

Chainstay

The Peninsula Bicycling Association



April-May 2017

Volume 47, Issue 2

April PBA Monthly Membership Meeting

April 10, 2017 6:00 PM
Angelo's Steak & Pancake House, Newport News

Guest Speaker:
Karla McCarraher
Bike MS Director



CUL's Courthouse Grille's 2nd Annual Cyler Celebration —April 8 at 11 AM.

International Children's Festival in Hampton, April 15, 10 AM – 5 PM

Tour de Fort, Fort Monroe—May 21, 2-5 PM

Smithfield Challenge 2017—May 27, 7:00 AM
Windsor Castle Park, Smithfield VA

Hot Diggity Dog Ride
June 10, 2017 8:00 AM, Windsor Castle Park

After the Fourth Ride
July 09, 2017 8:00 AM —Shelter 1 Newport News Park

Don Hubbard Memorial Ice Cream Ride
August 12, 2017 8:00 AM

- **CUL's 2nd Annual Cyler Celebration** April 8 at 11 AM. This is a cycling celebration at CUL's Courthouse Grille, Charles City Courthouse roughly the halfway point down the Virginia Capital Trail
- **General PBA Meeting, Angelo's Steak and Pancake House, April 10, 6-8 PM.** Karla McCarraher, Bike MS Director, will be discussing the Colonial Crossroads Bike MS event taking place June 3-4. Last year was the Inaugural Colonial Crossroads event. Two groups of riders, leaving Smithfield and Richmond, converge on Williamsburg for a Bike MS party.
- **International Children's Festival April 15, 10 AM – 5 PM** The PBA has been invited to participate in the International Children's Festival in Downtown Hampton. We will be have a table where we will be handing out PBA and bike safety materials to the attendees. If you have time on Saturday the 15th and would like to encourage some potential new riders, come join me.
- **Bike Month Proclamation Ride, May 4** Each year the Governor officially proclaims "May is Bike Month" in Virginia. Be a part of the celebration as we receive the Proclamation in Richmond at Capitol Square and carry it back to Williamsburg by bicycle! Governor McAuliffe's Proclamation will then be presented to our local elected officials during the month of May. The Proclamation Ride is organized by BikeWalk Williamsburg (501-c-3) working to create a biking and walking friendly community for everyone. If you are interested in attending, you can find more information at <http://www.bikewalkwilliamsburg.org>.
- **Tour de Fort, Fort Monroe, May 21, 2-5 PM** The City of Hampton is celebrating National Bike Month by showcasing the many benefits of bicycling — and encouraging more people to give biking a try. There will be several rides available. The Peninsula Bicycling Association will be providing the ride leaders for this event. We already have volunteers to lead the B and C pace rides from Fort Monroe to Buckroe and back. There are a few more leisurely rides that will remain on the base that we need ride leaders for.
- **Smithfield Challenge, May 27, Roll time 8-9 AM** Join us on our signature Spring ride. Beautiful countryside, gently rolling to flat terrain. 32, 50, and 62 mile options. PBA members cost is only \$25 if you register before 1 May. Come out and enjoy a beautiful, well-supported ride.

Keep your eye on our web site and Facebook for updates. Get out and ride!

President's Column

What an interesting start to the year. We have a record setting warm February followed by a not so bike friendly March. As I write this, it is snowing outside and tomorrow is the first day of spring! Regardless of the weather, I hope you have been able to get out and ride. From what I have seen on Bike Journal, many of you have been getting out very regularly.

Now that we have sprung ahead into daylight savings time, we have an extra hour to get in a daylight ride after work. Soon we will be starting up our regular weekly rides and fully embracing spring. We had our Ride Leader training on the 25th of March. By far the largest class to date. With these new ride leaders, it looks like we could have some new rides popping up.

We have several things coming up over the next few months.

Tregg

2017 PBA Officers

President	Tregg Hartley, pbafatmanriding@gmail.com
Vice-President	Beverly McLean
Treasurer	Tom Carmine
Secretary	John Sprock
Chainstay Editor	Melanie Payne, pbamel@aol.com
Executive Committee Members	Sandy Butler, Jamie Clark, Billy Glidden

Committee Chairs

Advocacy Coordinator	Tom Howard
Awards, Recognition and Statistics	Robb Myer
Event Planner	Sharon Bochman
Event Support (Food)	Sharon Bochman
Event Support (Water)	Scott Farrell
Holiday Party	
Historian	Sandy Butler, John Parker
Hospitality	TBA
Meeting Coordinator	DJ Johnson, djcycle2015@gmail.com
Membership	Scott Blandford
Online Marketing	Beverly McLean
Public Relations	Jen Faas
Rides - General	
Ride Coordinator	Beverly McLean
Ride Leader Coordinator	Steve Zajac
Ride Leader Training	Mary Mitchell
Rides - Annual	
Smithfield Challenge Organizer	Sharon Bochman
Hot Diggity Dog Ride Organizer	Cindy Wong
After the Fourth Ride Organizer	Lori Moffatt
Staycation - Jamestown to Richmond Ride/Overnighter	Sharon Bochman
Don Hubbard Memorial Ride and Ice Cream Social Organizer	Family of the late Don Hubbard
Surry Century Organizer	Sharon Bochman
SAG Director	John Sprock
Volunteer Coordinator	TBA
Webmaster	John Bright, john_s_bright@yahoo.com , cell: 757-812-1909



PBA Website:

www.pbabicycling.org/

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

PBA Board Meeting

The PBA Officers and Executive Committee meet on the first Monday of each month at changing locations. Contact Tregg Hartley 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 bi-monthly or as required for special announcements. Send all Chainstay submissions to Melanie Payne, PBAmel@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 2016. PBA's website is hosted by Wild Apricot.



This is the spring issue of the Chainstay, but as I'm writing this, big, heavy, spring snowflakes are falling. But this too shall pass and we'll be out there riding on a regular basis before we know it.

The April-September standing club rides will be starting soon.

They are listed on page 10, but still check the PBA Face-book and website for any additional rides and/or changes.

Thanks to all the members who submitted the great articles and information for this issue. I hope you enjoy reading it as much as I enjoyed putting it together.

Welcome To New PBA Members



We look forward to riding with you!

**Jeffrey Beard
Hugh Bryan
Steele Byrum
Marcus Cannon
Wendy Conyers
Jeff Davies
Danita Fox
Jeremy Gibson
Milton Lampkin**

**David Ottaway
Steven Peters
Kevin Sturm
Nancy Thompson
Ron Thompson
Jon Wallace
Jacob Walls
Debbie Wells
William Whitley**

PBA Bike Journal Update

2017 starts a new journal year. As of March 28, 2017, 43 PBA members have already recorded 24,287 cycling miles. What a great start!

Logging your miles on bikejournal.com is an excellent way of tracking your miles. Kudos to our top ten riders thus far.

Here are our top ten riders so far this year:

- | | |
|---------------------------|----------------------------|
| 1. Robb Myer | 6. Peter James |
| 2. Patrick Johnson | 7. John Atwood |
| 3. Jonathan Snyder | 8. Richard Maruyama |
| 4. Bob Ornelaz | 9. Craig Hanson |
| 5. Tregg Hartley | 10. Mary Wikswo |



CONGRATUATIONS TO ALL WHO RECEIVED AWARDS AT THE JANUARY 16, 2017 MEMBERSHIP MEETING

Individual Recognition Awards

- | | |
|--|-------------------------------------|
| * Bounce Back Award | John Atwood |
| * Top Dog (miles logged on Bike Journal) | Patrick Johnston |
| * Most Improved Rider | Donna Moyer |
| * Volunteer of the Year | Michael & Jackie Shapiro |
| * Advocate of the Year | Tom Howard |
| * Ride Angel | John Bright |
| * Most Enthusiastic Member | Melanie Payne |

Ride / Event Awards

- | | |
|-----------------------|-------------------------------------|
| * Best Weekend Ride | Linda & Bob Carter |
| * Best Weekday Ride | Brian Utne & Steve Zajac |
| * Best Overnight Ride | Daniel & Sharon Bochman |
| * Best Member's Event | Eleanor Hubbard |

Individual Challenges

1000 Miles Challenge

Donald Alexander, Jennifer Allen, Richard Armstrong, Linda Asbell, Sharon Bochman, John Bright, Tom Carmine, Linda Carter, Bob Carter, Joey Chapman, Melody Daniels, Frank Dixon, Cat Evans, Gregory Gecowets, Tregg Hartley, Tom Howard, Brian LeCount, Richard Maruyama, Beverly Mclean, Melanie Payne, Denis Pelly, Jim Plant, John Schnautz, Mark Sutter, Mark VanRaam, Mary Wikswo, Stephen Wood

5000 Miles Challenge

John Atwood, Pat Johnston, Robb Myer, Bob Ornelaz, Jonathan Snyder

Birthday Club

Vanillas— **Richard Armstrong, Tom Bauer, Sharon Bochman, Ana Bossman, Stacy Garber, JD Hawthorne, Tregg Hartley, Tom Howard, Rosanne Howard, Greg Hurley, Lori Moffatt, Donna Moyer, Jonathan Snyder, Mary Jane Wikswo, Barb Zevallos, Diego Zevallos**

Peaches & Cream— **Tom Carmine, Melanie Payne, Mark Van Raam, Greg Warden**

Rocky Roads— **Bob Carter, Linda Carter, Frank Dixon, Richard Maruyama, Robb Myer**

Getting To Know You...

This issue spotlights Beverly McLean who has only been a PBA mem-

ber since February 2016, and has already stepped up to use her talents and her time to be our PBA Vice President. So let's find out more about Beverly.



Getting to Know—Beverly McLean, PBA Vice President



Tell us a little about yourself and your hobbies.

I have three kids who have all now flown the coop and I'm engaged to my best friend and riding partner, Todd Goodhead.

My education includes a Math degree from Elon University and an MBA from William & Mary.

Travel is my passion - I've visited 50+ countries but still have a bucket list a mile long. Fortunately, my job as Social Media Director for Covington Travel (Richmond) and freelance travel writer facilitates my drive to see new places and learn about other cultures.

When did you first get interested in cycling for sport?

I first started seriously cycling in high school and rode regularly through college, but took about a 20-year break

while starting a career and raising kids – just no time to dedicate.

About 10 years ago, I bought a yard sale Huffy to see if I would stick with it again. After about 1,000 miles I figured I was back and deserved a real road bike again!

Describe your perfect day on a bike.

I love it hot - preferably about 80° - and a good tail wind if I'm doing a Strava segment! ☺ Rollers are my favorite terrain and the beauty of Smithfield and Surry County remind me of my home turf in western Kentucky. I'm not a strong hill climber but always trying to improve so one day I can ride with Todd in his native Pennsylvania mountains.

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

Health and fitness motivate me to stay active and it's becoming even more important to me as I get older.

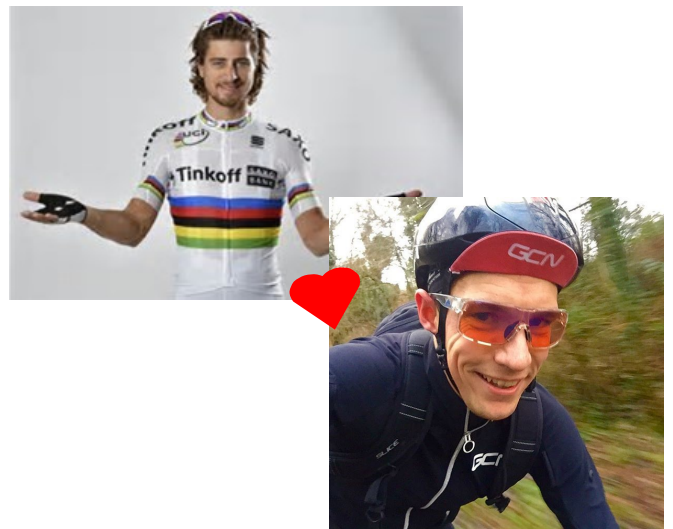
I try to ride 5-6 days a week, year-round. When it's too cold or wet out, I ride inside on a smart trainer with Zwift or GCN. If I whine, Todd's my motivator (aka drill sergeant!).

What has been your favorite ride?

Any one that ends with good beer and good company!

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

Well, not like I could keep up with either, but for the adorable factor, I'd have to pick Peter Sagan and Si Richardson from the Global Cycling Network.



It's not running, but...

By Katie Mallory



10. Lots of cyclists turned to cycling due to injury. It's a welcomed and easy common bond...and losing a beloved passion that way makes you very thankful to find another outlet and others who have adapted to their situation. Share in the thankful with them.

11. Be smooth. Say it. Smooth. My fastest rides feel smooth. If the ride isn't smooth, something isn't right. See #4.

12. Air pressure matters.

13. Crashing sucks. Try not to do that.

14. If you have a good day, celebrate with a ride. If you have a bad day, shake it off with a ride.

15. Clean your bike. Oil the chain. Ride. Ride. Ride. And repeat.

16. The downhills are exhilarating and worth the uphill struggle.

I used to be a runner but had to stop running due to an injury. I took up cycling in its place (hence number one in my list below).

Things I've learned after ten months of cycling:

1. It's not running and it will never be running. But it offers the same freedom, so embrace it for what it is and don't hate it for what it is not.

2. You can't bullshit a bike. You learn to communicate with the bike through miles and miles and miles of saddle time.

3. Fast is fun, but so is slow. Both are ok. Both take you places.

4. Don't fight the bike. Even though it doesn't have a brain, most of the time it's smarter than me.

5. The best place to store my phone to prevent cold weather battery drain AND still be able to listen to music is in my bra. Not even kidding.

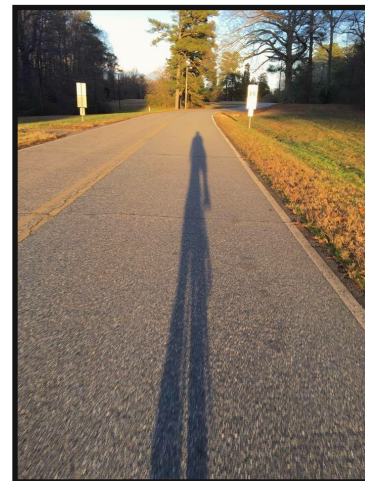
6. GPS devices and bike computers are amazing and horrible devices at the same time. They give data and show results in an analytical fashion. They are priceless training tools. They show the reward of hard work...and also the frustration of overwork. Sometimes stepping away and letting your body and soul tell you if a ride was good is a better option. It's about balancing the two.

7. Yes - padded pants sound ridiculous. But they are 100% amazing. And necessary.

8. A perfect shift will make you smile every time.

9. Even the most well-intentioned driver might not understand your intentions. Be polite, clear in your direction of travel, but also be wary.

This is the photo that Katie said inspired her to write this .





**PBA Members
Escape the
Unpredictable
Virginia Weather for
Sunny Florida
Bike Tours**

A South Florida Gulf Coast Adventure

By Rona Altschuler

I planned the January 29-February 4, 2017 trip to cover the South Florida Gulf Coast with my 2014 Cross Country trip bike buddy from New Jersey, Tina. We had a week and with no trip planning experience, we started in Tampa, Florida. We used Google maps on bike mode to map out our rides.



We had a week and with no trip planning experience, we started in Tampa, Florida. We used Google maps on bike mode to map out our rides.

Day one took us to New Port Richey to visit friends. It was a 75-mile day with a short visit to include lunch before heading back to Tampa.

Day two took us 45 miles to Clearwater, St. Pete's and others nearby beaches, crossing several causeway bridges which gave us great views.

Day three we took Tina's car to the Bonita Springs area as home base for our 75-mile ride day to Naples and Marco Island. Another beautiful, warm, sunny day in the mid 70's with blue skies. We rode bike lanes beside busy roads, but felt safe being in our own lane. When they disappeared, we would take to the sidewalks, though not as nice, we opted for safety.



Day four took us to Sanibel and Captiva Island and was a 55-mile day. We road along some road construction, multiple bridges and beautiful safe trails.

Our fifth and last day of riding started in Sarasota. We found a 30-mile trail that was once a railroad train track. It was in the woods, peaceful and a great way to end our self-made adventure.

The South Florida Gulf Coast is beautiful and brought us perfect weather.

For a first-time bike planning road trip, I think we did a pretty good job.



The element of the unknown added to the adventure. It was a great journey and we are both grateful to safely returned home until we venture out again.

Alligators and Key Lime Pie
By Melanie Payne



Unlike Rona's wonderful self-planned Florida adventure, I opted for an organized tour with Great Bike Tours on January 14-20, 2017 – and it was just that – great! The thirteen participants met and started the tour in Ft. Myers. We vanned to the Everglades to bike so close to the alligators it was a bit dicey, but the little (?) guys just kind of sunned themselves and watched us cycle by. I wonder what happened to those tourists that were crouching close to the alligators for photos. Yikes!

After that we vanned to our resort in the Keys. We stayed at three resorts in the Keys, with the last one being in Key West and they were all cushy and fabulous – just how I like it! The weather during the six-day tour was perfect – in the 70's, not too windy for the most part and sunny-much more consistent than what we were having in Virginia. It was an easy biking tour ranging from only 15 to 32 miles per day to take us from sight to sight, but it was enough to appreciate and enjoy riding on the Florida Keys Overseas Heritage Trail and to enjoy all the Keys have to offer.

The tour included wonderful tours of the Turtle Hospital (my favorite sight on the trip), the Dolphin Rescue Center, and several beautiful State Parks. The reason I chose

(continued on next page)

{Alligators and Key Lime Pie continued}



Great Bike Tours was because it was the only tour I found that included the Turtle Hospital. I support that effort and have actually adopted turtles that live there that are too injured to be released like most of the others that rehab there. I actually did see “Bubble Butt” and “Bender” – my babies who are permanent residents. Bubble butt is an actual injury that turtles can suffer from being run over by boat motors. It causes air bubbles under their shells so they cannot dive and just float. Weights can be added to help some of the turtles return to the sea.



The food was wonderful. I think I ate more fish that week than ever before and actually had my first ever key lime pie. The tour took us on a sunset sail in Key West aboard a 60-foot sailboat to view the sunset that is so famous down there. The tour ended with us taking the fast-ferry from Key West back to Ft. Meyers.



Getting My Butt Kicked

By Michael Shapiro

Many of you know my wife, Jackie, is a spinning instructor, and only in the last five years or so a street rider. Of course, several years ago when she wants to take me to a fall foliage ride in Staunton, it doesn't really occur to me that she is trying to collect on my estate early.

After riding more miles in one day than I had ever ridden in my life, uphill both ways of course, she finally managed to do me in. Conveniently for her at a cemetery. For the record, I am on the back side of the grave, no disrespect intended or given.

Of course her picture on Facebook that day included the caption, “husband’s bike for sale...cheap!”



Trail Happenings

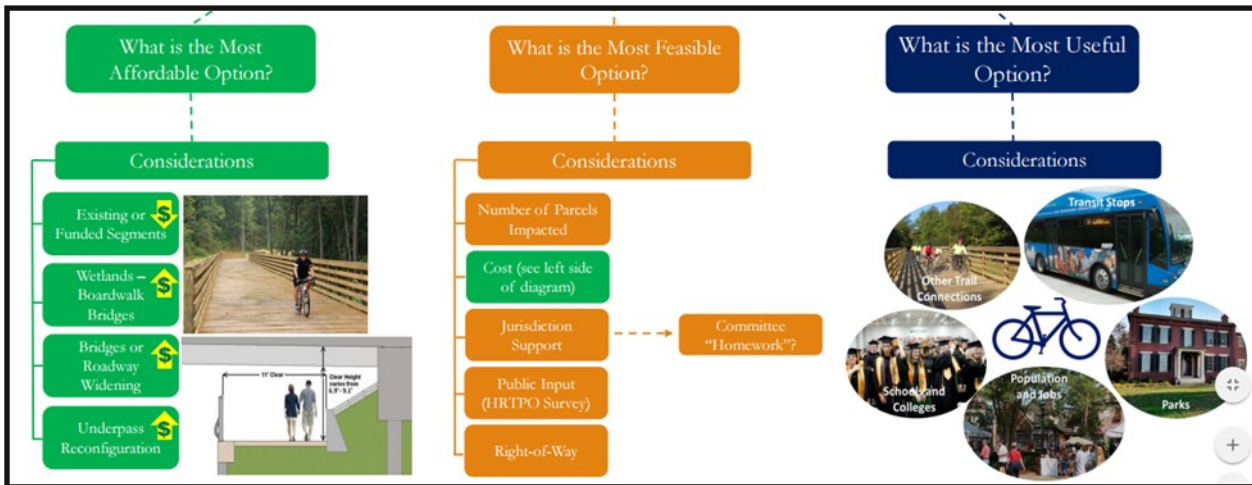
By Tom Howard, PBA Advocacy

In January, the Hampton Roads Transportation Organization (HRTPO) met in Williamsburg to discuss the Paths Connecting to the Virginia Capital Trail (PCVCT), public input, and recommendations from the engineering firm doing the preliminary study. The PBA was represented at this meeting and had input into the discussions

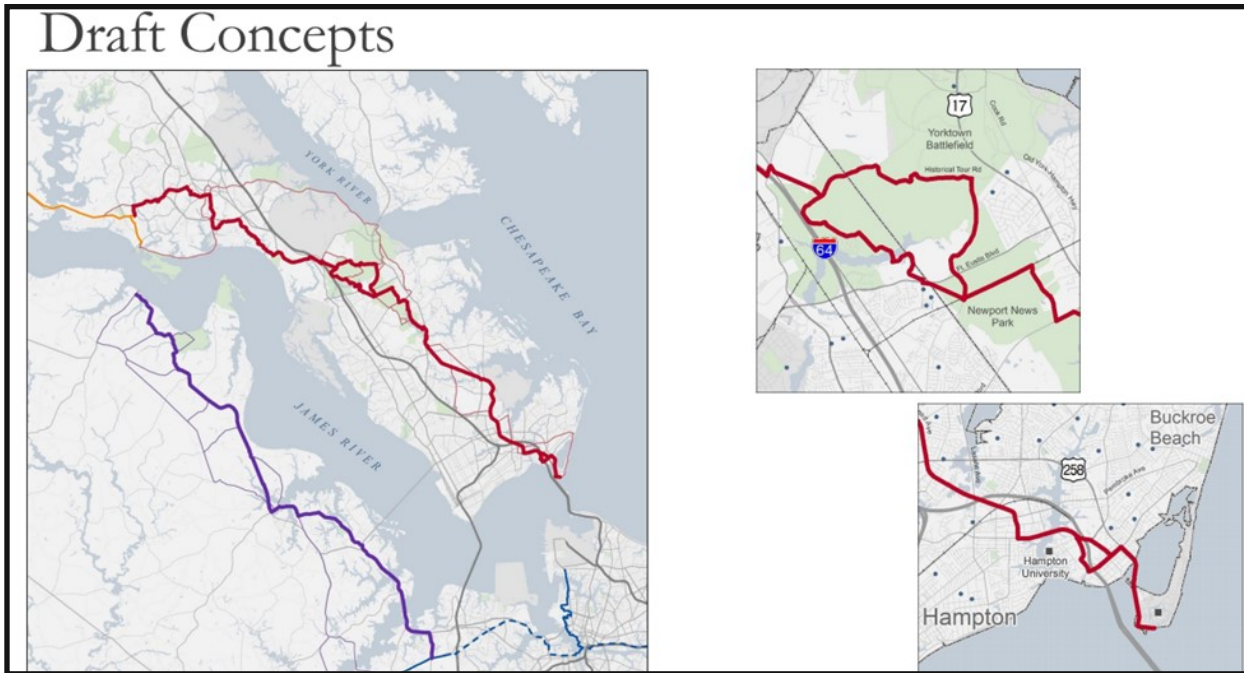


The main objective was to take into consideration Cost, Feasibility and Demand of the proposed extensions of the trail. The HRTPO and DOT are working to extend the Capital Trail towards downtown Suffolk as well into Hampton at the Fort Monroe National Monument. Each leg of the extension will be approximately 30 miles of separated bike / pedestrian pathway. This trail will be much like the VCT in regards to design, but may incorporate different facilities for walkers and riders in the urban areas. End result is a safe pathway for riders and walkers of all ages and skill levels that will provide for both recreational opportunities as well as active transportation opportunities.

The committee along with public input evaluated the Cost, Feasibility and Demand taking into consideration several factors. We are trying to meld the different factors into a design and to meet the objectives of the study. Factors such as the following were considered in this evaluation.



The draft proposal looks similar to this:



The next steps are to settle on a route and then make planning efforts to bring the trail to fruition.

On the Peninsula, this trail would wind its way up from Jamestown into downtown Williamsburg, passing William & Mary campus, down Duke of Gloucester Street (thus completing the connection to the Colonial Governor’s Mansion), back south

(Trail Happenings, continued from previous page)

through Carters Grove, weaving over to Newport News Park (with an extension to Yorktown), proceeding along Magruder Blvd into Hampton via Big Bethel Road / Thomas Nelson Community College. The trail then hugs Armistead Avenue into downtown Hampton, Hampton University, Phoebus and finally into Ft. Monroe.

The Suffolk extension crosses at the Jamestown Ferry and follows the path of the East Coast Greenway into Smithfield. Once there, the route is still unclear as to whether it would head towards Nike Park / Rt. 17 or via Route 10 into Suffolk proper.

There is another meeting this month in Jamestown to discuss the plan further. One thing seems to be clear, momentum is mounting. Thank you for all the PBA participants that logged their comments on our Facebook page. They have been forwarded to the engineering group conducting the study. Stay tuned for more to come.

On the Advocacy Front

By Tregg Hartley

I recently read an announcement from People For Bikes. It said that we need to be alert to attacks on cycling in the form of bad legislation. Here is an excerpt:

“A bill to ban bike riding on roads without shoulders in Montana. Proposals to make bike registration mandatory in Wyoming, Vermont, Massachusetts, and Montana. A legislative push to require a special permit to simply pedal in any Minnesota bike lane.” 2017 could already be labeled ‘The Year of Bad Bike Bills.’

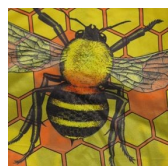
Fortunately, none of these misguided bills have become law, at

least so far. State and local advocacy groups have been vigilant.

The Peninsula Bicycling Association is one of those local advocacy groups. Sure, we are a recreational bicycling and social club. We love to get together for a ride. We almost always include food in our social activities and most of us enjoy a good pub ride. I am a big fan of all the above. However, we have a responsibility to promote cycling as often as we can. We should be the biggest defenders of cycling as well.

Right now is an exciting time to be a cyclist in Southeast Virginia. The City of Hampton has approved its first ever Bike and Pedestrian Plan. Langley Air Force Base has a newly formed Bicycle Advisory Committee and plans to work hand in hand with the City of Hampton. Hampton, Newport News, York County, and Williamsburg have plans in place to make cycling safer and more accessible to their citizens. Separated multi-purpose paths are being built right now on the south side. Plans are being drawn up to extend the Virginia Capital Trail to Fort Monroe, and through Surry to Virginia Beach.

These things didn't happen by themselves. It took time and effort from a handful of dedicated cycling advocates. Just think, how much we could accomplish if more PBA members rolled up their sleeves and got dirty? Now I am not calling on everyone to drop what they are doing and write letters to their state representatives. We have volunteers who lead rides, host our summer rides, serve on the Board of Directors, and serve in many other capacities. Those volunteers are critical for the life of our club and I appreciate them more than they know. Advocacy is kind of a calling. If you feel that you would like to become more active in an advocacy capacity, but you are not sure where to start, contact me at pbafatmanriding@gmail.com.



Team Killer Bees Wants You for the next



Hampton Roads Tour de Cure for the American Diabetes Association on April 29, 2017

Bike MS: Colonial Crossroads on June 3-4, 2017

For more info, to donate, or to join the team for the Tour de Cure, go to:

https://donations.diabetes.org/site/SPageServer/?s_subsrc=2016&pagename=TC_homepage&s_src=bb&loc=bb-dorg



For more info, to donate, or to join the team for Bike MS: Colonial Crossroads, go to the team page at

http://main.nationalmssociety.org/site/TR;jsessionid=00000000.app354a?fr_id=28847&pg=team&team_id=496508&NONCE_TOKEN=165A7338522D51579EE46758CA594848

APRIL-SEPTEMBER STANDING RIDES

- Standing rides repeat weekly and do not go on our event calendar.
- Oftentimes riders simply show up and there's a ride.
- Check PBA Facebook or call, text, or email the ride leader to confirm the ride is on.
- **Rides marked with * are not PBA-sanctioned rides.** Please don't let that stop you if it's a good pace for you.

Please arrive 15 minutes early ---Helmets Required

- A pace: 18-22 mph rolling speed
- B pace: 15-17 mph rolling speed
- C pace: 11-14 mph rolling speed
- Casual: Up to 11 mph (group will wait for all cyclists)



Mondays:

- **York Hall at 301 Main St, Yorktown, parking lot behind building is 116 Church Street. 6:00 pm **For 2017 this ride starts on March 20 and rolls at 5:45 for the first few weeks.** 5:45 pm for the first few weeks in the Spring and in the Fall when the days are shorter. Weather updates posted to Back Alley Ride Facebook group. Does not occur on Labor Day Monday, see Back Alley Ride Facebook group for alternate ride earlier in the day. Join us for a 27 mile A pace ride to York Point and Dandy Loop. We regroup at major stops. This is perhaps the friendliest A ride you will find. Contact Brian Utne, cell: 757-849-3074, blutne@gmail.com.**
- * 6:00 pm, changes to 5:00 pm in September **White Marsh Shopping Center 4834 George Washington Memorial Highway Hayes, VA 23072 8 miles North of the York River.** For A or B pace riders. 27 miles. Contact Bob Anderson, landline: 804-642-5941. Gloucester Virginia Cycling Facebook

Tuesdays / Thursdays:

- * 5:30 pm **Shops at Yorktown Shopping Center 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! Back Alley Ride - Yorktown, VA Facebook

Wednesdays:

- 6:00 pm, changes to 5:30 pm in September - **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.
- 6:00 pm, changes to 5:30 pm in September - **York General District Courthouse parking lot at 304 Ballard St, Yorktown - two rides:**
 - ⇒ 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
 - ⇒ 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)

Thursdays:

- * 5:30 pm - refer to Tuesdays / Thursdays above.
6:00 pm/5:30 pm for the first few weeks in the Spring and in the Fall when the days are shorter. York Hall at 301 Main St, Yorktown, parking lot behind building is 116 Church Street A pace, 25 to 30 miles. Contact Randy Howell, cell: 757-876-1476, rhowell4@me.com
- 6:00 pm: . April thru August the location is **Tabb Library, 100 Long Green Blvd 23693.** In September the location moves to **Running Man Recreation Associates, 800 Running Man Trail, 23693.** B- pace, rolling 14-16 mph with a couple 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, route sheets available by email.

BE SURE TO CHECK THE PBA FACEBOOK PAGE AND THE PBA WEBSITE FOR POP-UP RIDES AND EVENTS AND OTHER IMPORTANT INFORMATION

Saturday May 27, 2017



The Ride:

Starting from [Windsor Castle Park](#) (301 Jericho Rd., Smithfield, VA. 23430) Park on the [grass nearby the picnic area](#).

- 3 Routes that range from 32 to 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 as you travel through Isle of Wight & Surry Counties.
- 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.

Event Times:

- 7:00 am to 9:00 am: Check in and on-site registration **Please note, we cannot accept credit cards on site.**
- 8:00 am: Mass start for the 62 mile route.
- 8:30 am: Start for the 50 mile route.
- 9:00 am: Start for the 32 mile route.
- SAG starts and does not leave the course until the last rider is in.
- 11:00 am until the last rider is in: Lunch at the Park!

HELMETS ARE REQUIRED

Fees:

- Fee includes maps, cue sheets, marked routes, rest stops, home made snacks, Gatorade, water, SAG support, Police Support (getting out to the country roads) and lunch at the end of the ride.
- Early Registration Pricing (Before May 1) Adult PBA member \$25; non-member \$30; 12 and under \$15
- Late Registrations, (May 1 - May 26) will cost an additional \$10 per person.
- Mail-in registrations must be postmarked by May 20.
- On-site registration is available for a convenience fee of an additional \$5.
- Sorry, we cannot accept credit cards on-site.
- Children under 18 must be accompanied by a parent.
- [Please register online or by mail](https://pba44.wildapricot.org/smithfieldchallenge) at <https://pba44.wildapricot.org/smithfieldchallenge>
- Deadline midnight May 26.

To volunteer or for additional info: Contact Sharon Bochman at bochman@cox.net

In Brief...Member News & Items of Interest

- ◆ **Mark Van Raam and Robb Myer** embarked on Bubba's Pampered Peddlers Coast 2 Coast ride on March 3. The cross country ride spans the southern route and starts in San Diego, CA and ends in St. Augustine, FL. Way to go Mark and Robb!



As of this writing their adventures puts them just passing the halfway mark of the ride, somewhere in Texas.

Here is Mark in San Diego ready to ride.



And Robb on the road.

- ◆ **John Sprock** reported that the people at Sprinter bus have agreed to a special deal for PBA members. You can carry a bicycle on buses with no additional charge. Just call them a week to confirm space mention PBA. They service from Virginia Beach to Do- John will test this service out as soon as the weather warms and let us know how it goes.
- ◆ **PBA** is donating to the Capital Trail Foundation for the purchase of one of the new repair stations on the Capital Trail. It will be near the Charles City Courthouse.



- ◆ **Don't Forget About the PBA Birthday Club— Ride Your Age.**



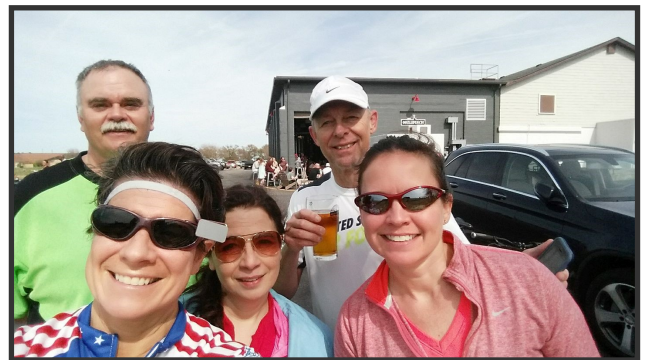
Challenge yourself to ride your age. There are *three age categories* for the Birthday Club.

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

- Birthday Club guidelines can be found on the PBA website homepage at www.pbabicycling.org.
- Contact Robb Myer at rmyer3@verizon.net, once you qualify for membership
- ◆ **Tregg Hartley and Mary Mitchell** led a successful Ride Leader Training Class (with the most participants ever) on March 25.



The weather cooperated for a great post-class ride and a beer.



- ◆ **The Cap Trail Bike Shuttle** service operated by Richmond locals Alison McGrail and Cheyenne Burnham, is having it's Launch Party on April 2. You can check their Facebook page at the Cap Trail Bike Shuttle for more information about this new service.

(In Brief continued on next page)

(In Brief..Member News & Items of Interest continued)

◆ **The Rider's Cup Challenge**

The Williamsburg Area Bicyclists (WAB) challenged the PBA to ride more miles in 2017 than they do—and we've accepted!

Just continue to log your miles on Bike Journal as you currently do for the 1000 Miles Challenge.

Tandem stoker and e-bike mileage are allowed but spinning classes are not. The total miles for the top thirty riders of each club count in the challenge with the subtotals announced quarterly. A celebratory ride on the Virginia Capital Trail is planned for early 2018 (notionally President's Day Weekend) from Chickahominy Riverfront Park. The winning club President will be presented a certificate by the second place finisher after which everyone will partake of hot chocolate, etc.

Don't have an account, see the 'Announcements' on the club home page for the steps to get a free account. You may also email your miles monthly at 'threespeed67-pba-ride-leader@yahoo.com', but Bike Journal logging is likely easier. Members of both clubs may either chose one club or both to count their miles (the latter essentially cancels out).

◆ **The Tour de Midnight supporting the Epilepsy Foundation of Virginia** 50k and 100k rides will be held through the scenic countryside of Goochland and Hanover Counties on October 14 (Saturday), 2017. The Epilepsy Foundation of Virginia helps the more than 8 million people in our Commonwealth who have epilepsy.



The start and finish of each ride is at Midnight Brewery (hence the name), a small, family owned and operated micro brewery in Rockville, Virginia. The rides start in the morning and finishes at the brewery to a party with live band and food trucks.

Midnight Brewery (2410 Granite Ridge Rd., Rockville, VA) is located just west of Richmond, a little more than an hour's drive from Newport News. To register to ride, donate or just to learn more about Tour de Midnight, go

to: www.bikereg.com/tourdemidnight

◆ **Happy 200th Birthday to the Bicycle!**

In 1817, inventor Karl Drais created what he called a running machine. Nowadays, we call it by a different name—the bicycle. Of course, the design has improved (a lot), and, since then, it's become not just a transportation system but also a tool for both athletic and leisure activities. Plus, there's no doubt that biking around a city or through nature is a great way to see a destination. This year, celebrate the bicycle's 200th birthday by riding one of these seven incredible biking trails around the world.



◆ **Bike Shop Discounts**—Don't forget that our local bike shops, Bike Beat, Village Bicycle and Conte's (in Tech Center, Newport News) offer PBA members a 10% discount on supplies and accessories. Check with each shop for their specific discounts. Thank you Bike Beat, Village Bikes and Conte's.



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



Where's Waldo???



Sandy Butler and her Capital Trail gang



Lots of riders for the first ride of the year on January 1, 2017



Get on that bike Robb!



At Cul's Courthouse Grille



Tregg and his favorite mascot the Oozlefinch



Now this is how a Killer Bee changes a tire son....



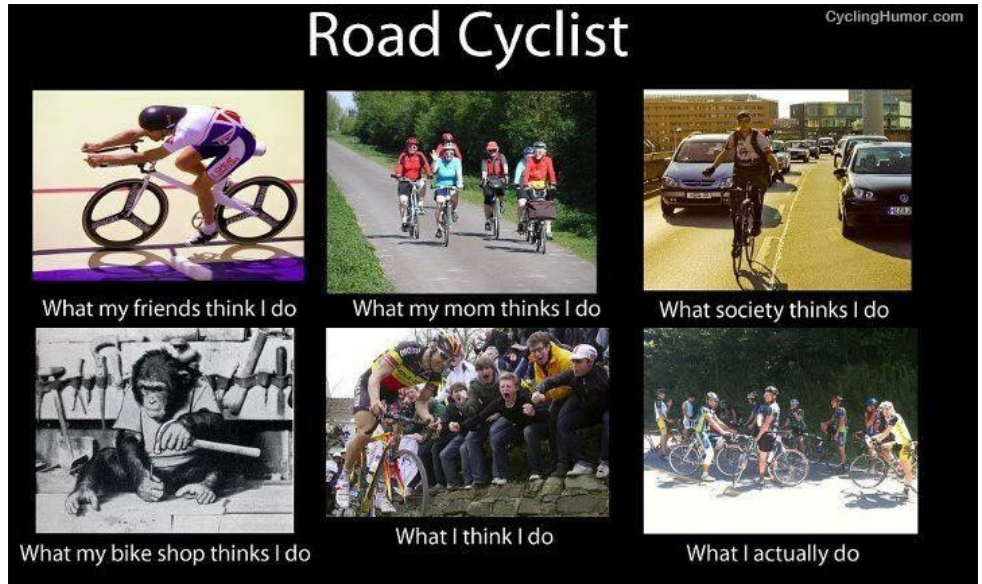
A Happy Group After a ride in Williamsburg



First Saturday Poquoson Ride of the Year

Some Cycling Humor...

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



Join the Peninsula Bicycling Association by mail (use form below) or go to the PBA website and join online at <https://pba44.wildapricot.org/membership>

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