



Chainstay

The Peninsula Bicycling Association

July 2013

Volume 43, Issue 6

Monthly Meeting



Sunday
July 14, 2013

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

8:30 a.m. 25-mile, C pace

Picnic at 12:00 p.m.

Newport News Park,
Shelter 20

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After the 4th of July Rides

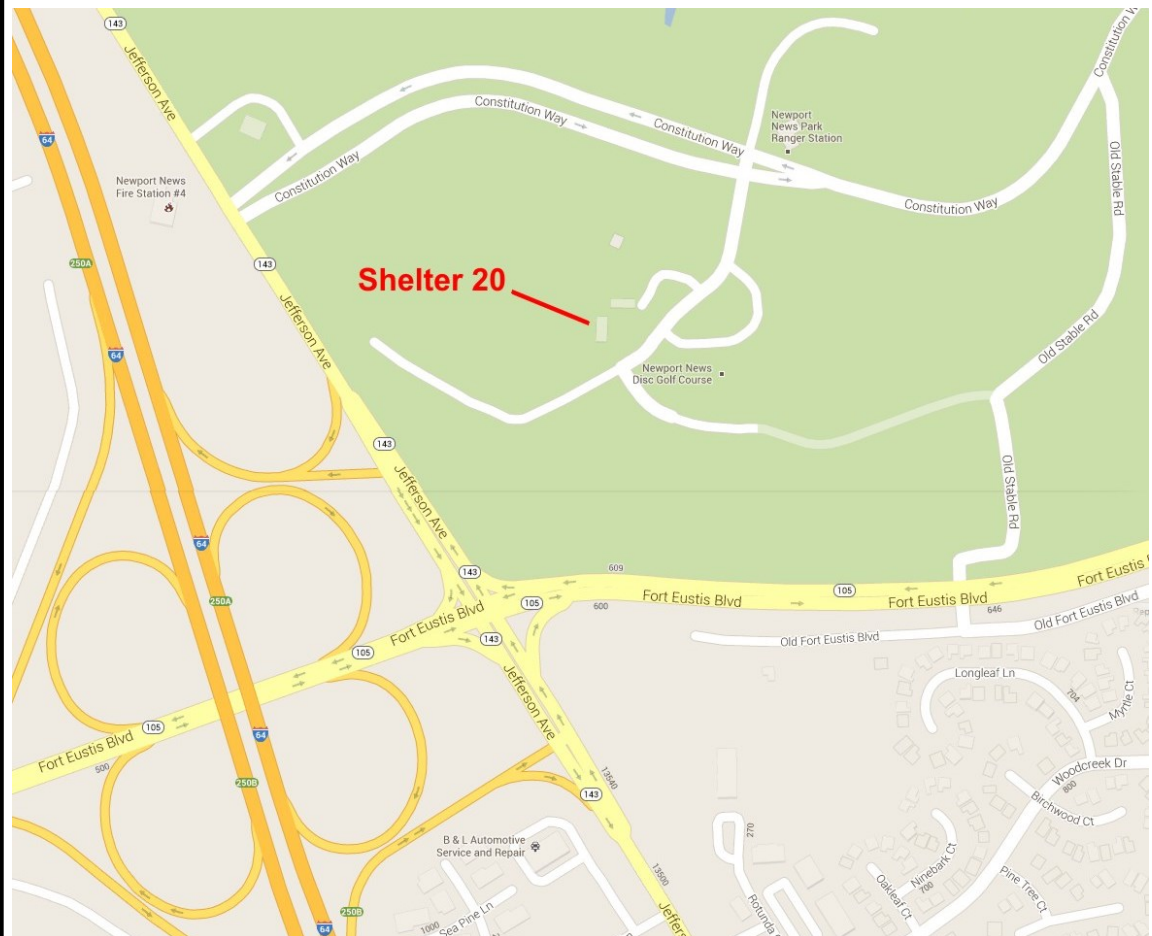
PBA Members Only

The PBA After 4th of July Rides will take place on Sunday, July 14 starting from Newport News Park (*I-64 exit 250B*), group shelter #20. This members-only ride will serve as our monthly summer meeting/bike ride/food event. Is your PBA membership lapsed or are you interested in joining? There's still time to join. See the last page for a membership application.

Back by popular demand is the "make your own sandwich" food feast. There will be meat and cheese trays consisting of turkey, ham, and Swiss cheese. There will be pasta salads, fresh Kaiser rolls, potato chips and condiments. Drinks, plastic ware and paper products will also be provided. All that food will be hard to resist, especially since it is FREE to all PBA members.

Of course, to work up an appetite there will be two great rides: an 8:00 a.m. 50 mile B pace ride and an 8:30 a.m. 25 mile C pace ride. Both rides will start and end at group shelter #20. The food should be available by 12:00 noon.

It is extremely important for everyone who plans to attend to contact Art Wolfson at 757-877-0147 or afwolfson@cox.net by July 12. We need to know how many people are planning to come to ensure there is enough food for everyone. Come out for the fun, food and socializing even if you don't plan to ride.





The President's Corner

Thank you to everyone who volunteered for the Weenie Ride:

Anthony and Hazel Woodard and Sandy Butler (*registration*), Mark Van Raam, John Parker, George Crocker, Sharon Bochman, Scott Farrell and Marty Cardwell (*SAG*), Charlie Tynan, John Wells and Cindy Wong (*food*), and general help from Diane Herbert and Debbie Wells.

The weather made the ride have small numbers. But those who rode had a good time!

Art Wolfson is the contact person for this year's "After the 4th of July Rides." His telephone number is 757-877-0147 and his email address is afwolfson@cox.net. Please contact him if you're interested in assisting with food delivery and setup (*no food prep on your part*).

The After the 4th of July Rides are for members only and is free, one of the benefits of PBA membership. Please take this opportunity to renew your membership or to join PBA (*membership application on the last page*). PBA's annual dues are very affordable and include free food events such as the After the 4th of July Rides, next month's Ice Cream Ride and last month's Hot Diggity Dog Ride.

See you on the 14th!

Cindy

PENINSULA BICYCLING ASSOCIATION
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PBA Affiliations:



2-Chainstay



PBA Website:
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, porscheccindy@aol.com	804-642-2825
Vice-President	Bill Nuckols, wmnuck@cox.net	757-826-8313
Treasurer	John Parker, john_jljr@verizon.net	757-898-7147
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	Don Hubbard, hubdizer@verizon.net	757-595-2897

Committee Chairs		
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Membership	Leslie Beizer	757-356-1451
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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 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.

Basic Skills for Group Riding...

By Gale Bernhardt for Active.com

You don't have to be a competitive cyclist to enjoy the benefits of group rides. Utilized correctly, regular group sessions can motivate you, improve your fitness and make any ride more enjoyable. However, if you lack the technique or the fitness to ride with a group, the experience can be frustrating and leave you riding alone. In a worst case scenario, a lack of skills can cause you to crash, perhaps taking others down with you. To help you get started, let's look at a few group ride basics.

Finding a group for you

When you search for a group to ride with, find out their general policies. Some meet for "no-drop" rides. This means that no rider is left behind and you can count on an experienced rider to stay with you. Inquire if someone in the organization teaches group riding etiquette.

Another option is to join a drop-in ride. These often begin in the parking lot of a local bike shop, with the pace of the group determined by the individuals or specific goals of the ride. Often, there are designated A, B and C groups to accommodate differences in riding speed.

The third most common choice is a race thinly disguised as a group ride. These are usually the fastest and most aggressive rides available. These rides are for very experienced cyclists and carry catchy names like, "Everyone Gets Dropped", "Ride Till You Puke" and "Wednesday World Championships." You have been officially forewarned just by reading the title.

Your local bike shop is a good place to start if you're looking for a group ride in your area. Most are associated with a club, bike shop or racing team.

Basic skills

A few basic skills are needed in order to successfully ride with any group. You must be capable of riding a straight line, controlling your speed, anticipating possible problems and watching the road ahead of you. At the same time, be alert for activity in your peripheral vision.

Hold your line -- If you have watched a professional cycling race, you know that every rider needs to "hold a line." This means that cyclists need to be capable of riding a line parallel with the edge of the road.

Practice this skill by riding 12 to 24 inches to the right of the white shoulder line while trying to keep parallel with that line. [*HAHA! As if we have 12 to 24 inches of shoulder in York County!* -Editor]

The slipstream -- Some group rides practice staying together as one large mass, more or less, with little movement among the group. Other group rides incorporate pace lines, or some version thereof, into their sessions. In its most basic form, a pace line occurs when one rider pulls a line of other riders behind them. Each person follows the rider in front of them by staying within a few inches to a few feet of their leader's rear wheel. This area of least wind resistance is known as a slipstream.

Staying in the lead rider's slipstream is called drafting. Riders that are in the draft position save upwards of 30 percent of energy compared to the lead rider. If you've ever had a chance to draft, you know that riding 20 miles per hour is significantly easier when you're following rather than leading. The difference is even more pronounced in a head wind.

Control your speed -- The lead rider in a pace line can stay at the front for just a few seconds or for several minutes. When you join a group that is rotating the lead position and it is time for you to lead, *resist pouring on the gas to show everyone how strong you are. A pace line is happiest when the pace is steady [emphasis added... -Editor]*. Fast accelerations or jerky braking motions disrupt the line and can cause a crash.

Keep eyes and ears open -- The first person in the group can see clear road. Thus, they need to point out road hazards—as do the rest of the people in the line. Pointing out hazards and verbal communication skills are important. For this reason, do not use headphones in a group riding situation.

When you are following someone, *avoid getting a visual fixation on their rear wheel [emphasis added... -Editor]*. Look several feet ahead, keeping the distance between your front wheel and the rider ahead of you in your peripheral vision. Watch for road hazards as well as motion to either side of the pace line.

Listen for cars approaching from the rear. A rear view mirror mounted on your helmet or glasses can be very helpful when watching for cars.

Maintain the pedaling motion of the other riders in your peripheral vision. Watch for sudden changes in cadence—this usually signals some sort of problem.

Anticipate problems -- If you are riding in windy conditions or it is a hilly course, anticipate changes in the group or peloton. When the peloton changes directions, sometimes the weaker riders are no longer sheltered from the wind and they fall off the pace. The same is true for a hilly course. Riders that can usually stay with the group on flat roads can fall off the pace on a hill.

Get accustomed to watching for signs that a rider is struggling. This includes having difficulty finding the right gear, breathing like a steam engine or constantly looking over their shoulder.

You don't want to be stuck behind a struggling rider if you are feeling strong. Pay attention to the signals so you can maneuver yourself into a good position.

Practice

This column just scratched the surface of group riding skills. Once you master the basics, you should continue to hone your skills. A good resource on mass riding is *Racing Tactics for Cyclists* by Thomas Prehn, even if you are not a competitive cyclist.

Remember: in group rides, smart riders often have the advantage over strong riders.

Riding in a Paceline is a Basic Cycling Skill...

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

From: http://www.active.com/cycling/Articles/Riding_in_a_paceline_is_a_basic_cycling_skill

Article on page 3 from: http://www.active.com/cycling/Articles/Basic_Skills_for_Group_Riding.htm

Why do many cyclists choose to go it alone when riding in club rides or centuries? Many group rides can turn into survival of the fittest, where the novice is quickly sent off the back.

Ideally, a group should contain both novices and experienced riders who don't feel compelled to prove themselves on every ride. The key is riding safely and effectively in a paceline.

Pacelines are either single or double. In a single paceline, everyone lines up behind the first rider, who maintains a constant speed. The rotation occurs when the front rider pulls off to the side and drifts to the back of the line. The next rider then sets the pace. Riders stay on the front from a few seconds to several minutes. This type of paceline has the advantage of requiring less road space.

A double echelon, also known as a rotating paceline, contains two lines of riders side by side, continuously in motion. One line goes slightly faster than the other does. Let's say you're the lead rider in the faster line. You should cross over to the slow line after passing the front wheel of the rider beside you (the front rider in the slower line). Then you drift back with the others in the slow line. When the final position is reached (back of the line), slide onto the back wheel of the last rider in the fast line.

In strong crosswinds, riders become offset like geese flying south for the winter, forming what is known as an echelon. They also overlap wheels, which means a mistake in which wheels touch can take down the whole bunch. The width of this type of paceline also requires a completely traffic-free road.

Here are some additional tips for becoming a more efficient paceline rider:

- Get used to following closely to the rider in front of you to get the benefit of the draft. You use much less energy following a cyclist than
- riding out in the wind by yourself. Top riders feel comfortable riding within inches of the wheel in front [*12-18 inches works at our speeds, especially with differently-skilled riders in the same group... -Editor*]. In a rotating paceline, stay as close together side to side.

- Put weaker riders behind stronger ones. A paceline is a team. It's only as strong as its weakest member; so help that person.
- Ride smoothly and predictably. Never accelerate or brake quickly. If you are running up on the wheel in front, slow down by moving into the wind slightly. Avoid hitting the brakes.
- *Maintain a constant speed when you get to the front by glancing at your cycle computer [Emphasis added... -Editor]*. The tendency for new riders is to jump and pick up the pace.
- *If the rider at the front charges off, let that person go and hold your speed.* If you're in a double echelon, move over and fill the hole just created. [*Emphasis added... -Editor*]
- If you tire, sit out as many turns as necessary at the back. Let riders coming back know that you are resting, and give them space to move in ahead of you.
- As the speed increases, gaps may develop because riders can't hold the wheel ahead or miss the last wheel as they try to get back on the end of the paceline. Strong riders need to fill these gaps in order to preserve the flow, even if it means jumping across and moving back up the line early.
- Reduce your effort up hills because the draft is less. Conversely, accelerate through more quickly on descents so everyone won't stack up from behind.



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 (renewed 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.

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

Wave When You Ride...

by Scott Farrell

We cover a lot of ground when we ride our bikes. We encounter a lot of people, too, especially if we commute by bicycle. We may see or be seen by just 20 people on a quiet ride in the country. A morning or afternoon bicycle commute exposes us to literally hundreds of people. Some are cyclists. Most are walking or driving. Some may be in their yard, working in their open garage or looking out their kitchen window. Some people wave, smile or otherwise acknowledge the presence of others. Some do not. I'd like to make a case for waving or smiling... or both.

Here's why: The general public HATES us. Okay, perhaps that's an overstatement. Still, those who are polarized against us may cause our greatest problems. They think we're a bunch of entitled snobs who disobey the law, get in the way of their miserable commutes and don't pay taxes. The first two points are debatable. The last point being false is irrelevant if feelings against us are strong enough. Therefore, it would go a long way toward good cyclist relations if we were to simply wave as we pass. I'm not asking for a "Hi, let's be friends" wave; but more of a "I respect your right to be here and I hope you do the same for me" wave or a "Thanks for considering me" wave. Wave at police officers, wave at pedestrians, wave at motorists and wave at other cyclists.

We often see cyclists passing in other directions. Some cheerfully wave while others appear oblivious to us or that they couldn't possibly expend the energy required to flick a wrist to acknowledge our presence (*I wonder if they signal their turns?*). How does that make you feel? As fellow cyclists, we are closer to understanding them than most. Therefore, if you think the cyclist who apparently ignored a fellow cyclist is a snob, then perhaps a snubbed motorist or pedestrian would feel the same, especially if they were extending a courtesy at the time. Would they apply that sentiment to us all or just to the one? Motorists are less inclined to care about our well-being if they cannot identify with us. They ignore each other all the time. As a result, we need to be different. Wave and smile at them to ensure they see us as people: parents, grand-parents, children, siblings and members of their community.

This is especially true of children. Always wave at kids, especially if they wave first! Some of them are still trying to figure out who's "good or bad" or developing their own stereotypes. A bad impression of cyclists at age 10 could lead to



contempt toward us when they're older. Think about the high probability that the kids we see during our rides will drive among us as teens someday. How they remember us could determine how much they view us as people (*vice objects*) and whether our lives have even slightly more value than the text message they just received or the right turn they "need" to make immediately after passing us (*or the left turn in front of us*).

To summarize, WAVE! Add a smile. Say "Good morning" or "Hello" as you pass a walker or runner. Both are much better than "on your left" as they think they're about to get plowed (*the Tour de France crashes shown in news clips may be all they know about us*). Provide a wide berth when passing. Give a thumbs up to kids on bicycles. Compliment their bike or helmet, **especially** the helmet! Allow even more space when passing kids. Right or wrong, most parents will condemn us if they even think we've scared or endangered their child. Show non-cyclists that we're people, too, and that we're not all dirtbags. Presenting excessive courtesy can only improve the way we're viewed by those who don't understand us, our choice of clothing or our desire to pedal in the cold and heat or in hazardous conditions for hours on end.



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...



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.

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](#) - 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. 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. Visit <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 24, [Tour de Lions](#) - Sponsored by Food Lion. Starts in Ashland, VA. The 100 + mile ride goes to Tapahannock and cyclist can start from either end. Each cyclist can register for only \$35 and participate in a fully supported event. Food Lion will cover the donation to Children's Hospital unless cyclist want to raise additional funds. Visit <http://helpmakemiracles.org/event/tourdélions>.

August 25, [The 31st Annual Reston Century](#) - 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>.

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. Includes rest stops, lunch, souvenir, marked routes, and SAG service. Visit <http://whiteclaybicycleclub.org/Events-WCBC/shorefire.htm> or email Cindy Mannis at shorefire@whiteclaybicycleclub.org for details.

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 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. 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 8, [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. For information: Art Fovargue, phone (540) 433-9247, email: century@svbcoalition.org or visit website: <http://www.svbcoalition.org/events/century/>.

September 15, [Boys and Girls Club Cycling Challenge](#) - The event starts in Crozet, Virginia (near Charlottesville) and passes through some of the most beautiful cycling routes in the foothills of the Blue Ridge Mountains. It is a great ride, but it is even a better cause. The funds raised go directly to supporting the Boys and Girls Club, which serves over 1,800 youth annually. Visit <http://www.bgcchallenge.org/> for details.

September 28, [Northern Neck River Ride](#) - Join us for a day for riding & fun. Celebrate the conclusion of National Century Month with an English, Metric, One-Third Century or Family Route along the flat back roads of the Northern Neck. Visit <http://www.riverride.org/> for details.

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 one day prior when planning to attend a ride. This allows time to inquire about directions, the weather or to discover last minute changes in the schedule. **Ride leaders are not obligated to lead a ride in inclement weather, when the temperature is below 40 degrees or when no one calls to inform them there is a group to lead.** PBA recommends helmet use for all cyclists. They may be required by individual ride leaders.

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, 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, 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. **NO RIDE ON JULY 4th!**

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. **NO RIDE ON JULY 4th!**

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



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 ride. 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, when the temperature is below 40 degrees or when no one calls to inform them there is a group to lead.**

Saturday 7/6 - B Pace - OPEN - Call Jack at 757-788-1196 to lead a ride.

Saturday 7/6, 8:30 am - C pace - Join Jack Liike for a "C" pace ride out of Coventry at 9 AM - 35+ miles. Bring \$\$ for rest stop at Dare or Seaford stores Ride will go - no need to call!

Sunday 7/7, 8:00 am - B pace - Meet Jen 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.

Sunday 7/7, 9:00 am - C pace - Meet Annette and Robb Myer at the Farm Fresh in Poquoson for a 25+ mile ride. Contact Robb by Saturday at rmyer3@verizon.net if you are riding. No contact, ride cancels.

Sunday 7/14, B and C paces - “After the 4th of July Rides.” See page 1 for details.

Sunday 7/21, 1:30 pm - B or C pace - Meet Sharon Bochman at Coventry Elementary for a 30-35 mile ride. Lots of “in’s and out’s” in Poquoson. No one dropped. Text or call Sharon at 757-272-4153.

Sunday 7/28, 1:30 pm - B or C pace - Meet Sharon Bochman at Coventry Elementary for a 30-35 mile ride. Lots of “in’s and out’s” in Poquoson. No one dropped. Text or call Sharon at 757-272-4153.

THE REST OF JULY - OPEN - Call Jack at 757-788-1196 to lead a ride.

Note from the Editor: I do not plan to update the Chainstay copy of this ride schedule. Instead, I am reprinting Jack’s article from March. I WILL update [PBA’s WEBSITE](#) with the latest additions to the ride schedule. Additions have been with short notice lately. Updating both the website and Chainstay so frequently and abruptly has proven inefficient and time-consuming. -Scott

Ride Leaders Needed

By Jack Liike

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

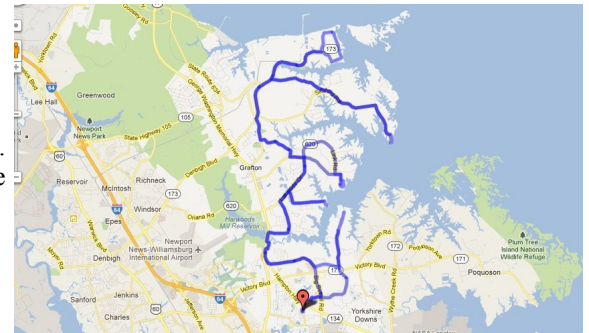
I have gained tremendous improvement in my cycling abilities through these group rides. Whether training for an event such as the MS-150, Bike Virginia, any of the other multi-day tours or just getting out and riding to improve our overall physical and mental capacity, our goal is to try to provide opportunities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

The ideal goal is to schedule a “B” and a “C” pace ride every Saturday and Sunday of each month. Each month we try to arrange anywhere from 8 to 10 rides each for B and C rides, and we rely heavily on the ride leaders to volunteer their time to help ensure that each of these rides occur safely and provide proper leadership and guidance for all who participate. You can see that if we had individual ride leaders for each weekend, we would need anywhere from 16 to 20 volunteers to fulfill these positions.

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

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

Jack Liike, jliike@hotmail.com





Killer Bees and the MS-150

By Elaine Cardwell

A heartfelt thank you to all who took the time to raise money for Multiple Sclerosis and rode as part of Team Killer Bees in the MS 150 Bike Tour, June 1 & 2, 2013. As a team, we were able to combine our efforts and raised, to date, \$23,097.15. The fundraising campaign is open until August 2, so if anyone reading this is so inclined to donate the missing \$2.85, there is still time to add to the team total for this year and make it a round number!

Now for the ride recap: Several of us stayed at Camp Silver Beach Friday night prior to the ride and had a picnic on the lawn in front of our cabins surrounded by a few “Bee” decorations.

Saturday morning dawned clear and beautiful. The temp was perfect but, of course, there was a moderate wind. Once we got to Cape Charles for the start, we took our team picture and the Killer Bees were among the first to begin. After a few



and Carl Killian.. We had a new team member this year, Matt Leach, who jumped right in and rode a century on Saturday.

Heading up the tandem group was Kristen Findley and Mike Phillips and they are always fast. At the lunch stop, we got a lesson on the importance of lubrication from Eva Klenner and Logan Sherman! Another amazing report is that Marty Cardwell rode 65 miles the first day and 35 the second – way to go Marty! Happily, Anthony Woodard was able to join us again this year in spite of 2 recent knee surgeries – what a trooper!

Killer Bee Jan Carlson registered to ride, donated \$1,200 and then provided SAG support for both days. Thanks again, Jan. Mark VanRaam and David Palagyi could not ride this year due to conflicts, but they still registered and raised money for MS and the team.

Last, but not least, we registered Willie Galvin as a ghost rider this year and he managed to raise \$950 even though he passed away last year– that guy must have had lots of friends. We miss him.

Everyone (who wasn’t asleep) met for a team photo before dinner on Saturday night then listened to a great Band after we applauded the top fund-raisers. Our top fundraiser this year was Sarah Darling who raised \$2,695.00 and received the Willie Galvin trophy.

Day two of the ride, Sunday, was great as far as temperature but was a much windier day than Saturday. For those who rode the entire 75 miles on Sunday, we salute you. Even some of the tough riders opted for the shorter return trip option.

Pictures of the event and the team can be found at www.teamkillerbees.org in the Event Photos section

Plan to join the Team next year – info can be found on the Killer Bee website.

Ride Reports...



miles, we settled into groups, where we tended to stay for the rest of the day. Art’s wife, Sherry, rode this year for the first time and we are proud to announce that she did the entire 150 miles. Elaine always slowed everyone up since she spent a lot of time visiting with everyone at the rest stops. Luckily, Natalie Bare, Sarah Darling and Peggy Buckley were there to help pull her along. Sharon Bochman was, of course, part of the fast team along with Bob Ornelaz, Randy Howell, Jim Mack, Brent Weathered, Aaron Yeargin, Mike Cobb, Bob Flynn



The Van Raams stop for a photo during last month's Weenie Ride...



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

- 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