



Chainstay

The Peninsula Bicycling Association

March 2013

Volume 43, Issue 2

Monthly Meeting



Monday
March 11, 2013

Dinner and
Board Meeting 6:00 p.m.
General Meeting 7:00 p.m.

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

Program: To Be
Determined

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Announcing the Announcement Page

from the Editor/Webmaster

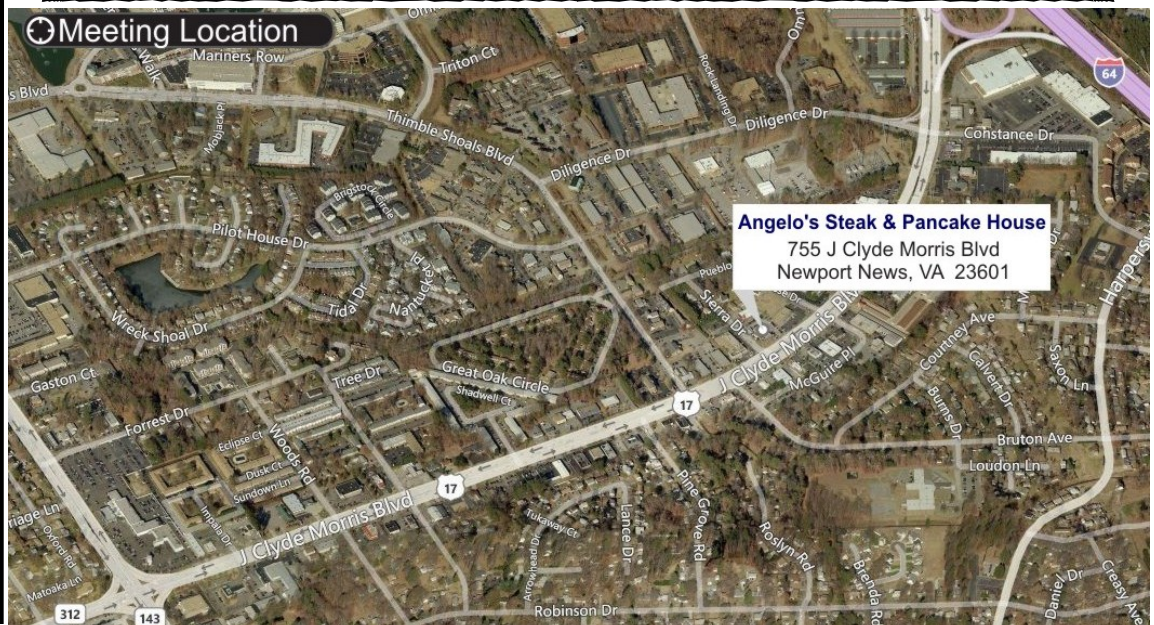
Small changes to PBA's website continue. The latest is a change to our home page. Most announcements are known far enough in advance to include them in Chainstay. The new electronic format allows me to accept detailed announcements until the 20th or even later since I no longer have a paper print deadline. Occasionally, short-notice announcements spring up after publishing. Examples may include a cancelled ride or perhaps a special event which was unknown weeks in advance. As announced last month, I can and will edit the online version of the newsletter to reflect changes to the ride schedule. Other announcements may be more of a challenge due to the way Chainstay is formatted. That's where the front page of our website is a great resource! Instead of the static information previously featured there, this page now contains announcements which either didn't make it to the Chainstay, introduce changes from published information, reinforce published information, or whatever we really want PBA website visitors to see first. PBA members are welcome to submit announcements to me directly.

Other changes to the website include minor theme changes, a new logo in the upper right corner (*matches new Chainstay logo above*) and the fusion of the weekend ride schedules. Did you notice? My goal is to make subtle changes, small steps toward a more functional website. Do you have ideas you'd like to share? Contact me to discuss. The Announcement page came into existence after my own thoughts on how to address short-notice announcements as well as member input at the last PBA meeting. What do YOU wish you could see on our website? I may be compelled to have some ideas approved by the Board. Other changes may follow in the future.

"WHOA! Explain that 'fusion of the weekend ride schedules' stuff!" Each weekend ride webpage has a different address. I feel it's more efficient to have one page with one address, <http://www.pbabicycling.org/weekendrides.html>, which is easier to bookmark. I will update the schedule regularly. Try it out and see what you think. Feel free to contact me at StealthTDI@spamarrest.com to share ideas.

Meeting Program — To Be Determined

Please consider speaking at a future PBA meeting. Contact Sandy Butler for details.





The President's Corner

Please see the following invitation from Sharon Bochman, Team Killer Bees' Tour de Cure team captain:

Join Team Killer Bees on the 19th Annual Tour de Cure. Start/Finish is at Kings Fork High School in Suffolk on Saturday, April 20th. Start times are 7:30 for the century, 8:30 for the metric century (65 -miles), 9:30 for the 30 mile loop, and 10:30 for the 10 mile fun ride. Check-in is one hour prior to ride start. The entry fee is \$25 and riders are required to raise a minimum of \$175. All proceeds benefit the American Diabetes Association.

Travel through the peaceful peanut countryside of Suffolk, Virginia. Cyclists of all ages and abilities will pedal past horse farms, scenic lakes and view lots of wildlife along the way. All Tour de Cure routes are safe and fully supported with Route Marshals, Motorcycle Support, SAG Vehicles, Mechanical Support, and Rest Stops stocked with hydration and a variety of snacks to keep you fueled. At the finish, you will be welcomed with cheering volunteers, great food, live entertainment and more. Team Killer Bees will also have a Team Tent where you can meet up with your fellow riders.

To sign up or get more information, visit <http://www.diabetes.org/hamptonroadsvatour>. Click "Register to Ride," then click "Join an Existing Team." Or join directly from [our team page](#) by clicking "Join This Team." We have already started training together to be prepared for a wonderful day. You can also call me at 757-272-4153. I hope to see you there!

Your "Queen for a Day,"
Sharon Bochman

See "[8 FAQs for Century Ride Newbies](#)" on page 5
-Editor



PBA Website:
www.pbabicycling.org

PBA Board Meeting

The PBA Executive Committee and Officers will meet at 6:00 p.m. on Monday, February 11 at Angelo's Steak House, 755 J. Clyde Morris Blvd, Newport News. Committee and interested members welcome. Business includes planning 2013 events.



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

PBA Affiliations:



2-Chainstay

2012 Officers

President	Cindy Wong, porscheccindy@aol.com	804-642-2825
Vice-President	Bill Nuckols, wmnuck@cox.net	757-826-8313
Treasurer	John Parker, john_jljr@verizon.net	757-898-7147
Secretary	Vacant	
Executive Committee Members	Sandy Butler, sebhike24verzon.net@verizon.net	757-872-9271
	Ron Hafer, recumbentron@msn.com	757-877-7106
	Don Hubbard, hubdizer@verizon.net	757-595-2897

Committee Chairs

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Membership	Leslie Beizer	757-356-1451
Publicity	Leslie Beizer	757-356-1451
Safety	Gale Harvey	757-723-7148

Chainstay editor and PBA webmaster is Scott Farrell, StealthTDI@spamarrest.com. 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 ("PBA" in the subject). Send all other club business to the Club P.O. box list in the left margin. Ride leader volunteer and ride inquires should be directed to the Ride Scheduler, Jack Liike. Chainstay is produced using Microsoft Publisher with photo editing by Corel Photo-Paint. Website is hosted by Net-

2013 National Bike Summit

From <http://www.bikeleague.org/conferences/summit13/>

The National Bike Summit® is the premiere advocacy event of the year. More than 800 advocates, government staff, and cycling enthusiasts of all types come together to tell Congress about the benefits of bicycling.

And this year we mean business...

In pure economic terms, bicycling pours billions of dollars into the U.S. economy, creating jobs and boosting community development from coast to coast. In political terms, bicyclists mean business, too. The united voice of the bike industry, event directors, local riding clubs and advocacy groups is a powerful constituency.

The Summit begins at 5 p.m. on Monday, March 4, and ends at 7 p.m. on Wednesday, March 6. If you want to pedal the nation's capital, stick around for the bike ride on the morning of Thursday, March 7! [CLICK HERE TO REGISTER!](#)

The National Bike Summit has a long history of being the premier advocacy event of the year -- and we couldn't be more excited about the line-up for 2013. In line with our "Bicycling Means Business" theme, we'll have specific tracks exploring the economic benefits of bicycling and how to take advantage of federal funding through the new transportation law, MAP-21.

The workshops compliment an exciting group of speakers -- including U.S. Transportation Secretary Ray LaHood, NYC Transportation Commissioner Janette Sadik-Khan, Senator Ben Cardin (D-MD), Representative Earl Blumenauer (D-OR), Representative Tom Petri (R-WI), Yolanda Cade of AAA and others. [CLICK HERE TO SEE THE FULL SCHEDULE.](#)

When we ask people why they attend the Summit, we get a range of answers: To participate in the Lobby Day, to network with other bike advocates,



and maybe most importantly "to help secure a future of cycling for my kids."

One attendee in 2012 told us: "Every bicycle advocate should attend [the National Bike Summit] NBS. NBS is a class event."

If you are concerned about the economy, [learn how bicycling impacts economic development](#) -- and tell your elected officials.

Want to become your local transportation wonk? The Bike Summit [will prepare you](#) to spar with the best about MAP-21.

Want to rub shoulders with White House honorees who are changing their communities for the better? They'll be at the Summit!

If you're just someone who loves the wind in your hair and the view from the saddle, the Summit will give you insight into how communities across the country are giving people like you more [opportunities to ride](#).

[CLICK HERE TO REGISTER!](#)

Bike Journal

Want a little push to reach your total mileage goal in 2013? 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.

Club Membership and Why It's Important

By Scott Farrell

I've been asked why Chainstay is hosted in public instead of in a members-only area. Chainstay is seen by many as a primary benefit to PBA members. Perhaps I'll detail more benefits of PBA membership in April. For now, I want to focus on a benefit that's often overlooked: **ADVOCACY**. Our area is lucky to have riders who attend city planning and community meetings. Being on PBA's membership list allows you to be counted when laws are considered. If PBA was just ten pesky riders who are seen as just nuisances to drivers, then it would be very easy for lawmakers to ignore us and the needs of cyclists in our area. Not being a member of PBA or another bicycle club that advocates for bicycle rights is akin to ignoring those who don't want us on the road and allowing them to draft laws against us. Think that's an overstatement?

We really have it good here on the Peninsula and especially in Surry and Isle of Wight counties where traffic is light, courteous and forgiving. But what if lawmakers wanted to make cycling more prohibitive? What if they wanted to make it illegal to ride a bicycle on public roadways? That could never happen, right? Think again. We cannot take our freedoms as cyclists for granted. We are continually scrutinized and must be aware that some people feel we don't belong on the road.

More info at: <http://mobikefed.org/2013/02/advocacy-alert-please-contact-your-own-missouri-representative-oppose-bicycle-ban>

Take the state of Missouri as an example. A representative from High Hill, MO is circulating a draft bill to ban bicycles on any state road within two miles of a state-owned path or trail. This was being done without input from the public. Several Representatives friendly to Missouri Bicycle and Pedestrian Federation, or "MoBikeFed," forwarded a copy of the draft legislation to club officers. Here's what the proposal would add to current Missouri law:

"Notwithstanding any provision of this section or any other law, bicycle operation on a state-



maintained roadway is prohibited when there is a state-owned bicycle path or trail that runs generally parallel to and within two miles of a state roadway, except a bicycle may operate on the shoulder of a state roadway when the bicycle is operated as a means to ride to or from the operator's home to another residence, to a place of business, to a school, or to any public facility."

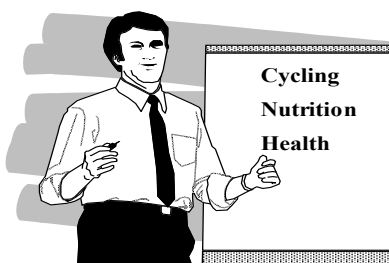
Not only does that wording make it illegal for cyclists to ride on certain roads, it also forbids fitness or social cycling on those roads, even roads with a shoulder. With MoBikeFed involved, advocacy groups have drafted sample letters and are encouraging members to contact their representatives with the hopes of killing the "bicycle ban bill" before it can gather support from other lawmakers.

*"Scott, that's Missouri. They're **CRAZY** there. That could never happen here in the reasonable Commonwealth of Virginia!"* Think again!

[\(continued on page 10\)](#)



In search of guest speakers



We're looking for would-be guest speakers to come forth and volunteer to fill the monthly meeting program calendar. Anyone who is a professional in a cycling related field or who is knowledgeable about cycling related topics is encouraged to step forward and share their insights with the membership. Please contact Sandy Butler at 757-872-9271 if you are interested in making a presentation.

P.S. The club picks up your meal tab.

8 FAQs for Century Ride Newbies

By Gale Benhardt, for Active.com

From: <http://www.active.com/cycling/Articles/8-FAQs-for-Century-Ride-Newbies.htm>

Completing a century ride is a popular bucket list goal. Maybe the thought of a century ride has crossed your mind; but, you've wondered if it's possible to train for a 100-mile ride without giving up all free moments in your life in order to achieve this goal. In fact, you might have several questions that are holding you back from signing up for a century ride. Let's look at a few common century ride questions.

Average miles per hour	Century Ride Completion Time
12	8:20
13	7:42
14	7:09
15	6:40
16	6:15
17	5:53
18	5:33
19	5:16
20	5:00

What If I'm Too Slow?

Most events have a range of times that aid stations are staffed to support riders. Usually, these times are quite generous. Riders that are worried about being too slow can often begin the ride early to be assured of ample time to complete the event while sponsored aid is still available.

If your average speed makes it difficult for you to complete the event while full aid stations are available, make contingency plans to have someone look after you the last few miles. For rides that are near multiple convenience stores, you can complete the ride and rely on cash or a credit card to get you through any miles that are beyond the hours supported by the event director.

More: [How to Set an Effective Pace for Your Ride](#)

Do I Have to Carry My Own Food and Water?

Most organized century rides have supported aid stations. Depending on the event, the aid stations can be minimally stocked with water, fruit and energy drink or the tables can be a riding cyclist's dream buffet.

What If I Have Mechanical Problems?

It's always a good idea to learn how to be self-

supported. Carry your own spare tubes, tire irons, air (a pump or CO2 cartridges) and a patch kit. The patch kit is for the unfortunate circumstance that you have more than one flat tire.

Some events have traveling mechanical support. That means a van or truck filled with great mechanics are there to help you change flats and help with other mechanical problems. Often these support vehicles carry spare parts, so be sure you carry cash or a credit card in case you need to purchase a spare tube, a new bolt or other necessary spare parts. Of course a backup plan is to carry your cell phone so you can call a friend or family member for help.

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

I'm Worried About the Hills in the Course, What If They are Too Much for Me?

With today's technology, it's possible for you to take a look at the route profile and compare the hills of the century route to those close to your home. It's great if you live close to the course and you can ride some of the hills in your training; but, if you can't ride the course you can use similar hills to build your climbing fitness.

More: [Preparing for a Hilly Century](#)

If you live in Flat City and the century ride is very hilly, you can use strength training to help build climbing power. You can also intentionally ride into head winds or use a bigger gear with low cadence with more pedal force to simulate climbing hills during training. Putting hill work into your training plan gives you the strength and confidence you'll need to be successful on event day. ([cont'd page 9](#))



www.bikebeatonline.com

BikeBeat

Discover the Power of the Bike

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

757 - 229 - 0096
4640 Monticello Ave., Williamsburg

Riding Out Yonder...



April 20, 24th 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. Registration fee \$45. For more information website: <http://www.thequietresorts.com/>

April 27, 18th Annual Tarwheel Century - NEW LOCATION - 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/>.

May 11, Virginia Cap2Cap - Join the 2013 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 18, 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 18, Scotland Neck's 11th 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/>

May 18, 10th Annual Pencil to Big Walker Charity Ride - Wytheville, VA. Formerly the Big Walker Century Ride, 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. The ride offers four recreational routes: 100 miles (3 climbs), 62 miles (2 climbs), 45-miles (1 climb), and 30-mile fun ride (no climb). 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/>.

May 18, 26th 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 slaw, baked beans, French fries, dessert and a drink. Visit <https://www.bikereg.com/Net/18066> for more info.

July 7-14, Cycling the Erie Canal - 15th annual 8-day, 400-mile, bike tour across New York State along the scenic and historic Erie Canal, named a National Heritage Corridor. Enjoy great scenery, interesting history, and unparalleled cycling. You'll experience the canal and enjoy canal historians' stories about the people, places and things that made life along the Erie Canal so unique in its day and so important to the history of New York State and the country. Visit <http://www.ptny.org/canaltour>.

August 10, Cumberland Valley Century - Presented by The Cumberland Valley Cycling Club. When was the last time you cycled the beautiful, low traffic, roads of Washington County? The Cumberland Valley Century provides the perfect opportunity to experience the history and charm of this lovely valley. 25, 64 and 103 mile routes take in some of the most fabulous scenery in the area. The metric and century routes visit the C&O Canal National Historic Park and the Antietam National Battlefield. Visit http://www.bikecvcc.com/cvcc_century.html.

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



PBA 2013 Event Schedule

Williamsburg Weenie Rides at Upper County Park - Saturday, May 25
Hot Diggity Dog Ride at Leslie and Howard's house - Saturday, June 8
The After the 4th of July Rides - To Be Determined
Ice Cream Ride - To Be Determined
Surry Century Rides at Surry Athletic Field - Saturday September 14



Weekly Rides

RIDE SPEED CLASSIFICATIONS

A-pace: 18-22 mph (fast and steady) C-pace: 11-14 mph (moderate with stops)
B-pace: 15-17 mph (moderate & steady) Casual: Up to 11 mph (group will wait for all cyclists)
+ or - indicates the ride will be either at the top end or bottom end of pace range

Call ahead when planning to attend a ride. This allows you 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 or when the temperature is below 40 degrees. PBA recommends helmet use for all cyclists.** They may be required by individual ride leaders.

ROAD

- Sats., 7:30 a.m. BikeBeat Kiln Creek:** B+ pace 32/42 mile ride. Contact Chris Scales at 833-0096.
Women's Shop Ride BikeBeat Kiln Creek: 22 mile No Drop Ride. Road bikes only. Contact Avanel at 833-0096.
- Sats., 8:45 a.m. Village Bicycles:** 25 mile A & B pace ride from the Warwick store, 9913 Warwick Blvd, (Hilton area), Newport News. Call Walter at 595-1333.
- Sats., 8:00 a.m. Back Alley Bikes Shop:** B+ pace ride leaving from the shop in Grafton. Call Jeff Gainer for info at 872-4653 or 880-6267 (C) or email back_alley@verizon.net. **Note: This ride stands although the store is closed.**
- Suns., 8:45 a.m. Village Bicycles:** A pace ride from the Warwick store, 9913 Warwick Blvd, (Hilton area), Newport News.
- Suns., 9:00 a.m. Waller Mill Park** (Airport Road, Williamsburg) A-/A pace, 52 miles, Contact Bob Ornelaz at 874-4125 or Mike Cobb at 846-8797.
- Weds., 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.

PBA Ride on the W & OD

Join Sandy Butler and other PBA members on Saturday and Sunday, April 13 and 14, 2013 for our annual overnight adventure on the Washington & Old Dominion Trail (W&OD) through the rural countryside of Purcellville to the suburbs of Falls Church. The W&OD is the most popular paved trail of the "Rails to Trail" System in the United States. It is a 45 miles long and mostly flat or gradual terrain with a few hills. (We are doing 40 miles one way each day) This will be the twelfth year that this popular trip has been offered.

We would leave Newport News early Saturday morning and travel to Purcellville, about a 3-½ hour drive or less. Then bike to Leesburg where we would have lunch at a wonderful train station bakery. After lunch the group would then travel through Herndon, Reston, Vienna and Falls Church. We will arrive at our motel (Econo Lodge) around 4:00 p.m. after a 40 mile C pace ride. Once we are rested and cleaned up we will take the Metro into Washington D.C. for dinner at the California Pizza Kitchen or you can walk from our motel to a nearby restaurant. Sunday would find us retracing our route back to Purcellville with breakfast at La Madeleine, a French restaurant in Herndon and other food stops along the way.

If you want to reserve a space or need more information give Sandy Butler a call at 872-9271. The trip is limited as far as number of people. Please note that weather this time of year can be anything from thunderstorms, downpours, winds and even snow. Should we not ride there's always good shopping. Despite the sometimes bad weather we have always managed to ride at least one day. Howard and Leslie Beizer and Anthony and Hazel Woodard have agreed to shuttle our luggage to Falls Church and back to Purcellville. Motel reservations must be made by you and you need to contact Sandy for the phone number to the motel.

Weekend Rides

Visit the PBA website for possible additional rides and changes.

PBA Website: <http://www.pbabicycling.org/weekendrides.html>

Sat 3/2 9:30 a.m. **B pace:** Meet John Atwood at Coventry Elementary School for a 35+ mile ride. No calls, ride cancels. Call John at 757-596-9701

Sat 3/2 9:30 a.m. **C pace:** Ride with Ron Hafer from Newport News Park Stable lot for 25/30 miles in Seaford and Dare area with rest stop at Crossroads store. No calls, ride cancels. Call Ron at 757-503-5113.

Sun 3/3 ??? a.m. **B pace: OPEN** - Call Jack at 757-788-1196 to lead a ride.

Sun 3/3 ??? a.m. **C pace: OPEN** - Call Jack at 757-788-1196 to lead a ride.

Sat 3/9 ??? a.m. **B pace: OPEN** - Call Jack at 757-788-1196 to lead a ride.

Sat 3/9 10:00 a.m. **C pace:** Meet Bob and Linda Carter at the Poquoson Farm Fresh . 25 / 30 miles. No calls, ride cancels. Call Bob and Linda at 757-868-6198.

Casual Pace: Meet Sandy Butler at First Landing State Park picnic area parking lot in VA Beach with a hybrid or mountain bike to ride to the VA Beach Board Walk and back. Ride 18 to 21 miles and have lunch on the board walk. Call Sandy at 757-872-9271.

Sun 3/10 10:00 a.m. **B pace:** Meet Robb Myer at Coliseum Crossing Starbucks in Hampton for a 35+ Mile ride. CALL BEFORE SUNDAY! Bring money. No Calls, No ride. Call Robb at 757-826-4433

Sun 3/10 10:00 a.m. **C pace:** Meet Ron Hafer at the Newport News Park stables parking lot for a 25+ mile ride. Rest stop at Dare Crossroad store. No ride if temps below 35 degrees. No calls, ride cancels. Call Ron at 757-503-5713

Sat 3/16 8:00 a.m. **B pace:** 25-30 miles. Join Jim and Nan Mack and I for a tame B pace from Tabb High School. Helmets required. \$\$ for snacks if needed. Tour de Swamp. Rsvp: afwolfson@cox.net .

Sat 3/16 ??? a.m. **C pace: OPEN** - Call Jack at 757-788-1196 to lead a ride.

Sun 3/17 10:00 a.m. **B Pace: MOVED** - Meet John Atwood at Poquoson Farm Fresh parking lot for a 25-30 mile ride. This ride is aligned with Sharon's C-pace ride. Meet up at "Surf's Up" afterwards to "rehydrate." No calls, ride cancels. Call John at 757-596-9701.

Sun 3/17 10:00 a.m. **C Pace: NEW TIME, AVOID THE RAIN** - Meet Sharon Bochman for a St. Patricks Ride at the Poquoson Farm Fresh parking lot for a 25-30 mile ride. Meet up at "Surf's Up" afterwards to "rehydrate". No Calls, Ride Cancels. Call Sharon at 757-868-4420.

Sat 3/23 9:-00 a.m. **NEW - Bee Pace:** Join the Killer Bees for a 40 mile ride in honor of Art's 60th birthday. Ride starts at the Kiln Creek parking lot at 2901 Kiln Creek Pkwy in Yorktown. Strict BEE pace. No one dropped. No need to call just show up.

Sat 3/23 ??? a.m. **C pace: OPEN** - Call Jack at 757-788-1196 to lead a ride.

Sun 3/24 9:00 a.m. **B pace:** Meet Sam Earl at Smithfield YMCA for a 30+ mile ride. No Calls, Ride cancels. Call Sam at 757-595-5984

Sun 3/24 ??? a.m. **C pace: OPEN** - Call Jack at 757-788-1196 to lead a ride.

Sat 3/30 ??? a.m. **B pace: OPEN** - Call Jack at 757-788-1196 to lead a ride.

Sat 3/30 ??? a.m. **C pace: OPEN** - Call Jack at 757-788-1196 to lead a ride.

Sun 3/31 ??? a.m. **B pace: OPEN** - Call Jack at 757-788-1196 to lead a ride.

Sun 3/31 10:00 a.m. **C pace:** Meet Ron Hafer at the Newport News Park stables parking lot for a 25+ mile ride. Rest stop at Dare Crossroad store. No ride if temps below 35 degrees. No calls, ride cancels. Call Ron at 757-503-5713

Century FAQs...

[continued from page 4](#)

How Many Weeks Do I Need to Train Before Riding the Century?

The answer to this question depends on your current physical fitness. If you are currently riding two or three days per week, you can be ready to ride a century at the end of 12 weeks. This assumes you will average some 12 to 15 mph for the event.

If you have more fitness and can ride faster, your training time can be less -- or -- you can use the extra training time to gain more speed.

What is the Least Amount of Training I Can Do to Successfully Complete a 100-Mile Ride?

The answer to this question depends on your current fitness, event day goal speed and how much you want to suffer during the ride. A huge amount of suffering with low preparation risks injury and illness after the event. The last thing you want is a nagging knee problem or saddle sores the size of Mount Everest as your reward for completing the ride. Some riders will suffer due to pushing personal limits of performance. This is the good kind of suffering or discomfort.

For the majority of recreational athletes, training for some eight to 12 weeks is usually sufficient preparation time. For the person that is currently riding two to three days per week, a weekly training load of some three to nine hours per week, strategically planned over 12 weeks does the job. Strategic placement means long rides, intervals and the appropriate amount of recovery days so you can increase your fitness.

What If the Weather is Horrible on Event Day?

There is no bad weather, just bad clothing. There is a wide range of cycling clothing to help riders feel comfortable in nearly all types of weather.

That written, some cyclists are into the adventure of dealing with whatever Mother Nature has to dish out, while others would prefer to stay home on a

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

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

bad weather day and aim for a different event. Everyone has their personal bailing point, where not starting or not completing event is the best decision.

This Will Be My First Really Long Ride, How Do I Know I Can Make the Distance on Event Day?

For century riding I've found that if cyclists complete a ride during training that takes 50 percent of their predicted event ride time, it is enough to get by. In other words, if you expect that your century ride time will be seven hours, then completing a long ride of three-and-a-half hours will allow you to complete the century.

If you combine that 50-percent ride rule of thumb with an 80-percent rule of thumb over two days, I can almost guarantee that you will successfully complete the century ride. Using the example ride time in the last paragraph, combine your long ride of three-and-a-half hours with a second ride the next day that is around two hours long and you will be in good shape to complete the event. Faster riders and those with more endurance can, of course, rest assured that a successful event completion is in their future.

There are a number of fantastic century rides around the country. If you complete your first event near home, then set about making your century ride a destination event. That is, plan to do a century ride in another state (or country) and also plan sightseeing time after the event.

Detailed century ride training plans can be found in Training Plans for Cyclists and online plans can be found [here](#).

From the Editor: How about making the Tour de Cure your first century? You'll ride with plenty of support, food/drink and rock-star status! This article says there's plenty of time to train!

 **American Diabetes Association.**
TourdeCure

Write for Chainstay!

I've been asked if I would continue to print articles from our affiliates. The articles in this edition show the answer is YES. There's little doubt these articles are a great service to our club and cyclists nationwide. I've always found the various seasonal and tech articles to be quite helpful, even a refresher to the veteran cyclist.

One thing which I think can make Chainstay and PBA even better is the inclusion of stories submitted by our very own members. Member input makes Chainstay and PBA more personal and adds local content. Even a small photo with 100 words will do wonders to help connect us with each

other. Isn't that one of the missions of our club, the group rides and our dinner meetings? Tell us about a recent ride, especially if something made it more interesting than usual. Perhaps someone can write a "rider profile" about a club member who we all should know better (*with the rider's permission, of course*). Or perhaps you're aware of pending legislation that affects us as cyclists.

It only takes a few minutes to take a photo and write a paragraph about it. More of us are riding with cameras or camera phones in our pockets today. For the sake of comparison, this section contains only 236 words. A photo with 100-200 words is a great way to improve Chainstay and bring us together as fellow cyclists.

Club Membership...

[\(continued from page 4\)](#)

Virginia Bicycling Federation: <http://www.vabike.org/>

League of American Bicyclists: <http://www.bikeleague.org/>

Lawmakers in Chesapeake are reviewing the draft of an ordinance which may require cyclists in groups of ten or more to obtain a parade permit in order to relieve the interference caused to farm equipment by cyclists. Yes, you read that correctly. Cyclists “interfere” with farm equipment. How a parade permit would fix that is beyond my understanding. This could be a ploy to increase revenue via permit costs or perhaps an avenue to deny cycling in large groups. Regardless, it’s easier to pass more restrictive laws once “small laws” are in place without significant opposition. Thankfully, bicycle advocates are fighting this legislation. Certainly, the advocates stated that they represent x-number of tax-paying cyclists. That number undoubtedly included the membership list of the Tidewater Bicycle Association.

Elsewhere, a town in Colorado recently tried to enact a bicycle ban and [it was overturned by the state supreme court](#). Colorado is ranked 4th most bicycle friendly state. Virginia ranks 17th.

PBA’s membership has declined over the years for one reason or another. Smaller membership weakens our position when it’s time to advocate for cyclists rights. It’s easy to ignore the challenges of cyclists in neighboring towns and states. But what happens when YOUR rights to bike on the roads are threatened?

There’s a greater landscape of cycling than what’s happening here in Southeast Virginia. Look on page 2 of this Chainstay to see the advocacy organizations PBA affiliates with. The [Virginia Bicycling Federation \(VBF\)](#) works to change public policy and community attitudes, to improve the safety, convenience, and acceptance of bicycling in Virginia; and to promote bicycling for transportation, recreation, public health and economic development. PBA and VBF both affiliate with The [League of American Bicyclists \(LAB\)](#). LAB represents the interests of 57 million cyclists at the national level. PBA is one of over 750 affiliated organizations. By joining PBA (or your local club), you become a part of who’s represented by VBF and LAB. Technically, both organization represent un-clubbed riders, too. But they can only estimate those numbers. When you join an affiliated club, the club reports their numbers to VBF and LAB. Then VBF and LAB can advocate on behalf of an accurate number of riders... YOU. Consider that when wondering what the \$15 annual membership to PBA is worth.

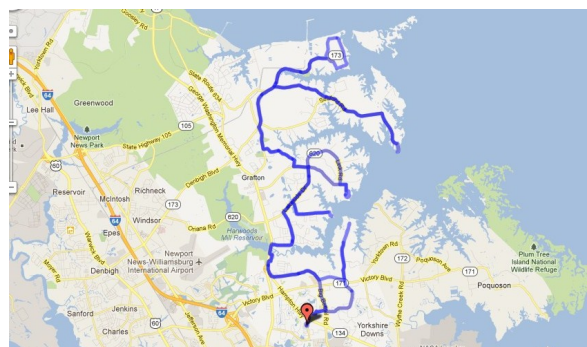
Ride Leaders Needed

By Jack Liike

One of the best perks of being part of the PBA is the numerous opportunities for individuals and groups of varying sizes and riding capabilities to get together and ride. Some rides are slow, casual jaunts while others turn into all-out sprints to the finish line. The majority of rides fall well within those limits though. Some of us probably have our favorite route memorized so well that we could almost ride it in our sleep. Regardless of the distances and speeds at which we prefer to ride, it is almost guaranteed that there will be other cyclists who are more than willing to ride with you.

I have gained tremendous improvement in my cycling abilities through these group rides. Whether training for an event such as the MS-150, Bike Virginia, or any of the other multi-day tours or just getting out and riding to improve our overall physical and mental capacity, our goal is to try to provide opportunities for weekend rides for each of you.

The ideal goal is to schedule a “B” and a “C” pace ride every Saturday and Sunday of each month. Each month we try to arrange anywhere from 8 to 10 rides each for B and C rides, and we rely heavily on the ride leaders to volunteer their time to help ensure that each of these rides occur safely and provide proper leadership and guidance for all who participate. You can see that if we had individual ride leaders for each weekend, we would need



anywhere from 16 to 20 volunteers to fulfill these positions.

I am asking any of you who would like to be a ride leader to please contact me. I try to call all of the volunteers to plan the rides for the upcoming month at least a few weeks before the end of the current month. Your primary responsibilities include: having a familiarity with the route you plan to ride, make sure the riders have a signed current PBA waiver, and try to make sure no one gets lost or dropped during the ride.

These rides provide a great opportunity to make and establish some new friendships, along with the camaraderie and fellowship gained before, during, and after the rides. I hope you will consider helping out with this rewarding opportunity.

Thanks!

Jack Liike
jliike@hotmail.com

For Sale

2006 Fuji Newest 1.0, 54 cm, TIG welded Fuji Altair 2 frame with carbon front fork, Truvativ compact crankset (36/50 teeth), Alex ALX R-1.0 rims. Upgraded with 10 speed, indexed Shimano Ultegra shifters, Ultegra rear derailleur, and Shimano 105 cassette (12-27). Fuji saddle is original and still new. (I swapped it out for my own saddle.) Wheel set is like new. Bicycle was ridden one season before I upgraded to a new frame. This is a nice entry level road bike made even nicer with these component upgrades. Asking \$800 OBRO. Call Jan Carlson at 757-898-2870 (4/12)

2010 Rans crank-forward bike. Blue in color. Rear disc brake. Two Schwalbe tires 26x1.35 on bike with two larger size tires. Water bottle cage. Kick stand. Rear rack. Lights front & rear. Bell. Sheep skin seat cover. Owners manual. \$1,500 new asking \$800. Call Ron 757-503-5713. (3/12)

2006 Madone 5.2SL 52cm Road Bike. Ultegra 6600 10 speed, 53-39, 12-25. Purchased and serviced exclusively at Bike Beat Kiln Creek (all records available at BB). Italia Seat with Bontrager seat bag. Madone 5.2SL is less pedals. Selling price is \$1200. Contact Mel Moss at 757-867-8943. (12/12)

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.

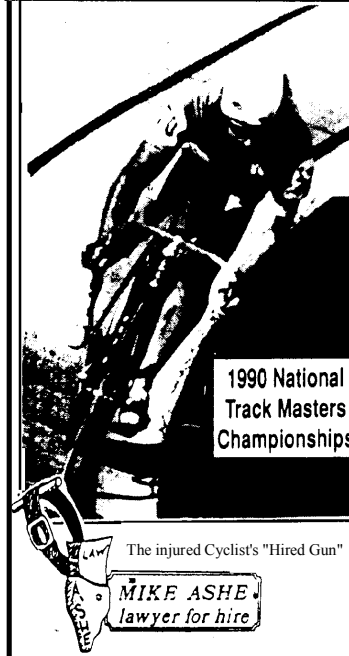


Peninsula Bicycle Association
P.O. Box 12115
Newport News, VA 23612-2115
www.pbabicycling.org



Come ride with us!

SOME THINGS CAN'T BE LEARNED FROM LAW BOOKS



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

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



PBA Membership Application

Name _____ Email: _____ Home Phone _____
 Address _____ Work Phone _____
 City/State/Zip _____ Age (if under 21) _____
 Type of membership Individual Family New Member Renewal
 Names of family members who ride _____
 Club interests (safety, tours, newsletter etc) _____

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 or parents or guardians of minors must sign below.

 Signature(s) **Dues: Individual \$12, Family \$15 per year**
 Mail to: Peninsula Bicycling Association, P.O. Box 12115, Newport News VA 23612-2115