



Chainstay

The Peninsula Bicycling Association

September 2013

Volume 43, Issue 8

Monthly Meeting



Monday (< Correction)
September 9, 2013

Dinner and
Board Meeting 6:00 p.m.
General Meeting 7:00 p.m.

Angelo's Steak House
755 J. Clyde Morris Blvd
Newport News

Program: Healthier Next
Year by Starting Today

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PBA Monthly Meetings Resume

September marks the return of PBA's monthly meetings. The meetings take place on the second Monday of each month at Angelo's Steak and Pancake House, 755 J. Clyde Morris Blvd in Newport News. The meeting areas are in the back of the restaurant. The format starts with a Board Meeting at 6:00 pm and is followed by a general business meeting at 7:00 pm. The business meeting concludes with a presentation from a guest speaker.

All are welcome to attend both the Board meeting and the general meeting. Dinner is served during both meetings. Board meetings discuss club business, planning for upcoming events and the direction of the club. Expect discussions about the upcoming Surry Century, officer elections for 2014, and technological advances within the club such as e-mail lists, electronic membership and other progress.



Team Killer Bees Needs Volunteers



Team Killer Bees have been asked and we have responded with a resounding YES to coordinate the large food stop for the Surry Century. This is the rest stop formerly ran by Walt and Arlene Kwaitkowski... and it was legendary! They have retired from years of terrific service and it is now our time to step up and make it happen. We are hoping to inspire you to remember something special you bake or prepare that is a huge hit and would be easy to serve in a rest stop environment. Please RSVP to Sharon Bochman, aka "THE BIZZIE BEE", at bochman@cox.net and let her know what you can bring.

We may also need just a few more volunteers to physically staff the rest stop. We will be there from 8:00AM to 3:30 PM. I would like to have 2-3 bees at the stop throughout the day. Please RSVP to Art Wolfson afwolfson@cox.net if you can help.

The day of the event, we will have a vehicle near the registration table where we will have coolers and vans ready to transport to the school. We could use three more tables and several large coolers of ice. If you can help with either, please let Sharon know that too. We already have several volunteers who will be there the day of the event, but it would be great to have a large group of Bees (wearing their jerseys) present to reach out to other riders where we will build friendships and tell others about the fundraisers we do during the year and the fun events coming up. We would love to see more people joining our team. This is a perfect opportunity to show people how much fun we have and they will want to ride with us. If you are riding the Surry Century, please wear your team KILLER BEE jersey!

Let's make this the best Surry Century ever!

Sharon Bochman, "The Bizzie Bee"
Art Wolfson, Co-captain



The President's Corner

The Surry Century Rides this year will take place on Saturday, September 14. See [page 8](#) for details. As in previous years, the success of the Surry Century is dependent on VOLUNTEERS. We are in need of volunteers in the areas of food service (*no food preparation on your part*), SAG and onsite registration. We only need a few hours of your time. You will still get to ride. Volunteers ride free. In addition, SAG volunteers receive \$15 to compensate them for fuel. Please contact me at 804-642-2825 or porschecindy@aol.com if you are interested in assisting in any of these areas. Your help will be greatly appreciated.

Sincerely,
Cindy



PBA Website:
www.pbabicycling.org

A note from the Editor:

I made reference to technological advances within the club on the front page. A few PBA members and I are playing around with different ideas. One of those ideas is a PBA e-mail list. Did you receive an announcement about this edition of Chainstay via e-mail? If not, you may need to check your membership status. The final delivery method is not yet finalized. There are a few bugs to work out.

Next, you may have noticed a new link on the website called "Ride Schedule (Beta)." It contains a compilation of nearly all advertised rides during the month in matrix format. This format is easy to populate with new data. One idea is to make the locations clickable to show viewers a map of the ride start (*useful to new members*). We'd also like to preserve the narratives which often accompany the announcements (e.g., "bring \$\$\$ for snacks"). We're still fine tuning it. Please take a look and tell me what you think of it. What do you think of its concept. It may replace the existing schedules.

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.



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

PBA Affiliations:



2-Chainstay

2012 Officers (2013 election is suspended)

President	Cindy Wong, porschecindy@aol.com	804-642-2825
Vice-President	Bill Nuckols, wmnuck@cox.net	757-826-8313
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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
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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 (*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, jliike@hotmail.com. Chainstay is produced using Microsoft Publisher with photo editing by Corel Photo-Paint. PBA's website is hosted by Network Solutions.

A Reminder: Ride Safely!

By [Scott Farrell](#)

Related story: <http://wydaily.com/2013/08/26/cyclist-dies-after-vehicle-strikes-him-on-cook-road/>

Many of you have heard about the tragic bicycle fatality on Cook Rd a couple of weeks ago ([link at left](#)). The at fault rider, a 65 year old from Newport News, was struck by a car as he crossed at the four road without stopping. Rather than writing about this rider, I want to focus on our safety in general by making a few points and safety suggestions.

Many of our Yorktown rides cross Cook Rd very close to the site of this incident. Our Monday and Wednesday evening rides are good examples; and nearly every weekend ride near the battlefields crosses Cook Rd. We usually cross Cook Rd at Surrender Rd (*both ends*). I cannot overstate the potential danger the southern intersection presents!

Look twice - Riders approaching this intersection arrive at a steep angle. The view to the left is sharp and obscured by trees. Therefore, riders can't get a good look until they are at the edge of Cook Rd; and only one or two can see at any time. Looking left, Cook Rd is well-shaded by trees. There is also a dip in the road that can hide a car for a second or two. This is why it is critical to double-check before crossing. Rolling into this intersection without stopping to look is foolish to say the very least.



Safe routing - Refer to the photo above. When crossing Cook Rd from Surrender (*west to east*), cyclists should and normally do cross onto the "bike path" depicted in blue. It's the quickest and safest way to cross from that side and minimizes time spent in the path of cars which cannot be seen very well. When returning to downtown Yorktown, I recommend the path depicted in red, staying left to turn right onto Cook Rd and then turning left onto Surrender Rd. This course allows riders to approach Cook Rd at a point with excellent visibility in both directions, gain momentum as they approach Surrender Rd and get a really good look at oncoming traffic before committing to the left turn. Motorists have more time to see you, too. It is safe, legal and does little to increase the ride length/time.

Calling "clear" - It is customary in most groups to call "clear" when entering intersections so other riders can approach with a feeling of confidence and

security. However, there has been a push within Team Killer Bees to cease this practice. One reason is because the absence of traffic when "Rider 1" crosses does not mean the road will be clear when "Rider 2" arrives (*or "Rider 10"*). This is especially true at blind intersections. Conditions can change in literally a second!

Additionally, calling "clear" compels complacency within the group and does nothing to prompt riders to look around as they ride. This is not what we need to teach new cyclists as they join our rides! They need to be well-practiced in paying attention and looking out for hazards instead of getting accustomed to having others do it for them. We ALL need to ride this way! Our eyes should be up and scanning our surroundings instead of staring at the wheel or "seat" in front of us.

"What about at intersections where I can see way down the road? Can I call 'clear' then?" Sure. But why bother? If visibility is that good, then each rider can look on their own. It is definitely good practice to call out cars when they are spotted, especially at intersections. It prompts each rider to pay attention and exercise at least some additional caution. "Car left/right" obviously announces cross-traffic, "car up" is a warning that oncoming traffic may not yield the right of way or cross in front of the group, and "car back" should signal us not to impede traffic (*proceed when safe or get out of the way*). Always signal your turn at intersections so rearward traffic is not compelled to pass unsafely.

Lemmings - How many times have you seen one rider make a risky turn only to be followed by one or two other riders, perhaps causing motorists to jump on their brakes? This is a great example of riders who simply follow the wheel in front of them rather than pay attention to their surroundings. No amount of safety lectures or articles will change this behavior in all riders, especially if fatigue has set in. That's why it's important for experienced riders to recognize this bad habit by changing a few of their own habits, especially if they are in front.

Like it or not, the first rider in a line of cyclists has a list of jobs that's more important than most might imagine. An obvious role is that of following the correct route. It's always good to have someone who knows the route at or near the front. The next role, which is involuntary and unavoidable, is that of creating a draft. Even slower-paced groups feel a draft benefit when riding single file. What about the role of leading by example?

Leading - It doesn't matter if the front rider is a CEO, a military officer or one who works alone at night cleaning for a small company. For 30 seconds to 10 minutes at a time, that rider is LEADING and should consider the well-being of the entire group.

PBA Classifieds

PBA Members Only

DAHON Speed TR Folding Travel Bike - This Forest Green bike folds in half in a minute and a couple minutes later is packed in its travel case and you are ready to start your vacation. The solid 24 speed bike has a max rider weight of 230 pounds and comes with racks for both front and rear panniers. With the 20" (406) wheels and Schwalbe Big Apple tires, it is comfortable on both the road and trail. I've taken it on both week long road and rails-to-trails rides. It folds in 10 seconds for carrying in a car or SUV. Includes the Dahon Airporter travel case and the following accessories: pump in the seat post, kick stand, hub generator with head light, mirror, water bottle cage/water bottle and KLICKfix basket. Asking \$750. Contact Robb at 826-4433 or rmyer3@verizon.net. (9/13)

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.

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)

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)

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)

2006 Madone 5.2SL 52cm Road Bike. Ultegra 6600 10 speed, 53-39, 12-25. Purchased and serviced exclusively at Bike Beat Kilm 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)

Found - Fort Bragg Cyclery water bottle. Contact John at 757-532-9506 to claim.

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

Riding Out Yonder...



****CANCELED**** September 7-8, [The Great Peanut Tour](#) - Enjoy four great days of bicycle riding and touring in beautiful Southside Virginia and Northeastern North Carolina.

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 13 (Friday), [Scenic Bike Ride](#) - Let's load our bikes onto our cars and caravan to the High Bridge State Park near Farmville, VA to ride on the 31-mile multi-use trail. The trail is wide, level and generally flat. The park's centerpiece is the majestic High Bridge which is more than 2,400 ft. long and 125 ft above the Appomattox River. After the bike ride, lunch will be at a local eatery. Registration deadline is Friday, September 6, 2013. Nominal parking fee of \$2 per vehicle. Lunch expense on your own. Depart from City Center, 700 Town Center Dr, Newport News, and travel to Farmville, VA (~2 hour drive). Call Jackie at 757-812-7905 to reserve your spot for this trip.

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.

September 28 through October 5, [15th Annual "Mountains to Coast" Ride](#) (NC) - This year's route will go from Spruce Pine to Atlantic Beach, stopping in Morganton, Troutman, Asheboro, Holly Springs, Goldsboro and New Bern along the way. Visit <http://cnc.ncsports.org/fallCNCRide/> for more info.

October 5, [Martin's Tour of Richmond](#) - Choose the full 102-mile Gran Fondo or the shorter 59-mile or 29-mile distances. All riders finish at Richmond Raceway Complex. Plan on joining us for the entire day because we'll celebrate your accomplishment with a big ol' feast at the raceway afterwards! It's an experience fit for a pro and open to anyone who loves to ride. Visit <http://www.sportsbackers.org/events/tour-richmond> for more info.

October 5, [Petals for the Cure](#) - Anderson's Home and Garden Showplace hosts a beautiful 22 mile bike ride to benefit Beyond Boobs! Grab your bike and join us for a great ride or bring the kids for a 7 mile fun tour. Either way, you will be "petaling" your way for a great cause. Lunch and entertainment included. Contact Kelly Peck at kelly.peck@townebank.net to register. Visit <http://petals4thecure.com/> information.

October 12, [Page County Grown Century](#) - The century course for this event takes in pretty much all of the beautiful countryside in Page County and Page County Grown member farms will serve as pit stops along the way. Half- and quarter century options. Visit <https://www.bikereg.com/Net/21440> for more information.

October 26, [Between the Waters Bike Tour](#) - Cape Charles, VA - Explore the Eastern Shore of Virginia this fall when the Between the Waters Bike Tour begins in the historic, waterfront town of Cape Charles in Northampton County. This event, sponsored by Citizens for a Better Eastern Shore (CBES), winds through interesting historic towns and communities and along back roads to scenic rest stops that overlook the Atlantic seaside and the Chesapeake Bay. This one day bike tour is an ecotourism event for CBES, a non-profit organization serving Northampton and Accomack counties, and the Between the Waters Bike Tour is one of the major fundraisers of the year for this group. With very little vehicle traffic, the ride is sure to be relaxed and peaceful as well as easygoing because of the flat terrain. Snack and drink stops are provided and a complimentary picnic lunch is served. Routes of 25, 40, 60 and 100 miles. For more information go to http://www.cbcs.org/events/events_biketour.asp

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

Safety...

[continued from page 3](#)

Leaders can be expert or inept. An accomplished leader in society is not necessarily a good cyclist; nor is someone who's simply a strong or fast rider. Conversely, a rider with a cheap bike or frugal attire may be a fantastic cyclist. Never judge a book by its cover.

"Whoa, Scott! You're really overthinking this!" Am I? Most riders will follow the lead of those in front of them. The lead rider, not to be confused with "ride leader," can determine the pace of the group, how steadily the group rides and whether the group stays together by avoiding speed-creep. That leader can also drive whether riders regroup without getting dropped after being separated by an intersection. *"What? I'm not just there to pedal for a bit?"* Nope! And there's more.

Not "Just a Pull" - A leader who takes risks or doesn't consider the group as a whole may lead an inexperienced follower into a dangerous situation, not to mention tarnishing our reputation among drivers. When leading a paceline that's heading toward an intersection, a left turn onto Showalter Rd from Lakeside Rd being a great example, consider more than whether YOU can make the turn ahead of oncoming traffic. Odds are fair that another rider, perhaps with much less experience, is right behind you and eager to follow. This is especially true on faster rides when riders may be bordering on desperation to avoid being dropped. Think it doesn't happen? Think again! Tired riders can be dangerous.

Communicate - Announce cars and obstacles; and signal/announce your intentions. Say, "we'll wait" when traffic may break up the group at intersections so riders don't take unnecessary risks to keep up. If the group is broken up by a dodgy intersection, slow the pace by 5 mph so riders can catch up. Call "ALL IN" when everyone is together. We don't use that term much on PBA rides. It's commonly used on TBA rides and works well. Remember, the front rider cannot see whether everyone is together. Even riders with mirrors may only see so far back.

Ride for the group - Is the group split up, either because of an intersection, speed-creep or a stiff headwind? Take charge from your position, if you have the legs for it, and let an existing gap widen in front of you. *"Hello, new lead rider!"* You've just preserved the integrity of the advertised pace and/or saved someone from being discouraged about how PBA looks out for fellow riders. The small group of riders who leave the rest will either get the message to slow down or they'll continue at the faster pace with no further disruption to the main group.

Be smooth and predictable - Someone recently asked me why cyclists move farther into the lane when he passes in his car. I explained that riders announce various threats to safety while riding. "Car back" is often followed by "passing." To me, both mean to single-up, stay right and, if I'm the lead rider, it's a bad time to relinquish my pull. Unfortunately, some cyclists slow down ever-so-slightly when they hear any announcement. As the accordion effect happens toward the back, a rider or two may move left to avoid wheel contact without applying the brakes (*smooth riding*). This can be frustrating to motorists when overdone. It can be minimized if everyone maintains a steady pace.

Keep pedaling - Unless a hazard presents itself, keep pedaling when cars pass. Keep pedaling when there's a "car left/right." Do not slow down or coast. Coasting may suggest to drivers that you intend to yield. It can also cause disruptions within the group, either because your speed actually changes or because of the psychological effect it may have on another rider who overreacts by braking. Feather the rear brake to fine tune speed; but keep those pedals moving. No one's perfect. Coasting happens. Just recognize the potential consequences. Lead riders should never coast. If you're tired, if you're sore, if you need to adjust your shoes or any other number of things that don't involve steady forward motion, it's time to pull off and fidget with your stuff in the back of the group where your actions won't effect other riders. Again, a clear hazard changes everything. Use your best judgment.

Safe Standing - Never stand out of the saddle when someone is on your wheel. Most riders do not realize that their bikes pause abruptly for an instant during the standing maneuver. This yields the effect of one's rear wheel thrusting back 8-12 inches. This is very dangerous to following riders. Don't believe me? Google it or simply watch someone's wheel the next time they stand. Do everyone a favor and pull over a little when you need to stand.

Cohesion - How does all of this tie to safety when it reads more like ride tactics and leadership? Ride tactics is ride safety. And leading by example can improve each rider in the group. Learning to ride smoothly as a cohesive group makes us all safer. Some of our rides take us into 55-mph zones. Therefore, we need to be diligent and ride predictably, smoothly, safely and legally (*law-abiding*).

Final words - Carry ID and the name of someone to call in case of emergency. *"I think his name is Frank"* is not helpful to rescuers.



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.

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.



Ice Cream Rides...

The PBA Ice Cream ride is another of our annual summertime rides provided as a perk as part of your membership. Thanks to the volunteers who led the pace rides, set up the pavilion and procured the ice cream and drinks and snacks!

Volunteers make or break any organization and thankfully we have a small cadre of members who are always willing to help! Lest I miss all the of the volunteers who made this ride enjoyable, I will refrain from listing them in case I miss one or two. You know who you are and we truly thank you for your time.

I can only really speak for the B pace ride that I participated in. Our ride leader, Jim Mack, put together a 48 mile route that took us all over the peninsula. We went south toward the shipyard, east out to Chesapeake Avenue, working our way through parts of Hampton, to Poquoson, and into York County going through Running Man, west toward Rt 17, crossing into Foxwood off of Darby, through York County Park, Kiln Creek, and across Jefferson Ave at the airport and down Bland Blvd, across Warwick, down to Lucas Creek and around the City Farm area back to Jefferson with a rest stop at Dairy Queen, along the sidewalk on Warwick to Maxwell Lane picking up the old and familiar Tuesday night route we used to do years ago from this corner, through Newport News, Mariners Museum, River Road, and across the little bridge back into Huntington Park. Whew! I left out a lot of turns!!

The weather was warm and perfect. But was it a perfect ride? Nope. This route was tough on the bikes, oddly enough, and we had four mechanicals. We had about 13 riders at the beginning. We had a couple of riders I did not know and cannot tell you their names (*shame on me!*). They were riding partners. The male partner was riding a recumbent and a rear cable broke leaving him with only 3 gears to use. He had to abort at about the 18 mile mark. His female partner helped him limp to a turn for a trip back to Huntington Park. Lo and behold, she caught up with us later! Tough rider!! Bob Carter had a rear flat just as we approached Rt 17 on the way to Darby Road. Bob Ornelaz broke a spoke just before we got to the Dairy Queen. Bob is an A pace rider and he thoroughly enjoys an occasional B pace ride. He truly strives to spin and enjoy these less difficult rides to have a chance to “catch up” with his “bee” friends. His rear wheel must’ve been having a hard time going so slow and one “itchy” spoke just couldn’t stand going so slow, accelerated without the others, and well you know, it broke! I was the fourth mechanical and mine was the MOST embarrassing. Just before we started to ride, I was standing in the parking lot with my Le Monde Tete de Course leaning against me. Only God knows what I was thinking about as I simply walked away from the bike and it fell hard on the right side

cracking a carbon Bontrager handlebar. OOPS. Now that really hurt. I was very careful not to place any pressure on the end of the handlebar.

We all had a great ride and the Baskin-Robbins soft serve ice cream was delicious. Heath Bar was my favorite!

Hope to see many more PBA members take advantage of the monthly summer ride events offered as part of your membership!

Sincerely,

Art Wolfson

Note from Editor - Volunteer names sent separately from the event organizer, Bill Nuckols, include Molly Nuckols, Don and Eleanor Hubbard, Bill Newton and Ann Cunningham. THANK YOU, ALL.

Ride Reports...

Road Report



Riders beware of a new construction project on Rt 17, George Washington Memorial Hwy. VDOT is widening Rt 17 to six lanes between Hampton Highway (Rt 134) and Wolf Trap Rd (aka Denbigh Blvd). The project has begun at the section between Mill Rd and Showalter Rd, a section well-traveled by bicycle groups. Groups typically travel in either direction on the northbound shoulder. Some say this is a dangerous practice under normal circumstances. It will prove to be even more dangerous with construction in progress and potential lane closures testing motorists’ patience. Please consider routes which do not include this portion of Rt 17. The good news this section, when completed at the end of 2014, will have a shared-use path between Mill Rd and Showalter Rd. This will make our rides through this section much safer. The entire project will finish in 2017. Visit VDOT’s project site at http://www.virginiadot.org/projects/hamptonroads/george_washington_memorial_highway.asp for more information.

-Scott Farrell



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.**

Sunday Sept 1, 9:00 AM: B pace - Join Robb Myer at the Coliseum Crossing Starbucks for a 35+ mile ride. Email Robb by Saturday afternoon at rmyer3@verizon.net for the ride cue sheet and to let him know that you will be riding. No messages – no ride.

Sunday Sept 1, 8:30 AM: C pace - Meet Steve Zajak at Dare Elementary School for a 30-35 mile ride Call / Text Steve at 757-898-4396

Saturday Sept 7, 8:30 AM: C pace - Join Linda and Bob Carter at the Poquoson Farm Fresh for a 30 / 35 mile ride. Call Linda and Bob at 757-868-6198

Saturday Sept 14: Open Pace - Surry Century. Join your fellow PBA friends (and lots of other old and new friends too) for the Annual PBA Surry Century. All routes start and finish at the Surry Athletic Fields just behind the County Administrative Building. VOLUNTEERS ARE NEEDED – Please contact Cindy Wong at 804-642-2825 if you are willing to help.

Sunday Sept 15, 8:45 AM: A pace - For those who were not able to make the Surry Century yesterday, we will be riding some of the roads again today. Join Sharon Bochman at the Surry Athletic Fields for a 50 mile jaunt through the countryside. Call / text Sharon at 757-272-4153

Sunday Sept 15, 8:15 AM: B pace - For those who were not able to make the Surry Century yesterday, we will be riding some of the roads again today. Join Sharon Bochman at the Surry Athletic Fields for a 50 mile jaunt through the countryside. Call / text Sharon at 757-272-4153

Sunday Sept 15, 1:30 PM: C pace - Join Sandy Butler for a 25 mile ride starting at the Old Courthouse in Yorktown. Call Sandy at 757-872-9271

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](http://www.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:** A+ pace 42 mile ride. Contact Chris Scales at 757-833-0096.

***Saturdays, 7:45 a.m. - Women's Ride BikeBeat Kiln Creek:** 22 mile no-drop ride. Road bikes only. Contact Avaneil at 757-833-0096.

***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:** 50 mile 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 757-467-2775.

***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 info at 757-930-8345(h) or WK 757-833-0096(w).

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. - NEW LOCATION - Running Man Recreation Association (pool), 800 Running Man Trail, Yorktown: Leisurely B pace. Contact Robb Myer at 826-4433 or 810-9942 or J. D. Hawthorne at 218-3529. **This ride will soon start earlier to account for the shorter days. Contact the ride leaders to be certain the ride isn't starting at 5:45 or 5:30.**

***Thursdays, 6:00 p.m. - Old courthouse parking lot at 171 Ballard St, Yorktown:** Meet at the corner of Ballard & Main Streets. A+ pace. This ride no longer sanctioned by PBA. Show up to ride if you want a fast, race-like "drop ride." No single point of contact.

***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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422-1278

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Virginia Beach, VA 23451



PBA 2013 Event Schedule

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