

Chainstay

The Peninsula Bicycling Association



January—June 2016

Volume 46,

Monthly Membership Meeting



2nd Monday of Each Month
(except Jun-Aug and Dec)

Next Meeting:



APRIL 11

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

Dinner/Social Hr. 6:00 PM

General Meeting 7:00 PM

Program: Beth Weisbrod, Exec. Dir.-Capital Trail Foundation, will give an update on trail maintenance and improvement and the May 14 Cap2Cap ride.

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A Message from the President...

It appears that Spring has finally sprung and we can now get out and do something about our cabin fever. The evening rides are starting so that gives us more riding options. I hope to see many of you on your bikes and enjoying yourself very soon. As I begin my third and final year as your President, I am really encouraged at the direction that the PBA is going. Over the last two years, we have made the following changes:

- * We now have online club registration, as well as paper registration.
- * We have a new webmaster, John Bright, who has been working on updating our website.
- * We have a new club logo that we use for branding.
- * We created a closed Facebook group, that currently has 510 members, for posting rides and club announcements.
- * We moved the venue for the former "Weenie Ride" from Upper James City County to Smithfield and renamed it the Smithfield Challenge. The route is flatter and it takes you all around beautiful Lake Prince.
- * We improved one of the routes for the Surry Century. Safety was a concern on the Chippokes Loop because the riders had to go straight up Rte. 31 towards the Ferry along with motorists speeding to catch the ferry. Now you go in and out on a country road where all you have to worry about is maybe a bored country dog that is looking for something to do.
- * We now have a Ride Leader training program and training manual. Tregg Hartley has done an outstanding job getting this material together. He held a class on March 19th and I was surprised to see so many new ride leaders when I showed up to ride afterwards.
- * We have had a huge growth in C pace rides and ride leaders. This is the MOST important ride in any cycling club. If you don't have the casual rides offered to get people out, the club will eventually die. We go out of our way to make sure that every rider feels welcomed when they take the time out of their day to join us. The ride leaders now have business cards that have a QR code with a link to the website as well as our website address for people that don't have scanners on their phone. There is also a place where the ride leader can write in their name and phone number. We have one ride leader, Linda Carter that takes the time to follow up with riders, especially if someone seemed to be struggling to ensure that they are alright. Little things like that go a long way to show compassion. (continued on page 3)



2016 PBA Officers

President	Sharon Bochman, bochman@cox.net
Vice-President	Tregg Hartley, pbafatmanriding@gmail.com
Treasurer	John Parker, johnj1jr@verizon.net/Tom Carmine
Secretary	Markeala Dotson, kngdmwoman00@yahoo.com
Chainstay Editor	Melanie Payne, blueberryg@aol.com
Executive Committee Members	Virgil King, virgilr@yahoo.com Rich Flannery, rflannery@cox.net Sandy Butler

Committee Chairs

Ride Schedule	Lori Moffatt, lorimoffatt5@yahoo.com
Membership	Scott Blandford, csbford@yahoo.com
Publicity	John Hunt
Advocacy	Scott and Carol Bartram, bartram2@verizon.net , Elaine Cardwell, Patrick Johnson, Tregg Hartley
Webmaster	John Bright
Marketing	Tu Ritter
Business (Insurance)	John Parker
Business (Taxes)	Tom Carmine
Smithfield Challenge Organizers 2016	Jackie Shapiro, Michael Shapiro, Sandy Butler, Sharon Bochman
Hot Diggity Dog Ride Organizer 2016	Cindy Wong
After the Fourth Ride Organizer 2016	Lori Moffatt
Ice Cream Ride Organizer 2016	The Family of the late Don Hubbard
Surry Century Organizers 2016	Russell Parrish, Rich Flannery, Sandy Butler & Sharon Bochman
2016 Holiday Party Organizer	Sharon Bochman
Hospitality	Risa Bastien
Event SAG Director	Scott Farrell
Meeting/Guest Speaker Organizer	Glenn Young



PBA Website:

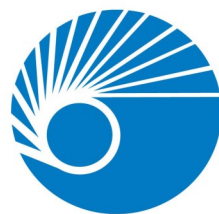
www.pbabicycling.org

Join PBA on Facebook to interact with other PBA members and for up-to-date announcements.

PBA Board Meeting

PBA Officers and Executive Committee meet on the first Monday of each month at changing locations. Contact Sharon for the location and to have your topic added to the meeting agenda. All PBA members are welcome to attend and contribute to discussions which will form the direction of the club. Business also includes planning PBA events.

PBA's Club Affiliations



Adventure Cycling
AFFILIATED CLUB



Chainstay is published quarterly or as required for special announcements. Send all Chainstay submissions to Melanie Payne, blueberryg@aol.com. Send all other club business to the club P.O. box listed on the last page (*bottom of membership application*). Chainstay is produced using Microsoft Publisher 2013 with photo editing by Corel Photo-Paint. PBA's website is hosted by Wild Apricot.

(A Message from the President continued...)

- * We now have a group of people that support the local running community and Flat Out Events by showing up (sometimes in the early morning) to ride the route with the runners or to hand water to the runners as they pass by. In return, Flat Out Events mans one of our rest stops for the Surry Century. It's a win/win relationship. We have fun while helping and so do they.
- * We have changed up our Membership Meetings. The last two Membership Meetings have been held at local bike shops in a social environment with the bike shops offering great deals, food and demos. We are also trying to offer better speakers at our regular membership meetings at Angelo's Steakhouse. For the April meeting, Beth Weisbrod, Executive Director from the Capital Trail Foundation in Richmond will speak. We will be making a donation to assist their fundraising efforts.

Needless to say, it's been a BUSY two years! Believe it or not, we are looking to roll out a lot more in 2016 before I become a Past President.

- * We are reactivating our Adopt-A-Spot program on Crawford/Crafford Road in York County. We all miss the shenanigans.
- * We are starting a new program in conjunction with the Cities, it's called Slow Roll Newport News and Slow Roll Hampton. The City of Newport News is so excited about it, they assigned us a Community Liaison to assist in kicking this off. Tom Carmine has graciously offered to head up the Slow Roll Newport News and Tregg Hartley will be heading up Slow Roll in Hampton. The idea is to get people to dust off their bikes, come out in a relaxed, nurturing environment to tour different areas, make friends and to get off the couch. We will be kicking this off in May 2016 so stay tuned. If you are interested in helping, we will need lots of volunteers so we can definitely use you. This program started in Detroit and was a huge hit. As a result, crime has been lowered and a sense of community has developed.
- * We plan to roll out new PBA Club Jerseys. Woohoo!!! We have wanted to do this for a while but needed to get the logo first. Now, we are ready to "roll." I plan to work on this after tax season.
- * We are working on a very exciting ride for Langley AFB and the City of Hampton that is slated for October 30, 2016. It's going to be called the "Ride through History Tour." It will be a City ride on closed and controlled streets that will tour Langley AFB, NASA, Buckroe Beach, Fort Monroe, Downtown Hampton, the shoreline of the Hampton Roads Harbor and all of the bridges and

roads named after the original Mercury 7 astronauts that trained at Langley. And yes, we be taking a lane down Mercury Blvd! More on this later so stay tuned...

- * We now have a wonderful group of Board Members, Committee Chair People and Ride Leaders. I am so thankful for each of the other volunteers that are a part of our team. We plan to add more Board positions soon because our Club has grown so fast and we are offering a lot more than just a ride here and there. If you would like to help in any way, we are always in need of volunteers. Let me know where your interest is and we will find a way for you to be of assistance. I can be reached at bochman@cox.net.

Best regards,

Sharon Bochman

Farewell from Your Chainstay

Editor—Scott Farrell

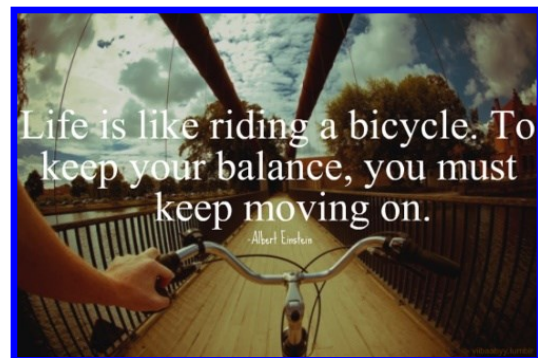
It's time for me to move on. I volunteered to help get PBA headed in a direction that would usher-in an electronic Chainstay, an interactive website, social media, electronic membership, and online registration/payments. While I didn't do it alone, it had to start with Chainstay and PBA's website. I owe a lot of thanks to Scott Blandford for a substantial amount of work on the membership and billing sides of the new website. I'm honored to have served the club for the past three years.

Melanie Payne will be the new Chainstay editor and John Bright will be the webmaster, two people that I suspect will bring new ideas and energy to their roles. Thank you very much for taking over!

I am also stepping down from leading the Monday and Wednesday evening B-rides from Downtown Yorktown, in part due to some lingering health setbacks (nothing serious). Perhaps someone can assume that

role? See the Ride Schedule on [page 9](#) for details. I hope to resume A/B-pace riding soon and see some of you on the

road. I'm not sure how my riding schedule looks quite yet, but I do expect to ride the Team Killer Bee Swarm and the Tour de Cure. I hope to see you there.



Greetings from Your New Chainstay Editor—Melanie Payne



I'm excited and honored to introduce myself to you as your new Chainstay editor. **A big THANK YOU to Scott Farrell** for all his work for the club and for giving me the help I need to get started at this. I'd like to make the Chainstay both informative and entertaining and

to personalize the publication by having more stories about and from our members. But I definitely will need your help. Just as a club depends upon many to make it successful, so does this newsletter. We all have cycling experiences and stories to tell that should be shared and enjoyed by the members. So if you don't contact me, expect to be contacted, and contacted again, if you don't reply. :) If you are not a writer, no worries. Just send me the info and a story will appear. I welcome all suggestions and if there is some info from an outside source you would like to see inserted, just send it to me. I hope you enjoy the this issue and those to come!



Smithfield Challenge at Windsor Castle Park, Smithfield - Saturday, **May 28**

Hot Diggity Dog Ride - Location TBD– Saturday, **June 11**

The After the 4th of July Rides - Newport News Park - Saturday, **July 10**

2nd Annual Don Hubbard Ice Cream Ride - Poquoson - Saturday, **August 6**

Annual Surry Century Rides at Surry Athletic Field - Saturday **September 17**

Did you Know There's a PBA Club Statistician?—Thank you Robb Myer!



Robb is overseeing two great opportunities for PBA members to log in more miles and to easily keep track of their miles on the bike.

The first is **Bikejournal.com** where you can log your miles after each ride. Since January, **forty-four PBA'ers have logged in over 11,000 miles!** Sign up and be counted.

The second is the **PBA Birthday Club—Ride Your Age**. PBA members age 50 and over can become enrolled in the "Birthday Club" by riding their age on their birthday (actually from a week before to a week after).

"Birthday Clubbers" will be recognized at the annual awards meeting and are eligible to win a prize in a drawing for current members of the "Birthday Club".

Here are the guidelines for the "Birthday Club":

- "Birthday Club" membership must be renewed every year.
- Members over the age of 75 may deduct a mile for every year over 75. Example: a member who is 78 old only has to ride 72 miles to qualify for the "Birthday Club".
- Members with birthdays in January or February have until March 15 to ride their age.
- The Smithfield Challenge is a designated "Catch Up" day. Anyone's birthday which falls before the May ride, may qualify for membership on the ride.
- PBA members younger than 50 are encouraged to the ride the Metric on the Smithfield Challenge and the Century during the Surry Century. It will not be long until you qualify for the "Birthday Club"
- Notify the club statistician, Robb Myer (rmyer3@verizon.net) once you qualify for membership.



Getting To Know You...

Each issue of the Chainstay will include a PBA member interview to learn more about them as a cyclist and as a person. You may cycle with these members all the time, but know little about them except that they are an A, B or C rider! Who better to start off with other than our energetic and motivating club president, Sharon Bochman (aka El Presidente). Sharon has been a member of PBA since 2009 and in that short time has done so much to advance the club for the members and in the community. So here's Sharon...



Getting to Know—"El Presidente" Sharon Bochman



Where were you born and raised? I was born in Newport News but my family moved to NC when I was six so my dad could start a business. My parents divorced when I was fifteen so I moved back up here with my mom. I have since lived in Virginia Beach, Baltimore, Idaho and for the last 16 years, we have lived in Poquoson.

What do you do in your "real life"?

I have been married for 24 years and the mom to two kids, Phil and Anne. Phil is a student at ODU pursuing a Marketing degree and Anne is a student at Virginia Tech pursuing a Finance degree. I have worked for PBMares as a seasonal Tax Professional and the Point Person for the Newport News office for eight years, which also happens to be their Corporate Headquarters. We now have 8 offices all over Virginia and just bought out a firm in Baltimore MD. We have clients that range from Farmers to Multi-National Corporations. It isn't uncommon to have clients with multiple state returns so I am always learning something new. After tax season, I travel and ride my bike. Sometimes I travel to ride my bike. LOL!

When did you first get interested in cycling for sport?

In 2008, gas prices rose to above \$4 a gallon so I decided to dust off my old Huffy bike that I purchased at Kmart to ride with the kids and use it to run local errands. Once I started riding, I was hooked! I could smell the honeysuckles, hear the birds singing and I enjoyed it so much I haven't stopped since. After about a thousand miles, the derailleur fell apart so I went to Village Bikes to buy a new one in May 2009. Walt & Connie told me about PBA and the Surry Century so I set my goal on a century and did it 3 months after buying my road bike.

What is your favorite PBA memory?

I can't say I have one favorite PBA memory because my experience with PBA gets better everyday. I am so excited to see all of the energy and enthusiasm the members have for the sport, the club and the community. We have great rides, raise a lot of money for worthwhile charities, assist in the One City Marathon, bike rodeos and now we are expanding our sphere of influence to include advocacy, slow roll rides that anyone can participate in, and we will be the lead organizers of the "Ride through History Tour" coming up in October to celebrate Langley AFB's 100th birthday.

What has been your favorite ride either local or out yonder?

Wow, that's a tough one... I love the Lancaster Covered Bridge Metric Century in Lancaster PA. That area is so beautiful and the Amish are going to church in their buggies while we are out there on the bikes so we get a up close look at them. They are quite friendly so we get lots of waves from them.

We all know it can be difficult to get out and ride some days. What motivates you to keep riding?

For me, riding is my mental health break. When I'm out riding, I'm not worried about laundry, housework, taxes, bills or politics. I'm just out enjoying the day!

If you could ride with two famous people (living or deceased), who would they be?

I have never been mesmerized with famous or powerful people. If I ran into most Hollywood types, I probably wouldn't know who they were. I enjoy riding with the people that I surround myself with. They are all great people that are out there living life to the fullest but also very down to earth.

**On the Advocacy Front – by Tregg Hartley,
PBA Vice-President**

Virginia is moving forward with **Dooring Bill SB117** that would make it illegal to open the door of a parked vehicle on the side adjacent to moving traffic unless it is reasonably safe to do so. It will be a traffic infraction punishable by a fine of up to \$50. More importantly, it allows legal recourse to pursue financial damages in civil court.

VDOT's numbers show that over the last five years there have been 215 dooring accidents and a third of those required a trip to the hospital. State Senator J. Chapman Peterson (Fairfax County) proposed the bill and it has made it through the General Assembly and passed the House of Delegates 70-25 and the Senate 24-16.

SB 669 is a bill concerning highway maintenance payments and bike lanes. This bill provides that cities and towns that receive highway maintenance payments from the Commonwealth based on moving-lane miles of highway will not have payments reduced if moving-lane miles of highway are converted to bicycle-only lanes, provided that the number of moving-lane-miles is not more than 50 moving-lane-miles or 3% of the municipality's total number of moving-lane-miles, whichever is less.

This bill would allow local communities to convert a portion of their "car" lanes into bike lanes without being penalized financially by the state reducing funding for road maintenance. As of this writing (3/10/16), the Senate has passed the bill 40-0. The House Committee on Transportation has passed it 18-1. It has had its third reading in the House and it has been referred to the Committee on Appropriations.

Locally, the **City of Hampton has been developing a Bicycle and Pedestrian Plan**. I have been to the first two steering committee meetings, January 5th and February 23rd, and the first Public Information and Input meeting on February 23rd. The steering committee is working with the public and the consulting firm, Rhodeside and Harwell, to develop a plan of how to improve walking and cycling in the City of Hampton. The focus is how to get people in and out of our commercial areas. Hopefully, the end result will be to encourage more people leave their cars parked and walk



or ride to work or to run errands. There is another steering committee meeting and another public meeting coming in early summer. At the first public meeting I counted five PBA members. Let's see if we can improve on that for the next one.

On March 10th, I had opportunity to be interviewed by Robin McCormick along with Hampton's Senior City Planner, Alison Alexander. Robin is the host of a television show called *Round Robin* that airs on the Hampton City Channel 47. Channel 47 is available on Cox and Verizon if you would like to catch the show. Robin did a great job of making the interview and conversation with a feel like coffee friend. The primary focus was on the Pedestrian Plan, but we covered the club rides, and it turns out, both Robin and Alison bike whenever they can.



The interview should start airing around the end of March. Round Robin is on at 8AM, 12PM, 6PM, and 10PM. The show has a YouTube channel and they will post the interview there as well. Once it is posted, I will get the word out through Facebook, our web site, and perhaps e-word out through Facebook, our web site, and perhaps e-mail

**Virginia Senior Games Coming to Newport News
- May 17-21, 2016** by Melanie Payne



Calling all cyclists who are age 50 and up! Don't miss the chance to compete in a **5K and/or 20K cycling event that will be held at 9:00 a.m. on Saturday, May 21** during the Virginia Senior Games being held in Newport News. The cost is only \$25 per event

There are seventeen additional sports in which to compete including golf, track & field events, swimming, tennis and basketball just to mention a few. The Senior Games is a fun four days celebration including a free athletes' party on Friday night, a T-shirt and a participant bag, and of course medals for the winners. And the first through fourth finisher in each sport and age group qualify to enter the 2017 National Senior Games to be held in Birmingham, Alabama.

So if entering a cycling race has been on your bucket list, as its been on mine, let's do this and represent PBA. Registration deadline is May 1 and information can be found at: <http://vrps.com/EducationEvents/VSGVirginiaSeniorGames.aspx>

The Team Killer Bee

Buzz...



The Team Killer Bees are a group of bicycling "enthusiasts" who love to ride and have applied their fund-raising efforts to several charitable causes, including: Multiple Sclerosis, Cancer and Diabetes. Join them today!

Ride With Team Killer Bees on April 30, 2016 to Support The American Diabetes Association

Join the Killer Bee Tour de Cure team to support the American Diabetes Association and be a part of the solution to possibly help save a life, and have some fun while winning great fund raising incentives!

This is a fun ride!! It's for everyone. You will see plenty of families with kids there riding. There are lots of staffed rest stops (every 10/15 miles for longer routes) stocked with drinks, snacks and plenty of friendly support. The course is very well marked. There are several Killer Bees doing each distance and we stay together. Afterwards there is a catered lunch, a band, massages and a Bee party!

The local Suffolk event is on Saturday, April 30 and begins at King's Fork High School - Suffolk, VA ; 351 King's Fork Road, Suffolk VA (~40 min from Newport News) The routes are 100 / 65 / 25 / 10 miles. See the Local Event Web Site below for start times. The 65 milers

will start with the Century group at 7:30AM as they have done in the past. Really you can

start whenever you want! The terrain is rolling hills with flat sections, winding roads, and lots of scenic countryside.

This is a fundraising event with a minimum commitment of \$200. That's 20 friends/family, \$10/each. Easy Peasy! Shout out to our 3 top fundraisers—Mark Van Raam, Jerry Thompson and Paul Krieschen. You guys are shining examples for the rest of us.

The 18 member Bee team has raised \$3,710.00 thus far. That is AWESOME! But our goal is \$10,000 and we still have a long way to go, The more team members we have the more we can raise. So come join us and we hope to see you riding beside us and doing your part to help cure diabetes once and for all!

To join Team Killer Bees or to make a donation to a rider or the team, you can go to the team's Tour de Cure page at: <http://main.diabetes.org/site/TR/TourdeCure/>



TourAdmin?team_id=714790&pg=team&fr_id=11089
For more information, contact Vincent D'Elia, v_delia@verizon.net ; 757-268-7375.



BIKE MS: WITH TEAM KILLER BEES June 4-5, 2016

The MS 150 is fast approaching and is our own backyard. Please join the Team Killer Bees this year and help support the Multiple Sclerosis Society. You can easily register at: http://main.nationalmssociety.org/site/TR?fr_id=27059&pg=informational&sid=13239 . Be sure to register with *Team KILLER BEES*. We have small team this year and would love to see it grow!

Inaugural
bike MS COLONIAL CROSSROADS JUNE 4-5, 2016
RICHMOND, VA
2-Day Route: 75 and 100 miles each day
1-Day Route (Sunday): 25 and 50 mile loops
WILLIAMSBURG, VA
SMITHFIELD, VA
2-Day Route: 40, 75, and 100 miles each day
1-Day Route (Sunday): 60 mile loop

This is my 25th year participating and I would love to have many of my past veteran riders help me celebrate! I know this ride is right in our backyard and is NOT the Eastern Shore we grew to love, but it should prove to be a fun event nonetheless.

If anyone has a small tent we can set up a tent for Saturday afternoon, please let me know. We will also need a couple of volunteers Contact me with any questions. 757-879-5683; afwolfson@cox.net

Sincerely,
Art Wolfson
Co-Captain, Team Killer Bees

**Join us for
The Smithfield Challenge
Saturday, May 28, 2016**

(Pre-registration discount ends May 1)



Join the Peninsula Bicycling Association on its annual Spring ride, The Smithfield Challenge, that starts from Windsor Castle Park in Smithfield, VA. The park is near downtown Smithfield at 301 Jericho Rd. Rides of 32, 50 and 62 miles take place on quiet and lightly-traveled roads though Isle of Wight County. Roads are mostly flat with a few small rollers. Enjoy scenic views of Lake Burnt Mills and Lake Prince. Eagle sightings are common along these lakes. Afterwards, we will have a hot dog cookout in the park before you leave. If you like to kayak, bring it and take a little boat ride after you refuel. The creek goes out to the Pagan River near Smithfield Station Restaurant.

Pre-registration fee is \$20 for PBA members, \$25 for non-members and \$10 for each child age 12 & under. Fee includes maps, cue sheets, marked routes, rest stops, snacks, SAG support and lunch at the end of the ride. Pre-registration requested. Pre-registration discount expires on May 1, 2016. After that, the price will be \$25 for members, \$30 for non-members and \$10 for each child (12 & under). All children will need their parent to ride with them.

Register online at <http://www.pbabicycling.org/smithfieldchallenge>. Mail in registration is below.

On Site registration is an available for an additional \$5 and will open at 7:00 a.m. on the day of the event. There will be a mass start at 8:00am for the 62 mile route, 8:30 for the 50 mile route and 9:00 for the 32 mile route. Route SAG will start at 8:00 and not leave the course until the last rider is in. Lunch will be served from 11:00 a.m. until the last rider is in. **HELMETS ARE REQUIRED!** Contact Jackie Shapiro at jshapiro@verizon.net for additional details or to volunteer.

**The Peninsula Bicycling Association
SMITHFIELD CHALLENGE
Saturday, May 28, 2016**

Name: _____

Phone: _____

(one name only)

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):

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

Non-member	\$25
PBA member	\$20
Child (12 and under)	\$10
Late Fee (after 5/1)	\$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

Signature _____



Weekly Recurring Rides

RIDE SPEED CLASSIFICATIONS

A-pace: 18-22 mph (fast and steady)

B-pace: 15-17 mph (moderate & steady)

C-pace: 11-14 mph (moderate with stops)

Casual: Up to 11 mph (group will wait for all cyclists)

+ or - indicates the ride will be either at the top end or bottom end of pace range

Be sure to 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 requires helmet use for all cyclists.

SEASONAL RIDES (April through September)

Mondays, 6:00 p.m. - York Hall at 301 Main St, Yorktown (parking lot behind building): 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 Brian Utne (A-group) at blutne@gmail.com; **Ride Leader needed for B group.**

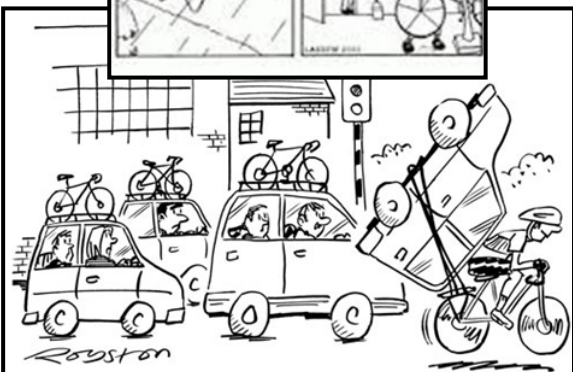
Mondays, 5:00 p.m. (changes to 6:00 p.m. in May) - White Marsh Shopping Center on Route 17 Gloucester - Join us for a 28 mile A & B Pace Ride, C Pace Ride of 12 Miles. We ride the Warner Hall Loop and Zanoni. Call or text Bob Anderson at 804-413-5941, Bernard Robins at 804-815-9719 or Cindy Wong at 757-287-5948.

Wednesdays, 6:00 p.m. - Todd Stadium, Newport News: Join us 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. **Ride Leader needed.**

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 us 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. **Ride Leader needed.**

Thursdays, 6:00 p.m. - Tabb Library at 100 Long Green Blvd, Yorktown: Leisurely B pace. Contact Robb Myer at 812-9942.



Some Cycling Humor

Top 10 Ways To Tell You're Running Out of Steam

(From http://www.bicyclesource.com/run_out_of_steam)

- 10) You wish your bike had power steering.
- 9) Your tongue feels like a Mr. Tuffy liner.
- 8) You've lost all feeling above your toes.
- 7) Forget clicking out of your pedals, you can't even click in!
- 6) If it weren't for downhill gravity, you'd be lunchmeat for mountain lions.
- 5) Your trip computer's average speed = -7.
- 4) You no longer hold your wheezing while passing elderly lady bikers.
- 3) You no longer hold your wheezing while elderly lady bikers pass you!
- 2) You start thinking, "Yeah, I could sleep right there. Right under that shrubbery. Yeah."

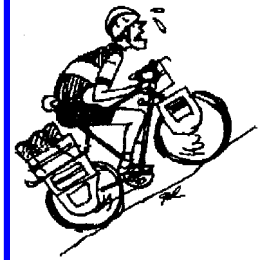
And the number one Way to Tell That You're Running Out of Steam is...

- 1) Instead of shouting, "Passing on the left!" you're shouting, "Cardiac on the right!"

Riding Out Yonder...

For those of you who love to travel and ride “out yonder,” there a myriad of rides and events. Here are just a few of the upcoming rides to closer home.

Thank you to Scott Farrell for providing the following website that has a calendar of all 2016 North East and Mid-Atlantic rides. See <http://www.cd-international.org/2016-season.html> for many more rides not listed below. There are rides for everyone! If there is a ride you'd like listed, email me and I'll get it in the next Chainstay.



June 5, [Fletcher Flyer](#)

April 16, [Tarwheel Century](#) - Elizabeth City, 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 7, [Knotts Island Century](#) (<< temporary link) - The Tidewater Bicycle Association proudly presents its signature event, the 40th 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.tbarrides.org/> for more info.

May 14, [Virginia Cap2Cap](#) - Join the 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 21, [Tour de Chesapeake](#) - Mathew, VA. 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 have lined up a whole assortment of things for you to do on Friday, Saturday and Sunday too! For more information, visit <http://tourdechapeake.org/>

May 21, [Tour de Madison](#) - The Vineyards of Madison County. The ride begins and ends at Graves Mountain Lodge in Syria, VA. 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 22, [Storming of Thunder Ridge](#) — Lynchburg, Virginia’s only local, fully-supported road cycling event. With the Blue Ridge Mountains as your backdrop, there’s a ride for everyone: 27, 45, 75 and 100 mile options. The Storming of Thunder Ridge Bicycle Ride is a fund-raiser benefiting the YMCA of Central Virginia’s Annual Fund. For more information, visit <http://stormingofthunderidge.org/>

June 11, [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 <https://www.vtsmts.com/jamestowngranfondo/> for more details.

- 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.

August 13-14, [CNC Mountain Ride](#) - Brevard, NC. This two-day weekend event features multiple route options in and around Lake Lure. Routes offer winding, canopy covered, stoplight-free roads with magnificent scenery. The ride is fully supported with SAG, rest stops and mechanics. Details about this mountain ride are still a little slim. Visit <http://cnc.ncsports.org/mountainCNCride/> for more info.

August 12-14, [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 Catoclin 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.

August 28, [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 10, [Civil War Century](#) - *Registration opens in June and WILL SELL OUT FAST!* 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. No walk-in registration. For more information go to: <http://www.civilwarcentury.com/>.

September 10, [Delaware’s Amish Country Bike Tour](#) - Delaware's largest and most popular cycling tour! Rest stops include the famous Amish Schoolhouse where members of the Amish community serve home-baked pies and cookies. 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 11, [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 Hillside Park, Harrisonburg, VA. Visit <http://www.svbcoalition.org/events/century/> for info.

September 18, [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. 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.

WHERE'S WALDO???



"Poquoson Pedalers"



Mel Moss getting "signed" by the One City Marathon male Champ



Somewhere Near Smithfield



Are these two guys even PBA members?!?!?



First ride of the year— January 1, 2016



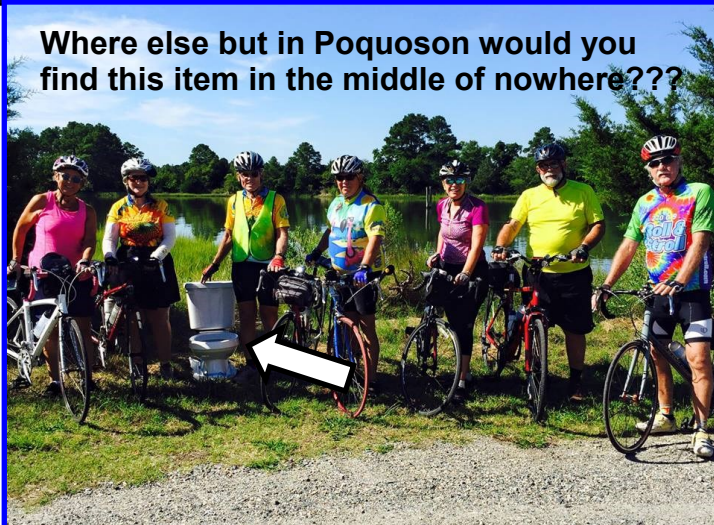
This one-yr-old is ready to ride! Got pacifier-check!



Cruising on the ferry...



PBA Volunteers with the One City Female Champ



Where else but in Poquoson would you find this item in the middle of nowhere???



Some Todd Stadium Wednesday Riders

Nutrition for Cyclists—before and after the ride....

(from http://www.performancebike.com/bikes/Content_10052_10551_-1_CyclingNutrition)

Cycling is an excellent way to strengthen your body, but the activity can actually make you weaker without proper nutrition. Eating the right foods before, during and after you ride helps to replace the fuel your body demands. Typically, your body has enough energy stored as glycogen in muscles to support up to an hour of moderate exercise. If you are active for longer periods, it is important to consume carbohydrates, proteins and other nutrients that can be rapidly absorbed by hungry muscles. [Energy bars](#) and [gels](#) provide a good balance of these essential healthy fuels to power your body without weighing you down. They come in a variety of flavors and are formulated to be easily digestible, and they are easy to carry on a ride.



Some Basic Guidelines for Fueling Up

For Rides Less than 1 Hour, eat a small, carbohydrate-based meal (cereal, fruit or toast) at least two hours before you ride, and allow your food to fully-digest before you get on the bike. You most likely will not need to eat anything during a ride of this duration.

For Rides of 1-2 Hours, follow the same pre-ride meal recommendations for rides less than 1 hour, but carry and consume at least one energy bar or gel pack during the ride.

For Rides over 3 Hours, eat a solid meal at least two hours before you start your ride. Avoid fatty foods and concentrate on healthy carbohydrates such as oatmeal, yogurt, fruit, toast or bagels. Carry enough energy bars and/or gels to ensure that you have something to eat at least once an hour.

Recovery

For rides between 1 and 2 hours, eat a small carbohydrate- and protein-based snack (cereal, lean meat, fruit, whole grains, nuts or vegetables) to help your body recover. After a long ride, eat a healthy meal within 20-40 minutes. This will help you switch your metabolism from a "breaking down and using" state to a rebuilding state. The timing is important because the rate at which recovery and tissue repair can occur is at its highest immediately following exercise. This refueling process cannot begin until you make that metabolic switch by eating carbs and protein. Protein rich meats and vegetables combined with whole grains will help to restore your muscles while keeping fat levels down. If you face a lengthy drive home following a long bike ride, be sure to have some protein bars and a recovery drink on hand to start the recovery process within the optimal time period. Also, be sure to get some rest, as sleep is the body's natural recovery mechanism and should not be avoided.



Tips for Energy and Recovery Drinks

- Energy drinks vary in sweetness, and may produce stomach upset if too strong. To avoid this, dilute with water until you find the right mix.
- Keep your bottles sanitary by washing them after each ride. Most bottles are safe to place in the top rack of a dishwasher. If you prefer to hand-wash, a bottle brush from the baby aisle of your local market is the perfect tool for this task.
- Even with regular washing, bottles will need to be occasionally replaced. When the inside of your bottle looks darker than the outside, it's time to say goodbye. Avoid using hydration packs for energy drinks. Bottles are much easier to keep thoroughly clean.

NOTE: This guide provides a basic overview of cycling related nutrition, but should not be considered exhaustive. If cycling is a major part of your lifestyle or if you are dealing with a particular health issue, we highly recommend that you seek out a qualified sports nutritionist.



Hampton Roads is Celebrating National Bike Month in May



May is National Bike Month! Hampton Roads will be celebrating National Bike Month with several events and activities throughout the region such as Newport News Bike Safety Week, the 18th Annual Pedal the Park-

way on May 2, and Bikefest Chesapeake on May 9. For more, see the Hampton Roads Transportation Planning website at <http://hrtpo.org/news/article/april/17/2015/may-is-national-bike-month/>

In Search of Guest Speakers

We're looking for guest speakers to speak at our monthly membership meetings. If you've been on an interesting bike tour or trip, or if you are a professional in a cycling, fitness or sports medicine related field, or if you are knowledgeable about cycling related topics (*nutrition, riding, mechanics, projects, law, etc.*), we would love to have you share your insight with the membership. Please contact Glenn Young at 757-593-6993, if you are interested in making a presentation. The club can provide a projector and will provide you with a complimentary dinner for that evening.



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

PBA BUSINESS CARDS

Check out PBA's new business card. They are available and ready for ride leaders to pass out at rides. Contact a board member for a supply.



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

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