

# Chainstay

The Peninsula Bicycling Association



Come Ride With Us!

June-July-August 2018

Volume 48, Issue 3

## Dates To Remember

Richmond Day Trip Ride  
June 7

Hot Diggity Dog Ride  
June 9

After The Fourth Ride  
July 8

Annual Don Hubbard Memorial  
Ice Cream Ride  
August 1

36th Annual Surry  
Century Ride  
September 8

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As many of you may have already heard, the Tidewater Bicycle Association has closed its doors. This saddened me deeply when I heard the news. I couldn't help but ask myself, how could this happen? They have been around for fifty years. They have served the cycling community well. They were present in Richmond during important bicycle legislation. They were fund raising for MS with their iconic TBA CLAMS cycling team. They donated money to several cycling charities. So how does this happen?



Volunteers. Any non-profit like the TBA and PBA lives or dies with their volunteers. We both need volunteers that are willing to serve. Some of us lead rides. Others organize events. Still others serve on the Board of Directors or they chair committees. For the last few years, the TBA was hard pressed for volunteers to support their rides and events. In the end, a lack of volunteers caused the shuttering of a great organization.

When I joined the PBA, volunteering was the furthest thing from my mind. I just wanted to ride bikes. That's why we join a bike club, right? We all love to ride. After getting asked to serve on Sharon Bochman's Board of Directors, I quickly learned just how important our volunteers are. We have a Facebook and web presence because of our volunteers. Our Pedal for the Pig event was a huge success because of volunteers like you. The Tour de Fort was a big success because of our volunteer ride leaders. The Birth of America Trail Foundation is becoming a reality because of our volunteers. We are seeing steady improvement in our cycling infrastructure because of our volunteers. We have a growing membership and readership because of our volunteers. The Virginia Capital Trail has a bike repair station at Charles City County because of our volunteers. The City of Hampton has a bike safety class, free to the public, because of our volunteers. We have PBA rides in every Peninsula city because of our volunteers. Have I said how the PBA is doing some really great things? It's all because of our wonderful volunteers.

To those of you who contribute to make our organization as great as it is, I thank you from the bottom of my heart! You are the heart and soul of our club.

To those of you who haven't volunteered yet, find your niche. Maybe you can lead a ride. Maybe teaching bike safety to kids appeals to you. Perhaps you can bake goodies for our cycling events. Trust me, there is something you can do to make the PBA even better than it already is.

Now let's talk about upcoming events.

- June 7th at 8:00 AM. Four Mile Park in Henrico. Richmond Day Trip.
- June 9<sup>th</sup>, from 8 AM until 2 PM, we will be having our Hot Diggity Dog ride at Windsor Castle Park in Smithfield. We will be riding the same routes used during the Pedal for the Pigs event. The club will provide the main course, chips and drinks. Please bring your favorite dish to share.

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## 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.

(President's Corner continued from page 1)

- July 8<sup>th</sup>, from 8 am until 12'ish, we will be bringing the After the Fourth ride to Fort Monroe. I am still working on the details for the location. We will have a variety of rides including a casual ride and a very family friendly ride as well, so bring the whole family. We will have deli trays, chips and drinks. Please bring your favorite dish to share.
- August 18<sup>th</sup>, 8 AM to 12'ish, we will enjoy our Don Hubbard Memorial Ride. The ride starts at Messick Baptist Church in Poquoson and is sponsored by Don's family. For those who never met Don, he was one of our founding fathers. He would be proud of the club we have become. Come on out for a beautiful ride through Poquoson with an ice cream social at the church afterwards.
- September 8<sup>th</sup>, 7 AM until 4 PM, The Surry Century. Surry Athletic Field, Surry Virginia. Nothing beats a beautiful ride through the country side, unless of course it's a fully supported Surry Century.

Keep up with the latest ride offerings on our Facebook page and enjoy the Summer.

*Tregg*

## More from Tregg...

### THE TOUR DE FORT—May 20, 2018



The Family Ride

Thank you to all of you who came out and participated in the Second Annual Tour de Fort. We had nearly 200 riders again this year! Talk about a bike party! The Peninsula Bicycling Association along with Bike/Walk

Hampton provided the ride leaders for each of the different pace levels. Everyone had a great time.

The B pace ride was lead by Richard Armstrong. His supporting cast including sweepers were Ken Mallory, Gary Macklin, and myself. Richard took us see some of the sites through Fort Monroe, Phoebus, Buckroe, and Fox Hill.

The C pace was lead by John Sprock. His supporting cast was Sharon Bochman and Andy Mycroft. They got a scenic tour of Fort Monroe, Historic Phoebus, and Buckroe Beach.

We had multiple casual rides to accommodate the number of riders. They all got a beautiful bicycle tour of Fort Monroe. Ride leaders include Katie Mallory, Raul Zevallos, Melanie Payne, and Stuart Richardson.

The Family ride was geared for our younger crowd and included bike trailers, trail-a-bikes, and 12 road bikes. The kids had a great time and their parents did as well. Ride leaders were Alan Mason and Michael Noehl.

The History tour was led by our National Park volunteers, Darcy Sink and Chris Martin.

As you can imagine, a bike party of this size take a lot of planning and coordination. Thank you to Alison Eubank and her group of city planners. A special thank you to all of our ride leaders who helped out leading the rides and keeping people safe.

### WATERWALK—May 12, 2018

The City of Hampton had its grand opening of Waterwalk! Have you seen the boardwalk going up behind Air Power Park? That's it! This is a shared use path that allows you to disappear into nature in the middle of the city. It runs from the Air Power Park near Mercury and La Salle, to Armistead.

The second portion will run from Armistead, behind the Hampton Coliseum and connect to the new multi-purpose path along Pine Chapel Road. The path along Pine Chapel crosses over the interstate to the Bass Pro area and is completely separated for traffic!

### CITY OF HAMPTON MAYOR'S RIDE

On April 25<sup>th</sup> of 2017, Mayor Donnie Tuck made the proclamation that the Month of May would be Bike Month for the City of Hampton. Prior to the meeting, I put a bug in his ear. Wouldn't it be cool to kick off Bike Month by riding with the Mayor? I knew it was to late to make it happen for 2017, but how about 2018? He agreed and this year we kicked off Bike Month with the Mayor's Ride. Unfortunately, Mayor Tuck was out with the flu. Vice Mayor Linda Curtiss took his place in reading the Bike Month Proclamation on the steps of City Hall. City planner, Alison Eubank, took us on a nice bike tour of the historical downtown area ending back at City Hall.

Mayor Tuck has since recovered and we look forward to riding with him next year. It sure makes things easier from a cycling advocacy perspective when City Hall supports your work.



Hampton Mayor's Ride Participants

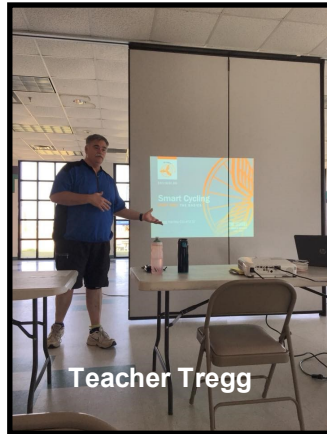
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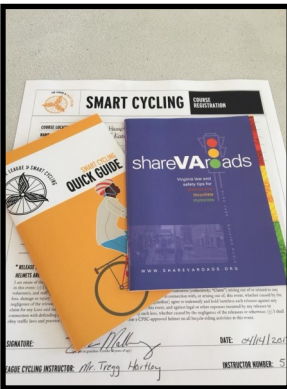
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## BIKE SAFETY & RIDE LEADER TRAINING CLASSES

On April 14th, the Peninsula Bicycling Association partnered with the City of Hampton to sponsor a full day of bicycle safety training at the Fort Monroe Community center. The training day was broken into two sessions. The first session was a general bike safety class and the second session was our Ride Leader training class. The PBA provided the training materials and instructor for both classes and the City of Hampton provided the space for the classes. Both events were free to all attendees.



The bike safety class covered the entire classroom portion of the League of American Bicyclists Smart Cycling course. We started at 9 am and over the first three hours we went over basic maintenance, lane positioning, rules of the road, hand/verbal signals, and evasive maneuvers. The discussion in the classroom was quite lively with plenty of student participation. The last hour of the class we set up a cycling skills course to put into practice many of the things we covered in the classroom.



By the end of the skills portion, everyone had a better feel for their bike and how to maneuver in tight quarters. Since we now have a certified League Cycling Instructor, we were able to open this class to members of the community. We had eleven riders for the first class and it was about 50% PBA and 50% not yet PBA.

The Ride Leader class convened after the bike safety class at about 1 PM. We covered our regular material in the PBA Ride Leaders Handbook. Topics included bike safety, route planning, bike law, lane positioning, first aid, sign in and insurance forms. Oh yeah, herding cats. No ride leader training would be complete without that topic. As with the bike safety class, this class was open to riders other than PBA members. Announcements were made to our members, the members of Bike/Walk Hampton, Social Cycling Norfolk, and Hampton Roads Cyclists that we were getting riders trained to lead rides for the second annual Tour de Fort. We had a good turnout. The PBA was well represented as was Bike/Walk Hampton. After the classroom session, we got out for a ride around the Fort and a pint of Oozlefinch's finest.

I would like to send a special shout out to three of our PBA members, Michael Noehl, Katie Mallory, and Ken Mallory. All three hung with me for both classes. They helped me

setup and break down the classroom and skills course. They were actively helping the novice riders during the skills portion of the class. Michael Noehl even noticed one young lady whose seat was positioned too high. After he adjusted it for her, her bike handling skills improved significantly. Not only did these three lead rides during the Tour de Fort, but they have all been leading rides for the PBA ever since. Michael leads the Wednesday evening ride out of Todd Stadium. Ken and Katie help with that ride when they can. Katie is helping with the Village Bike rides, including the ladies ride. Ken and Katie were the trail blazers for the new Capstan Brewery ride. It starts at the new Capstan Brewery in Hampton and rolls through scenic York County to the Yorktown Monument and returns to the Capstan Brewery.

I haven't planned another safety class yet, but I am thinking of holding the classroom portion of the Bike Safety class during our October and November general membership meetings. We covered the information in three hours. We could cover about an hour and a half during each meeting. Thoughts? Let me know at [pbafatmanriding@gmail.com](mailto:pbafatmanriding@gmail.com).





Thanks to everyone who has submitted articles, photos and ideas for the Chainstay. 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 and I hope this issue provides you with some happy reading.

Melanie Payne ([pbamel@aol.com](mailto:pbamel@aol.com))

**Welcome To New PBA Members  
(April 1—May 29)**

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



- |                           |                  |
|---------------------------|------------------|
| Charles Allen             | Glenn Jones      |
| Richard Artese            | Chris Keith      |
| Stephen Barbee            | Diabatey Kwashie |
| Page Cherry               | James Kelley     |
| Carson Crum               | Andrew Lepak     |
| Peyton Crum               | Andrew Lewis     |
| Robert Darrell            | Denise Lewis     |
| Jennifer Davis            | Ben Lombardi     |
| Cynthia Dearolph-Hibbitts | Robert May       |
| Twila Driver              | Jeannie Oxley    |
| Karen Forde               | Robert Parson    |
| Carlton Foster            | Steven Pearson   |
| Jones Foster              | Pamela Raines    |
| Melissa Gatti             | Jane Rinaca      |
| Edward Greway             | Karen Sanzo      |
| Tom Griffin               | Jenny Schirmer   |
| Jon Hagberg               | Jay Scribner     |
| Lauren Hasselquist        | Mitchell Seeley  |
| Kenneth Hoke              | Margo Smallwood  |
| Beth Howell               | Jason Tussing    |
| Logan Jackson             | Nancy Varela     |
| Sally Jackson             | Lindsey Vaughn   |
| Wade Jackson              | Amy Walko        |
| Teresa Jennings           | Duane Wright     |

**2018 PBA Bike Journal Update**

As of May 31, 2018, **41 PBA members** have recorded **43,201 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>John Atwood</b>     | <b>Brian Lecount</b>   |
| <b>Jamie Clark</b>     | <b>Donna Moyer</b>     |
| <b>Frank Dixon</b>     | <b>Robb Myer</b>       |
| <b>Craig Hanson</b>    | <b>Bob Ornelaz</b>     |
| <b>Patrick Johnson</b> | <b>Jonathan Snyder</b> |



**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

**50/50 CHALLENGE**

**NEW FOR 2018**

Ride 50 or more miles in each of PBA's signature rides—"Pedal For The Pig" and "The Surry Century".

**And the Birthday Club Continues for 2018**

2018 Members

- Jennifer Allen  
Paul Street  
Mark Suiter**



There are three age categories for the Birthday Club.

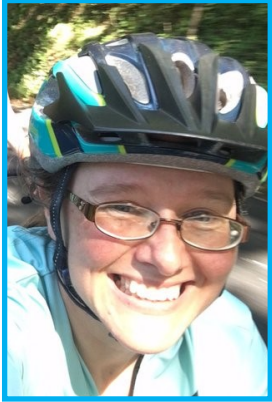
- Vanilla: Age 50-59
- Peaches and Cream: Age 60-69
- Rocky Road: Age 70 +

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 **Katie Mallory**, who in her short time as a PBA member has taken on a leadership role as our Membership Coordinator. Katie is an active and dynamic member with a wonderfully positive attitude. So let's find out more about Katie!

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

I grew up in Swansboro, NC and Jonesborough, TN. My folks live in Jonesborough now and we go back as often as we can. I consider the mountains of East Tennessee my home and I miss them every day.

My husband Ken and I met while we were both members of the Virginia Tech Corps of Cadets and around the time we started dating, I received my degree in Communication and my commission in the Navy. I was stationed in Mayport, Florida on an Arleigh Burke class destroyer and deployed to the Mediterranean and South America. I eventually worked my way up to Norfolk for a duty station (because Ken lived in Yorktown). We got married and I finished up my active service in the military.

I'm a government contractor now and work as a Support Analyst on a timekeeping application for the Navy. Ken and I have a beautiful daughter, two dogs, and a guinea pig! I love being active outside and enjoy various artistic pursuits: painting, photography, sketching, crafting, and quilting. I'm very much an introvert but cycling brings me out of my shell.

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

I had two hip surgeries back in 2015 and during rehab discovered that between those injuries and a newly diagnosed knee injury, I had to move away from running and find a new exercise outlet. My physical therapist told me to get a bike. It wasn't the easiest transition because I'd never previously been interested in cycling and loved running. Now I'm thankful for each and every ride. I still have ongoing hip and knee injuries, so having an outlet that allows me to exercise with minimal pain (as long as I don't overdo it) has been a blessing.

## **What's one item of cycling gear you couldn't live without?**

I think I have a tie here. Other than my bike, the two things I always have with my on a ride are my phone and my Garmin computer. Although my phone isn't technically a piece of "cycling" gear, I love the ability to stop at any point and grab a picture, and with my phone synced to my Garmin Edge, Ken can track my position and be alerted automatically if my Garmin senses a crash. It gives us both peace of

mind. Plus, I'm a data junkie so I love seeing the numbers from each ride. Bike + Photos + Data = Happy Katie.

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

These are tough questions! I don't know that I could pick one favorite ride per se, but around here my favorite place to ride is south of Warwick in the Hilton and Hidenwood area of Newport News. Lots of rides cover this area, and I love all of them.

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

Two things: Goals and being thankful. I love setting goals and achieving them. Whether the goal is easy (as in, ride more) or more challenging (train for a century), every ride for me is geared toward a goal. Being thankful is the other thing that keeps me motivated to ride. I lost plenty of time being active when I was injured and I'm thankful for the level of activity I have now. Each ride is a tiny celebration.

## **If you could cycle any route in the world tomorrow, where would you go?**

I'd love to cycle somewhere in Europe. Or across America. But it would take me forever!

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

Any day on a bike is perfect and I'm not picky. I find equal reward in hitting a new high speed with the fast group or riding my cross bike taking pictures every 5 seconds at Sandy Bottom. For me, the perfect scenario is warm weather, good company, plenty of time to explore and taking pictures, and maybe sneaking in some nice sprints.

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

I'd love to ride with Gino Bartali(\*) just to meet him and shake his hand for his actions during WWII. I've also always wanted to meet Teddy Roosevelt...throw in a few bikes and that would be one entertaining ride.

(\*) Editor's Note: Gino Bartali was one of the most beloved of Italian cyclists who won the *Tour de France* in 1938 and 1948. His cycling achievements on the Alps and Pyrenees were legendary and earned him the nickname of "Giant of the Mountains." But few knew that he risked his own life and his family's lives by helping to save hundreds of Jews during World War II who were seeking refuge from other European countries. With his cycling career as a cover, Bartali cycled thousands of kilometers between cities such as Florence, Lucca, Genoa, Assisi, and the Vatican in Rome. Hidden in the frame of his bike were falsified identity cards and other secret documents.



## Doggonit! What To Do When A Dog Appears Out of Nowhere

By Melanie Payne



On Labor Day 2017, Sandy Butler, Diane Herbert and Debbie Wells toted their bikes up to rural Middlesex County hoping to have a nice day out and a peaceful bike ride. It started out that way on a quiet country road—good weather, not a lot of traffic—and then, out they charged, an oxymoron of animals, toward the

Cyclists—two huge bullmastiff dogs accompanied by two tiny chihuahuas.

The male bullmastiff came around on Sandy's right side and with no growling or barking and with no warning or other aggressive dog behavior characteristics, chomped into Sandy's leg leaving nine, large puncture wounds. Luckily, no rabies shots were required, but Sandy had a long, slow recovery involving lots and lots of pain and multiple courses of antibiotics and not to mention huge medical bills.

Sandy told me her advice to someone after receiving a dog bite is to keep calm and locate the owner, who in this case, was readily available, but not the nicest person, and get as much information as you can. It turns out this particular dog has had other human confrontations. Sandy went to the nearest hospital in Gloucester, and hospital personal then contacted the dog owner's veterinarian to get up-to-date info on the dog's medical history.

I saw Sandy's wound a few weeks later and it was still swollen and painful and honestly, it looked like she was bitten by a shark, not a dog! But a bullmastiff is a very, very large muscular dog that can do a lot of damage.

While riding we've all encountered crazed squirrels and rabbits, occasional cats and deer, but dogs can be a cyclists nemesis. So could have this been avoided by Sandy? Probably not, as the owner was negligent in letting his dogs run unleashed and unattended, and Sandy later found out that the dog had attacked others. Unfortunately, Sandy, Diane and Debbie were in the wrong place at the wrong time.

So what do the experts tell us to do while cycling and we encounter a dog? Here are some tips from Bike Virginia (<https://bikevirginia.org/blog/deal-with-dogs-more-safely-when-biking/>):

### Why Dogs Chase Bikes

The majority of dogs who chase bicycles are defending their territory. Other dogs are interested in chasing things or are curious about you. Remember, a small dog can cause just as bad a crash as a big dog.

### How Dogs Chase and Attack Bikes

A dog will sometimes give chase from the yard, dashing across an open space and entering the road. Other dogs will stand in the road and block passage. Some bark, but not all.

Dogs often attack from the rear, coming up from the side. A dog may wait for you to pass then give chase. You can sometimes use this to your advantage, a quick sprint might do the job of shaking the chasing dog.

### Suggestions of What To Do When A Dog Chases You

**DO NOT KICK** – Kicking at the dog while riding has been called “suicide on a bike”. You can easily fall or become tangled with the dog.

**Consider a sprint, but carefully!** You might be able to out sprint the dog when he's not determined or just intimidating you. You can tell his intent by how hard he's running and his expression. An easy gait with woofing and ears and tail up, no problem. A full-out sprint with ears back, tail down and teeth out, problem. If you choose to sprint do so with caution. Erratic movements can lead to a crash.

**Guard your front wheel.** When a dog sees you coming, he might make a beeline for your bike, then attempt to turn up beside you. The danger here is that his poor little paws will skid on the pavement and he'll plow into your wheels. If he hits the front one, you'll crash. Sprinting can put you out front, move forward faster than he expects, and give him a margin for error by steering away if the road and traffic permit.

**SCREAM! Try NO, OFF, STAY, BACK,** loud bold words may surprise the dog and cause him/her to hesitate for just the second you need to take the advantage. You can also try raising a hand or waving your arm like you are throwing something. Again the priority is to maintain your seat on the bike.

(continued on next page)

(Doggonit! continued from previous page)

**Spray water-** Take out your water bottle. Just holding it may serve as a deterrent. If he does come near you, give him a faceful and a loud yell. Again, watch your riding. Don't crash. You can clip pepper spray to your handlebar. This can be challenging to aim and affected by wind, but may be good to have around.

**Get off the bike-** If other tactics are not working or seem dangerous get off the bike and put your bike between you and the dog. Swing the bike like a weapon if necessary, and start yelling for help.

**Call the cops.** If you are attacked and bitten, report it to the county sheriff or other authority immediately. Include the location, a description of the dog and the owner's name and address if you know them. Get medical attention without delay. If the dog was rabid, you are at risk of serious illness or even death. Demand proof of rabies vaccination or insist to authorities that the dog be quarantined.

Knowing in advance how to deal with dogs can help you reduce the chances of being bitten and crashing. A dog that just wants to give chase, but is not a real bite threat can still lead to a fatal crash. So think smart when you encounter a dog. Your life can depend on your actions.

Stay alert. Dogs can appear out of nowhere.



## 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).



## Bicycling Event Support— The Water Trolley

By Scott Farrell



I started driving a SAG vehicle instead of bicycling during the major PBA events in 2012 as a way to serve the club. I guess it became a tradition for me; I even served as SAG coordinator from 2013 to 2016.

SAG vehicles patrol the roads to retrieve riders with mechanical failures or those whose day just isn't going as well as they had hoped. Our volunteer workforce is too small to assure immediate recovery, but I can confidently state that NO ONE is left on the road for long. SAG drivers used to shuttle water as needed as a secondary duty, which became more of a challenge over time as our events grew. Before 2014, the club's five-gallon water coolers were passed from volunteer to volunteer. The management was pretty loose and it was time for a change.

I volunteered to take possession of the water coolers and continued as the SAG coordinator. The water/SAG dual-duty made for some long event days! Delivering water AND acting as SAG driver created a problem. Imagine needing to drive 10 miles in one direction to retrieve a stranded cyclist and then getting a call to learn that a rest stop 15 miles in another direction is about to run out of water. Waiting with a broken bike for a ride back to the park is a drag. But having hundreds of riders stuck in the boonies without water is far worse, depending on one's perspective. With a separate SAG coordinator, I'm able to focus only on the water. Better yet, I am free to transport the water along the roads not traveled by cyclists, which means I can get between the rest stops a little faster by taking direct routes.

What is my process for making this work, especially with a compact car? PBA has 16 water coolers. I clean, bleach, rinse, and dry the coolers before and after each



event. I load my "baby trailer" with 12 water coolers the evening before the event. Contrary to popular belief, these coolers are NOT watertight and will leak as water splashes during transport. Therefore, the four remaining coolers ride empty inside the car and get filled on site with a dedicated hose and inline filter. I augment the coolers with eight 5-gallon bottles that I use as transport containers during the day, which allows me to leave the coolers at their rest stops. They all fit inside the rooftop cargo box.

I also added ice to my load since I have a couple of extra-large ice chests. Large amounts of ice have proven very popular on hot days. I use an "ice house"



that dispenses freshly bagged ice near my home. Their ice is less expensive than convenience store ice and the cubes are loose and easily packed without leaving the bag. My chests carry ~200 lbs. of bagged ice on top of the water coolers in the trailer. Starting in 2017, I added a pair of large (albeit it slightly smaller than my own) rental ice chests so that I could take even more ice to all the rest stops. I can fit the rental coolers in the hatchback with the rear seats folded flat. I brought ~350 lbs. of ice to last weekend's event. I may bring 450 lbs. next time.



I usually leave my house at 5:30am, drop off coolers and ice at the first rest stop, then go to the venue to drop-off more ice and coolers before filling the empty coolers. I fill the transport bottles after I drop off the remaining water coolers and have room for them in the trailer. As rest stops close for the day, I move the leftover coolers to other locations to avoid shortages. Some events run more smoothly than others, but I haven't run out of water in several years. I miscalculated one stop my first year (*before using the transport bottles*), but I managed to catch each rider along the route and refill their bottles on the road. The rest stops are usually over-watered these days, so I don't expect anyone to run dry on my watch.

What's the total strain on my little car? The load on the roof is less than 100 lbs. since I transport only empty bottles in the cargo box. The interior ice chests weigh ~150 lbs. and the trailer's tongue is ~125 lbs. That's well under the

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(Bicycle Event Support continued from previous page)

car's GVWR. The 12 filled water coolers on the trailer total ~480 lbs. Adding that and ~200 lbs. of ice to the weight of the trailer results in a total load of ~1030 lbs. The trailer's ultra-low deck makes loading and unloading a cinch.

My car has plenty of power and torque, an upgraded clutch, and powerful brakes. Therefore, this relatively light load is not over-stressing anything. A truck may have greater capacity, but I don't need the full-time penalty of owning a

truck for the part-time benefit of having one available. The car and trailer do a great job! The combination is also more maneuverable than a truck and still averaged 25 mpg throughout its 323 miles of support driving during the event. It's probably the coolest water trolley I've ever used! Oh, I can still transfer two bicycles, if needed, too.

*"That's Some High-Quality H2O!"* [Adam Sandler as Bobby Boucher in the *Waterboy*]

## Pedal for the Pig—2018 Recap

By Sharon Bochman



The 2018 Pedal for the Pig was a HUGE success! We had 120+ more riders this year for a total that exceeded 350 riders. This year, we had quite a few riders from neighboring states such as North Carolina, West Virginia, Maryland, Delaware and Pennsylvania, so we definitely contributed to the local economy.

Our hopes are that this ride will become a destination for regional cycling because Smithfield is such a lovely area. We are exploring some additional upgrades for 2019. First, we will offer a family friendly ride. Second, we are talking to Wharf Hill Brewing about setting up a beer tent. Cyclists love their craft beer!

We have now opened registration for the Surry Century and have early bird pricing in effect for the first 100 cyclists who register. Go to [www.pbabicycling.org](http://www.pbabicycling.org) to get signed up because the early bird registrations are going fast.

Here are some fun photos from Pedal for the Pig 2018.



The Copperhead who joined the ride.





## Georgia's Gorgeous Golden Isles and Those Nasty No-see-ums

By Melanie Payne



I love bike tours that combine cycling in new places and seeing new sights, so I signed up for another tour with Great Bike Tours for Georgia's Golden Isles. This April

2018 tour included Savannah, St. Simons and Jekyll Islands. Before signing up for this bike tour, I had never given that area a thought, but now I'm so glad I did and would love to go back.

The six day, five days of cycling trip only covered 125 miles, but they were marvelously, beautiful miles with lots to do and see. What impressed me the most were the humongous live oak trees that formed canopies over the roads with all the delicate and beautiful Spanish moss hanging down, sometimes touching our heads as we cycled.



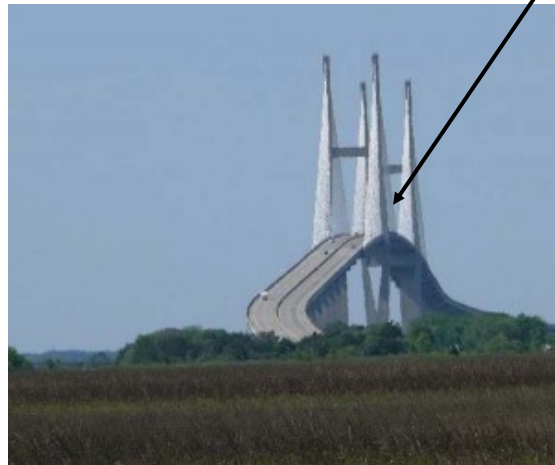
We stayed one night in Savannah, two nights on St. Simons and two nights on Jekyll Island at the famed Jekyll Island Club Resort that was founded in the late 1800s by one-sixth of the world's wealthiest tycoons of the time such as Rockefeller, Vanderbilt, JP Morgan and Pulitzer. This area is now managed as a historical site by the State of Georgia.



Other highlights of the bike tour included plantations, historic cemeteries, the Georgia Sea Turtle Center (I love turtles and tortoises), riding through nature centers, and a shrimp trawler excursion where all kinds of sea life were dredged up, and then released, for us to examine, learn about, and even hold. Where else could I have ever held a sting ray?

On the day we cycled from St. Simons to Jekyll Island we were briefed about the bridges we were going to

encounter. Okay, the smaller bridges were easily achievable, but then in the distance we saw *it* – the 7780-foot-long, 486-foot-tall, 6% grade Sidney Lanier



Bridge—the closest thing southeast Georgia has to a mountain.

We were all trying not to show our angst about this upcoming feat of strength, but as we ate

lunch and then did the shrimp trawler excursion, we could not help keep seeing this huge suspension bridge in the distance waiting for us.

Okay, we kept pumping each other up by saying, “we can do this,” and most of us, “flatlanders,” took off for the journey up. And up it certainly was! The shoulder was wide, but you could not help feel the large trucks passing and the

wind gusts as you cycled neared the top. One of the wind gusts was the Colorado riders in the tour whizzing



by us on their way up! But we did it and stopped at the top for a rest to regroup, hydrate and to enjoy the view and the satisfaction of making it to the top. And the best part – riding down the other side of the bridge toward beautiful Jekyll Island!

I'm writing this after being home for three days, and I'm still itching from all the “no-see-um” bites I got (even though I was slathered in bug repellent) while not cycling, although some of those &#@#!%&! bugs found their way into my helmet to feast on my head. . Those tiny, pesky Ceratopogonidae (scientific name) found me very appetizing and the joke was that since they loved me, they were staying away from most of the other cyclists. But the beauty of cycling near the marshes, the rivers, the driftwood, the sea birds and wildlife and the sand and ocean overtook the minor annoyance of these pests. It was an awesome trip!



## Hosteling in Cape Cod, Nantucket & Martha's Vineyard

By Tom Carmine



Going solo on bike trips is more expensive than traveling with a partner that will share your housing costs. Whether it is a hotel room, the dreaded single supplement, or a camping site fee, the solo cyclist has to pay more unless they are staying in a hostel.

When I joined Hostel International my intent was merely to ride

the Virginia Capital Trail and spend an overnight in their beautiful hostel in downtown Richmond. That still has not happened, but I did find that their hostels were a great way to see Cape Cod, Nantucket, and Martha's Vineyard.

I had been to Cape Cod and Martha's Vineyard with Adventure Cycling Association (ACA) on a self-supported trip, but I wanted to go back to see Nantucket. I did not want to camp, and there are no campgrounds on Nantucket. Since there are five hostels to use, it was easy to plan a seven day trip.

**The Start**—I took two days to drive to Plymouth, and I spent Friday night in Middleboro, MA just outside of Plymouth. Saturday morning I left my truck in the free commuter lot at the Transportation Center on Long Pond Rd, and I rode my bike for 15 minutes to the ferry. I chose to go the first weekend after Labor Day when there would be fewer people on the roads, but it also meant that the Plymouth to Provincetown ferry would only be running on the weekend. It also meant that the first hostel in Truro would already be closed for the season, and I would have to pedal to Eastham for my first night, and that Saturday night would be the last night they would be open for the summer.

**Provincetown to Eastham**—The ferry to Provincetown is just for passengers and bikes, costs \$25, and often sells out so reservations are recommended. We left the dock at 10:00 and arrived in Provincetown at 11:30 in time for a quick hot dog and a tour around town. My ACA trip ended in Provincetown, but this time I wanted to climb the Pilgrim Monument to take some panoramic pictures before I started my afternoon bike ride.

Touring affords you the opportunity to stop, eat ice cream, talk with people or take pictures. I do not rush my day,

### The Hostel Philosophy



and I plan that it will be an hour for every ten miles I have to travel. The ride to Eastham was 34 miles and half of that was on the Cape Cod Rail Trail.

The Eastham hostel is located on a large wooded lot about a mile outside of Eastham. The house has been converted into the manager's quarters, the showers, kitchen, dining and the lounge. The guests stay in one of seven cabins that surround the building. My cabin was furnished with four bunk beds that I shared it with only one person.



**Eastham to Hyannis**—The Cape Cod Rail Trail continues towards Hyannis, but my route was going to take me through Chatham on Route 28 where I would take another trail that would reconnect with the Rail Trail. Since it was Sunday morning, traffic was light, and I had a pleasurable ride into Chatham where I had lunch at a coffee shop.

The Cape Cod Rail Trail does not run through Hyannis so I had to navigate for several miles into town. During the trip I used both a Rubel Bike map and Google maps for bikes to confirm my route.

The Hyannis hostel is in two houses overlooking the harbor and a very convenient location except that nearby grocery shopping is limited to a small convenience store. There are a number of casual dining places within walking distance. The main house houses the manager's residence, lounge, dining, and dorms. The second house has private double rooms to rent.

**Nantucket**—It is a long way to Nantucket by ferry and you can go slow or fast. Fast is taking the one hour private hi-speed ferry for passengers and bikes only and costs \$45 each way. The slow ferry is the car ferry and costs only \$25.50 with a bike, but it takes 2.25 hours. I took the noon slow ferry. Bicycles are loaded last and parked along the walls behind the cars. All my valuables were packed in a small backpack in my right pannier. Whenever I left my bike, I took my backpack with me. At the hostel a locker provided for your valuables, and you bring your own lock.

Since it costs \$200 to take a car on the ferry each way plus the \$18.50 per passenger fee, there were a lot of passengers on the ferry. It was chaotic when we docked with all the people looking for hotel shuttles and other rides when I rolled off the ferry.

The hostel is about 2.5 miles from downtown much of which is on bike path. Hostels have set hours for check in and for the

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(Hosteling continued from previous page)

Nantucket hostel it was 4:00 PM and I wanted to get there as early as possible for the best choice of beds in the bunk-house. Since I did not intend to ride back to town for dinner, I headed for the Stop and Shop to get groceries for the night.



**The Nantucket Hostel**

The hostel is located in a restored lifesaving station just across the street from the Atlantic Ocean. The main building houses the dining, lounge and women's bunk room. Men stay in the second floor of a building in the back. There were 12 men in the huge 19 bunk room, but it was quiet I had no problem sleeping.

I only allowed myself one full day and I spent that touring the Nantucket Whaling Museum and other sites around town. I ate lunch in town, but I headed back to the hostel late in the day with my dinner.

I realized the next morning island fever had set in when I looked at my watch and realized it was 10:30 and time for me to check out. I had been talking with others in the lounge all morning, and the breeze off the ocean was so pleasant. Checking out means to unmake your bed and put your sheets and towels in the appropriate hamper for laundering.

So I decided not to make a loop of the east side of the island before departing. I just went back to town for lunch and sight-seeing. I needed another day at least to see the rest of the island by bike.

**Martha's Vineyard**—I booked the only daily hi-speed passenger ferry from Nantucket to Martha's Vineyard, and the 70 minute ferry ride put me in Oak's Bluff at 4:00. In September days are short and the Vineyard is much bigger than Nantucket. My route took me through Edgartown where I picked up groceries for dinner and the bike ride to the hostel was an hour putting me there at right at dark.

I was not worried about bed selection because I had reserved a private room for two for \$80. I thought after several nights in bunkrooms I might like some private time. I also know that the ACA Cape Cod Pilgrimage tour group would be staying there that night and that would mean the men's bunkrooms would likely be crowded.

The Vineyard has excellent bike paths around much of the island but not down to Gay Head Light. The bus service has regular pickups every hour in front of the hostel and for \$7 you can purchase an all-day pass. I took an early bus to the lighthouse which had been moved since I was there in 2014. I had one hour until the bus would come back to pick me up.

After the lighthouse, I went back to the hostel, picked up my bike and rode a mile to West Tisbury to get lunch and catch a bus to Edgartown. Buses have bike racks and I decided turn my one hour bike ride into 20 minutes on the bus. Some of the movie Jaws was filmed in Edgartown including the

"Chappy" ferry which I took over to Chappaquiddick Island. I was not able to complete a loop around the island as I ran out of pavement.

**Back to Plymouth**—Friday was to be a 50 mile day that started with an eight mile ride to the ferry to Woods Hole in the dark. The bike paths are nice, wide and paved, but they are tree covered paths and very dark so I took to the road for most of the trip.

The ferry to Woods Hole was only \$12.50 for the hour and 15 minute ride, but a vehicle costs \$65 each way. If you live on the island, it is expensive to make a day trip to Cape Cod. My table mate on the ferry was riding his bike to the dentist in Falmouth to save the \$130.

From Woods Hole to Sagamore you have the luxury of the Shining Sea Bike Path for the first ten miles and then you pick of the lesser traveled route 28A up to Bourne and the Cape Cod Canal Bikeway for a pleasant 10 mile ride to the Sagamore Bridge which has a pedestrian and bike path.



**The Shining Sea Bike Path**

By the time I arrived at the Sagamore Park and Ride lot it was after noon and 85 degrees, which was ten degrees hotter than the forecasted high when I began my trip a week earlier. That left me with 13 hot miles to Plymouth on a hilly and busy road.

I noticed the Brockton and Plymouth Street Railway Company bus was loading passengers, and I asked the driver if they took bikes. He said that he could not, but there would be room on the next bus in about 15 minutes. So I made a decision to expand my adventure experience by using the bus to get back to Plymouth for \$11. I was able to purchase a ticket with my cellphone.

It was a great trip—This trip was important to me because it was the first solo adventure on my own. I have gone solo on many organized tours, but this trip was just me for a week. I only rode about 150 miles, but I used five ferries, four hostels, and two bus systems. I met many people, took my time and enjoyed every minute. It is a long drive to Plymouth, but the trip was economical because the hostels were only \$40 a night, and I chose to fix most of my own dinners. The hostels were pleasant, clean and friendly. They provided bedding and towels so I could travel with a minimal amount of stuff. Most important was that they were very convenient to where I wanted to be.

My Rubel Cape Cod bike map is available at [www.longitudemaps.com](http://www.longitudemaps.com) and hostel information is available at [www.hihostels.com](http://www.hihostels.com). I also picked up more detailed town maps on the ferry and various places each day. Still I made a few wrong turns, but that too was just part of the adventure.



**PBA's 36th Annual 25 to 100 Mile Ride  
The Surry Century – Saturday, September 8, 2018**

**The Ride**

- Starting from the Surry Athletic Field behind the Surry County Offices at 45 School St. Surry VA.
- Experience the heart of Southeastern Virginia by bike - rural towns, farmland, historic plantations, and very few cars.
- Rides of 25, 50, 75 and 100 miles consist of 3 loops of 25, 25 & 50 miles. You decide how far you want to ride. Roads are flat to slightly rolling.
- During your visit consider visiting local attractions Chippokes Plantation State Park and historic Bacon's Castle and the Hampton Roads Winery in Elberon. Then take the Jamestown Scotland Ferry to visit the Williamsburg Winery.



**The Schedule**

- 6:00 to 7:00 am: On Site registration and check in for the century riders
- 7:00am: Century riders depart in a mass start.
- 7:30am: 75 mile riders depart in a mass start.
- 8:00am: 50 mile riders depart in a mass start.
- 8:30am: 25 mile riders depart in a mass start.
- 9:00am All riders must be underway at this time.
- 11:00 am-2:00 pm: Lunch is served at the Ball Park.
- 4:30 pm: Course closes.

**The Cost - PBA Members \$45/all others \$55**

- Fee includes maps, cue sheets, marked routes, rest stops, and SAG support.
- The rest stops are full of home baked goodies, fruit and healthy snacks. We even provide vegan and gluten free options.
- A delicious lunch will be served at the Ball Park from 11:00am - 2:00pm.
- A portion of the registration fee will be donated to the Surry Athletic Association, the Surry Rescue Squad, the Friends of Chippokes as well as other local cycling charities.
- **Online registration will end Friday, September 6th at 10:00pm**
- **Same day registration will be available for an additional \$10 per person**

**The routes are online:**

[Loop 1, Spring Grove Loop, 50 miles](#)

[Loop 2, Chippokes Loop, 25 miles](#)

[Loop 3, Elberon Loop, 25 miles](#)

To register go to:

<http://pbabicycling.org/event-2926225>

**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.

- **Bike MS Colonial Crossroads, June 2 - 3, 2018:** Fundraising ride for MS research. Minimum fundraising \$300. Start/finish in Richmond, Williamsburg, and Smithfield. More info [here](#)
- **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](#).
- **Tour de Valley, Sep 1, 2018:** Century and metric century tour of Shenandoah Valley. Info [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

- ◆ **Get your PBA decals & car magnets...** See any Board member for a decal. Jamie Clark has magnets available on rides and at membership meetings
- ◆ **To celebrate National Bike Month and to help encourage new cyclists, PBA made a \$500 donation to the Fort Monroe YMCA** for their Cycling to Summer campaign which had a goal of \$3,000. The donation will help fund their summer program that teaches young kids about the rules of the road and how to ride a bike safely. Monies are used for bikes and helmets used by the kids.



Tom Carmine, PBA Treasurer, presents Mary Katherine Dlugos, Membership & Marketing Coordinator for the Fort Monroe Family YMCA with a \$500 donation.

### ◆ PBA HISTORIC HAMPTON ROADS JERSEY EXCHANGE

The "Historic Hampton Roads" jerseys arrived last month and all have been delivered. Since we placed the order in January a lot of members have asked if had ordered extras for future sales, which we did not. A few members have also mentioned to me that their jersey is either to large or small and are willing to sell or exchange. As the next order will not be until January 2019, if you in the market to buy, sell or trade please add a comment to Robb Myer's recent Facebook post. All transactions are solely between individuals. For reference the cost of the short sleeve jersey was \$50 and \$55 for the long sleeve jersey (shipping was extra).



Do you want to truly be an adventure cyclist? Try this bike zipline in the Philippines.

<https://www.bisayatraveler.com/2016/10/11/the-breathtaking-bike-zipline-at-the-chocolate-hills-adventure-park/>

**United Nations declares June 3rd as the first World Bicycle Day.** The resolution states, "The bicycle can serve as a tool for development and as a means not just of transportation but also of access to education and healthcare."

- ◆ **PBA member, Rona Altschuler,** is taking on an epic journey as she bikes from Chicago, IL to Santa Monica, CA with Woman Tours to help end Alzheimer's. She rides in memory of those we have lost to Alzheimer's Disease and



in honor of those living with Alzheimer's Disease. Rona began biking on April 29 and will end the 2,451 trip on June 16 hoping to raise at least \$5,000 to help fight this disease. Check out Rona's blog and photos at <https://ronasride.wordpress.com/> on which there is a direct link to donate to Rona's fundraising effort. She can also be heard occasionally on Tony Macrini's AM 790 morning radio show with updates about her ride.

alzheimer's  
association

Thank you Rona for cycling to raise awareness and funds to fight this terrible disease that affects so many.

- ◆ **Women's Ride (Last Wed/Month)**  
Wednesday, June 27 at 5:40 PM - 8 PM



Village Bicycles, 9913 Warwick Blvd. 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 special goodie bags, beverages and snacks. Helmets are required.

**PBA  
LET'S  
BIKE**

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

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

**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 \$15, Family \$20 per year**

**Mail to: Peninsula Bicycling Association, P.O. Box 12115, Newport News VA 23612-2115**