



# Chainstay

The Peninsula Bicycling Association

April 2013

Volume 43, Issue 3

## Monthly Meeting



Monday  
April 8, 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  
Announced

## Inside

[Pedal the Parkway Canceled](#), p. 3

[Get Ready for Spring](#), p. 4

[Classifieds](#), p. 5

[Tour de Cure](#), p. 6

[Riding Out Yonder](#), p. 7

[Williamsburg Weenie Ride](#), p. 8

[Weekend Rides](#), p. 9

[Weekday Rides](#), p. 10

[Ride Reports](#), p. 11

[Benefits of PBA Membership](#), p. 12

[MS-150 Coming in June](#), p. 13

[PBA Membership Application](#), p. 14

## PBA Ride on the W & OD Trail

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 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.

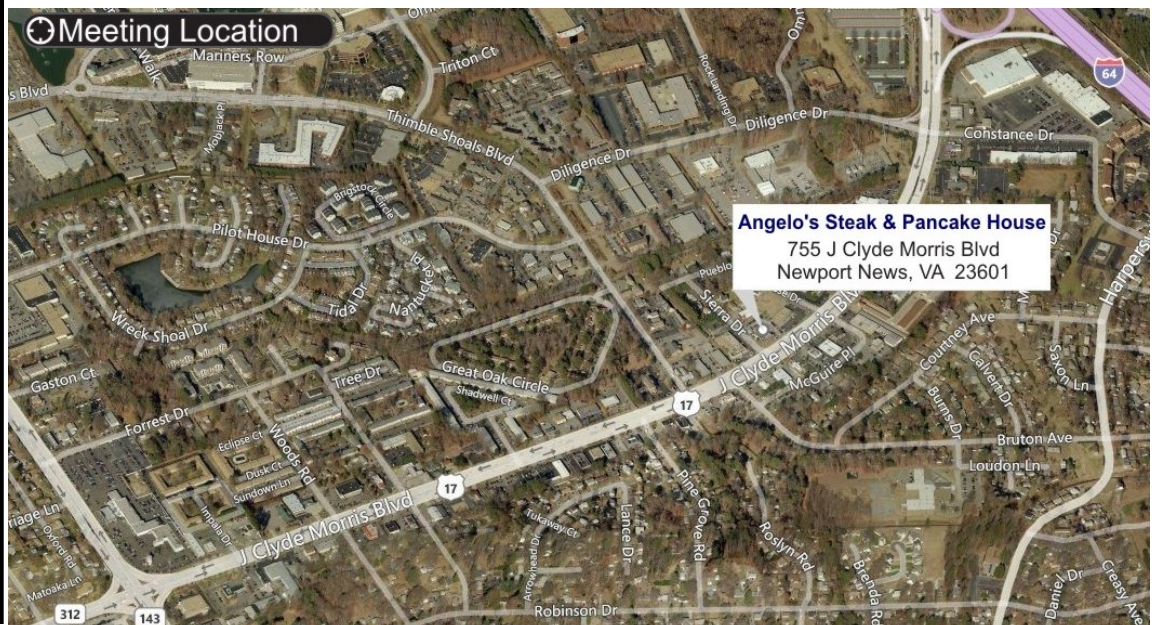
We would leave Newport News early Saturday morning and travel to Purcellville, about a 3-½ hour drive or less. Then bike to Leesburg where we would have lunch at a wonderful train station bakery. After lunch the group would then travel through Herndon, Reston, Vienna and Falls Church. We will arrive 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.

### Meeting Program — To Be Announced

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





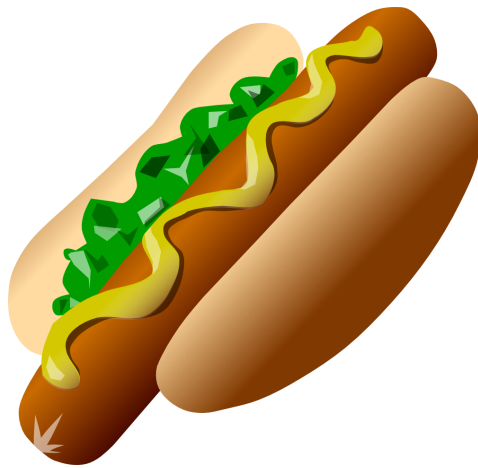
# The President's Corner

## Volunteers needed for Williamsburg Weenie Rides

Volunteers are needed to help with Food (*no preparation on your part*), Registration and SAG for the Williamsburg Weenie Rides on May 25.

We typically have about 150 riders at this event so it takes many volunteers to make it a success. All we need is a few hours of your time. You will still have time to ride. Volunteers ride free. In addition, SAG volunteers receive \$15 to defray the cost of fuel.

Call Cindy Wong at 804-642-2825 or e-mail [porschecindy@aol.com](mailto:porschecindy@aol.com) for food and registration. Call Mark Van Raam at 757-827-7221 for SAG.



**PBA Website:**  
[www.pbabicycling.org](http://www.pbabicycling.org)

## PBA Board Meeting

The PBA Executive Committee and Officers will meet at 6:00 p.m. on Monday, April 8 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 (2013 election is suspended)

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

### Committee Chairs

Ride Schedule	Jack Liike, <a href="mailto:jliike@hotmail.com">jliike@hotmail.com</a>	757-788-1196
Membership	Leslie Beizer	757-356-1451
Publicity	Leslie Beizer	757-356-1451
Safety	Gale Harvey, <a href="mailto:harvey.gale@gmail.com">harvey.gale@gmail.com</a>	757-723-7148

Chainstay editor and PBA webmaster is Scott Farrell, [StealthTDI@spamarrest.com](mailto: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](mailto: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 Network Solutions.

# National Park Announces Sequestration Cuts; Cycling Event Canceled...



Regretfully, this great and popular family ride has been cancelled as a result of sequestration. The following is an excerpt from [Williamsburg Yorktown Daily](#):

With little left to cut, the Colonial National Historical Park has announced it will reduce visitor services to satisfy the sequestration requirement to cut the budget by 5 percent.

The cuts include canceling the Pedal the Parkway cycling event scheduled for May, placing hiring freezes on any open positions and closing the Neck O'Land information facility near Historic Jamestowne that houses children's programs.

For the park, the five percent sequestration cut amounts to \$336,706 out of a budget of \$6.7 million. The cuts must be absorbed in the seven

months remaining in the federal fiscal year, which ends Sept. 30.

The park reduced its seasonal and permanent employee positions in 2011 and 2012, "which left few options to compensate for the 2013 budget reduction," according to an NPS news release.

The reductions "were made with great consideration for the values for which the park was created," wrote Michael Byrd, public affairs officer for the park. [CLICK HERE](#) to see the full list of reductions.

Visitor centers at both Historic Jamestowne and Yorktown Battlefield are open daily from 9-5. Access to Historic Jamestowne is available daily from 8:30 a.m. to 4:30 p.m. For more information, please call (757) 898-2410, or log on to [www.nps.gov/colo](http://www.nps.gov/colo).

## ***bikejournal.com***

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://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.

# 9 Tips to Transition Toward Spring Cycling

By John Hughes ([Coach-Hughes.com](http://Coach-Hughes.com))

From: <http://www.active.com/cycling/Articles/9-Tips-to-Transition-Toward-Spring-Cycling.htm>

I live in Boulder, Colorado and in the winter I snowshoe and cross-country ski regularly for aerobic fitness, ride on the road when I can, get on the trainer when necessary and do strength workouts in the gym.

Now that the days are longer and generally warmer I'm making the transition to riding outdoors regularly. What should you be doing to be ready for spring riding?

**Get a Bike Fit** - If you haven't had a professional bike fit in a couple of years, get one now. After several years of training, you'll be fitter and more flexible. Your cycling goals may have changed. For all these reasons you may need a different fit. I've seen a rider's power output increase by five percent just by improving the fit! Specialized dealers in many countries offer bike fits by technicians trained by Andy Pruitt at the [Boulder Center for Sports Medicine](#) (BCSM). Retül, founded by experts from the BCSM, has fit technicians around the world. Both the BCSM and Retül work with many racers in the pro peloton.

**Tune Up Your Bike** - Before the start of the season, have your bike thoroughly checked. If you are a good mechanic, you could do this yourself, or have your local shop. The annual overhaul should include:

- Strip the frame, clean it and wax it.
- Clean and grease the bottom bracket and headset if not sealed.
- Clean and grease the hubs and true the wheels.
- Put on new rim tape, tires and tubes.
- Clean, lubricate and adjust the derailleurs and replace the chain and cassette.
- Clean, lubricate and adjust the brakes and replace the brake shoes.
- Inspect all cables; especially the shift cables for integrated shifting and braking systems. These shift cables have a finite life and should be replaced every year.
- Inspect your cleats and replace if necessary.
- Retape the handlebars.
- Inspect the bottle cages, seat pack, hydration pack and bladder, etc. for wear.
- Check your spare tubes and put new glue in the patch kit.
- Lubricate your frame and floor pumps.

Shops get busier closer to events, so make an appointment early. When you take your bike in, take fresh bagels to help make friends with the shop folks.

**Cycling Using Specific Muscles Firing Exactly Right** - If you've been doing lots of cross training or strength training, then you need to turn that general fitness into cycling fitness. Even if you've

been riding frequently, you can improve your pedaling economy, efficiency and power. The following drills help in the transition to spring road riding:

- **Top:** As you apply power imagine that you are pushing your knee forward toward the handlebars or kicking a soccer ball. You should feel your glute (butt) muscles contracting to open the hip.
- **Front:** Apply power downward. You should feel your quadriceps (thigh) muscles straightening the knee.
- **Bottom:** Apply power backward with your foot pointed slightly downward. Imagine that you are scraping your toes across the floor. You should feel your lower calf muscles flex the foot.
- **Back:** Don't try to pull up on the pedal (which is inefficient); rather, just lift your leg so that your other leg doesn't need to push it up. You should feel your hamstring (back of thigh) contracting.

One-legged pedaling on the trainer is an excellent drill to improve your stroke. Unclip one foot and rest it on a stool, box, etc. Pedal at 50 to 60 rpm with the other leg for 30 to 60 seconds. Then pedal with both legs for a minute to recover (don't bother to clip in). Pedal again for 30 to 60 seconds with the same leg, and then with both legs to recover. Repeat sequence three to six times then switch legs. Each week try to add five seconds to the duration of the one-legged repetitions.

**Find Your Optimum Cadence** - Many pros ride with a cadence of about 90 rpms because that puts less power into each revolution, thus fatiguing the muscles less; however, pedaling that fast may raise the heart rate. Try to find your optimum cadence somewhere between 80 and 100 rpms. Pedal at a constant speed on the trainer (or constant power if you have a power meter) and experiment with different combinations of gears and cadence to find out where you can maintain the constant speed (or power) with the lowest heart rate. That's your optimum cadence.

**Work On Your Spin** - Once you've found your optimum cadence you want to work on pedaling there with a smooth round stroke. Concentrate on feeling the different muscles activating in different parts of the stroke like they do when you pedal one-legged. Ride for a few minutes in that gearing. Then shift to a lower gear and ride at about 80 rpm. Every minute increase your cadence by 10 rpms. When you get to the maximum cadence you can sustain without bouncing, say 120 or 130 rpm, hold for a minute. Then work back down by 10 rpms per minute. The goal is to learn to pedal smoothly across a range of cadences.

(continued on page 13)

*More: [How to Become a Year-Round Cyclist](#)*

*More: [10 Things I Wish I Knew From the Start](#)*

# PBA Classifieds

PBA Members Only



**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 (4/13)

**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)

**2003 TREK 2200 WSD** 51 cm women's road bike. The bike is White and in excellent condition with about 2000 miles. Comes with Flight Deck computer, SPD pedals, 9-speed Shimano 105 components and all original manuals. Rodney Martin at Bike Beat has looked over the bike made all necessary adjustments and stated that the bike is

worth between \$700 and \$800 dollars (we have the receipt). The bike is ready to ride. Asking \$750.00. Contact Anthony or Hazel Woodard at 766-9180 or e-mail at papawoodard@verizon.net. (4/13)

**Trek 7.3**, 20" white 8-speed with 700x28 110psi tires, rear light, side rear view mirror, water bottle cage, kickstand, rear rack. \$300. Call Ron at 757-503-5713. (3/13)

**PBA members place your free cycling related for sale ad. Send ad to Scott Farrell at [StealthTDI@spamarrest.com](mailto:StealthTDI@spamarrest.com).**

**SHOPPERS:** We're all looking forward to warmer weather and some great riding this year! But don't forget that now is the time to find great deals on winter clothing. Retailers are clearing their shelves to make room for summer merchandise. Visit your favorite bike shop or online retailer to see what's on sale. That expensive jacket you've always wanted may be marked down substantially below retail. Stock up on cold weather gear now and be ready to ride through next winter. It's not bad if you have the right attire!! :-)

**BikeBeat**  
Discover the Power of the Bike

[www.bikebeatonline.com](http://www.bikebeatonline.com)

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

**757 - 229 - 0096**  
4640 Monticello Ave., Williamsburg

# TourdeCure®

Fellow Riders,

Since Team Killer Bees had not previously ridden in the Tour de Cure as a team, I thought I'd present some points to support the ride. First, we have several diabetics in our own cycling group. I have two parents who are diabetic and a sister who is pre-diabetic. So, for me, this was the charity that I wanted to put more support behind. Second, (*according to the Fenton Forecast Report who monitor non profit groups*) The ADA is ranked #1 (*along with Special Olympics*) on being the most effective organization with only 4% of their income going to management fees.

I identified several reasons why this ride is worthwhile on a personal level after doing it myself for the last two years. Here is my list:

- Low entry fee - Riders only have a \$175 minimum fundraising requirement. Most people are happy to donate to a cause that effects so many people.
- The ride is very well supported - They have rest stops very frequently giving you the option to stop or continue riding, whichever you prefer.
- Great SAG support - They have motorcycles all along the route looking out for you. Local bike shops will be there, too.
- The route is absolutely beautiful - You go all around Lake Prince and many little fingers. I frequently see bald eagles, pheasant, wild turkeys and blue herons in that area. You also pass lots of farm land and livestock and the terrain is rolling at times and flat at times so it's not boring.
- After the ride - They have a post ride party with great food and entertainment.
- It is close to home and centrally located to the Peninsula and the Southside.

Please join our team this year. We plan to group by pace so no matter what speed you travel, you will have a group to ride with. We will also be training together after we get our teams in place.

Sharon Bochman  
Tour Team Captain and Queen for a Day  
757-272-4153



6-Chainstay

REGISTER YOURSELF • ASK A FRIEND • START A TEAM • STOP DIABETES

American Diabetes Association  
**TourdeCure®**



START A CHAIN REACTION

**April 20, 2013**

**King's Fork High School  
Suffolk, Virginia**

**1-888-DIABETES Ext. 3276**  
**diabetes.org/hamptonroadsvatour**

**REGISTER TODAY!**

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/donate directly from [our team page](#). Click "Join This Team" to join us or click "Donate" next to a specific rider who needs help reaching their goal.

## 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 Sandy Butler at 757-872-9271 if you are interested in making a presentation. The club can provide a projector and will pay for your meal that evening.



# 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. Starts 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) with SAG, rest stops and temporary facilities. Visit <http://www.bigwalkercharityride.com/>.

**May 18, [26th Annual Tour de Madison](#)** - The ride begins and ends at Graves Mountain Lodge in Syria, VA. Cyclists and their families will have the opportunity to enjoy the complete Graves Mountain Lodge experience. Three ride options: Metric Century (61 miles), 41 miles and a Family Ride. Plan to end your ride between 11:00 am and 2:00 pm and enjoy a post-ride meal featuring Pork BBQ, grilled boneless chicken breast, or pita bread and hummus. Visit <https://www.bikereg.com/Net/18066> for more info.

**May 18, [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 26-June 2, [Ride to Recovery Memorial Challenge](#)** - Washington, DC to Virginia Beach, VA. Full Challenge or one day rides are available. For example, May 30th is from Richmond to Williamsburg and May 31st is from Williamsburg to Fort Eustis. Visit <http://ride2recovery.com/join-the-ride/challenges/memorial-challenge-event.html> for more info. Scroll to the bottom for one day rides.

**June 2, [10th 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 8, [Inaugural Jamestown Gran Fondo](#)** - The Jamestown Gran Fondo is ideally situated in the heart of Virginia's Historic Triangle. This beautiful ride rapidly takes you on to 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 <http://www.setupevents.com/> for more details.

**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. 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](http://www.bikecvcc.com/cvcc_century.html).

**August 16-18, [Tour de Frederick](#)** - Choose from a variety of bike rides, ranging from an eight mile history tour of Fredericktowne (led by a local historian) to the legendary Covered Bridges tour, and a challenging ride up to Catoctin Mountains. This event is designed to showcase the best that Frederick County, Maryland has to offer and much more. Visit [our website](#) for more details.

# Williamsburg Weenie Ride: May 25, 2013

Back by popular demand is the Williamsburg Weenie Rides starting from Upper County Park in James City County. The park is near I-64 exit 227 (*address in photo*). Rides of 12/25/35/45/64 miles though Williamsburg/James City County and York County. 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 postmarked after 5/15 or registering on-site.** On-site registration opens at 7:45 a.m. Route SAG from 8:30 a.m. to 2:30 p.m. Lunch from 11:00 a.m. to 2:30 p.m. Swim after the ride at the park for an additional fee. **HELMETS ARE REQUIRED!**

T-shirts: You will want the T-shirt even if you can't make the ride. We have adult sizes S to XXL. The price is \$15 (*add \$2 for XXL*), guaranteed if purchased with pre-registration (*available in limited quantities the day of the event*).

Make checks payable to PBA and mail registration form to:

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



Call Cindy Wong at 804-642-2825 for more information or email [porschecindy@aol.com](mailto:porschecindy@aol.com).

**The Peninsula Bicycling Association  
WILLIAMSBURG WEENIE RIDES 2013  
Saturday, May 25, 2013**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
(one name only)

Address: \_\_\_\_\_ E-mail: \_\_\_\_\_

City/State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_

I will ride the following route (please circle one): 12 / 25 / 35 / 45 / 64

Registration Fee: (please circle one)	Non-member	\$20
	PBA member	\$15
	Child (12 and under)	\$10
	Late Fee (after 5/15)	\$5
	T-shirt Circle size: S M L XL XXL(+\$2)	\$15
	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

**Applicant and parents/guardians of minors (under the age of 17) must sign below.**

\_\_\_\_\_

**Only one person/form - Form may be duplicated**





# Weekend Rides

Visit the [PBA website](#) for possible additional rides or late-notice changes. **NOTE:** Always call the ride leader the day before a ride to let them know you will be there. Most of the rides are “no calls, ride cancels.” That means the ride leader may not show if no one calls to say they intend to ride the scheduled ride. Be courteous!

**Sat 4/6 8:30 a.m. B pace:** Meet Dave Sebring at Willow Oaks - Foxhill Rd. Burger King for a 25 – 30 mile ride. Call Dave at 757-850-3536

**Sat 4/6 8:30 a.m. C pace:** Meet Steve Zajac at Dare Elementary school for a 30-ish mile ride. Call Steve at 757-898-4396

**Sun 4/7 9:00 a.m. \*NEW\* B pace:** Meet at Coliseum Starbucks for a 35+ mile ride. Call Robb Myer at 826-4433 by Saturday, please. No calls, ride cancels.

**Sun 4/7 ??:?? a.m. C pace: OPEN** - Call Jack at 757-788-1196 to lead a ride.

**Sat 4/13 8:30 a.m. B pace:** Meet Dave Sebring at Willow Oaks - Foxhill Rd. Burger King for a 25 – 30 mile ride. Call Dave at 757-850-3536

**Sat 4/13 9:00 a.m. \*NEW\* C pace:** Meet Art at his home at 204 Rock Creek Ct, Yorktown. 40+ miles at a C+ pace. Bring \$\$ for rest stop. Call or email Art at 757-879-5683, [afwolfson@cox.net](mailto:afwolfson@cox.net). This is a training ride for the MS-150 and no one will be dropped.

**Sun 4/14 ??:?? a.m. B pace: OPEN** - Call Jack at 757-788-1196 to lead a ride.

**Sun 4/14 8:30 a.m. \*NEW\* C pace:** Meet Marty and Elaine Cardwell at Grafton Bethel Elementary School on Lakeside Drive for a 35+ mile ride through York County. Helmets required, bring money for snacks. Call 757-369-1519 (home) or 757-871-7544 (Elaine's cell).

**Sat 4/20 9:00 a.m. B pace:** Meet Jen Hamm at Coventry Elementary school for a 35+ mile ride. Call / text Jen at 254-319-8225

**Sat 4/20 9:00 a.m. C pace:** Meet Linda and Bob Carter at the Poquoson Farm Fresh for a 25 / 30 mile ride. Call Linda and Bob at 757-868-6198

**Sun 4/21 9:30 a.m. B pace: OPEN** - Call Jack at 757-788-1196 to lead a ride.

**Sun 4/21 9:30 a.m. C Pace:** Meet Ron Hafer at the Newport News Park stables parking lot for a 25+ mile ride. Bring \$\$ for the rest stop at the Dare community Store. Call Ron at 757-503-5713

**Sat 4/27 9:00 a.m. B pace:** Meet Sam Earl at the Smithfield YMCA for a 30+ mile ride. Call Sam at 757-595-5984

**Sat 4/27 9:00 a.m. C pace:** Meet Cindy Wong at the Yorktown Old Courthouse for a 25+ mile ride. Call Cindy at 804-642-2825

**Sun 4/28 9:00 a.m. B pace:** Meet Mark VanRaam at the Poquoson Farm Fresh for a 30+ mile ride. Call Mark at 757-827-7221

**B Pace:** Team Killer Bees MS-150 Kick-Off Ride. Meet at Glenn Young's home in Mattaponi for a 40-mile loop followed by a meeting with Monique's chili! Riders need not be MS-150 participants to ride. Contact Glenn at [glenn@MPISeafood.com](mailto:glenn@MPISeafood.com).

**Sun 4/28 8:30 a.m. C pace:** Team Killer Bees MS-150 Kick-Off Ride. Meet at Glenn Young's home in Mattaponi for a 40-mile loop followed by a meeting with Monique's chili! Riders need not be MS-150 participants to ride. Contact Glenn at [glenn@MPISeafood.com](mailto:glenn@MPISeafood.com).



## 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** at Newport News Park - Sunday, July 14

**Ice Cream Ride** at Huntington Park - Saturday, August 24

**Surry Century Rides** at Surry Athletic Field - Saturday September 14



# Weekly Recurring 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.

---

## YEAR-ROUND ROAD

- Sat, 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 Avaneil at 833-0096.
- Sat, 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.
- Sat, 8:00 a.m. SAME RIDE, NEW LOCATION - Washington Square parking lot, Grafton:** B+/A- pace ride leaving from Food Lion at 5210 George Washington Memorial Hwy. Call Jeff Gainer for info at 880-6267c or email back\_alley@verizon.net.
- Sun, 8:45 a.m. Village Bicycles:** A pace ride from the Warwick store, 9913 Warwick Blvd, (Hilton area), Newport News.
- Sun, 9:00 a.m. Waller Mill Park** (901 Airport Road, Williamsburg) A-/A pace (*B-pace with interest*), 52 miles, Contact Bob Ornelaz at 874-4125 or Mike Cobb at 846-8797.
- Wed, 9:00 a.m. Dismal Swamp Trail on Rt 17 in Deep Creek.** Fran & Fred Adams lead a ride for seniors, retired people and anyone who has Wed. off. About 30 miles with a stop at G.R.I.T.S. for snacks. Contact Fran at 467-2775.
- Mon/Wed/Fri 6:15 a.m. "Squirrel Scalpers" Ride.** 22 miles Pace to suit slowest rider (B pace minimum). Meet at Panera Bread at Christopher Newport University (12368 Warwick Blvd). Call Rod Martin for more information at HM 930-8345 or WK 833-0096.

## SEASONAL ROAD (April through October)

- Mon, 6:00 p.m. Old courthouse parking lot at 116 Church St, Yorktown:** Join us for 27 miles to York Point and Dandy Loop. We usually warm up together and then split into two groups, A-pace and B-pace. If you drop off the first group, 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. Ride leaders will work with you if that is your desire. Contact Todd Chopp (*A group*), todd\_chopp@yahoo.com, 757-513-9000 or Scott Farrell (*B -group*), StealthTDI@spamarrest.com, at 757-880-4070 if you have questions.
- Tue/Thu, 5:30 p.m. Washington Square parking lot, Grafton:** B+/A- pace ride leaving from Food Lion at 5210 George Washington Memorial Hwy. Call Jeff Gainer for info at 880-6267c or email back\_alley@verizon.net.
- Wed, 6:00 p.m. Huntington Park, Newport News:** Please join John Atwood for this delightful spring/summer/fall ride. Meet in the parking lot by the beach for a fun filled ride thru beautiful Hilton Village, Riverside, Mariners' Museum, Hidenwood, Deep Creek and beyond depending on day light or lactic leg power. We will ride together as speed permits (no one dropped). A very social ride that will cover 17 or 27 miles of excitement with a few regroupings as necessary. Diabetics welcome. Call John at 757-596-9701 or e-mail atwood 9701@gmail.com
- Wed, 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.
- Thu, 6:00 p.m. Tabb Library at 100 Long Green Blvd, Yorktown:** Leisurely B pace. Contact Robb Myer at 826-4433 or 810-9942 or J. D. Hawthorne at 218-3529.
- Thu, 6:00 p.m. Old courthouse parking lot at 116 Church St, Yorktown:** Meet at the corner of Ballard & Main Streets. A/ A+ pace. Contact Randy Howell at (H) 723-5868 or (W) 723-3688.
- Starts April 4?? (will confirm and update)**



## A Great Birthday Ride

PBA member and Team Killer Bee Co-Captain Art Wolfson recently celebrated his 60th birthday with a bike ride with a few friends... just a few. Here is a write up by a fellow PBA member and Killer Bee, Bob Ornelaz:

I decided to roll early from home and meet Art at his house so we could roll to Kiln Creek Park together. While waiting for Art to get ready, I called Rich Flannery, who was already at the park. Rich said, "Oh man, there's a ton of people here!" As Art and I rolled into the parking lot, and Art saw the fantastic turnout for his birthday ride, I could've sworn the stitches on his balaclava almost tore due to his ear to ear grin.

Art led us out on his infamous Top Secret route as I hung back to do a body count. I counted 28 riders, then pedaled up front to tell Art. Art figured there were 30. So we'll go with the Birthday Boy's count. There were also several brand new members with us.

Despite our humongous pace-line, we did a pretty

good job of keeping everyone together, until we got to the customary sprint at Newport News Park. We continued to Yorktown where we all had a nice rest stop at Ben & Jerry's despite the miniature attack dog, which initially growled and barked at us until it finally warmed up to Randy, who bribed it with some food.

We set off again and per Art's direction rolled through Duck Pond, then York Point. As the bulk of us headed to York Point, we learned the Queen had turned around early with a few others and headed back. Uh, oh . . . hope there's not hell to pay back at the hive for dropping the Queen. Elaine and her crew must have kept a good pace, though, because we never caught them.

We ended up splitting into several pace groups for the final miles and everyone rolled in satiated and safe. There were many, "Happy Birthdays" to Art, and we all hope he remembers the love, respect and appreciation for all he does, shown to him by his fellow Bees/riders on his 60th Birthday Ride!

Happy 60th, Art!

Bob (and the rest)

# Ride Reports...



## Gran Fondo Pre-Ride

By Bob Ornelaz

Jamestown will be hosting their inaugural Gran Fondo on Saturday, 9 June. In my humble opinion, Jamestown may be trying to piggy-back on Richmond's 1st Gran Fondo event in October of last year. You can register and review event specifics [HERE](#). Heads-up: register no later than 9 April to get the cheapest registration fee if you plan on riding the event.

You can view and/or download the various routes (30, 62 & 100 miles) from the website. In fact, that's just what I did. A few Sundays ago, Darrell Cofsky, Mike Cobb, Rich Flannery, Randy Howell, Lenny Lentz and I started from Jamestown Settlement, intending to do the century route. We finally opted for 70 miles by easily making one adjustment to the 100 mile route.

Yesterday, five of us (Glenn Young, Randy Howell, Rich Flannery, Mike Cobb and I) got together for a re-do. Once again Randy and Rich opted for the 70 miler while Glenn, Mike and I completed the century. We were fortunate to have gorgeous riding conditions and a bit of a crossing tailwind on the return trip. Much of the route coming back is on route 5 (well-known to those familiar with the Patriot Loop and Cap2Cap ride). We were able to use portions of the Cap2Cap trail to minimize our time on Route 5. There are also about 40 miles of different roads which help complete the century.

One of the event organizers was gracious enough to email me a map/cue sheet with all the commercial rest stops along the century route. This enabled us to plan our several rest stops. We all had a blast and will probably add both the metric and century options to our weekend ride menu!

Cheers, Bob

## More on Club Membership

by Scott Farrell

You may recall that last month I drove home the advocacy benefit of belonging to a bicycle club such as PBA. Here I will cover other benefits of PBA membership. First, I want to follow up on my remarks about how some, including lawmakers, will seek to limit our rights to the road if we stand idly by. I present the threat to cyclists on the Blue Ridge Parkway.

From: <http://www.roanoke.com/news/dancasey/1766198-12/dan-casey-blue-ridge-parkway-cyclists-hit-bump.html>

Some of you may know about proposed “bans” in the past. Those rumors or ideas were squashed quickly. Getting a bunch of cyclists to attend a city council meeting to block legislation may seem easy enough. It happens and it works most of the time. But this time it’s different. Blue Ridge Bicycle Club’s (BRBC) “Tuesday Ride,” which has been happening for over eight years, has now disappeared from BRBC’s ride list. It did not happen as a result of a new law. Instead, Parkway authorities have chosen to enforce an old law in a different way. I’ll not get into the details here. Click the link in the left margin to read the details for yourself.

Back to the benefits of PBA membership, many feel they can get all that bicycling has to offer by

riding with friends... club membership not required. “Who cares about advocacy, right?” I can understand the mentality of letting someone else deal with that stuff. “I want to RIDE.” Here’s a list of benefits enjoyed by PBA members:

- Discounted entry fees to the annual Williamsburg Weenie Ride and Surry Century.
- 10% discount on purchases at participating local bike shops.
- Club insurance as well as insurance afforded by our affiliation with the League of American Bicyclists.
- Free food and fellowship following the great summer rides, the Hot Diggity Dog Ride, the After the 4th of July Ride, and the Ice Cream Ride.
- Free classified ads in the Chainstay newsletter and on PBA’s website.
- ADVOCACY... a voice to improve and protect bicycling in our area!

There may be other benefits I cannot think of at the moment. But it’s safe to say the benefits of membership easily cover the meager \$15 annual dues of anyone who is participating in club functions. Some members have said it may be time to increase the dues. I think the dues been the same for 20 years. Even dues increase, I have no doubt that they will continue to be a bargain.

---

## A New Normal?

By Scott Farrell

March was a crazy month for scheduling bike rides. First, we have had a few ride leaders out of commission or out of town. So that left some openings in the ride schedule, some of which were filled with short notice announcements. Next, and we’re ALL talking about it even if not with each other, the weather has been CRAZY. Several rides were either canceled or moved at the last minute. There was a time when this could be the source of plenty of confusion. But this need not be the case if we observe a sort of “new normal.”

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

I think it’s “normal” for most to think of others as being similar to themselves unless some other observation changes that perception. For example, it takes me a moment or two to step back and realize that not all of my friends have immediate access to e-mail, text messaging and the Internet. Likewise, some of my friends don’t realize that I don’t follow every post on Facebook and I couldn’t care less about some things they “liked” there. Initially, we each think the other is like ourselves until otherwise observed.

Put in PBA perspective, many of our veteran members probably don’t consider the fact there are members like me who will literally look at the PBA ride schedule on Friday to see if there is a ride

Saturday morning. I’m 45 and it’s how I roll. The younger riders we’d like to attract are either doing the same or perhaps something far cooler than my “old,” unhip self can conceive. My point is PBA’s website gives us a chance to do things a little differently and with more flexibility.

For example, if a ride leader looks at Saturday’s forecast on Thursday/Friday and sees the morning will be rained out but the afternoon will be clear and nice (or vice-versa), s/he can easily send me an e-mail to change the ride time. This is precisely what happened to more than one ride in March. I was a little hesitant to make changes to Sunday’s rides on Saturday afternoon. But I did it with the hopes that riders would check the ride schedule for changes that evening.

Consider a new routine, especially if you have a smartphone. Check the [WEEKEND RIDE SCHEDULE](#) the evening before a weekend ride. The link (*left margin*) will always remain the same. Bookmark it for quick and easy access. Click “Home” in the left margin afterwards to check for announcements. I will always list changes to the ride schedule on the home page as well as on the ride schedule page. This includes the weekday ride schedule as well. Let me know what you think and if it is worth your time.

-Scott

# 9 Tips...

[Continued from page 4](#)

**Build Your Power** - You can improve your power on the trainer by doing intervals in the sweet spot, just below the maximum effort you could sustain for 30 minutes. How hard is that?

- If you train by perceived exertion you should be riding hard enough that you can't talk, but you shouldn't be gasping for air. Your legs should be talking to you, but not complaining loudly.
- If you ride by heart rate, your sweet spot is 93 to 97 percent of your lactate threshold. Lactate threshold is the average heart rate you can sustain in a 30-minute all-out time trial.
- If you ride by power, your sweet spot is 88 to 94 percent of Functional Threshold Power (FTP). To find your FTP do a 20-minute all-out time trial. Your FTP is 95 percent of your average power for the time trial.

*More: [Miracle Intervals on the Indoor Trainer](#)*

The appropriate sweet spot intervals for you will depend on your fitness. Warm up for at least 15 minutes including some hard pedaling. Then try to ride three to five intervals in your sweet spot zone (SS) with recovery between each. Do as many intervals as you can while staying in the SS. If you start to have trouble maintaining that effort, then stop. If you can do three intervals, then train until you can do five intervals in the SS. When you can do five intervals, then increase the duration of both the SS and recovery.

*More: [3 Core Exercises to Strengthen Your Back](#)*

For variety you can simulate climbing by putting a block of wood (up to four inches) under your front wheel. Sweet spot intervals are hard work and you should do no more than two SS workouts a week. Once you can ride outdoors you can also do these on the road to improve your power.

*More: [4 Common Cycling Injuries...and How to Prevent Them](#)*

In addition to sweet spot intervals, practice sprinting to increase your power, even if you don't race. When you ride, nerves activate the muscle fibers in your cycling muscles and as you ride harder more nerve fibers are enervated. You want the nerves impulses to your muscle fibers to be precise and optimally coordinated. You can

improve this by sprinting.

Ride at a your optimal cadence. Every five to 10 minutes, shift to a very hard gear (for example, 53x15) and sprint as hard as you can for 10 to 30 seconds. The goal is to improve your neuromuscular coordination.

**Cycling Economy** - Ever see someone rocking side-to-side or bobbing up and down a little as the rider pedals? Moving your upper body doesn't generate any more power; it just uses energy and creates upper body fatigue. When riding on the trainer, especially when doing the above drills, check that you are riding with a quiet upper body, if possible by riding in front of a mirror.

**Upper Body Fatigue** - I sometimes see riders with elbows locked and I suspect they will have sore hands and tight shoulders and necks if they ride for very long. Your core muscles should be strong enough that your hands rest lightly on the bars like you are typing and your elbows should be bent rather than supporting your upper body. Practice riding with a tight core—abdominal muscles engaged and lower back supporting your upper body. If it's uncomfortable to ride with slightly bent elbows, then check your bike fit—you may need a shorter stem.

**Ramp Up Slowly** - You may have just selected your big event for 2013 and with the longer, warmer days you're excited to prepare. Ramp up slowly! Spring knee is a very common affliction—a form of tendinitis manifesting itself as sharp pain across the top of the kneecap. Spring knee results from increasing the miles too quickly and/or the weights in the gym. Follow these rules of thumb to avoid getting injured:

- Total weekly volume increases by 10 to 20 percent
- Only two or three hard rides a week—long endurance ride and intensity ride(s)
- Long ride is no more than 1/2 to 2/3 of total weekly volume
- Several easy, active recovery days a week
- At least one complete rest day a week
- Increase monthly volume by 15 to 25 percent
- Every four to six weeks reduce training volume by 10 to 25 percent for a week

Enjoy your spring riding!

Join Team Killer Bees for their annual Bike MS, aka "MS-150" on June 1-2 (75-miles each day). Chainstay will feature more about this ride in May. In the meantime, visit Team Killer Bees website at <http://www.teamkillerbees.org/> to learn more about this 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](http://www.pbabicycling.org)



Come ride with us!

It's coming...



## 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 Membership Application

Name \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ 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 and parents/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