

# Chainstay

The Peninsula Bicycling Association



Come Ride With Us!

April-May 2018

Volume 48, Issue 2

◆ **PBA Monthly Membership Meeting** Monday, April 9, 6 PM. Thai Erawan Restaurant 2900 Hampton Hwy, Yorktown. Come on out for some PBA style fellowship and fun.



## Mark Your Calendar

» UPCOMING EVENTS

- ◆ **Cycling Safety Class and PBA Ride Leader Class**— Saturday, April 14. Details on page 4.
- ◆ **Tour de Cure**, Saturday April 28. Join Team Killer Bees
- ◆ **Tour de Fort**, Sunday, May 20th. Ft. Monroe, Hampton
- ◆ **Pedal for the Pig**, Saturday, May 26. Registration info on page 15.

As I write this, the memory is fresh in my mind of our Hampton Cruise ride this afternoon. We had a great turnout even though the weather was chilly and very breezy. I am left wondering, what has happened to our spring? We even had the potential for snow in the forecast for this weekend! My mind drifts to thoughts of warmer weather, long sunny rides with friends, and possibly a cold adult beverage at the end of those rides.



Spring is just around the corner. Really, it is! Our weekly rides will be starting soon and the 2018 riding season will be in full bloom. Here are a few things on the schedule to get excited about.

On **April 14<sup>th</sup>** I will be teaching the first **City of Hampton sponsored Cycling Safety class**. This class is a shorter version of the League of American Bicyclists, LAB, Smart Cycling class. It is completely free and open to the public. I will be covering a number of subjects that will benefit the novice and experienced rider. More details later in the Chainstay.

Also on **April 14<sup>th</sup>**, following the Cycling Safety Class, I will be teaching our **Ride Leader Class**. We are looking to have as many qualified ride leaders as possible for Tour de Fort 2018. If you have an interest in leading rides at the Tour or for the PBA, this training is for you.

**April 17<sup>th</sup>, The Hampton Bike/Pedestrian Advisory Committee** will be meeting at the Hampton City Hall. We will be discussing the creation of new signed bike routes

And would love to hear from you. The meeting is on the 5<sup>th</sup> floor at 6 PM and is open to the public. These meetings are on the 3<sup>rd</sup> Tuesday of each month. I will put a reminder up on the Facebook page prior to each meeting.

**April 22<sup>nd</sup>**, the City of Hampton will hold its **Hampton Cruise Bike ride**. This ride looks like it will be in Fox Hill and will be about 6-8 miles long. These rides are about the most casual and inclusive group ride you have ever been on. If you can make it, come on out. You won't be disappointed. These rides are on the 4<sup>th</sup> Sunday of each month. We will put these rides on Facebook as they firm up.

**April 28<sup>th</sup>**, Bike Walk Williamsburg will be holding a children's **Bike Rodeo**. I know some of you have assisted in the past, and if your schedule allows you to help this time, they would welcome your participation. Ted Hanson is coordinating this event and will create the volunteer schedule.

There will be a helmet give away for those in need, a bike mechanical safety check and sizing (i.e., seat and handlebar adjustment) and about 8 skills development "stations". The time for this event is 10 AM – 1 PM at the YMCA on Sentara Circle next to Sentara Hospital. Sponsoring partners are WJCC Schools, Historic Triangle Williamsburg Safe Kids, Sentara, and the YMCA.

Please respond to Ted at [thanson@earthlink.net](mailto:thanson@earthlink.net) if you can help for 2 hours and tell him which hours you prefer..

**April 28<sup>th</sup>, Tour de Cure**. Join our own Killer Bees as the ride to raise money for the American Diabetes Association. Team Captain is Vincent D'Elia. [http://main.diabetes.org/site/TR?team\\_id=741861&fr\\_id=12312&pg=team](http://main.diabetes.org/site/TR?team_id=741861&fr_id=12312&pg=team)

**May 5<sup>th</sup>, Enjoy the 21st Annual Pedal the Parkway** on Saturday, from 8 a.m. until 1 p.m. Cycle, run or hike along the shores of the scenic James River from Jamestown to Williamsburg, or vice versa. This event is FREE and will be held rain or shine.

**May 16<sup>th</sup>, The 2018 Ride of Silence**: Wed. May 16th, 7 PM – 9 PM Norfolk City Hall, 810 Union St. Norfolk, VA 23510 Join cyclists worldwide in a silent slow-paced ride (max. 12 mph/20kph) in honor of those who have been injured or killed while cycling on public roadways.

**May 20<sup>th</sup>, Tour de Fort 2018**. The event was a wonderful success last year and we expect this year to be even bigger. We will post the times on Facebook and in an email as they become available.

(continued on page 3)

## 2018 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, Todd Goodhead

## 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
Membership	Katie Mallory
Online Marketing	Beverly McLean
Community Outreach Coordinator	Frank Dixon
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, <a href="mailto:john_s_bright@yahoo.com">john_s_bright@yahoo.com</a> , cell: 757-812-1909



**PBA Website:**

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

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

## PBA Board Meeting

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](mailto: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.

(The President's Corner continued)

**May 26<sup>th</sup>, Pedal for the Pig.** Formerly known as the Smithfield Challenge. PBA's big spring fundraiser. Registration is filling up quickly.

**June 2<sup>nd</sup> and 3<sup>rd</sup> BikeMS.** This is an annual ride to raise money for National Multiple Sclerosis Society. The Killer Bees have traditionally raised money for this event, but ridership has fallen off in recent years. We currently have four riders signed up to ride. If you are interested in riding or supporting our cyclists who are riding go to [http://main.nationalmssociety.org/site/TR?fr\\_id=29399&pg=team&team\\_id=535244](http://main.nationalmssociety.org/site/TR?fr_id=29399&pg=team&team_id=535244)

Secondly, Karla McCarragher from BIKEMS is looking for ride leaders for their one day ride in Williamsburg. We helped them out last year with ride leaders and they would love to have us

back. They are looking for 3-4 ride leaders for June 2<sup>nd</sup> from about 10 AM – 2:30 PM. If you can help out, please contact [karla.mccarragher@nmss.org](mailto:karla.mccarragher@nmss.org)

**June 9<sup>th</sup>, Annual Hot Diggity Dog Ride.** More to follow.

Finally a short note about the Birth of America Trail (BoAT). This is a proposed trail that will ultimately connect the Virginia Capitol Trail to Ft. Monroe and cross the James River into Surry making its way to Suffolk where it will meet the South Hampton Roads Trail. You will see more about this via email and Facebook in the months to come. The PBA is looking to make the initial donation to get the foundation up and running. We will need people who are willing to out in several ways. Stay tuned.

As always, I hope you can get out and ride.

Tregg

## Why Pay Dues to a Bike Club?

By Tom Carmine, PBA Treasurer

I recently read this question on a Facebook post: *“Why would anyone pay dues to a bike club?”* That's a fair question. If all you are looking to do is meet up with a few friends and ride, then Meetup.com or Facebook is probably for you.

The PBA is more than just a ride group. We are an incorporated entity with the State of Virginia and we are a tax exempt social club with the Internal Revenue Service under section 501(c)(7) of the Internal Revenue Code. As an incorporated club, we have elected directors and officers and rules pertaining to our governance that allows for the club's continuity over time. PBA has been around since 1983 and has had many presidents, officers and members, but its mission has continued, “to promote and encourage the use of the bicycle as a means of recreation and transportation; to develop physically fit, self-reliant and well informed citizens to uphold the rights of bicyclists; to encourage the development and utilization of facilities for bicycling on public lands; and to provide information in the interest of bicycle safety.”

The club has benefits as well that a riding group does not have. One of those is insurance on our members when we are on group rides. If you are in an accident, then the insurance would cover up to \$10,000 for out-of-pocket medical expenses. Insurance also allows us to hold our large group rides because the counties require us to provide proof of liability insurance before the event.

This is important. Last year one group attempted a group ride which they posted on Facebook only to have Virginia Beach contact them regarding a permit. Yes, in Virginia Beach if you hold an event which they define as “any festival, concert, parade, public performance or announced public gathering held on a public street, right-of-way or public property,” you are required to pay an event fee in advance and have liability insurance.

As a club we also have expenses that have to be paid from membership dues. Most of these expenses are minimal—the post office box, annual filing fee, domain registration and membership in the League of American Bicyclists which is required for our insurance and collectively is only about \$300. Individual insurance per member is almost \$5. Our biggest fixed expense at \$130 per month, is now our website



which we use to manage communications, membership rolls and renewals, and event registrations.

PBA hosts four yearly member events where the Club pays for most of the event costs—The Hot Diggity Dog Ride in June, our After the Fourth Ride, The Ron Hubbard Memorial Ride and ice cream social in August, and an annual Holiday Party.

We also contributed funds to place a bicycle repair station at the Charles City County Courthouse on the Capital Trail. Other funds have been used to purchase bicycles and helmets for needy kids. After the Surry and Smithfield rides, we make contributions to a number of organizations that assist with those events.

As a member, you also get something tangible back. If you purchase items from Conte's, BikeBeat or Village Bikes, they offer us a 10% discount on bike accessories. If you buy something from them, thank them for their support.

Perhaps the most important reason to be a member is that you are giving strength in numbers to an organization that advocates for improving your cycling experience in the community. PBA has been invited to work with both Newport News and Hampton on different bicycling initiatives. We have been instrumental in helping start the Sunday Cruise rides in Hampton. As an organization, we have standing where one individual does not simple because of the number of members we represent. We are making a difference on the Peninsula.

This may become even more evident soon as a several members will likely be part of a new group forming to help start the Birthplace of America Trail Foundation in order to advocate for an extension of the Capital Trail through the Peninsula to Fort Monroe and Southside, ultimately to Virginia Beach. This will only happen if there is public interest in the Trail, and no doubt PBA will be there to help raise that support.

So, **thank you for being a member** and know that your membership is important to the bicycling community here in Hampton Roads.



## More from Tregg...

### RIDE LEADER TRAINING

In 2014, I joined the Executive Committee and became part of Sharon Bochman's Board of Directors. About halfway through the year, her vice-president had to step down and Sharon asked me to step up. The duties of which included becoming the ride coordinator. Since I was the new ride coordinator, I thought I should learn what I needed to know to be a ride leader. Now at this point, I had participated in several group rides, but I had never led one. I set out to learn what I needed to know to lead rides in a safe and fun manner. I solicited input from many of our experienced leaders and started working on what is now out PBA Ride Leader's Manual. I was sure there were others in club who were interested in leading rides, but like me, didn't know where to start. That is how our ride leader classes got started.

In the past, we would have ride leader classes to train PBA members who have an interest in becoming ride leaders for the club. We would usually have one or two classes early in Spring and those graduates would go on to lead rides for the remainder of the year and beyond. Recently, our ride leaders have stepped up to lead rides for Hampton cycling events in September of 2016 and May of 2017. We led five rides during the inaugural 2017 Tour de Fort and it was a wonderful success! Over two hundred cyclists showed up and had a great time.

Since that time, we have been holding the Hampton Cruise rides. These are very casual rides that show off a different neighborhood each month and have been growing in popularity. The City of Hampton will be holding the second Tour de Fort on May 20<sup>th</sup>. We expect this event to be larger than last year and we are asking our PBA ride leaders to help lead these rides again.



In preparation for Tour de Fort 2018, we will be holding our first Ride Leader class on the 14<sup>th</sup> of April. *We will be opening this training to non PBA members this year* in the hopes of including non-club members in this event. If you haven't led a ride before

and would like to lead a ride during Tour de Fort 2018, please sign up. We would love to have you. The training will be about two hours with a group ride to follow. We can enjoy a brew at Oozlefinch afterwards as well.

When **14 April 2018, 1 PM – 4 PM**  
Where Ft. Monroe Community Center  
100 Stilwell Dr, Hampton, VA 23651  
Across from Oozlefinch Brewery

You can register through our web site at <http://www.pbabicycling.org/event-2860474>

### BICYCLE SAFETY CLASS

Our first Hampton Bike Safety Class is finally here! I have been working with the City of Hampton for the last year to make this happen, and on April 14<sup>th</sup> we will have our first bike safety class. Hopefully there will be many more to come. The class will be a shortened version of the Smart Cycling class presented by the League of American Bicyclists. We will have about two hours of classroom, one hour of parking lot drills, and an hour for a group ride if time permits. There is no cost to attend and the class will benefit both the novice and experienced cyclist.

When **14 April 2018, 9 AM – 1 PM**  
Where Ft. Monroe Community Center  
100 Stilwell Dr, Hampton, VA 23651  
Across from Oozlefinch Brewery

You can register through our web site at <http://www.pbabicycling.org/event-2833086>



# MAY IS BIKE MONTH



I RIDE BECAUSE IT MAKES MY BUSINESS RUN BETTER.



I RIDE TO TURN MY COMMUTE INTO A WORKOUT.



#BIKEMONTH [BIKELEAGUE.ORG/BIKEMONTH](http://BIKELEAGUE.ORG/BIKEMONTH)



**From the Editor**

This will be the last bi-monthly issue of the *Chainstay*. We are going to quarterly issues—June-July-August; Sept.-Oct.-Nov.; Dec.-Jan.-Feb. and Mar.-Apr.-May, mostly because of this editor's crazy schedule. Thanks to everyone who has submitted articles, photos and ideas that makes this job easier. I know there is a lot of talent out there and there are a lot of bike trips and riding going on, so please contact me with articles and ideas for future issues. Happy riding!  
Melanie ([pbamel@aol.com](mailto:pbamel@aol.com))

**Welcome To New PBA Members  
(January 1—present)**

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



- |                      |                   |
|----------------------|-------------------|
| Michael Boston       | Tracy Lagatta     |
| Aaron Bull           | Kim Loss          |
| Annalee Bull         | Linda Love        |
| Kay Bull             | Mary Marley       |
| Dale Carpineti       | Mike Marley       |
| Elaine Casper        | Amy McGlynn       |
| Glen Chalkley        | Tom McGlynn       |
| Chris Corizzo        | George McMillian  |
| Jim Day              | Nancy Ann Norman  |
| Melissa Doman        | Bonnie Ogden      |
| Patric Doman         | Lucille O'Neil    |
| Douglas Dompkowski   | Monte Robinson    |
| Elizabeth Dompkowski | Jeffrey Saunders  |
| Emily Dompkowski     | Elizabeth Schleif |
| Jack Dompkowski      | David Smith       |
| Gene Edwards         | Denise Smith      |
| Lori Finch           | Paul Sperling     |
| Peter Franklin       | Gerald Sullivan   |
| Travis Gatesman      | Theresa Sullivan  |
| Tammy Glover         | Deana Sun         |
| Ron Granstra         | Elliot Sun        |
| Robert Hallinger     | Matt Sun          |
| Claire Huebner       | Seth Tuthill      |
| Kelly Jones          | Donna Vogel       |
| Beth & Dan Kirby     |                   |

**2018 PBA Bike Journal Update**

As of March 31, 2018, **36 PBA** members have reported **20,969 cycling miles**. Logging your miles on [bikejournal.com](http://bikejournal.com) is an excellent way of tracking your miles. Kudos to our top ten riders (in alpha order):

- |                        |                         |
|------------------------|-------------------------|
| <b>Jamie Clark</b>     | <b>Richard Maruyama</b> |
| <b>James Crofts</b>    | <b>Donna Moyer</b>      |
| <b>Craig Hanson</b>    | <b>Robb Myer</b>        |
| <b>Patrick Johnson</b> | <b>Bob Ornelaz</b>      |
| <b>Brian Lecount</b>   | <b>Jonathan Snyder</b>  |



**NEW FOR 2018**



**THE BORN-2-RIDE CHALLENGE—  
A Challenge For All Ages**

The Birthday Club is very popular with 50 year old and older members, especially the Rocky Road set, but feedback from the millennials has been "how about us." We listened and are happy to announce the "Born-2-Ride Challenge."

To qualify:

1. Ride the number of miles in the last two digits of your birth year 12 times during 2018.
2. Ride no more than two in a single month.
3. If born in 1962 or later, ride 62 miles.
4. Periodically, send birth year, date and miles to Robb Myer, Awards, Recognition and Statistics Committee Chair.

Here are some examples of ride lengths:

Birth Year	Miles to Ride
1942	42
1955	55
1960	60
1968	62
1979	62
1985	62
2000	62

**And the Birthday Club  
Continues for 2018**

There are three age categories for the Birthday Club.

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



If you have ridden your birthday miles, email Robb ([threespeed67-pba-ride-leader@yahoo.com](mailto: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 annual January membership meeting.

Birthday Club guidelines can be found on the PBA website at <http://pbabicycling.org/Member-Challenges>

# Getting to know you...

This issue spotlights **Frank Dixon**, who has been a PBA member for three years. Frank is an active and interesting guy, and be sure to read his article about the National Veterans Golden Age Games on [page 11](#). So let's learn more about Frank!



## **Tell us a little about yourself.**

I was born in Vallejo, California, but at age five moved and was raised in my parents' home town of Reading, Pennsylvania, home of the Outlets, where people who live there never shop! I have been a member of the PBA for the past three years. In addition to cycling I enjoy swimming and gardening and happen to be a Hampton Master Gardener. I am married to Carolyn Christopher, who bowls three times a week, is a Master Gardener and a Master Naturalist, but does not cycle.

## **When did you first get interested in cycling for sport?**

I got into cycling for transportation as a child after what seemed like years of begging my father to let us have a bike. Finally, when I was in sixth grade, he relented and went to Sears and Roebuck and bought my younger brother and me shiny, red Huffy single-speed bikes with coaster brakes which I rode throughout out my childhood years. After high school I joined the Air Force and retired after more than twenty-eight years. In the mid-80s while stationed in the city of Berlin, I bought a three-speed English bike for transportation and sight-seeing. Back then I was so proud when after work I cycled for a whole twenty-six miles. Then in the mid-2000s, I got interested in sprint cycling. In 2009 I changed from a chromoly bike to a Scott carbon team bike to help my training. We all raced the same model Giant Bowery single speed in ¼ mile and ½ mile sprints, so my training was limited to around an hour at a time doing interval and sprints.

I began increasing my riding about three years ago on the Village Bike rides with Connie Maxwell after having some work done at the shop. This led to a Smithfield Challenge where I met Sharon Bochman who introduced me to PBA. I still remember asking my wife back then how in the heck does someone ride 1,000 miles in a year, yet alone 5,000 plus like Robb Myer does. Then the next thing I know I had ridden over 1,200 miles without trying, so this past year I set a goal of 2,000. At the end of the year I had completed over 2,300 miles despite missing six weeks, including the whole month of July, because of shoulder surgery. My goal for this year is 2,400 and I already have over 400 miles logged.

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

A cycling buddy, Tom Bauer, and I were riding the Surry Century this past year and after the first fifty, I convinced him to ride the middle loop twice to avoid the dreaded hill into Chipokes Park and asked him to follow me. Well, off we went and later I turned to him and said we should be coming up on the rest stop any minute and what showed up next was Route 10 instead. Yep, I got the colored arrows mixed up and we were headed to the dreaded hill. Oh well, we survived. This was a good idea, just poor execution. I still like the Surry Century and will no longer try to avoid the Chippokes hill.

## **What has been your favorite ride or bike trip either local or out yonder?**

My favorite ride is Robb Myer's and Jonly Donly's Tabb library ride, a ride thru lower York County with sprint opportunities on spring and summer evenings. What could be better? Then there's Richard Armstrong's Tour de Fox Hill and the Carter's Saturday morning ride and John Bright's Todd Stadium ride and the Village Bike rides—heck, they are all my favorite. A friend of mine from the Williamsburg Area Bike club and I rode the Costal Carolina ride last year and are headed there again this year. This, too, is a beautiful ride.

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

I have always been goal driven to meet monthly goals and bike journal goals, so all I need is dry weather to go after them. But what motivates me the most is looking forward to riding with an old friend and looking forward to meeting new ones. I also enjoy meeting a new rider and working with them to ride in a group. What I really need motivation for is sometimes staying at home and taking care of some of the honey-do list that isn't getting done when I am out riding. And as for rainy day projects—nope, I use rainy days as an excuse to go swimming.

## **Describe your perfect day on a bike.**

I love to ride rails-to-trails, especially ones that I have not been on before. This year it's also exploring Hampton's neighborhoods on the monthly Sunday Cruise created by Alison Eubank and Tregg Hartley.

## **If you could ride with two famous people (living or dead, cyclists or not), who would they be?**

Greg LeMond, who introduced aerodynamics to the Tour de France time trial and Mark Cavendish the Manx Missile one of the greatest all time sprinters.



## The Birthplace of America Trail (BoAT) - One Step Closer to Reality

From Tom Howard, PBA Advocacy Coordinator

On March 8, there was a meeting that worked towards forming a 501c3 foundation for the Birthplace of America Trail (BoAT). Once the structure of the organization is in place, there will be an open meeting for interested parties who wish to support such an initiative.

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, Phoebus 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

The BoAT is an approved plan of the Virginia Department of Transportation and the regional Hampton Roads Transportation Organization. More information can be found at <https://www.hrtpo.org/page/birthplace-of-america-trail> and at our new Facebook Group page Friends of BoAT—Birthplace of America Trail at <https://www.facebook.com/groups/150094769124179>.



### CALLING ALL PBA MEMBERS!!!

By Jamie Clark, Board Member

Have you ever thought about instructing or been approached by another cyclist to impart some of your knowledge of BICYCLING? Or maybe you've wondered what are some good routes in my area, or how do I prepare for a ride, or what's the best bike/equipment out today?

Our club members have a wide variety of experience and knowledge about this wonderful activity, from the novice to the more advanced riders. We have come up with an idea of how to assist members in both cases and see if there is interest among us—**The PBA Mentorship Program**.

This is a voluntary program where we place members in pairs to foster the sport of biking and hopefully promote friendships. The idea is to pair riders together who would benefit mutually from the connection. Whether it be imparting general tips of how to ride, to proper gear for certain types of rides, how to prepare for a distance ride, good etiquette while riding, etc., or just having someone else to ride with on occasion.

If this seems like something of interest to you, please email me and our Membership Coordinator with the following information:

***Name—Gender—No. of Years Riding—Pace you ride at—Want to be a Mentor or Mentee?  
Preference of Gender & Pace to be matched with—Contact information (email or phone #)***

My contact information is Jamie Clark, [sibertigr4@aol.com](mailto:sibertigr4@aol.com) and our Membership Coordinator is Katie Mallory is [ssanbur@vt.edu](mailto:ssanbur@vt.edu).

## COLOGNE TO ROME— What a Ride!

By Linda and Bob Carter

**From Cologne, Germany along the Rhine, over the mountains to Lake Como in Italy and then on to Rome—taking us through Germany, France, Liechtenstein, Switzerland and Austria in the process.**



Bob and Linda starting in Cologne

Dutch friends from our cross country trip put together a trip with FITAL, a Dutch touring company. They combined two of their current trips, making adaptations for our group and adding several days to join the two trips, including two days for those that wanted to ride over the Alps via the Splügen Pass. About 1/3<sup>rd</sup> of the group biked over the pass and the rest of us enjoyed the magnificent views, ala Hannibal, from our coach and explored San Siro on Lake Como on our rest day.

The first part of our trip took us 689 kilometers down the Rhine River thru Germany and France to Konstanz, Switzerland where the Rhine begins. We spent two nights in Austria then back thru Switzerland and on to Lake Como, Italy, which was our halfway point. We spent the second half of our trip making our way to Rome. The total route was approximately 1,250 miles. Most days were in the 35 to 60 mile range.

In the course of the five and a half weeks, we traveled through many large cities and numerous small villages, which always seemed to be on the side of hills. We visited the “Bridge of Locks” in Cologne, where lovers would place a lock on the bridge and then throw the key over the side. The Cathedrals in each of the cities were monuments to the skills and vision of past centuries. The churches in the small towns including their cemeteries were a surprise with their quiet beauty. Even some churches that appeared closed and little used from the outside were an unexpected treat when entered.

The vineyards were amazing in their order and vastness and in many areas the steepness of the land. The grape picking was going on in some of the areas we passed through and we were able to sample some of the product in the various wineries along the way. We rarely missed a coffee shop for Bob to taste the coffee and for me to sample the pastries. There were those whose intent was to experience as many beers along the way, mainly after the ride and in the evenings, as was possible. One rider sampled 89 different beers.

The roads, at times, were very much a challenge. Not just the many hills, but we initially went through some construction zones in Cologne and along the track where they created deep mud. We had mostly paved paths and roads, but also cobblestones, mud, gravel, grass, sand, a riverbed (from a closed bridge), the wrong way on one-way streets, narrow passages,

long dark tunnels, barricades, etc. This all made for some exciting but tiring riding, but we all got thru it mostly unscathed. I think one of our shorter days of 35 miles took us 5-6 hours instead the expected 3-4 hours, but that was the exception. Overall, We really enjoyed the riding. The rental bike handled the various terrains quite well and in areas where it was too rocky or steep we walked.

The landscape was always changing and wonderful to see from the hillside vineyards, rivers and lakes, to the snow-capped mountains as we neared the Alps. The countryside and villages we passed through were immaculate. The yards and homes were beautifully kept and adorned with flowers and flower boxes. The rolling hills in Italy over the Apennines, and thru Tuscany where invigorating. We only had a couple of days during the trip I would call flat. Even when we were riding along the Rhine, the route took us through many old villages that were always on hills.

One Sunday we experienced a procession going by the path to church, a weekend street market, and a jousting court with knights and maidens, and a medieval procession that started with the knighting of three young men.

The riders totaled 33 characters, where 2/3 of us had already pedaled thousands of miles together during our Cross Country and Netherlands Bike and Barge trips. We were quite a lively group, never lacking for things to talk about, and meals were particularly noisy with catching up on the days’ events and discussions on what lay before us.

We rented our bikes and signed up for all the optional tours on our rest days. We figured we’d take advantage of any options offered. These options included a biking tour of Strasbourg, a walking tour in Florence and two biking tours in Rome, one of which led us to a wine tasting at a vineyard on the Appian Way.

The tour was thirty-six days, including our arrival day, three rest days in Strasbourg, Lake Como and Florence and two additional days in Rome. We added an extra day in Cologne and one in Rome also, so including travel we were gone 40 days.



The guide provided us with a daily briefing and a booklet giving each day’s information including sights to see, the route we were taking and hotels at the end. When the hotel was off the track, the Coach would pick us up and then return us the next morning to the place we stopped the day before. We were provided with Bikeline Books with maps etc., which were all in Dutch except for the last book we received before Rome, which was in English.

(Continued on next page)



(Cologne to Rome—continued from previous page)

The Tour cost (because we numbered 30 or more) was approximately 3,500 Euros per person. If you include the bike rental, four optional tours and two extra nights, one at the beginning in Cologne and one at the end of the tour in Rome it would add another 600 Euros. Plane tickets and insurance were additional. Overall the hotels (all 30 of them) and meals (included breakfast and multi-course dinners) exceeded our expectations. There was also an option to rent an e-bike and after the first week, six of the riders did so.

When we arrived in Rome and assembled in St. Peter's square at the Vatican, Bob and I looked at each other and said: "WHAT A RIDE!!!"



## PBA Rides The One City Marathon

By Sharon Bochman

About 2,300 participants signed up to race in the Newport News, March 4, 2018 One City Marathon, Marathon Relay, Maritime 8K and Nautical Mile fun run and PBA volunteers were there again to ride along marshaling the courses. The day started out a little cool but the wind was at our back for most of the course and it warmed up to the mid 40's about halfway through, so we were comfortable. We congregated in front of the Ranger's Station to get our final instructions and then we were off at 7:00 am sharp.



We want to thank all of the PBA members that stepped up to help out. **Full Marathon Course:** Mel Moss - Lead Male, Sharon Bochman - Lead Female, Justin Wilbur - Hand Crank Cyclist, Melissa Hall, Katie Mallory, Robert Drees, Helene Drees, Peter Navin, Andy Mycroft, Beverly McLean, Todd Goodhead, Mark Suiter, Craig Hanson.

**Maritime 8K Course:** Carl Killian (who rode north to assist with the marathon runners after the 8K), John Gular and C.K. Gular (who did triple duty helping with the marathon and the kids fun run).

This year, there were more elite athletes that travelled to participate, so it was a bit of a challenge up front keeping everyone shepherded. The group that marshaled the 8K finished up then rode north and helped us to get all of the runners in safely and we were most grateful to have the extra help. The race went off with no major incidents so it was a great day.

The male winner was Will Christian who had a time of 2:22:05 that crushed the previous course record of 2:25:25. The female winner was Alexandra Niles from Montclair, NJ with a time of 2:40. She also set a course record and not only did she qualify for the Boston Marathon, she also qualified for the Olympics.

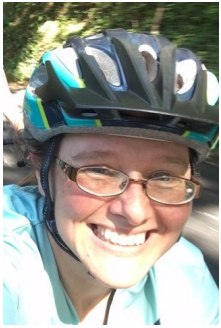
The hand crank bikes are always entertaining because some of those guys are *FAST!!!* The winner was Bruce Newman who finished at a blazing speed of 1:34:02. The winners for the relay were the Bash Brothers and an Old Man. The winner of the Maritime 8K was Garrett Kenyon who ran like a Kenyan with a speed of 00:24.55.

The best part of volunteering for this race is that you are able to ride on roads that are closed to cars that you would never attempt otherwise. The 26.2-mile course tours Newport News and begins at Newport News Park and heads south along Warwick Boulevard and through side neighborhoods, passing through Christopher Newport University, the Mariners' Museum Park, Hilton Village, Huntington Park and downtown, and ending at Victory Landing Park at the Victory Arch.

Afterwards, there is a nice post race party with great food. It was a fun filled day, but I must admit, after a six-day work week and getting up at o'dark hundred, I took a nap after a long, hot shower. If you would like to join us next year, please let me know. We will probably need 5-7 more bikes as this race grows larger each year.

## B(ewondering) Pace Ride

By Katie Mallory



One of my spring goals this year was to tackle a B pace ride. I've been diligently riding through the winter on my indoor trainer and that goal seemed reasonable, not too far from my happy average pace of 15 mph or so. I was aiming for April or early May...and then I got (lovingly) conned by Connie from Village Bicycles. I have nothing but love for Connie.....but she played me like a backwoods fiddle, probably because she knew something about me that I didn't. More on that later.

Let me explain. Connie reached out to me to ask if I'd be interested in helping lead a new group ride and I was totally flattered, I accepted. The only problem was I didn't know the route that they were planning on using. She explained the route would be their normal route and that I should come on out on Wednesday to learn it. No problem, I said...I'll be there.

Now, in my brain, this familiarization ride was just that - a nice pedal through the neighborhoods learning the turns. Connie and I chatted at the Village Flat Tire Clinic and with a sinking feeling, I recognized that mischievous glint in her eye. "So tomorrow's ride...what time should I show up?"

Connie grinned and then maybe even chuckled, confirming my suspicions. We weren't going on a familiarization ride...we were going on the shop's usual Wednesday night ride. The B pace ride...the ride that flirted with A pace when they were warmed up and having fun.

She explained that we would warm up for a few miles and then ride around 17-19 mph or so...and then admitted some riders get amped on the return ride. "Sometimes we ride at like, 22 or so...." Her shoulders shrugged and she glanced around the shop like she just stated they were having sloppy joes for dinner.

I'm pretty sure the color drained out of my face because Connie smiled and said, "You'll be fine. You're a strong rider." And then she giggled (literally...she giggled) when she realized two years of waiting for me to agree to join the shop ride had finally paid off.

Mentally, I began preparing my last will and testament. My C+ paced brain was spinning. Connie assured me that they wouldn't drop me, or drop the hammer. I agreed to hang as long as I could and swallowed hard. This was it! Secretly I may have been relieved that this was finally happening and though I was 50% sure I'd probably blow out a lung on the ride, I made a mental note to thank Connie for prying my fingers loose from the C pace.

Wednesday morning came and work was an afterthought. I spent all day shoving fuel in my face and making sure my hydration was where it should be for the coming challenge. That challenge was real, to be sure. My normal average pace over 20 miles (our predicted distance) hovered right at 15 mph. And that's maybe with a tailwind. (That's definitely with a tailwind.)

But, I had hopes in that I'd been riding through the winter and maybe these A/B pace riders had taken a break over the colder months.

I got home from work and prepped my bike. I got changed. I paced the living room. And paced some more. There's a worn spot in our floor now.

I got to the shop a tad early and brought my bike inside. Connie continued to assure me and I headed out to warm up. The group met up and after a brief introduction, we were off through Hilton. 14 mph. Easy stuff. I got this. No worries. My mental dialogue had kicked in as it usually does when I'm working through a challenge.

A rider next to me chimed in, asking my name. I introduced myself and explained that I was just going to hold on as long as I could for the ride. He said his name was Joey and that he'd be happy to fall back with me since he wasn't planning on going all out. Maybe he saw me breathe a sigh of relief. Good, I won't be alone, I thought to myself. I thanked him and glanced down. 16 mph now.

I felt good. Confident. Of course, we were only two miles into the ride, but it was a good omen that my body didn't lie next to the road already, gasping for breath, tires still spinning on my now horizontal bike as the colorful jerseys swept passed while easily discussing tubeless tires and carbon wheels.

I glanced down. 17 mph. Good, this is good, I'm good here at 17. Breathe. Breathe. I'd definitely started breathing a little heavier but had to chuckle when I realized those behind me were in fact chatting easily. Not that I could tell about what. I just heard blood pumping in my ears. I focused. It's ok, no worries. This is their pace and I'm just trying it out. Keep pedaling. Focus on breathing but don't panic breathe.

Oh look. A hill.. I cheered myself on. Keep it together, Katie - you LIKE hills. And I do, I really do. Downhills. And this was an uphill. Still, I am a decent climber and we tore toward the hill. The group in front slowed up a bit as they shifted for the climb, but I didn't need to shift yet. Go! Go! My brain shouted. Take it!!



So I did. I don't know why I'm decent at hills, but I am. I'm going to say it's because my bike is light and I can coast a while and still pass people. At any rate, I smiled a -look-I'm-not-dead-yet- smile at Connie as I passed her on the hill. She smiled back and maybe called me a beast. I felt really good.

I had no knowledge of anything behind me. I was laser focused on the group ahead, trying to keep my breathing even, and trying to watch jerseys and not tires. We were close in, pretty tight. Adrenaline and drafting were my cheerleaders at this point and I watched the miles tick by. I didn't think about talking. I didn't have the breath to entertain a cheery hello.

Laughably, the familiarization point of the ride was a complete bust. It's fair to say I knew we were in VA...in Newport News...and along the James, but I was too busy not taking out the peloton to catch road signs or landmarks. Maybe next time I'll leave a trail of breadcrumbs. I probably already left a trail of sweat but with breadcrumb if I get lost, I'll at least have food. Maybe cookies are a better idea... (continued on next page)



( *B*ewildering Pace Ride continued from previous page)

We held an average of 19.8 mph for our 7th mile. There were some hills in there at some point and who doesn't love a screaming fast downhill???? This was exhilarating, which hopefully implies at this point I'd hit my max heart rate at least 10 times.

We turned around near mile 8 and began working our way back to Village. Connie moved up and down the group chatting and smiling (I think her circulatory system pumps Monster energy drinks through her body instead of blood because clearly this ride was a breeze for her). I'll admit to being thankful when someone chatted with her for a minute because she'd slow down slightly and I could sort of catch my breath. Then she'd dash off again, leading us at a frenzied pace into the next turn and I'd think to myself - someone, anyone go ask her something, anything!

I failed to pick up on the fact that all the seasoned B pacers drank water when we got stuck at an intersection. I personally just used that time to stop gasping. I was definitely having a good time but wow, I was working for it.

We had a few more really good climbs and again, I passed the pack. That's something I'll have to work on in the future because as the ride continued, the energy I used on the climbs would have come in handy later.

To this day I can't tell you how others were dealing with the ride. If there was any struggle on their part (I suspect there wasn't), then they hid it well. They were businesslike and smooth, ice water in their veins and the horizon in their sight. They made it look so easy. I probably looked like I was fleeing a mudslide, but I was keeping up so I didn't care.

We got past CNU on our return ride and headed toward Country Club Rd. They felt faster than ever through this stretch. My breathing had turned more ragged and less controlled and by the time we turned right into Riverside Drive, the group was in front of me. I'd started to fall back. We were around mile 13 and I felt like I was crawling. Connie stuck with me and Joey was nearby, too. The main group was still in sight, but the gap was opening. I tried to not be disappointed and to get my breathing back in control. Connie jumped in front and gave me a pull for a little and I collected my thoughts.



Pedal, Katie and don't worry about where you are. Just get where you are going.

It was a low point in the ride at the time but looking back, it's not now. I was out of the pack, way behind at miles 14 and 15, but still managed to still hold 19.4 and 17.7 mph on those miles

without drafting according to my Garmin data. I didn't know it then, but I was moving screaming fast for me. The pack - they were gone. I thought I slowed down but they had sped up and I'm ok with that! Actually, I'm great with that! I normally attribute my speed to drafting but with no one to draft on, I'm tickled with the speed I held.

I still didn't have any breath and I think Joey thought I was having a coronary. "Have you been drinking water?" I don't remember how I answered. I had taken a sip or two on the whole ride but not being accustomed to moving so fast meant I wasn't accustomed to pulling for my bottle while moving so fast.

I took a drink. And another. I gathered my thoughts and caught my breath and kept going, under Connie and Joey's watchful eye. I think the gazelle pack slowed up at some point and we found them again somewhere before finishing mile 16. I'm not quite sure how fast they were going when they took off but wow - I want to be them someday!

We traveled together for another mile or so and then hit the last downhill like a sweeping soaring covey of spandex and I noticed there was no apprehension among the seasoned cyclists for the curvy downhill. Watching those in front of me negotiate the terrain was like watching a flock of birds effortlessly maneuver.

I was awestruck and instantly addicted. And I was right in there with them. I'm happy to say I didn't crash anyone out and I'd be lying if I said I hadn't caught myself daydreaming since then about that 30 second flash of downhill twisting adrenaline rush.

We finished the ride with relative ease around mile 18 but Joey had me turn back around. "Let's get some acid out of your legs..." He explained that he always heads back out to do a nice long cool down and we rode for two more miles, him giving advice and me taking it. He talked about shifting strategies and drinking water while stopped for traffic (I learned that one the hard way). He recommended getting clipless pedals and gave me a few good workout ideas. Once I was finally able to converse normally, I asked questions and was thankful for his answers. It was a great closing to a very challenging endeavor.

In the end, there are a lot of powerful takeaways from this ride, the first being if a seasoned cyclist like Connie invites you on a tough ride, do it. The fear of being dropped is strong no doubt, but the gain from the ride (and even being dropped during that ride) is worth it. Mostly, I learned being dropped didn't equal defeat. I hadn't given up on myself. Connie and Joey hadn't given up on me either. Connie has already invited me back for another go, and I've already accepted. I'm not sure that I'm any less nervous for that ride, but I didn't die the first time, did I?

Overall our pace for the ride minus the warm up and cool down was 17 mph.

I learned riding in a pack brought out a competitive side that made me push myself to a level previously unattainable, and I know the more I ride and grit my teeth and fight to hang on, the faster and more efficient I'll get. Connie knew that all along.

I'll probably end up getting dropped again to get faster. And I'm ok with that.



## What are the National Veterans Golden Age Games?

By Frank Dixon



While working at the Hampton Veterans Affairs Medical Center as an Addictions Therapist, I used to spend my lunch times exercising with metal at the fitness center. In 2005, the director of the fitness center recruited me to be a chair for the nine ball pool event at the National Golden

Age Games that were coming to Hampton in 2006. I knew how to play eight ball, so I figured it was not a problem, I just needed to review the rules of nine ball.

So as part of the preparation, they not only wanted us to understand the games, but felt that we should play several games of nine ball. I only played half a dozen games leading up to the games, but in one of those games I made, with witnesses, the billion-to-one chance of pocketing the nine ball off the break. I'm not a pool player, just a guy with a lot of good luck.

Back to the question in hand! At one of the planning meetings, I decided to ask the question, **“What are these Golden Age Games?”** I quickly learned that the GAGs are a national event for ambulatory veterans over the age of 55. They are held at different location in the Veterans Affairs system. Since 2006 they were held in Birmingham, Indianapolis, and Honolulu—just to name a few. This year's games are being held August 3-8 in Albuquerque, New Mexico.

So any ambulatory veteran over 55 who is “receiving treatment” at the VA can apply. Online registration for the 2018 NVGAG opens *April 2 thru May 2* at [www.va.gov/opa/speceven/gag](http://www.va.gov/opa/speceven/gag). If a first time or novice veteran participates in four events, *the games will be expense free*; the VA with pay for air transportation, hotel and meals. The events include 10 meter air rifle; bowling; bocchia ball; bowling; badminton; 10k cycling time trial; golf; horseshoes; nine ball; pickleball; table tennis; and swimming.

Once I inquired I learned that I qualified to participate in these games and was told as long as I don't sign up for nine ball, I could still be the nine ball coordinator and participate in the games. So I signed up for the

quarter and half-mile cycling and swimming, which I had been doing ever since fifth grade. And at the first games in Hampton, I managed to win two gold medals in swimming and a bronze (third place) in the quarter-mile cycling, which incidentally was raced on the sea wall at Fort Monroe. Not happy with third place I decided to take training to the next level and started riding all year round. The next year similar results: two gold swimming and but this time bronze in the half mile, so train harder. And in Indianapolis the next year success—four gold, two swimming and two in both cycling events. In recent years the cycling sprints have been eliminated and a 5k time trial took their place, this year the cycling time trial has been increased to a 10k.

I have been very successful at the games having won a total of 38 out of a possible 44 medals; 28 Gold; 4 silver; 6 bronze and a fifth place ribbon for air rifle. That's fourteen of a possible twenty medals in cycling and 24 for 24 in the pool. I also coached a 75 year old to gold and silver in the pool.

I am willing to help any veterans over 55 who are interested in these games to get there. I can provide you with information needed and put you in touch with the coach. I am also willing to coach and provide any assistance possible to make your trip to the games as positive as possible. Do not hesitate to contact me at (757) 719-8891 and leave a message.



Frank having fun at the National Veterans Golden Age Games.

## Annual Awards Dinner January 8, 2018 at Thai Erawan Restaurant

By Melanie Payne



Over forty PBA members enjoyed delicious, Thai cuisine and frolicking fellowship at the Annual Awards dinner held at the Thai Erawan restaurant in Hampton on Monday, January 8. Our two energetic emcees, Tregg Hartley and Robb Myer (our very own Not Ready for Prime Time Players?), kept the program rolling by presenting the award and raffle winners with their prizes – gift certificates to local bike shops.

Our special guest for the evening was Alison Eubank, Placemaking Planner from the City of Hampton's City Manager Office. Alison was awarded the **PBA Ride Angel Award** for all she does to encourage cycling in our area such as initiating the first ever City of Hampton Bike Month Proclamation, for coordinating the City of Hampton Bike Month events - Words on Wheels and the Tour de Fort, for forming and running the Hampton Bike and Pedestrian Advisory Committee and for coordinating the Hampton Cruise monthly casual cycling events.



Congratulations to our other award winners who included:

### **Bounce Back Award**

**Frank Dixon** - Frank announced in June he was done riding for the year when he had shoulder surgery, yet rode the full 100 miles at the Surry Century.

### **Ride Leaders of the Year –**

**Tom Bauer** - Tom led Linda and Bob Carter's Saturday Farm Fresh Ride while they were on extended bike tour in Europe.

**John Bright** - John led the very popular Wednesday night ride from Todd Stadium and continued to lead these rides well into the Fall after other rides had stopped due to the shorter days.

### **Most Improved Riders**

**Robert & Helene Drees** - Robert and Helene joined PBA after the Tour de Fort which they rode on hybrid. Soon after, they bought road bikes and qualified for the 1000 Mile Club this year.

**Michael Noehl** - Michael joined PBA in May and started riding Wednesday and Thursday community rides on a hybrid. He bought a road bike the end of the summer and logged over 1600 miles on Bike Journal in 2017.

### **Volunteers of the Year**

**Lori and Craig Moffatt** - Lori and Craig did a great job coordinating the After The Fourth Ride at Newport News Park

### **Most Enthusiastic Member**

**Katie Mallory** - Katie has so much enthusiasm and fervor for cycling and for the PBA. Katie now serves as the PBA Membership Coordinator and we thank her for stepping up.

Certificates were presented to our Birthday Club Members and to riders who logged at least 1,000 miles. Congratulations to all!

And guess who won the grand prize raffle? Me! But guess what it was? A beautiful, bright pair of PBA red, white and blue "Historic Hampton Roads" spandex cycling shorts. Now, since red, white and blue spandex is not my friend, I made a bequest of the shorts to someone who would look much better in them – Bob Carter!

Thank you to everyone who attended and made this a wonderful event.





# WHO AM I??

Can you guess who these PBA members are?  
(Answers can be found on the bottom of page 16)



Who is this handsome young man proudly posing with the first aluminum bicycle —1950—a Monarch/Silver King?



And who is this cutie showing off several of her bicycles and her backwards riding prowess?



In this photo she was 10 years old. She started riding this bike to school over the Great Bridge bridge at 7 years old. Can you guess who this is?





**PBA's 2018 Annual "Pedal for the Pig"  
Saturday—May 26, 2018**

**8:00 AM - 2:00 PM 301 Jericho Rd. Smithfield VA**

- **Non-PBA Member – \$59.00** You can join the PBA for \$12/year. You might consider joining the club first to save \$10. You will also receive a discount for the Surry Century so you come out ahead if you plan to ride both events.
- **PBA Member – \$49.00** Membership has its advantages! Your one year, \$12 membership will save you \$10 on this event and another \$10 on the Surry Century in September.
- **Volunteer Registration- Code required** This registration is for our PBA members that plan to ride as a benefit for volunteer service for this event or the Surry Century. Membership does have it's privileges! If you are interested in volunteering, please contact Sharon at [bochman@cox.net](mailto:bochman@cox.net)
- **Children under 18 – \$25.00** \*\*MUST ride with a paying Parent\*\*



Starting from Windsor Castle Park in beautiful Smithfield Va. Home of Smithfield Foods and great bacon! Three routes that range from 32 to 62 miles take place on quiet and lightly-traveled roads through Isle of Wight County. All routes have well stocked rest stops to keep you rolling. Roads are mostly flat with a few small rollers. Very few cars on the course. Enjoy scenic views as you travel through Isle of Wight & Surry Counties. Wildlife sightings are common so look around.

Afterwards, put your bike away and then enjoy a cookout that includes locally smoked Pork BBQ as well as vegetarian and gluten free items. Lunch is included in your registration fee.

**REGISTER TODAY AT** <http://pbabicycling.org/event-2636005>

### **RIDING OUT YONDER**

For those of you who love to travel and ride "out yonder," here are just a few of the upcoming rides closer to home. Check the PBA website for additional listings.

- **TarWheel Century, April 14, 2018:** Sponsored by River City Cycling Club, Elizabeth City, NC. [http://www.rivercitycyclingclub.com/tarwheel\\_century.html](http://www.rivercitycyclingclub.com/tarwheel_century.html)
- **Tour de Cure, April 28, 2018, Suffolk, VA:** Run, ride or walk with Team Killer Bees to support the American Diabetes Association. Details [here](#).
- **Cap 2 Cap, May 12, 2018. Charles City, VA:** 15, 25, 50, 100 mile rides between Williamsburg and Richmond. Start, finish, and festivities at Charles City.
- **DC Bike Ride, May 19, 2018. Washington, DC:** DC's only closed-road, recreational bike event. Join us for our 3rd annual ride and enjoy 20 miles of car-free bicycling and see some of the best views and sites the city has to offer from your bike saddle
- **Kent County Spring Fling - Chestertown, MD, Friday thru Monday May 25 - 28, 2018:** 11 to 100 miles on low traffic, flat, and scenic terrain. Coincides with Chestertown's Tea Party festival! Online registration [here](#)
- **Pedal for the Pig (formerly Smithfield Challenge), May 26, 2018:** PBA's own spring fundraiser and signature event. R
- **Le Tour de Shore - Onancock VA, Saturday June 16, 2018,** Choose from three routes: 100, 64 and 32 miles. Starts and ends at the Onancock School 5 College Avenue Onancock VA23417. Online registration [here](#)
- **Lancaster Covered Bridge Classic, Sunday August 19, 2018.** Covered bridges, Amish farms, scenic roads... A classic ride through PA Dutch country and one of the premier rides on the East Coast. Routes:100, 62, 31, and 15 miles Start: HACC's Lancaster Campus,1641 Old Philadelphia Pike, Lancaster, PA 17602. Registration Online [here](#).
- **Surry Century, September 8, 2018:** PBA's own fundraiser and signature event. More info [here](#).
- **Seagull Century, Saturday October 6, 2018, Salisbury MD (Eastern Shore).** Register [here](#).
- **Tour de Midnight, Saturday October 13, 2018**—fundraiser for *Epilepsy Foundation of Virginia*. Rockville VA (west of Richmond on I-64). Register [here](#)

## In Brief....Member News and Items of Interest

- ◆ **President Tregg Makes The News...** The March issue of the Oyster Pointer includes a fabulous two page article spotlighting **Tregg** and the PBA entitled "*Peninsula Biking Association: Cycling group hits the right pace.*" If you don't pick up a copy around town, you can read the issue at <http://oysterpointer.net/peninsula-biking-association/>.



- ◆ Thanks to **Village Bicycles—Connie, Walt and John—** for the wonderfully useful, confidence building, hands-on "how to change a flat tire clinic" on February 27. Here's **Katie Mallory** getting getting her hands dirty!

- ◆ **Village Bicycles Announces New Women's Ride - The Last Wednesday of the Month...** Village Bicycles is adding a *women's only group ride* on the last Wednesday of each month.

The ride will be leaving from the store at 5:40pm (after the 5:30pm group) for 20 to 25-miles on road bikes. Cyclists of all abilities (casual or competitive) are welcome—no one gets dropped. Afterward, stick around for some beverages and snacks. Helmets are required. Any questions, contact the store at 757-595-1333 or email [villagebicycles@gmail.com](mailto:villagebicycles@gmail.com).

Mark your calendars for each monthly ride: 4/25, 5/30, 6/27, 7/25, 8/29, 9/26, 10/31, 11/28



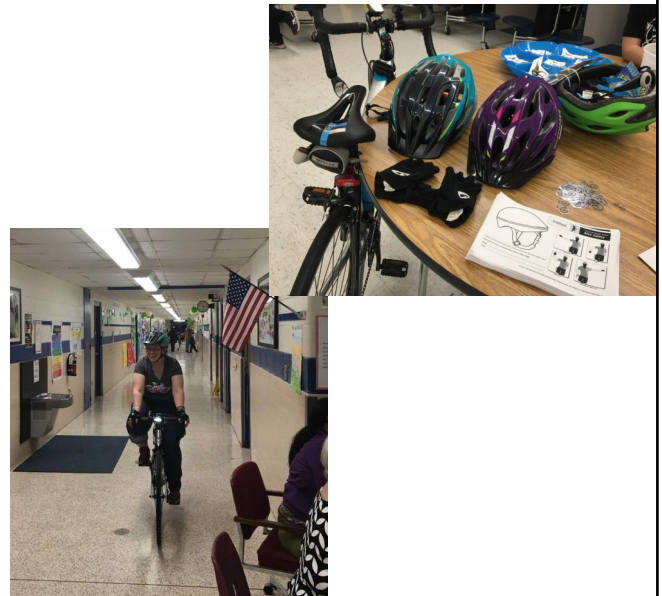
**SPRING AND SUMMER  
(APR.-SEPT.)  
WEEKLY STANDING  
RIDES BEGIN**

Be sure to check out the PBA Standing Rides page on the website at <http://pbabicycling.org/standingrides/> for a complete listing of rides.

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)

Please arrive 15 minutes early—Helmets Required

- ◆ **Teach a bicycle safety course = get to ride your bike in school!** **Katie Mallory** had a really great time teaching the kids at Yates Elementary in February about bike safety on behalf of the Peninsula Bicycling Association.



- ◆ **Join the Ride of Silence by the Hampton Roads VA Bike League** Wednesday, on May 16 at 7 PM - 9 PM. Norfolk City Hall, 810 Union St.

Join cyclists worldwide in a silent slow-paced ride (max. 12 mph/20kph) in honor of those who have been injured or killed while cycling on public roadways.

#### WHY DOES THIS ORGANIZATION EXIST?

To HONOR those who have been injured or killed  
To RAISE AWARENESS that we are here  
To ask that we all SHARE THE ROAD

Tonight we number many but ride as one  
In honor of those not with us, friends, mothers, fathers, sisters, sons

With helmets on tight and heads down low,  
We ride in silence, cautious and slow  
The wheels start spinning in the lead pack  
But tonight we ride and no one attacks  
The dark sunglasses cover our tears

Remembering those we held so dear  
Tonight's ride is to make others aware  
The road is there for all to share  
To those not with us or by our side,  
May God be your partner on your final ride.  
- MM



- ◆ **Get your PBA decals & magnets...** See any Board member for a decal. Jamie Clark has magnets available on rides and at membership meetings

Answers to "Who Am I?" from page 14. Ron Hafer, Linda Carter and Melody Daniels.

### 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**