



Chainstay

The Peninsula Bicycling Association

November 2013

Volume 43, Issue 10

Monthly Meeting



Monday
November 11, 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: Virginia Capital
Trail and Cap2Cap

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Have You Ever Seen a Sheep Shiver?

By [Scott Farrell](#)

Back in the old days, people wore wool when they wanted to stay warm. It was itchy, but it worked! Wool was slowly replaced by synthetic materials over the years. But wool is making a bit of a comeback, especially in athletic circles. Why? Because it WORKS! That and the global market has made it easier and more economical to get different types of wool.

[Merino wool](#) has gained a lot of popularity on the road in recent years. First, it's WOOL and, therefore, effective and managing body heat and keeping riders dry. One of its best attributes is it's SOFT. No more itchy rides!

Merino wool is great for retaining body heat without over-heating the rider, it wicks moisture and, unlike other materials, it stays warm even if it gets wet. Some praise it's tendency to not absorb odors between rides. Personally, I prefer to wash my wool instead of figuring out how many rides it

takes to stink it up. It takes only a few minutes to hand-wash a wool base layer in the sink. It's often ready to wear less than 24 hours after hanging to dry. Two wool base layers can keep one riding every day of the week if desired.



Now is a great time to shop for winter riding gear. Consider adding Merino wool to your wardrobe if you plan to ride this winter. I can guarantee I'll be wearing wool the next time you see me on a cold ride. See page 5 to learn how keeping a warm, dry core can help to keep your hands and feet warm as well. Wearing wool changed my outlook on winter riding. Perhaps it will change yours, too.

Meeting Program — Virginia Capital Trail and Cap2Cap

Join Beth Weisbrod, Executive Director of the Virginia Capital Trail Foundation and Debbie Dust, Cap2Cap Director of Operations for updates on the Virginia Capital Trail, the 2014 Cap2Cap ride and 2015 Worlds as well as providing some question and answer time.





The President's Corner

2014 Club Officer Elections

PBA officer elections will be held at the membership meeting on Monday November 11. Meeting details appear on page 1 in the left margin. If you would like to throw your name into the hat for one of the officer positions, nominations will be reopened at the membership meeting. The following PBA members have been nominated for the positions below:

President - Sharon Bochman

Vice-President - Mary Hughes

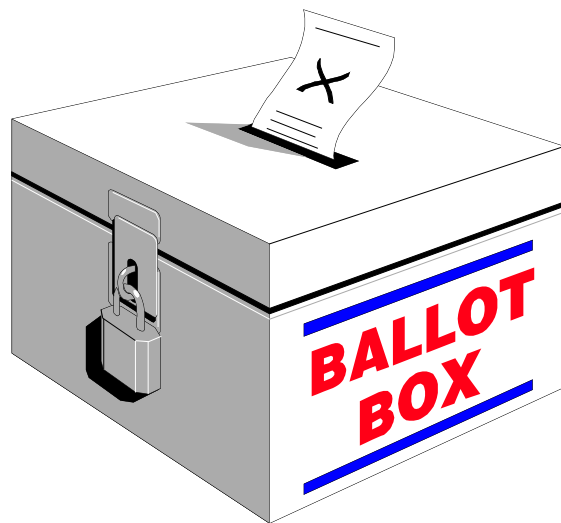
Treasurer - John Parker

Secretary - Scott Farrell

Executive Board - Cindy Wong, Bill Nuckles and Sandy Butler



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.



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, porshecindy@aol.com	804-642-2825
Vice-President	Bill Nuckols, wmnuck@cox.net	757-826-8313
Treasurer	John Parker, johnj1jr@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 Blandford, 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. 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.

Advocacy Report, Fall 2013

by [Bud Vye](#)

“Advocacy” from: http://www.vabike.org/advocacy-report-from-bud-vye-fall-2013/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+VirginiaBicyclingFederation+%

*Editor's Note: This article was found at VABike.org, but it originated in [Richmond Area Bicycle Association's](#) newsletter, *The Pedaler*. Pay attention to the section about proposed laws in Georgia as a reminder that forces are working against cyclists' rights to use public roads.*

Plans for the Legislative session will again focus on the Bill containing “Don't Follow Too Closely” & “Three Foot Passing”, and several of us in the Virginia Bicycling Federation (VBF) have been making the rounds in an effort to line up Co-Patrons for the bill, which again will be carried by Senator Bryce Reeves, a Republican from the Fredericksburg area. Several other delegates have already agreed to sign on and we are cautiously optimistic that we may be able to get the bill through this year. Secondly, we are trying to get the “Dooring” bill on the legislators radar screen, which will again be carried by Senator Chap Petersen of Northern VA, but a number of the rural legislators see this as an “urban problem” they don't seem to be that interested in solving.

You may recall that I earlier reported that Delegate John Cox of Hanover County had decided not to run again. His and Frank Hargrove's long time aide, Buddy Fowler, is running for the seat against Toni Radler. Since Delegate Cox has been a major obstacle for any legislation that would benefit cyclists in his role as Chairman of House Transportation Sub-Committee 2, we are anxiously awaiting the results of the elections to see the makeup of the House Transportation Committee and its Sub-Committees. Delegate Tom Rust of Herndon has already been appointed Chair of House Transportation, replacing Joe May of Loudoun, who was defeated in a primary for having supported the Governor's new tax package. Assuming that he gets re-elected, we expect that he will be a reasonable Chair, since he's been on that committee and we've seen him in action for some time.

Another area we've been devoting some attention to is the State Funding for Bicycling & Pedestrian projects, which has completely changed since the passage of Governor McDonnell's tax package in the last session. No longer funded by the Gas Tax, but now instead by the increased Sales Tax, we no longer have to hear the mantra we have heard for so long — “You cyclists don't pay any gas taxes, why should your activity benefit from them?” But the practice of allocating the Sales Tax funds for Bike & Ped is still being developed, so we are trying to be there at the beginning, so as not to get left with just the crumbs.

Another area we have been working on, with Champe Burnley leading the effort, is getting AmTrak to permit the bringing of bikes onto trains, which they have been very bureaucratic about resisting back here on the East Coast,

even though its been done for some time on the West Coast and other routes. Adventure Cycling and some of the other Advocacy groups are also working on this, and a recent test on the Chicago to DC route went smoothly, so we seem to be making some progress.

Some news from other states, as California passes a 3 foot passing of cyclists bill, which this time is signed by Governor Jerry Brown. It will go into effect in September of next year, making them the 22nd state with such a law. They had passed such a bill last year, but with Pennsylvania's “OK to cross the double yellow line, as long as there is no oncoming traffic” provision in it and Gov. Brown vetoed it, citing that it would open the door to motorists crossing the double yellow line unsafely and too frequently, so he couldn't approve of it. Now he has approved it, without the crossing of the double yellow line.

And a very strong Anti-Cycling bill down in the Georgia legislature, which currently has 3 foot passing law. That would not change, but bikes would have to be licensed by the State for \$15 per year per bike or \$48 for a permanent registration. Beyond this, it authorizes “the State DOT and local governing authorities to restrict persons from riding bicycles on the roadway or to designate certain times when bicycle riding is permissible.” Further, it repeals the existing “shall not ride more than two abreast” provision and replaces it with “single file at all times”, and “persons riding bicycles upon a roadway shall ride not more than four riders per single file line, and at least four feet shall separate each bicycle.” And, finally, “At least 50 feet shall be maintained between each line of four riders at all times.” Now there's a bicycling advocacy nightmare that the Georgia cyclists are working hard to see does NOT get passed while those of us in other states are keeping a close eye on. Even John Cox wouldn't have done that to us.

Just at press time, I learned that the Jury Trial for the Tractor Trailer driver who hit Jonathan Clarke & Will Bagby on the Cap2Cap Ride has been scheduled for January 10th at 9 a.m. at Charles City Courthouse on charges of Reckless Driving and Felony Hit & Run.

The above report from Georgia reminds us to never take our rights for granted.



PBA Classifieds

PBA Members Only

Green RANS Cruz Crank Forward Bike - Includes rear rack, kickstand, mirror, cyclometer, water bottle cage/bottle, bell. See <http://www.rans.com/bicycles/cruz.html> for current specifications. Asking \$750. Contact Robb at rmyer3@verizon.net or 757-826-4433. (11/13)

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)

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

A photograph of a person riding a bicycle on a dirt trail. The rider is wearing a blue shirt, black shorts, and a helmet. The background shows a scenic landscape with a lake and mountains under a blue sky with some clouds. The text "BikeBeat" is written in large, bold, red letters, and "Discover the Power of the Bike" is written in smaller, black letters below it. The website address "www.bikebeatonline.com" is written in red at the bottom. Two phone numbers and addresses are listed at the bottom of the advertisement.

Staying Warm...

By [Jan Heine](#)

From: <http://janheine.wordpress.com/2013/01/15/staying-warm/>

Winter is a great time for riding around here. We have a choice between cold and sunny or not-so-cold and rainy. If we can, we pick the sunshine, but that often means starting our rides when it is just below freezing.

Riding into a glorious winter morning is wonderful, if you are warm. But if your feet and hands are blocks of ice, it's hard to admire even the most gorgeous sunrise. Here are a few pointers toward staying warm:

Wear insulating, breathable clothing. Getting hot and sweaty is a recipe for getting cold and clammy on the next downhill. That is why I avoid shells and instead layer up with wool. Wool is a favorite around here, because it adjusts to a variety of temperatures. If you don't have a wool jersey, an old wool sweater will do just fine. If it's very cold, a shell can be useful to block the wind, but remember to take it off before you get sweaty inside.

Think of your core as the origin of your body's warmth. If your core becomes cold, you will notice it first in your feet and hands. Putting on warmer gloves and shoe covers won't help, because there isn't enough heat coming from your core. Instead, cover up your torso, arms and legs. Think of your extremities as radiators for the excess heat your body generates when you ride.

If you get cold, pedal harder. It's that simple: the more calories you burn, the warmer you get.

Avoid long downhills: too much air rushing by to cool you, not enough energy expended to keep you warm.

Hot drinks. If you do get cold, you can jump-start the warming of your core by ingesting warm drinks. In the 1950s, randonneurs carried thermos on their bikes during PBP, filled with soup. On very cold days, I sometimes carry a small thermos with tea in my handlebar bag. Or we stop at a café.

Eat. You need calories to burn. If you bonk, you'll get cold. The time to lose weight (if that is your goal) is after the ride, when your metabolism is going strong, but you are no longer pedaling.

On rainy days, avoid getting the spray from your tires onto your feet. Flowing water is one of the most efficient ways of cooling things. That is why most car engines are water-cooled, and so are power plants. You don't need that for your feet. Consider installing a cut-down rear fender at the front if your fender ends more than 15 cm (6") above the ground.

Those are the things that have helped me enjoy riding in the winter, when getting out is crucial not just for my training, but for my sanity. What are your cold-weather riding tips?

Save the Date...

**Join other PBA members, family and friends,
June 7-13 bike tour of the West of Ireland**

Visit <http://www.cycleholidaysireland.com/> for details. Cycle Holidays Ireland is the same operator as our 2008 tour. The cost is \$1950 for seven nights including breakfast and dinner.

Specialized Sirus Comp bikes are included, see <http://www.cycleholidaysireland.com/equipment.htm> for bike details.

The trip starts and ends at Shannon Airport. Reserve a spot with a 15% deposit at <https://ns.irishservers2.net/securepages/www.cycleholidaysireland.com/>.

Contact Robb Myer at rmyer3@verizon.net or 757-826-4433 for more information.



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.

Randonneurs Are In It For The Ride, Not The Race...

by Angela Evancie

From: <http://www.npr.org/2013/06/29/195873620/randonneurs-are-in-it-for-the-ride-not-the-race>

For many of us, a single cycling event — the Tour de France — defines athleticism on two wheels. The epic race was first organized by a French newspaper editor named Henri Desgrange in 1903. But Desgrange also had a hand in the creation of a very different style of cycling: the *randonnée*, a long distance-ride that prizes camaraderie and self-sufficiency over flat-out speed.

There's no direct translation for *randonnée* (*pronounced ran-don-NAY*) — it can mean a long outing or trip, or a ramble in the countryside. For its practitioners, called *randonneurs*, it's easier to define the event by what it isn't: a race. There are time limits, which means riders can't go too slowly — but they also can't go too quickly.

I speak to cyclist Michael Wolfe during a 400-kilometer *randonnée* that loops from a town south of Portland, Ore., out to the coast and back. He's in the lead, but he slows down so I can ride beside him. He's on a recumbent — sitting low to the ground, pedaling with his legs out in front of him — so he even offers to hold my recorder. Definitely not a race.

Today's ride started, without fanfare, at 4 a.m. At this point it's 7:30, and Wolfe has already covered his first 100 kilometers, or 62 miles. He's fast — but he says racing turns him into a nervous wreck. And that's why he likes *randonneur*ing.

"I think at its heart it is very cooperative," Wolfe says. "Although, when it comes down to it, you are alone on the course. It's like life in that way. It's a sort of shared struggle. And somebody else doing well does not diminish your own accomplishment, you know?"

Jan Heine, editor of *Bicycle Quarterly*, a Seattle-based magazine about the history, technology and culture of biking, says a German friend once defined *randonneur*ing as "the search for the complete cyclist."

Heine says that in *randonneur*ing, you have to be prepared for anything. "It's not like in racing, where it starts raining and somebody hands you a jacket out of a car window," he says.

Riders carry everything themselves: tools, food, lights — and if they get support anywhere but the official checkpoints, they're disqualified. This may sound like hell on two wheels, but the challenge was what tantalized the first *randonneurs*.

At the turn of the 20th century there were riders from two camps in cycling culture. The French camp was led by a healthy-living guru nicknamed *Vélocio* who touted the benefits of long-distance rides, fresh air and vegetarianism. In Italy, a style of group riding called *Audax* — Latin for audacious — became popular and was later imported to France by Henri Desgrange. Both styles attracted amateur cyclists, *cyclo-tourists*, as they were called, who did not get along with professional racers.

"There was a lot of animosity in France, actually, between the tourists and the racers," Heine explains. "Because the tourists said, 'We are going in the mountains, and we are a participatory sport.'" Participatory meaning that women could ride alongside



men — and people could ride basically whatever they wanted. This drove innovations in bicycle technology that today are widespread: If you've ever ridden a bike with a derailleurs, thank the *randonneurs*.

Perhaps the biggest difference between the racers and the *randonneurs* was socioeconomic. Racing was a working-class sport — prize money was a way out of the coal mines or factories. "You don't have the liberty to say, 'Well, the other guy deserves to win' if your living depends on it," Heine says.

*Randonneur*ing was more of a refined hobby. "If you're doing this for fun, suddenly the distinction between winner and second becomes meaningless," says Heine.

The pinnacle of *randonneur*ing today is a ride called Paris-Brest-Paris. (You can probably guess the route.) It's held every four years: 1,200 kilometers in 90 hours, nonstop.

Americans can participate by completing a series of qualifying rides here, called *brevets*, organized by *Randonneurs USA*. "It's maybe the best time you'll ever have on a bike, but a lot of people don't want to make that trip to France," says *Randonneurs USA* President Michael Dayton.

Hence the 1200Ks now held here in the U.S. — there are seven scheduled for this season. *Randonneurs USA* has 3,200 members this year, up 260 percent from a decade ago. Dayton says there are clubs popping up in almost every state, and manufacturers have started to sell bikes and equipment specific to the sport.

"You know, when the industry sits up and takes notice, you can tell something's happening," Dayton says.

At mile 168 of the Oregon ride, Lesli Larson and Michal Young, both from Eugene, cruise on an empty road in Kings Valley. Mount Hood, glowing white, anchors the far horizon. The ride has been nothing but sun, and Larson is pleased.

"Usually we sort of do this under rainy conditions, hovering in Safeways and getting hypothermia at mile 100," Larson says.

Then again, it seems like these two would be having a good time no matter what.

"Who could carry stress with them for 200-plus miles?" Young asks. "You just have to leave it behind."

And with that, they ride around the next bend.



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, November 2: WAB Pumpkin Ride, Chickahominy Riverfront Park. Enjoy a beautiful fall day as we stay on this side of the river for WAB’s 14th Annual Pumpkin Ride. Chickahominy Riverfront Park, 1350 John Tyler Highway, will be the location for this year’s ride, and we will be at the shelter next to the swimming pool. This year there will be three rides to choose from:

- 9:00 AM - 40 mile B pace ride around Jolly Pond and Little Creek Reservoir with rest stops at Little Creek Park and Freedom Park/7-11. Ride leaders - Reed & Karen Nester
- 9:00 AM - 28 mile C+ pace ride around Jolly Pond with a rest stop at Freedom Park/7-11. Ride leader - Gary Smith
- 10:00 AM - 18 mile casual ride mostly on the Capital Trail with a rest stop at Jamestown Settlement. Ride leader - Pat Groeninger).

[See website for more details.](#)

Saturday November 2, 10:00 AM: C+ pace - Meet Steve Zajac at Dare Elementary School (off Dare road Yorktown) for a 30 + mile ride. Email or call Steve by Friday afternoon if you’re planning on riding. spz1957@yahoo.com or 757-898-4396. No calls – Ride Cancels

Sunday 11/3, 9:00 am - B pace – Meet Robb Myer at the Starbucks Coliseum Crossing in Hampton for a 35+ mile ride. Email Robb by Saturday afternoon at rmyer3@verizon.net if you are riding, and he will reply with a cue sheet and map. No contact, ride cancels. Daylight savings time ends, remember to fall back!

Saturday November 16th. 9:00 AM B Pace - Join Jim Mack for the “Secret Route” ride. Meet at Tabb High School for a 35-ish mile ride. Call Jim at 757-867-6349

Saturday November 16th. 9:30 AM B Pace - Join Sharon Bochman for a 40-50 B pace ride leaving from the Oakland Christian Church in Chuckatuck on Saturday, November 16th at 9:30am. We will take secondary roads all around Lake Prince and scenic Isle of Wight County. We will stop for a quick bite to eat in Windsor before heading back. No one will be dropped. Call or Text Sharon @ 757-272-4153 for more info. (No calls or texts, the ride leader is not responsible for showing up either.)

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 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 STANDING 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 tide. 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. Contact Jeff Gainer at 757-880-6267c or Jgainer@cookandboardman.com for more info.

*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.

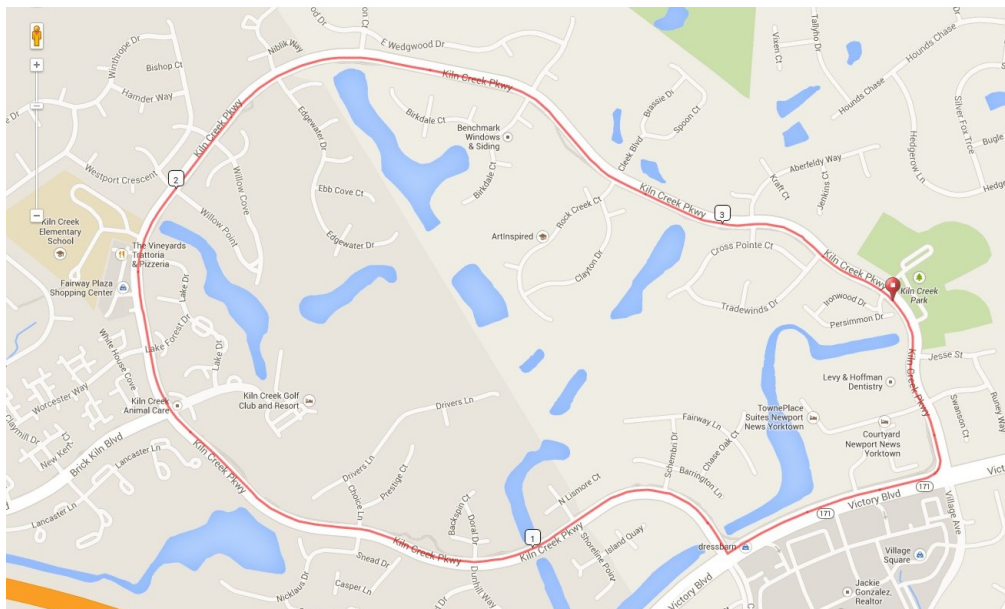
***Mon/Wed/Fri, 6:15 a.m. - "Squirrel Scalpers" Ride.** 22 miles Pace to suit slowest rider (B pace minimum). Meet at Panera Bread at Christopher Newport University (12368 Warwick Blvd). Call Rod Martin for more information at HM 930-8345 or WK 833-0096.

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. Contact Jeff Gainer at 757-880-6267c or Jgainer@cookandboardman.com for more info. 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



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 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