

Chainstay

The Peninsula Bicycling Association



SUMMER 2021

Volume 51, Issue 2

UPcoming EVENTS

JUNE 5—MS COLONIAL CROSSROADS, Williamsburg VA. Click [here](#) to register or donate.

JUNE 18-20—3 DAY BIKE ABOUT, Williamsburg VA. To benefit the ARC of Greater Williamsburg. For more info <https://3daybikeabout.com/>

JULY 10—Saturday. PBA AFTER THE FOURTH RIDE—”PBA Storms The Fort” **

JULY 18—Sunday. PBA PROJECT MERCURY RIDE **

AUGUST 14—Saturday. PBA ANNUAL MEMORIAL ICE CREAM SOCIAL & BIKE RIDE **



SAVE THE DATE: This annual ride honors members who have passed and whose dedication made a difference to bicycling in our community. Among those being remembered are **Mark Dulaney, Ron Hafer, Don Hubbard, Bill Nuckols, Jimmy Pereira, Mike Toole and Brian Utne.**

** More details coming soon.

PBA IS ROLLING!

Summer weekly rides are on in Newport News, Hampton, Poquoson, Yorktown. See [page 14](#) for some photos of recent group rides. Check the [PBA Facebook page](#) and the [PBA web page](#) for ride announcements and information.

Inside This Issue

President’s Corner	2
In Memoriam—Bill Nuckols.....	3
Club Stats/Challenges	4
Getting to Know You—Linda Carter.....	5
Historic Hampton Roads By Robb Myer.....	7
Delaware’s Grand Loop By Robb Myer	8

My Shadow Cyclist By Melanie Payne	9
Riding The Natchez Trace By Mark Van Raam	10
What A Difference One Letter Makes By Robb Myer...	11
Member New & Items of Interest.....	12
Club Photos	13

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 Coordinator	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 planning PBA events.

**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.



We are getting close to completing half of 2021 and things are looking up I would have to say. Many of the activities and events that went on hiatus in 2020 are now returning—group rides, organized events, and life, in general, it seems.

I have signed up for a couple group event rides this year including the Tour de Chesapeake, Tour de Shore, and Lancaster Covered Bridge Classic. I am hoping the Seagull Century will also be able to hold its event this year in Salisbury, MD.

The Tour de Chesapeake was my first time on this ride and thoroughly enjoyed the day. I was able to do 53 miles doing the pink and green routes; would have preferred less out-n-backs on the pink route, but it is what it is, and liked that it was pretty flat! I'm really looking forward to the Tour de Shore (will be 3rd time) and the Covered Bridge Classic (also 3rd).

There are so many other cycling events, locally, in the state, and out of the state as well, and I hope you all will be able (and willing) to take advantage of what is available for riding.

A few others that I know about is the 3-day Bike About in Williamsburg the 3rd weekend in June, the Tour de Virginia is also being advertised with it being a 4-day ride from Williamsburg out to Richmond, Farmville, Petersburg, and then back to Williamsburg. I'm hoping the Bikes & Beers and Tour de Midnight, both from breweries in the state will also be coming back.

As I mentioned last time, I am so glad that many of you are coming out to the many PBA group rides that are available these days. It has been great to see many of you on these rides and hearing the turnout for those that I do not get to. There are a couple club cycling events that we hope to be able to bring to fruition in the coming months, so stay tuned to the club's webpage and Facebook page.

Please stay safe, watch out for each other, and as always Ride On!!!

Jamie Clark

In Memory Of

William Henry “Bill” Nuckols, Jr.

April 23, 1941—March 15, 2021



William Henry ("Bill") Nuckols, Jr., of Newport News, died March 15, 2021, after living with Parkinson's Disease for 20+ years. Bill joined the Peninsula Bicycling Association in the early 1980s, and he was a PBA past president and Life-long Member #3. Bill did so much for PBA. He was a frequent ride leader, organizer and advocate, holder of various offices, frequent committee and board member, and chief marker of roads for PBA events for many years.

Bill, along with Dave Wilson, worked many hours in the late 80s and early 90s with all the Peninsula city and county planning commissions to rework the random and few signed bike routes into a connected system of bike routes to help people navigate the Peninsula by bike.

Bill did in the bike club what he did in life. He brought people together with his quiet charm, an engaging smile, and a kindness that appeared to have no bounds. While on a group ride, he met Stuart Fielding and introduced him to his daughter Patricia, essentially handpicking his son-in-law. Their happy marriage proves that Bill was a good match-maker. Bill only stopped cycling recently when his health dictated his biking retirement.

Bill is survived by his wife Molly; his daughter Patricia Fielding and her husband Stuart; his son William H. Nuckols III and his wife Cecelia; and grandchildren Kevin Weber, James Fielding, Bradley Fielding, and Ava Nuckols. The family suggests that memorial donations be made to WHRO.org to honor Bill's love of NPR. A celebration of life will be held later in the year.

PBA Club Affiliations



**Adventure
Cycling**
AFFILIATED CLUB



WELCOME NEW AND RENEWING PBA MEMBERS

**Eric Beach
Jammie Cooke
Steve Ellis
Bob Ernst
Kendall Freeman
Fred D. Hamilton
Greg Hawkes
Melanie Heiges
Chris Heiges
Inae Kellam**

**Holly & Quentin Kidd
John Lasater
Craig Logsdon
Sterling Nix
Jeannie Oxley
Jake Smith
Raina Stroman
Beth Suiter
Rebecca Wheeler
Aiping Yu**

Membership includes a 10% discount on selected items at most local bike shops.

We look forward to riding with you!

2021 PBA BIKE JOURNAL UPDATE

PBA members are cycling strong. **47 PBA** members have already recorded **62,416** miles (as of May 30). PBA remains in second place of all the Virginia clubs listed.

Logging your miles on Bike Journal is an excellent way of tracking your miles. Kudos to our top ten riders in alpha order as of February 28:

**Kevin Butler
Helene Drees
Robert Drees
Sally Jackson
Patrick Johnston**

**David Jones
Roy Kidwell
Richard Maruyama
Robb Myer
Bob Silva**

bikejournal.com
Ride. Log. Repeat.

2021 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 +

Congratulations 2021 Riders

**Peaches & Cream
Jennifer Allen
Paul Street**

**Rocky Roads
Bob Carter
Linda Carter
Robb Myer**

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 [Member Challenges](#).



**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.

Getting to know you... Linda Carter



This issue's spotlight member is Linda Carter who is a long time PBA member and ride leader extraordinaire!

Read on to find out why Linda is fittingly nick named "Wonder Woman."

Tell us a little about yourself.

I was born in North Carolina. My dad was an active-duty Marine Corp pilot for 34 years. The longest I ever lived anywhere growing up was 2 ½ years and in the process attended 13 schools. So, I guess I'm now, what would be called a "Homesteader," because Virginia has been our home for the last 45 years, of which 40 has been in Poquoson. I graduated from Penn State and worked as a CPA in PA then CA and VA. I met Bob at Cherry Point MAS, NC when I was in high school and he was home from college. I moved to California my Senior year of High School and we got together again after I graduated from college and was working for Price Waterhouse in Pittsburgh. We've been married 52 years this year, have 4 children, 13 grandchildren and one great grandson. Life's been quite an adventure and I'm happy to still be on this side of the grass!

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

I can hardly remember when I first started riding a bike, but I do remember when I got my first two-wheeler. I was six and lived in New Bern, NC. My dad adjusted the handlebars and took off the seat because it was too high. He fashioned a seat for me and off we went, him right behind me holding on to the bike. When I got to the end of the lane and came around to

head back, I saw him at the start. I've been riding ever since.

When our children were young, I had a seat on the back for the youngest and we rode all over the neighborhoods. Once we moved to Poquoson, we would load them and their bikes in the van and head to Yorktown. The youngest got to ride on the back of my three-speed up the hill by the reservoir. Years later it was much harder to climb that hill without anyone on the back of my nine-speed.

Bob had been riding in bike tours with Robb Myer for a number of years, but in 2005, he signed up for his second North Carolina Mountains to the Coast Ride. My son and daughter-in-law had also signed up, so about 6-8 weeks before the ride I told Bob I would start riding my bike and let him know in four weeks if he could also sign me up. Long story short—on my first multi-day bike ride in my early 60's, I rode 470 miles across NC from Asheville to Wilmington in seven days (five of which were in the rain from Tropical Storm Tammy). Bob bought a used Trek for \$65 from someone in Williamsburg that became my trusty steed for this trip. He also fed me a fig at the top of most hills! My biggest worry was Bob falling over as he cycled behind me at 3mph up some of the mountains. If I got down to 2 ½ mph, I'd walk...that was faster.

After that trip I was hooked! I think we've done another 12 or so Mountain to the Coast rides; several NC Spring rides; Coast to Coast-

Southern Tier (San Diego to St Augustine); Erie Canal; Several Green Spring, Ohio rides; a number of Bike Florida Rides; two trips to the Netherlands; Cologne, Germany to Rome, Italy; Colorado rides, and Cincinnati to Columbus, Ohio plus numerous one and two-day and weekend trips including Between the Waters and Tour de Chesapeake.



(continued on next page)

(Getting to Know You continued)

What is your favorite PBA ride?

It would be really hard to pick out a favorite of our club rides. My first rides were with Ron Hafer, which started in Newport News Park and subsequent club rides in Tabb on Thursday night and Saturday in Poquoson with Robb Myer. Both Robb and Ron provided encouragement and guidance that kept me coming back for more riding experiences.

What advice would you give a new cyclist?

Have fun! Don't try to do too much at once. Build your mileage and seat time gradually. If things (body parts) are hurting when you ride, a proper bike fitting will probably correct most of your issues along with time in the saddle. And remember, in cold weather it's colder when riding than when you're checking out the weather on your front porch. Wear enough clothing, especially on cold and/or windy days. You can always take something off if you're too hot.

If you're preparing for a multi-day ride or a long ride and haven't been riding much, I suggest using a training plan similar to the Cycle North Carolina 8-week Training Program on their website at [Microsoft Word - Training for Bike Touring.doc \(ncsports.org\)](http://Microsoft Word - Training for Bike Touring.doc (ncsports.org))—this program prepares you for riding a full day and for several consecutive days. I hadn't been biking for several years and used the one they had posted at that time for preparing for a century, which I adapted using lower mileages each day to get ready for my first week-long ride.

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

I love to ride my bike! We currently are riding only about three times a week. As you said, some days are difficult to be motivated. I have to make myself get out and ride, but I know once I'm on the bike and warmed up, I'll be glad I decided to get out in the fresh air. Other than the Saturday and Thursday C Rides, many of our rides are in our neighborhood of 13 miles, so my main excuse of taking too much time is put to rest.

One of the reasons I started leading rides here in Poquoson was so I wouldn't have any excuses to not ride. I figured there may be others that want to ride but just need that little extra incentive of joining a group. We try to lead rides year-round when we are in town and the cold windy days are the hardest to get excited about, but knowing others are depending on us, spurs

us on to put on all those layers of clothing and get on the bike.

Describe your favorite day on the bike.

A ride with friends, socializing as we go, 60-70 degrees, light winds, a little overcast, in our case 12-14mph...that's pure joy! I know, I can ride forever, if I don't push too hard!

When not biking what do you like to do?

When we were biking 5-6 times a week, we weren't getting anything done... we decided to take a couple of weeks off...we still didn't get anything done, so we decided we might as well be biking. Seriously, I enjoy working in the yard, reading, doing cross-stitch ornaments, Christmas baking, volunteering three mornings a week, and this year I made about seven dozen masks...about half for my three youngest granddaughters who have been in school full-time since September.

Tell us something we don't know about you.

I've parasailed in Acapulco Bay, soloed two different airplanes, did the Reston, VA Triathlon several times, sailed the San Francisco Bay and the Chesapeake Bay including visiting Tangier and Smith Islands, have five granddaughters in college, and I'm a good map reader too!

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

I really enjoy riding with my friends from PBA and WAB and those I became friends with on our cross-country ride, but I would also love to ride with my grandson sometime, who is a velodrome and road racer, but I don't know if he could slow down enough to stay with me...

One final note: If you ever have a chance to go on an extended bike trip, take it if you can. Besides the wonderful memories of our Cross Country and our Cologne to Rome trips, I found these rides gave me a confidence in my riding, both in the ability to make the best of any situation, but also to know I can ride in most conditions, if I choose.



Historic Hampton Roads

By Robb Myer

We are fortunate to live and ride in one of most historically important regions of the country. From Jamestown and Yorktown to Fort Monroe and the Battle of Ironclads there is no limit to the interesting bike routes available.

There is also a more recent period of history of historic interest. America's human spaceflight program started in Hampton with NASA's Project Mercury. Mercury artifacts are on display at the Virginia Air & Space Science Center and Airpower Park. Hampton City renamed "Military Highway" to "Mercury Boulevard" to recognize Project Mercury's accomplishment.

In addition, it named the road leading to NASA Langley Research Center's main gate in honor of Alan Shepard, the first American to travel into space, and local bridges in honor of the other six Project Mercury astronauts. The bridges are not long structures like the James River and Coleman Bridges as they cross the Hampton and Back Rivers as well as Newmarket Creek with no noticeable elevation change. Most residents cross these bridges daily, without knowing their significance.



An 18-mile route starting and ending from Air Power Park passes over the six bridges, beginning and ending on the 2 ¼ mile long Hampton Waterwalk. I like to remember Project Mercury by riding this route twice a year on the first on the Sunday closest to May 5 (Alan Shepard's 15 minutes suborbital 300 mile journey occurred on May 5, 1961) and on the second Sunday closest to the Apollo 11 lunar landing anniversary (July 20, 1969).

Check the club Facebook page and Member Weekly email for a club ride on Sunday morning, July 18th.

Four Great Days Biking on the Great Allegheny Passage Trail

In April, **Sandy Butler, Cindy Wong, and JP And Harriett Jones** biked for four days on the Great Allegheny Passage Trail. Not all of the 150 mile trail was open, but you can tell from the smiles on their faces it was a great ride in terrific spring weather.

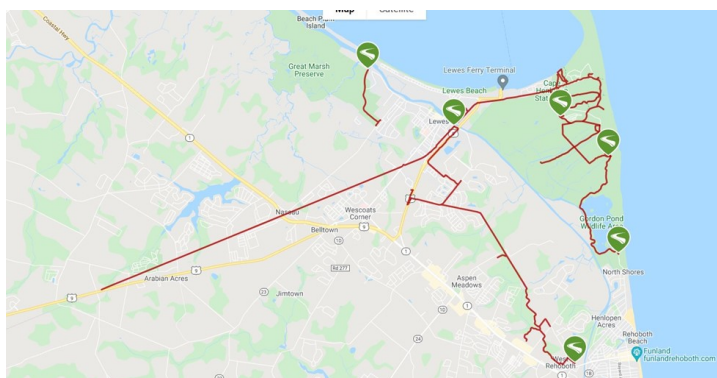


Delaware's Grand Loop

By Robb Myer

I know we are not the only PBA family that had our 2020 European cycling vacation affected by the pandemic. Our bike/barge trip was recently rescheduled for a second time to 2022. So, we are continuing our search for new trails within a day's drive of Hampton Roads.

Since we have enjoyed riding trails for years, we had to look beyond those that first came to mind, to find some that we had not ridden. See the list at the end for trails within a day's drive of Hampton Roads you might find interesting. We came across a new trail recently, which is really a collection of several rail-trail, nature trails and bike lanes. While each segment has its own name, collectively it is known as the "Grand Loop."



The Lewes-Rehoboth Beach, Delaware Grand Loop is not long at less than twenty miles, but includes trails in the Cape Henlopen State Park (i.e., the 3.3-mile Bike Loop and the Gordons Pond trail) full of natural beauty and wildlife along the trail as well as interesting World War I & II history centered around the Fort Miles gun batteries and observation towers. The Grand Loop also includes the Junction and



One of the 16-inch batteries at Fort Miles

Breakwater Trail which is built on the railbed of the Penn Central Line that carried passengers from New York and Pennsylvania to the Delaware and Maryland beach resorts.

From Lewes you can also ride on the first 6 miles of the former Delaware Coast Line Railroad, now known as the Georgetown-Lewes Trail, which is planned to be over three times as long when completed. As you can see in Figure 1, "The Grand Loop" is not really a loop, but it is "Grand I do not think I've seen such diversity in natural beauty and history in such a small area."



Gordon's Pond Trail

Hopefully after looking at the images, you will agree, and put "The Grand Loop" on your staycation list. There is a \$10 vehicle entry fee to Cape Henlopen State Park, but parking is free at the Junction and Breakwater Trailhead, next to the Lewes Public Library at the intersection of Monroe Ave and US Highway 9 (Freeman Memorial Highway). The bike ride to the state park takes you by the Cape May-Lewes Ferry. The beaches are great, and you can take your bikes on the Cape May-Lewes Ferry for free when you pay the "foot" passenger fee for the 90-minute crossing of Delaware Bay.

Some great cycling trails within a day's drive of Hampton Roads:

- Virginia Capital Trail (Jamestown – Richmond, VA)
- Cape Henry Trail (Virginia Beach, VA)
- Dismal Swamp Canal (VA & NC)
- Dahlgren Railroad Heritage Trail (King George County, VA)
- High Bridge Trail State Park (Farmville, VA)
- Tobacco Heritage Trail (Lawrenceville, Brodnax, La Crosse, VA)
- New River Trail State Park (Pulaski, Wythe, Grayson & Carroll counties, VA)
- Virginia Creeper Trail (Abingdon - Damascus, VA)
- Greenbrier River Trail (Marlinton, WV)
- Washington and Old Dominion Railroad Trail (W&OD)
- Huckleberry Trail (Christiansburg and Blacksburg, VA)
- James River Heritage Trail (Lynchburg, VA)
- American Tobacco Trail (Durham, NC)
- Corolla Greenway / Duck Trail (Corolla-Duck, NC)
- Chesapeake and Ohio Canal Towpath Trail (Georgetown, DC – Cumberland, MD)

My “Shadow” Cyclist

By Melanie Payne

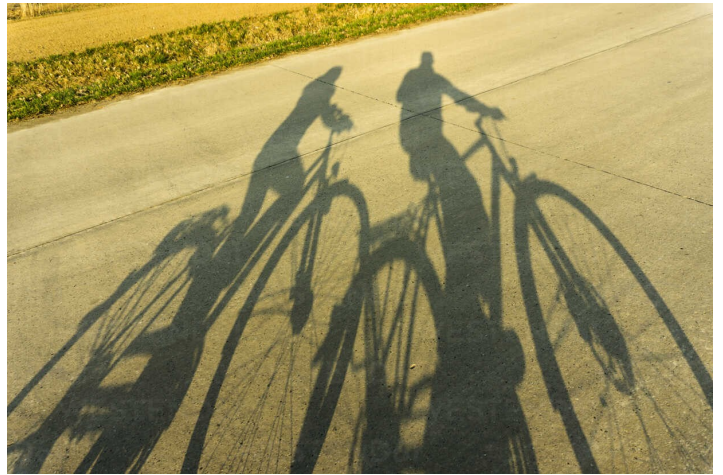
Have you ever gone to the beach, put down your blanket and all of a sudden, even though the beach is fairly empty, someone shows up and plops their blanket down right next to yours so that you can almost feel their breathe on your neck? That’s the same feeling I had when I was cycling in the Yorktown area and a stranger, who I thought was going to pass me going at least a B+ level, speedily came right up behind me, slowed down and started drafting. My first thought was why are you drafting me? I’m only going about 13 mph. This is so weird. Then I started getting creeped out.

He followed me fairly closely for almost a mile and every time I looked in my mirror – there he was, with a look on his face like he was my best buddy on a group ride! Then I got a little nervous about a strange, non-vocal, man following me, just as I would if I were driving and someone started following me two feet off my bumper—which has also happened!

Then I thought that I’d better ditch this guy. I knew I couldn’t ditch him with speed, so when I felt I could safely do so, I anxiously yelled, probably very loudly, “stopping, I need a drink” (which was probably true and I didn’t mean water). When I stopped, he went merrily speeding away without saying a word. Whew, and how weird! I know cyclists are friendly folk—but really?

Another PBA member told me this recently also happened to him. He was on Yorktown Road pedaling towards Victory Boulevard when a cyclist suddenly popped up behind him and started drafting without saying a word. The unknown cyclist stayed with him on Victory Boulevard and when he turned right onto Calthrop Neck, the mystery cyclist stayed straight on Victory Boulevard.

So what’s up with this? Is the shadow rider violating proper bike etiquette or is the stranger just being a creep? I researched some bike blogs and websites and found many instances of people writing and talking about this type of experience. For the most part, the consensus was that it was *not* okay. A few people thought it would be okay if the stranger asked if he could draft. Most thought the bigger problem was not whether it was okay with them or proper etiquette, but the fact that you are taking a momentous risk on



someone you do not know following you so closely. Should you need to stop quickly or their bike skills are less than stellar, it can be an accident waiting to happen.

Hopefully, this will never happen again, but if it does, I’ll be ready and not as startled and as taken aback as I felt that day. I would definitely call upon my New York City chutzpa and directness and tell the person firmly, but nicely that I’m not comfortable with them riding behind me so closely (really thinking, get lost buddy)! Hopefully they would take the hint, and would dash off into the sunset—alone.

PBA Members On the Move

Sandy Butler snapped this photo of **Debbie Wells** and **Cindy Wong** on their recent ride on the Western Maryland Trail that runs adjacent to the C and O Canal.



Riding the Natchez Trace

By Mark Van Raam

I recently did a week long ride on the Natchez Trace Parkway in Tennessee, Mississippi and Alabama with Bubba's Pampered Peddlers. It's the longest National Park trail in the United States—444 miles and we biked approximately 300 miles of the trail. It is the only National Park with these signs.



Our trip started in Jackson, Mississippi after a bus ride from our meeting place in Franklin, Tennessee, which is just outside of Nashville. This was the inaugural ride of

the Trace for Bubba. He said it was the hardest trip he had ever planned since the accommodations are long distances from the Trace.

Our group had 29 riders. We were shuttled to and from the Parkway most days. Bubba provided a rest

stop about every 20-25 miles, with a Subway lunch on most days. We had a hotel breakfast and a restaurant meal every night.



Bubba picked up our bags from our hotel room and delivered them to the next hotel room—a wonderful service.



Monday we biked 61 miles under cloudy and cool skies from Jackson to Kosciusko, named after a Polish general who helped in the Revolutionary war.

The Natchez Trace Parkway was on a bike path six miles from the hotel. The Parkway was a lightly traveled, smooth, two-lane road with very courteous drivers. We biked directly back to our hotel.

Tuesday we biked 42 miles to Tupelo, Mississippi under the same cloudy and cool skies. We had a choice of biking 42, 74, 96, or 106 miles. Near Tupelo, no bikes are allowed on the Parkway from 3:30– 6:00 pm, since it's very crowded with commuters. It was a 40-minute shuttle to the hotel.

Wednesday was a non-riding day with options to go to the Elvis museum, the zoo, or the mall. My brother-in-law and I walked to the mall for lunch and browsed in a bookstore.

Thursday we biked 62 miles from Tupelo, Mississippi to Florence, Alabama. It was a perfect sunny day for riding through a shady, canopied roadway.



Friday, we biked 50 miles from Florence to the Meriwether Lewis historic site. We spent the night in the great little town of Linden, Tennessee. The hotel and restaurant were restored from the 1930's and it was a pleasure to spend the night in such an atmosphere.

Saturday, was our last day of riding and it was quite hilly, and I hit my top speed of 42 mph on one of the hills. This section was much more crowded with cars, RV's and bikes, and it is also a favorite of motorcycles as well. We had the choice of 42 or 67 miles. The ride ended at the famous Loveless Café and a shuttle ride back to our host hotel.

On Sunday, while I was driving back to Hampton, I hit a deer while I was traveling at 70 mph. My car was totaled, but fortunately I walked away without a scratch and my bike was undamaged. I spent an unexpected night in a hotel and returned back on Monday.

What a Difference One Letter Makes

By Robb Myer

When I start telling cyclists about the C & D Canal Trail, the response was, “That’s my favorite trail, just love the Paw Paw tunnel,” or “A side trip to the Antietam Battlefield is a must.” They are of course thinking of the C & O. In both cases the “C” stands for Chesapeake as in Chesapeake Bay but the “O” is for the Ohio River while the “D” is for the Delaware River.

The C & O started in 1828 never got as far as the Ohio River, terminating instead in Cumberland, MD and today follows the Potomac River for 185 miles. This ride should be near the top of everyone’s “bike-it list.”

In contrast the Chesapeake & Delaware Canal is only 14 miles long. Also started in the early 1800’s, the first canal was only 66’ wide with mules pulling freight and passenger barges. Today it is 450’ wide and is a major ship canal.



If you have ever driven up the Eastern Shore to Pennsylvania, New Jersey, or New York you have driven over the canal and the asphalt trail that runs along its northern waterline. The trail is called the Michael Castle Trail in Delaware and the Ben Cardin Trail in Maryland with a total length of 14.2 miles. There is a Michael Castle trailhead in



St. Georges adjacent to the U. S. Route 13, so easy access for a short break in your journey or worth an entire day’s trip; and well worth adding to your “bike-it list.”



Bicycle Safety Act Signed Into Law to Go In Effect July 1, 2021

On March 31, 2021, Governor Northam signed [HB2262, the Bicyclist Safety Act](#), to take effect July 1.

The new law *requires motorists to change lanes while passing cyclists, and allows cyclists to ride two abreast at all times*. Both of these provisions will encourage safer passing, and eliminate excuses for passing too closely.



The “Idaho Stop” or “Delaware Yield” provision, allowing cyclists to treat stop signs as yield signs, was dropped; but replaced with a directive for the State Police to study the issue, for a future change in the law.

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

- Amtrak has expanded its [Carry-on bike program](#) for state-sponsored trains operating in Virginia, allowing customers the ability to store their bike inside of the passenger coach in a designated space. Customers can travel with their bikes beginning on May 1. The fee is \$20.



For more information—
<https://www.amtrak.com/bike-faqs>



Welcome to Cycling Virginia, your one stop resource for information on cycling in the Commonwealth of Virginia. This website

was developed to consolidate and showcase the diversity of cycling in Virginia and make it easier to find what you're looking for. No more searching through a multitude of websites or Facebook pages to find Virginia cycling clubs, activities and events held throughout the year. So whether you're a local or just visiting, we encourage you to get out and explore Virginia's communities, meet new people, challenge yourself, and take in Virginia's diverse landscapes all on a bicycle.

FYI – Virginia is [ranked 9th](#) in the nation for being a “[Bicycle Friendly State](#)” and number one (#1) in the southern region out of 13 states by the League of American Bicyclists.

From <https://www.cyclingva.com/>

- Here is a great video about the Birthplace of America Trail featuring the Newport News area. Check it out!

[Birthplace of America Trail 2.0](#)

- May 19, 2021

UPDATE: Alexander M. Crosby, 28, was sentenced to three years for involuntary manslaughter and one year for failing to stop at the October 2018 accident that killed our cycling friend and PBA member Brian Utne.

Crosby was sentenced to 10 years with 7 suspended for involuntary manslaughter, 10 years with 9 suspended for failure to stop and 20 years probation upon release.

Robert Strickland's pre-sentence report is scheduled for 7 July, 2021 and is in PBA Facebook events. Strickland was involved aiding Crosby after the accident.

- **Do you know who invented the bicycle?** Find out from bicycling.com.
[Who Invented the Bicycle?](#)

- **News from the League of American Bicyclist—May 24, 2021**



SENATE RELEASES TRANSPORTATION DRAFT WITH GOOD NEWS FOR BICYCLING AND WALKING!

The Senate Environment and Public Works (EPW) committee released its transportation bill this weekend, and scheduled a committee meeting for Wednesday where members will offer amendments and vote on whether to send the bill forward. The EPW Committee is responsible for the roads and highway section of the transportation bill, so it covers most of the issues pertaining to active transportation.

For more information:
<https://bikeleague.org/content/senate-releases>

CLUB PHOTOS—2021



Saturday Morning Poquoson to Yorktown



Tour de Chesapeake



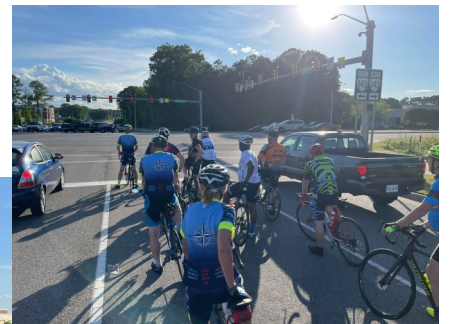
Thursday Tabb Library Ride



Thursday Night at the Fort Ride



Saturday Poquoson Peddlers



Wednesday Night Whole Foods Crew

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!



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