



Chainstay

The Peninsula Bicycling Association

May 2013

Volume 43, Issue 4

Monthly Meeting



Monday
May 13, 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: Traveling the C.
& O. Canal

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W. & O. D. Ride a Success!

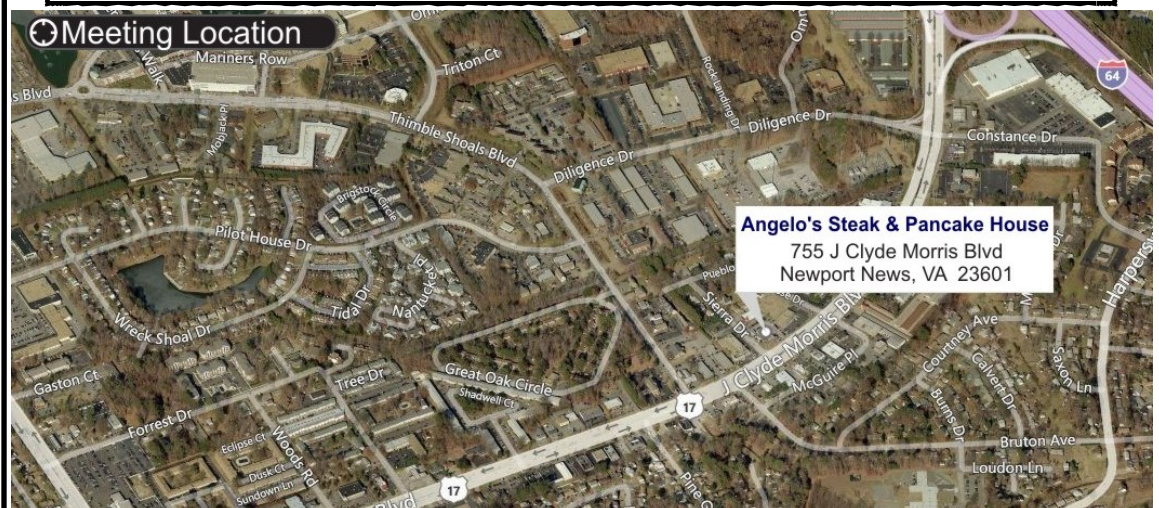
By Sandy Butler

There were 18 people who took part in the W. & O. D. ride this year. The weather was beautiful both days and the flowers, dogwoods and cherry trees were in bloom. Some of us traveled 40 miles plus each day while others did a shorter distance. We enjoyed eating in Leesburg at the Market Deli and Bakery on Saturday and Sunday. We also had a wonderful breakfast in Reston at a French restaurant on Sunday morning. We chose to eat in Falls Church on Saturday night where Maureen Flynn joined us for dinner. Thanks to Hazel and Anthony Woodward and Harriett and J.P. Jones for shuttling cars and luggage. Hope to see you next year.



Meeting Program — Traveling the C. and O. Canal

Join three of Sandy Butler's Outdoor Education Middle School students as they share their March 193 mile bike trip on the Chesapeake and Ohio Canal. They encountered cold, wind, sleet, snow and sun on their 6 day trip, but managed to complete it in style.





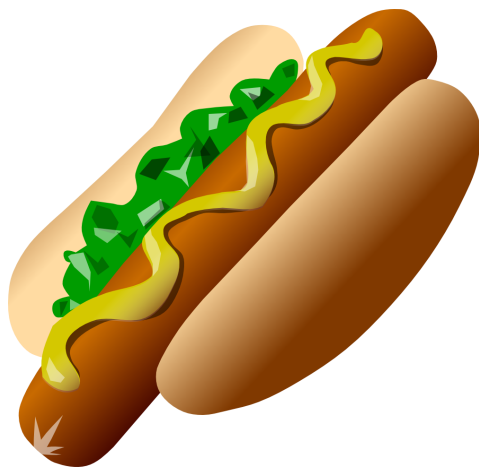
The President's Corner

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 porshecindy@aol.com for food and registration. Call Mark Van Raam at 757-827-7221 for SAG.



PBA Website:
www.pbabicycling.org

PBA Board Meeting

The PBA Executive Committee and Officers will meet at 6:00 p.m. on Monday, May 13 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, porshecindy@aol.com	804-642-2825
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	Ron Hafer, recumbentron@msn.com	757-877-7106
	Don Hubbard, hubdizer@verizon.net	757-595-2897

Committee Chairs

Ride Schedule	Jack Liike, jliike@hotmail.com	757-788-1196
Membership	Leslie Beizer	757-356-1451
Publicity	Leslie Beizer	757-356-1451
Safety	Gale Harvey, harvey.gale@gmail.com	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 inquiries 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.

10 Bike Fit Myths...Debunked

By Aaron Ross, [FASTER](#)

From <http://www.active.com/cycling/Articles/10-Bike-Fit-Myths-Debunked>

Over the years, I have heard my share of bicycle fitting myths. It's hard not succumb to them with the internet hosting blogs and videos on "how to fit your bike" by any person out there.

By understanding these misconceptions about bike fitting, you can learn how to avoid things that could be hampering your progress as a cyclist. You'll also understand the process and science behind bicycle fitting and its value to you, regardless of your riding ability.

Myth No. 1

I only need a bike fit if my position is uncomfortable or if I have just purchased a new bike."

Bike fitting is an ongoing process. Your body is always changing from its fitness, flexibility, weight, and strength. It's recommended to get a fit at least once a year. If you have just purchased a new bike, or have recovered from an injury or surgery, a bike fit is very important in optimizing your performance on the bike.

Myth No. 2

It doesn't work. I have already received a fit before and it didn't help."

It's important to understand that the term "bike fit" is used in many different contexts, as there are several different philosophies of fit and levels of fitting expertise. Some bike shops may advertise a "bike fit" but are only offering a few minor adjustments, or the person performing the fit was never professionally trained.

A more in-depth fit takes two to three hours and involves:

- An interview on your medical history;

- flexibility testing;
- range of motion;
- spinning on the bike as we analyze your biomechanics and make adjustments to the bike and your position;

Myth No. 3

I have a big event coming up and I don't want to get a fit now because it could affect my performance."

When you have an event coming up, make sure you work with a bike fitter who will ensure that the proper adjustments are made to make you more efficient on your bike without making major changes.

Myth No. 4

I have tried many different custom insoles for my feet, but keep getting numbness and tingling, hot feet and discomfort. Maybe I haven't found the perfect insoles."

Issues with your feet usually result from improper cleat placement, saddle placement, and other adjustments on the bike. We spend a great deal of time working with your feet to make sure your feet are not only comfortable but to improve your overall efficiency on the bike.

Myth No. 5

If I lower my stem and get as low as possible, it will make me more aero."

Being hunched over in what people typically think of as an "aero" position could be hindering your performance.

[Continued on page 6](#)

More: [4 Steps to the Perfect Bike Fit](#)

More: [Bike Fit - The Wrench Does Not Fix the Machine](#)

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://www.bikejournal.com). Basic membership is free. Point your browser to [http://www.bikejournal.com/](http://www.bikejournal.com) to sign up and create a profile. Configure your profile through the "Riders" menu. Configure your journal from the "Journal" menu. Be sure to join the "Peninsula Bicycling Association (PBA)" club through the "Club" menu. You can be a member of multiple clubs. After you ride, visit Bike Journal and add the ride. Don't worry — you can enter multiple rides and rides from previous days, or edit past rides. If you make your journal public, then others may see your mileage and you can see theirs. At next year's awards banquet there will be a Bike Loggers drawing similar to the "door prize" drawings. For each 1000 miles, you get one chance in drawing (e.g. 7420 miles earns 7 chances, 2210 miles earn 2 chances etc.). The more you ride, the better chance you have of winning. You must be present to win.



TEAM KILLER BEES NEEDS YOU!

By The Queen Bee – Elaine Cardwell

MS 150 Bike Ride is June 1&2, 2013 Cape Charles to Silver Beach on Virginia's Scenic Eastern Shore

The Multiple Sclerosis Society hosts a 150 mile bike ride each year to benefit research projects aimed at curing MS. The Killer Bees are a group of riders from the Peninsula and Williamsburg who get together each year, do some fundraising and ride as a team in this event.

Registration has begun for the ride and we need to increase our ranks if we want to beat out the other teams this year. We have not been in 1st place for several years now and we are just buzzing mad. There are no specific riding ability requirements other than your ability to ride the distance you have chosen – we all ride at our own speed but get together Saturday night for the festivities.

ROUTE OPTIONS:

- One-day (Saturday), 36 miles
- One-day (Saturday), 75 miles
- One-day (Saturday), 100 miles (Century)
- Two-day, 36 miles each day
- Two-day, 75 miles each day
- Two-day, 100 miles each day (Century)
- Two-day, Combination of 36, 75, 100 miles on Saturday & 36, 75, 100 on Sunday

(Return shuttle provided for One-day riders on Saturday.)

Whatever route you choose, we would love to have you be part of the Killer Bees and help us reach our goal. This is a great ride - flat and well supported - from Cape Charles on the beautiful Eastern Shore of Virginia to Camp Silver Beach where we have great accommodations for the evening and then back to Cape Charles on Sunday for a sumptuous feast at the Bay Creek Marina. If you need them, the SAG wagon is always close at hand.

Our goal this year is to grow our team and we would like to accomplish that with a greater emphasis on raising funds to benefit MS research. If you can't ride, please give a donation to a Killer Bee who is riding or contact Art or Elaine and we will use your donation to help recruit another rider.

When was the last time you did something for a good cause and got to ride your bike in the process? Call Captain Bee Art Wolfson (afwolfson@cox.net or 757-877-0147) or Queen Bee Elaine Cardwell (elainecardwell@cox.net or 757-871-7544) for more information.

Sign up online at www.fightms.com and be certain to sign up as a member of Team Killer Bees. Brochures will be available in all area bike shop or you can contact the MS office at 757-490-9627 and request an application – REMEMBER TO SAY THAT YOU ARE A KILLER BEE – we need you.



ACCEPT THE CHALLENGE



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)

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)

2012 Schwinn "MADISON" single speed bike. Size Large. Frame is black with yellow rims. Purchased \$500 asking \$300. Contact Paul at Pauly14@verizon.net (5/13)

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

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

757 - 229 - 0096
4640 Monticello Ave., Williamsburg

Bike Fit...

continued from page 3

There is a scientific formula for what angle your hips can be in before you lose power on the bike. Think about crimping a hose and the water not coming out. This is what you can do to your power on the bike by putting yourself in this position.

More: [2 Tips for Staying Aero During Everyday Rides](#)

During a recent experiment we conducted, Melissa experimented with lowering her stem on a Cervelo P3 time trial bike. After the test, we found her to not only be less aero, but she was extremely uncomfortable in this position.

Myth No. 6

My lower back is bothering me, so I probably need to raise my handlebars."

More: [Love Thy Knees: Getting the Right Fit](#)

We have often seen people make adjustments to their bike based on "symptoms" and have not only aggravated those symptoms, but created new issues. Raising the handlebars does seem logical, but in some circumstances, can actually create more pressure in your lower back.

Myth No. 7

My hands keep going numb. Maybe it's either my gloves or I'm getting old."

More: [Ask the Experts: Getting a Pro Bike Fit](#)

Your hands are full of many nerves and unfortunately, cycling puts a lot of pressure on these nerves. Sometimes using padded gloves can help alleviate pressure on these nerves and reduce the numbness in your hands, but many times, this is caused by a fitting issue.

More: [See page 13 to read about PBA member fittings.](#)

A proper fit reduces the amount of pressure that is put on your arms. During a fit, we may adjust the distance and height your handlebars are from your

body. We may also pick a new handlebar to improve your fit, as they come in many sizes and shapes (round or more flat).

Myth No. 8

"I need to buy a bike first, and then get fit to the bike."

You can do it in this order, however we recommend getting a fit first and taking your fit measurements to find your perfect new bike.

Bikes have many different geometries between brands, and even models within a brand. Depending on your riding style, flexibility, goals, and fit measurements, we can help narrow down which options would work best for you and your budget.

Myth No. 9

"Bike fitting is expensive."


We'll admit, cycling isn't a cheap sport. However, when you consider the costs of a new bike, wheels, or clothing, a bike fit is a minimal investment. Investing in a fit can also prevent future costs of getting injured or not riding your bike because it was too uncomfortable.

Myth No. 10

"I only get discomfort when I go longer distances on my bike...should I just ride shorter distances from now on?"

Riding longer distances should be enjoyable yet challenging. A proper bike fit will ensure that no matter the distance you are riding, you are optimized in comfort and performance. You never have to resort to shorter distances on your bike





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...



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 & 61 mi. 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.tbarides.org/> for more info.

May 18, [Tour de Chesapeake](#) - Tour de Chesapeake is a family-friendly cycling event located in Mathews County, on Virginia's Middle Peninsula. The supported ride is all day on Saturday, but we hope you will make a weekend of it and see all Mathews has to offer. We offer four routes ranging from 19 to 24 miles. Ride them all! Visit <http://tourdechesapeake.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 3, Send off ride for two transcontinental riders - I received an interesting invitation for our club to briefly join two women who are riding the TransAmerica Trail from Yorktown to Seattle to raise funds for "The Looking Out Foundation." They plan to depart the Yorktown Monument at ~9:00am. Contact Scott Farrell at StealthTDI@spamarrest.com if you'd like to join these riders during a stretch from Yorktown to Williamsburg. Their pace is likely C or casual. We'll ride to match their pace and then return to Yorktown for a total of ~30 miles. This could be a good recovery ride for BikeMS riders! Visit <http://lookingoutcrossamerica.com/> for more details about their entire ride or to support them.

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 9, [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.

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

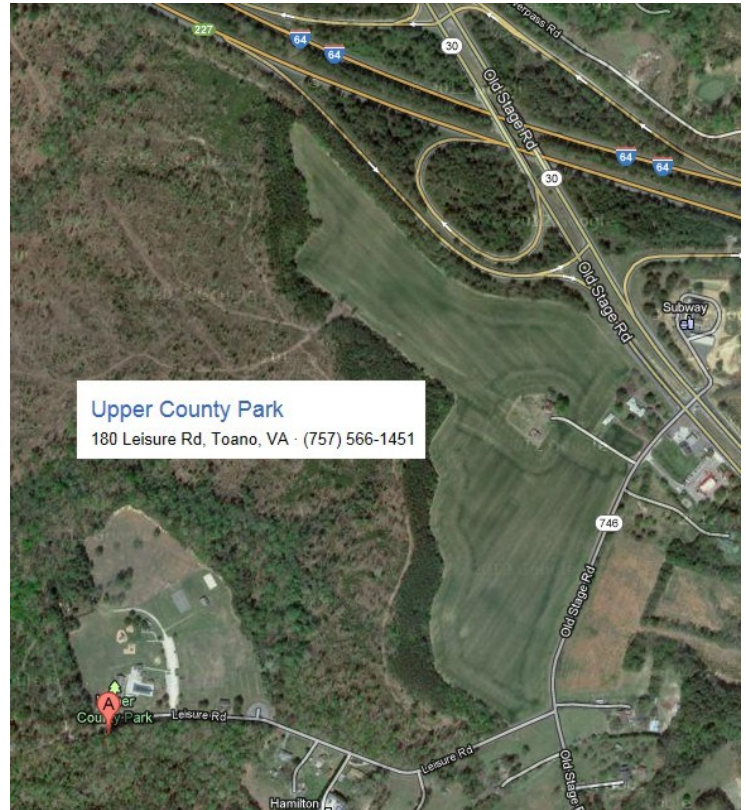
Williamsburg Weenie Ride: May 25, 2013

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.

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

Name: _____ <small>(one name only)</small>	Phone: _____
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

RIDE SPEED CLASSIFICATIONS

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

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

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

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

Casual: Up to 11 mph (group will wait for all cyclists)

Visit the [PBA website](#) for possible additional rides or late-notice changes. Always call the ride leader the day before a ride to let them know you will be there. Most 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. Please be courteous!

Saturday 5/4, B pace. OPEN - Call Jack at 757-788-1196 to lead a ride.

Saturday 5/4 8:30am, C pace. Meet Steve Zajac at Dare Elementary school for a 30-ish mile ride. Call Steve at 757-898-4396.

Sunday 5/5 9:00am, B pace. Meet Robb Myer at the Hampton Coliseum Starbucks for a 35+ mile ride. Call Robb at 757-826-4433 by Saturday May 4th to let him know you will be riding. No Calls, No Ride.

Sunday 5/5 9:30am, C pace. Meet Dean Vines at the White Marsh Shopping Center in Gloucester for a C+ 30 mile ride. No one will be dropped. Call Steve at 757-871-0247.

Saturday 5/11 2:00pm, B pace. Meet Dave Sebring at the Hampton Willow Oaks Burger King on Fox Hill Road for a 25 / 30 mile ride. Call Dave at 757-850-3536.

Saturday 5/11, C pace. OPEN - Call Jack at 757-788-1196 to lead a ride.

Sunday 5/12 1:30pm, B/B+ pace. Meet Sharon Bochman at the Poquoson Farm Fresh on Wythe Creek Road for a 30-ish mile ride. Lots of “in’s and out’s” in Poquoson. Afterwards, we can go to Surfs Up in the same parking lot for some dollar beers and good food. Gotta replace those carbs! Text or call Sharon at 757-272-4153.

Sunday 5/12 8:00am, C pace. Mothers Day—Meet Cindy Wong at the Old Courthouse in Yorktown for a 25 + mile ride. Call Cindy at 804-642-2825.

Saturday 5/18 9:00am, B pace. Join Jim Mack at Tabb High School for a 35+ mile ride to Yorktown. Rest stop at Ben and Jerry’s for Ice Cream. Call Jim and Nan at 757-867-6349.

Sunday 5/19 9:00am, B pace. Meet Mark Van Raam at Hampton Starbucks – Coliseum. 30ish miles. Bring \$\$ for a snack stop. No calls, no ride. Call Mark at 757-827-7221.

Sunday 5/19 9:30am, 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.

Saturday 5/25 9:00am, ALL PACES. PBA Williamsburg Weenie Ride. Details in the Chainstay.

Sunday 5/26, B pace OPEN - Call Jack at 757-788-1196 to lead a ride.

Sunday 5/26 1:30pm, C pace - Meet Sharon Bochman at the Poquoson Farm Fresh on Wythe Creek Road for a 30-ish mile ride. Lots of “in’s and out’s” in Poquoson. Faster riders welcome. But the focus is on new riders. Text or call Sharon at 757-272-4153.



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)

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

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

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

Casual: Up to 11 mph (group will wait for all cyclists)

Call 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 RIDES

Saturdays, 7:30 a.m. - BikeBeat Kiln Creek: B+ pace 32/42 mile ride. Contact Chris Scales at 833-0096.

Saturdays, 7:30 a.m. - Women's Shop Ride BikeBeat Kiln Creek: 22 mile No Drop Ride. Road bikes only. Contact Avaneil at 833-0096.

Saturdays, 8:45 a.m. - Village Bicycles: 25 mile A & B pace ride from 9913 Warwick Blvd, (Hilton area), Newport News. Call Walter at 595-1333.

Saturdays, 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.

Sundays, 8:45 a.m. - Village Bicycles: A pace ride from 9913 Warwick Blvd, (Hilton area), Newport News. Call Walter at 595-1333.

Sundays, 9:00 a.m. - Various Routes A/A pace (*B-pace with interest*), 50+ miles, Contact Bob Ornelaz at 874-4125 or Mike Cobb at 846-8797 for details. If you'd like to be on Bob's "Sunday Ride" email list, please email Bob at ornelazr@hotmail.com.

Wednesdays, 9:00 a.m. - Dismal Swamp Trail on Rt 17 in Deep Creek. Fran & Fred Adams lead a ride for seniors, retired people and anyone who has Wed. off. About 30 miles with a stop at G.R.I.T.S. for snacks. Contact Fran at 467-2775.

Mon/Wed/Fri 6:15 a.m. - "Squirrel Scalpers" Ride. 22 miles Pace to suit slowest rider (B pace minimum). Meet at Panera Bread at Christopher Newport University (12368 Warwick Blvd). Call Rod Martin for more information at HM 930-8345 or WK 833-0096.

SEASONAL RIDES (April through October)

Mondays, 6:00 p.m. - Old courthouse parking lot at 116 Church St, Yorktown: Join us for 27 mile A and B pace rides to York Point and Dandy Loop. If you drop off the A-pace, you can finish with a more relaxed pace. We regroup at major stops. B-pace riders are welcome to get progressively faster throughout the summer and move to the A-group. Contact 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.

Tuesdays/Thursdays, 5:30 p.m. - Washington Square parking lot, Grafton: B+/A- pace ride leaving from Food Lion at 5210 George Washington Memorial Hwy. Call Jeff Gainer for info at 880-6267c or email back_alley@verizon.net.

Wednesdays, 6:00 p.m. - Huntington Park, Newport News: Join John Atwood in the parking lot by the beach for a fun filled ride thru beautiful Hilton Village, Riverside, Mariners' Museum, Hidenwood, Deep Creek and beyond. We ride together (no one dropped). A very social ride that will cover 17 or 27 miles with a few regroupings as necessary. Diabetics welcome. Call John at 757-596-9701 or e-mail atwood9701@gmail.com.

Wednesdays, 6:00 p.m. - Courthouse parking lot at 310 Ballard St, Yorktown: Ride length and pace depend upon group (no one dropped). Contact John Parker at 898-7147 or Bill Monroe at 868-9242 or Charlie Park at 898-0890. If you would like to learn how to ride in a group call John Parker.

Wednesdays, 6:00 p.m. - Courthouse parking lot at 310 Ballard St, Yorktown: Join Scott Farrell for a 27 mile B-pace ride. We meet with Bill Monroe's group (above) and then separate after a warm-up. The group sometimes exceeds a B-pace. But no B-rider will be dropped. Call Scott at 757-880-4070.

Thursdays, 6:00 p.m. - Tabb Library at 100 Long Green Blvd, Yorktown: Leisurely B pace. Contact Robb Myer at 826-4433 or 810-9942 or J. D. Hawthorne at 218-3529.

Thursdays, 6:00 p.m. - Old courthouse parking lot at 171 Ballard St, Yorktown: Meet at the corner of Ballard & Main Streets. A/A+ pace. Contact Randy Howell at (H) 723-5868 or (W) 723-3688.



Tour de Cure...

From Sharon Bochman

Dear Team Killer Bees,

I want to thank each of you for coming out to make our first appearance at the Tour de Cure a memorable one. We were one of the top fundraising teams due to the commitments you all made. You all worked hard to raise funds and train during an especially challenging wet winter when it was hard to find training time. We were definitely the most spirited team afterwards. We had quite the tent party today. I want to give another shout out to Tracey Atterbury's mom, Katherine. She set up the decorations while we were out riding. The organizers of the TdC stopped by our tent for photos because they loved what we had done. I think we now have a "team KB mom."

I also want to give another shout out to our team



spirit coordinators, Jack Liike and Jan Carlson. Thanks to them, we had quite the festive atmosphere to return to. Sometimes, that is what you need to see when you are tired after a Century. Our "new bees" made an impressive showing today. Carl Killian did his first century with an average above 17mph and Tracey Atterbury did a very strong metric century. It

is such a pleasure to have you both aboard and to have some returning riders such as Sarah Darling, Julie Gum, Sam Earl, Dave Sebring, Nan and Jim Mack, Mark Van Raam, Scott Farrell, John Baynes, Rich Flannery and Dave Palaygi. If I forgot someone, please forgive me. The day may have started out with some dicey weather, but it sure turned out great! Hope to see you all out riding soon!

A BIG thank you to Elaine and Marty Cardwell. Thank you both for everything!

Sincerely,

Sharon
the "retired Queen for a day!"



More: See Scott's summary of the Tour de Cure century at <http://stealthtdi.com/blog/?p=948>.

More Ride Reports...

Killer Bees MS-150 Kick-off Ride

Excerpts from Art Wolfson and Bob Ornelaz's reports...

Thanks to all who were able to make [the kick-off] ride a success!! To Glenn and Monique, our hosts who provided a beautiful environment, great tasting CHILI, and fixin's, very tasty indeed, A HUGE THANKS. And THANK YOU to all the cyclists who donated bicycle related articles to our Wounded Warriors.

Sixteen cyclists made this event and enjoyed biking in a very rural and less traveled area. We had three groups. The C-pace left at about 8:30 AM as planned. This group broke into a B-pace and the C pacers (*Sherry and I*) brought up the rear. The B-pacers left at 9:15 AM and, although I am not a witness, rest assured this group was rolling faster than a B pace at times. Pshaw! No Kidding! Go figure! Not this group, we're just Killer Bees!

We may have also recruited a "newbee" for the team from Fort Eustis, named Lindsey, who was the person collecting the donations for the wounded warriors. See the photo of the group below. -Art

Recap for the "B (*yeah right*) group." As Art said, we - Iron Mike, Glenn Young, Sharon Bochman, Todd Chopp, Jennifer Hamm, Scott Farrell, Bob Ornelaz and Lindsey Riess - left around 9:15.

Todd immediately established his dominance by going out quickly and establishing a large gap. Iron Mike was hot on his wheel and Bob was next, in no-man's land attempting to bridge the gap. Everyone else was scattered behind.

BTW, just so everyone knows, Glenn purposely planned that initial climb into a head wind to warm us all up?!? As the rest of us rolled in and settled into a slow roll, Bob went back to bring Scott and Sharon up to the main group.

We then gradually upped the pace to 18 to 20 (*you know, a Bee pace*) which seemed a manageable, keep-everyone-together pace. Again, Glenn made sure we had plenty of rollers on this route to keep us occupied. On one seven mile stretch, the race was on as

we all tested our legs. Todd finally decided to cease the lead and, after a strong bridge effort by Iron Mike, only Bob was able to chase Todd down. Todd and Bob maintained their lead for most of the way to the next stop sign where they decided to slow, allowing Glenn, Jen, Mike and Lindsey to roll up. Sharon and Scott rolled up and completed our regroup.

Glenn suggested we keep it together for awhile on some gravelly road. However, most everyone stayed on Todd's and Jen's wheel, leaving Bob, Iron Mike and Glenn a good ways behind. Somewhere prior to the last regroup, we even got chased by a couple of cyclist-eating dogs. Fortunately, neither had the legs to maintain our spirited Bee pace for long.

Just prior to the last regroup, Bob, Mike and Glenn rolled up on and rode with Art and Sherry. As Art said, Sherry was a real trooper and accomplished her longest ride to date, also refusing to be conquered by any of the hills. Way to go Sherry!!!

The Bees regrouped one last time prior to the final 13 mile stretch to Glenn's house. Glenn encouraged everyone about the upcoming super-smooth roads and potentially super-fast pace. However, he made no mention of the ensuing inclines and fricking headwinds, ALL THE WAY BACK!!!

While everyone waited for Bob to answer nature's call behind the shed, Jen discovered she had a front flat. Todd and Bob immediately jumped to her aid; but it was Scott, affectionately known as "Captain Overpacker," who saved the day by providing a set of tweezers (*from his 20 to 30 pounds of bike luggage*) to pull a stubborn barb from Jen's tire.

Finally, we were ready to roll on the final stretch. Scott took the first pull then gave the reins to Iron Mike. Iron Mike was still pulling when Jen suddenly passed and took over to begin one of several monster pulls. The crew slimmed to Jen, Todd, Scott, Mike, Glenn and Bob. Mike and Scott were next to fall off the pace. Jen, Glenn, Todd and Bob jockeyed pulling duties until we came to a relatively long, into-a-headwind-climb. It was here that Jen finally succumbed.

The final three, Todd, Glenn and Bob traded pulls to the end, with Todd the obvious strongest, especially on the ensuing inclines. But out of respect for each other's efforts, the three of us decided to roll in together and not attack each other at the end, though the smart money would have been on Todd to win!



Bike Fitting Testimonies...

By Jennifer Hamm and Scott Farrell

(Jen) After riding on a regular basis for a year, my cadence had picked up and I found that I had a recurring saddle sore. At first I felt it was a normal consequence of the increased intensity and work load. I realized this was not the case after talking to other cyclists. As a result, I started questioning whether or not I had a “good” fit.

I researched and located a fitter, named Andrew, in Richmond. Other cyclists balked at the idea of spending good money for a fitting. But I found it well worth it. The fitting took approximately three hours. Andrew first took measurements of my bike. He then proceeded to take 18 various measurements of me from head to toe. He discovered I have a leg length discrepancy, commonly referred to as “LLD.” This $\frac{3}{8}$ -inch discrepancy turned out to be the cause of my saddle issues. He remedied this by adding a shim to my left cleat for $\frac{1}{2}$ of the discrepancy. He also made several other adjustments such as moving my seat back, raising my saddle height, swapping my stem and realigning a cleat.

I have been free of saddle-related issues since my fitting. I encourage anyone who suspects they might not have a “good fit” to seek out and get a professional fitting. The local bike shop (*LBS*) did a great job getting me close. But it took extra attention to get honed in. You cannot put a price tag on riding as pain free as possible. - Jen

(Scott) I began a Super Randonneur series this year. The ultra-distance series, which I plan to complete by June, includes monthly 200-km rides as well as 300, 400 and 600-km rides (*600-km is 373 miles*). Since my knees and neck usually ache after 100 miles, I thought attention beyond a “standard” bike fitting might pay off on a longer ride. Jen had reported significant improvement after her session with Andrew. Therefore, I decided to make an appointment.

Andrew did all of the same measurements that he did with Jen. In short, my cleats were already where they needed to be and I had no LLD. I made him aware of a previous shoulder injury as well as limited hip movement (*which affects everything, BTW*). He set up lasers to view my knee movement and made other

observations. In the end, he recommended (*and installed*) shoe inserts to correct a slight cant in my feet as well as a shim on each pedal axle to widen my stroke. Both were to improve my knee movement. The most shocking adjustment was the raising of my saddle by 3-cm! “*You have long legs that can make a lot of power with the saddle at optimum height,*” he said. I took a while to get used to the new saddle height. He did not make changes to my stem because he felt my needs were beyond the range of my 58-cm frame (*too large, he said*). This was where we disagreed.

I visited Rodney at one of our favorite LBS’s for a second opinion. “*Three centimeters? That’s an ocean,*” he exclaimed. He validated the saddle height once I was on the trainer and was shocked that I had been set so low (*not by his shop*). I was comfortable. So I had never questioned it. He angled my saddle down just a hair to compensate for the increased height. We’re exploring options for the front of the bike. Raising the saddle 3-cm means my bars feel 3-cm lower than I’m accustomed. I may have to acclimate to a “new normal.” Regardless, my test was to see if I felt any knee pain during the Tour de Cure.

My TdC didn’t end with absolutely no knee pain. However, it was substantially less than usual; more dull and general than sharp and specific. I think that’s probably normal after 103 miles. But it’s fantastic when I consider that I rode a few rolling hills at a somewhat-brisk pace. Minimizing knee pain alone made the time and money spent with Andrew worthwhile.

I don’t recommend running straight to a pro if you haven’t let the LBS try to set you up first. My experience with two fitters (*a certified fit pro vs. a seasoned salesperson/mechanic*) taught me that the process is subjective. Andrew seemed to prefer me sitting with a short reach and a 56-cm frame while Rodney preferred to see me with a longer reach and a 58-cm frame. I feel I belong somewhere in the middle and on a 58-cm frame. Each fitter brought fixes the table and gave me concepts to consider. In the end, it’s my body that feels the pain. No fitter has to answer to it. Having input from two fitters arms me with info I can use to resolve specific issues.

Definitely see your LBS for a fitting. But, if you find yourself trying to fix that last detail or one thing the LBS didn’t resolve, then perhaps it’s time to see someone who specializes in fittings, especially one who does it every day. Is it really “too much money” if the visit makes riding a bike even better? - Scott

Hot Diggity Dog Ride

June 8, 2013

The summer meeting schedule starts off with our annual Hot Diggity Dog Rides on **Saturday, June 8 (<< CORRECTION)**. This year’s rides will start at the home of Leslie & Howard Beizer, 22570 Tally Ho Drive, Carrollton (*directions and a map next issue*). There will be two great rides on country roads: a 50-mile, B-pace starting at 8:00 a.m. and a 27-mile, C-pace starting at 9:00 a.m. Both rides will have a rest stop at historic Fort Boykin. The rides should end between 11:30 and 12:00.

Everyone should bring either a salad or dessert for all to share. The club will provide the Nathan’s hot dogs, condiments, paper products, plastic ware, soda and chips. A grill will be provided for

your use if you want to bring something else to grill. The general business meeting will follow the feast. Please call Leslie or Howard Beizer at 757-356-1451 or email hbeizer@aol.com if you plan to attend. This will give us an idea of how many hot dogs and buns we will need.

Even if you don’t want to or cannot ride, come out for the food and camaraderie of your fellow cyclists and club members. This is a great opportunity to meet other club members and perhaps new riding partners. Bring a lawn chair if you want to keep your bottom off the ground. The Hot Diggity Dog Rides are the first of our three summer meetings/ride format. The “After the Fourth of July Rides” is a catered affair and free to all PBA members. The final summer meeting/ride is the August Ice Cream Rides. Look for details next month on the After the Fourth of July Rides and meeting.

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!

[CLICK HERE for a Bike Month Calendar](#)



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