



Chainstay

The Peninsula Bicycling Association

April 2014

Volume 44, Issue 3

Monthly Meeting



Monday
April 14, 2014

Dinner and
Social Hour 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 Foundation

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PBA Ride on the W & OD Trail

from Sandy Butler

Join Sandy Butler and other PBA members on Saturday and Sunday, April 12th and 13th, 2014 for our annual overnight adventure on the Washington and Old Dominion Trail (W&OD) through the rural countryside of Purcellville to the suburbs of Falls Church. The W&OD Trail is the most popular paved trail of the "Rail to Trail" system in the United States. It is 45 miles long with gradual terrain and a few hills that go over roads. (We will be doing 40 miles each day at a C or above pace) This will be the fourteenth year of this popular ride.

We will leave Newport News early Saturday morning and travel to Purcellville, about a 3½ hours drive. We will have breakfast on the other side of Richmond at Cracker Barrel and arrive at Purcellville around 11:00AM. We will then bike to Leesburg where we will have lunch at a wonderful train station bakery. After lunch the group would then travel through Herndon, Reston, Vienna and East Falls Church. We will arrive at our motel (Econo Lodge) between 4:00 to 5:00PM after riding 40 miles (or earlier for you fast riders). The motel is near the 5 mile marker. Once we have rested and cleaned up we will likely take the Metro into Crystal City and have dinner at a California Pizza Kitchen or you can walk from the motel to a nearby restaurant. Sunday will find us retracing our route back to Purcellville with breakfast at La Madeleine, a French restaurant in Reston. After breakfast we will continue back to Purcellville while stopping at Leesburg again. We usually get back to Purcellville between 1:00 and 2:00PM.

If you want to reserve a space or need more information, give Sandy Butler a call at 757-872-9271. The number of people going on this ride is limited. Please note that the weather this time of year can be anything from thunderstorms, downpours, winds and even snow. It can also be beautiful as it has been in the past two years. Despite the bad weather we have usually been able to ride at least one day and the other day has been shopping.

Howard and Leslie Beizer and Anthony and Hazel Woodard have once again agreed to transport our luggage from Purcellville to Falls Church and back. Motel reservations must be made by you and you need to contact Sandy for the phone number and to sign up. Many of the same people return year after year to do this ride.

Hope to see you.

Sandy

April Meeting Program — Virginia Capital Trail Foundation

Join us as representatives from the Virginia Capital Trail Foundation present a progress report on the construction of the Cap2Cap Trail. The presentation may contain information about the upcoming Cap2Cap ride (*see page 10*).





The President's Corner

This is an exciting time to be a part of the

Peninsula Bicycling Association. We have a group of leaders that are actively working to improve methods of communication within the club. We realize our main focus as a club is to provide a service to you by creating group rides where you can train at any level and have an opportunity to meet new cycling friends.

We are in the process of rolling out the new and improved website. You might want to save www.pbabicycling.org to your favorites because in the coming months, the ride leaders will have the ability to make somewhat last minute decisions to lead rides after ensuring the weather will cooperate. This will give our members a reliable ride schedule. We will still have preplanned weekly rides but if a ride leader has to cancel due to weather, you can also get live information online.

We also created a Facebook page. You can find us at Peninsula Bicycling Association. Only Ride Leaders and Board Members will have the ability to post but anyone can comment on posts. We set it up that way so it wouldn't stray from its mission: to inform you in live time where the rides will be.

Our Ride Coordinator, Mary Hughes has also been sending out last minute e-mail reminders to members because not everyone is on Facebook or think to check the website. The e-mail update has the same information as Facebook but once the e-mail goes out, she will not update if there is a last minute change. It is up to you to call the ride leader to ensure the ride is still on.

We will have warmer weather coming... eventually. I think we all have a terrible case of spring fever and we have a great group of ride leaders creating fun, challenging rides in and out of our immediate area. Sandy Butler is preparing for her yearly WO & D ride on the weekend of April 12-14th. Glenn Young is inviting us all to his home in Mattaponi (King & Queen County) for a Killer Bee 40-mile ride with a chili lunch afterwards. There are plenty of other fun rides on our website. So please check it out at www.pbabicycling.org. Don't forget, you still need to RSVP with the ride leader if you plan to show up. If no one calls, rides still cancel.

Get your ride on!

Sharon Bochman



PBA Website:
www.pbabicycling.org

PBA Board Meeting

PBA Officers and Executive Committee meet on the first Monday of each month at Carmines Robbins & Company, 11815 Rock Landing Drive in Newport News. All PBA members are welcome to attend and contribute to discussions which will form the direction of the club. Business also includes planning 2014 PBA events.



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

PBA Affiliations:



2014 Officers

President	Sharon Bochman, bochman@cox.net	757-868-4120
Vice-President	Mary Hughes, justmarybee@gmail.com	757-713-9321
Treasurer	John Parker, johnj1jr@verizon.net	757-898-7147
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Executive Committee Members	Bill Nuckols, wmnuck@cox.net Tregg Hartley, tregg.hartley@verizon.net Bill Newton, williamnewton1@verizon.net	

Committee Chairs

Ride Schedule	Jack Liike, jliike@hotmail.com	757-788-1196
Membership	Scott Blandford, csbford@yahoo.com	757-256-9391
Publicity	Vacant (anyone interested?)	
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.

TourdeCure®

Team Killer Bees is off and running! We currently have 29 riders and have \$8,359.00 raised so far. The last three weeks are when most people really ramp up their fundraising efforts, so we should easily surpass \$10,000 for diabetes research. We have continued to post weekly rides for all levels and abilities, but Mother Nature has not been very fair to us this year. As I write this, I am looking out my window where the rain is coming down and the wind is whipping up. This coming week looks promising so get out there and get that needed saddle time. If you or a friend are looking to do a really fun, scenic ride, please our team. To sign up or get more information, visit <http://diabetes.org/hamptonroadsvatour>. Click "Register to Ride," then click "Join an Existing Team" and choose "Team Killer Bees." Or join/donate directly from [our team page](#). Click "Join This Team" to join us or click "Donate" next to a specific rider who needs help reaching their goal. Use discount code TOUR5 for a \$5 discount off the registration fee. You must raise \$200 to participate. If you have any other questions, e-mail me at bochman@cox.net.

I identified several reasons why this ride is worthwhile on a personal level after doing it myself for the last two years. Here is my list:

- Low entry fee - Riders only have a \$200 minimum fundraising requirement. Most people are happy to donate to a cause that affects so many people.
- The ride is very well supported - They have rest stops very frequently giving you the option to stop or continue riding, whichever you prefer.
- Great SAG support - They have motorcycles all along the route looking out for you. Local bike shops will be there, too.
- The route is absolutely beautiful - You go all around Lake Prince and many little fingers. I frequently see bald eagles, pheasant, wild turkeys and blue herons in that area. You also pass lots of farm land and livestock and the terrain is rolling at times and flat at times so it's not boring.
- After the ride - They have a post ride party with great food and entertainment.
- It is close to home and centrally located to the Peninsula and the Southside.

Please join our team this year. We plan to group by pace so no matter what speed you travel, you will have a group to ride with. We will also be training together after we get our teams in place.

See you on the road!

Sharon Bochman
Tour Team Captain and Queen for a Day
757-272-4153

 American Diabetes Association®
TourdeCure®



OF YOUR LIFE

REGISTER TO RIDE
diabetes.org/hamptonroadsvatour

Saturday, April 26, 2014

**King's Fork High School
Suffolk, Virginia**



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 Sharon Bochman at bochman@cox.net or 757-868-4120 if you are interested in making a presentation. The club can provide a projector and will pay for your meal that evening.

IT'S BACK! Pedal the Parkway 2014



Pedal the Parkway 2014 Free to the Public on the Colonial Parkway

Bicycle, jog or walk along the Colonial Parkway on Saturday May 3rd 2014!
at the 17th Annual Pedal the Parkway

When: Saturday, May 3rd 2014 from 8 AM to 1 PM. Free, but bike helmets and registration required.

Where: Pedal the Parkway is held on the Colonial Parkway section running from Williamsburg's Newport Ave entrance to Jamestown.

What: The National Park Service closes the Colonial Parkway to motor vehicles from Williamsburg to Jamestown for cyclists, runners and walkers of all ages to enjoy a car free Parkway. In 2012, over 1000 people enjoyed the beautiful scenery along the Parkway during this event. New in 2014, an Outdoor Activity Expo located at the ECO Discovery Park will be held to promote outdoor recreation and healthy living activities.

Who: Your local bicycling club, Williamsburg Area Bicyclists (WAB) is once again organizing the 17th Annual Pedal the Parkway to provide an enjoyable experience along the historic and temporarily car-free Colonial Parkway.

Why: Fun, free, and family-friendly alongside the beautiful James River.

Non-competitive, start at your own time, go at your own pace.

Free bicycle helmets for children at the ECO Discovery Park while they last.

Suitable for young families, special-needs athletes.

Need more Info? www.williamsburgbikemonth.org

Facebook: <https://www.facebook.com/pages/Pedal-the-Parkway/117268508285310>

Contact: Nancy Carter, njcarter@starpower.net, 757-229-4907

Sponsors Needed!

Help us put on
Pedal the Parkway!

Contact us at pedalthehighway@gmail.com



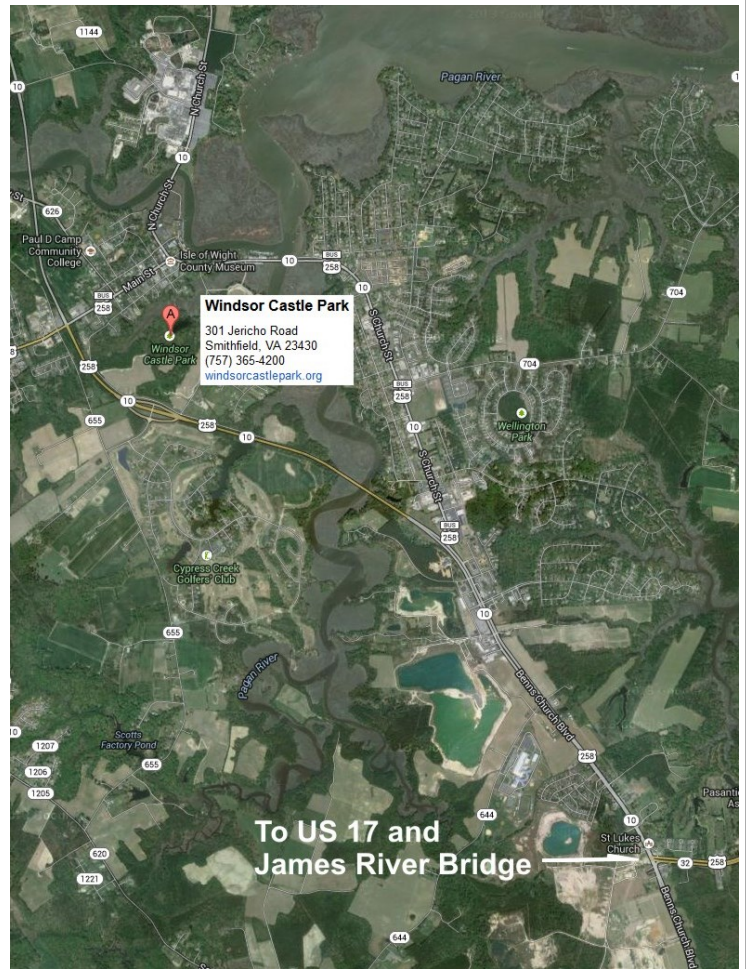
The Smithfield Challenge: May 24, 2014

Join the Peninsula Bicycling Association on an all-new ride, The Smithfield Challenge, starting from Windsor Castle Park in Smithfield, VA.. The park is near downtown Smithfield (*address in photo*). Rides of 25, 46 and 64 miles though Surry County. Registration fee is \$15 for members, \$20 for non-members and \$10 for each child (*12 and under*). Fee includes maps, cue sheets, marked routes, rest stops, snacks, sag support and lunch at the end of the ride. Pre-registration requested. **A \$5 late registration fee if registration form is postmarked after 5/15 or registering on-site.** On-site registration opens at 7:45 a.m. Route SAG from 8:30 a.m. to 2:30 p.m. Lunch from 11:00 a.m. to 2:30 p.m. **HELMETS ARE REQUIRED!**

Contact Patricia D'Elia at 757-268-7374 or patricadelia@gmail.com for additional details or to volunteer.

Make checks payable to PBA and mail registration form to:

Peninsula Bicycling Association
P.O. Box 12115
Newport News, VA 23612-2115



The Peninsula Bicycling Association 2014 SMITHFIELD CHALLENGE Saturday, May 24, 2014

Name: _____
(one name only)

Phone: _____

Address: _____

E-mail: _____

City/State: _____

ZIP: _____

Emergency Contact: _____

Emergency Phone: _____

I will ride the following route (please circle one):

25/ 46 / 64

Registration Fee: (please circle one):

Non-member	\$20
PBA member	\$15
Child (12 and under)	\$10
Late Fee (after 5/14)	\$5

Total Enclosed: \$ _____

RELEASE AND WAIVER:

In signing this application, I 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 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.

(one name only)

Save the Date: Hampton Roads Bicycle Summit (Transit Symposium)

Old Dominion University Recreation (OAP)
Saturday, May 31, 2014 from 9:00 AM to 5:00 PM (EDT)
Norfolk, VA

CONNECTING COMMUNITIES

“Mainstreaming energy efficient modes of transit in Hampton Roads”

Bicycle commuting is booming nationwide, with more than 60% growth since 2000. Already more than 1 in 5 Americans live in a Bicycle Friendly Community and more than 1 million workers are employed by a Bicycle Friendly Business.

That being said, our goal is to bring together members of the region who are passionate about strengthening and revitalizing the inter-connectivity of the Hampton Roads communities through increasing educational awareness, interactive learning and safe alternative transit practices. The summit will bring together interested citizens & community leaders to actively discuss, plan and engineer solutions that will make Hampton Roads more Bicycle & Pedestrian Friendly. Sustainability, safety & the 5E instructional model (Engage, Explore, Explain, Elaborate, and Evaluate). There will be focus on creating Safe Routes for ourselves & future generations to travel around the Hampton Roads. We will have Q&A opportunities for local business and community leaders to submit for their Bicycle Friendly designations with the League of American Bicyclists. Bicycling means business & economic development! Bicycling brings people together...join us this May 31st to learn how we connect people to resources, information and the movement of change.

Who Should Attend

The Summit is created for people of all ages, and experience levels from beginner to advanced. Everyone from teachers, students, non-profit leaders, business leaders, and families interested in creating a healthier, more physically active and better connected community. The schedule will accommodate participants who have organized events in the past and those that are new to bicycling and want to simply learn how to get from A to B safely. No prior knowledge about cycling is required to attend the Summit.

SCHEDULE

- 8:30-9:30 am: Welcome & Registration
(Mountain Room/SRC 1009)
- 9:45-10:45 am: Session One, Bicycling (Safety) 101 - IMBA FAQ
Transit Guide
- 11:00-12:00 am: Session Two: Bike Sharing, Dream Rides, Green
Infrastructure
- 12:00-1:30 pm: Lunch - Grab your passport we're getting grub
with Carry Norfolk!
- 1:45-2:45 pm: Session Three: Film & Fashion, Pedal 2 Cleanup,
Panel Talk
- 3:00-4:00 pm: Session Four: Healthy living, ACTION SHOW,
VA Transit
- 4:15-5:00 pm: General Summit Assembly Discussion with
Keynote Speaker
- 5:00 pm: City of Norfolk Group Ride on the Elizabeth
River Trail

See <https://www.eventbrite.com/e/hampton-roads-bicycle-summit-transit-symposium-tickets-9969004561> to register.

New PBA Group Ride Pace Definitions

by Scott Farrell as presented by Mary Hughes and Jack Liike

If you've ridden with PBA for any number of seasons, then you know the topic of pace definitions tends to come up from time to time, especially for the B pace groups. The B pace rides often catch what some call “tweeners,” riders who are not challenged by a C pace but can't quite keep up with the B groups that are usually filled with riders who can't ride with the A pace groups (*often because they are actually A+ pace*). Additionally, nearly every club in the region defines their paces by “end average,” “average rolling speed,” “overall average,” or any number of other terms that mean different things to different people. This can tend to create confusion, especially if someone from a neighboring club is riding with us. It's also discouraging for newcomers who arrive to ride a “B pace” (15-17 mph) without realizing the group must ride faster than that to maintain an “average” (*by any definition above*) B pace.

Our ride coordinators, by way of recent ride leader meetings, have been presented clear guidance that should not be too hard to follow. Several of us have scoured the websites of other clubs for examples. One of the best includes “average rolling speeds” which depend on the terrain (*hilly, moderate or flat*). We have chosen the FLAT portion of their table since that's what most of our riding here features. We, as a group of ride leaders, agreed on one deviation from other clubs' practices in that our published paces will be actual riding speed; NOT AVERAGE. In other words, if the pace is advertised at 16-17.9 mph, riders should expect to ride at that speed with the exception of brief periods during a rolling hill or two. While this may not be a popular decision among some of our veteran riders, the ride leaders agreed that this was a good practice for the sake of not discouraging new riders or those who see different practices from ride to ride.

That said, here are the new ride speed categories:

- A+ 22-24 mph (or beyond)**
Strict paceline riding with frequent rotations, minimal regrouping and the leader rides anywhere within the group. Riders who cannot keep up will be dropped (*left behind*).
- A 20-21.9 mph**
Frequent paceline riding with frequent rotations, limited regrouping and the leader rides anywhere within the group. Riders who cannot keep up will be dropped.
- B+ 18-19.9 mph**
Frequent paceline riding, occasional regrouping and the leader rides anywhere within the group.
- B 16-17.9 mph**
Limited paceline riding, occasional regrouping and the leader rides anywhere within the group.
- C+ 14-15.9 mph**
Riders usually stay together as a group, frequent regrouping and the leader may ride at the front of the group. Slower riders are rarely dropped.
- C 12-13.9 mph**
Good for new/inexperienced riders. Riders stay together as a group, frequent stops and regrouping; leader may ride at the front of the group. No rider is dropped.
- D 10-11.9 mph**
Good for new/inexperienced rider. Riders stay together, frequent stops and regrouping; leader rides at front. No one dropped.

Odds and Ends...

I have other things to share, but no little slots in which to place them. Therefore, I'm going to just toss out a string of things worth publishing in Chainstay without any sort of artistic placement. Here goes:

- PBA member, Rona Altschuler, is riding her bike from coast to coast to raise awareness and funds for Alzheimer's research. Read an article about her [HERE](#). Visit her blog at <http://ronasride.wordpress.com/>.
- PBA member, Linda Carter, is also riding her bike across the country. Visit her blog at <http://www.crazyguyonabike.com/>.
- The 36th Annual Virginia Senior Games are being held on May 16, 2014. Visit <http://nnparks.com/vasrgames13/Cycling.htm> for more information. Register [HERE](#).

Here's a brief article from the editors of *Bicycling Magazine* that addresses some common pains you may be having as you return to the saddle this season:

As you begin logging more miles, aches and pains can start cropping up. The usual culprits: poor riding position, imbalanced muscles, a [weak core](#) or just another birthday. "With new riders, you can usually blame poor bike fit or equipment setup, or a training error, like going out for 50 miles on their first ride of the season," says Andy Pruitt, EdD, director of Boulder Center for Sports Medicine, in Colorado. If you're a seasoned cyclist, the culprit is generally wear and tear. Your body has grown accustomed to your bike setup and training regimen over the years, then suddenly you have knee or back pain. General aches and pains can be remedied with traditional treatments such as rest, ice and anti-inflammatories—and with the following fixes.

Hip Pain - WHAT AND WHY: Pushing excessively high gears can wreak havoc on your hips, as can tight muscles and weak glutes. **FIX:** Gear back and increase your cadence to take pressure off your hips. Follow the glute-strengthening advice in *Knee* (below). Do yoga poses like the pigeon, where one leg is bent 90 degrees in front of you and the other is extended behind you.

Knee Pain - WHAT AND WHY: Achy hinges are usually a result of incorrect saddle and/or cleat position, weak outer glutes, and doing too much too soon, especially in a big gear. **FIX:** Generally, if it hurts in the front of your knee, your saddle is too low. Pain in the back

means it's too high. Spin an easier gear. Strengthen your outer glutes with lateral leg exercises like side lunges and side leg raises. Stretch your quads, iliotibial bands and hamstrings. Get a [professional bike fit](#).

Foot Pain - WHAT AND WHY: You experience hot spots, pain under the ball of your foot, numb toes when pressure is concentrated on one part of your sole, squeezing the nerves between your foot bones. Hot spots can happen to longtime cyclists who've never had such pain because the fat pads in our feet shrink over time, leaving the nerves less protected, says Pruitt. **FIX:** For numbness, loosen your shoes. Already loose? Try a wider shoe. For burning, slide your cleats all the way back, switch to shoes with a stiffer sole or try wider-platform pedals. "Change your foot beds regularly," Pruitt says. "Change them once a year if you ride 5,000 miles or less; more often if you put in higher mileage."

Back Pain - WHAT AND WHY: Fatigue, age-related wear and tear, poor bike fit and a weak core can cause pain and strain. **FIX:** Perform plank exercises to strengthen your core. Stretch your hamstrings. Check your bike fit to see that you're not overreaching (*see Neck, below*), keeping in mind that over the years you may need to tweak your riding position to compensate for decreased flexibility.

Hand Pain - WHAT AND WHY: Excess pressure on nerves in your hand can cause [numb, tingly fingers](#) and pain in your wrists. Also, you may have too much weight on your hands or have your wrists cocked at too extreme an angle. **FIX:** Wear lightly padded gloves. Hold the bar with your wrists in a neutral position (like when you shake someone's hand). Check that the nose of your saddle isn't tipped down, shifting your weight too far forward and onto your hands.

Neck Pain - WHAT AND WHY: Over-reaching causes tension through your shoulders and upper back. **FIX:** When you look at the front wheel with your hands on the hoods, your bar should obstruct your view of the hub. Relax your shoulders when you ride.

Ankle Pain - WHAT AND WHY: Pain in the back of your ankle is a symptom of Achilles tendonitis—generally brought on by doing too much too soon. Having your cleats too far forward, which makes you pedal on your toes, can also strain the Achilles. **FIX:** Ice the area and use anti-inflammatories. Stretch by placing the ball of your foot on a step and letting your heel hang off the edge. Hold for 20 seconds. Also, move your cleats back.



Join Team Killer Bees for their annual Bike MS Ocean to Bay Ride, aka "MS-150" on May 31 and June 1 (75-miles each day). Chainstay will feature more about this ride in May. In the meantime, visit Team Killer Bees webpage at <http://www.pbabicycling.org/teamkillerbees> to learn more about this ride.



ACCEPT THE
CHALLENGE



PBA Classifieds

PBA Members Only



2011 Trek Madone 4.5 (58cm) - Shimano 105 (*except crank/brakes*). Purchased in March 2012. Has approximately 6500 miles. Maintained by Bike Beat in Kiln Creek. Excellent condition with exception of minor paint chips in seat stay and chainstay from broken spokes. Upgraded wheels to Bontrager 28-hole Classics. Matte black paint with blue accents. Sale includes two water bottle cages and DuoTrap speed sensor (*cadence non-functional*). 58cm size is good for riders ~5'11"-6'2". Asking: \$1500. Contact Scott at StealthTDI@spamarrest.com ("*PBA*" in subject, please). (2/14)

VINTAGE 1986 TREK 310 ELANCE, 54 cm, men's red road bike. Great for classic collector to show off. 27 1/4 tires are idea for beginner, for casual rides, and easy to handle on dewy or damp road surfaces. Shimano Tiagra. Rode the Surry Century 100 miler and several duathlon's with ease every time. Tuned and road ready. Asking \$175. Contact Dave at 813-5272 or Ziggy0705@aol.com.

2011 Cannondale Synapse WSD 51cm women's road bike. The carbon fiber frame and fork are shades of charcoal gray and in excellent condition. Originally sold and all maintenance performed by Village Bicycles. The bike has about 2,500 miles. Comes with SPD pedals, 10-speed Shimano Ultegra components throughout including SG-X 105 50-F crank. Mavic Ksyrium Elite wheels with Continental Grand Pix 4000S tires. New Bontrager seat. The bike is ready to ride and a dream to own. Asking \$1,200. Contact Kelly or Dave Peck at 757-596-7387 or kellyndave2@verizon.net. (12/13)

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)

2012 Schwinn "MADISON" single speed bike. Size Large. Frame is black with yellow rims. Purchased \$500 asking \$300. Contact Paul at Pauly14@verizon.net (5/13)

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 \$600.00 firm. 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)

2006 Madone 5.2SL 52cm Road Bike. Ultegra 6600 10 speed, 53-39, 12-25. Purchased and serviced exclusively at Bike Beat Kiln Creek (all records available at BB). Italia Seat with Bontrager seat bag. Madone 5.2SL is less pedals. Selling price is \$700. Contact Mel Moss at 757-867-8943. (update 12/13)

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



Weekly Recurring Rides

RIDE SPEED CLASSIFICATIONS

A+ pace: 22-24 mph (fast and steady)

A pace : 20-21.9 mph (fast and steady)

B+pace: 18-19.9 mph (moderate & steady)

B pace: 16-17.9 mph (moderate & steady w/stops)

C+ pace: 14-15.9 mph (moderate with stops)

C pace: 12-13.9 mph (group will wait for all cyclists)

D/Casual: 10-11.9 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. **PBA's Weekend Ride Schedule is no longer published in Chainstay** due to it's dynamic nature. [See it online.](#)

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.

*Tuesdays, 1:30 p.m. - **Village Bicycles:** ~20 mile C-B pace ride from 9913 Warwick Blvd, Newport News. Call Connie at 757-595-1333.

Wednesdays, 9:00 a.m. - Dismal Swamp Trail on Rt 17 in Deep Creek. Fran & Fred Adams lead a ride for seniors, retired people and anyone who has Wed. off. About 30 miles with a stop at G.R.I.T.S. for snacks. Contact Fran at 467-2775.

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

SEASONAL RIDES (April through September)

Mondays, 6:00 p.m. - Old courthouse parking lot at 116 Church St, Yorktown: Join us for 27 mile A and B/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.

Mondays, 5:00 p.m. (changes to 6:00 p.m. in May) - White Marsh Shopping Center on Route 17 Gloucester - Join us for a 28 mile A & B Pace Ride, C Pace Ride of 12 Miles. We ride the Warner Hall Loop and Zaroni. Call or text Bob Anderson at 804-413-5941, Bernard Robins at 804-815-9719 or Cindy Wong at 757-287-5948.

***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 or text Carl Killian at 757-812-5810 or Jeff Gainer at 757-880-6267 for more info.

NEW LOCATION - Wednesdays, 6:00 p.m. - Todd Stadium, Newport News: Join Bill Newton by the parking lot entrance of Todd Stadium for a fun filled ride thru beautiful Glendale, Maxwell Gardens, Deep Creek, Hidenwood, Riverside, Mariners Museum, Hilton Village 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 Bill Newton at 757-596-0837

Wednesdays, 6:00 p.m. - Courthouse parking lot at 310 Ballard St, Yorktown: Ride length and pace depend upon group (*usually C; 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/B+ pace ride. We meet with Bill Monroe's group (*above*) and then separate after a warm-up. The group may exceed a B+ pace. But no B-rider will be dropped. Call Scott at 757-880-4070.

Thursdays, 6:00 p.m. - Tabb Library at 100 Long Green Blvd, Yorktown: Leisurely B pace. Contact J. D. Hawthorne at 218-3529.

***Thursdays, 6:00 p.m. - Old courthouse parking lot at 171 Ballard St, Yorktown:** Meet at the corner of Ballard & Main Streets. A/B pace. Call Randy Howell at 757-876-1476.

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



Presented by:



SATURDAY, MAY 10, 2014

SyCom Century: 7:30 am

Sands Anderson Half Century: 8:30 am

25-Miler Presented by Busch Gardens: 9:00 am

Eco Discovery Park 15-Mile Fun Ride: 10:00 am

Richmond Start: Rocketts Landing

Williamsburg Start: Chickahominy Riverfront Park

Proceeds support:



Register online at virginiacapitaltrail.org



Do you use the mountain biking trails at any of the following locations in Eastern VA?

Ipswich (IRP) – First Landing State Park – Freedom Park
New Quarter Park – Newport News City Park – York River State Park

If so, please consider participating in this survey! The information gathered by this survey may be useful in **validating funding, promoting, and maintaining the park/trails** in a manner that reflects the desires of the trail's users—**YOU!**

The survey should take no longer than 10 minutes to complete. To access the survey, you can scan the QR code and fill it out on your mobile device or visit <http://www.surveymonkey.com/s/mountainbikingEVA>. Please contact us if you have any questions/concerns.

Thank you,

Dr. Eddie Hill, (757) 683-4881, ehill@odu.edu
Brian Smith, (703) 447-1560, bsmit010@odu.edu



bikejournal.com

Want a little push to reach your total mileage goal in 2014? Join your fellow PBA members and log your miles at BikeJournal.com. Basic membership is free. Point your browser to <http://www.bikejournal.com/> to sign up and create a profile. Configure your profile through the “Riders” menu. Configure your journal from the “Journal” menu. Be sure to join the “Peninsula Bicycling Association (PBA)” club through the “Club” menu. You can be a member of multiple clubs. After you ride, visit Bike Journal and add the ride. Don't worry — you can enter multiple rides and rides from previous days, or edit past rides. If you make your journal public, then others may see your mileage and you can see theirs. At next year's awards banquet there will be a Bike Loggers drawing similar to the “door prize” drawings. For each 1000 miles, you get one chance in drawing (e.g. 7420 miles earns 7 chances, 2210 miles earn 2 chances etc.). The more you ride, the better chance you have of winning. You must be present to win.

April 26, [25th Annual Ocean to Bay Bike Tour](#) - Offers you a leisurely ride through the beautiful countryside of The Quiet Resorts. Riders of all ages will find the flat terrain an enjoyable ride whether they choose the 5-mile, 30-mile, or 50-mile course. Registration fee \$45. For more information visit: <http://web.bethany-fenwick.org/events/25th-Ocean-to-Bay-Bike-Tour--533/details>

April 26, [21st Annual Tarwheel Century](#) - Camden, NC. "The World's Flattest Century" will be one of the most beautiful rides you can do. Our completely sagged century will take you through the historical downtown areas of both Elizabeth City and Edenton, NC. Expect azaleas and dogwood trees in bloom along the attractive waterside. All cyclists are welcome; families, too. Visit <http://www.rivercitycyclingclub.com/>.

May 10, [Virginia Cap2Cap](#) - Join the 2014 Cap2Cap ride, one of the fastest growing cycling events in the region! You will be treated to some of the most stunning scenery Virginia has to offer, while pedaling through 400 years of history between Richmond and Williamsburg. Enjoy well-stocked rest stops, awesome volunteers, delicious lunch, BEER, a vendor expo and live entertainment—a full day of outdoor fitness and fun! Visit <http://virginiacapitaltrail.org/cap2cap-ride/>

May 17, [CASA River Century](#) - Shepherdstown, WV. All ride proceeds benefit CASA of the Eastern Panhandle. The ride offers 25, 50 and 100 mile routes. A fully supported ride, with sag support and our famous post-ride picnic. Visit <http://www.casarivercentury.org/>

May 17, [15th Annual Tour de Lions](#) - Climax, NC. New routes, 13, 22, 40 or 62 miles, all within beautiful Randolph County. Great roads, beautiful scenery, good people, scrumptious food & cold drinks. Tons of door prizes and benefiting great causes! Visit <http://www.tourdelions.org/> for info.

May 17, [Scotland Neck's 12th Annual Country Roads Bike Tour](#) - Scotland Neck, NC. Bike along tranquil country roads through pristine farmland. Tour travels through an amazing view of the Roanoke River Valley. Routes of 25, 50 and 61 miles. All routes begin and end in Scotland Neck at the Town Hall. Visit <http://www.townofscotlandneck.com/> for details.

May 17, [27th Annual Tour de Madison](#) - The Vineyards of Madison County. The ride begins and ends at Graves Mountain Lodge in Syria, Virginia. Cyclists and their families will have the opportunity to enjoy the complete Graves Mountain Lodge experience. There are three ride options: Metric Century (61 miles), 41 miles and a Family Ride. Plan to end your ride between 11:00 pm and 2:00 pm and enjoy a post-ride meal featuring Pork BBQ, grilled boneless chicken breast, or pita bread

and hummus. Also included will be slaw, baked beans, French fries, dessert and a drink. Visit <http://tourdemadison.com/> for more info.

May 17, [38th Annual Knotts Island Century](#) - The Tidewater Bicycle Association proudly presents its signature event, the 37th Annual Knotts Island Century ride. One of the ride's highlights is that the English and Metric Century both cross the Currituck Sound on the North Carolina State Ferry, from opposite sides. New century option with no ferry crossing. Visit <http://www.tbarides.org/> for more info.

May 16-18, [16th Annual Tour de Chesapeake](#) - Tour de Chesapeake is a family-friendly cycling event located in Mathews County, on Virginia's Middle Peninsula. The supported ride is all day on Saturday, but we hope you will make a weekend of it and see all Mathews has to offer. We offer four routes ranging from 19 to 24 miles. Ride them all! Visit <http://tourdechESAPEAKE.org/> for more info.

NEW LISTING - [May 18, 4th Annual RecRide](#) - Bike Maryland is happy to announce the 4th Annual RecRide bicycle tour out of Patterson Park in Baltimore City, Maryland. Two great, recreational bicycle tours, approximately 12 and 30 miles give you a close-up view of Charm City's neighborhoods, cultural areas and historic monuments. Visit <http://bikemd.org/page.php?id=693> for details.

May 25-June 1, [Ride to Recovery Memorial Challenge](#) - Washington, DC to Virginia Beach, VA. Full Challenge or one day rides are available. For example, May 29th is from Richmond to Williamsburg and May 30th is from Williamsburg to Virginia Beach. Visit <https://ride2recovery.com/event.php?ID=535> for more info.

June 1, [11th Annual Fletcher Flyer](#) - Presented by the Blue Ridge Bicycle Club (BRBC). Routes include the full, metric, half century, and thirty mile rides, which wind through the valleys south of Asheville, NC. It is the least hilly ride in Western North Carolina, but it has plenty of rolling hills to keep all riders interested. There is terrific mountain scenery without the long mountain climbs. Visit <http://www.fletcherflyer.com/> for details.

June 8, [Jamestown Gran Fondo](#) - The Jamestown Gran Fondo is ideally situated in the heart of Virginia's Historic Triangle. This beautiful ride rapidly takes you onto low traffic, country roads where the pavement is nice and the hills are small. With staggered starts everyone can finish and enjoy BBQ and beer by the water next to the Jamestown Settlement. Don't miss out on this wonderful time of year to be in Williamsburg, VA. Visit <http://www.setupevents.com/> for more details.



2014 PBA Event Schedule

Smithfield Challenge at Windsor Castle Park, Smithfield - Saturday, May 24

Hot Diggity Dog Ride - Beizer Home, Carrollton - Saturday, June 7

The After the 4th of July Rides - Newport News Park - Saturday, July 12

Ice Cream Ride - Waller Mill Park, Williamsburg - Saturday, August 9

Surry Century Rides at Surry Athletic Field - Saturday September 20

June 21, [10th Annual Pencil to Big Walker Charity Ride](#) - Wytheville, VA. Formerly the Big Walker Century Ride, this fundraising bike ride begins in downtown Wytheville at the iconic Wytheville Office Supply "Big Pencil" before heading out of town and through the country lanes and scenic byways of southwest Virginia toward Big Walker Mountain. The ride offers four recreational routes: 100 miles (3 climbs), 62 miles (2 climbs), 45-miles (1 climb), and 30-mile fun ride (no climb). SAG vehicles are available with tools for minor repairs, first aid and refreshments. Rest stops with refreshments and temporary facilities are provided. Visit <http://www.bigwalkercharityride.com/>.

July 13-20, [Cycling the Erie Canal](#) - 16th annual 8-day, 400-mile, bike tour across New York State along the scenic and historic Erie Canal, named a National Heritage Corridor. Enjoy great scenery, interesting history, and unparalleled cycling. Visit <http://www.ptny.org/canaltour>.

August 9, [Cumberland Valley Century](#) - Presented by The Cumberland Valley Cycling Club. When was the last time you cycled the beautiful, low traffic, roads of Washington County? The Cumberland Valley Century provides the perfect opportunity to experience the history and charm of this lovely valley. 25, 64 and 103 mile routes take in some of the most fabulous scenery in the area. The metric and century routes visit the C&O Canal National Historic Park and the Antietam National Battlefield. Visit http://www.bikecvcc.com/cvcc_century.html.

August 15-17, [Tour de Frederick](#) - Choose from a variety of bike rides, ranging from an eight mile history tour of Fredericktowne (led by a local historian) to the legendary Covered Bridges tour, and a challenging ride up to Catoctin Mountains. This event is designed to showcase the best that Frederick County, Maryland has to offer and much more. Visit <http://www.tourdefrederick.com/> for more information.

NEW LISTING - August 16, [Anthem Moonlight Ride](#) - Take in the sights and sounds of Richmond, VA by bike... under a full moon... with 3,500 other riders decked out in crazy lights and costumes. Then top it off with pizza, ice cream, a live concert and a Blue Moon beer (for you 21-and-uppers!). We even have plenty of exhibitors and interactive activities for the fam, so you're guaranteed to have a fabulous night on the town! For more info, visit <http://www.sportsbackers.org/events/moonlight-ride>.

August 17, [Covered Bridge Metric Century](#) - Sponsored by the Lancaster Bicycle Club. Routes wind their way through some of Pennsylvania's most famous rural scenery, including six covered bridges. The terrain is rolling with a few hills on the 100K ride and flat to moderately rolling on the 50K & 25K rides. The rewards are stunning vistas of the richest farmland in America. Registration will be limited in number and will end in early July, or when we reach our pre-determined number of participants, whichever comes first. For more information go to <http://www.lancasterbikeclub.org/cbm.php>.

August 26, [Shore Fire Century](#) - Ride beautiful, scenic routes (35, 65, and 100 miles) through flat to gently rolling farmland in central Delaware. All routes will be marked with support (until 5 pm.). A wide array of bicycle-friendly food will be available at rest stops at regular intervals (five on the century). For info go to <http://whiteclaybicycleclub.org/events/shorefire/>.

August 23 (TENTATIVE), [Tour de Lions](#) - Sponsored by Food Lion. Starts in Ashland, VA. The 100+ mile ride goes to Tapahannock and cyclist can start from either end. Fully supported event. Food Lion will cover the donation to Children's Hospital unless cyclist want to raise additional funds. Details at a future date.

August 24 (TENTATIVE), [The 32nd Annual Reston Century](#) - Sponsored by the Reston Bike Club. Start/finish at Reston Town Center Pavilion. Routes 34, 65, and 102 miles. The challenging Century and Metric routes follow beautiful rolling rural roads through scenic historical towns such as Hamilton, Purcellville, Lovettsville, and Waterford. The rides are fully supported with rest stops and food, bike mechanics, and SAG vehicles. For more information go to <http://www.restonbikeclub.org/>.

September 6, [14th Annual Civil War Century](#) - *Note from the editor: I did not list this ride last year because it had already sold out before it was traditionally advertised. This is a great ride with a registration limit of 1600 riders. Registration opens in May and WILL SELL OUT FAST!* Sponsored by the Baltimore Bicycling Club. Join us in Thurmont, Maryland again this year for the cycling event that has everything -- famous historical sites, breathtaking scenery, low-traffic roads, and well-marked routes designed for every ability level. As in the past, you can visit the South Mountain and Antietam or Gettysburg battlefield sites -- or all three of them if you elect to ride the full century -- while cycling through some of the most beautiful countryside east of the Mississippi. No walk-in registration. For more information go to: <http://www.civilwarcentury.com/>.

September 6-7 (TENTATIVE), [The Great Peanut Tour](#) - Enjoy four great days of bicycle riding and touring in beautiful Southside Virginia and Northeastern North Carolina. For more information go to: <http://www.greatpeanuttour.com/>.

September 6, [Delaware's Amish Country Bike Tour](#) - Delaware's largest and most popular cycling tour! The bike tour, suited for all ages and abilities, 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, the capital city of the First State. Following the bike tour, all cyclists are treated to a catered BBQ picnic. Info: <http://www.amishcountrybiketour.com/>

September 7, [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. Visit <http://www.ohbike.org/century/> for info.

September 14, [32nd 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. Visit <http://www.svbcoalition.org/events/century/> for info.

September 14, [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 an even 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 26-28, [Rodney's Luray Classic](#) - Join Rodney Martin (*Bike Beat*) for three glorious days of mountain climbing and comradery with some of the coolest peeps on two wheels! Friday we roll about 1:00 from the Ramada Inn in Strasburg, VA where you can get a special rate by calling 540-465-2444. Ask for the "Luray/White Post Block" @ \$65.00/nite (*double*). Ask for Geri Miller (*manager*) if the attendant seems confused.

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](#) 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

How are you willing to assist? Ride Leader Event Support Publicity/Marketing Adopt-A-Spot

Reasons for Joining: Club Rides Tours Newsletter Advocacy Socializing

Names and emails of family members who ride _____

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. Unsigned forms will be rejected.

Signature(s)

Dues: Individual \$12, Family \$15 per year

Mail to: Peninsula Bicycling Association, P.O. Box 12115, Newport News VA 23612-2115