

Chainstay

The Peninsula Bicycling Association



Come Ride With Us!

June—July 2017

Volume 47, Issue 3



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

There's still time to join Team Killer Bees and ride or donate to the team. Simply click on:

http://main.nationalmssociety.org/site/TR?fr_id=28847&pg=team&team_id=496508

*** Hot Diggity Dog Ride ***

June 10, 2017 8:00 AM , Windsor Castle Park

*** Summer Solstice Overnight Campout ***

Saturday, June 24, 9:30 AM to Sunday, June 25 around 1 PM
Newport News Park campground. Details on [Page 7](#)

*** 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
Messick Baptist Church-118 Poquoson Ave., Poquoson

*** Surry Century ***

September 9, 2017, Surry, VA

Williamsburg does a declaration ride each May, carrying a Bike Month declaration from the Governor in Richmond to the Mayor of Williamsburg. Perhaps we could do this with our other cities next year? Just food for thought.

Hampton had a couple of Bike Month events this year. We had a bicycle scavenger hunt called Words on Wheels on May 6th and Tour de Fort on May 21st. The participation in the Tour de Fort was wonderful. Cyclists of all shapes and sizes were there to enjoy life on two wheels. Williamsburg had several events including Pedal the Parkway, Ride with the Mayor, and the Cap to Cap ride. Mathews County had their Tour de Chesapeake. Plenty of events to go around. I can see more coming in years to come.

In May, we had a slightly different club meeting. We met at Village Bicycles and had a short fifteen minute meeting to get the word out about upcoming events. Afterwards we had a game of Fox and Hound. The fox, yours truly, was released with a two minute head start. Then the hounds were released to catch the fox. The end point was the parking lot at the corner of Maxwell and Warwick. I manage to elude all but one very fast 'A' pace rider. We all had a good workout and rode as a group back to Village Bicycles. Thanks go out to Connie and Walt for hosting our event.

On May 18th, I did a short interview with the Newport News Public School TV station. The interview will air in early June. On May 26th, Richard Armstrong led a group of about 25 Denbigh High School students out on a ten mile ride to Menchville Park and back. This is an awesome example of real bicycle activism in action. Next year we will have additional PBA support for this ride. If you know of an opportunity to reach out to the community, let us know. We need more events like these.

The 2017 Smithfield Challenge, the first big PBA ride of the year, was a wonderful success. I don't have the exact numbers of riders, but we smashed last year's record. I actually saw a registration from someone from Florida! Now that's some word of mouth! This year had something for everyone. Kudos to Sharon Bochman and all the volunteers who made that ride possible.

Coming up in June we have our Hot Diggity Dog Ride. June 10th, we will roll out on the same beautiful routes we rode on the Smithfield Challenge. Head to the registration page on our web site and preregister so we can have a good head count. As always, folks are encouraged to bring a side dish or dessert. After the ride, we will enjoy each other's company and conversation. Maybe we can get Mark Van Ramm or Robb Myer to tell us about their cross country ride? On July 9th, we will be holding the After the Fourth Ride out of Newport News City Park. All that is left to say is get out and ride!

Tregg



It's Been a Busy Spring

Wow, where do we start? So much has been going on. All of our standing rides are up and running. Our newest one is Richard Armstrong's Tour de Fox. Richard sat through our Ride Leader class back in March. He then led us all on the initial Tour de Fox, and a new ride was born. This ride leaves from the Oozlefinch Brewery on Fort Monroe at 5:30 on Monday nights. I would like to say a big thank you to all of our ride leaders. Every week you bring smiles to people's faces and joy to their hearts.

In April of this year the Mayor of Hampton made a declaration that May is officially Bike Month for the City of Hampton. I was there to hear those words for myself. It felt good to see my city making this type of progress towards becoming a truly bike friendly city. Over the past year and a half, a lot of hard work has gone on behind the scenes. Thank you to all of you who have helped in moving the City of Hampton in this direction. Prior to the council meeting in which the declaration was made, I was able to speak with Mayor Tuck. I planted the idea of having a 'Ride with the Mayor' as part of next year's festivities and he seemed receptive.

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.



From the Editor

Thanks so much to members who continue to submit articles for this newsletter. They are awesome. Keep them coming!

Since there have been many so many rides and events offered, I've included two pages of member photos in this issue for you to enjoy. The very successful Smithfield Challenge, held on May 27, will be highlighted in the next issue.

And keep sending me (pbamel@aol.com) your quips of "why cycling makes you happy" for the next issue of the Chainstay. Thanks and enjoy reading this issue.

Welcome To New PBA Members

(April—May 23)



Welcome

We look forward to riding with you!

- Tommy Allen
- Aikayla Amoako
- Jenna Rose Benedict
- Jan Carlson
- Lacey Castaneda
- Daniel Cody
- Emma Dippery
- Kevin Dippery
- Helene Drees
- Robert Drees
- Sebastion Embry
- Melissa Hall
- Arne Hasselquist
- Connie Houlihan
- Sean Houlihan
- Beth Howell
- Ann Lahde

- Yvonne May
- Circe McDonald
- Douglas Miller
- Linda Moore
- Michael Noehl
- Teresa Parkman
- Steven Pearson
- Amy Rankin
- Daryl Rankin
- Mickey Ruslavage
- Jeff Shackelford
- George Singleton
- Vicki Stevens
- David Toler
- Fran Wenbert
- Justin Wilbur

2017 PBA Bike Journal Update

As of May 27, 2017 **49 PBA** members have already recorded **51,254 cycling miles**.

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

- | | |
|---------------------------|--|
| 1. Robb Myer | 6. Tregg Hartley |
| 2. Patrick Johnson | 7. Mark VanRaam |
| 3. Bob Ornelaz | 8. Richard Maruyama |
| 4. Jonathan Snyder | 9. Jamie Clark |
| 5. John Atwood | 10. Donna Moyer (<i>Way to represent the ladies Donna!</i>) |



Birthday Club 2017



Congratulations to the following members who have qualified thus far.

Vanilla—Ages 50-59

- Tregg Hartley
- Jonathan Snyder
- Diana Johnson
- Mary Wikswo

Peaches and Cream—Ages 60-69

Rocky Road—Ages 70 +

- John Atwood
- Bob Carter
- Melanie Payne

- Birthday Club guidelines can be found on the PBA website homepage at www.pbabicycling.org.
- Contact Robb Myer at rmmyer3@verizon.net, once you qualify for membership

CYCLES OF LIFE



PEACHES & CREAM ROCKY ROAD VANILLA

GRANT SNIDER

Getting To Know You...

This issue spotlights Jamie Clark who has been a PBA



member for about two years. Jamie is a new board member this year and brings new ideas and energy to the board. So, let's find out more about Jamie!

Getting to Know—Jamie Clark, PBA Board Member



Tell us a little about yourself.

I am originally from Providence, RI and my family still lives up there. I rode with the Narragansett Bay Wheelmen when I

lived in Rhode Island after attending Union College in upstate New York. I raced on a club team out of Attleboro, Massachusetts for several years before moving to Virginia where I raced many criteriums and one road race. I also play tennis, have played field hockey and ice hockey, and soccer before a knee injury stopped that. I have been a PBA member for two years now and rode on a couple of PBA rides for three years before becoming a full member.

When did you first get interested in cycling for sport?

I started a biking club at Union College and that is where I started riding competitively and regularly. I enjoyed

racing in my 20s and early 30s. I still enjoy riding fast when I can and seeing other parts of the state and areas near us.

What is your favorite PBA memory and/or ride?

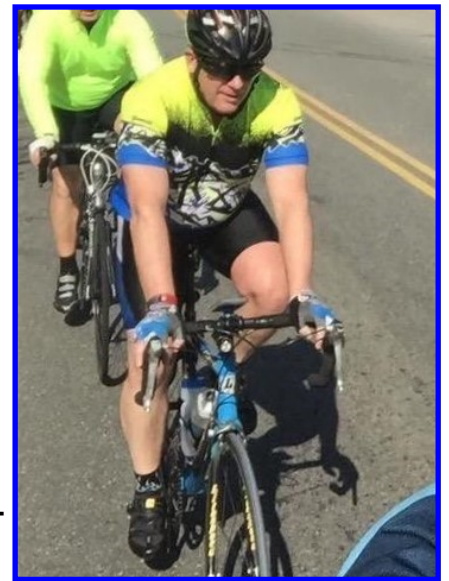
I'd say the first time I did a century here in Virginia. It was the Surry Century. I did it by myself, but rode with a couple of people during the ride to get me through it, but unfortunately, I don't remember who they are.

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

I can't say I have a single favorite ride. I have ridden on the Skyline Drive/Blue Ridge Mountains, many roads on the Eastern Shore (CBES & Salisbury), Surry Century, around Valley Forge and other areas in Pennsylvania just to name a few.

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

I like that I can eat (almost) what I want in food and that I've lost 30 pounds from riding. Getting out with friends and exploring either this area or other states also motivates me.



Describe your perfect day on a bike.

Sunshine and 70s, of course! I like riding with a group of friends with a destination to get to and from and then refueling at a local pub or restaurant.

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

George Hincapie and Greg LeMond.

City of Hampton
Proclamation of May as Bike Month
By Tregg Hartley

In 2016, several PBA members were active in getting the Hampton Bike and Pedestrian Plan put together, passed through the Planning Committee, and ultimately passed through the Hampton City Council. It was passed by the City Council just last December. This was a major milestone in moving the City of Hampton towards becoming a more bike friendly city.

On April 21st, we received an e-mail that the City Council was going to formally proclaim the Month of May as Bike Month for the City of Hampton. The City Council meeting was April 26th at 6:30. I arrived early and got the opportunity to chat with Councilwoman Schmidt and Mayor

Tuck. Great people, both of them. After the Roll Call, invocation, and Pledge of Allegiance, Mayor Tuck read the following Proclamation:



- *Whereas the bicycle is an economical, healthy, convenient, and environmentally sound form of transportation, and an excellent tool for recreation and enjoyment of Hampton's scenic beauty.*
- *Whereas throughout the month of May, the residents of Hampton and its visitors will experience the joys of bicycling through educational programs, bicycle tours, or by simply getting out and going for a ride.*
- *Whereas creating a bicycling friendly community has been shown to improve citizen's health, wellbeing, and quality of life.*
- *Whereas the Peninsula Bicycling Association, the League of American Bicyclists, schools, parks, police, public health organizations, companies, and civic groups will be promoting bicycling during the Month of May 2017.*
- *Whereas these groups are also promoting cycling year round to attract more residents and visitors to enjoy our local restaurants, hotels, retail establishments, and cultural and scenic attractions and whereas these groups are also promoting greater public awareness of bicycle operation and safety education in an effort to reduce collisions, injuries, and fatalities, and improve health and safety for everyone on the road.*
- *Now, therefore I, Donnie R. Tuck, Mayor on behalf of the City Council of the City of Hampton, VA, do hereby proclaim the Month of May 2017 as Hampton Bike Month in the City of Hampton and encourage all citizens to join me in the special observance by riding a bicycle. In witness whereof, I have here unto set my hand and cause the Seal of the City of Hampton, Virginia to be affixed this 26th day of April, 2017.*

After the proclamation, Mayor Tuck called Alison Alexander, Lead Planner, up for a formal presentation. Alison motioned for me to join her for the presentation. This marks the first time the City of Hampton has formally done this. We are moving forward!

Words, Backpacks and Forts

By Tregg Hartley



May was Bike month in the City of Hampton. One of the events that the City sponsored was **Words on Wheels**. It was a scavenger hunt that involved riding your bike to various businesses in Downtown Hampton and Phoebus and

collecting large Scrabble tiles from them. Those tiles would be used to form a word on the biggest Scrabble board I have ever seen. Regular Scrabble rules applied and the team with the top scoring word won Fitbits. There were other prizes as well including a separate prize category for words relating to bikes. The PBA was represented by a three-person team—John Sprock, Sharon Bochman, and Tregg Hartley.

Even though it was sprinkling during much of the ride, we had a blast. We got to meet several bike friendly shop owners. We chatted with the other teams who were having just as much fun as we were. After we had collected all of our tiles, we went to the Taphouse, which by the way was one of those bike friendly businesses. We sat down, had a beer, and went through our tiles. When we thought we had our best word, John and I went out to play it on the Scrabble table. Unfortunately, we couldn't play our word on the other words that had already been played. We put our heads together to come up with another word, but we couldn't beat the best word played.

We decided to go with a bike related word to win that prize. The word we settled on was trail. It was a bit of a stretch, but we convinced the judges that it was a bike related word. Satisfied with our work, John and I went back to the Taphouse to discuss the Smithfield Challenge SAG support. A few minutes later, Alison Alexander came in and told us we had won the bike prize. The prize was a really nice backpack with a Camelback inset. Sweet.

We really had a nice time. We met a lot of new people and I can't wait for next year to do it again. Maybe the PBA can have more than one team next year?

Hey, have I told you that May was officially Bike month for the City of Hampton? Among the other events in the area, the City of Hampton hosted a bike event at Fort Monroe. **Tour de Fort** was held on May 21st and we had 214 cyclists participate, more if you count the bike trailer riders on the family friendly ride. We had beach cruisers, penny-farthings, fat tire bikes, BMX bikes, recumbents, trikes, road bikes...you

get the idea! We had 'A' pace, though they were very casual riders, and everyone had a great time.

The first ride to roll out was the History ride. The ride was led by Darcy Sink, Casemate Museum Education and Volunteer Coordinator. I rolled with them as more of a safety observer. This ride was awesome! Darcy gave the tour and shared her knowledge of the Fort's history along the way. I would like to have this ride again in the future and highly recommend it to all.

The second ride to head out was the 'B' paced, 20-mile route. Richard Armstrong led this ride. He took about 60-70 riders on his Tour de Fox route he uses on Monday evenings.

The third group left about ten minutes later. They were the 'C' paced, 15-mile group. John Sprock led this group on a shortened version of the Tour de Fox. Many of our members co-led both rides ensuring that riders were kept safe and enjoyed themselves. We even had a pair of penny-farthings and one puppy dog on the 15-mile route. So cool!

The next ride was a casual paced 7-mile route that remained on the base. Melanie Payne led this ride, and as with the other rides, we had several PBA folks riding throughout the group helping out. There were 72 riders in a very loose pace line that were having a great time.

The final group to roll out was the Family Friendly ride. I led that one with the help of Cat Evans, another of our PBA helpers. We had riders of all ages on bikes and in trailers. We rode through the inner fort and then along the boardwalk. Even the youngest riders were keeping up just fine.



The event was held at the Oozlefinch Brewery. They were one of the sponsors and allowed us to use their parking lots and grassy area. What a great host!



Sentara Healthcare was another of our sponsors. I would like to say a special thank you to all of our ride leaders and co-leaders for choosing to support such a great event. I'm sure the event will be even bigger next year. Who knows, maybe next year other local cities will have events as well?

Two Wheels is Cheating!

By Greg Hurley



I have been a lifelong cyclist. I can still remember the incredible sense of freedom and joy I got at the age five when I figured out how to ride a banana bike well enough to cruise down the sidewalk in front of my house past a few houses in either direction. Decades later, I still get that same sense of freedom and joy from cycling, whether it

is road biking, MTB or bike commuting.

However, when I hit the age of 50, I decided I wanted to try something different. I still play ice hockey, so ideally it would be something that might help me maintain or improve my balance and agility. Ultimately, I decided to give unicycling a try. So, I bought a \$50 cheap Chinese unicycle online.

I knew nothing about unicycling so I turned to YouTube videos to figure out how to get started. As a result of that, I went to a local unused tennis court and learned to mount the unicycle while holding on to the fence. It seemed like it was impossible to ride and although I had committed myself to giving it an honest try, I doubted I could learn. I then spent an hour or two a day trying to peddle along while I used the fence for balance. At first I hung on with two hands, then one and finally I let go. After a week, I was able to go a few cranks and balance myself. Having done that, I instantly realized that given some more time, I would be able to learn to ride. It was a wonderful realization.

Over the next few months, I learned to do controlled turns, ride on varied terrain and free mount (mount the unicycle without fence, post, etc.). I also learned a university in Sweden did research and found that most people can learn basic riding in about ten hours, which was my experience. They also found that prior athletic and age ability are not significant factors in the time it takes people to learn to unicycle.

For me unicycling is just another cycling activity. I still road bike and mountain bike regularly. I now own a fleet of unicycles and I frequently ride on trails at Freedom Park and York River Park.

I have also gone to the New York City Unicycle Festival for the past two years. That festival features a ride from City Hall in Manhattan to Coney Island, which is about 13 miles. It goes over the Brooklyn Bridge and a



pack of 70-80 riders cruise across Brooklyn in city traffic. It is a pretty wild experience. We also do another day and ride around in Manhattan which includes riding through Times Square.



So, if you are interested in expanding your cycling horizons, unicycling might be a great option. Feel free to contact me and I can help you get started.

Summer Solstice Overnight Camp Out

- When:** Saturday, June 24 to Sunday, June 25 about 1PM
Show Time: 9:30 AM Newport News Park Campground
Route: Colonial Parkway and Virginia Capital Trail to Charles City for lunch, then camping at Chickahominy Riverfront Park
Distance: Saturday—55 miles; Sunday—45 miles
Self-Supported: You carry tent/bedding, prepare dinner/breakfast, etc.
Cost: \$20 + depending on how many campsites are used.

Cue Sheets and GPX provided. If interested, email Robb Myer at rmyer3@verizon.net.

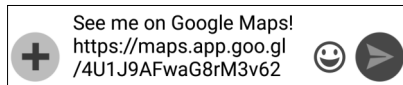


Helping Others to Help You... by Scott Farrell

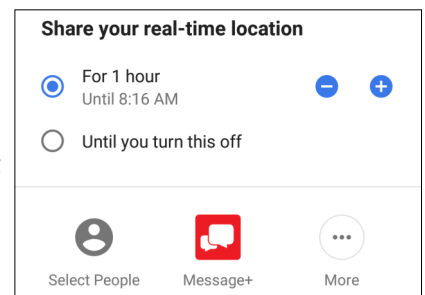
One challenge of driving a SAG vehicle is getting a call from a stranded rider who cannot accurately report their location. The rider might be able to say, “I’m 37 miles into the metric century.” However, SAG drivers usually do not drive straight from start to finish and cannot be certain of the rider’s location relative to their vehicle without more detail. Even if the rider can say, “I’m at the corner of Rt 620 and Rt 644,” the time needed to safely find that location on a map and then plot a route to the rider can affect how quickly the SAG driver can get there. “Quickly” is a relative term that’s perceived differently by a stranded rider. A rescue could happen in 10 minutes or it could take 30 minutes.

Thankfully, technology has exploded and provided some very convenient options. It seems that nearly everyone has a smartphone today. As a result, most riders are already carrying a homing beacon of sorts. I’d like to share some options that work very well, regardless of whether you’re planning a rescue or a meeting with friends or family. PBA does not require riders to use a smartphone to affect a rescue. However, I tend to believe that rescue is faster and smoother for anyone who uses one.

With over 80% of smartphones running the Android operating system, Google Maps is probably the most widely available resource for anyone on the road today. Even if you prefer to use a different service, nearly anyone can access Google Maps. Google recently released a new menu item for location sharing. It allows users to share their location with anyone they choose and for any length of time they see fit. To use the feature, open Google Maps, press the “☰” symbol, and then select “Share location.”



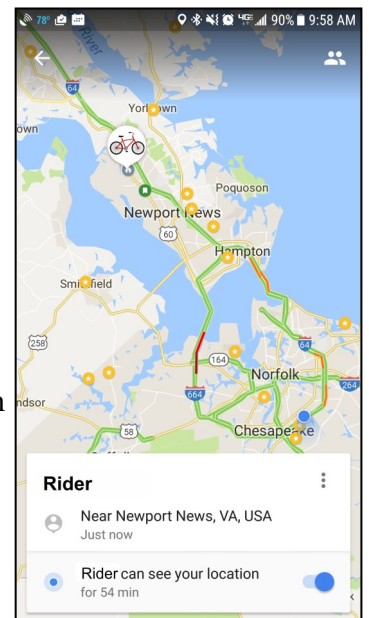
Next, a pop-up will appear that allows you to select the duration of the share and the method of sharing (*via Google, text message, e-mail, etc.*). I recommend choosing the text message



option. A message with a link will auto-generate and await input from you. Simply enter your rescuer’s phone number and send the message.

The driver will receive a text message with a link which launches Google Maps and displays the rider’s location. The driver can click the rider’s location and then click “START” for turn-by-turn directions and an estimated time of arrival. The stranded rider will see the driver’s progress toward them. It’s that easy! Safe driving rules apply, of course.

I’ve also used an app called “Glympse” for years with excellent results. It, too, can share your location via text message. The recipient can then view the location on a mapping app of their choice. Give it a try. You may find location sharing is useful for times other than just being stranded.



Rocky Mountain High—Aspen Cycling

By Dave Belvin



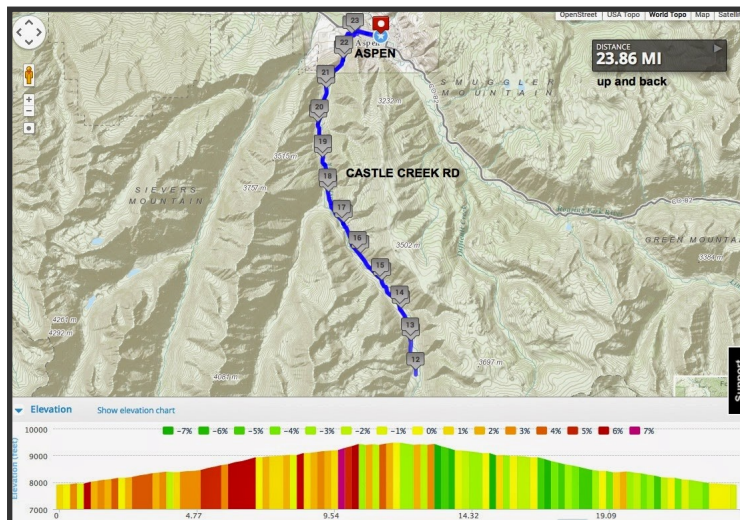
Last August I had the fortune to do some cycling while in Aspen, Colorado for a weeklong professional conference. Aspen is best known as the ski resort for the upper crust, but in the summer, it gets a bit more down to earth with cycling, hiking and other summer sports taking the spotlight. The hotel rates also come down from the astronomical winter rates. The scenery is exceptional, and wildlife abounds in the area.

Cycling is big in the summer in and around Aspen, whether road, mountain bike trails, fire roads or just touring around town on the many public cycling paths. Everybody gets around town either by biking or walking. While there, I rented a road bike and sampled a couple of the better-known road routes. There are 3-4 bike rental stores and rates are reasonable. I took a couple of days to get used to the altitude first, as the town sits at about 7,800 ft. One way to more quickly acclimate is to buy a ski lift ticket and ride up a couple of thousand feet and just admire the view from up there for a few hours during the first two days. Also stick to riding around town only when you first get there.

My first venture out on the road was Maroon Creek Road. If you start in the town of Aspen, it is about an 11-mile climb of over 2,000 feet ending at the gorgeous blue mountain tarn called Maroon Lake that sits at the foot of two reddish 14,000 foot peaks called the Maroon Bells. Maroon Creek Road is closed to auto traffic from 8 am-5 pm except for a tour bus every 30-45 minutes, so you have the whole road to yourself while you huff and puff.

I found wildlife abundant along the way, spotting huge deer, elk, and moose. Once at the top, you will be rewarded with one of the most stunning views in all the United States. Trust me, the picture does no justice to being there. You will want to linger a while and just hum to yourself "Rocky Mountain High". The return trip was of course all downhill, so you will want to put on a wind jacket and keep your hands close to the brakes. It helps not having any traffic to contend with, so you can really can really get some speed up.

My second ride was down Castle Creek Rd which also begins in Aspen and is about 24 miles. It's another climb of 2,000 feet over 12 miles and ends in a box canyon with surrounding 13,000-foot snow capped peaks. It's not closed to traffic like Maroon Creek Road, but it's pretty deserted nevertheless. Near the end is an expensive restaurant called the Pine Creek Cookhouse which is highly regarded. But I did not sample it, preferring not to show off my not so stunning cycling physique in a nice restaurant. Instead, it was energy bars and Powerade for me! The descent back to Aspen was a delight also.



While I didn't do it, another must do Aspen ride is to ride out to Independence Pass on the continental divide which tops out at over 12,000 ft. That is more of a strenuous all day endeavor and the road is more trafficked and narrow. But it is a very popular ride for the dedicated. So many riding opportunities, but I did have to attend the conference.

Getting to Aspen is by flying into Denver, and driving 4 hours over one of the most scenic interstates in the US, or flying directly into Aspen, which is more expensive, but is an adventure in its own right! Aspen is in a valley surrounded by high peaks and the approach is a bit of a cliffhanger.

Are You What You Ride?

By Tom Carmine



If I am what I ride, I have a multiple personality disorder. I have four bikes in the garage that I ride for distinctly different purposes because I simply like to ride a bike. When I got my first 24" tire bike around third grade, it was a do everything Schwinn bike. We rode

all around the neighborhood. We jumped ramps at the old Warwick County dump. We blazed our own bike trails through the Mariner's Museum Park before the boys in California had started burning up their coaster brakes on the downhill in Marin County.

That bike survived my childhood and over five years of service carrying over a 100 pounds of newspapers every day through high school. I didn't know what gears and handbrakes were until I went to college. In 1973, I moved up to a ten-speed Peugeot which was my only bike for 26 years. It took me grocery shopping in Williamsburg and commuting to work 14 miles a day in Newport News during the summers when I had no car. But after college it languished in the garage till my son was born and it got outfitted with a baby seat.

When my son got his first mountain bike, I knew I needed something to ride off road with him and the old ten speed wasn't going to cut it on dirt trails. I found a used Trek 800 mountain bike at the old HDK for \$99. The frame was a little large for me for technical mountain biking so I simply called it my dirt road bike. Everyone needs a bike like this. It was versatile. It went on vacations to the mountains and the beach because if it got stolen, well I was only out \$99.

A couple of years later when I got tired of my forearms aching from riding over the roots on the Harwood Mill's mountain bike trails, I upgraded to a new Schwinn Moab 2 with front suspension when Schwinn was still a quality product. This was a great upgrade in comfort, and year later I would ride the Moab from D.C. to Pittsburgh on the C&O and GAP trails. It would also take me on my first self-supported bike packing adventure years later.

In the early 2000's, I started riding with a Saturday morning splinter group of the PBA. What I didn't expect was the harassment that I got for showing up with my 30-year-old Peugeot and a twenty-year-old bike helmet that could have been worn for football if fitted with a faceguard. Still, it got me through the summer and my first fifty mile Surry ride.



Real bikes have racks.

Realizing it was time to add a more current road bike to the garage, I purchased a road bike with a new frame, fork,

handlebars and seat, but an old drive train and rims. As funds became available I upgraded the rims and added index shifters.

The old Peugeot went to the Newport News Police Department for their holiday give away that PBA supported.

The new road bike was great, but it lacked one important attribute that every bike I had ever owned shared in common. It did not and could not have a rear rack. What was I to do with my stuff? It was not a practical bike. I solved part of my practical need by retrofitting the old Trek 800 with riser handlebars and adding fenders to make it my dedicated urban bike. I commuted to work 20% of the time for five years with it.

Now I had three bikes, but there was still something missing in my life. I had dreamed about a touring bike and the places I would ride ever since I learned about bike touring and the Trans-America Trail. I had only bought the road bike because I had missed the opportunity to buy Ron Hafer's refurbished Trek 520 back in 2002. I saw it in the store on Wednesday, but I was waiting till Saturday to buy it. When I went to HDK that morning, someone was rolling it out the door.



Hard tail mountain bikes make excellent city bikes when equipped w/fenders riser bars.

I passed on a second opportunity when HDK sold off their inventory when Bike Beat took over. The economic timing wasn't right nor the time available to tour. In 2012, I was preparing the road bike for Bike Virginia and the hills around Harpers Ferry by having Rodney install a more hill friendly compact crank set. When I went to pick it up, I found a row of new Trek 520s in all of the sizes. This time the timing was right, and I took a short test ride. The next week, I left the old road bike hanging in the garage and took off with my new ride to Bike Virginia

Harpers Ferry was a great place to break in the Trek. With three front chain rings and big rear granny gears I easily climbed every hill they threw at us. For four years now I have ridden the Trek on all my bike trips including two self-supported bike camping trips. It's a great all-around bike because it's super tough, comfortable and practical. On Saturday's, I ride it 25 miles to Yorktown and back to shop at the farmer's market.

I love bikes, but more importantly I love what I can do with a bike and the places you can go with it. I have never lost the thrill that I had as a kid of just going out and riding. Yeah, riding in a pace line is good exercise and camaraderie, but watching the wheel in front of you doesn't compare to watching the scenery pass by when you ride someplace new.



Another Step Closer to a Regional Bike/Ped Master Plan

By Tom Howard, PBA Advocacy Coordinator

Hampton Roads is one step closer to achieving a milestone as the Paths Connecting to the Virginia Capital Trail (PCVCT) subcommittee of the Hampton Roads Transportation Organization (HRTPO) is getting ready to submit a draft plan to VDOT for the results of the PCVCT efforts over the past year. The study has taken on a new name and a trail system is getting ready to take root.

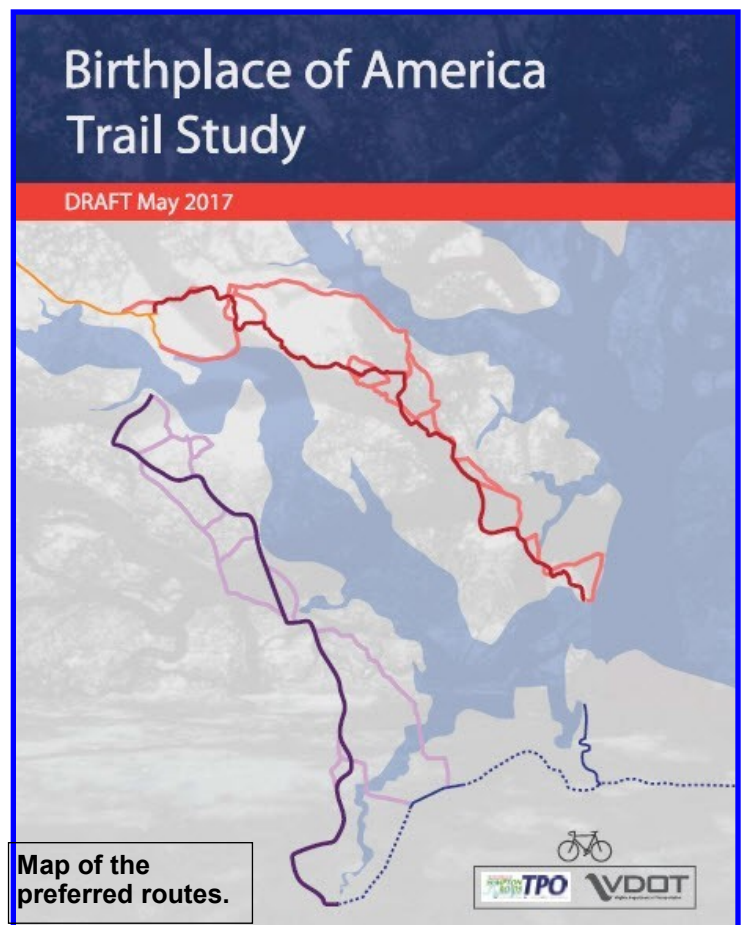
The new trail is called the Birthplace of America Trail (BOAT) and will highlight the significant impact that Hampton Roads has played in the formation of our nation. There are historical stops, active transportation components, business and school benefits as well as just plain old fun walking and riding.

The northern section of the trail runs from Jamestown to Fort Monroe. It will travel through the heart of the Peninsula and will be sure to be the impetus for future spur trails that connect other areas of our community here in North Hampton Roads. Stops along this route include New Town in Williamsburg, William & Mary, Colonial Williamsburg, Carters Grove, Newport News Park, Yorktown Battlefields, MAC Athletic Park in York County, York County Library/YMCA complex, Big Bethel Reservoir, Boo Williams Athletic Center, Downtown Hampton/Air & Space Museum, Hampton University, Emancipation Oak, the VA Hospital, Phoebe and finally Fort Monroe.

The southern section will run between the Scotland Neck Ferry System in Surry County and downtown Suffolk. A recent East Coast Greenway (ECG) Virginia Committee meeting revealed that the ECG will realign their route to take advantage of the completely off road/paved pathway that will run to Suffolk. Once in Suffolk, the ECG will take it's routing into Portsmouth, Norfolk on the South Hampton Roads Trail and finally south along the Elizabeth River towards the Dismal Swamp. This will make for one of the longest continuous off-road riding experiences in the ECG

system, enabling someone to ride from Richmond to the NC border on completely off-road riding.

This southern leg of the Birthplace of America Trail will make stops in downtown Surry, Smithfield and Suffolk, while also having access to Chippokes State Park, Bacons Castle, Windsor Castle, Lone Star Lakes Park and Kings Fork Middle/High Schools.



The trail study will be considered by VDOT in June and if approved, funding and implementation plans initiated. Much like the Virginia Capital Trail, this effort will take time. The good thing is that a plan is coming into focus. Once the plan is in place, the funding and construction can happen. Stay tuned for future news...

Buzz Off!

By Melanie Payne

When I ride, I usually worry more about rene-gade cars or having a flat, but this year I have a new fear— bugs – bugs with stingers.



What are the chances of getting stung by a bee or yellow jacket while cycling? Seems like the odds shouldn't be too high considering we are riding in the great outdoors with all that space around us. Not so. So far, this riding season, I've already been stung not once, but twice. I'm not sure whether I found the stingers or the stingers found me, but I was surprised and it hurt!

My first stings ever! The first time I was stung on my upper arm and the second time in my lower stomach. Luckily, I do not suffer anaphylactic reactions to stings, but I do get huge local reactions with redness and itching galore that lasts for week or more.

Scott Houchin of bicyclistmedic.com states besides wearing a helmet, the safest thing to do while riding is to keep your mouth closed and zip up your jersey when going downhill, as this is how most bee stings happen. Bee stings are probably the most common medical incident that Scott has had to treat and are not that uncommon. Who knew?

Gale Bernhardt from Active.com offers these things to keep in mind while riding and what to do after you are stung:

- If something flies into your helmet, it's best to stop immediately and remove the creature. You may think the creature is a harmless bug until it starts to sting or bite. Once this happens, most people go into panic mode.
- If you notice severe reactions to a sting, seek medical attention immediately.
- Remove any remaining stinger from your skin. (I have since learned that bees leave stingers, but yellow jackets do not.)
- Applying ice can provide some relief to the sting site.
- Antihistamines like Benadryl can help with the itching.
- Ibuprofen or acetaminophen can be used for pain relief.
- WebMD [<http://www.webmd.com/>] recommends that if you haven't had a tetanus booster within the last 10 years, get a booster within a few days of the incident.
- If you know you are allergic to stings, carry a sting kit with you that includes an EpiPen and antihistamines.

It's still hard to believe that I've been stung twice in just a couple of months. Maybe I'll take it as being lucky instead of unlucky and go out and buy some lottery tickets, but I have a feeling those odds are a lot worse than my probably getting stung by a bee a third time down the road.

Some Cycling Humor...



A tired cyclist stuck his thumb out for a lift. After three hours, he hadn't gotten anyone to stop. Finally, a guy in a sports car pulled over and offered him a ride. But the bike wouldn't fit in the car. The driver got some rope out of the trunk and tied it to his bumper. He tied the other end to the bike and told the rider, "If I go too fast, ring your bell and I'll slow down."

Everything went well until another sports car blew past them. The driver forgot all about the cyclist and put his foot down. A short distance down the road, they hammered through a speed trap.

The cop with the radar gun and radioed ahead that he had two sports cars behind them heading his way at over 120 mph. He then relayed, "and you're not going to believe this, but there's a cyclist ringing his bell to pass!"

You Are a Cycling Addict If...

1. You hear someone had a crash and your first question is "How's the bike?"
2. You empathize with the roadkill.
3. Biker chick means black spandex, not leather, and a Marinoni, not a Harley.
4. You have more money invested in your bike clothes than in the rest of your combined wardrobe.
5. You use wax on your chain, but not on your car.
6. Your bike has more miles on it than your car's odometer.
7. You have more bike jerseys than dress shirts.
8. You take your bike along when you shop for a car - just to make sure the bike will fit inside.
9. You buy a mini-van and immediately remove the rear seats to allow your bikes to fit.
10. A Power Bar starts tasting better than a Snickers.



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) Contact Donna Moyer, cell: 757-876-12008761200, donnamoyer@lizmoore.com

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

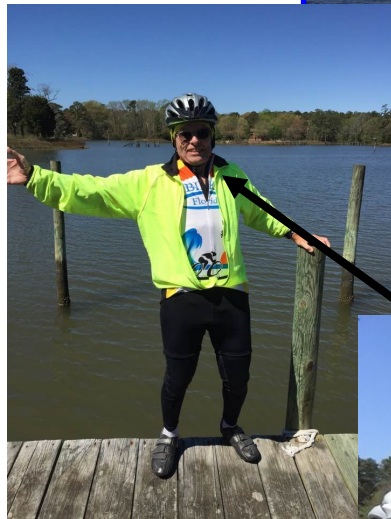
Where's Waldo???



Coastal Carolina Ride



Poquoson Peddlers and their sailboats?



The Man Behind The Mirror



In Our Nation's Capitol



After May Meeting Ride



Cap2Cap



Poquoson Posers



Tour de Chesapeake



Tour de Fox



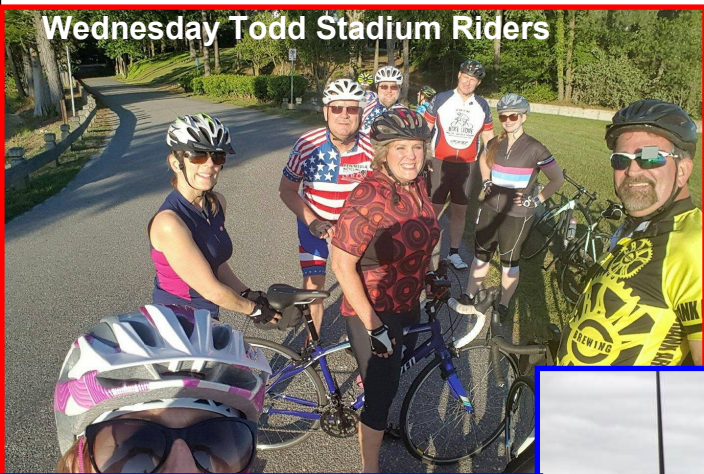
Words On Wheels



Lake Prince Ride



Our Coast to Coast Guys—Robb and Mark



Wednesday Todd Stadium Riders



Tour de Fort

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