



# Chainstay

The Peninsula Bicycling Association

June 2013

Volume 43, Issue 5

## Monthly Meeting



Saturday  
June 8, 2013

8:00 a.m. 50-mile, B pace

9:00 a.m. 27-mile, C pace

Picnic at 12:00 p.m.

Leslie & Howard Beizer's  
Home in Carrollton

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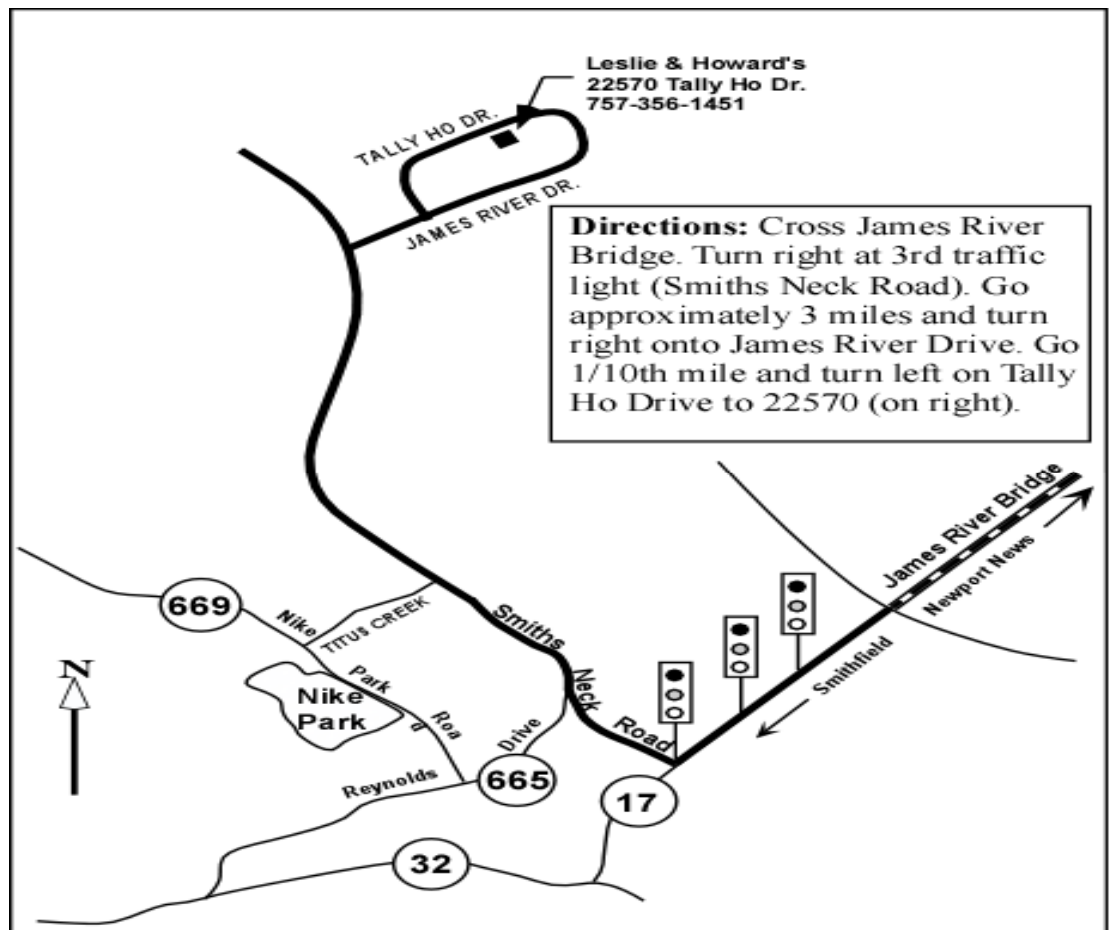
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## Hot Diggity Dog Rides

The summer meeting schedule starts off with our annual Hot Diggity Dog Rides on **Saturday, June 8 (CORRECTION)**. This years rides will start at the home of Leslie & Howard Beizer, 22570 Tally Ho Drive, in Carrollton. 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. If you want something else to grill, bring it. A grill will be provided for your use. The general business meeting will follow the feast if you can stay awake by then. Please call Leslie or Howard Beizer at 757-356-1451 or email [hbeizer@aol.com](mailto: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 can't 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.](#)





# The President's Corner

The PBA After 4th of July Rides will take place on Sunday, July 14 starting from Newport News Park. This will serve as our monthly summer meeting/bike ride/food event. Expect plenty of food and snacks, all FREE to PBA members. Even if you don't choose to ride, come out for the fun, food and socializing.

Of course, to work up an appetite there will be two great rides a 50 mile B-pace ride and a 25 mile C-pace ride. The food should be available by noon. Details will follow in July's Chainstay. Please call Cindy Wong at 804-642-2825 or email [porchecindy@aol.com](mailto:porchecindy@aol.com) if you're interested in assisting with food delivery and setup (*no food prep on your part*).

Happy Pedaling to Team Killer Bees as they ride the MS-150 on June 1-2. It looks like it'll be a great weekend! Expect to see photos and a ride report in July.



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

PBA Affiliations:



2-Chainstay



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

## PBA Board Meeting

PBA Executive Committee and Officers meet in conjunction with monthly club meetings. See the front page for details. Interested members are welcome. Business includes planning 2013 events.



### 2012 Officers (2013 election is suspended)

President	Cindy Wong, <a href="mailto:porchecindy@aol.com">porchecindy@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.

# Avoid Heat Stress When You Ride...

By Edmund R. Burke, Ph.D. - Active.com

From: [http://www.active.com/cycling/Articles/Avoid\\_heat\\_stress\\_when\\_you\\_ride\\_with\\_these\\_stay-cool\\_tips](http://www.active.com/cycling/Articles/Avoid_heat_stress_when_you_ride_with_these_stay-cool_tips)

In summer, cyclists must adjust to heat. Many of us must adjust to all kinds of hot weather from the scorching, dry heat of the United States' West Coast to the wilting humidity of the South.

Heat stress occurs when high humidity, radiant heat from the sun and elevated air temperature combine to impede your body's ability to dissipate heat. It also places considerable demands on your body's physiological control mechanisms.

To train and compete at your best all summer, it is important to understand how your body copes with heat, and what you can do to keep cool.

## Eliminating Heat From Your Body

Your skeletal muscles can use only about 25 percent of the energy available to them to generate force; the other 75 percent of energy is released as heat during prolonged cycling. Heat production can potentially raise your body temperature nearly 2 degrees Fahrenheit every five to eight minutes.

If the body did not adjust to this condition, exercise would be limited to about 20 minutes before elevated body temperature caused fatigue. But exercise can be sustained for longer than 20 minutes, so your body must possess some mechanism to dissipate heat. In fact, there are four ways that excess heat produced by muscle contraction can be removed from the body: conduction, convection, radiation and evaporation.

Excessive heat strain during exercise usually does not occur unless temperature and humidity are high, the air is stagnant, you do not rehydrate effectively, or you are not adequately acclimatized to the heat all of which happen during the summer months.

However, when cycling, the wind moving across your body can usually remove the heat produced.

This is convective heat lost, and is related directly to wind speed. Sweating is important to help regulate body temperature during hard training. As sweat evaporates, heat is removed from your body. However, humidity impairs this cooling mechanism, since air is already saturated with water and sweat doesn't evaporate as easily.

While sweating is necessary to help cool the body, the production of sweat comes at the expense of your body fluids. As much as 1 to 2 quarts of fluid per hour may be lost as sweat while cycling in very hot weather. To help you understand the seriousness of this, the loss of as little as 2 to 3 percent of your body weight due to dehydration can impair exercise performance.

Therefore, to help maintain adequate hydration and prevent heat illness during prolonged cycling in the heat, it is vital that you acclimatize and that you replace fluids lost through sweating.

## Keeping Your Cool

Here are a few suggestions for preventing heat stress and adapting your program to the demands of summer training or competition.

When the first hot spell of summer hits, gradually work your way up to several hours of exercise in the heat during your first few training sessions. A gradual build-up in distance and intensity should be completed by the seventh to 10th day of training. But everyone adapts differently to heat stress. In order to help your own body adjust, make sure you adapt gradually to a hot environment.

Time of day is crucial. While you may have acclimatized to conditions in the morning, you still need to take steps if you are going to race during the

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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.

## 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)

**Softride RoadWing** road bike with 700c tires. Size is 61 cm, and is for riders 6'2" or taller with a maximum weight of 225 pounds. See specs [HERE](#). Will substitute Look or Shimano clipless pedals w/o cleats for the platform pedals. Asking \$650.00. Contact Robb Myer at 757-826-4433 or e-mail at rmyer3@verizon.net.

**Blue 2006 Bacchetta Giro 20**, size medium / large (x-seam 40"-49") short wheelbase (SWB) recumbent. Includes yellow Bacchetta Big Bag and kickstand, as well as Soundwinds fan flag / mount, Cateye cyclometer, Mirrycle mirror, Incredibell bell, two Cateye tail-lights, silicone blinky front light, two Zefel water bottles with cages and Wellgo platform pedals. Will substitute Team dual sided SPD clipless pedals w/o cleats for the platform pedals. New chain and brake pads. Asking \$900.00. Contact Robb Myer at 757-826-4433 or e-mail at rmyer3@verizon.net.

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

**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

# When Flesh Meets Earth...

By Gale Bernhardt for Active.com

*Note: I've had the displeasure of witnessing five crashes in the past year. Unless you're lucky enough to bounce off a wild animal before landing in the dirt, you're likely to get an abrasion. Even a "minor" tip-over at a stop sign can leave a nasty wound! Be careful, but heed the advice below if your "Flesh Meets Earth." Moist wound care works! -Editor*

If you are a cyclist, one day your flesh will meet the earth, and not in a nice way. Call it a scrape, a strawberry, minor abrasion or road rash; but they are all basically the same injury. Sometimes this fall can include hitting your head as well.

After damage assessment, the question becomes how to heal as quickly as possible, while minimizing time off the bike. Past healing recommendations included keeping the wound covered with bandages and plenty of antibiotic ointment. The treatment cycle included hot bath soaking and scrubbing. The soak was to soften and scrub off any scabs that had formed under the bandage to minimize the scarring.

Last season, I became intimately interested in fast wound healing when I fell in love with mountain biking and fell going around a loose gravel corner. Like most endurance athletes, I have no time for injuries and I needed to heal fast. Lucky for me, only days after my crash, I traveled as coach support to a World Cup triathlon race --on the same trip was athletic trainer Diana Palmer. She introduced me to moist wound care.

Wound care is one of Diana's specialties in her job as the head athletic trainer and Sports Medicine Program Director for Westmont College in Santa Barbara. She has extensive experience patching up cyclists and various other outdoor athletes. Her suggestions and strategies helped me quickly heal from the mountain bike crash.

I had a chance to retest the protocol this season when I went down on my road bike for the first time in 20 years of training and racing. Her protocol healed a good case of road rash in four to seven days. (The deeper wounds took a few days longer than the surface wounds.)

The wound care process includes a product called Tegaderm, manufactured by 3M Corporation. It is a thin, clear dressing with adhesive on one side. It keeps water, dirt and germs away from the wound, yet it lets skin breathe. This property keeps the wound healthy and does not allow deep, scarring scabs to form. Because it is clear, you can constantly monitor the wound healing process, which is a real advantage. It is available over-the-counter at some drug stores and pharmacies.

For serious wounds, you need to be checked out by a medical professional. If your wounds are the self-care type, perhaps the tips below can help you heal quickly:

- If the injury included hitting your head, you may want to take a trip to the emergency room. Even if the hospital does a head scan that comes up negative, know that internal bleeds (i.e. Saul Raisin) can develop 24-hours to 7-days post-trauma. Know that concussions can't show up on scans or MRIs. If you've had a head injury, avoid holding your breath when lifting anything. Steer clear of pushing down hard and holding your breath, like when using the toilet. Avoid sharp changes in

pulse rate or blood pressure, such as suddenly standing on the pedals of your bike to climb hard. Give your head a rest for a few days.

- Clean the wound with clean water (not stagnant stream water), a soft child's toothbrush (or a sponge) and soap. Sterile saline wound wash can be used in place of water and often used in athletic trainer kits because it puts out a stream that helps flush wounds. Baby shampoo works well for the soap because it is mild. The biggest issue in this part of the process is cleaning the wound thoroughly. Most people won't clean their own wounds well enough because it is really painful. If you or someone you know cannot do a good job of really cleansing the wound, go to an urgent care office to get cleaned up. The last thing you want to deal with is a nasty infection.
- If the wound is an abrasion and not free-bleeding, use hydrogen peroxide for the first day only.
- Get a Tetanus shot if you have not had one within the last 10 years.
- Put an antibiotic on the wound (examples include Bacitracin, Polysporin, Neosporin) and cover it with Tegaderm. Know that antibiotic ointments can be overused and can cause skin reactions, allergic responses, as well as set up a resistance-bacterial growth cycle. If you do prefer the use of an ointment on your minor wounds, follow these suggestions:
  - ⇒ Apply any antibacterial ointment to a well-cleansed wound to avoid "sealing in" bacteria.
  - ⇒ Apply a very thin layer of ointment. This will coat and protect the wound.
  - ⇒ Use a clean swab or sterile gauze to apply the ointment. Do not apply ointments directly from the tube, to avoid contaminating the tube and any future wounds.
  - ⇒ You can apply ointments up to two times daily; however, always clean the wound before each new application of ointment.
  - ⇒ Remove the Tegaderm by peeling it from the top to the bottom.
  - ⇒ Unless there are signs of infection, you can stop using antibacterial ointments after 24 to 48 hours; but continue to cover the wound with Tegaderm.
- Watch the wound daily. Change the Tegaderm as needed, particularly if excessive exudate (wound pus) develops. Some fluid build up under the Tegaderm is normal. Watch for dark yellow, green or brown exudate, excessive redness, increasing pain, fever or red streaks moving up the extremity. Change the dressing as necessary and see your medical professional if any worrisome conditions develop.
- Keep the wound covered with Tegaderm until the redness, the wound or both are gone.
- Protect the newly healed wound from the sun by using sunscreen with a sun protection factor of 30+. New skin is very sun sensitive.

If it is your turn to take a tumble, perhaps this process can help you heal as fast as possible.

# Avoid Heat Stress...

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heat of the day, when the heat is highest (noon to 3 p.m.). Over the last few days before an event, make a point of riding at that time of day to enhance your adaptive training. If you can only train in the morning, then wear extra clothing to purposely increase the heat stress.

As stated earlier, during hard training you will lose 1 to 2 quarts of fluid through perspiration each hour. If your fluid loss by sweat or urine exceeds your fluid intake, you will experience dehydration. Body weight losses in the 3 to 4 percent range impair the body's ability to efficiently utilize oxygen. When dehydration causes more than 4 to 5 percent weight loss, your power will deteriorate tremendously. Always be aware that even during non-athletic activities, in hot and humid conditions your fluid losses will typically range from 1 to 10 quarts every 24 hours.

To combat this, begin drinking even before you get on the bike. Drink 8 ounces as you are getting out the door. During your ride, try to drink at least 8 to 12 ounces by sipping fluids every 20 minutes (*make sure you sip, not gulp, to avoid stomach discomfort*).

If you cannot carry enough fluids in your water bottles, wear a back or hip-mounted hydration system to ensure you drink enough. Such systems also keep fluids colder, and cool drinks tend to taste better, so you are apt to drink more.

There is evidence that after-exercise carbohydrate-electrolyte beverages replace lost fluid in the blood at a slightly faster rate than pure water.

To make sure that you are properly hydrated, weigh yourself before and after hard training sessions in the heat. If you finish a training session with a

weight loss of more than 3 to 4 percent, you should practice drinking more while on the bike. You can assess the status of your body's fluid level by the volume of urine expelled. An adult's urine volume is about 1.2 quarts every 24 hours. If your daily urine volume is less than 1 quart a day, your body is conserving water and you should consume more fluids. Urine that is dark and yellow also indicates you may be dehydrated, and that your body's cells are being put under undue stress. If you experience frequent cramps, have your salt intake evaluated by a sports medicine physician or dietitian.


Keeping track of your body weight on a daily basis is an effective way to determine water loss. When you get out of bed in the morning, step on a scale. Record your weight in your training diary. If you experience a weight loss of 1 to 3 percent from the previous day's activity, avoid beginning a training session or competition until you are rehydrated. Do this by drinking 16 ounces of fluid for each pound of body weight lost.

Lastly, wear a white or light-colored jersey to reflect radiant heat as much as possible. Wear clothing incorporating new materials that allow for greater transport of air and moisture to flow in, out and over your hot body. Do not use oil-based sunscreens, which impede sweating.

Training, acclimatization and the proper use of sport drinks will help you perform your best in summer heat. The bottom line on all of this is to know your body and take care of it.

If you use common sense and prepare properly for competition in the heat, nothing should stand between you and an excellent finish. Remember, you can't change the weather, but with a little planning, you can beat the heat.





## 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...



**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](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.

**August 18, [Covered Bridge Metric Century](#)** - Sponsored by the Lancaster Bicycle Club. Routes wind their way through some of Pennsylvania's most famous rural scenery, including six covered bridges. The terrain is rolling with a few hills on the 100K ride and flat to moderately rolling on the 50K & 25K rides. The rewards are stunning vistas of the richest farmland in America. Registration will be limited in number and will end in early July or when we reach our pre-determined number of participants, whichever comes first. For more information go to <http://www.lancasterbikeclub.org/cbm.php>.

**August 24, [Shore Fire Century](#)** - Sponsored by the White Clay Bicycle Club. Routes of 35, 65 and 100 miles. Beautiful flat to gently rolling routes. \$20 pre-registered before 8/19, after \$25 and day of

event. Includes rest stops, lunch, souvenir, marked routes, and SAG service. For info go to <http://www.whiteclaybicycleclub.org/Events-WCBC/shorefire.htm>.

**August 25, [The 31st Annual Reston Century](#)** - Sponsored by the Reston Bike Club. Start/finish at Reston Town Center Pavilion. Routes 34, 65, and 102 miles. The challenging Century and Metric routes follow beautiful rolling rural roads through scenic historical towns such as Hamilton, Purcellville, Lovettsville, and Waterford. The rides are fully supported with rest stops and food, bike mechanics, and SAG vehicles. For more information go to <http://www.restonbikeclub.org/restoncentury/cent2013>.

**September 7-8 (tentative), [The Great Peanut Tour](#)** - Enjoy four great days of bicycle riding and touring in beautiful Southside Virginia and Northeastern North Carolina. For more information go to: <http://www.greatpeanuttour.com/>.

**September 7, [Delaware's Amish Country Bike Tour](#)** - Delaware's largest and most popular cycling tour! The bike tour, suited for all ages and abilities, includes 15, 25, 50, 62 and 100-mile loops through the flatlands of Delaware's Amish farmlands. Rest stops include the famous Amish Schoolhouse where members of the Amish community serve home-baked pies and cookies. Additional food stops will be included, featuring healthy snacks, sandwiches and beverages. The tour starts and stops in Historic Dover, the capital city of the First State. Following the bike tour, all cyclists are treated to a catered BBQ picnic. Info: <http://www.amishcountrybiketour.com/>

**September 8, [Southern Maryland Fall Century](#)** - the Indian Head 100 Indian Head, MD. 16, 29, 43, 60 or 100 miles from the Village Green Park in the town of Indian Head, at the southernmost end of MD 210 [Indian Head Highway] (20 miles south of Washington Beltway exit 3-A). Cycle through scenic and historic Southern Maryland. Presented by the Oxon Hill Bicycle and Trail Club. For more information go to: <http://www.ohbike.org/century/>

**September 7 (tentative), [31st Annual Shenandoah Valley Century](#)** - Enjoy the beautiful back roads of the Shenandoah Valley. Rides of 25, 50 and 100 miles over rolling to hilly roads. Checkpoints, snacks, drinks, sags, baked goods. Start/finish at Hillsdale Park, Harrisonburg, VA. Registration \$12. For information: Art Fovargue, phone (540) 433-9247, email: [century@svbcoalition.org](mailto:century@svbcoalition.org) or visit website: <http://www.svbcoalition.org/events/century/>.

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



# 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. - 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.

**\* Not a PBA ride... Just a good opportunity!**

8-Chainstay





# 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 [website](#) for possible 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. Be courteous! **Ride leaders are not obligated to lead a ride in inclement weather or when the temperature is below 40 degrees.**

**Saturday 6/1, 9:00 am - B pace** - Meet Jennifer Hamm at Newport News Park stables (*Old Stable Rd off Ft Eustis Blvd, first left east of Jefferson Ave*) for a 38-mile ride to include roads in Yorktown. Bring \$\$\$ for snacks. Call Jen at 254-319-8225.

**Saturday 6/1, 8:30 am - C+ pace** - Meet Steve Zajac at the Dare Elementary School for a 30+ mile ride. Bring \$\$ for snacks. No need to call Steve - ride WILL go!

**Sunday 6/2, 9:00 am - B pace** - Meet Scott Farrell at Newport News Park stables (*Old Stable Rd off Ft Eustis Blvd, first left east of Jefferson Ave*) for a 38-mile ride to include roads in Yorktown. Bring \$\$\$ for snacks. Call Scott at 757-880-4070.

**Sunday 6/2, C pace. OPEN** - Call Jack at 757-788-1196 to lead a ride.

**Monday 6/3, 9:00 am - C pace** - Join [Scott Farrell](#) to send off two riders who are riding from the Yorktown Victory Monument to Seattle to support “[The Looking Out Foundation](#).” We’ll ride with them to Williamsburg along the Colonial Parkway and return to Yorktown for a total of ~30 miles. Return pace and route depends on the group. No one dropped! This could be a good recovery ride for BikeMS riders.

**Saturday 6/8, B and C paces** - Hot Diggity Dog Rides. See page 1 for details.

**Saturday 6/8, B pace. OPEN** - Call Jack at 757-788-1196 to lead a ride.

**Saturday 6/8, 8:30 am - 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

**Sunday 6/9, 9:00 am - B pace** - Meet Sharon Bochman at Coventry Elementary School for a 35-ish mile ride through York County. Bring \$\$ for the rest stop in Seaford. . Call Sharon at 757-272-4153.

**Sunday 6/9, 10:00 am - C pace** - Meet Jack Liike at Coventry Elementary School for a 35-ish mile ride through York County. This will be Jack’s first ride since his injury, so the ride will be “tame and civilized.” Bring \$\$ for the rest stop in Seaford. Call Jack at 757-788-1196.

**Saturday 6/15, B pace. OPEN** - Call Jack at 757-788-1196 to lead a ride.

**Saturday 6/15, 8:30 am - C+ pace** - Meet Steve Zajac at Dare Elementary School for a 30-ish mile ride. Bring \$\$ for the rest stop. Call Steve at 757-898-4396.

**Sunday 6/16 - B pace - HAPPY FATHER’S DAY! OPEN** - Call Jack at 757-788-1196 to lead a ride.

**Sunday 6/16 - C pace - HAPPY FATHER’S DAY! OPEN** - Call Jack at 757-788-1196 to lead a ride.

**Saturday 6/22, 9:00 am - B pace** - Join Katherine Long and Elaine Cardwell at Grafton-Bethel Elementary School on Lakeside Dr in York County for a 35ish mile ride with a rest stop at Ben & Jerry’s in Yorktown. This will be a B-pace ride (to us that means 15 - 18 mph with sprint opportunities). Bring helmet and money for rest stop. Call Elaine at 757-871-7544 or Katherine at 757-880-0884 - no calls, no ride.

**Saturday 6/22, 8 :30 am - C Pace** - Meet Dean Vines at the White Marsh shopping center in Gloucester for a 30-ish mile ride. Bring some \$\$ if you want to grab a bite to eat afterwards. Call Dean at 757-871-0247

**Sunday 6/23, 9:00 am - B pace** - Meet Sharon Bochman at Williamsburg Waller Mill Park (\$2.00 for parking) for a 50-mile ride. The group can split into B and C paces – no one left behind. Call Sharon at 757-272-4153.

**Sunday 6/23 - C pace. OPEN** - Call Jack at 757-788-1196 to lead a ride.

**Saturday 6/29, 8:00 am - B pace** - Meet Sam Earl at the Smithfield YMCA for a 30\_ mile ride. Call Sam at 595-5984

**Saturday 6/29 - C Pace. OPEN** - Call Jack at 757-788-1196 to lead a ride.

**Sunday 6/30, 9:00 am - B pace** - Meet Robb Myer at the Coliseum Starbucks in Hampton for a 35+ mile ride. Call Robb by Saturday to let him know if you are riding at 757-826-4433.

**Sunday 6/30, 8:30 am - C pace** - Meet Rob Prue at Menchville High School for a 35+ mile “Tour de Denbigh” Bring \$\$ for rest stop / eats. Call Rob at 757-875-0965



# Endurance Ride, Anyone?

By Scott Farrell (condensed from [CaptainOverpacker.com](http://CaptainOverpacker.com))

*I didn't gather May ride reports; and it's just a tad too early to collect a ride report for the MS-150. Look for that write-up in July. In the meantime, here's a report I posted about my attempt at a 400-km (252-miles) ride:*

DC Randonneurs (DCR) hosted the Firefly 400k from Warrenton on May 18th. I charged into my first 400 km brevet just one week after completing my first 300 km brevet. I drove to Manassas on Friday and was asleep by 7 pm. I awoke at 2 am, loaded the car, picked up breakfast and was signed in and ready to ride by the 4 am event start. Little did I expect as I rode into what would become a wet and cold day that I'd have to terminate my ride, a "DNF" (*Did Not Finish*).

My ride got off to a good start. I was a little tired. But who isn't at 4 am? ;-). I knew better than to try keeping up with the other riders, especially as we rode into the hills. I practiced a little discipline and rode at a comfortable pace. I could see a few others were practicing some restraint as well. My dual B&M Ixon IQ headlights were great along the straights, even at speed. They fell short as I entered some of the sweeping turns. I had mounted my old Cygolite Expillion to my helmet and used it exclusively for faster descents where I shined the areas in a turn where my forward-facing headlights were not pointed.

Here are a few of the things I learned, either from something I got wrong or gladly got right:

- Get plenty of sleep before the event! Starting at 4 am seemed like madness to me. Sure, it works out great for the folks who can finish a 400k before midnight and even better for those who finished before 10 pm. I expected to be awake from 2 am Saturday until around 6 am Sunday. I think getting plenty of sleep throughout the entire week leading up to the event is a great idea!
- Pack extra clothing – I really goofed when estimating what to wear. I saw temps were expected to be 65-70 degrees. Normally, that means summer attire, MAYBE tights and a thin base layer. I wore summer attire and was comfortable at the start. Once the mist came, and especially the rain, I was glad I had packed my Rain Legs and a wool base layer. I really should have had tights, though. I would have DNF'd much sooner had I not had a selection of warmer clothing with me.
- Train in the hills – This one is tough since we live in a flat area. The majority of DC riders live and ride in the hills regularly and likely take successful hill riding for granted. My favorite DC blogger referred to the course as "rolling with no major climbs." The course is a real butt-buster to someone who's not accustomed to hills at all. I need to ride in Toano more frequently.
- Eat, eat, eat – I think I did pretty good with this. The travelers in a very large funeral procession may have been surprised to see me eating a foot-long sub as they passed me! HAHA! Oddly enough, my legs were not terribly sore, neither during the ride nor the day after. They just didn't have the oomph needed to deal with the hills on a continual basis. Could that have been because my body was tired as a whole? I won't be certain until I try another 400k.
- Make good decisions early – I really didn't want to DNF. However, I could see my average speed was slowly declining despite my best efforts to keep

things moving. It had slowly fallen to 10 mph at only 100 miles into the ride. Even being tired (*sleepy*), I knew the ride was heading toward a DNF (*or DNQ*) and that it was safer to abandon in Flint Hill than it would have been later in the ride when there was more rain, darkness and where the route had me farther from Warrenton. Continuing into the darkness and rain might've been very dangerous if my state of fatigue had declined more.

- Use the host hotel – I stayed at another hotel to save money, over \$100 to be honest. The choice to stay at a different hotel meant an earlier rise, time spent packing and more travel after completing a long, tiring ride. Despite greater expense, staying at the host hotel would have meant waking up later, simply walking to the lobby to register, and then a quick retirement after the ride.

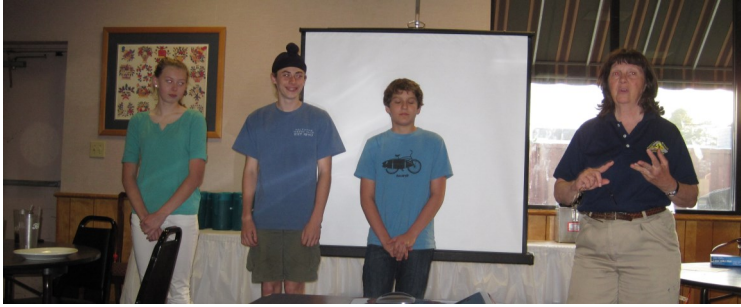
While I was stopped at an intersection in Flint Hill and contemplating my next move, I noticed someone had walked out of a little building with a cup of coffee. That building turned out to be "24 Crows," a small coffee house and gift shop. Seeing that I was only 23 miles from Warrenton (*thank you, Smartphone!*), I opted to make a stop for hot chocolate, mint chocolate chip ice cream and to notify DCR event coordinators of my intentions. It was 2:30 pm. The owners were very kind and friendly. I left after about 30 minutes or so and headed back toward Warrenton on a "bicycle route" calculated by GoogleMaps. The remainder of my ride was uneventful. Hwy 211 was a bit busy. But I felt safe enough since it's a four-lane highway which provides plenty of passing room. I made it back to Warrenton at 5:40 pm, before darkness and additional rain. I let everyone know I was safe, packed the car and drove back to my hotel. I went to bed at 8 pm and slept uninterrupted until 7 am! I got on the road to drive home around 9am and was already sleepy by 10. UGH! I definitely didn't manage my rest very well. I'll have to work on that.

Let me share some stats since that's what I do. ;-). My rolling average was about 12 mph. My overall average was 10 mph the last time I bothered to check. My steepest climb was 10% while my longest climb was 5.75 miles (1.5% average grade and spikes on that climb). Twenty-six riders departed on the ride. The fastest riders completed the ride in 17.5 hours (*overall average of 14.5 mph*) while many finished in 20-25 hours. One rider was a "DNQ," meaning he finished the ride but did not qualify within the minimum time required. Three of us DNF'd. Noteworthy to mention is the fact that all riders returned to Warrenton under their own power. Why is this important? There is NO SAG on these rides! They're UNSUPPORTED.

My plan was to complete the 400 km ride and then tackle the 600 km ride on June 1/2. Some think I should've gone for the 600k. But I'm inclined to recover, assess my training and resting plans, and then try another 400 when I can. I feel I need to complete the 400 and feel good about it before I invest the time and money to attempt the 600. I'll look for other opportunities to complete 400 and 600 km rides in 2013. However, the out-of-town events tend to get expensive and take more out of me than closer events. It appears that achieving the coveted "Super Randonneur" title may not happen for me in 2013. "Everyone would do it if it was easy," right? ;-). I will continue to pursue other cycling milestones and then hope to return a little stronger and better-prepared in 2014.

## Ride Reports...

Sandy Butler and three of her students rode 193 miles on the Chesapeake and Ohio Canal. They encountered cold, wind, sleet, snow and sun on their six day trip. This photo is from their presentation at May's PBA membership meeting.



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 2013 Event Schedule

**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

## 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