

Chainstay

The Peninsula Bicycling Association



September-October-November 2020

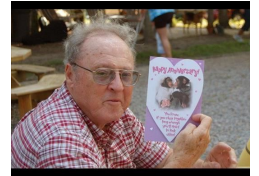
Volume 50, Issue 3



(watch for specific details soon about time, paces, etc. on the PBA Facebook page and webpage)

Don Hubbard Annual Memorial Ice Cream Ride

Saturday Morning, September 12, 2020
Grafton/Bethel Elementary School—410 Lakeside Drive



Longtime members of PBA remember our founding father, Don Hubbard. Don loved ice cream so we felt it fitting to name our annual Ice Cream Ride in his honor. Don enjoyed the Ice Cream Ride from its inception in the 1990's until his passing in 2015. This legacy ride is our opportunity to ask those with legacy and newer PBA jerseys and t-shirts to wear them on the ride and participate in a group photo. There will be an ice cream social after the ride until 2 pm. Save the date!

If you are interested in reading about PBA's history, check out this previous *Chainstay* article written by Eleanor Hubbard at <https://pbabicycling.org/resources/Chainstay/2019/March-April-May%202019.pdf>. Then scroll to page 7.

PBA Group Rides Have Resumed

On June 7, 2020, the Board created a base policy for resuming group rides and to allow individual ride leaders the discretion to be stricter in policies for their ride as they see fit.

The base policy for resuming group rides includes:

- 10 riders per ride leader
- Social distancing should be adhered to before, during and after rides.
- Sign in to be done by ride leader
- It is recommended that riders bring masks and hand sanitizer
- Rides will be publicized in the usual places – Facebook, webpage, etc. Sign up for a ride on the PBA webpage.



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

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PBA Board Members and Directors

President	Jamie Clark
Vice President	Justin Wilbur
Treasurer	Tom Carmine
Secretary	Open
Advocacy Director	Open
Safety/Training Director	Tregg Hartley
Marketing Director	Beverly McLean
Communications Director	Todd Goodhead
Newsletter Director	Melanie Payne
Ride Director	Jen Faas
Program Director	Robb Myer
Membership Director	Richard Armstrong

Additional Positions

Volunteer Coordinator	Open
SAG Coordinator	Open
Awards/Statistics Coor.	Robb Myer
Webmaster	John Bright,

PBA Website:

www.pbabicycling.org/

PBA Board Meeting

The PBA Officers and Executive Committee meet on the first Sunday 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

Join the Peninsula Bicycling Association on

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

The 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.



Good day everyone. I hope you all are staying safe and healthy and still enjoying any and all opportunities to get out on your bikes. There have been dynamic changes to all that is happening with the pandemic, and we as a club are trying to stay on top of it as best as possible. We continue to have our monthly Board meeting, via Zoom these days, but we are trying to stay connected as much as possible.

Speaking of the club's Board of Directors, we have a few vacant spots that *really, really* need to be filled. The Secretary position has become available as well as the Advocacy Director, Events Coordinator and Volunteer Coordinator. If anyone has an interest or knows someone who might be interested in being part of the decision-making process and direction of the club, please contact me or anyone currently on the Board, we would be happy to invite you to the next meeting and see what goes on.

Some current items that the Board has been discussing and determining what direction to go for PBA are:

- **Re-branding of the club's logo**, including a new design for the club's jerseys and shorts. We are working with the cycling sportswear company of Hincapie who has been the supplier of other groups here in the Hampton Roads area. As soon as we have finalized the design, we will have them open up a 'store' for all members to purchase jerseys (short and long sleeve), shorts, and other items as well.
- **The club will be supporting a Fix-It Station to be installed near the Air Power Park in Hampton.** We are getting a quote for the station and the City of Hampton is helping with the installation. We also hope to have a plaque made identifying the PBA as the sponsor of station.
- An idea of the club being responsible for an area as an **Adopt-A-Spot along the Birthplace of America Trail (BoAT)**. The Board is very excited to see what the club can do to be a part of this and hope that many of the members are willing and excited to share in this experience.
- Hopefully many have you seen and are starting to join the multiple group rides that are available for club members. We are still trying to make more available

(continued on next page)

(President's Corner continued)

and improve on the guidelines for everyone to enjoy these rides. The next big one planned/discussed is the **Don Hubbard Memorial Ice Cream Ride that is currently scheduled for Saturday, September 12th** rolling out from the Grafton/Bethel Elementary School on Lakeside Drive. More details will be available on the club's Facebook page and webpage once we have finalized all of the details .

PLEASE stay safe and healthy and prepared. We all want to see everyone back out on their bikes together again in groups enjoying the atmosphere and camaraderie that is the essence of this great club. Ride On!!

Jamie Clark

MEMBER CHALLENGE BIRTHDAY CLUB OPEN SEASON

By Robb Myer

Normally our "Pedal for the Pig" and "Surry Century" events are "catch-up" and "open-season" opportunities for members to qualify for the Birthday Club and complete segments of the "50-50 Club".

Since neither of these events were possible in 2020, we made adjustments. As we did over the Memorial Day Weekend, the Labor Day Weekend" is "open-season" for all members to qualify for the Birthday Club (i.e. Friday, September 4 through Monday, September 7).

And if you rode 50 or more miles during the Memorial Day Weekend challenge you can complete the 50-50 Club Challenge over the Labor Day Weekend as well.

See <https://pbabicycling.org/Member-Challenges> or the Birthday Club. Once you complete a challenge, please email me at threespeed67-pba-ride-leader@yahoo.com.



PBA Club Affiliations



**Adventure
Cycling**
AFFILIATED CLUB





Even though we are still living through this corona-coaster, PBA members are still riding, either in groups following the club guidelines or solo. I hope you enjoy the stories and photos of member activities in this issue.

The next quarterly issue will be published on December 1, 2020.

Melanie Payne— pbamel@aol.com

Welcome to All New PBA Members

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.

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

New Members Since June 1, 2020

**Renee Bevan
Malvin Carroll
Christy Hill
Dwayne Hillard
Kyle Lippiatt
Elizabeth Lunsford
James McGovern
Vanessa Perry
John Phifer**

**Ellen Pridgen
Glenn Pruitt
Nancy Ridsen
Stephen Rodriguez
Erik Rummel
Stuart Shippey
Teresa Simpson
Jody Tinetti**

2020 PBA Bike Journal Update

PBA members have already recorded **104,304** miles (as of August 30). PBA currently in second place of all the Virginia clubs listed. 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 August 30:

**Kevin Butler
Jamie Clark
Helene Drees
Sally Jackson
Wade Jackson**

**Patrick Johnston
David Jones
Richard Maruyama
Robb Myer
Mark Woolery**



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:

- * Ride your birth year 12 times in 2020.
- * Ride no more than two in a single month.
- * If born in 1962 or later, ride 62 miles.
- * Periodically, send birth year, date and miles to Robb Myer, Awards/Statistics Coordinator.

Birthday Club 2020

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>

Congratulations to the current Birthday Club members:

Vanilla—**Sally Jackson, Wade Jackson, Paul Street**
Peaches & Cream—**Jennifer Allen, Helene Drees, Robert Drees, Mark Suiter**
Rocky Road—**Robb Myer**

NATIONAL BIKE MONTH

50/50 CHALLENGE

(Logged two or more rides of at least 50 miles during May 2020)

**Thomas Bauer
Vincent Cordrey
Helene Drees
Robert Drees
Sally Jackson
Wade Jackson
Richard Maruyama
Ken McFarland
Robb Myer
Mark Suiter
Steve Zajac**

Getting to know you...



This issue's spotlight member is **Rob Liles**. Rob has not been a PBA member for very long, but he has stepped up and is now leading some of the popular B pace rides—the Thursday evening Tabb Library ride and the Saturday morning Poquoson to Yorktown ride. Let's learn more about Rob.

Tell us a little about yourself.

I was born in Maryland and grew up as a Navy brat until my father retired in Norfolk in 1967. Tabb became my home town.

I joined the Air Force in 1978, traveled the world and I retired in 2001. I have been working at Langley AFB as a Civil Servant for the last fifteen years.

I just renewed my first year PBA dues in July and over the last year have ridden over 3,000 miles.

When did you first get interested in cycling for sport?

I've been biking on and off since I was in 2nd grade and I delivered the Daily Press and Times Herald (Daily Press evening paper) newspaper by bike from 10-15 years old. I renewed my interest in biking in 2014 when I purchased my electric

mountain bike, which I still ride. But that bike has gathered some dust, since I purchased my first road bike in 2019.

What is your favorite PBA memory and/or ride?

I was introduced to PBA by Linda Carter while self-inviting myself on one of her Saturday morning rides. I've always enjoyed rides with this group on Saturdays. I have enjoyed several rides through my first PBA year, including the Don Hubbard Memorial Ice Cream ride, Jimmy Da Greeks Labor Day ride, Jamie Abston's 1st Sunday Corner Bistro (B group) and Happy Hour rides, Robb Myer's Tabb Library Ride on Thursdays and a few gravel rides with Chris Soova.

Since you are an experienced cyclist, what advice would you give a new cyclist?

Have fun but always maintain your concentration on the road ahead, group riders and cars. I recommend checking out the Global Cycling Network cycling videos on YouTube.

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

I don't have a specific favorite, as I have enjoyed them all, but I enjoy cycling most in the early morning.

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

I like to stay healthy and fit. Cycling does it both without the dread of a gym workout.

Describe your perfect day on a bike.

Few to no cars on the road, early morning start, temps in the low 70s, sunny day with light to no wind.

AND THE WINNERS ARE.....

The last issue of the *Chainstay* asked members to use their imagination and creativity and provide humorous captions for three photos. Many entries were received and it was difficult to choose winners, but here are the results and I hope the captions give you a smile and a laugh. Each winner was awarded a \$15 bike shop gift card. Watch for more contests in the future!

PHOTO 1

Winner—Mike Fore

“Judy! We told you to eat more chicken!!”



PHOTO 2

Winner—Anthony Woodard

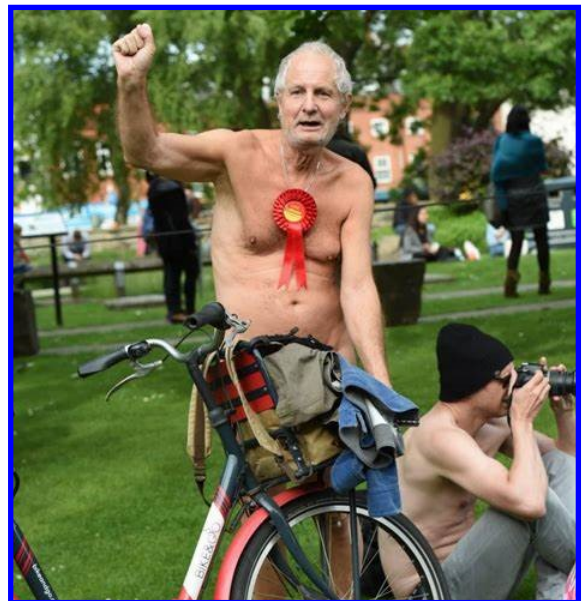
“This was not my idea of riding tandem!”



PHOTO 3

Winner—Mike Henning

“The nudist camp ride was great, but the awards ceremony was painful!”



The Enjoyment of Solo Cycling An Extrovert Cycling in a Self-Imposed Introverted World

By Melanie Payne



I started writing this article months before COVID-19 was even in our vocabulary, but never finished it, and when I recently started working on it again, I realized the theme of the article and my feelings had taken a different turn – thus the above title change.

Months ago the COVID-19 guidelines compelled PBA to cease offering group rides, but solo rides were still an option. Even though some club rides have now resumed, I'm still following the solo guidelines voluntarily since I'm in the older, "vulnerable" group, as well as in a "pandemic pod" with my Washington DC family. Our "pod" has self-formulated guidelines that we all have agreed to follow that allow us to be close to each other without worrying about passing on the infection to each other. Plus, I just think it's the right thing to do for society right now. Group bike rides are a no-no for the pod. But, I certainly do find myself thinking and dreaming about the Poquoson Peddlers and other PBA group rides and how I do miss seeing and riding with those friends.

Pre-coronavirus, I always found solo riding very soothing and relaxing. There are many advantages to solo riding such as you can ride at your own pace, you can stop whenever and as much as you like, you can pick the route and even change it midstream, and the best advantage to riding solo – you never get dropped! Sure, I can still do those things now on my current self-imposed solo rides, but somehow it doesn't have the same appeal and effect on my psyche as it had pre-coronavirus.

I ride solo 3-4 times a week with a go-to ride that I've been doing for a while. I park at the Moore House in Yorktown, cycle to and down Old Hampton Highway and tour all the lovely, surrounding neighborhoods – Marlbank, Loblolly, Wormley Creek and many streets that I could not name. This gets me a 20+ mile ride and when I want more, I head toward Waterview and York Point, two of my favorite scenic riding areas.

Since I'm riding almost the same route each time (to avoid crowded trails – yes, call me paranoid), it can get repetitive and a bit boring. But it's a comfortable ride for me, and I've become a neighborhood fixture. I usually greet the same dog walkers, joggers, stroller pushers, I know what days are trash pick up days, and I could do well on a trivia test of all the names of the

lawn services serving the Peninsula. And I greet any two-legged or four-legged living being with fervor when I pass, whether they respond or not.

This stressful time in our lives has changed everything for us. I pray for the sick and the families and friends who have had loved ones die, for those who have lost their jobs, the first responders and front line workers of all professions. To be able to think about cycling habits right now is a blessing and certainly a miniscule issue in the grand scheme of things.

On a solo ride the other day, I thought to myself, what is it about riding on my own that is so appealing to me? Don't get me wrong, I love the invigorating and social PBA group rides and all the out yonder group bike tours and trips that I've done, but sometimes I just like and prefer to ride alone. Why is that? I'm a social, extroverted person and I love being around people, but there is something about being on a bike that changes my personality a bit.

When I go on a vacation or trip, I'm not a photo taker. I'd rather enjoy the moment and sights instead of fumbling with a camera or phone to get that shot. It's kind of like that for me with cycling— I enjoy cycling alone to be in the moment, enjoy the scenery at my own pace, and be able to get lost in my thoughts – which mostly are that I am blessed to be able to be cycling at this Rocky Road stage of my life!

Solo riding has really made me more observant of my surroundings and lately, and I have even started to take photos when I ride past something notable or humorous in my travels. I'd like to share some of those photos with you of things I've come across recently that made me smile.



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And my favorite.....Open House?
No thank you.



Being an extrovert, I can get lonely on my solo rides, and sometimes I also have some negative thoughts about the world's situation, politics and this corona-coaster we've been on. But when I start going to a somber place with my thoughts, I just think about my favorite movie line from Cher in *Moonstruck*—"Snap out of it!" and picture her giving Nicholas Cage that good, old face slap. And then I can smile and continue on to enjoy my ride.

And I do snap out of it knowing that I will join group rides again, hopefully sooner than later, and have the camaraderie of my cycling friends who I miss so much right now. So Poquoson Peddlers – stay safe, think positive, and let's get together soon!

THE GREAT SUMMER SOLSTICE CAMP-OUT 2020 (OR WHEN A CAMP-OUT BECOMES A CAMP-IN)

By Robb Myer

The last five years I have participated in the Shift Industries Summer Solstice Camp-Out. The goal is to ride from 30 to 50 miles on the Saturday closest to the Summer Solstice with your gear, set of camp, cook a meal or two and ride back on Sunday. This event provides an opportunity to test out new gear and visit campgrounds most of us just pedal past.

In past years, my destinations included Fort Monroe, Newport News Park, Chickahominy Riverfront Park, Cheatham Annex and Sandy Bottom Park. This year's destination, Bethel Park and FamCamp was closed to tent campers due to COVID-19 restrictions. As this was also the case around much of the country, Swift Industries changed the format to a Camp-In. While the destination was changed, the purpose remained the same. Start from home, ride a loop around the lower peninsula and camp in my back yard. This still allowed me to test some new gear—remarkably simple right?

The temperature Saturday was spot-on – high 70's, but I did not count on the rain and thunderstorms. Only fifteen minutes into the ride, I discovered that even a moderately load touring bike with 700x was no match for the wooden board walk of



the Hampton Waterwalk at Central Park when it is wet—slippery as an eel for sure. The rain was on-again-off-again until I reached my backyard camping spot when it really started to pour. I threw in the towel and “camped” indoors.

The return loop on Sunday was a joy, no rain and about the same temperature as Saturday. Most importantly, the Therm-a-Rest dual purpose lounge chair and sleeping bag packed well and saved a couple of pounds over its predecessor.

Richard Armstrong had a better idea. Looking at the weather forecast he did his Summer Solstice Camp Out a couple of days early. Finding Chickahominy River front Park open, he did a camp-out rather than a camp-in. The goal of his 80-mile loop was to test out his new panniers, tent and fitted sleeping pad sheet. All his

upgrades were a success so objective achieved.

Lesson learned: Consider the weather conditions and adjust your plan according. And always pack rain gear.

In case a short overnight adventure is of interest, Swift Industries is holding The Great Equinox Campout, September 26th and 27th. See <https://swiftcampout.com/> for details. I guarantee you will be surprised how much fun you will have.



Richard Armstrong enjoying his “dry” camp out.

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

FRANK DIXON IS GOLDEN AGAIN



Frank Dixon regularly participates in the annual National Veterans Golden Age Games and has won many medals as you can see from above photo from a previous year's games.

The National Veterans Golden Age Games is the premier senior adaptive rehabilitation program in the United States, and the only national multi-event sports and recreational seniors' competition program designed to improve the quality of life for all older Veterans, including those with a wide range of abilities and disabilities. The VA challenges and encourages senior Veterans to be proactive in embracing a healthier lifestyle, thus achieving the NVGAG "Fitness for Life" motto.

The 2020 games were scheduled to be held in June in Madison, Wisconsin. But due to COVID-19 the format was changed. This year the veterans competed at home, virtually. Over 250 veterans from across the country participated in sports included in the games from June 23-27.

Frank was awarded a gold medal for winning the 20 kilometer virtual time trial for his age group. His time not only won gold in his age group, but was quick enough to have a gold in the age group below him.

CONGRATULATIONS FRANK!

THE SUNDAY ROLLERS DOING IT RIGHT WITH SOCIAL DISTANCING



From Melody Daniels....

The Sunday Rollers casual group has continued our unofficial weekly 16-20 mile rides in small groups practicing social distancing. It feels great to get together with friends for the afternoon, outdoors and safely!

Jill Tarr submitted a very relevant article of interest regarding the increase in the number of new cyclists since COVID-19 began and how to help new riders feel welcome to the sport and improve their riding skills. This benefits the whole cycling community. The more cyclists, the more voices to help improve cycling infrastructure by getting new bikes paths and trails for everyone's use.

The article is entitled: *The Next Great Bike Boom Is Here. Let's Not Ruin It. We can do this: Offer new riders a spare tube—not a critique of their sock height.* By Eden Weiss, June 20, 2020 from Bicycling.com.

To read, click this link: <https://www.bicycling.com/article>

Want to Travel This Year? Are Organized Bike Tours the Way to Go?

By Melanie Payne



methods of operation of their tours to keep their customers safe. And, most have also instituted more liberal cancellation policies for their customers.

Here's a summary of what I found:

Senior Cycling (SC) headquartered in North Carolina. <https://seniorcycling.com/> SC is planning to run all their upcoming tours while closely watching the public health situation, cancelling tours six weeks in advance, if called for. SC has changed some tours to a new concept for their company, "hub" tours offering trips in September 2020 to Dillon, Colorado and Dayton, Ohio. The premise of a "hub" tour is that you are based in the same hotel for the whole trip and take day trips from that location thus lessening the viral load due to no trips in a 15-passenger van. There is also a litany of precautions for the participant and for the company to adhere to such as masks and social distancing while not riding, daily temperature checks, providing guests with sanitizing kits, no communal touch points, high traffic areas, such as visitor centers on popular trailheads, will be avoided. Itineraries are subject to adjustments in order to avoid such locations. All the guidelines can be found on the SC webpage.



There are many, many bike touring companies that accommodate all types and levels of cyclists that travel to almost any place in the world that that you would like to cycle. Many PBA members, including myself, love to go on these group bike tours locally, within the United States and also internationally. But due to COVID-19 most touring companies have put the kibosh on their tours for this year, although some seem to be limping along trying to get customers and still continue offering what they call "safe" trips. I was supposed to travel to Colorado for a 6-day bike tour last month, but it was cancelled and although all of my money was refunded, I was not happy, but I do understand why.

I recently read an article from the Los Angeles Times entitled, "*Hoping to Take a Vacation This Summer? Why Bike Touring Could Be Your Safest Bet*", written by Brian E. Clark, published on June 24, 2020 touting that "active travel is one of the best and healthiest ways to get out and see the world." True, but what about bike touring during the pandemic? The article states that Trek Travel and Backroads are following all CDC, WHO and local health guidelines and have implemented new hygiene procedures for any tours not cancelled. (<https://www.latimes.com/travel/story/2020-06-24/bike-tour-story>) So what does this really mean for many of the popular bike touring companies.?

I checked out some touring companies on the web and found a wide range of operations and procedures. It seems that they are all trying and advertising that they take proper precautions by cancelling or altering



Great Bike Tours (GBT) headquartered in Vermont. <https://greatbiketours.com/> Most of the remaining 2020 tours were in the Northeast, and after doing a "dry run" of one of their New England tours, management decided to cancel all remaining 2020 trips as the experience did not live up to their "normal high standards of excellence." They also stated that "the hotels and restaurants were short-staffed, and we felt uneasy being in such close proximity to strangers, many of whom were not wearing masks (or did not care to wear them properly). As hard as we tried, it was very difficult to feel relaxed while vacationing during a pandemic, and we missed the easy-flowing camaraderie from the "old days." In addition, all of the New England states have strict rules that require you to quarantine for 14 days prior to starting a tour.

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(Are Bike Touring Companies the Way to Go? continued)

Clearly, with all of this, they had no choice but to cancel 2020 tours. GBT's 2021 winter/spring tours to the Florida Keys, New Zealand, Georgia, and South Carolina are still listed as offerings.



Adventure Cycling Association (ACA) headquartered in Montana. <https://www.adventurecycling.org/> ACA is currently discouraging cyclists from doing any long-distance bike travel along the Adventure Cycling Route Network. They “believe the bicycle travel community has a responsibility to avoid endangering the health of small communities and straining limited medical resources. Moreover, availability of services is inconsistent and unpredictable across the network.” All ACA’s guided tours are canceled through September 25 and scheduled tours beyond that date are being constantly evaluated.

Vermont Bicycling Tours (VBT) headquartered in Vermont. <https://www.vbt.com/> VBT is one of the larger touring companies offering hundreds of tours both domestically and overseas each year. As of now, VBT is canceling all tours which start on or before October 5, 2020 and are doing evaluations about additional cancellations in the coming weeks and months. Their plan is to cancel tours 45 days prior to departure if their trusted sources (WHO, CDC, etc) advise against travel to a region, or if government restrictions make travel difficult or impossible. (Note: I just received VBT’s one hundred and sixty-seven page 2021 50th Anniversary Catalog in the mail listing hundreds of trips.)



Backroads headquartered in California. <https://www.backroads.com/> Backroads is another large travel company that offers bike tours. They have postponed all European trips for the 2020 season and all other international trips through the end of September. In late June, they started running several US trips in select destinations. But Backroads states “it’s not business as usual” with limiting group sizes and checking hotel room cleanliness as well as many other COVID-19 precautions. They are offering more outdoor picnics to social distancing at restaurant meals. They are adding more support vans to ensure plenty of room during shuttles.

There is a wide variety of how these travel tour companies are offering (or cancelling) their bike trips. They are all trying to stay in business while accommodating customers and trying to adhere proper and safe health guidelines. Even with the health precautions, I can’t imagine many riders booking trips, especially if flying is involved, until there is positive movement with the virus. Will customers get their money’s worth with these adaptive tours? My opinion is probably not, but I can’t blame each company for creatively trying to keep their business afloat and I do hope that they are able to stay in business and continue to offer trips in the future.

As I was researching and looking at advertised 2021 trips, I realized how much I miss going on these tours each year. So my bucket list now includes bike tour locations such as Arizona, Colorado, New Zealand, and Quebec. And in the words of Willie Nelson’s song I can’t wait to get.....

*On the road again
Goin' places that I've never been
Seein' things that I may never see again
And I can't wait to get on the road again*

TREK
Bicycles



LOCAL BIKE SHOP DISCOUNTS



Don't forget that our local bike shops, **Trek Bicycles Yorktown, 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 Bicycles, Village Bikes and Conte's for supporting PBA!



Join the Peninsula Bicycling Association at <https://pba44.wildapricot.org/membership> or use the form below.

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