



# Chainstay

The Peninsula Bicycling Association

October 2013

Volume 43, Issue 9

## Monthly Meeting



Monday  
October 14, 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: Introduction to  
Randonneuring

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## 2014 Club Officer Nominations

It is time for club officer nominations for the coming year's term beginning January 1st. The election will be held at the November meeting.

According to the PBA Constitution, the President, Vice-President, Treasurer, Secretary and three Executive Board members are elected positions.\*

The duties of each position are as follows:

**President** - To preside at all regular and special meetings of the membership and of the Executive Committee Members.

**Vice President** - To assume and carry out the duties of the President in the latter's absence, and to organize a monthly schedule of rides sponsored by the association.

**Secretary** - To prepare and keep minutes of the meetings of the members and of the Executive Committee, to maintain a record of correspondence concerning association business, and to have custody of all records and files of the association.

**Treasurer** - To receive and disburse association funds, to deposit such funds to the credit of the association in a manner prescribed by the

Executive Committee, to pay all bills due and approved, to keep books of accounts of all receipts and disbursement, and to prepare reports of the association's financial status at least annually.

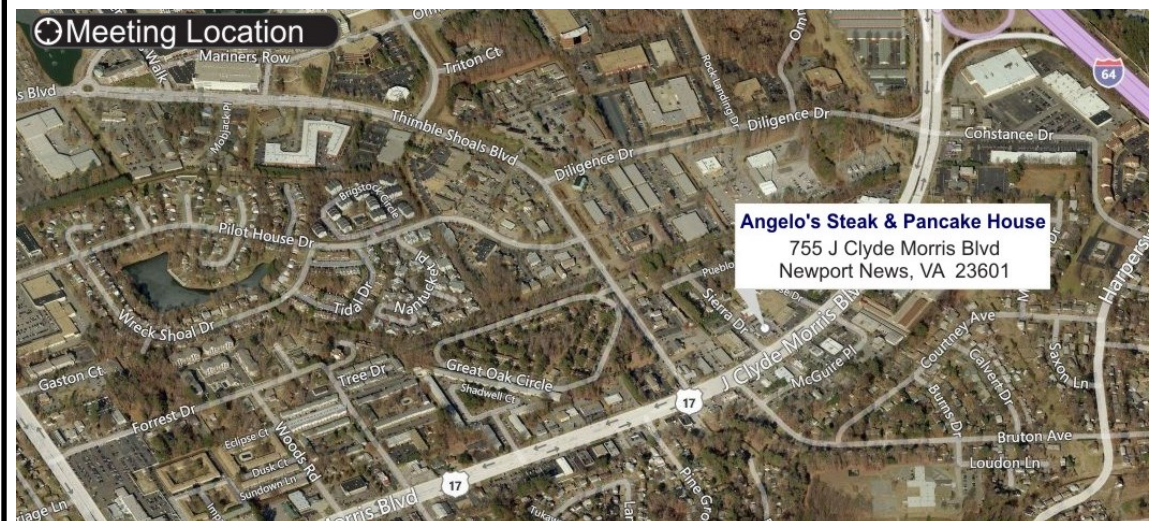
**Executive Committee Member** - To act upon association business at Executive Committee meetings, to serve on standing and special committees of the association and to be responsible for the governance and leadership of the association.

*\*Editor's note: The Chainstay editor is no longer an elected position. Instead, the editor, who also currently serves as PBA's webmaster, is appointed by and serves at the pleasure of PBA's Executive Board. This will be reflected in an upcoming update to PBA's Constitution.*

PBA's success is due to the many devoted members who give their time and talent. The club would not survive without them. Good club leadership is also essential. Motivated individuals willing to go a step further for the benefit of all. If there are any of you out there, please come forward at the October meeting and be nominated for one of the fun, exciting and worthwhile positions among PBA's leadership.

### Meeting Program — Introduction to Randonneuring

What comes after a century? How about events of 125, 187, 250, 375 or even 750 miles? Join Scott Farrell as he presents the little-known sport of randonneuring. Day or night, rain or shine; the ride goes on!





# The President's Corner

Our club has always tried to do things properly. That is how we have lasted for 31 years. We were lucky and had a member that was a lawyer assist us in the establishing of the club. However, we have had several Treasurers in 31 years and the beginning paper work John could not find.

As years went by things changed very little.

Then the Patriot Act happened in September 2001. As a result of that, the criteria for private clubs and organizations changed. They were looking for small organizations that were funding money for illegal purposes. Of course, the government was slack on notifying people of the changes. When we found out that things had changed, we had to start the new process. It took longer than is should have because we could not find the original paper work.

The Board has applied for the club to be considered a 501(c)7 Club. This means we are a small profit making club. We are not a nonprofit club.

Since this has been accomplished, we will be moving forward with new officers for the Year 2014.

Thank you for your patience during this process.

Cindy Wong  
President

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

PBA Affiliations:



2-Chainstay



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

## PBA Board Meeting

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



2012 Officers (2013 election is suspended)		
President	Cindy Wong, porshecindy@aol.com	804-642-2825
Vice-President	Bill Nuckols, wmnuck@cox.net	757-826-8313
Treasurer	John Parker, johnjljr@verizon.net	757-898-7147
Secretary	Vacant	
Executive Committee Members	Sandy Butler, sebhike24verizon.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](mailto:StealthTDI@spamarrest.com). Chainstay is published 11 times a year with a combined issue for December/January. **All submissions and advertising copy are due by the 20th of the month prior to publication.** Classified ads are free to club members only. Send all Chainstay submissions to [StealthTDI@spamarrest.com](mailto:StealthTDI@spamarrest.com) (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.

# Should We End “Share the Road?”

“Share the Road”  
from: <http://www.bikede.org/2013/08/19/end-share-the-road/>

Bike Delaware has asked the Delaware Department of Transportation to discontinue its use of the “Share The Road” sign. Here’s why.

TO: Chief Traffic Engineer, Delaware Department of Transportation

FROM: James Wilson, Executive Director, Bike Delaware

Thank you for the invitation to comment on the use of the “Share The Road” plaque (W16-1P) in Delaware.

As a traffic control device, motorists and cyclists interpret W16-1P in different, and sometimes diametrically opposed, ways. Many motorists see it as an admonition to cyclists not to ride in the center of a travel lane. Many cyclists see it as a message to motorists that, if they are riding in the center of a travel lane for one reason or another, that faster-moving motorists should cautiously and patiently maneuver around them.

As a marketing campaign, the phrase’s ambiguity also invites conflicting interpretations. Many motorists believe that “sharing” means giving up part of something they believe is rightfully theirs while cyclists tend to think of sharing as referring to a commonly owned asset that belongs to them just as much as it does to motorists. This confusion causes motorists and cyclists to trade pointless and time-wasting accusations back and forth.

We urge the Department to use, where appropriate, both the W11-1 and R4-11 signs. The former is a simple bicycle silhouette that conveys a simple, understandable, useful and important message to motorists of the need to be aware of the possible presence of cyclists at a specific location. The latter is the “Bicycles May Use Full Lane” sign which can and should be used in conjunction with the “sharrow” pavement marking. But we strongly urge the Department to completely discontinue the use of the W16-1P plaque, which serves no traffic control function and whose “marketing” message is counter-productive.

Sincerely,  
James Wilson  
Executive Director  
Bike Delaware



# How to Enforce the 3-foot Passing Law...

“3-foot” from: <http://www.bikingbis.com/2013/09/16/how-to-enforce-3-foot-passing-law-to-protect-bicyclists/>

To those who say that laws requiring motorists to give bicycles a 3-foot gap when passing are unenforceable, consider what police in Austin, Texas are doing.

A few years ago, bicycle advocates in Texas convinced the legislature to pass a 3-foot law for passing bicycles. Gov. Rich Perry vetoed it, becoming the first governor to veto such a law.

City councils all across the Lone Star State realized, however, that 3-foot passing laws are important safety measures. Many passed local ordinances that require motorists to give bicyclists and pedestrians a minimum 3 feet of clearance when passing.

Austin was one of those cities.



To actively enforce the law, the police department sends one of its officers out on a bicycle. When a car comes too close, the officer radios ahead to a police car that chases down the violator and writes a ticket.

So far, according to the Washington Post, police have issued 104 citations and warnings. Tickets cost \$167.

The bicycle-riding officers say they practice judging the distance ahead of time. If they can reach out and touch the passenger side mirror as the car passes, that’s definitely less than 3 feet and the car gets a ticket. If it’s close but they’re not sure, the driver gets a warning.

If anyone questions the police officers’ judgment, a video camera on the bicycle handlebars has recorded the entire event and can be used as evidence.

Right now, 22 states and the District of Columbia have laws on the books requiring motorists give bicyclists a 3-foot or more margin (Pennsylvania requires 4 feet) when passing.

I’m sure it would be helpful if police departments in those states issued tickets to violators to remind motorists about the law. *Note: Virginia does not have a 3-foot law. -Editor*

# PBA Classifieds

PBA Members Only

**2012 Catrike Expedition** - Considered top of the line for recumbent trikes. Bought after hip operation, but found after operation that I preferred my road bike. Just over a year old with less than 150 miles. With rear car rack, value is \$3200. Will sell for \$2000. Call Fred Adams at 757-467-2775. (10/13)

**Racor Gravity Bike Rack** - Conveniently holds two bikes and up to 100lbs. There are no bolts, screws or fasteners required. The Gravity Bike Rack is free standing, so you can safely and securely store two bikes along the wall and immediately start saving space in the garage or in your home. At just 20lbs, the Gravity Bike Rack can be easily moved and repositioned. Independent adjustable arms accommodate men's and women's road and mountain bikes and keep them level. Asking \$750. Contact Robb at 757-826-4433 or rmyer3@verizon.net. (10/13)

**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](mailto:StealthTDI@spamarrest.com).



**BikeBeat**  
Discover the Power of the Bike

[www.bikebeatonline.com](http://www.bikebeatonline.com)

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

757 - 229 - 0096  
4640 Monticello Ave., Williamsburg

# Riding Out Yonder...



**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](mailto:kelly.peck@townebank.net) to register. Visit <http://petals4thecure.com/> information.

**October 12, [Savage Century](#)** - Newark, DE, sponsored by the White Clay Bicycle Club. Options of 40, 60, 75, or 100 miles. Information and registration form at <http://whiteclaybicycleclub.org/events/savage/>.

**October 26, [Great Pumpkin Ride](#)** - Fully-supported bicycle ride that starts and ends in historic Warrenton, Virginia. Routes of 3, 24, 44, and 62 miles. For more information visit <http://www.fauquiertrails.com/the-great-pumpkin-ride.html>.

**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. Visit [http://www.cbcs.org/events/events\\_biketour.asp](http://www.cbcs.org/events/events_biketour.asp) for more information.

**Do you know of a ride you'd like to share? E-mail me at [StealthTDI@spamarrest.com](mailto:StealthTDI@spamarrest.com) to add it here.**

## Peninsula Bicycling Association Adopt-a-Spot Saturday, September 21, 2013

Twelve Worker Bees: Nicki Blankenship, Mary & Gary Boxer, Sheila Fuller, Don Hubbard, Claudette Humble, Nancy & Bill Monroe, Elizabeth Monroe, Bill Nuckols, John Parker and Cindy Wong met to clean up Crafford Road. The weather was beautiful as we donned our new VDOT orange vests. VDOT nicely mowed the shoulders of Crawford making litter easier to see, especially all the pieces that the mower chewed up. Sheila found some men's underwear and Mary found a five dollar bill. Otherwise it was a normal inventory of trash.

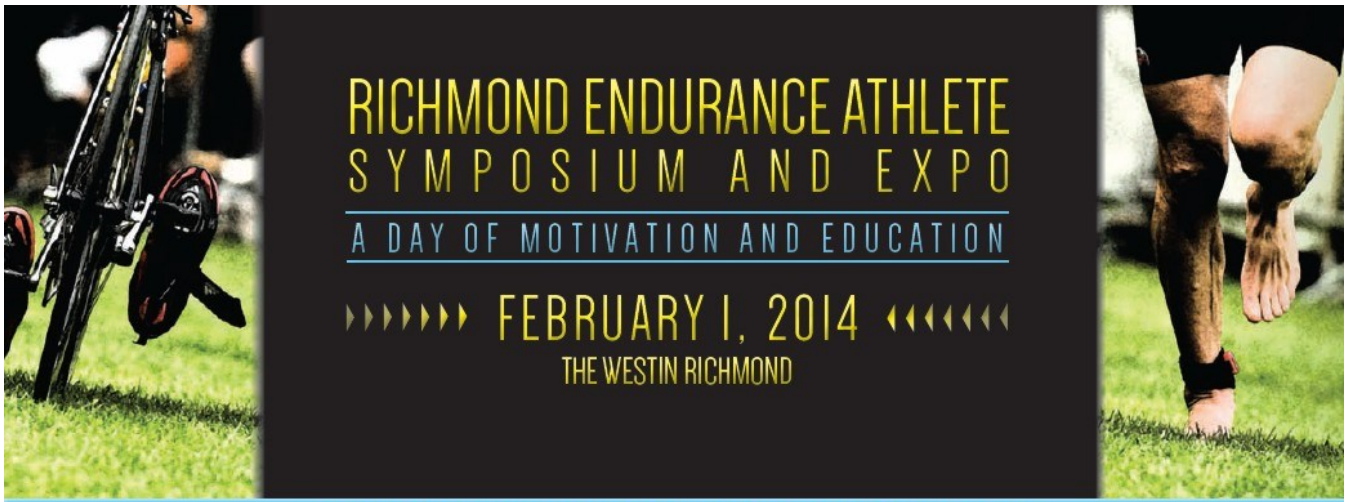
We collected 21 bags, not a record but considering we left off Crafford Road, a good haul. We plan to do this again in December when the weather is cooler (the vests were hot) and the ticks are gone.

Bill Monroe

*Editor's note: I was finishing an 85-mile ride just after Bill and the group had bagged up the trash. Someone had already tossed their bag from McDonald's in the middle of the road. Unbelievable!*



# Save the Date...



REGISTRATION INFORMATION COMING SOON. USAT CEU'S FOR COACHES PENDING.

## Featuring

### MICHELLIE JONES



With over 175 wins and counting, Australian, Michellie Jones dominates the world Triathlon stage, and is referred by many as the best triathlete in the world, male or female. Period.

Michellie Jones is arguably the most recognizable and accomplished athlete racing in the sport of triathlon today. Claiming numerous World Champion titles in Ironman, XTERRA and ITU triathlon racing, Michellie was recently inducted into the Guinness Book of World Records for having won the greatest number of ITU World Championships Medals in the history of the sport.

### CHRIS CARMICHAEL

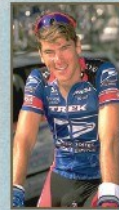


Chris Carmichael is the founder and CEO of Carmichael Training Systems, a pioneering company in the endurance coaching industry. Through the past 13 years, CTS has worked with more than 10,000 amateur and

professional athletes. A member of the 1984 Olympic Team and the iconic 7-Eleven Pro Cycling Team.

Chris is a bestselling author of "The Time-Crunched Triathlete" and "The Time-Crunched Cyclist". Coach to the US Olympic Cycling Team in 1992 and 1996, he was named the US Olympic Committee Coach of the Year in 1999, inducted into the US Bicycling Hall of Fame in 2003, and was given a Lifetime Achievement Award from USA Cycling in 2004.

### FRANKIE ANDREU



Frankie Andreu is one of the most popular and well-respected names in American professional cycling. He retired from racing at the end of 2000 after a 12-year professional career including the Tour de France nine times.

His racing experience not only encompassed Grand Tours like the Tours of Spain and Giro d' Italia, but also included high placed finishes in World Cup events, World Championships, Spring Classics, and two Olympic Games: 1988 placing 8th and 1996 placing fourth.

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BENEFITS



## 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 Wrap-Up...

## From the President

I would like to thank the volunteers that worked the Surry Ride:

- Registration - Anthony and Hazel Woodard, Sandy Butler, Diane Herbert and Debbie Wells.
- Ball Park Food - Cindy Wong, John Wells and Bill Newton.
- SAG - Ron Hafer, Bill Monroe, George Crocker, Scott Farrell, Bob Ornelaz, Jack Liike and John Parker.
- Route Markings - Bill Nuckols, Bill Newton, Sam Earl, Howard and Leslie Beizer.
- Port-a-johns - Bill Nuckols
- Cabin Point Rest Stop - Don and Eleanor Hubbard
- School Rest Stop - Sharon Bochman, Elaine Cardwell, Pax Goodson, Carl Killian and Vince D'Elia.

Thank you for your help in making the ride a success!

Cindy Wong

## Surry Century Recipes

### SURRY CENTURY HUMMUS

- 1 - 15 oz can of chickpeas, drained (aka garbanzo beans)
- ¼ cup - liquid reserved from the canned chickpeas
- 2 - garlic cloves, minced (can be fresh, bottled, or dry equivalent)
- 1 tbsp - tahini sesame seed paste (can omit this if desired)
- 3 tbsp - lemon juice (about one large lemon)
- ½ tsp - salt
- 1 tbsp - fresh cilantro, chopped

Combine all ingredients in a blender and blend until smooth. Use more or less of the reserved liquid to get the desired consistency. That's it!

Notes:

- The cilantro is not traditionally an ingredient in hummus, but it adds a special touch to what can otherwise be a bland dish. You could substitute other fresh herbs like basil.
- The lemon juice, which is a traditional ingredient, also adds flavor and should not be omitted.
- This is a good dish for rest stops because it is vegan and also low in sugar. For Surry 2013, we prepared about six times this much.
- Serve with commercial pita bread chips, or make your own by buying whole wheat pita bread, cutting each piece into eight wedges, sprinkle with salt and olive oil, bake in 375 degree oven for ten minutes.



### SURRY CENTURY BLUEBERRY MUFFINS

- 1-½ cups all purpose flour
- ¾ cup sugar
- ½ tsp salt
- 2 tsp baking powder
- ⅓ cup oil
- 1 egg
- ⅓ cup milk
- 1 cup fresh blueberries

Topping:

- ½ cup sugar
- ⅓ cup all-purpose flour
- ¼ cup butter, cubed
- 1-½ tsp ground cinnamon

Preheat oven to 400 degrees. Grease muffin cups or line with muffin liners.

Combine 1 ½ cups flour, ¾ cup sugar, salt and baking powder. Place oil in a 1 cup measuring cup; add the egg and enough milk to make 1 cup. Mix with flour mixture. Fold in blueberries. Fill the muffin cups apx ¾ full, and sprinkle with crumb topping mixture.

Topping:

Mix together ½ cup sugar, 1/3 cup flour, ¼ cup butter, and 1 ½ tsp cinnamon. Mix with a fork, and sprinkle over muffins before baking.

Bake for 20 to 25 minutes in the preheated oven, or until done.

Notes:

Next time I will consider using buttermilk in the mix and brown sugar for the topping. The topping recipe makes A LOT of topping. I found this recipe on the internet at Allrecipes.com as "To Die for Blueberry Muffins"

### SURRY CENTURY SNICKERDOODLES

- 3 - 3-¾ cups of all-purpose flour
- ½ tsp baking soda
- ½ tsp cream of tartar
- 1 cup butter, margarine or shortening
- 2 cups sugar
- 2 eggs
- ¼ cup milk
- 1 tsp vanilla
- 3 tbsp sugar
- 1 tsp ground cinnamon

Stir together flour, soda, cream of tartar, and ½ tsp salt (*I would leave out the salt*), Beat butter for 30 seconds, and the 2 cups of sugar and beat till fluffy. Add eggs, milk, and vanilla; beat well.

Add dry ingredients to beaten mixture, beating till well combined. Form dough into 1 inch balls; roll in a mixture of the 3 tbsp sugar and the cinnamon. Place balls 2 inches apart on a greased cookie sheet. Flatten slightly with the bottom of a drinking glass.

Bake in a 375 degree oven about 8 minutes of till light golden.

Makes about 66.



# Civil War Century...

By Scott Farrell

The Civil War Century is an annual event which takes place each September from Thurmont, MD. The ride has commanded such excellent attendance that organizers were forced to limit participation to 1600 riders for safety reasons. Registration opened in April and quickly sold out (*that's why you never saw it in "Riding Out Yonder"*). I had hoped to stay in Gettysburg. However, I waited too long to get the hotel rate I wanted. I'll get it right next year. I took Friday off and drove up to stay in Hagerstown, MD. I took advantage of early ride check-in to avoid crowds the day of the event. I was joined by fellow PBA members Todd Chopp and Jen Hamm. The 104-mile ride featured approximately 7000 feet of climbing. There was practically no warm-up. Riders were greeted by a 7-mile long climb with a 1200-ft gain within the first 2000 feet. UGH!

I was definitely out of my element on this ride! I don't ride Toano often enough. I spent much of the first seven miles being passed by much more acclimated riders. I think it took about an hour to climb that first section. My heart rate was 175 bpm for the vast majority of the time. All of that hard work was rewarded with a long, fast descent which lasted eight minutes, even at over 40 mph! My group carried enough speed over the rollers that we almost never fell below 30 mph. It was cool to "climb" at those speeds. There was one section along the way which yielded 48 mph!

But the descent was not over. There was eight more miles of descending to go! Our next descent was a little shorter; but certainly not shy of yielding speed. A few of us rolled around 45 mph down that stretch. Unfortunately, a few other riders missed the big "S L O W" marking on the road and wound up slipping off the road. I'm not sure if they missed the bend due to a loss of traction, if they ran off the road to avoid running into the intersection or if they collided with each other. I suspect I arrived about five minutes after the crash since police and medics were just arriving. I don't think anyone was seriously injured. Regardless, it's a bad way to end a ride and start the weekend. Todd, Jen and I regrouped and continued on our way.

The middle section of the ride can be described as "rollers" by the locals up there. Here, we'd definitely call them "hills." They weren't awful... just enough to feel the burn. The burn would change for the worse around the 57 mile mark. That climb was probably the longest five miles of my life! Climbing at only 4.5 to 5-mph, it took a painfully-long time to get to the top. Of course, there were plenty of riders passing me by. One pair of women got my attention. As they approached, I heard one of them say, "*See, this isn't so bad, is it?*" "*You're right. This is really nice!*" BARF! They were just chatting away while I huffed and puffed my way up the hill. HAHA! The back side of the hill yielded a pleasant eight mile descent.



The final "major climb" at 70 miles wasn't terribly long. But I was plenty tired and unable to maintain a decent speed up the climb. There was a false peak that fooled me near the top. It was a drag to think I was about to descend and then see yet more climbing in the distance. I got in my last downhill blast for the day at about 75 miles. From there, the route took us through the battlefields of Gettysburg and then made its way back to Thurmont. Todd, Jen and I stayed somewhat close together for the first 75 miles. Of course, Todd was our speed demon. Jen, while strong, was pacing herself and unwilling to really fly down the hills. Both of them easily out-climbed me and I made up ground on the descents. Todd was usually the one waiting on both of us.

Once we lost the fast descents but not the small climbs, I eventually fell behind their pace and rode alone but with other riders in sight. I had been fighting cramps in my knee, a really weird place for a cramp, and made sure I kept my fluids up. I finished the ride in just under 10 hours. My average rolling speed was 12.8 mph, my max speed was 48.4 mph, my max heart rate was 177 bpm and I burned approximately 7700 calories. I was glad to call it a day and get some quality rest in my hotel room before driving home the following day. Perhaps next year I'll stay in Gettysburg and take in some sights.

I've uploaded a video to YouTube which features footage of the descents. I have over 90 minutes and shared the best four. There's music on the video to replace the wind noise. I frequently play songs in my head as I ride, especially if I'm working hard, need a bit of motivation or if I'm just plain bored. This video features the song I heard the most. I shot the footage with a Contour Roam set to HD. It was mounted to my downtube so it pointed wherever the bike was headed (*instead of the dither of the handlebars*). [Click here](#) to watch the video at YouTube. The music industry has blocked the content from mobile devices. Mobile users may watch one of these versions: [WMV](#) or [MP4](#). Enjoy!

Lights, camera, action!

Scott

## More Ride Reports...





# Even More Ride Reports...

## Civil War Century...

By Jennifer Hamm

Boasted as one of Bicycling Magazine's top 100 fun rides, the annual Civil War Century was a great experience. Hosted for thirteen years, the Baltimore Cycling Club provided five different route options and phenomenal support. They have a ride for everyone. All routes start and end from Thurmont, MD which is located near the famous Camp David Retreat.

Registration for this ride opens every April and sells out quickly. The rider limit is 1600 and the cost was only \$35.00. Routes were marked very clearly and there was a good selection of food at all five rest stops. Volunteers were courteous and helpful.

I chose their most challenging yet most popular route, the 103 miler. This enabled me to experience Crampton's Gap, Antietam and Gettysburg battlefields as well as several covered bridges. The ride featured over 7,000 feet of climbing. The first climb started right from the beginning of the ride. It went up to South Mountain with an elevation gain of 1700 feet during the first 7 miles. Later, at approximately 56 miles, we went back over South Mountain again. This climb lasted until around mile 63. Once again you are hit with 1700 feet of climbing.

The views during this hilly ride were absolutely stunning. The mountain vistas made the suffering of the climbs worth it for the scenery. As far as the Civil War aspect, Gettysburg was my favorite. Seeing the battlefields and all of the beautiful and enormous monuments firsthand was a very humbling experience for me. I was so taken with the park that the following day I went and did a tour of the entire grounds.



## Surry Rest Stop...

By Sharon Bochman

A view from the rest stop of the Surry Century:

This year, Team Killer Bees was asked to provide food and volunteers for the rest stop at the Surry Century. The week of the event, Art Wolfson (*actually, Sherry Wolfson*) realized that the ride was the same day as Yom Kippur and they could not ride or work. Art asked me to take over as the lead in organizing everything. So, I did.

As with any first time event, there were things we learned that we will do differently next year but overall things went very well. We had plenty of volunteers and way more than enough food. The riders all seemed to be having a great time and loved the selection of goodies. Several riders asked for our recipes so Scott has been collecting those to share here in Chainstay. I brought my husband's bluetooth boom box and streamed Pandora radio all day. Near the end, we had everyone grooving as they ate. Several people were happy to dance for banana pudding. Haha! We kept the rest stop open until the last riders came through. They were very appreciative.

I think we made an impression on the riders that came out and hope they will tell all of their friends so we will have a much bigger Surry Century in 2014. It was an exhausting day but was also a blast!

Join us!

Sharon

### E-mail Notification of Chainstay Publishing

Last month, I began sending e-mail notifications to PBA members when Chainstay is completed and uploaded to PBA's website. If you did not receive an e-mail announcing this Chainstay, either your membership is expired or the club does not have an accurate e-mail address for you. See the last page of this Chainstay for a membership application. If you are already a member, contact PBA's membership chair, Scott Blandford, at [csbford@yahoo.com](mailto:csbford@yahoo.com) to update your e-mail address.

Speaking of e-mail notifications, PBA's ride coordinator has been sending out an e-mail each Friday with a list of upcoming weekend rides. This message is currently delivered to a diverse list of cyclists. There is a good chance this weekly announcement will be exclusive to PBA members in the future. If you like this service and are currently not a member, please consider joining PBA to enjoy this and the other benefits of membership listed in the [April 2013 Chainstay](#) on page 12.



# 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.**

**The Ride Schedule is undergoing modifications and is not ready for publishing. I will send out an e-mail announcement to PBA members when the Ride Schedule is published here and on our website. In the meantime, here are a few unique rides we know are happening this month:**

**Saturday Oct 5, 8:00am: A pace** - Join Jeff Gainer for a fast paced, fun ride to Yorktown and Williamsburg coming back on the Colonial Parkway. Distance will vary depending on who shows up. There are options to make it a 50 mile ride. Racers are discouraged from showing up because this group prefers to stay together while challenging themselves. It is a true A pace ride, usual averages are around 18-20mph. Meet at Washington Square Shopping Center behind the Taco Bell for an 8:00am launch.

**Saturdays all year, 8:30am (usually moves to 9am near the time change): B and C paces** - Join Lamont Poole and the rest of the Chuckatuck Chainring for a nice B/C pace group ride through the secondary roads in Isle of Wight County. They meet at the Oakland Christian Church 5641 Mills Godwin Blvd. (Route 10) which is about 10 minutes across the James River Bridge and leave the parking lot PROMPTLY at 8:30am for a leisurely 50 mile ride. Their motto is "wheel to the next meal" because they usually stop along the way for a snack and later for lunch. This ride is great for building endurance and speed if you are a newer rider. It is also a very large group so there is always someone riding at your pace. You will pass beautiful Lake Prince and see a lot of wildlife (and a few wild cyclists!)

**Saturday, Oct 19, 6:30 am: PACE UNCLEAR (A/B?)** - Jeff Gainer is proposing a Mountain trip for October 19th from Washington Square Shopping Center at 5210 George Washington Memorial Hwy leaving at 6:30am for a 80 mile cycling trip along Skyline Drive from Afton to Elkton, go down the back side of the mountain to Waynesboro then back up the mountain to the end. He will have a sag wagon to follow for support. You need to provide your own food and water. There is over 4,000 ft of climbing but the last 30 miles are pretty flat except at the end when you have to get back up the mountain. If you are interested, call Jeff Gainer at 880-6267 for details.

**Saturday, Oct 26, 9:00 am: C pace** - Join Fran Adams for 50 miles in Chesapeake for a Spooky Halloween Cemetery Bike Ride. Continue this long-standing-tradition ride started by Roz Greene. Help locate and visit more than 13 cemeteries along the route on this Halloween weekend. There are many restaurants in the shopping center for lunch after the ride. Costumes are welcome. Meet at Bike Beat Chesapeake, 200 Carmichael Way #608, Chesapeake, VA 23322. Call Fran at 757-287-6593 (C) or 757-467-2775 (H).

*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 changes to the ride schedule. Additions have been with short notice lately. Updating both the website and Chainstay frequently and abruptly has proven inefficient and time-consuming. Contact PBA's Ride Coordinator Jack Liike at [jliike@hotmail.com](mailto:jliike@hotmail.com) or 757-788-1196 for questions, concerns or to request an update. -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:** 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 757-880-6267c.

**\*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 467-2775.

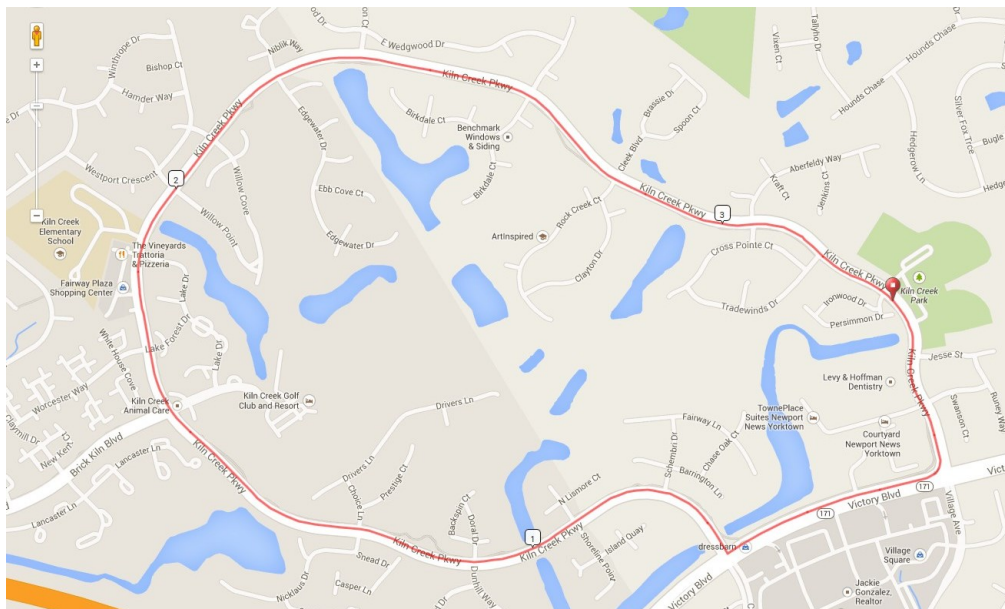
**Mon/Wed/Fri, 6:15 a.m. - "Squirrel Scalpers" Ride.** 22 miles Pace to suit slowest rider (B pace minimum). Meet at Panera Bread at Christopher Newport University (12368 Warwick Blvd). Call Rod Martin for more information at HM 930-8345 or WK 833-0096.

## SEASONAL RIDES (October through March)

**PBA's weekday evening rides have come to an end until April. However, there is still at least one group who will ride on weeknights throughout the winter:**

**\*Tuesdays/Thursdays, 5:30 p.m. - Kiln Creek Park, Yorktown:** B+/A- pace ride leaving from 2901 Kiln Creek Parkway Yorktown, VA 23693. No specific distance. Ride as long as you like! The group rides the 3.3-mile loop shown below. Most riders start riding at 5:30 while others trickle in as they leave work. The beauty of this ride is you can start late and still have a group, if you drop off the pace then you may jump in again when you're caught, and if you're overdressed or underdressed then you can stop at your car to adjust your attire and then jump back on the road when the group comes around again. Bring lighting and wear reflective gear. Traffic is not bad. Call Jeff Gainer for info at 757-880-6267c. Or just show up!

**\*Not a PBA ride...**



Business Cards - Check out PBA's new business card. We're still working out printing details. But they're ready to print from any home printer to pass out at rides. [Click here](#) for the PDF file.



Peninsula Bicycle Association  
P.O. Box 12115  
Newport News, VA 23612-2115  
[www.pbabicycling.org](http://www.pbabicycling.org)



Come ride with us!



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



**Reminder:** VDOT is widening Rt 17 to six lanes between Hampton Highway (Rt 134) and Wolf Trap Rd (aka Denbigh Blvd). The project has begun on 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 is 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](http://www.virginiadot.org/projects/hamptonroads/george_washington_memorial_highway.asp) for more information.

## 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