

Chainstay

The Peninsula Bicycling Association



March-April-May 2019

Volume 49, Issue 1

Upcoming Events

Board of Director's Meeting
Monday, March 4. Hyashi (private room). 6:00 PM. 11829 Merchants Walk, Newport News

General Membership Meeting—
Monday, March 11 at Village Bicycles. Social and pizza time from 6:00 - 6:30 PM. Dr. Bill Peach will speak about exercise and aging at 7:00 PM. Bring a folding chair.

Pedal for the Pig—May 25.
Windsor Castle Park, Smithfield, VA

Surry Century—September 14.



We have entered a new year and many of you, like myself, are excited to get the bicycling season going! The winter months are tough due to the shortness of days, bad weather, and cold temperatures, all making it much harder to want to go out on our bicycles.

Some choose to brave the elements and find those pockets of 'nice' (relatively speaking) days where we can squeeze in a ride. As long as you are prepared with the right equipment, riding in the winter isn't too bad. Having been brought up in the north, I have collected a fair amount of winter gear and also continue to add to it so that I can go out in the not-so-optimal temperatures. We all have our lowest limit of temperature and conditions that will ultimately dictate whether we venture outside or not.

Another option is jumping on a trainer or head to a local fitness place and join a spin class. 'Smart' trainers are great at giving you a workout as well as not easily finding an excuse to not use them, but 'dumb' trainers need a little more motivation sometimes to ride, I have found in owning one. Typically I'll don my headphones, select one of my playlists, turn the TV to some sporting event with the volume down, and crank away! Spin classes are beneficial in that you get a good workout due to the variety of positions and tempos a good instructor will put you through, and you're with others, some you may know, some you don't, who are looking to get some exercise.

Then there are those of us who enjoy the 'off-season,' don't care to ride in the winter, and not even look at a bicycle until the warmer weather hits us. This is also a very good time to take our precious steeds to a local bike store (LBS) and get a good tune-up for the coming season. Be forewarned, those LBSs will get pretty busy around this time of year, so plan accordingly with your riding schedule or have a backup bike like I do.

So, as the weather does improve and we get back into Daylight Savings Time (spring forward on March 10), there's a lot to look forward to in the coming season. All our club standing rides should be rolling out by mid-March, and there are several non-standard rides as well as organized bicycling events that will also be starting up in the coming months. We will soon be updating our club webpage with the latest information regarding all of these rides. Our Facebook page is also a great source of information when it comes to advertised rides or events related to cycling. Our annual Ride Leaders meeting was held on February 26th to discuss various types of rides and events that the club can provide to our members.

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(President's Corner continued from previous page)

Our membership meetings will continue to be held monthly at different locations around the Peninsula as well as having guest speakers invited to entertain us with their expertise. If anyone has an idea for a location to hold the meeting or a suggestion/recommendation for a guest speaker, please contact one of the Board members so we can work on making it happen. We also welcome any club member who has an interest, a passion, or a topic they want to speak about be center stage at a future membership meeting.

Our Board of Directors is redefined, working to move the club's ideals forward, and willing to listen to our members' needs and ideas. With the latest approved expansion of voting members, we still have a couple of vacancies for Directors. If any club member has a desire or interest in becoming more integral with and having a say in how the club moves forward, PLEASE contact me or any other Board member in person or via email as well as come by any Board meeting on the first Monday of every month—the place and time is typically posted on the club webpage.

Lastly, I won't go into too much detail of planned events other than to highlight several in the coming months—our Pedal for the Pig (May 25th) and Surry Century (Sept. 14th) rides have open registrations, the start of club standing & non-standard rides in mid-March, May is Bike Month with several bicycling activities being planned, Riders Cup – a joint ride with WAB for mileage accumulation award hopefully on April 20th, and non-PBA rides such as Tarwheel Century, Tour de Cure, Powhatan Historic Bike Tour, Cap2Cap Century, and Tour de Chesapeake, just to name a few in the coming months. WAB bicycling club has a full load of standard rides on the weekdays and weekends on their webpage, if you're looking to venture up the Peninsula, as well as the Williamsburg Winery Ride on Sundays. I am planning to ride the Lancaster County Covered Bridges Ride on August 18th this year and if anyone is interested, or wanting to go, contact me for details on a weekend trip to Pennsylvania.

Ride on,
Jamie Clark

PBA Board Members and Directors

President	Jamie Clark
Vice President	Open
Treasurer	Tom Carmine
Secretary	John Sprock
Advocacy Director	Tom Howard
Safety & Training Director	Tregg Hartley
Marketing Director	Beverly McLean
Communications Director	Todd Goodhead
Newsletter Director	Melanie Payne
Rides Director	Jen Faas
Programs Director	Open
Membership Director	Open

Additional Positions

Events Coordinator	Sharon Bochman
Volunteer Coordinator	vacant/open
SAG Coordinator	John Sprock
Awards/Statistics Coordinator	Robb Myer
Webmaster	John Bright, john_s_bright@yahoo.com

PBA Website: www.pbabicycling.org/



Join the Peninsula Bicycling Association 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. See the webpage for location and contact Jamie Clark 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 as required for announcements and items of member interest. Send all Chainstay submissions to Melanie Payne, PBAmel@aol.com. Send all other club business to the P.O. box listed on the last page (*bottom of membership application*). Chainstay is produced using Microsoft Publisher 2016. PBA's website is hosted by Wild Apricot.



From the Editor

I wish I were out riding right now, but the rain keeps coming, so I'm doing my second favorite cycling related activity—editing the *Chainstay*. I'd like to include a *Member Musings* column each issue and thank Stephen Wood for his thoughts and experiences for this issue.

Let me know how or why you first got into cycling and/or how it has affected your life. Thank you to all the members who submitted articles, photos and ideas. Keep them coming! The next quarterly issue will be published on June 1, 2019. Happy Spring riding!

Melanie Payne (pbamel@aol.com)

Welcome to All New PBA Members



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

A Peninsula Bicycling Association membership is automatically included with your Pedal for the Pig registration. PBA is a bicycling and social club for people of all ages. Club cycling is the best way to get into riding on a regular basis, meet other cyclists, learn about equipment, riding techniques, and the best places to ride on and off the Peninsula. Membership also includes a 10% discount on selected items at most local bike shops. Come ride with us!

2019 PBA Bike Journal Update

As of **February 27, 2019**, despite the cruddy weather, **39 PBA** members have already recorded **12,532** miles. Logging your miles on bikejournal.com is an excellent way of tracking your miles. Kudos to our top ten riders (in alpha order as of February 27):

Kevin Butler-Au
Bob Carter
Linda Carter
Jamie Clark
William Dessoffy

Todd Goodhead
Patrick Johnston
Robb Myer
Bob Ornelaz
Victor Sorensen



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 have 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/Statistics Coordinator.

Here are some examples of ride lengths:

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

Congratulations to **Bob Carter, Linda Carter, Frank Dixon and Robb Myer** for completing this challenge in 2018.

50/50 CHALLENGE

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

And the Birthday Club Continues for 2019

Congratulations

Vic Sorenson

For being the first in the 2019 Birthday Club



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) with your birthday, age, date and miles ridden so you get your name on the list to 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 **Jen Faas**. Jen has been a PBA member for three years and is an integral part of our cycling community.

Jen has stepped up to be the PBA Ride Director, Let's give Jen all our support as she keeps track of and helps organize the rides.

How long have you been a PBA member?

I joined the PBA three years ago, shortly after moving from Richmond to Hampton Roads. Leaving all of my RABA friends and riding buddies was the hardest part of the move for me, so I was grateful to find this club and meet some new cycling peeps.

Tell us a little about yourself. Where were you born and raised, education, family, job, etc.

I was born and raised in Upper Marlboro, MD, a smallish town not far from D.C. My three siblings and I were homeschooled from 1st grade all the way through high school, so if you've ever caught me being weird or awkward, that's probably why. I played around with a bunch of different things in college (culinary school, nursing, etc.) for a few years before settling on a degree as an x-ray tech. After working in that field for several years at Patient First urgent care clinics, I decided I wanted to do a little more, and eventually ended up at VCU in Richmond for my B.S. degree in Radiation Therapy. I moved to Hampton in late 2015 when I took a job at the Hampton University Proton Therapy Institute, doing cool science stuff with high-tech machines and awesome cancer patients.

When did you first get interested in cycling as a sport?

I bought my first road bike about six years ago after a slow recovery from a bad car accident made running difficult, but really fell in love with the sport when I joined RABA, the Richmond Area Bicycling Club, about a year later and started doing group rides. Aside from the benefits of safety and camaraderie, cycling with stronger riders in unfamiliar areas offered more motivation than solo rides ever could (getting dropped is embarrassing and really not much fun when you don't know where you are).

What advice would you have for new cyclists?

One thing that I did, and would highly recommend, is that you advertise the fact that you're new to group riding and welcome any advice or criticism your fellow riders have for you. People are much more likely to offer useful tips if they know they're helping rather than offending you, and you will become a much better rider very quickly. Also, be sure to introduce yourself to a few people before each ride (partly to make some new friends, but also so somebody notices if you go missing), and try not to get discouraged if everyone seems faster than you. You will get there.

What are the three things you never leave home without for a ride?

Aside from the basics (bike, helmet, shoes, gloves), I always have plenty of water for ON the bike as well as a nice cold bottle waiting for me at the end of the ride, charged lights, and sunglasses, even if it's cloudy or after dark. They help to keep dust out of your eyes, but I also wear contacts and even just the wind can suck those right off your eyeballs without some lenses to block it.

What is your next favorite activity or hobby after cycling?

Umm....sleeping? I do play the piano, dabble in some art, and enjoy cooking, but also have three very demanding pet birds that may be needier than some small children ;-)

It can be difficult to get out and ride some days. What keeps you riding?

I try to remind myself of how much better I feel when I get out to ride, and how much I enjoy seeing my cycling friends. I have never regretted dragging myself to a ride I didn't feel like doing, but I HAVE often regretted skipping a ride.

Do you have a dream cycle route or trip you'd like to complete?

I've never really thought much about that. Maybe it's time to start making a list.

Who are two famous people you'd love to ride with (living or not) and why?

I've never really been into following celebrities, but I think Robin Williams would be a fun person to ride with. Aside from getting an opportunity to see his unique bike collection, I imagine that ride would be very entertaining. Other than that, I think I would rather ride with the familiar faces of good friends that I have made over many miles traveled together on two wheels.



PBA HAPPY HOUR AND AWARDS DINNER

January 16, 2019 at the County Grill

Over fifty members enjoyed the festivities at this annual event as **Tregg Hartley** handed over the gavel, that was made by **Don Hubbard** many years ago, to **Jamie Clark**, our new PBA President. Everyone had a great time meeting and greeting both

Congratulations to everyone who rode over 1000 miles and were lucky enough to win a prize in the many drawings, and to the following members who persevered and completed some of the other PBA challenges:

old and new friends, having a great meal, feeling the cycling camaraderie and enjoying the fun and surprise of the awards and bike shop gift cards and other cycling items, and the drawings.



And the awards went to...

- ◆ Bounce Back Award – **Robert Drees**
- ◆ Best New Ride – Community - **Monday Night Poquoson (Tom Bauer, Robb Myer)**
- ◆ Best New Ride – Weekend - **Grafton-Bethel Elementary 50 Mile (Rebecca Wheeler, John Bright, Kevin Butler-Au)**
- ◆ Most Improved Rider – **Rodney Abare**
- ◆ Volunteer of the Year – **Scott Farrell**
- ◆ Never Say Never - **Katie Mallory (for completing her first century under an adverse situation)**
- ◆ Best Supporting Actor – **Ken Mallory for being the best husband ever for supporting Katie**
- ◆ Best New Ride Leader – **Michael Noehl**
- ◆ Step Up Award Ride Leader – **Justin Wilbur**

- ◆ Born to Ride Challenge – **Bob Carter, Linda Carter, Frank Dixon, Robb Myer**
- ◆ Completed First Century Ride in 2018 – **Richard Costello, Robert Drees, Helene Drees, Katie Mallory, Michael Noehl, Stephen Wood, Raul Zevallos**
- ◆ 50/50 Challenge (50 miles or more at Pedal for the Pig and the Surry Century) – **Michael Boston, Helene Drees, Katie Mallory, Beverly McLean**

Congratulations to **Kevin Butler-Au** and **Nancy Butler** for winning the free Pedal for the Pig registrations.



Art Wolfson & the Farrells

It was also great to see the one of our founders, **Eleanor Hubbard**, and long-time members, **Ron Hafer**, in attendance.



Patrick Johnston— Our high mileage guy



(Awards Dinner continued from previous page)

It was also time for bittersweet goodbyes to **Katie and Ken Mallory** as they pursue new and exciting endeavors in Blacksburg, VA. We will miss them, but Katie assured us she will occasionally visit us here in Hampton Roads.



CONGRATULATIONS TO THE WAB, 2018 WINNERS OF THE RIDER'S CUP

An update on the 2018 Rider's Challenge Cup with the Williamsburg Area Bicyclists was given. 2018 was a great year for members of both the Peninsula Bicycling Association and Williamsburg Area Bicyclists. The top thirty members of the two clubs rode over 215k outdoor miles for the year with the WAB riding 5k more miles than the PBA. Log your miles in 2019!



WOMENS RIDE—March 9



Ladies, come ride with us! Naturally, we think the best way to celebrate International Women's Day is with a bike ride. With 5, 12, and 20 mile route options, there will be something to suit the needs of everyone. Please see route descriptions via the registration link below.

Sponsored by Glazed Doughnuts, and in partnership with Village Bicycles and the City of Hampton, you can grab a doughnut with your favorite lady dates after the ride (and maybe win a prize pack too)!

It is necessary to provide your own bicycle, and we recommend a helmet. Per Hampton City Code, those age 14 and under are required to wear a helmet.

Registration: Snag your (free) ticket/registration via the link below. Day of check-in will begin at 8.30am & rides will begin at 9.00am. Pre-registration is not required, but is appreciated as it helps us plan for the event.

<https://www.eventbrite.com/e/womens-ride-2019-tickets-56155870721> Free parking is available in City-owned parking lots accessible from Wine St.

Become a PBA Cycling Mentor

By Jamie Clark



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 sibertigr4@aol.com at 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 #)



In The Beginning....PBA History and Recollections from Eleanor Hubbard

(Editor's Note: Eleanor Hubbard and her late husband, Don, were founding members of our Club that has been in existence for over 40 years.

She has lots of interesting stories and information about the history of the club and the people who provided the foundation for what the PBA has become today. Thank you PBA originators!)

The first meeting of the PBA was in 1976 and was held at the Grissom Library in Newport News. Jack Sneethen was the first President and the program presented was about a cross country bike ride by Robert "Bos" Boswinkle. He rode from Oregon to Virginia and showed slides of his trip.

Our first bike ride was an invitation by Rod Martin, who worked with Don, for a breakfast ride from the Newport News City Park Campground to Yorktown. We rode from our house near Deer Park up Jefferson Avenue to the park, and when we finished the ride back at the park, the Sagassers had their camper and cooked breakfast for the riders.

Most club rides were around Hampton, Fox Hill, Buckroe, Yorktown, Williamsburg and Newport News. Not much traffic at that time.

The Colonial Challenge was the first big ride sponsored by the club. Ed Long started this ride from the Jamestown parking lot. It was a 200-mile ride and had to be finished in 24 hours. After about three years members wanted to ride a 100-mile ride. A couple years later riders wanted 25- and 50-mile options.

Then we started from the Jamestown Beach Campground and offered 25, 50, 100 mile rides. Camping was included and a dinner on Saturday night was catered by Vancostas of Newport News. I would pick up dinner and served it on the tail gate of a few trucks. Someone from one of the bike shops gave talks on bike repairs. A number of years later we moved the ride start to Waller Mill Park. But we had problems with parking and moved the ride to Upper County Park and called it the Weenie Ride for 20 some years until it was moved to Smithfield.



Don Hubbard

Don and I led the moonlight rides from Williamsburg to Jamestown and back for many years. There are a lot of stories that can be told.

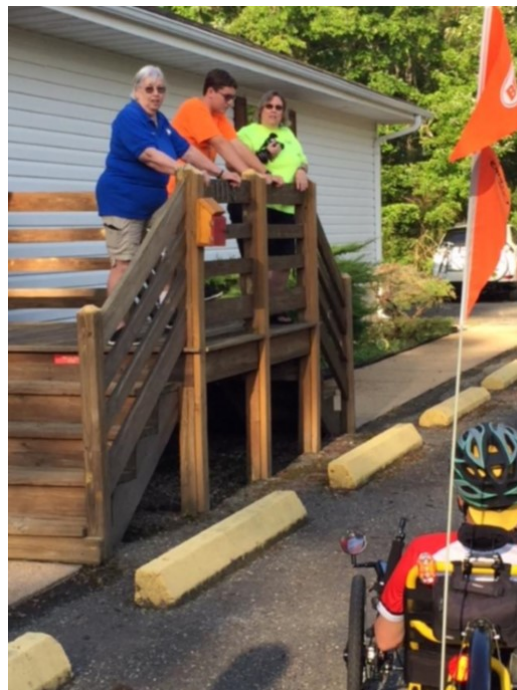
We also held the January 1st ride in the snow a couple times. And we celebrated with chocolate cake afterwards.

Don and I started the ice cream rides in the early 1980's. We met at Newport Square and rode around the neighborhood and then to our house. We had a

bike parking lot in front of the garage. We had canopies behind the garage. One had a sign that said "crank shop". We had four ice cream freezers and each person was asked to take a turn cranking. My mother was in the kitchen making the custard for the ice cream. We had another place set up with a sign that said "fixings" - Chocolate syrup, fruits of all kinds and cakes.

One year President Bill Nuckles conducted the meeting from the pool. After five years, the attendance was so high, we moved the ride to Newport News City Park. That didn't work out, so we moved it to Stuart and Trisha Fielding's home and made the ice cream in the freezers again. Attendance was high again so we moved the event to Huntington Park. Don and I stopped riding and I don't remember who took over the event.

After Don's passing in 2015, my daughter and grandson Edie and Jessie and I decided a Don Hubbard Memorial Ice Cream ride was in order.



Eleanor, Edie and Jessie sending off the riders for the Don Hubbard Memorial Ice Cream Ride

We start from Messick Baptist Church in Poquoson and for three years we have enjoyed the gathering. Don sure loved his ice cream. These last 3 years we have averaged 40 bikers. Hope to see you all this August for another cool ride.

Another ride we enjoyed was the New Year's Day ride. The ride started at Deer Park about noon and rode to the Mariners Museum, around to Cedar Road, to Harpersville and back to the park. One year it snowed and by the time we got back to the cars it was a foot deep.

(continued on next page)

(In the Beginning...continued from previous page)

Most years we came back to our house and had cornbread and black-eyed peas and warmed up. We later moved the ride to Huntington Park and had cake and warm apple drink from the back of the truck.

There were other rides, such as the Williamsburg to Jamestown moon night rides. There are a lot of tales to tell about those rides. Maybe another time.

Eleanor shared these vintage PBA jerseys at a board meeting a few years ago. The blue jersey below is circa 1977 and the yellow jersey is from the mid-1980's. Although they were made out of a cotton tee shirt material and very different from what we call jerseys today, they were wonderful reminders of the long and proud history of PBA.



The reward for exercise is better health, but that reward is not manifested immediately.

In my younger days I bicycled a lot. The bike was my transportation and recreation throughout primary school, high school and college. My trusty vintage 3-speed took me everywhere including several rides on the Five Borough Bike Tour. I eventually upgraded to a 10-speed (2x5-the cool thing at the time), but as my family grew, the bike sat idle in the garage, even as the kids started biking.

Despite my lack of biking or other exercise, I was fortunate that I remained in good health. But over the years my weight did drift up. A few years ago, a switch flipped and I decided to do something about my weight. I was fortunate that some small lifestyle changes (counting calories and walking every day) were sufficient to reverse the weight gain. But walking is a time consuming way to burn calories and was boring after I explored every neighborhood within a few miles of my house.

During this time of starting to pay attention to my weight, I discovered that I still had a bicycle in the garage. I started to use the bike for light riding and to play a geolocation based augmented reality cell phone game. I quickly remembered all the fun I had bicycling in my youth and started to take riding a bit more seriously. But I swore to friends that I would never get into wearing bike clothing or using special bike shoes with cleats. (I did not even realize then that cleats were used.)

My journey to more serious riding was definitely helped by the PBA. My first ride leaders, **John Bright** and **Linda Carter**, taught me about safe riding and the joy of riding with groups. The variety of regular rides and major events means that there is always a ride that will push me to ride faster and farther, yet still be within my reach.

I love the mobility of biking. I can travel meaningful distances in a short time. From central Newport News I can be at Huntington Park, Newport News Park, or the Yorktown waterfront in an hour. The distance traveled is the reward that I don't find in other forms of exercise.

I definitely recommend biking for the couch potato who wants to get healthier. Biking never feels like work and the reward is immediate.



Member Musings...

From Sofa Spud to Content Cyclist

By Stephen Wood

Many people I have met through bicycling started riding because they could no longer engage in their favorite exercise, such as running, and needed a lower impact sport.

That is not my story, I'll admit that I am a couch potato. Running, working out at the gym, etc. I find to be unpleasant, are hard work, and they make you sweat.

Why Do I Have To Sign Those Waiver Forms?

By Tom Carmine

If you have ever ridden on one of our group rides, then you have no doubt signed in on the Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement form. If not, you should have.

This form is required by our insurance carrier to ensure that you represent that you are in good health for this ride and that you understand that you will be riding on public roads which includes certain known and unknown hazards. Furthermore, you are agreeing that you accept those and other risks, and you release the Club and other parties from any liabilities arising from assuming those risks.

The form is also the starting point to be sure that you have insurance coverage on our organized rides. One of the Club benefits is group ride insurance. Each registered rider is covered for up to \$10,000 for medical expenses arising from an accident. Our insurance piggybacks on your own coverage and has a \$500 deductible, but in today's healthcare world where many of us have \$6,000 deductibles, this could be a valuable benefit because whatever deductible you pay to your insurance company counts against the \$500 Club deductible. So a \$2,000 out of pocket claim with your healthcare plan would be eligible for a \$1,500 Club insurance reimbursement. There's also a \$5,000 Accidental Death and Dismemberment Benefit. This coverage costs the Club about \$5 per year per member.

If you have an accident on our ride be sure that the Ride Leader completes an Incident Report Form which has to be sent as soon as possible to our insurance carrier. The Report should be completed even if an injury initially seems minor but, for example, later became serious because of an infection.

That report allows you to claim benefits under our coverage, and we do have claims. Last year we had two claims in April. Once a claim is submitted, the carrier contacts me as our insurance contact for verification that the injured party was a current member, the ride was a group ride, and that the party was on that ride as evidenced by the signed Waiver Form.

This insurance coverage is an important and potentially valuable benefit so be sure to sign the Waiver on each ride. The insurance also covers guests on their first Club ride, and the Club has liability insurance should we be sued, for example, for property damage attributed to one of our rides.



PBA RIDE SCHEDULE FOR SPRING AND SUMMER MONTHS

The PBA Seasonal Standing Rides (April—September) will be starting soon.

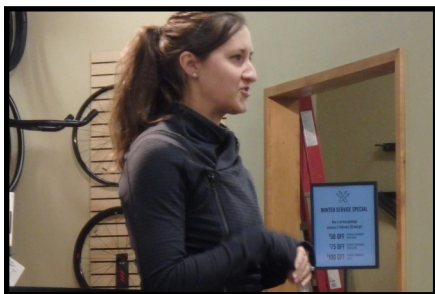
Be sure to check the PBA website at www.pbabicycling.org and the PBA Facebook page at <https://www.facebook.com/groups/pbabicycling/> for ride announcements and other important information.

The PBA website also lists year round bike shop sponsored rides <http://pbabicycling.org/standingrides>.



Drink Up!!

By Tom Carmine



PBA was privileged to have Renee High speak at our February membership meeting held at Trek Cycles in Yorktown on nutrition for cycling. Renee

is an active runner, has a Bachelor of Science Degree in Nursing and a Masters Degree in Exercise Science, both from ODU, and she is a registered dietician.

I cannot do justice to the wisdom she imparted to us in this short article, but let me summarize what I left with is and that was simply drink more than I do. I suspect most of us get up, have light breakfast and then get out and ride. We don't drink a lot in the morning for fear of needing a bathroom on the ride, and we generally get by. Renee tells us we need to drink more before we start.



Borrowing from one of her slides, she recommended that we drink 16 to 20 ounces 1 to 2 hours before we ride with another 8 to 16 ounces 30 minutes before we start. During our ride we should be drinking 4 to 8 ounces every 15 minutes. After the ride we need to bring our body back up to our pre-ride weight. That's a lot of drinking, but our body is really just a bag of fluid that we need to keep topped off.

By those standards my single bottle cage road bike is not going to cut it for a very long ride, and it didn't. I ran out of water on the third 25 mile leg on the Surry Century one year, and it was a scary last five miles in that 90 degree heat. Nowadays, I add a small backpack with a bladder, if water is not readily available.

As for sports drinks, if you are going to ride for more than an hour you should consider adding some carbohydrates and electrolytes to your hydration routine.

Even if you are not sweating, you are burning calories. I have learned that lesson as well. Most of my long rides are day long adventures on a tour, and I have learned I have got to keep the calories going in over the course of the day which for me has to include edible proteins and carbs.



Renee gave us a few sources of additional information especially on nutrition. They are www.acsm.org, www.gssiweb.com, and www.sportsoracle.com. For books she recommended Nancy Clark's *The Cyclist's Food Guide*, and if you are looking for a sports dietician go to www.scandpg.org.

If you want to reach out to Renee, email her at renee@thehealthy-nut.com.

March is here, so let's all drink to a good ride.

TREK
BICYCLES



1957 **CONTE'S**
BIKE SHOP

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

- ◆ The Annual New Year's Day Ride had a great turnout!



- ◆ Performance Bicycle, one of the largest bike retailers in the country, is expected to close all of its locations in March. When Performance's parent company, Philadelphia-based Advanced Sport Enterprises (ASE), filed for Chapter 11 bankruptcy protection last fall, it was thought that about half of the discount chain's 104 locations might survive under renegotiated leases. (*Bicycling*, February 12, 2019).

- ◆ Join **Team Killer Bees and Team Captain Vincent D'Elia** for the 2019 TOUR DE CURE — Hampton Roads Virginia on April 27, 2019 to help fight diabetes.



To join or support the team go to:

http://main.diabetes.org/site/TR?team_id=746175&fr_id=12625&pg=team

- ◆ **IMPORTANT CYCLING SAFETY INFO**—A member recently asked a question about a friend reporting he had seen cyclists riding four abreast near the reservoir on Big Bethel Road. We asked our Safety & Training Director, Tregg Hartley, if this is ever a legal move by cyclists.



Here is Tregg's reply:

Riding more than two abreast is not legal. However, that stretch of road is very narrow. Cyclists are allowed to take the lane on any lane less than 14 feet wide.

In addition, the road makes an S-curve that creates a pair of blind corners. When I am on that road, I will ride at least 3 feet away from the edge of the road. I do this to discourage people from trying to pass me and remain in my lane. On a road that is narrow, drivers must change lanes to pass. Riding out into the lane discourages the lane change. As I approach the bridge, S-curve, I will ride even further out into the lane to discourage passing in the blind curve.

These riders were riding in a way that keeps them safe from drivers who are trying to squeeze by.

- ◆ **Remembering Brian Utne** - If you would like to donate to the Virginia Capital Trail Foundation in memory of Brian Utne, mention in the "Additional Information or Notes" section that it is in memory of Brian Utne. Donate [here](#).

- ◆ Get ready for another Cap Trail Cleanup! Mark your calendars for **March 16, 2019** to grab the trash bags and litter pickers and tackling the trash on the Trail. Are you interested in volunteering? Sign up using this link: <https://docs.google.com/forms/d/e/1FAIpQLSeflVMJaSq67Xw4-mddgKKDtMlopIFPh2GIBbooL8QYURdTQ/viewform>

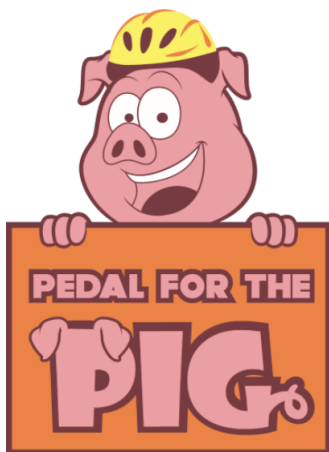
- ◆ **Get your PBA decals & car magnets...** See any Board member for a decal. **Jamie Clark** has magnets available on rides and at membership meetings



6th Annual "Pedal for the Pig"

Saturday, May 25 at 8 AM

Windsor Castle Park, 301 Jericho Road, Smithfield, VA



Plan to kick off the 2019 Summer riding season with Peninsula Bicycling Association! See why we love Smithfield which is the "Pig" Capital in Virginia. Isle of Wight County also has a reputation for having some of the best roads in Southeastern Virginia. There are three routes to choose from: 32-, 50- and 62-miles... your choice!

We kick off the ride with lead vehicles to show you the way and traffic control by the Smithfield Police Department. The routes are marked as well. Once you get out into the County, you will be supported a great team of SAG drivers and rest stop volunteers to keep you fed, nourished and supported along your journey.

All routes go around Lake Burnt Mills and Lake Prince so the scenery is beautiful and wildlife sightings are abundant. When you return to the park, put your bike away then we will have a bike party. Bring a lawn chair and find a shady spot under a tent or a tree. Lunch will once again be catered by Q Daddy's BBQ and Tropical Smoothie Cafe. Sit back, enjoy the music, visit with friends and cheer on the other riders as they arrive.



New for 2019, Custom Jerseys for \$69 Your registration fee covers the cost of the ride, SAG support, lunch, a dry wick t-shirt, maps, cue sheets, GPX files and road markings. This year your registration will also include a one year membership to PBA which will get you discounts at local bike shops and a discount on the Surry Century bike ride in the fall. This jersey is an optional purchase in addition to your entry fee.

Registration is open now! Like Peninsula Bicycling Association on Facebook so you'll be part of the excitement leading up to the Pedal for the Pig. Smithfield is one of the most

unique communities in Hampton Roads, so come out to see for yourself just how nice that it is!

Go to www.pbabicycling.org to register.

27th Annual Surry Century

Saturday, September 14, 2019 7 AM—4:40 PM

45 School St., Surry, VA

*** UPDATE**.** *Early Bird Registration is open to the first 150. This will sell out so get registered!* Go to www.pbabicycling.org to register.



This is a scenic bike tour of beautiful Surry County where the earliest English settlers lived. Ride along the James River through a Roundabout, past historic sights such as Bacon's Castle and Chippokes Plantation State Park.

This is a unique Century. There are three loops giving you the option to ride 25, 50, 75 or 100 miles... your call! The team of SAG drivers and riders shadow along the way to ensure all riders are completely safe and supported. There are multiple rest stops along the way to keep everyone nourished and hydrated.

When you finish, put your bike away and enjoy a delicious catered lunch and a post race ride party.

2018 PBA Holiday Cheer

December 13, 2018 at Hyashi, Newport News



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, **Trek (formerly 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 Trek Bicycle, 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