

Chainstay

The Peninsula Bicycling Association



Come Ride With Us!

January-February-March 2018

Volume 48, Issue 1



**ANNUAL
AWARDS
EVENT AND
DINNER**

MONDAY—JANUARY 8, 2018—6:00 pm

Thai Erawan Restaurant
2900 Hampton Hwy, Yorktown

At this Awards Event, we will recognize member contributions in many different areas, including
Most Improved Rider *Rider Leader(s) of the Year* *Volunteer of the Year* *Most Enthusiastic Member* *Ride Angel (i.e. encourages riders)* *Best Way-Out-Yonder Ride (PBA sponsored overnight ride) * and many more.....
There will be drawings, prizes and surprises....so come out and enjoy the fun!



Happy New Year! Break out the cold weather gear and let's go for a ride! Our Annual New Year's ride will be on January 1st, 1 PM at Huntington Park, Newport News. We will have multiple paces rolling through Newport News up to Maxwell Lane and back to the park. The weather report looks like the temperature will be near freezing all day with a chance of snow. Group snow ride??

I would like to give a special thank you to Art and Sherry Wolfson for hosting our Annual Holiday Party. The food was great and the conversation was even better. As you wandered around the party you heard tales of rides we had this year, rides from

Annual New Year's ride

**January 1st, 1 PM
Huntington Park, Newport News.**

Multiple paces rolling through Newport News up to Maxwell Lane and back to the park. Start 2018 with a ride. Bundle up and come join us!

many years ago, and plans for the coming year. You heard Navy salts swapping sea stories and Air Force fighter pilots recounting tales of combat.

The talk around the fire pit segued from one topic to another for a couple of hours. Thank you to everyone who could make it. It was a truly special event.

Our Annual Awards Dinner will be on January 8th from 6-8 PM, at Thai Erawan on Magruder/Hampton Highway. We will be handing out various awards to include mileage, ride leader, most improved rider and so on. There will be a raffle with bike shop gift certificates and other prizes. Each member gets a raffle ticket for showing up. Riders with over 1000 miles logged for the year on Bike Journal will get an additional ticket for every 1000 miles. 5000 miles equals 5 additional raffle tickets. Come on out and enjoy the cycling camaraderie and make some plans for riding through 2018.

The City of Hampton will be holding its monthly Bike and Pedestrian Advisory Committee meeting on January 16th at 6 PM. We meet on the 5th floor of City Hall. Come down see the great things we are doing and provide your input. PBA will be providing Bike Marshals for the Tidewater Striders training event on Ft. Monroe on January 27th. Their event is a 10 and 15 mile route for runners and walkers. Last year we were rewarded with a beautiful sunrise, a \$100 donation from the Striders, lunch after the run, and we got to meet some really great people. We will need 4-6 riders, but if we have more that will be fine. Come ride with us this year.

[\(continued on page 3\)](#)

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, djcycle2015@gmail.com
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, 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.

(The President's Corner continued)

The Hampton Cruise neighborhood rides took the month of December off. We will be starting back up again on January 28th. This is the most inclusive ride you will ever find. If you have a friend that you would like to introduce to group riding, this ride is perfect. Come on out and explore our next neighborhood with us. The location of this ride hasn't been set, but we will get the word out as soon as we have it.

On March 4th, we will be providing Ride Marshals for One City Marathon. We have done this each year since the inaugural event. We will need at least 6-8 riders for this event. I got to ride it the first year and had a blast. It is a slow ride, but it provides some great saddle time to get the rear in gear. This is a wonderful event and you will not be disappointed.

As some of you already know, I earned my League Cycling Instructor certification last year with the intention of starting bike safety classes for the Peninsula. I have been working with the City of Hampton on this and we will soon have the class in place. I would like to see these classes in all of our cities. Perhaps Newport News will be next? We will see. We haven't scheduled a 2018 Ride Leader's training course yet. We only had one last year, but we could easily double that if there is enough interest. Let me know.

Tregg Hartley

Hampton Bicycle & Pedestrian Advisory Committee Update

from Tregg Hartley

The Hampton City Council adopted the Bike Walk Hampton plan last year on December 14th. That makes our plan officially a year old! Thank you for attending events, letting us know what you want for the future of our city, and responding to the call for members of our first Bicycle & Pedestrian Advisory Committee (BPAC). Our BPAC has been busy reviewing local cycling ordinances, planning new bike routes through the city to include new signage, and setting up a new bicycle safety class for Hampton. We've had a great year getting to know each other, and we are looking forward to 2018! For those interested in participating with the BPAC, your input is welcome. Our meetings are on the 5th floor of City Hall at 6 PM on the third Tuesday each month.

To give you a quick recap, here are some of the things we were involved in during 2017:

- Social Media & Newsletter: Facebook, Instagram, Newsletter
- Hampton Bike Month Proclamation (by City Council on April 26, 2017 for May 2017) Bike Month Events:
 - Words on Wheels, Tour de Fort (215 riders!)
- Sunday Cruise Casual Bike Ride: 4th Sunday of the month
 - ⇒ August (Ft Monroe - 30 riders)
 - ⇒ September (Buckroe - 25 riders)
 - ⇒ October (Wythe - 40 riders)
 - ⇒ November (Aberdeen - 20 riders)
- Established Bicycle & Pedestrian Advisory Committee in August, meets third Tuesday of each month
- Set priorities & currently are evaluating signed routes in City
- Birthplace of America Trail Study - regional study for a signature path connecting Fort Monroe to Williamsburg (resolution of support from Council at 14 June 2017 meeting)



November 19 Hampton Cruise

TAP Funding Applications: City staff submitted seven applications for federal funding to forward recommendations of the Bike Walk Plan on portions of Mallory St, Mercury Blvd, and Mellen St to better connect Phoebus, Ft Monroe, & Buckroe. (Information on receipt of funding will be issued in spring 2018.)

In 2018, we hope you will continue to join us for our monthly Sunday Cruise rides and bike month events, and we hope you will pop into a Bicycle & Pedestrian Advisory Committee meeting to share your thoughts and ideas on cycling and walking in Hampton.



From the Editor

Happy New Year everyone! This winter issue of the Chainstay has member stories and lots of other info that I hope you will find interesting and informative.

Members stories are the best, so please continue to submit input on your travels, your thoughts and other cycling information for everyone to enjoy. (pbamel@aol.com)

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



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

- James Crofts
- Raul Figueroa
- CK Gular
- James Gular
- Jim Kreyling
- Hazel Woodard

2017 PBA Bike Journal Update

As of December 28, 2017, **63 PBA** members have recorded **155,138 cycling miles**. That equates to over 1,410 trips from Jamestown to Richmond and back on the Virginia Capital Trail.

Logging your miles on bikejournal.com is an excellent way of tracking your miles. Kudos to our top ten riders (in alpha order):

- | | |
|------------------|------------------|
| Donald Alexander | Patrick Johnson |
| John Atwood, | Richard Maruyama |
| Linda Carter | Robb Myer |
| Jamie Clark | Bob Ornelaz |
| Craig Hanson | Jonathan Snyder |



**Congratulations to 2017 Birthday
Club Members**



Below is our Club Statistician, Robb Myer's "official" birthday club list. Birthday Club guidelines can be found on the PBA website homepage at www.pbabicycling.org. *If you have ridden your birthday miles, email Robb (threespeed67-pba-ride-leader@yahoo.com) with your birthday, age, date and miles ridden so you can get your name on the list and so that you will be eligible for prizes at the January 8 membership meeting.*

Vanilla—Ages 50-59

- | | |
|-------------------|-----------------|
| Richard Armstrong | Diana Johnson |
| Tom Bauer | Brian LeCount |
| Sharon Bochman | Donna Moyer |
| Joey Chapman | Michael Noehl |
| Stacy Garber | Jonathan Snyder |
| Tregg Hartley | Linda West |
| Tom Howard | |

Peaches & Cream—Ages 60-69

- | | |
|---------------|------------------|
| Tom Carmine | Mark Suiter |
| Jamie Clark | Mark Van Raam |
| Helene Drees | Stephen Wood |
| Robert Drees | Barbara Zevallos |
| Carol Frenck | Raul Zevallos |
| Roland Martin | |

Rocky Road—Ages 70 +

- | | |
|--------------|------------------|
| John Atwood | Ron Hafer |
| Bob Carter | Richard Maruyama |
| Linda Carter | Robb Myer |
| Frank Dixon | Melanie Payne |

Getting to know you...

This issue spotlights Robb Myer, our PBA Awards, Recognition and Statistician guy. Robb has been a PBA member Since 1988 and now helps the club keep its “data” in top shape. Robb takes and keeps track of the club’s PBA jersey orders. So let’s learn more about Robb!



Tell us a little about yourself

I was born in Westchester County, New York and raised in Miami, Florida. After college in Indiana, I spent 26 years in the United States Air Force. I joined the PBA in October 1988, two weeks after arriving at Langley AFB. In addition to bike touring, I also enjoy scuba, paddling, and rambling. For over 30 years I also ran over 1,000 miles a year. My first week long bike tour was in Georgia in 1986 (the ride is now known as BRAG). I transitioned from Marathons and Triathlons to bike touring in the early 1990s.

When did you first get interested in cycling for sport?

When I was 10 or 11, my Dad bought me a used Post Office 20” front wheel/ 26” rear wheel basket bike to make my paper route deliveries. It opened a world of exploration for me. During the Memorial Day weekend in 1967, a couple college friends and I rode 50+ miles from South Bend, IN to Lake Michigan—me on a three-speed Schwinn Tourist. Since then have spent more time on bikes than in planes. This is also the history behind my “threespeed67” email address.

What is your favorite PBA memory and/or ride?

My favorite ride is a two-hundred-mile weekend on the Eastern Shore with my wife, Annette, on our first new tandem in 1991. It was her first century and our longest tandem ride. This also influenced me to add a cyclometer for the stoker which cut down on the number of “how far have we gone since the last rest stop” type questions.

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

The 2017 Coast-to-Coast ride with Mark Van Raam, followed by tours to Ireland and Italy with Annette and the annual Great Allegheny Passage / C & O tour with my son, Robb.



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

Annette always encourages me to “find time for a bike ride”. With her help I get to ride over 300 days a year.

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 with Annette on the monthly Sunday Cruise created by Alison Eubank and Tregg Hartley.

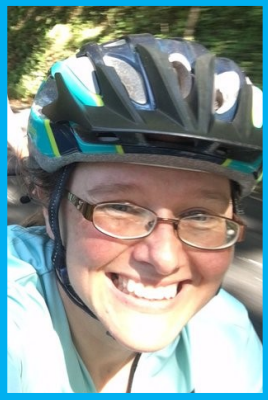
What ride would you like to do in the future?

I’d love for my son and I to accompany Lewis and Clark on their Trail of Discovery. Of course, we’d be riding our bike-packing Salsa Fargo’s.



Cyclists Aren't Snobs—An Open Thank You Letter to the Peninsula Bicycling Association

By Katie Mallory



My foray into cycling was an unexpected detour that life threw at me. It started in my doctor's office with him tilting his head. He looked at me and spoke softly, "I don't tell my patients that they should stop running, but if you continue to run, you'll have consequences."

That was the first day in February of 2016. Six months prior to that meeting, I had my first hip surgery. Still bent on returning to running, I took

my physical therapy seriously. Two and a half months after my first hip surgery, I had my second. With that out of the way, the only thing from stopping me from my return to running (albeit at limited distances) was time and lots of physical therapy...until a cranky knee became jealous and demanded attention in January. The MRI showed damage that made impact activities unrealistic for me. I wasn't even finished rehabbing from my first hip surgery, not to mention my second, and now this.

Such an unexpected diagnosis in the midst of my determined haul to reclaim my status as a long distance runner was like a bucket of icy water. I managed to make it to the car before I completely broke down. I sobbed a shoulder-heaving, gasping cry for a good ten minutes, clueless if anyone even saw. And I never cry.

I made it through the day and got to physical therapy that evening. Mike, my physical therapist, read over my MRI result and just shook his head. I couldn't meet his eye. I was so heartbroken I couldn't share it with anyone. Having seen me as a patient for just under ten months, he knew what I needed to hear.

"You need to get a bike"

With that phrase, I met his eye. He may have known what I needed to hear, but I couldn't accept that yet. I was still processing.

"I don't want a bike," I replied.

His words sat in my mind all evening and the next several days. I wracked my brain. There had to be other outdoor cardio options for me. But there weren't. I was already half crazy from not being able to be active for months and I started to realize that like it or not, I needed something - anything - to help me be active again. Cycling was it.

I hadn't ridden a bike in at least 16 years and I certainly didn't know where to start this new mandatory endeavor. I turned to internet searches - what type of bike to buy, beginning cycling tips, etc. My research wasn't helpful. I came across articles like

"How To Avoid Beginner Mistakes" and other non-welcoming grenades of negative knowledge. They were so judgmental of beginning cyclists that it brought my lack of knowledge (and confidence) into sharp focus. I felt lost and unwelcome.

My husband Ken gently prodded me into searching for a bike, even suggesting a slight ruse to get some questions answered.

"We can tell the salesperson that we are both getting bikes. I'll talk with him and when you're comfortable, I can shift the conversation to you."

It was enough to get me in the door at the bike shop. And it worked well enough until we realized that the salesperson had no desire to talk to me about a hybrid bike. He focused on my husband, who even attempted to remove himself from the conversation by feigning the need for the restroom. The salesperson continued to question me about my husband's cycling needs, despite me blatantly saying, "Well, really I'll be getting a bike first, so...."

We left there and the situation seemed worse. I asked around and finally another bike shop was recommended. Not going in depth about their amazing support seems like an injustice, but I'll save that story for a group ride some day. Suffice it to say, I left with a little hope and a few days later, we ordered a cyclocross bike.

Shortly after picking up the bike on March 17th, I realized I knew nothing about bicycles, other than to just pedal. It took nearly a year to realize that's all I really needed to know in the first place, but as immersed as I was in this new confusing hobby, I couldn't see the forest for the trees.

For months, I rode and I rode and I rode. I started gently with a 7 mile ride and learned (with much despair) that cycling uses different muscles than running. I wasn't nearly as fast or as smooth as I'd hoped I'd be, and don't even ask about shifting. Everything about the transition to cycling seemed discouraging. And the heartbreak over losing running was still as strong as ever. Cycling was beginning to serve as physical stress relief, but there was little joy in it. I was so wrapped up in what I'd read about making beginner mistakes that I feared other cyclists would judge me upon sight. I missed the camaraderie of runners.

Late spring and summer passed the same way. I began to increase my distances on the bike but something was still missing. It took me being introduced to Tregg Hartley to figure out what those missing pieces were.

In September of 2016, the city of Hampton held an event downtown in support of Bike Walk Hampton to highlight the

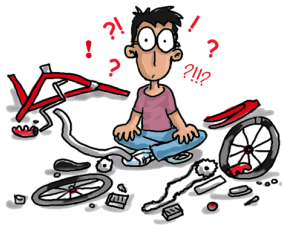
(continued on next page)

(continued from previous page)

city's initiative to become more pedestrian and cycling friendly. I'm not even sure where we heard about the event, but Ken and I signed up. I prepped and prepped for the event, even somewhat studied bike jargon to make sure I could hold my own in a conversation. Based on the articles I'd read, I didn't want to be that "newbie". I hung close to Ken (who through all of this served as my blankie so to speak), and off we started on our first ride. We were a massive group and I found myself next to a pleasant woman who engaged me in easy conversation for several miles. I started to feel a bit more confident. Until the hissing sound started.

I didn't see any glass in the road, but my front tire managed to find it. I got over to the side to not be a hazard to anyone else and thought, "Well, so much for playing it cool."

Ken and I dug into my bike bag to fix the flat on our own and heard a cheery voice approaching. It was Tregg. He and a police officer escorting the group had stopped to help and basically just took over, taking the opportunity to change the flat and be cheerful at the same time. There was no judgement at all - only kindness - and I let go of any embarrassment. I joined the PBA that night.



I read all the posts on the PBA Facebook page; I absorbed everything I could find. In the next few months, a few PBA members even friended me on social media and I continued to ride as much as I could.

The good that the PBA does was evident. I saw the support the organization provided to the community and its members, and the more interaction I had with the PBA, the more I wanted to have. I saw the quiet expertise of well seasoned riders putting together bikes for kids in need around Christmastime and even learned a thing or two about bike tools. No one seemed to care that we learned more at that session than we contributed in the effort of assembling those bikes.

I saw (and continue to see) concerted efforts to spread cycling education and safety, and to improve our cities' infrastructures with multi-use paths.

I found out I needed another two hip surgeries and vowed to enjoy my time on the bike until the new year when surgery was scheduled. On my last ride before my third surgery which took place in January 2017, I just pedaled. I think the PBA helped me realize that cycling should first be fun. Rejuvenating. I had finally figured it out. I just rode and stopped fighting to be fast. I enjoyed the peacefulness I'd been seeking and stopped trying to prove anything to anyone, including myself.

I thought about the things I'd learned from riding since March and a list came into my head - things I didn't want to forget during my upcoming rehab (which was predicted to be about seven months with the two surgeries). I got home and jotted down my list. An email soliciting articles for the Chainstay came out at some point and I took a chance, hoping that being a beginner in the club wouldn't matter. It didn't at all. Melanie

was very kind, happily took my newbie article, and thanked me. Yet another person from the PBA had treated me with kindness.

Somewhere in the spring, a donated jersey from a more seasoned PBA rider made it onto my front porch, thanks to Tom Carmine's coordinating efforts. He'd also patted me on the back for my first article in the Chainstay. He encouraged me to share my beginner views. I was tickled to have a new (to me) jersey and someone who welcomed my questions and observations. I was really starting to see how the PBA worked.

My goal after surgery was to come back with gusto and join a group ride. I returned to my bike sooner than anticipated (thank goodness) but it was summer before I had built up enough mileage to join a ride. My first ride was with Bob and Linda Carter who basically gave me a verbal hug upon learning I was new to group rides. I had an amazing time exploring Poquoson and chatting with the most polite group of riders from varied walks of life.

Before long, Ken and I were balancing his long run schedule and my ride schedule. Insurance denied coverage of my fourth surgery and I shook it off with riding. I rode with the Carters again and soon felt brave enough to try the Wednesday night group ride starting at Todd Stadium. Once again I was welcomed, this time by John Bright and others with easy friendliness - I guess they couldn't see the jitters I thought I was clearly showing. We rode off and once more, I had an amazing time. The combination of the beautiful route that flirted with tree lines streets and views of the James, and the chatty energetic bunch was like a drug I had to have more of. I was hooked. It was a long way from where I was in February of 2016.

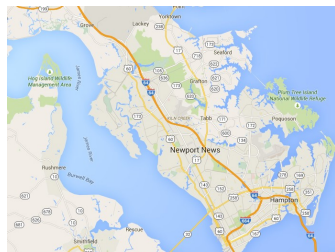
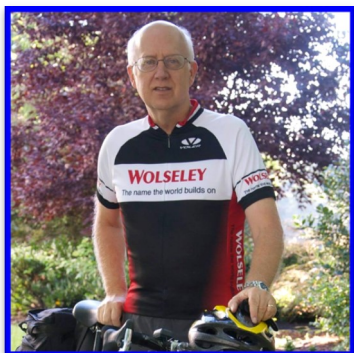
Looking back, the kindness was there from the first moment I heard of PBA and it's been there since. Sharon and Tregg both encouraged me to share photos on Facebook, to write about events, to engage. Another member invited me over to try his indoor trainer when I'd inquired about them. I wasn't just welcomed by the PBA - I was encouraged to participate, to share my thoughts. And I haven't even hit the two thousand mile mark yet (but I'm close!)



For all of you - thank you. The quick conversations, the welcoming smiles, the judgment free advice - these might seem like simple daily things, but to me - they mean the world. I finally feel welcomed. Unafraid to ask questions. I have grown into cycling, groomed by the kindness of the unassuming members of the PBA. It is my hope that I can share this continuing beacon of friendship and mentorship with new riders who face a hard transition like I did. I hope we can reach those that have strayed from cycling and I hope we can build excitement in those that don't even have bikes yet. I want them all; I want everyone to know what we can be when we pedal together.



Finding a Path Less Traveled For Safer Biking by Tom Carmine



I was on a morning ride when I met up with a woman riding in the Newport News City Park. She told me she lived near Coventry and commuted to Denbigh Boulevard each day by bike. When I asked what route she took, she explained about riding north on Route 17 and then turning left onto Victory and into Kiln Creek. When I asked her if she knew there was a path through the fence behind Bikebeat which would allow her to avoid the Route 17 and Victory Boulevard intersection, she said, "No."

I share this story because when we first start riding bikes, too often we think the way to our destination is the same way that we would drive there. I have two regular rides that I do: a twenty mile ride to the Newport News Park or a twenty-five mile ride to Yorktown Beach. When I tell people this they naturally assume that I am riding down Jefferson to the Park or down Route 17 to the Beach.

In actuality, I use two or three walking and bike paths to avoid being on busy roads. Leaving my house I ride a short distance on Kiln Creek Parkway before I use a walkway at Kiln Creek Elementary School to access another neighborhood. Then I have bike paths all the way to Bland Boulevard. Once I reach McManus, I cut through the Mary Immaculate Hospital parking lot to take advantage of the stop light on Denbigh Boulevard and ride into Windsor Great Park. From there I ride the Shields Road pedestrian and bike bath to Richneck Rd.



Shields Road Path

If I continue to Newport News Park, I continue on Shields Rd. to Industrial Drive until I reach the park entrance on Fort Eustis Blvd. If I am going to Yorktown Beach, I take Richneck to Fort Eustis Boulevard where I duck into the woods and ride the old Fort Eustis Boulevard to Route 17 at York High School. On Route 17, I utilize the very generous shoulder to the last exit before the bridge. I ride back from Yorktown by riding up Surrender Road, taking the tour road briefly and exiting it by the tennis courts at York High School. After a short ride across the grass I can cross Route 17 and reverse

my route on the old Fort Eustis Boulevard. Yes, I could ride further up Cook Road and cut through York High School, but like to get off Cook Road as quickly as I can.



Old Fort Eustis Path

The result of using these routes is that I avoid busy streets, and I ride on roads with lower speed limits. An added bonus in the summer is my route is largely shaded in the morning.

If you are looking to ride someplace, get your map out and look for neighborhood connectors. They may not be obvious at first, but they are out there. I recently rode from Maxwell Lane to the James River Bridge, and I never touched Warwick Boulevard because there is a pedestrian bridge from South Avenue into Huntington Park. Saturday morning bike riders from Bikebeat know they can access Route 17 at Darby Road by taking a path behind the Kiln Creek Soccer field into the Foxwood neighborhood.

The Peninsula is not the easiest place to bike, but with a little study and maybe a few extra miles, you can find a better and safer path to bike.



Hurricane Jose Can't Keep Cyclists Away

By Melanie Payne



Who knew that as I was packing for my September Great Bike Tours Martha's Vineyard/Nantucket trip that rain gear would be a premium commodity for this trip? I wasn't paying attention to the weather reports and the projected path of Hurricane Jose, since I was so excited to be going on another "bucket list" bike trip. And, even though I grew up in the Northeast, I never traveled to the Cape Cod area of Massachusetts and I'm one of the few people I know who never enjoyed a lobster roll!

The trip began on a warm sunny day as the group met in Hyannis for the ferry to Martha's Vineyard. On the island, after a stop at the local beer and wine establishment (Menemsha is a dry town), we settled in at the Inns of Menemsha, had our bike fitting, and began our warm up ride as the clouds started rolling in. A great start!

The next days we toured Edgartown, Oak Bluffs and Vineyard Haven. Some took an optional bike ferry to the famed Chappaquiddick Island, but a few of us decided to roll the full 50 miles for the day back to the Inn. Another great day!

Then the situation changed. Day 3 began with the rain and wind and it was pouring as we road to the bike ferry operated by Hugh (brother of James) Taylor. This six-bike ferry took us from Menemsha towards Aquinnah and the beautiful multicolored clay cliffs and lighthouse. We were very wet, but we barreled through having a great time. No one ventured up the beach to the clothing-optional area, but I have a feeling, judging by this entertaining and enjoyable group of cyclists, if the weather had been warm and sunny, a few of them would have pedaled off to this area.

A little rain—no problem. But then the news came. All ferries to and from Martha's Vineyard and Nantucket were being cancelled due to the impending Hurricane Jose. Our very congenial tour guide's faces turned from smiles to concern as they ably scurried to get us on a ferry back to the mainland before they were cancelled and to find new accommodations before we were stranded. Great Bike Tours did a wonderful job of finding excellent accommodations on the mainland at the beautiful Queen Anne Inn in Chatham, which is right at the elbow of the Cape, but in line with the storm as was the whole Cape Cod area. But we were safe on the mainland and we heard later that many tours were stranded for days on either Martha's Vineyard or Nantucket.

Although our biking was a bit curtailed, due to the winds and rain, we did get out for a few short, wet and windy rides on some wonderful bike trails in the area.

We also vanned up to Provincetown, another first for me, where I had the best first lobster roll ever! Stopping at the Cape Cod National Seashore was a highlight being in

50+ mph winds with the sand beating on our faces and seeing the highest waves I'd ever seen. This was an exciting and a welcome addition to the trip.

The tour company did an excellent job of making sure we had a great time, got our money's worth and had a trip to remember even though our cycling mileage was not as high



Our group goofing off in the wind during the storm.

as we expected. But aren't touring cyclists fun-loving and thrill-seeking kind of folk? This group certainly was. My fellow cyclists were wonderfully adaptable to any changes that occurred and kept the fun level high.

Our group mantras were "Go away Jose!" and then "No way Jose!" After all, how many could say they cycled during a hurricane?



At the National Seashore

PBA RIDE SCHEDULE FOR FALL/WINTER MONTHS

The PBA Seasonal Standing Rides (April-September) have wound down for the year, but rides pop up during the winter months all of the time.



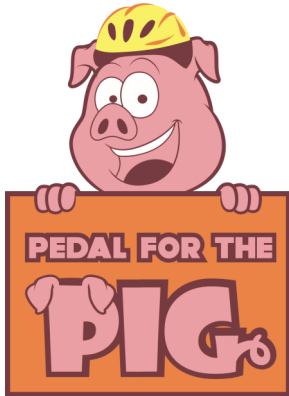
Be sure to check the PBA website at www.pbabicycling.org and the PBA Facebook page at <https://www.facebook.com/groups/pbabicycling/> for ride announcements and other important information. The PBA website also lists year round bike shop sponsored rides <http://pbabicycling.org/standingrides>.

So dress for the weather and keep riding!

2018 "Pedal for the Pig" News

From Sharon Bochman

The Peninsula Bicycling Association is excited to announce that our annual Spring Ride will have a new name. Since this ride is in and around the Pork Capital of Southeastern Virginia, it seemed appropriate to call it the "Pedal for the Pig."



The event will start and end at Windsor Castle Park at 301 Jericho Rd. in Smithfield, Virginia on Saturday, May 26th. The ride features three distances—32, 50 and 64 miles that start and end at the park. All routes feature beautiful, bucolic rolling terrain that go past farms for views of a variety of livestock and wildlife. The ride includes well-marked roads, maps and cue sheets for easy reference. The rest stops are second to none! Each rest stop is well stocked with plenty of nourishing snacks, water and Gatorade mix to keep you fueled for a long trip. SAG support and pre-ride mechanical support will also be there to help you.

When you return to the park, put your bike away and join us for a great picnic lunch featuring the best local BBQ in the area, but also a great menu of healthy sides, snacks and vegetarian options. If you still have energy after lunch, consider taking a stroll down Main Street (just outside of the park) where there is an ice cream parlor, a bakery and many unique shops. There is also a kayak launch and a three-mile hiking trail inside Windsor Castle Park to burn off lunch if you like.

Smithfield is one of the most unique communities in Hampton Roads, so come out to see for yourself just how nice that it is! **Registration will be open on January 1st and the first 100 riders will receive the Early Bird pricing.** Go to www.pbabicycling.org to register.

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.



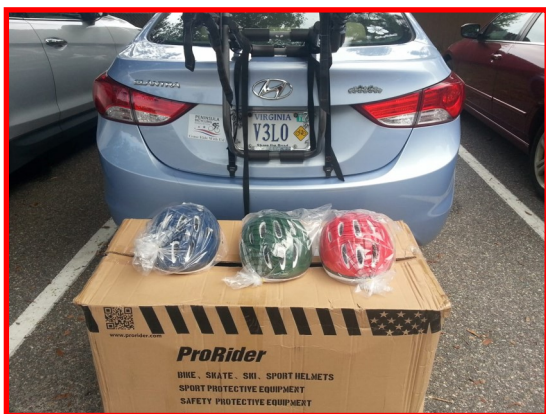
- **TarWheel Century, April 14, 2018:** Sponsored by River City Cycling Club, Elizabeth City, NC. http://www.rivercitycyclingclub.com/tarwheel_century.html
- **Tour de Cure, April 28, 2018, Suffolk, VA:** Run, ride or walk with Team Killer Bees to support the American Diabetes Association. Details [here](#).
- **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
- **Pedal for the Pig (formerly Smithfield Challenge), May 26, 2018:** PBA's own spring fundraiser and signature event. Registration will open Jan 1, 2018! More info [here](#).
- **Surry Century, Sep 8, 2018:** PBA's own fundraiser and signature event. More info [here](#).
- **Seagull Century, Saturday, Oct 6, 2018, Salisbury, DC:** Registration opens May 15.

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

- ◆ Check out the new Fix-It Station at the Charles City Courthouse! The Board of Directors voted to make the purchase late last year and a plaque noting that it was donated by PBA should be in place soon. Thank you Boy Scouts from Troop 770 who helped put it together!



- ◆ PBA recently donated 30 helmets to the Saunders Elementary School, Newport News preschool program.



- ◆ Get ready to order your PBA jerseys. The Primal Store will open for 10 days on Friday, January 26, 2018. Men's short and long sleeve jersey sales will be available with an April delivery. E-mail Robb Myer at "threespeed67-pba-ride-leader@yahoo.com with questions.



PRIMAL SIZE CHART

SIZE	CHEST	WEIGHT	HEIGHT	Measurement Across Chest At Armpit Level
Small	35 to 37 inches	120 to 140 pounds	5'4" to 5'8"	29 to 31 inches
Medium	38 to 40 inches	140 to 165 pounds	5'6" to 5'10"	20.5 inches
Large	40 to 42 inches	165 to 180 pounds	5'8" to 6'	21.5 inches
XL	42 to 44 inches	180 to 210 pounds	5'10" to 6'4"	22.5 inches
XXL	44 to 46 inches	210 to 240 pounds	6'2" +	24 inches
3XL	46 to 48 inches	240 pounds +	6'2" +	26 inches
4XL	50 to 52 inches	260 pounds +	6'2" +	28 inches
5XL	53 to 56 inches	280 pounds +	6'2" +	29 inches

- ◆ Get your PBA decals & magnets

See any Board member for a decal. Jamie Clark has magnets available on rides and at membership meetings



- ◆ Elaine Cardwell visited long-time member, Charlie Tynan, who now lives in Maryland.

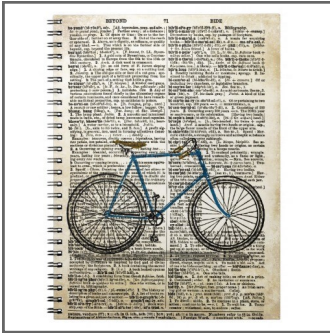
- ◆ You're Never Too Old to Bike!

Graham and Betty Cox, who live in England just managed to cycle 1000 miles in six months together on their tandem. The couple – 86 and 91 respectively – bought their latest two-person bike back in April after



a lifetime of cycling. Read more about there lively seniors at <http://metro.co.uk/2017/11/13/meet-the-couple-with-a-combined-age-of-177-years-whove-cycled-1000-miles-on-a-tandem-7075302/?ito=cbshare>

- ◆ Thank you to Scott Blandford who ably handled our Membership for many years. And welcome and thank you to Katie Mallory who takes over the task.



Some Cycling Humor

Non-Cyclists Guess the Meanings of Popular Cycling Terms

(Source: <https://www.bicycling.com/culture/history/non-cyclists-guess-the-meanings-of-popular-cycling-terms>)

The Words

1. Bottom Bracket
2. Peloton
3. Merckx
4. Hardtail
5. Criterium
6. Chamois

The Replies

1. **Bottom Bracket:** The losers' half of the tournament.
2. **Peloton:** A big Spanish ball.
3. **Merckx:** Big pharma.
4. **Hardtail:** *Peach emoji, winking emoji.*
5. **Criterium:** What they mine in Avatar.
6. **Chamois:** A French orca.
—John M., Santa Fe, New Mexico

"I have LITERALLY zero idea, other than Hardtail is a company where I've bought yoga pants." —Evin M., NYC

1. **Bottom Bracket:** The one under the top bracket (duh).
2. **Peloton:** A big/heavy ball (in Spanish).
3. **Merckx:** Those consonants don't appear together in English.
4. **Hardtail:** The calcifying effect excessive bike riding has on your tailbone.
5. **Criterium:** The necessary stuff for making a bike.
6. **Chamois:** A cloth to wipe it all down."
—Allen F., Honolulu, Hawaii

1. **Bottom Bracket:** No idea.
2. **Peloton:** That's something to do with groups of cyclists in a race, right?
3. **Merckx:** No idea.
4. **Hardtail:** Oh, I know this one! A mountain bike with only front suspension, right?
5. **Criterium:** No idea.
6. **Chamois:** This is some type of bike-specific undergarment, yeah?"
—Eva H., Whitehorse, Yukon Territory

"Padded crotch pants!! That's all! The rest sound like [Harry Potter characters](#)." —Brandon A., NYC

1. **Bottom Bracket:** Where I fall in most categories.
2. **Peloton:** Some sciencey term that makes me think that I shouldn't have dropped out of high school.
3. **Merckx:** A pill freshmen in college would pay \$17 a pop for to help them try and pass their finals even though they haven't opened a book all semester, *or*, some thing a wealthy housewife would take with wine at 2 p.m. on a Wednesday.
4. **Hardtail:** You know what I think this means.
5. **Criterium:** A principle or standard by which critters may be judged.
6. **Chamois:** A fancy white wine that I will probably never be able to afford."
—Suzanne S., Chicago, Illinois

1. **Bottom Bracket:** Being in the bottom group in a race.
2. **Peloton:** Sounds like some weird tire brand?
3. **Merckx:** Some fancy gear part.
4. **Hardtail:** Building up an endurance for pain in your tail bone region because you're on a bike all day.
5. **Criterium:** How you qualify for a race.
6. **Chamois:** Fancy clothing material."
—Emma W., San Francisco, California

Problem Dog

(Source: <https://www.thoughtco.com/the-best-bicycle-jokes-of-all-time-365783>)

"I've really had it with my dog," says a guy to his neighbor. "He'll chase anyone on a bicycle"

"Hmmm, that is a problem," said the neighbor. "What are you thinking of doing about it?"

"Guess the only answer is to confiscate his bike!"



"I don't think right now is a good time to ask your dad how his mountain biking trip went."

(Source: <https://bikexchange.com/cartoon52.htm>)

PBA HAPPENINGS



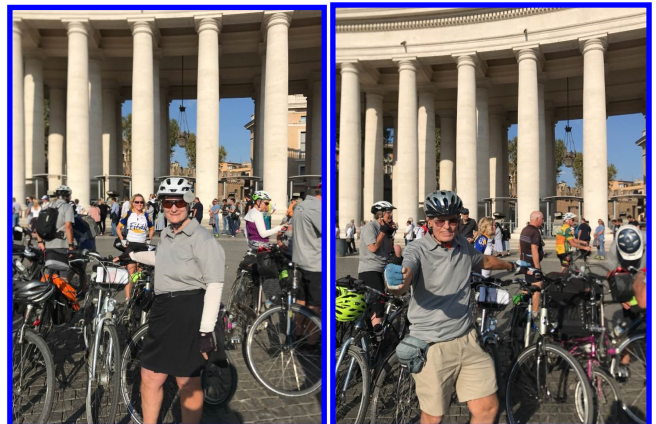
Holiday Party at The Wolfson's



We found Santa in Poquoson!



Membership Meeting at Schlesinger's—November 13



Linda & Bob Carter in St. Peter's Square in Rome

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