

Chainstay

The Peninsula Bicycling Association



WINTER 2020

Volume 50, Issue 4

Annual PBA Valentine's Day Dinner

Saturday February 13, 2021—6:15 pm
at Al Fresco Italian Restaurant
at 11710 Jefferson Ave.



RSVP no later than 7:00 pm
Monday, February 8th

For more info contact Anthony at
papawoodard@verizon.net

December Holiday Group Night Ride Survey

The PBA Board is considering a **Holiday Group Night Ride** on **December 16 or December 19** at 7 pm departing from Hilton Elementary School in Newport News to ride across Lions Bridge and through the Riverside, Hidenwood, and Maxwell neighborhoods. Depending on interest, multiple small groups could be formed.

Exact routes and paces will be determined based on interest. Lights would be required, but we could also go the extra mile and really decorate bikes and riders to make a holiday show of it! Click on this link and complete this three-question survey with your preferences: [PBA Holiday Ride Survey \(surveymonkey.com\)](https://www.surveymonkey.com)



Team Killer Bees—2021 Tour de Cure

Team Killer Bees is back, with Vince D'Elia as Team Captain, and they are participating in the 2021 Tour de Cure, a virtual event, to be held on May 5, 2021, Donate and/or join Team Killer Bees at [American Diabetes Association: 2021 Tour de Cure: Virginia \(Virtual\)](https://www.americandiabetes.org/2021-tour-de-cure-virtual). Let's support Vince, Team Killer Bees and this worthy cause!

PBA Winter Group Rides

Although the weekly scheduled rides have wound down, we are still riding! 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.



Due to the pandemic, please continue to follow the ride policies the Board created June 7, 2020. This policy allows group rides to be posted with certain guidelines as well as required to follow State and Federal rules, regulations, and guidelines. Here are some of those guidelines—groups with a Ride Leader will be limited to 10 total, riders are asked to bring a mask and hand sanitizer for before, during, at rest stops, and after a ride; social distancing must be adhered to.

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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.



Happy Holidays and Seasons Greetings everyone! I hope you all continue to stay safe and healthy and are still are trying to get out on your bikes. We are rolling into the holidays and I am sure this has been, and will be, somewhat different for 2020.

We still ought to give thanks for what we have and for those who are still with us today. We should celebrate whole-heartedly with those we can be with, and think about, as well as reach out, to those whom we cannot be with. We all have hope that this pandemic will end soon and that we will come out as better people on the other side.

There is a light at the end of this tunnel and it is hard to predict when we will get there, but I believe we eventually will and bask in the light of humanity thriving again.

We march on into a new year shortly and myself and fellow Board members hope to guide this fabulous club into a prosperous 2021 and continue to see growth in it as well. I am pleased to inform you that all the current Board members have decided to remain in their positions for the coming year. And, as before, I genuinely ask

anyone who has had the slightest thought or interest of becoming part of the inner workings of this club to contact me or any other Board member and we will certainly invite you to our next regularly scheduled Zoom Board meeting to see how it all works and, hopefully, be participating.

I hope you have taken the time to read this great newsletter put out by our Newsletter Director, Melanie Payne. She does a wonderful job requesting and finding pieces for the newsletter, and improving this mechanism for delivering information to you all.

There is much to peruse herein, but I'd like to highlight a few.

- Hopefully many of you have seen and taken the opportunity to order something from the club's Hincapie storefront. We have generated a fantastic new jersey as well as shorts, bibs, and a few other items. I personally have ordered the full kit of jersey, bibs, and arm warmers; being part of the committee for the design, I will be proud to wear this kit anywhere I ride. If you did not get to order this go-around, don't worry, it is not a one-time deal. We will open the storefront again in early summer of 2021 for anyone who did not get an order in this time but still wants to purchase PBA branded items.
- Remember to get your mileage entered into Bike Journal to be counted for the club!!! We are still in a competition with Williamsburg Area Bicyclists for the Riders Cup Challenge (total yearly mileage of top 10 riders). Also, it is a good way to keep track of your

(continued on next page)

(President's Corner continued from page 2)

yearly miles, as well as set a goal for that count (plus you get recognized by the club for achieving certain milestones). There are a few other interesting components to Bike Journal. You can see from where other cyclists are, and even check out the total number of miles (and riders) by state, country, and club.

- The 'Getting To Know You' piece is always interesting to see who is within our midst and finding tidbits of information about that person. It can be a good conversation starter on a ride or maybe have some good insights for you to incorporate. If you'd like to be featured in this section of the *Chainstay*, please contact Melanie Payne and she would be more than happy to talk to you about being included in future issues. The questions are always the same and pretty standard/straightforward. I remember being asked to complete them when I first became President and had to think hard about a few, but ultimately happy to share my story.
- Many of us have heard the recent passing away of someone who has been a huge part of this club, Ron Hafer. I remember him at many of the club's Board meetings always having a good story or adding his voice to the various topics discussed at each meeting. It was a pleasure seeing him at club events as well (with his E-bike) and touting how much he is riding then. I also remember him being a guest speaker at a past General Membership Meeting talking about his prized possession, his E-bike. I know those of us who knew him well will sorely miss him.

As always, please stay safe and healthy; we take great pleasure being involved in this great activity of bicycling that has become a component to our lives.

Ride On!!!!

Jamie Clark

From the Editor



The *Chainstay* will continue to be published four times a year, but will now be entitled Winter, Spring, Summer and Fall editions. Another change is the beautiful new PBA logo on the front page. This is the logo that is on the new jerseys that I hope you all have ordered from the Hincapie storefront.

I'd also like to thank my regular contributors Tom Carmine, Robb Myer and Raul Zevallos, and encourage other members to submit news, stories and photos for other PBA members to enjoy. I hope you enjoy this Winter 2020 issue and encourage everyone to enter the "find the bike icon" contest in this issue.

Melanie Payne
pbamel@aol.com

PBA Club Affiliations



**Adventure
Cycling**
AFFILIATED CLUB



ENTER TO WIN A BIKE REPAIR KIT

Can you find the hidden bicycles hidden in this issue of the *Chainstay*? They look like this and are hidden amongst the articles in this issue, although they may not all be the same size. DO NOT INCLUDE THIS ICON IN THE COUNT.



All you have to do is read this issue of the *Chainstay* and count the number of bicycle icons that you find. Email pbamel@aol.com by December 15 with your name and the total number you have determined to be in this issue. One lucky winner will be drawn from all who submitted the correct number and win a bike repair kit (a \$15 value) courtesy of PBA.

Finding The Inner Bike Mechanic in Everyone

By Raul Zevallos

I think an interesting outcome of having all this time away from socializing led to my own improved bike mechanic skills. All this additional riding put more wear and tear on my bike. All our excellent local bike shops maxed their available resources toward a huge increase in bike sales, maintenance, and support as many more people re-discovered bicycling.



Raul's "Bike Shop"

So, with no professional bike mechanics available within a reasonable time frame, I began doing some of my own bike maintenance and quickly realized I could do quite a bit more. Cleaning, of course, should be a fundamental habit of bike ownership and use. They say a clean bike is a fast bike, and I guess that's true. I do know that not getting that nasty grease tattoo on my calf because I kept my chain ring clean brings a lot of satisfaction.

But the process of cleaning a bike leads to discovery of these simple, yet intricate, components that make a bicycle simply work. These components, from derailleurs to brakes to seat posts to wheels, all make the magic work. Their adjustment can lead to great comfort and speed, and also improve longevity. I approached this through observing the components and seeing what they did, then looking on the internet (YouTube and Park Tools web page in particular) really helped fill in the details of what these things did, why it mattered, and what it took to fix them.

As I said, I began with cleaning the bike thoroughly, checking behind the brakes, around the chain stays and chain ring, under the front fork, and also the

spokes on the wheels. I'm glad I did because I discovered embedded little rocks on the brake pads that were going to ruin my wheel rims if left on. These little rocks get wedged between the pads and rim while riding and could cause serious wear. Doing the maintenance helped me discover this issue before it turned into a real

problem. Also, this thorough attention to cleaning led to finding cuts on tires that I would have otherwise missed. The one cut still had the piece of road debris still in it. I prevented flat on the road—always a big win.

I then got more interested in bearings, how they should feel and getting them adjusted. That process takes a bit of work as it is both a science and art with a couple of things involved. I also then progressed to replacing the cable brakes on my old steel Schwinn and found the improvement in smoothness amazing.

The down side of doing your own maintenance includes the time it takes to do these projects, since you are learning and you can't quite assume it will be a straightforward repair or adjustment just like the book, webpage, or video suggests. There's always something! I also found that some specialized tools are essential, such as metric sized tools like allen and crescent wrenches, cable cutters, spoke adjustment tool, crankset remover tool (for older bikes), and so on.

Still, I found the effort not only pays off in a well maintained bike, but also in the satisfaction that you helped get it that way, a satisfaction not too different than the simple pleasure of enjoying a bike ride in the sun.

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. New members since September 1, 2020 are:

Alyssa Adams	Jon Hutson
Omar Alkadhi	Remick J. Donato
Willie Childress	Roy Kidwello
Beverly Childress	John Lasater
Michael Cobb	David McDade
Douglas Furst	Daniel Quackenbush
Yusef Good	Erik Rummel
Nancy Hulett	Sherry Wolfson

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

Birthday Club Challenge

There are three age categories for the Birthday Club Challenge.

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, Stephen Grinnell**

Peaches & Cream—**Jennifer Allen, Dale Bell, Helene Drees, Robert Drees, Inae Kellum, Michael Shapiro, Mark Suiter, Dale Watkins**

Rocky Roads—**Bob Carter, Linda Carter, Richard Maruyama, Robb Myer**

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.

Kevin Butler
Jamie Clark
Helene Drees
Sally Jackson
Wade Jackson

Patrick Johnston
David Jones
Richard Maruyama
Robb Myer
Bob Ornelaz



Remembering Ron Hafer



Ron on the Great Ohio Bike Ride.
Ron was a big Bob Evans fan.

The Peninsula Bicycling Association lost a valued member recently when Ron “Short Cut” Hafer passed away on November 13, 2020 at the age of 85. Ron had been a bike club member since the 1990’s. He served the bike club in many capacities, but his most notable was Vice President when he was responsible for getting ride leaders. Ron had a tremendous passion for bike riding and trying the newest bikes that came out including recumbents. In his later years, he was riding an electric bike.

Ron had many friends through bicycling and would go on many out-of-state trips. If you ever rode in the car with Ron you heard stories about his childhood, his military life, his three sons, and of course, being a boy scout leader. And on the next trip you heard them again, and then again.

Ron joined Ray Yoh, Bob Flynn and I on the first leg on our Cross Country Bicycling Trip in 2002. He was a great bike mechanic. Ron was a big supporter of the MS ride and was a member of the “Killer Bees”. He wore his Bee jersey with lots of pride.

Ron always volunteered at our club’s big rides, usually as sag support. I, and many other bike club members joined Ron on bike trips such as Bike Florida, The Katy Trail in Missouri,(3) The Great Ohio Bike Ride (GOBA), (6/7) Biking the Erie Canal, Biking the C & O Canal, Biking around Wisconsin and Lake Michigan in 2003, the Greenbrier Trail in West Virginia, Washington and Old Dominion Trail (W. &O.D.), the North Carolina Coastal Rides and many others.

In Ron’s later years he had two friends that he would bike with often. Lou DeGrace and John Woods could often be found biking on weekdays with a lunch following the ride. He would also join me, Diane Herbert, Debbie Wells and Cindy Wong for rides on the weekends. He loved the Capitol to Capitol Trail. If I needed a bike partner I could usually count on Ron. Eleanor Hubbard was a good friend of Ron’s and he touched many older club members in so many ways. Ron may have come off as tough at times but he was really a softie at heart.



Cindy, Sandy, Debbie, Ron and Diane on the trail

Here’s to you Ron...Bike On!!! We thank you and we will miss you.

Your biking friend,

Sandy Butler

Getting to know you...Justin Wilbur



This issue's spotlight member is **Justin Wilbur**. Justin has been a PBA member since 2015 and is currently serving as PBA's Vice President. Justin has also been a ride leader for some of the more speedy rides. Let's learn more about Justin.

Tell us a little about yourself.

I was born and raised in Attleboro, MA and currently work as a Navy Chief.

When did you first get interested in cycling for sport?

I got into cycling when I was a recruiter in Durham, NC. I first started mountain biking for a way to get outside and explore the Raleigh-Durham area. When I moved back to the Peninsula, I got into road cycling. I meet a lot of positive people who are always there to help everyone always encouraging to step out of their comfort zone.

What is your favorite PBA memory and/or ride?

My favorite PBA Memory has to be the Pedal for the Pig event. I love seeing everyone riding with a smile on their face and out to have fun and challenge themselves.

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

My advice is take it easy always and find a good group to ride with. I also found great help doing USA cycling clinics.

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

My favorite ride was when I ascended Wintergreen Mountain. What a challenging and rewarding experience!

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

What motivates me to keep riding is that it's a big stress reliever for me and it allows me to get away from everything.

Describe your perfect day on a bike.

The perfect day riding would be the low 70's or high 60's cruising down the street or the trail with no Worries.

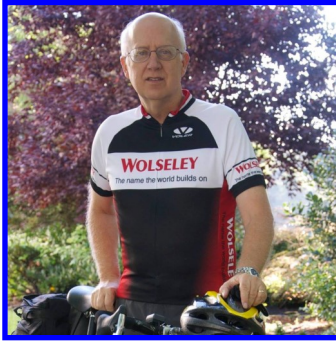
If you could ride with two famous people, living or dead, who might they be?

I really don't have two famous people I would like to meet. I would rather surround myself with good friends and family.



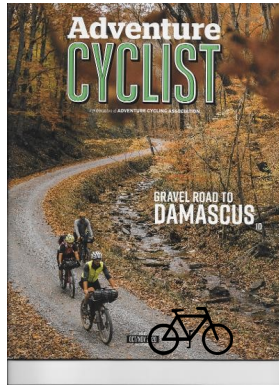
The New TransVirginia Bike Trail

By Tom Carmine



It may not be your cup of tea, but still, it is exciting. This month, *Adventure Cyclist*, the *Rolling Stone* Magazine of bicycle touring, featured an article, the *Gravel Road to Damascus* on its cover.

I am a trail enthusiast. I will take a ride where cars don't go over a smooth surfaced road shared with cars and trucks any day. So the idea that Virginia now has a 550 mile mostly off road trail from Washington, D.C. to Damascus, Virginia is exciting.

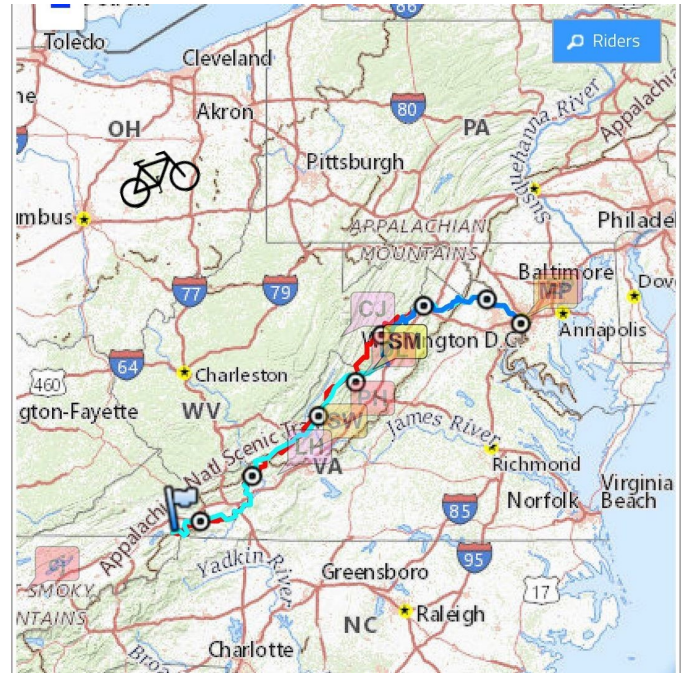


The trail is the brainchild of David Landis, a Harrisonburg resident who founded Village to Village Press which specializes in supporting trail development projects and publishing guidebooks. Landis has worked on trails around the world, but he wanted to do something in Virginia after riding the Great Divide Mountain Bike Route from Alberta, Canada to New Mexico.

Landis had the idea of connecting a series of trails, fire roads, and pavement into one long continuous route and Virginia was an ideal place to do that. The planning started with maps and local knowledge. He explored on his own and consulted with local mountain bikers for the best routes through the mountains, and then he connected the off road trails with country roads.

The TransVirginia trail starts innocently enough in D.C. where it leaves town on the C&O Canal Towpath until it crosses over the Potomac at White's Ferry. At Leesburg it picks up the W&OD to Purcellville. Then the gravel begins.

Landis has laid out several itineraries on his website www.transvirginia.org. For those of you who like climbing, you will not be disappointed. The trail features 43,741 feet of elevation gain over the full 550 mile trail which is more than the whole Transamerica Route has as it goes 4,218 miles from Yorktown to Astoria, Oregon.



For the hardcore bike packer, there is a 9 day suggested itinerary, which averages 60 miles a day with average climbing of 5,840 feet. The first day is the longest day at 77 miles, but it also the flattest day.

For the less hardcore, consider the 13 day itinerary. It drops the daily distance average to 45 miles with the longest day being 65 miles, but you still have the 43,741 feet of climbing.

If comfort is more your style, there is a 9 day cabin hotel itinerary, but longest daily rides increases to 88 miles. This itinerary would work well with sag support.

If the full 550 mile route is too much for you, there are two other options: the Valley 520 route and the Harrisonburg 200. The 520 uses more state-maintained gravel roads and less single and double track trails. With more roads, it has less climbing coming in at only 32,773 feet. Daily averages are less than 3,000 feet until the last day's climb up to Whitetop Mountain, but then it is downhill to Damascus.

A shorter route is also available that runs 200 miles from D.C to Harrisonburg which serves as a good introductory ride but is still a challenging route. For many, it makes the logistics easier.

(continued on next page)

(The New TransVirginia Bike Trail continued)

For those who have never been to Damascus, it is a true trail town. The Appalachian Trail brings a steady stream of hikers through town from spring to fall, and it celebrates its famous Trail Days in May for the hikers. It serves as the midpoint and end of the downhill section of the 33 mile Virginia Creeper trail. It is a stopping point on the Transam 76 bike route, and now it's the southern terminus of the TransVirginia.

For the 550, a good mountain or gravel bike is recommended with at least 40mm tires. For the 520, he suggests that it is doable with a touring bike using a minimum of 32mm tires.

If you visit the website, you can download complete route details to your device using RideWithGPS. There is also detailed mile by mile travel information on amenities along the way. Others were excited about this trail as well. He has partnered with the Shenandoah Valley Biking Coalition and Harrisonburg Tourism to help market the trail and Virginia Tourism gave them a \$10,000 grant for startup costs.

A full printed trail guide is in production, and it should be ready by spring for the 2021 season. If you want to read some rider stories, check out the Trip Reports tab on the webpage. There's also a few YouTube videos if you search for TransVirginia.

On October 8th, Adventure Cycling hosted a one hour Zoom Conference with Landis. If you would like to see pictures and listen to some questions and answers, you can watch the recorded program on Facebook live at https://www.facebook.com/watch/live/?v=276527790102531&ref=watch_permalink. You can also check out their Facebook page at TransVirginia Bike Route and their Instagram page at Trans.Virginia.

Bringing The Grandkids Along

By Robb Myer



Robb's Family on the Trail

Adventure Cycling Association (ACA)'s "Bike Your Park Day" and my birthday are both the end of September. In recent years, my son has joined me on a three- or four-day bike tour of a state or national park. This year, ACA's early June "Bike Travel Weekend" was moved to the same weekend, so we decided to make it a family event celebrating my 75th birthday.

Riding the Great Allegheny Passage (GAP) and Chesapeake and Ohio Canal towpath (C&O) has been one of our favorites for the past 15 years, so we selected Cumberland, MD as our base. Eleven of us met at the Fairfield Inn

adjacent to Canal Place, the western terminus of the C&O and the starting point of the GAP rail-trail.

Due to the COVID-19 pandemic, we were mindful of wearing masks indoors and having them or neck gaiter/buffs when outdoors. The Fairfield Inn modified their normal buffet breakfast to allow guests to order verbally on one side of the dining area and pick up on the other. Fortunately, the weather was ideal and there was lots of outdoor seating. Most of the local restaurants were curbside/delivery only, so our dinners were on the motel's patio watching riders on the trail with the Potomac River behind them.

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(Bringing The Grandkids Along continued) 

Getting ready for our first day on the GAP, it became apparent this was not your normal 11-member club ride. With an age range of 15 months to 75 years, it was a bit of challenge to hold everyone's interest during the pre-ride briefing. In addition to gravel and mountain bikes, we had a tandem with a child stoker kit, a Weehoo iGo trailer, a Burley Bee Kit trailer, Trek tag-a-long, a 16" BMX bike and 20" adult travel bike. When underway we looked more like a circus than a group ride. In addition to lunch, sanitizers etc. we carried toys and stuffed animals. An observer might think we were embarking on a three-day adventure rather one of 5 hours.

Our destination was the Brush Tunnel and stopping for lunch at the Cash Valley trailhead near Helmstetter Curve which is about 18 miles round trip.

The trail to the tunnel was uphill so the return route would be a lot easier. When I told my grandson, Thomas, that our first regroup point would be the at the Narrows Truss Bridge two miles into the ride, he decided to race me on his 16" GT Mach One BMX bike. Just as he was taught in BMX Race Class, he stayed about 20 feet behind me until he saw the bridge then pulled ahead and passed me about 15 seconds before the trestle. So much for trying to keep up with a six year-old!



Our next stop was the Cumberland Bone Cave, which I thought the grandkids would all love as they are into fossilized skeletons. The cave is fenced off and the historical markers did not hold the kids' interest for long. After all, "Grampy, we

are on a bike ride". The rest of the day and next were much more fun, going through the Brush Tunnel and the Paw Paw Tunnel on the C&O.

After each day's ride we spent time at the railroad themed playground on the Canal Place grounds, and after dinner we had the Fairfield Inn indoor pool to ourselves for an hour.



At breakfast, the last day I asked Sara, which was more fun, a bike ride or going to the playground. She answered "Grampy, a bike ride to a playground". So our last adventure took us to the Evitts Creek Aqueduct and C&O Canal Locks 73-75, with a stop at the playground at the sports complex.

Although our total adventure totaled less than 50 miles riding, it was more fun than most of the weeklong 450-500 miles events I have done. If you have kids or grandkids with bikes, plan a family adventure with them for one of ACA's bike events. Save the dates for Bike Travel Weekend, June 4 – 6, 2021, and Bike Your Park Day, September 25, 2021.



Coffee Without Walls

By Robb Myer

Many club members are familiar with the “Coffeeneuring Challenge” as this year marks the 10th anniversary challenge and club members John Sprock and Tregg Hartley have enthusiastically documented their participation. The challenge was created by Washington DC based Randonnée, Mary Gersemalina to highlight that riding a bike to coffee can be both a journey and destination. The rules are both simple and flexible: over seven weeks ride your bike to seven different places, drink a cup of coffee (or similar drink) and then document your ride. Submitting the image and text documentation (i.e. date, location, miles) earns a patch. This year’s patch and that from my first challenge are shown.



Washington’s HQ Ride

Originally participants would ride to traditional coffee shops for beverage and optional pastry or other treat, but early on a “Coffee Shop Without Walls” category was added. Considering COVID-19 pandemic safety guidelines, this was a great way to participate in 2020. I already own a Jetboil with its Coffee Press accessory so had all the equipment needed. Using Google Maps I selected a number of parks and points of interest within riding distance from home and a few others on the Peninsula within a short drive. From this list I selected: Langley Air Force Base Nature Trail, Hampton BMX Track in Gosnold Hope Park, Monitor-Merrimack Overlook Park, Sandy Bottom Nature Park, Bluebird Gap Farm, Air Power Park and General Washington’s Headquarters in the Yorktown Battlefield.



Coffee at Air Power Park

The rules allow two rides a week which provides flexibility based upon weather and other commitments. The minimum ride length is only two miles so not really a factor in choosing destinations or routes. Some of the destinations, like Sandy Bottom Park and Air Power Park are on my normal routes, while others I often ride by but do not stop like Washington’s HQ and Gosnold Hope Park. Previously, I had been to the kayak launch at Birdbird Gap Farm, but this was the first time inside the park and a view of the large duck pond. Brewing your coffee in the outdoors, especially while watching ducks, deer (Washington’s HQ) or sea birds (Monitor-Merrimack Overlook Park) is therapeutic.

Perfect for this time of physical distancing. Not at all like getting a cup from Starbucks or Glazed Doughnuts. Even if we are not advised to maintain two arm’s length distance for next year’s the “Coffeeneuring Challenge,” I think I will opt for another "Coffee Shops Without Walls" adventure. How about you?



THE VIRGINIA CAPITAL TRAIL CAP2CAP TO BE HELD MAY 7—MAY 9

Cap2Cap will be “revamped” in 2021 and will take place from May 7th to May 9th on the Virginia Capital Trail. CDC Guidelines such as masks, hand-sanitizer, and 6-foot markers will be adhered to. Riders will do their mileage on the Virginia Capital Trail with all of the same perks.



Each Cap2Cap 2021 participant will have fully stocked rest stops along the Capital Trail, takeaway lunch, beer ticket redeemable at any Hardywood Park Brewery locations throughout the month of May, an official 2021 Cap2Cap shirt, water bottle, string bag, and one raffle entry.

This year there is not an official start/finish line and you can choose where you want to start and finish. Lunches will be available for pickup at Dorey Park. There will be a start/finish truss at Dorey Park but you can choose to start anywhere along the Trail and at any time on May 7th, 8th, and 9th. For more information go to [Dominion Energy Cap2Cap 2021 \(runsignup.com\)](https://www.runsignup.com)





Coffee, Tea... or Coffeeneuring Anyone?

By Melanie Payne

Coffeeneuring is one of the most unique, global bicycle challenges out there. It began in 2011 by Mary Gersamalina of Washington, D.C. The challenge has rules, as does randonneuring, and Mary who is an accomplished Randonnée herself, thought this challenge would be manageable and easy to customize to any geographical area and most of all would be fun.

Coffeeneuring is a relaxed, but rule-based fall challenge where you ride your bike for at least two miles to seven cups of coffee (or tea, hot chocolate, etc.) at seven different venues for six or seven weekends and take a photo and post the photo on social media. Simple and fun! Coffeeneuring 2020 began on October 10, 2020 and ran for seven weeks.

In 2014, the “Coffee Shop Without Walls” category was added because Mary did not want people to feel limited to only coffee shops or drinking gas station coffee.



PBA member, **Tregg Hartley**, embraces the challenge and has been meeting the coffeeneuring challenge since 2014. Each year Tregg has done it a little differently. During one year, while roofing his garage over two weekends, his rides were after sundown. For 2015, he chose a theme within the coffee theme. He rode for coffee in seven different cities over the seven coffeeneuring weekends, which included Williamsburg and Richmond. The ride to

Williamsburg was from his house in Hampton. The Richmond ride was from Jamestown using the entire Capital Trail.

Tregg discovered coffeeneuring in 2012 when he read an article in *Bicycle Times* about Randonneuring. As he was learning more about “rando,” he came across a blog called *Chasing Mailboxes*. Since the rando season is generally early spring through fall, the owner of the blog, Mary Gersamalina, wanted to have an event that capped off the year in a fun style and Coffeeneuring was born.

Tregg says the rules have been relaxed over the years to allow more participation. Rides can be any day of the week, and not just weekends, to accommodate more riders, and since not all care for coffee, tea, cocoa and even coffee stout beer will qualify. You can now get two qualifying rides in any given week to help overcome weather, family obligations and work schedules. You can also carry your own coffee with you and have it outdoors pretty much anywhere you want.

When Tregg first started doing this, you had to submit your picture and information via email or publish a blog about your coffeeneuring adventures. Tregg’s original blog can be found at <http://talesofafatmanriding.blogspot.com>. Now documentation is all done through a closed Facebook group—*Coffeeneurs*. You do your ride and take photos of the coffee shop or location, your beverage choice, and other interesting sights along the route. Then you post your photos and distance and anything else on topic. **Robb Myer and Katie and Ken Mallory** have also been coffeeneurs. Tregg said he really enjoys reading the posts and seeing the photos of the other riders who live across the globe

Mary’s inspiring blog, chasingmailboxes.com, provides all the Coffeeneuring information and rules, including past year’s results. In 2019, 360 riders from 13 countries earned coffeeneur status. There were 25 coffeeneurs from Virginia making the state third in the total number of finishers behind the states of Washington and California.

I love coffee. In fact, I’d rather have a good Starbucks latte after a ride than a beer or any other beverage. So who’s with me to do the Coffeeneuring Challenge 2021?



Cape Charles and the Eastern Shore Rail Trail

By Tom Carmine



When the Citizens for a Better Eastern Shore cancelled their fall Between the Waters Bike Tour, my last shot at an organized bike event was eliminated. As we all know, 2020 has been a disaster for organized bike events.

I had planned to do this ride with two other friends since we were closed out of the NC Coastal Ride in the spring. This was also to be a reunion of sorts with my friend, Liz, from my San Juan Islands ride last year, and Steve, my regular adventure buddy. By the time the ride was cancelled, we had already cleared our calendars and secured camping spots at Kiptopeke State Park, so I suggested that we should map out our own route, and we should just go anyway.

The Eastern Shore is not far, but it seems like another world since we have to go through two tunnels to get there. What should be a one hour ride to Kiptopeke can easily turn into two with traffic, and then there is the Chesapeake Bay Bridge Tunnel toll.

I have ridden on the Eastern Shore with the old MS150 rides and other Between the Waters Bike Tours, and it really is a great place to ride. Basically, all the traffic is on Route 13 and you can go all over on the back roads with very little traffic. For Liz, it would be her first time on the Eastern Shore despite living just up in Baltimore.



Kiptopeke is a great little State Park with boating access to the Chesapeake Bay. There are few miles of hiking and biking trails inside the park. Accommodations include cabins, yurts, RV and tent sites. The yurts sit on a bluff overlooking the bay. The cabins are merely bunk houses with no facilities, but they are great if you have a group that does not want to actually camp.

The tent sites are nestled in and among trees with gravel pads for your tents. The RV sites are mostly in the open, but Steve was able to get one on the edge of the woods with a short straight walk to our tent site.

The Eastern Shore is on the verge of becoming a major biking destination. Canonic Atlantic owns a 49 mile stretch of railroad tracks, and it has petitioned to decommission their line. If that is approved, the 49 mile right-of-way will be rail-banked and eligible to

be turned into a multi-modal trail starting at Cape Charles. For now we have the five mile Southern Tip Bike and Hike Trail which starts at the parking lot of the Eastern Shore Wildlife Refuge Visitor Center, which is just past the rest area on the north side of the Bay Tunnel.



Although we had the cue sheets from Between the Waters Ride, we decided not to drive north to ride the tour route, but instead we set out on our own on Saturday morning destined for Cape Charles using the Southern Tip which we accessed just across Highway 13 from the Park. The Southern Tip ended at a few miles later at Capetown where we moved over to Seaside Road which is the old Highway 13 that meanders up the Eastern Shore through the farm land.

Cape Charles is one of the Eastern Shore's crown jewels for tourists. There is beach access to the Bay, and it has a nice collection of restaurants, shops and galleries. There's a couple of upscale hotels as well as Airbnbs, if you want to stay there. One of my favorite galleries is the At Altitude Gallery. The owner photographs from an ultralight aircraft and turns his photographs into these wonderful 3x4 foot images printed on aluminum. They are not cheap to buy, but they are free to admire.

The ride from Kiptopeke was only about 10 miles, and it was lunchtime by the time we got there due to our late start. We bought some wonderful sandwiches from the Bakery on Mason and ate them socially distanced outside. After lunch, we road all around the town looking at the old houses which have been restored and are now selling for extraordinary prices for little two bedroom cottages.

We returned to the Park the same way, but we then rode the Southern Tip down to the South terminus at the Visitor Center which was closed that afternoon also due to COVID-19 restrictions. By the end of the day we had only ridden 33 miles, but that was okay. I fixed us some homemade limeades, and we enjoyed them in the shade of our tent site. Sometimes it is just fun to relax and be together with friends.

If the weather outside is frightful, and the fire is so delightful, and you've got no place to go (can't ride), then there are...



The Top 10 Cycling Movies of All Time

From [http://www.active.com/cycling/articles/top-10-cycling-movies-of-all-time?cmp=276&memberid=\[memberid\]&lyrisid=\[outmail.messageid\]](http://www.active.com/cycling/articles/top-10-cycling-movies-of-all-time?cmp=276&memberid=[memberid]&lyrisid=[outmail.messageid])

- 1. *Bicycle Dreams*—2009** One of the most torturous single-day races in the world, this documentary tracks the 1976 edition of Paris Roubaix and the war between legendary rivals Eddy Merckx and Roger De Vlaeminck. If you aren't familiar with Paris Roubaix or Merckx, this film will open your eyes to a whole new world of cycling. It really is as good as it gets.
- 2. *American Flyers*—1986** Kevin Costner, evil Russians, moustaches and the Coors Classic cycling race in the Rocky Mountains: Is there really anything more that needs to be said? This one is a classic.
- 3. *Road to Roubaix*—2006** If you've fallen in love with Paris Roubaix over the years, you'll fall for this film too. From the nervousness of the riders in the days leading up to the race to the anguish and pain that the cobbles of Belgium dish out, *Road to Roubaix* captures it all.
- 4. *Rad*—1986** It may sound cheesy, but this movie is the one that made me fall in love with cycling. Cru Jones, a young BMX rider, is faced with a life changing decision: take the SAT and apply to go to college, or race Helltrack, the Tour de France of BMX. The 80's soundtrack to this film is just as memorable.
- 5. *Chasing Legends*—2010** There aren't too many films that can capture the essence of the Tour de France. Why? Because it's too much to tell in an hour and a half. *Chasing Legends* narrows the focus by following the Columbia-HTC team during the 2009 edition, and the star of the show is Mark Cavendish, who just so happens to break the British record of nine stage wins during the filming.
- 6. *The Flying Scotsman*—2006** *The Flying Scotsman* doesn't have the most memorable cycling scenes in the bunch, but it isn't short on inspiration. Graeme Obree is Rocky on a bicycle. Search for a century Stars and Watercarriers (1974) 7 of 11 This is one of the original cycling documentaries that paved the way for the others that followed. Like the title suggests, this documentary follows the stars from the 1973 Giro d'Italia and the lesser-known watercarriers who suffered silently and out of the spotlight.
- 7. *Stars and Watercarriers*—1974** This is one of the original cycling documentaries that paved the way for the others that followed. Like the title suggests, this documentary follows the stars from the 1973 Giro d'Italia and the lesser-known watercarriers who suffered silently and out of the spotlight
- 8. *Triplets of Belleville*—2004** Don't let this quirky animated French film fool you. It's one of the great cycling movies of all time. And there's barely any dialogue, so you won't have to worry about subtitles. The story follows a young boy whose determined grandmother trains him to be the next winner of the Tour de France. *Triplets* won the Oscar for Best Animated Foreign Film in 2004.
- 9. *A Sunday in Hell*—1976** One of the most torturous single-day races in the world, this documentary tracks the 1976 edition of Paris Roubaix and the war between legendary rivals Eddy Merckx and Roger De Vlaeminck. If you aren't familiar with Paris Roubaix or Merckx, this film will open your eyes to a whole new world of cycling. It really is as good as it gets.
- 10. *Breaking Away*—1979** A young Dennis Quaid might not be the most believable cyclist, but this movie is full of charm. The film follows a small town boy (Dennis Christopher) who has big dreams of becoming a professional cyclist in Italy. *Breaking Away* won an Academy Award for Best Screenplay in 1980 and was nominated for four other awards.

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The easiest and preferred way to join the Peninsula Bicycling Association is at <https://pba44.wildapricot.org/membership> (or you can still complete 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

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