

Chainstay

The Peninsula Bicycling Association



Come Ride With Us!

August-September 2017

Volume 47, Issue 4



* Don Hubbard Memorial Ice Cream Ride *

Saturday, August 12, 2017
8:00 AM
Messick Baptist Church-118
Poquoson Ave., Poquoson



* Surry Century *

Saturday, September 9, 2017, Surry, VA
To register online:
<http://pbabicycling.org/event-2590463>
(see [page 10](#) for the details)

• **September Membership Meeting ***
Mon., September 11—Watch for email with details

Poquoson with other pace groups forming up as we head out. We will return to the church for ice cream and socializing. Folks who have retro PBA Jerseys are encouraged to bring them.

Our signature ride, the Surry Century, is coming up on September 9th. This one promises to be even bigger than last year. Additions to this year's ride include a catered lunch and a DJ pumping music to send us off and welcome us back. As always, we are looking for volunteers and we will be needing people to help with baked, fresh, rest stop goodies. If you are able to help, please e-mail Sharon Bochman at bochman@cox.net.

Last May, the City of Hampton put on a bike event at Fort Monroe called Tour de Fort. We had several of our members lead those rides and everyone who showed up had a great time. The rides were so popular, that many people started asking to do it again. Well the City of Hampton is doing just that. *Starting on August 27th, Hampton will be hosting a casual bike ride around Fort Monroe on the 4th Sunday of the month.* I will be leading this ride and would love to see as many of you there as possible. The ride should start at about 5 PM. Stay tuned for details.

I had one of our newer riders ask me about century training. She was wondering if PBA had a training program for getting new riders trained to complete a century. I told her that we didn't have a formal program, but that I thought it would be a good idea. To all of our long term members—have we ever had a century training program? What would it take to get something like that going? I would like to hear from you. If you have never ridden a century and would be interested doing so, shoot me an e-mail at pbafatmanriding@gmail.com.

I have another question for our long term members. Has PBA ever had patches for completing certain distances? Just an idea that I thought might work well with the century training. I encourage others to come forward with their ideas and things we can do to improve our club.

As a final note, I have decided to attend the LCI (League Cycling Instructor) class being offered in Williamsburg on the last weekend in August. This will be a three-day weekend of bike safety, traffic law, and practice teaching. For our club to teach bike safety to any group other than our own, our insurance requires at least one of us to be certified. This will allow us to teach bike rodeos, boy/girl scouts rides, and community bike safety classes. The City of Hampton wants to sponsor bike safety classes. Once we get the Hampton class up and running, perhaps we could get other Peninsula cities to follow suite. If this program sounds like something you would like to get involved with, let me know.

I hope you can get out and ride!

Tregg



Happy Summer! It's hard to believe that August is upon us. I hope all of you are having a great summer and have been able to get out and ride.

It was good to see so many people come out for our first two summer club rides. The Hot Diggity Dog Ride was a test of our flexibility. The routes that we originally planned to take had construction going on and Sharon Bochman put together a great fifty mile loop that included a stop at the Windsor Dairy Queen. A few people took the opportunity to get their birthday ride in by adding a few miles. We had a cookout and plenty of good conversation after the ride.

Our After the Fourth ride had three different pace groups heading out of Newport News Park for a ride through the 'Burg. We all returned to a wonderful post ride lunch provided by Lori and Craig Moffatt. Thanks to everyone who brought all the great side dishes.

The annual Don Hubbard Memorial Ride and Ice Cream Social will be on Saturday, August 12th. Join us as we honor our founding father and ride in his remembrance. The ride will depart from Messick Baptist Church, 1118 Poquoson Ave. around 8 AM—Eleanor Hubbard and her family will send us off. We will have a casual ride around

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
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Event Support (Food)	Sharon Bochman
Event Support (Water)	Scott Farrell
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Hospitality	TBA
Meeting Coordinator	DJ Johnson, djcycle2015@gmail.com
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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.



From the Editor

This issue has includes several interesting stories submitted by members. Reading these always inspires me to want to go on more bike trips. And thanks to all the members who submitted their input for the “Why Does Cycling Make You Happy” piece. The next Chainstay will be published October 1. Please submit input on your summer travels for everyone to enjoy. (pbamel@aol.com)

Welcome To New PBA Members
(May 24—July 30)

We look forward to riding with you! And a big thank you to all members who have renewed their membership.



**David Cochran
Mary Cochran
David Dombrowski
Jennifer Evans
Tammy Fletcher
Sally Goessel
David Grotto
Mary Hughes
Diane Johnson
Adam Jonas
Dennis Jones
Steve Kohnert
Christi Lewis
Cheryl Marek**

**Raleigh Martin
Shirley Martin
Booker Mitchell
Tarcela Mitchell
Peter Navin
Chris Nida
John Pittman
Lisa Pittman
Harold Riedel
Jelly Riedel
Richard Roberts
Jeffrey Sprouse
Paul Stueck
Carrie Wick**

2017 PBA Bike Journal Update

As of July 29, 2017 **55 PBA** members have already recorded **82,653 cycling miles**. That equates to over 15 rounds trips 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 (in alpha order).

**John Atwood, Linda Carter, Jamie Clark,
Tregg Hartley, Patrick Johnson, Richard Maruyama,
Donna Moyer, Robb Myer, Bob Ornelaz,
Jonathan Snyder**



Birthday Club 2017 Update

Below is our Club Statistician, Robb Myer’s “official” birthday club list. If you have ridden your birthday miles, email Robb (threespeed67-pba-ride-leader@yahoo.com) with your birthday, age, date and miles ridden so you get your name on the list and so that you will be eligible for prizes at the January membership meeting. Birthday Club guidelines can be found on the PBA website homepage at www.pbabicycling.org



Vanilla—Ages 50-59

Tregg Hartley Jonathan Snyder Stacy Garber

Diana Johnson Tom Howard

Peaches & Cream—Ages 60-69

Roland Martin Mark Van Raam Mark Suiter

Rocky Road—Ages 70 +

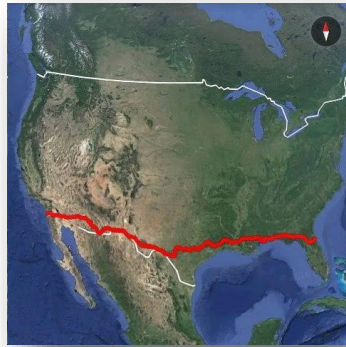
Bob Carter Ron Hafer Melanie Payne



Riding Coast to Coast

By Mark Van Raam

In late February, Robb Myer and I flew to San Diego to start our cross country biking adventure. I had been talking about this ride and following others doing the ride for the last ten years. Doing the ride would have to wait until retirement since it takes roughly two months. I retired last year and signed up for the trip. Robb semi-retired the day before he headed to San Diego.



Our daily miles varied from 36 miles on the last day to 95 miles on our longest day. The first two and a half days were climbing over the mountains, followed by a 20-mile decent on the shoulder of I-8 to the desert floor. In all, we cycled through 8 states: California, Arizona, New Mexico (2 days), Texas (19 days), Louisiana, Mississippi, Alabama, and Florida. None of the states were totally flat and the hills and more were all across the southern route.

We met some amazing people along the way. Our ride director paid it forward and invited self-contained riders for dinner and to spend the night with us. We met an astronaut, Border Patrol officers, an author, historians, a childhood friend of Ray Charles, many great high schoolers, and so many more interesting people. I came away with an appreciation that we are lucky to live in such a great country.



The Friday before the ride we picked up our shirts, safety vests, hats, backpacks and other swag and headed out for lunch and rider's meeting. The next day we did the ceremonial wheel dipping, pictures and we were off. Forty-two miles later and a couple of thousand feet of climbing, we completed the first day.

We woke up the next morning to a cool 34F. For the next 51 days, we headed for the end of the ride in St. Augustine, Florida. We generally had good weather and only had one morning of rain showers. It was a pretty simple daily routine—get up with coffee at 6:30, breakfast at 7 and on the road by 8. Rest stops were every 20-25 miles either at a store, café, or gas station or on the side of the road. Our staff would collect jackets and other cold weather gear at the SAG stops.

On the road we were responsible for our own lunch, unless there were no facilities and then we made a sandwich at breakfast and it was sent to the lunch stop. Dinner was different almost every day. We had a professional chef who travelled with us. All I can say was that the food was great and restaurant quality.

Robb and I rode with a company called Bubba's Pampered Pedalers. This is Bubba's second career and he retired as a St. Louis police detective in 2001. His gift to himself was a self-contained

ride from Yorktown to Oregon. He has also done more than 20-week long rides. On the Coast to Coast ride he provides tents, the 'Wolfpack' to put up and take down the tents, hauls luggage, a chef to prepare meals, a bike mechanic, and volunteers (all former riders of the Coast to Coast ride) who man the SAG stops, do DSL (dirty stinkin' laundry) twice a week, and help in a million other ways. It's the only way to ride across the country. We mostly stayed in tents, although we also slept in church halls, armories, school gyms, and hotels. We had about one non-riding day each week.



The other riders came from all over the country, Canada, and Germany. The youngest rider was 36 and the oldest was 71 and most were retired. I consider them all new family members and all of us became members of the "Coaster Family."



Our C2C Guys



The Official Finish in St. Augustine Beach, Florida

(continued on next page)

(Riding Coast to Coast continued)

Besides realizing that all I had to do was ride and decide what to wear, I realized that self-contained touring was not for me and that “pampered pedaling” is the way to go. My bike was the second heaviest on the tour and it showed. I was frequently the last person in to camp, but I never had a flat or any mechanical problems. I used an REI touring bike, the Novara Safari with 35mm tires with front and rear bags. It was very stable on descents and had disc brakes that never failed me. Robb rode a Cruzbike, a front wheel drive, recumbent bike. Many riders had road bikes and had mechanical problems. One rider had tubeless tires and had many flats. Most of the others had mechanical problems and I was glad to have a bike mechanic with us.

(Editor’s Note: I asked Mark and Robb if they would do this ride again. Mark said, “For me it was a one and done. I might be persuaded to come back as a SAG volunteer, but not a rider. I’m sticking to week long rides.” And Robb replied, “Most definitely I’d would go Coast to Coast with Bubba again, but first I’m taking a month next spring to ride from the Pyrenees to the Atlantic Ocean over the off-road Camino de Santiago. Annette and I will be spending a week with Bubba on his Space Coast tour in January and I’ll be camping with Bubba on Cycle North Carolina in a couple of months.”)

Hydration for Cyclists

(from performancebike.com}

A basic guideline is to drink about 20 ounces of water for every hour that you ride. Depending on your personal physiology or warm temperatures, you may need to drink more than this. As you ride, remind yourself to keep drinking at regular intervals, even if you don't feel thirsty. What you drink depends on the length of time you'll be on the bike. Plain water is generally sufficient for rides of an hour or less, although there are energy drinks on the market that can provide quick energy for shorter rides.



Use one or several water bottles to carry your plain water or energy drinks. A hydration pack, standard equipment for mountain bike riders, allows you to carry more water than a bottle and typically features some pockets to store your keys, phone and snacks. Use a bottle for energy drinks and supplements, but stick with plain water in your hydration pack to keep things as clean as possible. Bottles can be washed in the top rack of a dishwasher, but a baby bottle brush is an excellent tool if you wish to hand wash them.

For longer rides, plan to carry an energy drink. These products help to replenish essential carbohydrates, electrolytes and calories that you use during exercise. There are many types available, including liquid, powder and tablet forms. In general, sports nutrition beverages are developed for three purposes, and are specially formulated for drinking before, during or after a ride.

- Pre-ride drinks prepare your muscles for exercise by providing a natural carbohydrate energy boost.
- Energy drinks meant to be consumed during the course of your ride work to replace lost stores of essential minerals and electrolytes while providing quick-absorbing carbohydrates.
- Post-ride drinks replenish protein and vital nutrients to help re-build muscles after extended activity and help to minimize post-ride soreness and fatigue. For optimal effect, post-ride recovery drinks should be consumed within 20-40 minutes of the culmination of exercise because this is the window of time that the body can best make use of these essentials.

Some Basic Hydration Guidelines:

For rides less than 1 hour, drink at least 16oz. of plain water before you ride, and carry and consume a 16-24oz. bottle of plain water or an energy drink. Drink at least 16oz. of plain water or a recovery drink (per manufacturer recommendations) after your ride.

For rides of 1-2 hours, drink at least 16oz. of plain water or a pre-ride energy drink before you ride. Carry and consume one 16-24oz. bottle of plain water, plus an extra 16-24oz. bottle of an energy drink. If your bike frame cannot accommodate two bottles, you may want to consider a hydration pack. Drink at least 16oz. of water or a recovery drink (per manufacturer recommendations) after your ride; more if it is a hot day.

For rides over 2 hours, drink at least 16oz. of plain water or a pre-ride energy drink before you ride. Carry and consume one 16-24oz. bottle of plain water, plus one extra 16-24oz. bottle of an energy drink for each hour on the bike. Plan your route so that you have options to stop for water along the way, and carry a few dollars with you in case you need to purchase bottled water, energy drinks, etc. Drink at least 16oz. of water after your ride, plus 16oz of a recovery drink (per manufacturer recommendations).

NOTE: This guide provides a basic overview of cycling related hydration and 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.

For complete article go to: http://www.performancebike.com/webapp/wcs/storeservlet/Content_10052_10551_-1_CyclingHydrationGuide

Getting To Know You...

This issue spotlights yours truly, Melanie Payne (not because I wanted to write about myself, but for lack of time to bug another member to write their story)! I've been a PBA member for a few years and volunteered to be the Chainstay editor last year. So, let's find out more about me.



Getting to Know—Melanie Payne, PBA Chainstay Editor

Tell us a little about yourself. What do you do in your "real life?"



In my real life, I do whatever I darn want to do—I'm thankfully retired! I grew up in New York City in Brooklyn and Queens, lived in San Diego in my 20's, and then in Minnesota for 22 years. I moved to Virginia in 1999 to work for Old Dominion University and then for Rappahannock Community College. I worked in higher ed, mostly adult and distance ed, as an instructor, an administrator and finally, my favorite position—counseling.

I have two kids, my son, Matt, and his family in Golden Valley, MN and my daughter, Marissa, and her family in Washington DC. I have three grandsons (with another grandchild on the way). I travel a lot to visit my kids and the little dudes and I also love to travel, either to sightsee or bike, or do both at the same time, as my Florida Keys trip of last year.

As for other hobbies, I do watercolor painting and am trying to work on my genealogy and get more info on my Russian roots.

When did you first get interested in cycling for sport?

Back in the day, biking was a favorite activity of all the kids in Brooklyn. I remember my first bike had silver fenders and of course the handlebar streamers. When my kids were young, I had a Huffy three-speed with one of those big, orange, plastic child seats on the back to tootle around town. That was the end of my biking days until eight years ago when I retired at age 62.

I was at one of my son's triathlons and was admiring the older participants and I was instantly inspired. I thought swimming—nope; running—nope; biking—I could do that and so I got started and it's the best thing I've ever done.

My first bike was a "comfort bike," then I gave that up for a hybrid and the last few years have been loving my road bike. I think I secretly have a need for speed—well, usually C or C+ pace speed!

What is your favorite PBA memory and/or ride?

I love the Saturday morning Poquoson rides with the Carters. It's a great ride, with wonderful leaders and scenery, and a lot of fun people. We even sing on occasion! My favorite PBA memory was on one of these rides when we found a new toilet bowl just sitting in the weeds on one of the dead end roads near the water. What a find! It since has been removed to who knows where?



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

My favorite rides were on the two trips I took to the Netherlands because the biking culture and infrastructure are so fabulous. I also love riding the trails in Minneapolis near my son's home. Minneapolis is rated as one of the best US biking cities and I now know why. Locally, I love the Battlefield Tour Roads and surrounding area—my quick, go-to rides during the week.

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

Burning calories is always a plus, but I just read that recent research shows that regular cyclists have, on average, the health of someone ten years younger and there is no age at which cycling stops being an option, and anyone who cycles regularly into older age adds years to their life expectancy. Need I say more?

Describe your perfect day on a bike.

Weather wise—65-70 degrees. Place—anywhere. Company—either with just myself and I or with others.

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

I'm not sure if this guy is famous, but I'd like to ride with Frenchman Robert Marchand who set a new world record recently when he cycled 22.547 kilometers (about 14 miles) in an hour — at the age of 105. What a guy!



And with Dr. "McDreamy", Patrick Dempsey. He is an avid cyclist who holds the Dempsey Challenge fundraiser every year for the Patrick Dempsey Center in Maine that provides support for cancer patients and their families.



Summing Up The Smithfield Challenge

By Sharon Bochman

The 2017 Smithfield Challenge was a huge success! After a dreary and rainy week, 268 riders enjoyed a glorious day and we shattered our previous attendance record.

The routes were completely new this year. We took the riders out to the least travelled roads in Isle of Wight and Surry Counties and to communities such as Ivor, Jonestown, Raynor and Zuni before returning to Windsor Castle Park for lunch. Most likely, the riders saw more wildlife than they did automobiles.

We had the best volunteers and we are so grateful to each of them for their contribution. Registration set up was revamped and ran very smoothly and check-in lines were non-existent. All of the Rest Stop volunteers were wonderful and there were more than enough SAG drivers to support the riders that needed to be rescued. The Lunch Team did a amazing job feeding everyone after the ride.



If you see the following volunteers, please thank them for helping out. It takes a lot of people to put on a first rate event. Here they are grouped by task.

Event Organizer:

Sharon Bochman

Water and Ice Delivery:

Scott Farrell

Route Development:

Sharon Bochman
Joey Chapman
Jamie Clark
Diana Johnson
Mary Mitchell
Christen Emrick

Registration:

Sandy Butler
Debbie Wells
Jennifer Allen
Diane Herbert
Cindy Wong
Carol Furst
Tom Carmine

SAG Support Team:

John Sprock (SAG Coordinator)
Gil Frey
Scott Schaubach (who had the most epic SAG vehicle, a retired ambulance!)
Tom Carmine (Sweeper car with the brooms on the grill)
Bob Ornelaz

Bicycle Route Sweeper Team:

Tregg Hartley
Jen Faas
Brian Utne
Helen Stovall
Jack Liike
Rebecca Wheeler
Sandy Butler
Cindy Wong
Debbie Wells
Diane Herbert
Jennifer Allen

Rest Stop Volunteers:

Brian Findlay
Danita Fox
Carol Furst
Ana Bossman
Wharf Hill Chuggers (including baby Vincent who was adorable!)
Justin Wilbur
Melissa Hall

Lunch Volunteers:

Steve Ellis
Sandra Robertson
Irie Palagy
Bill & Shay Whitley
Bill & Florine Moore (Smithfield Kiwanis)

Food Prep Volunteers:

Katie Mallory
Helen Stovall
Risa Bastien
Carol Furst
Linda Carter
Steve Ellis
Sandy Butler
Cindy Wong
Diane Herbert
Debbie Wells
Jennifer Allen

Motorcycle Support:

Dave and Donna Huey

Massage Therapist:

Caron Colon 757-775-8469



A special thank you to the City of Smithfield, the Smithfield Police Department, the Isle of Wight Sheriff's Department, the Isle of Wight Rescue Squad, Wharf Hill Brewing, Byrum Family Farms, Pon's General Store, Jones Grove Baptist Church and Mt. Sinai Baptist Church for making this event possible.

Registration will open on *January 1, 2018* for next year's Smithfield Challenge to be held on *Saturday, May 26, 2018*. There will be additional improvements, including professionally prepared fresh food. Mark your calendars!

Why Does Cycling Make You Happy?

By Melanie Payne

Getting on my bike always seems to improve my mood, even if it's cold, windy or sweltering hot outside. So why does my getting those pedals moving have this effect? For me, there's nothing like the freedom of cycling and realizing that at age seventy I am so blessed to be able to get my butt up on a bike and go when so many cannot. While cycling alone, in a quiet setting, I've often had that zen feeling of peace and tranquility and felt in harmony with the world and with my life. I imagine this is similar to what is called a "runner's high." Plus, it never hurts that young, good-looking, spandex clad men wave at me as they pass on the trail. That always boosts my mood!



There is so much research out there about the positive effects of exercise that we have all heard before, but what is it specifically about cycling that makes us happy. Writing this is really like preaching to the choir. We all know what it is about cycling that makes us happy, or we wouldn't do it. But research validates what we know. Studies from Clemson and the University of Pennsylvania summarized by Duvine Cycling & Adventure Company (<https://www.theactivetimes.com/5-scientificallly-proven-reasons-why-cycling-makes-you-happy>) have shown that cycling makes you happy because:

- *Cycling is good for your health.*
 - Regular cycling can reduce the risk of heart disease by 50%.
 - The average person loses 13 pounds during their first year of riding.
 - Just one hour on the bike burns over 500 calories.
- *Cycling improves your mood.*
 - As few as *ten minutes* on a bike improves your mood.
 - People who commute to work on a bike are happier than those who drive.
- *Cycling save you money.*
 - Commuting by bike saves over \$10,000 per year.
 - Hours of work to pay for commuting on a bike - .06/hours versus hours of work to pay to drive – 2.0 hours.
- *Cycling makes you feel good.*
 - Cycling creates brain-derived neurotrophic factor and endorphins which literally put your mind at ease and increase happiness
 - Cycling can boost energy levels by 20%.
 - Riding a bike lessens feelings of fatigue by 65%.
- *Cycling lets you feel like a kid again.*
 - Having fun is an important factor to a person's happiness.
 - Make time for play. While play is a viewed as a necessary component in childhood, it's perceived as a luxury for adults.



PBA members who sent me their "why cycling makes me happy" thoughts love cycling for a variety of physiological, psychological and social reasons. Bottom line – cycling makes PBA members happy! Here are their responses:

"The freedom and independence that I experience on my bike makes me happy!" (*Melody Daniels*)

"It allows me to drink excellent beer without gaining weight, and helps me deal with my angst." (*Fran Wenbert*)

"I have been cycling for 50 years now. I love it because it is great exercise and I never have to ride alone. Me, myself and I always have a great conversation and keep ourselves entertained." (*Paul Rein*)

"Bicycling makes me happy because all the tensions of daily living are released as I ride through rural Isle of Wight County. I experience way more of the open-air of nature on my bicycle than I ever experience in my car. The sights and smells of nature are so fulfilling!" (*Amy Rankin*)

(continued on next page)

(Why Does Cycling Make You Happy? continued)

“Being a new rider I really enjoy the camaraderie, the competitive spirit, the route experience that senior riders make available, and it’s a hell of a lot better than running—lol. I love riding and talking to other people, sharing our stories, learning about their lives, it really helps me feel like I am part of the family, rather than just another rider. Cycling provides a freedom, mentally and spiritually. When you're out on your bike it's you, your bike, and the road. You can choose to let go of the hustle and bustle of life and enjoy some beautiful scenery, some fresh air, and the feeling of accomplishment you get once you're done.” (*Daniel Cody*)

“Cycling is like an addiction to me, and thus when I ride I get the good feelings that come from getting an itch satisfied.” (*Kevin Sturm*)

“For me, bicycling elicits much of the same excitement I felt flying aircraft, with many of the same visual and physical demands and rewards. There's nothing as satisfying and challenging than the simple joy of riding a bike in a group of fellow riders, or with my wife on our tandem just by ourselves, listening to the wind and watching the landscape pass before us.” (*Raul Zevallos*)

“For myself, it's the feeling of freedom, being able to see nature or cities/towns up close, offers a great opportunity to spend quality time together with my husband Raul and other riders and its great exercise.” (*Barb Zevallos*)

“Cycling makes me happy because I like going places and seeing new things.” (*Sandy Butler*)

“I love to ride my bike to see new places and meet interesting people.” (*Sally Goessel*)

(Editor’s Note: To paraphrase that famous English proponent of the bicycle HG Wells: “Every time I see an adult on a bicycle, I no longer despair for the future mental health of the human race.”)



Bike a Century in Virginia

If riding a century is one of your cycling goals, here is a list of in-state opportunities in the coming months. Check bikeacentury.com for rides all over the United States.

August 2017

[Mountain Mama Road Bike Challenge](#) - Highland County, Virginia
[Tour of the Towns -- Tour of Prince William](#) - Occoquan, Virginia
[Reston Bicycle Club Century Event](#) - Reston, Virginia

September 2017

[Lakes & Grapes Century](#) - Fredericksburg, Virginia
[Boys & Girls Club Cycling Challenge](#) - Crozet, Virginia
[Heart of Virginia Century](#) - Hanover, Virginia
[The Skyline Double Century](#) - Front Royal, Virginia
[Surry Century](#) - Surry, Virginia
[Alpine Loop Gran Fondo](#) - Harrisonburg, Virginia
[The Cannonball Century](#) - Hartwood, Virginia

October 2017

[Culpeper Cycling Century](#) - Culpeper, Virginia
[Tour de Greene](#) - Stanardsville, Virginia
[Tour de Bland](#) - Bland, Virginia
[Gran Fondo Virginia](#) - Charlottesville, Virginia
[Star City Gran Fondo](#) - Roanoke, Virginia
[Fall Foliage Bike Festival](#) - Staunton, Virginia
[Between The Waters Ride](#) - Cape Charles, Virginia

The Upcoming Super Surry Century Ride

September 9, 2017

By Sharon Bochman

On Saturday, September 9th, come out to Surry County for the Peninsula Bicycling Association's annual 25 to 100 mile bike ride called the Surry Century. The ride begins at the Surry Ball Fields at 45 School Street in the heart of Surry. The day will begin with music and festivities as you prepare to embark on your journey. All riders will receive maps and cue sheets and the roads will be really well marked.



much more, as well as water and Gatorade at each rest stop. A delicious lunch from Zoe's Kitchen will be served at the Ball Park from 11:00am - 2:00pm.

After the ride, take the Jamestown Scotland Ferry back across the James River to complete the day!



There are three, color-coded loops, 50, 25 and 25 miles with each route bringing you back to the ball field. When you return, you can gauge how you feel to determine if you want to go back out to ride additional miles. Each route is open for specific times and we will have volunteers available to guide you at the ball field. The route maps are already published on the registration webpage listed below.



If you decide to ride the entire 100

miles, you will ride through a roundabout, see beautiful, pastoral farmland, ride through Chippokes Plantation State Park, through Historic Bacon's Castle and right past the Hampton Roads Winery where they have the largest goat tower in the world at 36 feet tall. It is visible from the road as you pass by or you can ride up the driveway to see it closer. It's quite interesting to watch the goats climb up and down the steps.



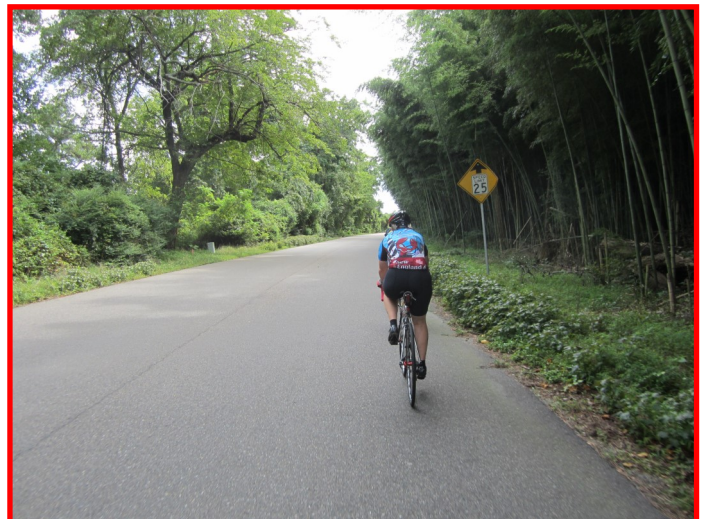
There are multiple rest stops along the way to keep you fed and hydrated. We will have fresh fruit, pickles, homemade goodies and

You don't want to miss this super ride. Register online today by going to:

<http://pbabicycling.org/event-2590463>

PBA Members \$45—All Others \$55

- Online registration will end Friday, September 8 at 11:00 pm
- Same day registration will be available for an additional \$10 per person.



Alaska Adventures

By Sandy Butler

On June 14, J.P. and Harriett Jones, their son Chris, Cindy Wong and I flew to Anchorage, Alaska for a two week tour of many of the exciting areas of Alaska from ghost mining towns (Kennecott/McCarty) to an area inhabited by many brown bears in Katmai National Park where we were the guests and the bears ruled.



Once arriving at Anchorage late at night (still daylight there) we went to the pre-arranged RV business where we spent what was left of our night in our rented RV. On Thursday we headed North to Denali but decided to take in some mountain biking at



Chugach State Park. Harriett and J.P.'s daughter, Lauren, who lives in Soldotna had joined us by this time. We rented bikes (\$15.00 for two hours) and rode down a dirt/gravel trail by the Chugach Lake. Its waters were crystal blue with snow covered mountains surrounding the lake. The lake was really low as there was very little snowfall in this area this past winter. The air was so fresh and clear and I was amazed at the difference from home. We took our time and stopped often to gaze at our surroundings and to notice the fresh bear poop. We didn't ride very far since we had a busy day ahead of us. We returned the bikes and got some home made ice cream and started out again in the RV. I did notice that Alaska's main paved roads usually had paved bike lanes separate from the highway and we did see quite a few bikes on these bike lanes.

We spent the next nine days touring Denali National Park, Kennecott, McCarthy, Valdez, Seward and Homer. We stayed at Lauren and Rob's place for a couple of nights,

visited a number of National Parks and ended back at Anchorage on Saturday, June 10 to get really for our grand finale. We stayed in Anchorage Saturday night and spent Saturday afternoon bike riding on the paved Tony Knowles trail that went out 11 miles on one side of the lake. It was a nice ride and many locals were out enjoying the trail and city parks for the day.

Early Sunday morning found us, Lauren and Lauren's husband, Rob, on an air flight to King Salmon and then a float plane to Brooks Camp in Katmai National Park to visit the brown bears and the salmon run. This park is really for the many bears that roam free in the park. Quite a few times we got to practice talking to the bears fairly close up with our heart rates going up. Brooks Falls is featured on many of the wildlife shoots this time of year while the salmon are running. We camped while at Katmai behind a five strand electric fence but that was the only time you had something between you and the bears unless you were in a building. The park staff are very strict about enforcing proper human behavior while at Brooks Camp like no food or eating within a mile and a half out from the main area unless in a certain place. Talk nice to the bears and back up slowly should you encounter one. Don't make eye contact. Keep your cameras and packs on you. It was really an adventure to spend the three days we had at Brooks Camp and the bears trained us well. If you want to watch the brown bears at Brooks Camp go to <http://explore.org/live-cams/player/brown-bear-salmon-cam-brooks-falls>

Tuesday morning we broke camp in the rain and headed out to catch our 1:00 PM float plane back to King Salmon and then to Anchorage for a 5:00 AM flight to Seattle and then back home.

Weather in Alaska this time of year is not the best. Of the fourteen day trip, only three had at least a half of a day of sunshine. The rest of the time it was cloudy and some rain on and off. Temps were in the 40's to mid 60's. It never truly got dark. The sun went down around 11:30 PM but was up around 3:30 AM. This was my first time in Alaska and it was a wonderful experience and Cindy Wong and I both thank J.P. and Harriett for including us.



In Brief...Member News & Items of Interest

- **Smart Cycling Course - Friday & Saturday, August 4 - 5** Smart Cycling is a course for everyone wanting to bike more comfortably around town in the bike lanes and on city streets. You'll learn about the bicycle, bicycle clothing, local and state law, and safe practices to make you bicycling more enjoyable. The majority of instruction is "on-the-bike." The course price has been reduced to \$20 – come join us. The course is sponsored by the City of Williamsburg Planning and Zoning



Department. Questions email—
info@bikewalkwilliamsburg.org

- **League of American Bicyclists "League Certified Instructor" Seminar - Aug. 25 - 27.**

Questions? Email—
info@bikewalkwilliamsburg.org



- **Tregg Hartley's June 2017 Interview on NNPS-TV Sports Highlights** Our President does a great job talking about cycling and the PBA. A must see!

<https://www.youtube.com/watch?v=8RoGycFNk8I&list=PLTeK1eTSoidGBF3IIBgwQFhOWMmMKrFSF&sns=fb>

- **Richard Armstrong—May 26—Denbigh High School. Newport News.**

Richard escorted about 25 newish riders from the high school on a 10-mile ride to Menchville Park and back. Richard said it was fun to see these new riders and compare them to us "old heads." He pretty much saw the exact same issues—a pace line that was WAY too long, students weaving (instead of 2 abreast) and riders getting dropped off the back end. Sadly, he also saw some careless motorists almost hit a few of them. Next year he's going to get the PBA to help out so we can keep the groups under 10 each. Future members!



- **Lancaster Covered Bridge Century - Sunday, August 20:** Richard Armstrong has a group discount. Contact him for details.

- **National Park Service to Increase Fee for the Lifetime Senior Pass.** The price of the lifetime Senior Pass will increase from \$10 to \$80 on August 28, 2017. A new \$20 annual Senior Pass will become available at the same time. If you are over 62, now is the time to get that pass.

FYI—The National Park Service website states, *"Bicycle riders must pay the park entrance fee before riding within the Yorktown Battlefield and Jamestown portions of the Colonial National Historical Park."*



Ode to a Headwind

By Beverly Boal McClean & Todd Goodhead



The sky is bright blue,
it's a beautiful day.
Think I'll jump on my bike
and go out to play.

I clip into my pedals
and my legs start going.
Lo and behold,
there's a headwind a blowing.

I put my head down
and get my feet spinning.
But against the wind
I'm not winning.

Every direction I turn
the wind's in my face.
Oh no! Now it's spoiling
my average pace.

I don't even look
at my segments on Strava.
No PRs today,
so why even botha?

The air is so heavy
I can barely breathe.
My thighs are burning
like you wouldn't believe.

It feels like I'm pedaling
straight up a big hill.
But I keep on pushing
with the force of sheer will.

In the end it was worth it,
I don't mean to complain.
Riding in headwinds
is a great way to train.

My muscles get stronger
when I use all this power.
But now I'm exhausted
and it's time for a shower!

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)
Ride leader needed for this pace.

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.
- **6:00 pm May thru August/5:30 pm in April and September** 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

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

Where's Waldo?



Smithfield Challenge - May 27



Tregg knows how to hydrate!



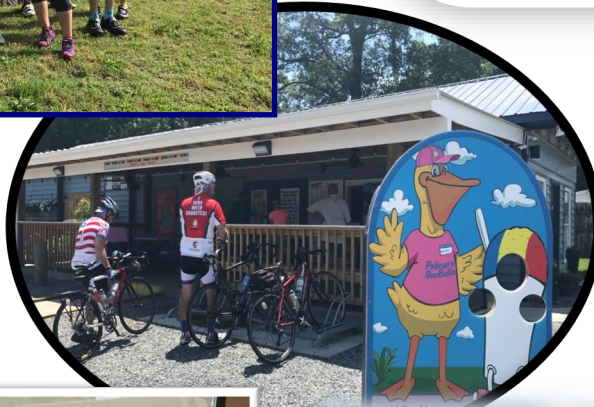
Explore Richmond Ride June 20



Tour de Fox takes on the 90 degree heat



Poquoson Pitstops



PBA Members On Cape Charles



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.



LOCAL 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 for supporting PBA!



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