



Chainstay

The Peninsula Bicycling Association

August 2013

Volume 43, Issue 7

Monthly Meeting



Saturday
August 24, 2013

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

9:00 a.m. 25-mile, C pace

Ice Cream after the rides...

Huntington Park,
Shelter #2

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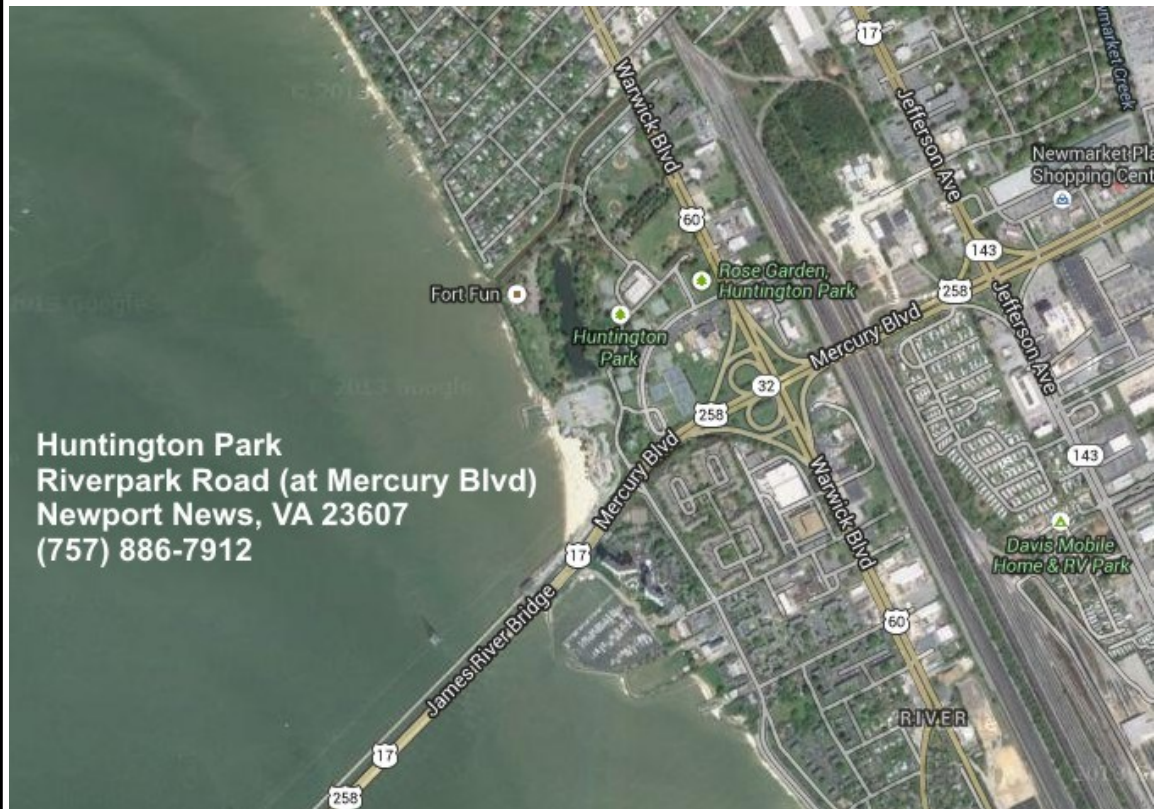
PBA Ice Cream Rides

PBA Members Only

Come participate in the last combination bike ride/food event/meeting for the summer. The Ice Cream Rides will take place on Saturday August 24 starting at Huntington Park picnic shelter #2 on the water south of "Fort Fun." Start the day off at 8:00 am with a 50 mile B pace ride or 9:00 am with a 25 mile C pace ride or a 15 mile Casual pace ride. All rides start and end at Huntington Park. Maps and cue sheets will be provided.

Relax and socialize with other PBA members after the rides. Bring a picnic lunch or something to grill. The club will provide charcoal, paper products, plastic ware, drinks and of course ICE CREAM.

As with last month's "After the 4th of July Rides," this is a members-only ride. Is your PBA membership lapsed or are you interested in joining? This is a great opportunity to join. See the last page for a membership application. There will also be membership applications on site for those who want to join that morning. Contact Bill Nuckols at wmnuck@cox.net or 757-826-8313 for additional information.





The President's Corner

PBA has a new membership chair. Welcome, Scott Blanford! Scott has been quietly updating the membership database and learning how to process membership payments.

The transfer of the membership database and updating the way PBA manages it will bring us one step closer to using a tool that many of you have requested: a PBA membership e-mail list. While it seems like it can be implemented almost immediately, rest assured that it will take some time since we're looking into ways to limit access to members' personal information and to keep the list and its content as private as possible. This will also include a way to opt out. Please be patient.

Thanks to Howard and Leslie Beizer for continuing to maintain PBA membership responsibilities while we reorganize the club! They've been managing membership and the website for a VERY long time.



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

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, porshecindy@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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Executive Committee Members	Sandy Butler, sebhike24verzon.net@verizon.net	757-872-9271
	Ron Hafer, recumbentron@msn.com	757-877-7106
	Don Hubbard, hubdizer@verizon.net	757-595-2897

Committee Chairs		
Ride Schedule	Jack Liike, jliike@hotmail.com	757-788-1196
Membership	Scott Blanford, csbford@yahoo.com	757-256-9391
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 (please type "PBA" in the subject). Send all other club business to the club P.O. box listed 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.

It's HOT! Stay Hydrated...

By Scott Farrell

From: <http://beta.active.com/cycling/mountain-biking-articles/4-hotweather-cycling-tips?page=1>

I considered putting a heat-related article in July's Chainstay. But I had already filled it with other stuff by the time I thought of it. Then it got HOT. I decided to print something after learning of least one rider who encountered signs of heat stress in July, having had the signs myself last October, and being aware of the likelihood that August will be even hotter than July. I found a few articles I could share. But they seemed separately geared toward racing, running, the desert, the mountains or scenarios other than what the bulk of PBA members may encounter. Therefore, I'm going to compile some of what I've learned through reading and my experience with plenty of hot weather riding (*racing, commuting, club rides and randonneuring*). I'll model this after the "[4 Hot Weather Cycling Tips](#)" article linked in the left margin. Click that link to see plenty of links to other articles.

Many riders wisely choose to stay indoors when it's hot outside. There's nothing wrong with staying cool or exercising in comfort. In fact, I encourage any rider to skip a ride if the heat is beyond their comfort zone. However, some riders will go out in all kinds of weather to stay in shape and maintain base mileage. Call us dedicated, foolhardy or just plain nuts! Regardless, cycling in the heat can be done safely. Conditioning helps. One can train for heat in a week and completely acclimate in about 10-14 days. Regardless, proper hydration is key!

The greatest risks from hot weather cycling include dehydration, heat stress and heat stroke. Dehydration drives heat stress and heat stroke. I think most of us understand that our bodies cool by sweating. On humid days, I mean really humid, the sweat will simply pool on our bodies. Those who ride in hot, humid weather know what I'm talking about. Without evaporation, you WILL feel hot and perceive yourself to be sweating quite a bit. Most will drink to replace the fluids they can actually see on their bodies. However, when humidity is not too high, our sweat evaporates and provides a cooling effect. Some of our recent Monday/Wednesday rides have actually been pleasant despite 88-90 degree temperatures due to lower relative humidity. Keep in mind, however, that the lack of visible sweat does not mean you're not sweating. You're sweating almost as much as you would on a humid day. The sweat is simply evaporating. Drink up to replace these lost fluids. You still need it!

Some say you're already dehydrated if you feel thirsty. I prefer to stay ahead of dehydration. How does dehydration effect your body? Dehydration leads to a lack of sweat and, therefore, a lack of adequate cooling. However, dehydration is slightly more complex than simply not sweating. As you sweat and neglect to replenish the lost fluid, your body doesn't just say, "Oh well, I'm out of sweat."

Instead, in general terms, it robs water from the blood to continue the supply to sweat glands. Believe it or not, your blood ALSO keeps you cool. Your arms, legs and head act as "radiators," drawing heat from your core and returning blood that's been cooled through sweating. Your body has a harder time maintaining power and efficiency once you've lost fluid and blood volume. Less "coolant" heats faster. Your heart will pump faster to circulate the blood faster for additional cooling. That's why a pace that's usually easy may become more difficult when you're dehydrated: your heart is working harder and your muscles have less blood flow (*cooling*) available. Losing too much fluid may compel the brain to shut down the kidneys. Losing a little more could affect your brain. This may begin with fatigue, dizziness or poor judgment and end with a [heat stroke](#).

I know, I'm such a killjoy bringing up all of this doom and gloom. But there's a way to avoid all of this mayhem without staying home. Here are my views of the four hot weather cycling tips offered in the left margin:

Ride Early and Late

Early morning is the coolest part of the day. The "Squirrel Scalper" ride is a great option if you have the time and can keep up. There are other unpublished rides in the wee hours of the morning, too. The vast majority of our local weekend rides take place earlier in the morning to beat the heat. Sure, it's warmer than a ride at 6:00 am. But it's still cooler than a ride at 1:00 pm. The evenings are also a cooler part of the day and are a reasonable alternative for those who can't get out in the morning. The hottest part of the day tends to be between 1:00 - 4:00 pm. The 6:00 pm rides during the week often are not bad at all and tend to get a little cooler as the ride progresses. This is especially true now that the days are getting shorter and the sun is starting the slip behind the trees after about 18 miles.

Use Geography to Your Advantage

It's hotter inland and in the open. Fortunately, many of our rides are close to water and provide plenty of tree cover. Coastal areas tend to be cooler as do the mountains. Sometimes we hate the wind. But a little wind from the water can feel nice! Choosing geography may be impractical for those who prefer to ride only locally. Some are fortunate enough to vacation and ride in cooler climates.

Head to the Shade

We're fortunate to have LOTS of trees in Hampton Roads. Combined with early or late ride times, it's possible to knock out a good ride before or after the sun is baking us from directly above. The shade of

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

Stay Hydrated...

continued from page 3...

the trees can provide significant protection and some much-needed cooling during heat waves. Trees are REALLY nice during a stop for a break or repair.

Be Aware of Signs for Heat Stress

I already mentioned how the body uses sweat and blood flow to keep our bodies cool. But how does one recognize the signs of overheating before it's too late? Unfortunately, I have experience with most of the signs of heat stress with the exception of being incapacitated. These symptoms can come in any order:

- Remember, sweat is the most obvious sign that your body is functioning normally. Not sweating is a first indicator of dehydration. It may not be obvious if humidity is low and evaporation is good. However, goose bumps are another indicator that something is not quite right. If you're riding in the heat and feel a sudden chill, take a look at your arms and you may see goose bumps. I cannot explain why overheating causes goose bumps since they're often associated with heat retention and emotional distress. Regardless, goose bumps are an early sign that one may need a drink and/or perhaps to slow down. Although most experts recommend immediate cooling, I don't believe it's time to stop riding at this point unless you're able to seek public air conditioning. Our rides are often away from conveniences. Therefore, slowing down may be a better option than stopping since it reduces the work load while maintaining a light air flow over the body. Of course, it's prudent to stop if you have other symptoms in addition to goose bumps.
- Muscle aches and cramps are often the next indication of heat-related stress or dehydration. We often think a cramp means it's time for a banana. But, if it's hot, then it may be time for a drink instead. A cramp could also mean a shortage of electrolytes in your body. Yes, a banana may help some cramps. But fluids are the only thing that will resolve cramps caused by dehydration. It may be time to take a break if you experience cramps caused by heat. I did not stop when I got a cramp because I thought I had pulled a quad. I assumed this because I normally do not cramp.
- A headache may be the next sign. Some may dismiss a headache or take medication if they're common. I'm not

prone to headaches. Therefore, I recognize them as a sign of problems. It's time to take a break if you get a headache. Dizziness and nausea may follow. You're approaching real trouble at this point. Rehydrating and cooling the body is very important! If AC is not available, seek shade and consider removing damp clothing. Pour water on your head since that's a primary area for heat transfer. Seek medical attention if your condition does not improve within thirty minutes.

- An elevated heart rate may come before or after a headache. As mentioned earlier, your heart will work harder to increase blood flow for additional cooling. You may notice this early. An elevated heart rate may not be obvious if you're already accustomed to it. For example, I frequently see 160-175 bpm at 18-20 mph or up to 180 bpm at greater speeds. I'd consider myself dehydrated if I were to observe 160 bpm at 15 mph. Your observations may vary depending on your conditioning. Know your body.
- No one likes to talk openly about pee. But it's a sign that cannot be ignored. Dark urine is a sign of extreme dehydration and/or stress on the body. Brown urine will get your attention really fast! It may present during a rest stop or perhaps hours later. Don't mess with this. Get hydrated. You may even need intravenous fluids.

Do not wait to seek medical attention if you have skin that feels hot and dry but not sweaty, confusion or loss of consciousness, frequent vomiting, shortness of breath, or trouble breathing. A rider with these symptoms may want to press on, saying "I'm okay." Consider the possibility that he or she may be mentally impaired by dehydration and making an unsound decision.

In closing, I present the following by Dr. John Ivy in his book *The Performance Zone*: A 0.5% loss of water can increase strain on the heart; 1% loss of water can reduce aerobic endurance; 3% loss of water can reduce muscular endurance; 4% loss of water can reduce muscle strength, decrease fine motor skills and cause heat cramps; 5% loss of water can result in heat exhaustion, cramping, fatigue, or a reduction in mental capacity; 6% loss of water can cause physical exhaustion, heat stroke or coma.

Stay hydrated and obey your body!



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...



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/tourdelions>.

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.

SURRY CENTURY RIDES

SATURDAY, SEPTEMBER 14, 2013

Experience the heart of Southeastern Virginia by bike. See rural towns, farmland, historic plantations, and very few cars. The rides begin at the Surry Athletic Field behind the Surry Courthouse. During your visit enjoy Chippokes Plantation State Park and historic Bacon's Castle.

Registration fee: \$20 for non-members, \$15 for members, \$10 for children (12 and under); a \$5 late fee if registration form post marked after September 4. On site registration is available. A portion of the registration fee will be donated to the Surry Athletic Association and the Surry Rescue Squad. All routes will be fully sagged and marked. Maps/cuesheets and snacks are included. Short-sleeve T-shirts \$15, long sleeve \$18, guaranteed if purchased with preregistration by September 4 (available in limited quantities the day of the event).

START TIME: 7:30 a.m. Late registration: 7 - 11:30 a.m. for late risers. Century and 75-mile riders must start by 8 a.m. The rides (25, 50, 75 and 100 mile) consist of loops (25, 25 and 50 miles) over flat to slightly rolling terrain. The loops return to the start point for rest stops; there are also rest stops on the routes.



Make checks payable to **PBA** and mail registration form to: **Peninsula Bicycling Association, P.O. Box 12115, Newport News, VA 23612-2115.** Contact Anthony Woodard at 757-766-9180 or e-mail papawoodard@verizon.net for more information.

Helmets are required!

The Peninsula Bicycling Association SURRY CENTURY RIDES SEPTEMBER 14, 2013

Name _____ Phone _____
 (one name only)
 Address _____ Email _____
 City/State _____ Zip _____
 Emergency Contact _____ Phone _____

I will ride the following route (please circle one): 25 50 75 100

Registration fee: **Non-member Adult** \$20 _____

PBA member Adult \$15 _____

Child (12 and under) \$10 _____

LATE FEE (after 9/4) \$5 _____

T-shirt SS \$15 _____ Size: S M L XL XXL (add \$2)

T-shirt LS \$18 _____ Size: S M L XL XXL (add \$2)

 Total enclosed _____

RELEASE AND WAIVER:

In signing this application, I hereby make it known to whoever 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 named on this application.

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

 Only one person per 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 [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 8/3, 9:00 am - B pace - Meet Sharon Bochman at Coventry Elementary school for a 35+ mile ride. Bring \$\$ for rest stop. Call Sharon at 757-868-4120 or text 757-272-4153.

Saturday 8/3, 8:30 am - C pace - Meet Linda and Bob Carter at the Poquoson Farm Fresh for a 30 - 35 mile "C / C+" ride. Bring \$\$ for snacks. Call Linda and Bob at 757-868-6198.

Sunday 8/4, 9:00 am - B pace - Meet Jack Liike at Coventry Elementary school for a 35+ mile ride. Bring \$\$ for rest stop. Call Jack at 757-788-1196.

Saturday 8/24 - B, C and Casual paces - PBA members-only Ice Cream ride from Huntington Park. See [page 1](#) for details.

Labor Day Weekend, 8/31 - 9/2 - open pace - Join Sandy Butler on her annual Greenbrier River Trail Ride on Labor Day Weekend. The Greenbrier River Trail is a flat “Rails to Trails” trail located in the mountains of West Virginia. It is about 77 miles, mostly packed dirt, some gravel/stone and just about 6 miles paved. This trail follows the Greenbrier River most of the way through forest, small communities and fields. The trail starts in Caldwell, WV near Lewisburg (I-64) and ends in Cass, WV. Marlinton is located around the 57 milepost which is the largest town the trail goes through. We will be staying two nights in the Marlinton Motor Lodge located two miles out of town. (Comfortable rooms – not fancy). We will be driving up early Saturday morning to Caldwell (about 4-5 hour drive on I-64) where we will park. Riders may ride at their own pace and usually determine their own mileage if we can work out transport. Depending on who goes depends on how we will transport cars. On the second day, some of us go to Cass and meet others from Marlinton and swap keys. We return home on Monday. A mountain, hybrid or road bike with 32mm or larger tires are best for this ride. This will be our fourth year of doing this ride and a great way to end the summer. Last year’s ride was cancelled because of Hurricane Sandy so we are looking forward to riding this year. Contact Sandy Butler at 757-872-9271 for more information and to sign up for the ride. Participants must make their own reservations at the Marlinton Motor Lodge.

THE REST OF AUGUST - 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. 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

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



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 Avaneel 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.

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!**

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.



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



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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