

# Chainstay

The Peninsula Bicycling Association



August—September 2016

Volume 46, Issue 3

## UPCOMING PBA RIDES & EVENTS



**2nd Annual Don Hubbard Memorial Ride and Ice Cream Social—Poquoson, Messick Baptist Church, 8:00 AM, Saturday, August 6**

**Annual Surry Century Rides—Surry Athletic Field, 7:30 AM, Saturday September 10**

**Bike Walk Event in downtown Hampton—Carousel Park, 8AM to noon, September 24**

### A Message From Our President...

**Sharon Bochman**

It's hard to believe that it is already August, but when I step outside, I realize summer is definitely here! I hope you are all having a wonderful summer and you are able to get a lot of riding in.

There are a lot of great regional cycling weekend road trips coming up that you may be interested in. This is what I have on my calendar for the coming months...

First let me tell you about our first annual Ride to Richmond via the Capital Trail that we did in July. We had five cyclists, myself, Scott Farrell, Aldon Collier, Linda and Richard Asbell. My husband, Dan was gracious to pick up our bags out of my car that I left in Jamestown, then drive to Richmond so that we all had a change of clothes and toiletries for a quick shower when we arrived. We stayed at the Richmond Marriott and could not have been happier since the rooms were nice and the front desk employees even gave us cold bottled water when we



checked in. We all went to dinner together then called it a night. The next day, we dropped our bags at Dan's car then hopped on the bikes and returned to Jamestown. I have been wanting to see the Richmond end of the trail so I finally got my wish. We plan to do this ride again but will probably pick a cooler time of year the next time. We may be offering another opportunity in the fall. Stay tuned...

The Lancaster Covered Bridge Metric Century is Sunday, August 21st. This is an amazing ride! You are out on the roads on Sunday when the Amish are going to church in their horse & buggies and the Mennonites are on bikes. It's really surprising to see how fast those guys can go while wearing a suit. I have done this ride for the last five years and look forward to it each year. The course will take you across six covered bridges. Details can be found at <http://www.lancasterbikeclub.net/covered-bridge-metric-century>.

**We have our signature ride, the Surry Century coming up on Saturday, September 10th.** Things are falling into place... Registrations are coming in daily and our team of volunteers are in place. We will be needing people to help with baking fresh rest stop goodies so if you are able to help, please e-mail me at [bochman@cox.net](mailto:bochman@cox.net). Each year, we are getting better at organizing our rides and have kept the price very low to encourage people to come out to see beautiful Surry County. We will have club members on bikes patrolling the streets with the riders to increase the effect of having SAG support on the road. We utilized this technique during the Smithfield Challenge and found that it worked great having a team of cyclists sweeping the course to ensure all riders were off the course before we shut down the rest stops.

We decided to split Scott Farrell's duties between two people. Scott will still be heavily involved but John Sprock has stepped up to volunteer to be the SAG Coordinator. If you have helped with SAG in the past, expect to hear from John. He is currently putting his team together. Scott will continue to help as a Rest Stop Coordinator. He has a trailer that can haul all of the water that we need over there and he certainly has everything down to a science. Splitting his duties will make his job much easier and hopefully more enjoyable. Early bird registration prices are in effect so if you have not registered yet, you can go to <https://pba44.wildapricot.org/surrycenturyrides> to register online or to print off the paper registration to mail in.

[\(continued on Page 11\)](#)

## 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	Vacant
Chainstay Editor	Melanie Payne, blueberryg@aol.com
Executive Committee Members	Virgil King, virgilr@yahoo.com Rich Flannery, rrfannery@cox.net Sandy Butler, sebhike24verizon.net

## 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, john_s_bright@yahoo.com
Marketing	Tu Ritter
Business (Insurance)	John Parker, johnj1jr@verizon.net
Business (Taxes)	Tom Carmine, tomcarmine@gmail.com
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	John Sprock
Meeting/Guest Speaker Organizer	Glenn Young



**PBA Website:**

[www.pbabicycling.org/](http://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.



**From the Editor**

There are a lot of PBA members that go on some awesome out of area and Virginia bike tours that other club members would like to learn and to read about. Please send me info and photos about those tours so I can include them in the future issues.

There's a new section in this issue called "In Brief." It's an assortment of club and member news in the "miscellaneous" category, but nonetheless of interest and importance. We have some members who do awesome things! Keep your input coming...

**Welcome To New PBA Members**

We look forward to riding with you!



- Thomas Bauer
- Linda Baumler
- Matthew Burton
- Cole Casey
- David Conner
- Tim Davenport
- Louis De Grace
- Cynthia Dearolph-Hibbitts
- Jerry Fryar
- David Golay
- Margie Heiges
- Thomas Howell
- Eric Hunt
- Peter James
- Bart Johnson

- Mark Konst
- Kathleen Moore
- Tom Peck
- Denis Pelley
- Stuart Richardson
- Charles Ruge
- James Smith
- Jonathan Snyder
- Amy Stone
- Helen Stovall
- Mark Suiter
- Celeste Vaughn
- Annie Whitaker

**PBA Bike Journal Update**

As of July 27, 2106, **35 PBA** members have recorded **46,150 cycling miles**. That total equates to more than 8 round trips by car between Newport News and Los Angeles! Logging your miles on bikejournal.com is an excellent way of tracking your miles. Kudos to our top ten riders:

- 1. Patrick Johnson
- 2. Robb Myer
- 3. John Atwood
- 4. Bob Ornelaz
- 5. Tregg Hartley
- 6. Linda Carter
- 7. Bob Carter
- 8. Richard Maruyama
- 9. Cat Evans
- 10. Tom Howard



**BIRTHDAY CLUB UPDATE**



There are now three age categories for the Birthday Club (created by Robb Myer who must like ice cream).

- Vanilla: Age 50-59
- Peaches and Cream: Age 60-69
- Rocky Road: Age 70 +

Vanilla members will receive 1 ticket for the awards ceremony drawing at the January Membership Meeting, Peaches and Cream 2, and Rocky Road 3.

Special "Open Season" all 2016 PBA members eligible for the Birthday Club can qualify if they ride their age at the Surry Century.

This means if your birthday has come and gone or isn't until November you can use your ride at the Surry Century to qualify. This is a great opportunity to show the younger PBA members what the over 50 crowd is made of—and it's not ice cream! :)

Birthday Club guidelines can be found on the PBA website homepage at [www.pbabicycling.org](http://www.pbabicycling.org).

**CONGRATUATIONS TO PBA BIRTHDAY CLUB MEMBERS (as of July 9, 2016)**

Name	Category	Miles
Tregg Hartley	Vanilla	53
Sharon Bochman	Vanilla	53
Bob Carter	Rocky Road	75
Melanie Payne	Peaches & Cream	69
Richard Maruyama	Rocky Road	74
Stacy Garber	Vanilla	56
JD Hawthorne	Vanilla	53

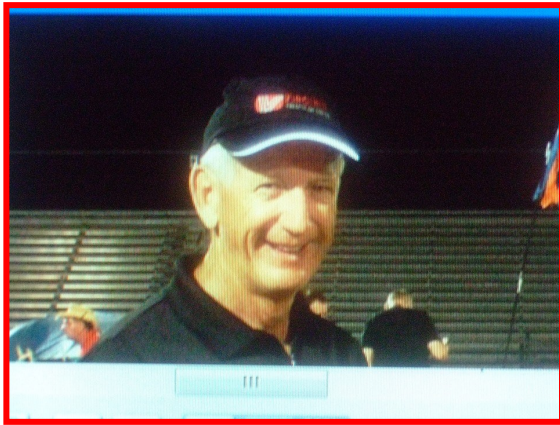
## Getting To Know You...

This issue spotlights Virgil King, PBA Board Member and our Adopt-A-Spot on Crawford/Crafford Rd.



Chairperson. Virgil has been member of the club for many years and last year he decided to take a bigger role in helping with the club and its activities. Virgil said that he's sure he was motivated by the energy and drive of PBA President, Sharon Bochman. He looks forward to the many future PBA activities and rides. As a board member, Virgil wants to help the club grow and serve in any area that the PBA needs him. So here's Virgil.....

### Getting to Know— Virgil King, PBA Board Member



#### Tell us a little about yourself and your background.

I taught school and coached in Newport News for about ten years, after graduating from Old Dominion University with a BS in Physical Education. I was on the Track and Cross Country and Wrestling teams while in school.

My first teaching job was at Ferguson High School in Newport News where I coached Cross Country & Track, and Wrestling. My Cross Country teams won seven Peninsula District titles and four Eastern Regional titles. The Wrestling team won as many district championships and was undefeated for six years. Because of those Cross Country teams I was elected to the track Hall of Fame as a coach.

When my kids came along (one girl and one boy) I had to leave teaching and coaching and go to work for money. This I did at Anheuser Busch in Williamsburg. I made a lot of beer over the years. It was at AB I got into running road races from 5k to marathons. I was on the corporate running team for five years and I got to go to St Louis and California to run races for the company.

#### When did you first get interested in cycling as a sport?

After about ten years of road racing a friend talked me into doing a triathlon. At that time few people, including myself knew anything about triathlons. I tried it and I loved it. I have now done well over 100 tris and am a member of the USA Triathlon Century Club. It was then I got into biking. As time went by I really enjoyed that part of the tris more, and I have learned to enjoy touring as much as racing. I have been doing Bike Virginia for the past fifteen years. Bike Virginia is a 6-day tour, usually in the Western part of Virginia. We ride 50 to 100 miles a day and camp out at night. I love the riding and the camping.

#### What is your favorite PBA memory and/or ride?

My favorite PBA ride is a toss up between the After the 4th ride and the Surry Century. I love the warm summer weather to ride and it is great to do it early in the morning. To get my ride and workout in, I get up at 5AM and ride with the Squirrel Scrapers group on Monday, Wednesday and Friday. Weekends are usually a longer ride up to 50 miles. ‘

#### What keeps you motivated to keep riding?

My main motivation is to ride for conditioning to race and the joy of being on the bike.

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

Last year I had the opportunity to ride with George Hincapie, which was great. A couple of years ago Bob Roll came to Bikebeat in Newport News for a meeting and a ride. He was just like on TV- very friendly and down to earth and still a good rider.



## Team Killer Bees Swarmed For Multiple Sclerosis

By Elaine Cardwell

On June 3 and 4, 2016, Art Wolfson, Bee Captain, and Elaine Cardwell, Queen Bee, Natalie Bare, Sarah Darling, Tregg Hartley, Jack Liike, Mike Phillips, Kristen Findley, David Palagyi and Jay Thompson came out to



swarm the Peninsula during a 150 mile bike ride to raise money and awareness for Multiple Sclerosis. Joining us at the start

was our Bee mascot, Ron Hafer – what a great surprise!

Early on Saturday morning we arrived at Windsor Castle Park in Smithfield, donned our shoes and

helmets, met for a picture and we were off at 7:00 a.m. for the 75 mile ride to the Doubletree Hotel in Williamsburg. The weather was overcast with an occasional drizzle, the winds were at our backs (mostly) and most of the team stayed together all day. The trip included a ferry ride and a few miles on the Colonial Parkway (rumor has it that the Parkway part of the route will be changed for



next year). Best part - no girls had to pull – the boys did all the work and made sure we all arrived in Williamsburg at 1:00 for a wonderful assortment of sandwiches, sides, salad and beer.

Greeting us on our return were KB Volunteers, Peggy Buckley, Anna Gladden, Carl Killian, Sherry Wolfson. Glenn Young had been there earlier to help set up the Killer Bee tent. The decorations, snacks and drinks were much appreciated.

Bees Scott Farrell and Jan Carlson provided SAG support for the MS ride and were able to stop by the tent for some visiting. Carl Killian cleaned our bikes for us and did other “heavy lifting as required”.

Soon we were off to the pool or the showers or a nap (depending on your preference). The Doubletree Hotel followed by a short ceremony to honor the top fundraisers. Team Killer Bees has raised \$13,000.00 to date and we have until August 1, 2016 to get all our donations collected. Riders who collect at least \$1,200 in donations are designated as VIPs and our team had a number of VIPs – Natalie Bare, Art Wolfson, Tregg Hartley, Sarah Darling, Kristen Findley, and Bob Ornelaz.

Day 2, Sunday morning found the team gathered at the Doubletree parking lot for a recitation of the Killer Bee pledge and the start of the 75 mile ride back to Smithfield.



The Bees in “plain clothes”

Congratulations to Art Wolfson on the occasion of his 25<sup>th</sup> MS ride . He is a great Captain and Team Killer Bees will ride again next year – plan to join us!

## Community Service Opportunity on September 24

By Tregg Hartley

The City of Hampton has been working all year developing a comprehensive bicycle and pedestrian plan. Several of our members have been involved on one level or another, providing insight and guidance as the city moves towards becoming a safer place for cyclists and pedestrians.

As a move to get the citizens of Hampton out walking and riding, Hampton will be holding a **Bike Walk Event in downtown Hampton on September 24<sup>th</sup> from 8AM until noon**. PBA has been asked to provide ride leaders for the six different rides that will be offered at this event. This is a City of Hampton event and they are handling the sign in and waivers. I don't see these being anything above a D paced ride, but we will play it by ear and ride to the slowest rider for each route. I have maps of the routes from Alison Alexander, Lead City Planner, and I will be creating cue sheets from them. Here are the six rides. All rides start and stop at the Carousel Park on Settlers Landing.



- 8:30am**      **Kecoughtan Ride** (Advanced – 8.7 mile)    Continues on to Phoebus, Fort Monroe for advanced riders. Total 19 mi.
- 9:00 am**      **Buckroe Ride** (Intermediate/Advanced – 8mi)
- 9.15am**      **Phoebus, Fort Monroe Ride** (Advanced – 10 mi) ride continues on for advanced riders. Total 19 mi.
- 10.00 am**      **Downtown Ride** (Beginner – 1.1 mi)  
**History Biking Tour** (Beginner—??mi) Still in the works
- 10.30 am**      **Downtown/Olde Hampton Ride** (Beginner - 2.4 mi)
- 11.00 am**      **King Street Ride** (Intermediate – 4 mi)

Sometime in August, I plan on pre-riding all of the routes and will let you know the details. Perhaps the Bull Island Brewing Company will be open by then.



## Why I Ride The Way I Do— The Evolution of a Vehicular Cyclist

by Tregg Hartley



The way we see the world is based on the knowledge we have attained over the years and our own personal life

experiences. That's why we have differing opinions on so many topics. Just take a look at this election year. Crazy, right? As cyclists, we also have differing opinions on bike related topics. What material a bike should be made of, tire width, bike geometry, gearing, and so on. It should be no surprise that we often disagree on a cyclist's place on the road. Some people hug the curb at all times while others tend to ride in the center of the lane. Some people won't ride outside of their own neighborhood unless they are on a group ride.

That being said, I am one of those center of the lane guys. Now don't get me wrong, I am not one of those confrontational, militant commuters. Well, not as much as I used to be. I will use a shoulder or bike lane when provided, as long as they are in good condition and clear of debris. However, on the Peninsula, these facilities are rare. So, I tend to ride closer to the center of the lane on most roads. If the road is four-lane arterial, I will take control of the right lane every time.

Now I wasn't always this way. Prior to becoming a bicycling commuter, I rode as far to the right as I could without riding in the gutter pan. I was trying to "share" the road. I continued this practice for a while even after I started commuting to work in the summer of 2011. Now keep in mind, when cyclists ride this way, they encourage motorists to attempt passing while remaining in the same lane. This can work fine, so long as the driver passing you is driving a sub-compact car. However, when the one ton pickup with the yard trailer attempts the same maneuver, this puts the cyclist in a bad situation. The same can be said for dump trucks and city buses as well. While commuting, I have had all of the above try to pass me while remaining in the same lane.

By taking the lane, I remove the possibility of a motorist assuming they can "squeeze by" and pass me while remaining in the same lane. For a motorist to pass me, they have to cross into the left lane. Even if they intentionally pass too closely, which does not happen as often as you might think, they still have to cross into the left lane. By removing the "squeeze by" thought process, they plan accordingly a little further back and just move into the left lane to pass. By being positioned in the center of the lane, I am in the direct field of view of the motorist. Being on the far right edge of the road, I exist only in peripheral vision. This increases the odds of getting clipped by a passing motorist. It also increases my susceptibility to right hooks and left crosses. Now, don't get me wrong. I'm not tell-

ing you how to ride. That decision needs to be made by each individual cyclist for themselves. I am simply telling you how I ride and why I do so.

What the law actually says:

*§ 46.2-905. Riding bicycles, electric personal assistive mobility devices, electric power-assisted bicycles, and mopeds on roadways and bicycle paths.*

Any person operating a bicycle, electric personal assistive mobility device, electric power-assisted bicycle, or moped on a roadway at less than the normal speed of traffic at the time and place under conditions then existing shall ride as close as safely practicable to the right curb or edge of the roadway, except under any of the following circumstances:

1. When overtaking and passing another vehicle proceeding in the same direction;
2. When preparing for a left turn at an intersection or into a private road or driveway
3. When reasonably necessary to avoid conditions including, but not limited to, fixed or moving objects, parked or moving vehicles, pedestrians, animals, surface hazards, or substandard width lanes that make it unsafe to continue along the right curb or edge;
4. When avoiding riding in a lane that must turn or diverge to the right; and
5. When riding upon a one-way road or highway, a person may also ride as near the left-hand curb or edge of such roadway as safely practicable.

For purposes of this section, a "substandard width lane" is a lane too narrow for a bicycle, electric personal assistive mobility device, electric power-assisted bicycle, motorized skateboard or foot-scooter, or moped and another vehicle to pass safely side by side within the lane. Persons riding bicycles, electric personal assistive mobility devices, or electric power-assisted bicycles on a highway shall not ride more than two abreast. Persons riding two abreast shall not impede the normal and reasonable movement of traffic, shall move into a single file formation as quickly as is practicable when being overtaken from the rear by a faster moving vehicle, and, on a laned roadway, shall ride in a single lane.

Notwithstanding any other provision of law to the contrary, the Department of Conservation and Recreation shall permit the operation of electric personal assistive mobility devices on any bicycle path or trail designated by the Department for such use. <http://law.lis.virginia.gov/vacode/title46.2/chapter8/section46.2-905/>

Note: Exception number three refers to a substandard width lane. The American Association of State Highway and Transportation Officials (AASHTO) produces a Guide for the Development of Bicycle Facilities. This guide states that a 14 foot lane is the minimum recommended width for a shared use lane. Anything less is considered a substandard width lane.

## Member Musings

Have any suggestions or ideas for the betterment of our area's cycling community? Share them here.



Tom Howard delivers his presentation to the PBA Board.

### North Hampton Roads Trail System (NHRTS) – Is it our time?

By Tom Howard

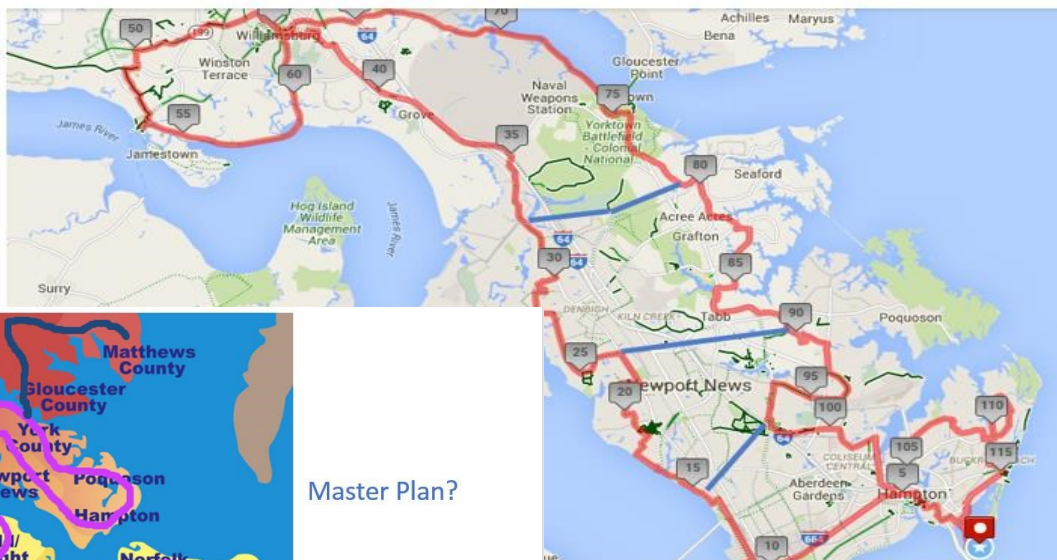
A couple meetings were held these past couple of months that need to be shared with PBA members. These meetings come on the heels of the progress that is being made with the City of Hampton and the Fort Monroe Authority in regards to their pedestrian and cycling plans for their respective jurisdictions.

The first meeting was held in June at a Surry County Planning meeting where forty residents showed up in support of the proposed Surry County Pedestrian and Cycling plan, with only one resident in objection. This plan highlighted the desire of the residents of that county to move forward with a plan to extend the Virginia Capital Trail through Surry and on towards Smithfield and Suffolk. VDOT was there in support of this meeting. VDOT also mentioned the study of the VCT to be extended not only through Surry, but all the way to the Virginia Beach oceanfront as well as to Ft. Monroe. I was there at this meeting and made some comments as an advocate for the East Coast Greenway and the Beaches to Bluegrass Trail.

There were other things discussed at this meeting including the safety of cyclists as well as motorists that travel through the smaller roads of the county. Overall, this meeting was a positive step towards creating a plan that will qualify for federal and state funding to implement such things as sidewalks, dedicated cycling lanes and possibly the segregated pathway extension of the Virginia Capital Trail. This meeting was covered by the Smithfield newspaper and has caught the attention of the East Coast Greenway Alliance, Virginia DCR and VDOT.

This meeting also prompted a planning meeting with the PBA board to discuss the recently mentioned North Hampton Trail System in our last Chainstay Newsletter. Kristi Hendricks, a representative from the Surry County advocacy team was in attendance to share her experiences with the PBA board on how they got to where they were last month prior to the meeting with the Surry County officials. The purpose of the PBA meeting was to discuss the NHRTS and how this ties into a Cycling Master Plan for the Hampton Roads Transportation needs in regards to “Active Transportation” options.

In the coming months, the PBA may hear more on this progress to decide if or how we may be a catalyst for change on the Peninsula in an attempt to create a more friendly bicycle and walking community. These plans include “connected” pathways for all citizens of the different communities on the Peninsula. I have included another snapshot of the proposed NHRTS, a link to view it closer via MapMyRide and a list of the points of interest that this system could connect with an active transportation plan. The other picture is an overview of the possible Cycling Master Plan that ties into the ECG connector through Surry, Isle of Wight and Suffolk and how this ties into the SHRT / Beaches to Bluegrass trail. Working with our friends at the TBA, VDOT and local government officials, it may be possible to propel the Hampton Roads region into a cycling and pedestrian friendly region.



#### Potential NHRTS Loop Trail System

- Ft. Monroe
- Hampton Univ.
- Downtown Hampton
- Downtown NN
- NN Shipbuilding
- CNU / Ferguson Center
- Riverside Hospital
- Oyster Point
- Ft. Eustis
- NN Park
- Colonial Williamsburg
- William & Mary College
- Yorktown / York Co.
- Gloucester Extension
- NASA / Langley AFB
- Poquoson Extension
- Thomas Nelson CC
- Coliseum Central
- Sentara Careplex
- Grandview
- Buckroe Beach



Master Plan?





**Join us for**  
**The Surry "Century" Ride**  
**Our Annual Twenty-Five to a Hundred September Ride**

**Saturday, September 10, 2016**



**The Ride:**

- Starting from the Surry Athletic Field behind the Surry Courthouse.
- Experience the heart of Southeastern Virginia by bike... see rural towns, farmland, historic plantations, and very few cars.
- Rides of 25, 50, 75 and 100 miles consist of three loops of 25, 25 and 50 miles.

**Times:**

- 7:00 to 9:00 am: On site registration and check-in.
- 1:00 pm: Lunch closes.
- 4:30 pm: Course closes.

**Fees:**

- Fee includes maps, cue sheets, marked routes, rest stops, lunch, snacks and SAG support.
- A portion of the registration fee will be donated to the Surry Athletic Association and the Surry Rescue Squad.
- Register before September 1st and Early Registration fee is \$30 for members and \$35 for non-members, \$15 each child (12 & under).
- If postmarked after August 31, add \$5 per participant.
- Registration fee is an additional \$10 if registering the day of the event. **Note: on-site is cash only**
- **For Online Registration** go to <http://pbabicycling.org/event-2099335> **Mail in Registration Form below.**

**To Volunteer (or for more info): Contact Russell Parrish at [paganriverarchitects@gmail.com](mailto:paganriverarchitects@gmail.com)**

**2016 Surry "Century" Ride Registration Form**  
**One Person per Form**

**Peninsula Bicycling Association**  
**Event Date Saturday September 10, 2016**

Name \_\_\_\_\_ email address \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone Numbers:	Landline	Cell
Rider:	_____	_____
Emergency Contact:	_____	_____

Fee - Please circle and total:	• Adult: > PBA member	\$30
	> Non-member	\$35

Mail to:	• 12 and under	\$15
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Peninsula Bicycling Association  
P.O. Box 12115  
Newport News, VA 23612-2115

- If postmarked after August 31 -add \$5 to registration fee
- On-site registration -add an additional \$10 on top of the \$5 late fee

Total \_\_\_\_\_ **Note: On-Site is Cash Only**

**Release and Waiver:** In signing this application, I hereby make it known to whoever it may concern, that during Peninsula Bicycling Association activities-with full realization that there are known and unknown hazards to these activities-I do hereby: assume all risk for injury, loss or damage foreseeable or not, which I and/or any children under the age of 18 in my care may sustain as an accident to such activities. I warrant to make no claim at law or equity against the Peninsula Bicycling Association or any participant arising out of any injury, loss, or damage from whatever cause during a Bicycling activity, PROVIDED HOWEVER that this release shall not be construed to limit my right to proceed any class of persons specifically excluded herein, who negligently cause injury, loss, or damage to the persons named on this application. **Applicant or parents/guardians of minors (under the age of 18) must sign below.**

\_\_\_\_\_ **One person per form. Form may be duplicated.**

## PBA Members Report Seeing Birds on Bikes and Roaming Gnomes



### From Elaine Cardwell—*Biking is for the Birds!*

During an evening bike ride from the Visitors Center in Yorktown, we were riding on the tour roads and encountered a cyclist riding with a cage attached to the rear bicycle rack. When we all stopped at a stop sign, we discovered that there was an African Grey Parrot in the cage and it always accompanied its human on evening bicycle rides.

Also a bird story—During an MS 150 Bicycle Ride on the Eastern Shore, one of the participants brought along his Cockatoo. This bird rode on the handlebars for 150 miles without being tethered. He would sometimes spread his wings to catch the air and cool off but he did not fly away. His owner said that the bird was 40 years old and the two of them often camped and biked together. When we approached the bird, he would say “Hi, my name is Phoenix”.

### From Melissa Mcleod—*Got Guns???*

Several years ago, biking the Dismal Swamp Trail was allowed during the fall hunting season. As I was returning from my 'out & back' ride, I spotted a bicyclist dressed in camouflage (no helmet!) with a shotgun slung over his shoulder, pulling a cart containing his hunting dog! Very resourceful...don't know if he bagged any game!

### From Melanie Payne—*U-Turns and Gnomes*

While exploring the Minneapolis area dedicated bike trails, I decided to ride around Lake Calhoun, a very popular cycling route. As I started to ride around the lake, cyclists coming toward me started waving and pointing, so I waved back thinking, aren't they friendly. After about the tenth greeting, I looked down and noticed the arrows on the path indicating the path was one way—in the opposite directions. Oops, I made the quickest bike U-turn ever!

After a ride on the Yorktown Battlefields, I noticed a guy getting out of a big van carrying two big gnome statues. One of my favorite TV shows, The Amazing Race, sometimes plants these “roaming gnome” statues all over the world for contestants to find. Why else would someone be carrying two of these, but to hide them for the Amazing Race? So I excitedly went over to the man and asked if he was with the Amazing Race. The look on his face said it all. He said “Huh? What?” probably thinking who is this crazy lady. Turns out the statues were some British soccer mascots and he was taking them to the British cannons on the Battlefield to take a photo to send to some friends in Great Britain.



### From Bob Carter—*St. Anthony\* Sometimes Rides A Bike*

On the fourth day of my 2014 trip from San Diego to St. Augustine, while riding alone, I stopped for a nature break in the Arizona desert. The spot was a large concrete patch with a marker. The wind was really blowing. When I went back to get on my bike, one of my gloves was missing. I was determined to go no further until I found the glove. I walked way downwind and then retraced my steps figuring the wind had blown the glove away from the bike seat where I had placed it. After what seemed like an eternity looking everywhere I could think of, I was unsuccessful. At that time a fellow cyclist on the ride pulled into the spot and we began chatting. In the course of the conversation, I mentioned how frustrated I was in trying to find my glove. While I was talking to him, I noticed he was not looking at me but over my left shoulder with a somewhat amused look on his face. And then he said, “Oh, you mean that glove,” pointing behind me to a glove stuck by its Velcro on the back of my vest.

The moral of the story: If you can't find something ALWAYS CHECK YOUR SIX!\*\* And, if you were alone, for crying out loud use your bike mirror, otherwise I would still be out there in the Arizona desert, if my friend had not come along.

\* St. Anthony of Padua is the finder of lost things.

\*\* Pilot's term for 6 o'clock position i.e., directly behind you.



## In Brief....News & Items of Interest

- **New Bike Shop in Our Area**

Introducing— Windsor Bicycle Works. It's the newest full service bicycle shop in the area. The



shop is an authorized Fuji, SRAM,

Zipp, and Evo dealer. Located at 12484 Windsor Blvd., Windsor, Va. 757-242-4445. Ask for Richard. Stop by and check it out!

- **Tregg Hartley, PBA Vice President Quoted in Daily Press on July 1, 2016.**

The article is titled, *Hampton Working on Roadmap to Bike, Walking Connectivity* and can be found at:

<http://www.dailypress.com/news/hampton/dp-nws-hampton-evg-bike-pedestrian-plan-20160702-story.html>

- **From the Virginia Capital Trail Foundation—**

Anyone met Kevin Sullivan, the "Paca Pops" guy of Charles City County? Here's his summertime offer, which we love: "Due the extremely hot weather on the Trail, Paca Pops has decided to help you cool your jets and stay hydrated. Free bottles of ICE COLD water will be available free of charge, every weekend that the high temp hits 85 degrees F. He will be located on the corner of Rt 5 and Wilcox Wharf Road. No purchase necessary! Of course you can still buy our other cold treats and energy bars."

- **PBA Member Tsvi Katz-Hyman Makes Tracks.**

Tsvi in on *An Appalachian Trail Adventure* spending several months hiking hundreds of miles for Team in Training of the Leukemia and Lymphoma society. He is currently in Vermont. To follow his progress and travels go to <http://pages.teamintraining.org/va/yourway16/tkatzhyman#home>

- **PBA Donates Funds to the Community**

- \* To The Surry Rescue Squad
- \* To The Virginia Capital Trail Foundations

- **New PBA Jerseys.**

Thanks to Robb Myer for his work on this project and for getting this round of orders organized. They will arrive before the Surry Century. You recently received an email about this with an order deadline. If you didn't order this time, not to worry, there will be future opportunities to do so.



- **The proposed Hampton City/Langley Ride has been postponed until next year.**

(The President's Message continued from Page 1:)

The Seagull Century is Saturday, October 8th and I negotiated a group rate of \$54 a night at the Chincoteague Inn. Several of us have stayed there before and found it to be very clean and convenient. We usually ride the Seagull on Saturday, eat dinner together that evening in Chincoteague then wake up early to do a easy recovery ride around the Island then go to breakfast, take a shower then checkout and return home. If you are interested in joining us, call the Chincoteague Inn soon to reserve your room. They will most likely book up since the Oyster Festival is also the same weekend. Their number is 757-336-6415 and you need to tell them you are with the Peninsula Bicycling Association to get the reduced price. We already have about 15 riders that have booked rooms so it will be a blast! For the hotel go to <http://www.chincoteagueinnmotel.com>.

The Shenandoah Fall Foliage Festival is Saturday, October 15th and Sunday, October 16th. You can find more information or register for the ride at <http://shenandoahbike.org>. The Howard Johnson's is offering a reduced rate for riders of \$89 and is located two blocks from all of the great restaurants, brew pubs and a new wine bar in Staunton. There is a street party on Saturday evening so it is nice to be able to leave your car behind. Several of us have done this ride in years past and it is a great time. Another downtown option is the Stone-wall Jackson Hotel but it is more expensive. All hotels sell out so you might want to make your reservations soon if you want to join us. If you have any questions about any of these riding opportunities, feel free to call me at 757-272-4153 or e-mail me at [bochman@cox.net](mailto:bochman@cox.net)

**WHERE'S WALDO???**



Contemplating a rest stop on the After the 4th Ride



Lou and Ron, and look closely Ron, on the After the 4th Ride



"Busy Bees" at a rest stop



Tom's Smithfield Sweeper



Welcoming Lael Wilcox winner of the Trans Am ride in Yorktown



Scott's Water Wagon



Smithfield Riders Ready to Roll



July 2 in Williamsburg





# Weekly Standing Rides

## RIDE SPEED CLASSIFICATIONS

A pace: 18-22 mph rolling speed

C pace: 11-14 mph rolling speed

B pace: 15-17 mph rolling speed

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

**Arrive 15 minutes early ——— Helmets are required.**

- Standing rides repeat weekly and do not go on our web calendar.
- Oftentimes, riders simply show up and there's a ride.
- Check the PBA Facebook or call, text, or email the ride leader to confirm the ride is on.
- \* Rides marked with \* are not PBA-sanctioned rides. They are good nonetheless!

## SEASONAL RIDES (April through September)

### **Mondays:**

- **6:00 pm - York Hall at 301 Main St, Yorktown (parking lot behind building):** Join us for 27 mile A pace ride 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. Contact Brian Utne, cell: 757-849-3074, [blutne@gmail.com](mailto:blutne@gmail.com). **B-group leader needed.**
- **6:00 pm - White Marsh Shopping Center at 4834 George Washington Highway Route 17, zip 23072, 8 miles North of the York River.** The Monday Night Ride in Gloucester is a ride for A or B pace riders. We ride 27 miles. Contact Bob Anderson, landline: 804-642-5941 or Bernard Robbins, landline: 804-642-6412). [Gloucester Virginia Cycling Facebook](#)

### **\* Tuesdays / Thursdays:**

- **\* 5:45 pm Denbigh Boulevard and Route 17, Grafton, VA 23692** Informal A pace road cycling rides from the Farm Fresh grocery store parking lot. Pace generally 19-22 mph. Just show up and ride!

### **Wednesdays:**

- **\* 5:00 pm - Village Bicycles, 9913 Warwick Blvd 23601:** 23 mile B pace ride. Contact Connie at the shop: 757-595-1333. Updated 05/31/2016.
- **6:00 pm - Todd Stadium at 12465 Warwick Blvd in Newport News:** C+ pace ride, basically 14+ mph rolling but no one dropped. We do about 20 miles similar to the Squirrel Scalper route -- Deep Creek, Maxwell Gardens, Hidenwood, Riverside, Lions' Bridge, Warwick on the James, Brandon Heights, Hilton Village and back through the Mariner's Museum and CNU. Contact John Bright, cell: 757-812-1909.. **B Pace ride leader needed.**
- **6:00 pm - York General District Courthouse parking lot at 300 Ballard St, Yorktown:** Ride length and pace depend upon group (no one dropped). Contact: John Parker, cell: 757-898-7147. If you would like to learn how to ride in a group call John Parker. Bill Monroe, landline: 757-868-9242, Charlie Park, cell: 898-0890.
- **6:00 pm - York General District Courthouse parking lot at 300 Ballard St, Yorktown:** Join us for a 28 mile B+ pace ride to include York Point and Dandy Loop and finish with the Ben & Jerry's hill climb. (Traditionally a B-pace in April and then faster as the group gets stronger through the summer) Contact Steve Zajac, cell: 757-870-4873 or [spz1957@yahoo.com](mailto:spz1957@yahoo.com).

### **Thursdays:**

- **\* 5:45 pm - refer to Tuesdays / Thursdays above.**
- **6:00 pm - York Hall at 301 Main St, Yorktown (parking lot behind building):** A pace, 25 to 30 miles. Contact Randy Howell, cell: 757-876-1476, [rhowell4@me.com](mailto:rhowell4@me.com) Updated 05/31/2016
- **6:00 pm - Tabb Library at 100 Long Green Blvd in the Tabb section of York County:** B- pace, rolling 14-16 mph with a couple of sprint options. 20-25 miles depending on daylight. Contact JD Hawthorne, cell: 757-218-3529 or Robb Myer, cell: 757-812-9942, [threespeed67-pba-ride-leader@yahoo.com](mailto:threespeed67-pba-ride-leader@yahoo.com), route sheets available by email.

## 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.



**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. 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 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.

**August 21, 2016, [Sunday Covered Bridge Metric Century Lancaster, PA.](#)** A classic Pennsylvania ride now in its 38th year. Beautiful routes of 100k, 50k, and 25k, covering some of the most scenic cycling terrain anywhere. Each route traverses through covered bridges and past Amish farms. Rolling terrain with only moderate climbing. Proceeds benefit the Lancaster Bicycle Club's grant program which has donated over \$275,000 for bike-related initiatives since 1999. Plus, the Club donates funds that go directly to restoring the beloved covered bridges of Lancaster County. We've made some changes this year, including revised routes and revamped rest stop offerings. <http://www.lancasterbikeclub.net/covered-bridge-metric-century/>

**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, 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 goodies. The tour starts and stops in Historic Dover, the capital city of the First State. After the bike tour, 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 Hillsdale 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 Mts. The funds raised go directly to supporting the Boys & Girls Club. Visit <http://www.bgcchallenge.org/> for details.

## 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.



## 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**