century (61 miles), 41 miles and a Family Ride. Plan to end your ride between 11:00 pm and 2:00 pm and enjoy a post-ride meal featuring Pork BBQ, grilled boneless chicken breast, or pita bread and hummus. Also included will be slow, baked beans, French fries, dessert and a drink. Visit <http://tourdemadison.com/> for more info.

May 17, [The 6th Annual Storming of Thunder Ridge](#) — Lynchburg, Virginia's only local, fully-supported road cycling event. With the Blue Ridge Mountains as your backdrop, there's a ride for everyone: 27, 45, 75 and 100 mile options. The Storming of Thunder Ridge Bicycle Ride is a fund-raiser benefiting the YMCA of Central Virginia's Annual Fund. For more information, visit <http://stormingofthunderidge.org/>

May 24-30, [Ride to Recovery Memorial Challenge](#) - Washington, DC to Virginia Beach, VA. Full Challenge or one day rides are available. Visit <https://ride2recovery.com/event.php?ID=707> for more info.

June 6, [Jamestown Gran Fondo](#) - The Jamestown Gran Fondo is ideally situated in the heart of Virginia's Historic Triangle. This beautiful ride rapidly takes you onto low traffic, country roads where the pavement is nice and the hills are small. With staggered starts, everyone can finish and enjoy BBQ and beer by the water next to the Jamestown Settlement. Don't miss out on this wonderful time of year to be in Williamsburg, VA. Visit <https://www.vtsmts.com/jamestowngranfondo/> for more details.

June 7, [12th Annual Fletcher Flyer](#) - Presented by the Blue Ridge Bicycle Club (BRBC). Routes include the full, metric, half century, and thirty mile rides, which wind through the valleys south of Asheville, NC. It is the least hilly ride in Western North Carolina, but it has plenty of rolling hills to keep all riders interested. There is terrific mountain scenery without the long mountain climbs. Visit <http://www.fletcherflyer.com/> for details.

June 14-20, [Ride The Fault Line](#) - Seven day cycling tour through the Mississippi River valley states of MO, AR, TN, and KY. Begins and ends in New Madrid, Missouri crossing the Mississippi twice, one via bridge and the other on a ferry. The route is mostly flat with a total of 428 miles ranging from 45 (last day) to 74 miles a day. Visit http://www.ridethefault.com/Itinerary_2.html for the full itinerary. The organizer is offering us a group rate for 6 or more. Contact Robb Myer (rmyer3@verizon.net or 757-826-4433) by May 1 if interested.

June 20, [11th Annual Pencil to Big Walker Charity Ride](#) - Wytheville, VA. This fundraising bike ride begins in downtown Wytheville at the iconic Wytheville Office Supply "Big Pencil" before heading out of town and through the country lanes and scenic byways of southwest Virginia toward Big Walker Mountain. SAG vehicles are available with tools for minor repairs, first aid and refreshments. Rest stops with refreshments and temporary facilities are provided. Visit <http://www.bigwalkercharityride.com/> for more information.

PBA Classifieds

PBA Members Only



As promoted in March and announced on page 1 of this Chainstay edition, the "PBA Classifieds" page will move to an online format beginning in May. I will maintain a highly-visible link to our [online classifieds](#) in Chainstay. I haven't figured out how it will appear. I'll come up with something.

Read our [guidelines](#) for the more effective way to publish ads online. As stated in the topic, all ads are visible to the public. Use caution with what you share about yourself in that area. Feel free to e-mail me with questions if you have concerns.

The ads shown in the right column of this page will be copied and posted online by May. Please feel free to e-mail me if you have an ad here and would like to include photographs with your online ad. You're also welcome to post the ad yourself to include information that I may have omitted from Chainstay for the sake of brevity.

Enjoy!

Scott



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 LISTING - 2003 TREK 2200C - 54 cm Coastal Blue, aluminum frame, carbon fork, Bontrager wheels, 700x28c tires, shock absorbing seat post, clipless pedals, Shimano Ultegra/105 9-speed with triple chainring, wireless computer, rear rack, 8830 miles and in very good condition. Asking \$800 OBRO. Contact Charlie at 757-249-1551. (4/15)

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)

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.



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

Pedal the Parkway 2015



Pedal the Parkway 2015 ***Free to the Public on the Colonial Parkway*** ***Set your own time, your own pace, enjoy the James River***

**Bike, walk or jog at the 18th Annual Pedal the Parkway event
On the Colonial Parkway, Saturday May 2nd 2015!**

Who: Your local bicycling club, Williamsburg Area Bicyclists (WAB) is once again organizing the 18th Annual **Pedal the Parkway** to provide a free and family friendly bicycling event along the historic and temporarily car-free Colonial Parkway.

What: **Pedal the Parkway** will be held on Saturday, May 2, 2015. The National Park Service closes the Colonial Parkway to motor vehicles from Williamsburg to Jamestown for cyclists, runners and walkers of all ages to safely enjoy *car free* riding on the Parkway. Each year over 1000 people enjoy the beautiful scenery alongside the James River during this event. This event is especially suitable for special needs athletes and families with small children. See our FAQ sheet at www.williamsburgbikemonth.org for further information.

Where: **Pedal the Parkway** is held on the Colonial Parkway section running from Williamsburg's Newport Ave entrance to Jamestown. Parking available at both ends.

When: Saturday, May 2nd 2015 from 8 AM to 1 PM.

Why: Enjoy a fun, healthy and family-friendly event. **Pedal the Parkway** is not just for bicyclists. Runners and walkers are welcome, too! Your sponsorship support provides bicycle helmets that are given away free to children, helps cover the permit fee, event insurance, advertising costs, port-a-potty rental and refreshment costs. Your organization's logo will appear in Virginia Gazette and wydaily.com advertising and also on the Pedal the Parkway Facebook page and our website www.williamsburgbikemonth.org.



The Smithfield Challenge: May 23, 2015

Join the Peninsula Bicycling Association on its 2nd annual Spring ride, The Smithfield Challenge, starting from Windsor Castle Park in Smithfield, VA. The park is near downtown Smithfield at 301 Jericho Rd. Rides of 25, 50 and 64 miles take place on quiet and lightly-traveled roads though Isle of Wight County. Roads are mostly flat with a few small rollers. Enjoy scenic views of Lake Burnt Mills and Lake Prince. Eagle sightings are common along these lakes. Afterwards, we have a hot dog cookout in the park before you leave. If you like to kayak, bring it and take a little boat ride after you refuel. The creek goes out to the Pagan River near Smithfield Station Restaurant.

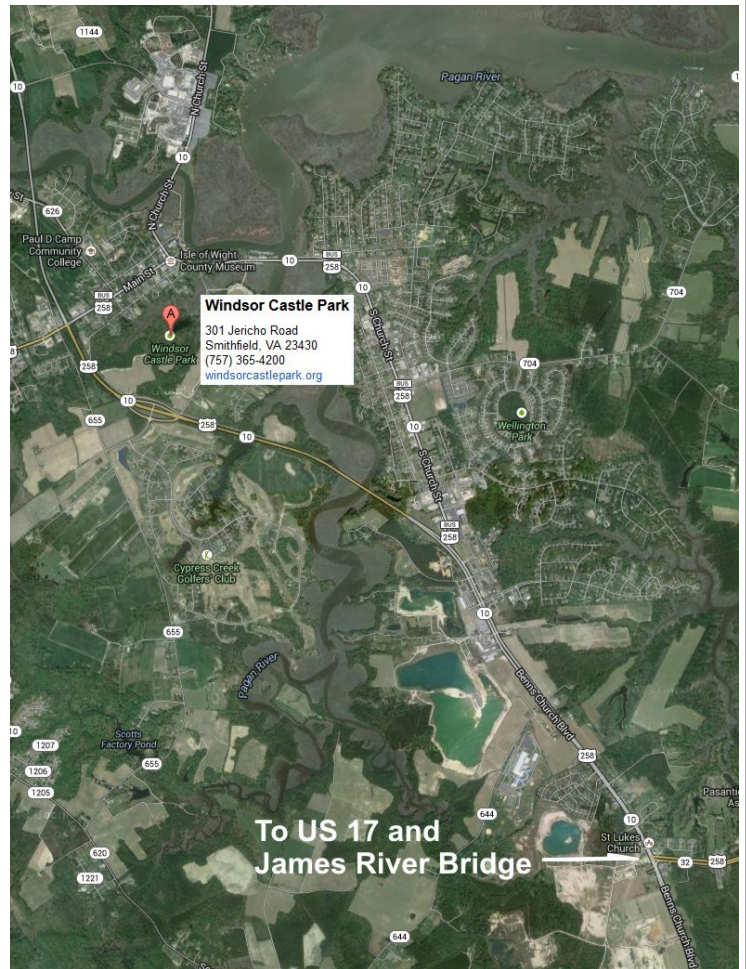
Early Registration fee is \$15 for members, \$20 for non-members and \$10 for each child (12 and under). Fee includes maps, cue sheets, marked routes, rest stops, snacks, SAG support and lunch at the end of the ride. Pre-registration requested. **A \$5 late registration fee if registration form is not postmarked by May 13th and an additional \$5 if registering on-site.** On-site registration opens at 7:00 a.m. There will be a mass start at 8:00am for the 64 mile route, 8:30 for the 46 mile route and 9:00 for the 25 mile route. Route SAG will start at 8:00 and not leave the course until the last rider is in.

Lunch will be served from 11:00 a.m. until the last rider is in. **HELMETS ARE REQUIRED!**

Contact Jackie Shapiro at jlshapiro@verizon.net for additional details or to volunteer.

[Register online](#) or fill out the form below. Make checks payable to PBA and mail registration form to:

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



The Peninsula Bicycling Association 2015 SMITHFIELD CHALLENGE Saturday, May 23, 2015

Name: _____
(one name only)
Address: _____
City/State: _____
Emergency Contact: _____

Phone: _____
E-mail: _____
ZIP: _____
Emergency Phone: _____

I will ride the following route (please circle one):
Registration Fee: (please circle one):

25/ 46 / 64
Non-member \$20
PBA member \$15
Child (12 and under) \$10
Late Fee (after 5/13) \$5

Total Enclosed: \$ _____

RELEASE AND WAIVER:

In signing this application, I 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 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.

_____ (one name only)

Eat Your Oatmeal...

[continued from page 5](#)

Oats are also an excellent source of magnesium. Magnesium—like calcium, sodium, and potassium—is a macro mineral, needed in larger amounts in the body than trace minerals.

Although many would assume that steel cut oatmeal would have a lower glycemic load than rolled oats, the difference is minimal. The glycemic index of quick cooking oats is higher than that of steel cut and rolled oats. Eaten alone, a bowl of quick cooking oats may not keep you as satisfied for as long or keep your blood sugar as steady. By adding some protein and fat to quick cooking oatmeal you can easily slow down the digestion of the meal.

Protein and fats have slower gastric emptying rates than low fat carbohydrates such as quick oats. Eaten together the entire meal will digest more slowly. There are instances where higher glycemic index could be a good thing, such as after training for a recovery meal.

Using Oatmeal

After years of playing around with oatmeal, I have come to really love its diversity in the kitchen or in the hotel room, where it can be cooked with nothing more than a coffee pot.

Below is one of my all-time favorite oatmeal recipes. You can make this recipe in mason jars or in a small square pan that can be baked as oatmeal squares. I like to make it in the jars and then serve it warm with yogurt and fresh berries on top. Double the recipe and have pre-made oat jars for days. Sometimes I swap out the apples for peaches or bananas when I get overly creative. Kids will love this one too.

However you like it, oatmeal is a cyclist's best friend.

Power Oat Jars

Ingredients:

1 cup rolled oats
2 tbsp. chia seeds
1 tsp cinnamon
1/4 tsp nutmeg
1/2 tsp baking powder
1 cup almond milk
1.5 tsp pure vanilla extract
2 tbsp. pure maple syrup
1 apple chopped into chunks or cubes
A pinch of sea salt

1. Preheat the oven to 35°C. Take the lids off of 6 mini mason jars (or use a small square pan... baking time may differ in a pan).
2. In a large bowl mix the chia seeds, rolled oats, salt, cinnamon, nutmeg and baking powder.
3. Next, add in the vanilla, maple syrup and almond milk (you can use another type of milk here) and stir.
4. Next add in the chopped apples (you can use banana or peaches as well). Mix well.
5. Divide the mixture evenly between the mason jars and pour any leftover milk evenly into each jar.
6. Give each jar a nice pat down with your hands, to make the mixture a bit more condensed. There should be a good inch left empty at the top of each jar.
7. Bake the oat jars at 350 for 20 to 25 minutes. I like to put the jars on a cookie sheet so I can carefully take them all out at once. The jars make these easy to transport for work or short day travels.
8. The oat jars should be lightly browned on top and feel slightly dense when pressed down on when ready.
9. Let the jars cool for a good 30 minutes. Top with yogurt, berries, nut butter or whatever you like!
10. Store in the fridge for the next couple of days. I find these keep well for up to three days.

Nutrition Info: Entire recipe has 703 calories, 127 g carbohydrates, 16 g protein, 15 g fat. Divide based on how many jars you use or how you cut up your servings if cooking this in a pan.

Serve with a few soft-boiled eggs on the side for optimal protein, carbohydrate and fat ratios.



Join Team Killer Bees for their annual Bike MS Ocean to Bay Ride, aka "MS-150" on May 30 and May 31 (75-miles each day). Chainstay will feature more about this ride in May. In the meantime, visit Team Killer Bees webpage at <http://www.pbabicycling.org/teamkillerbees> to learn more about this ride.



ACCEPT THE
CHALLENGE





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.](#)

SEASONAL RIDES (April through September)

Mondays, 6:00 p.m. - York Hall at 301 Main St, Yorktown (parking lot behind building): Same location, updated name - Join us for 27 mile A and 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 Scott Blandford (A group) at csbford@yahoo.com; Brian Utne (A-group) at blutne@gmail.com; or Scott Farrell (B-group) at StealthTDI@spamarrest.com or 757-880-4070 if you have questions.

Mondays, 5:00 p.m. - White Marsh Shopping Center at 4834 George Washington Memorial Hwy (Rt 17), Hayes, VA - Join us for a 28 mile A & B pace ride or a C pace Ride of 12 Miles. We ride the Warner Hall Loop and Zanoni. Call or text Bob Anderson at 804-413-5941, Bernard Robins at 804-815-9719 or Cindy Wong at 757-287-5948.

NEW - Mondays, 5:30 p.m. - R.F. Wilkinson Family YMCA at 301 Sentara Circle in Williamsburg - Join Todd Chopp and Dave Clarke for a flat, 21-mile B/B+ no-drop ride. Expect an early season pace in the B- and B+ range. This ride may split into two groups with options for extending the route based on light conditions. View the basic route at <http://ridewithgps.com/routes/7340984>. Contact Todd Chopp at choppecyclist@gmail.com or 757-513-9000 for more info.

***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. No point of contact; just show up and ride!

Wednesdays, 6:00 p.m. - Todd Stadium at 12465 Warwick Blvd in Newport News: Meet by the parking lot entrance at Todd Stadium for a fun filled ride thru 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. **Ride leader needed.**

Wednesdays, 6:00 p.m. - Courthouse parking lot at 310 Ballard St, Yorktown: Ride length and pace depend upon group (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 A-/B+ pace ride (traditionally a B-pace in April and then faster as the group gets stronger through the summer). We meet with John Parker's group (above) and then separate after a warm-up. Riders unable to maintain a minimum of 16 mph will be dropped to C-group. 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 757-218-3529.

Thursdays, 5:30 p.m. - York Hall at 301 Main St, Yorktown (parking lot behind building): Same location, updated name - A pace. Call Randy Howell at 757-876-1476.

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 Avanel 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. No point of contact; just show up and ride!

***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.

***Not a PBA ride...**

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](#)