

Chainstay

The Peninsula Bicycling Association



SPRING 2022

Volume 52, Issue 1



(Watch Facebook and email for details)

MARCH 3 RIDE LEADER'S TRAINING CLASS ([Info on Page 9](#))

APRIL 30 TOUR DE CURE-SMITHFIELD

APRIL 4 GENERAL MEMBERSHIP MEETING—at Village Bikes

MAY 1 BIKE MONTH JOIN & RENEW RIDE

APRIL 16 WBA/PBA RIDER'S CUP RIDE—Yorktown

MAY 28 SMITHFIELD CHALLENGE CLUB RIDE

COME RIDE WITH US.....

Be sure to check the [PBA Facebook page](#) and the [PBA web page](#) for pop-up ride announcements and other important information.



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2022 PBA Board Members and Directors

President	Carlton Foster
Vice President	Rob Liles
Treasurer	Tom Carmine
Secretary	Jamie Clark
Advocacy Director	Mark Suiter
Safety/Training Director	Tregg Hartley
Communications Director	Tom Bauer
Newsletter Director	Melanie Payne
Ride Director	Robb Myer
Program Director	Dale Ashcom
Membership Director	Richard Armstrong

Additional Positions

Historian	Sandy Butler
	John Parker
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 Carl Foster 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.

As a first-time PBA board member and the 2022 President, I anticipate a great year. In 2021, the club led over 200 club rides. Ride leaders and club members also led numerous other rides in our area. Our members who logged miles last year recorded over 220,000 miles. With spring rapidly approaching, club rides are already happening, and more will be starting up soon as daylight and warmer weather permit.



The club will again have riders supporting the One City Half Marathon and One City Marathon in March. We are planning an early May event with Tradition Brewing (more to come soon) and the return of the Smithfield Challenge club rides over Memorial Day weekend from Windsor Castle Park.

We'll also be focusing on regaining membership this year, with the hope of returning the Surry Century in fall 2023. If your membership has lapsed, or if you're finding us for the first time, please stop by the website to register: <https://www.pbabicycling.org/>

With so much going on and more on the way, won't you "Come Ride With Us?"

Carlton Foster

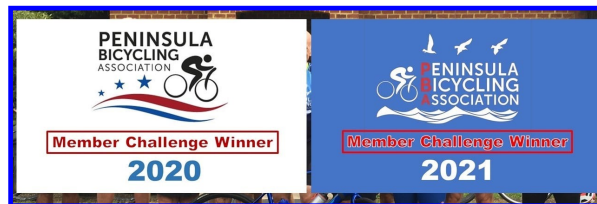
PBA Club Affiliations



**Adventure
Cycling**
AFFILIATED CLUB



Awards & Recognition Meeting and Dinner February 14, 2022



The annual Awards & Recognition Meeting was held at the County Grill & Smokehouse on February 14 with over twenty members attending. Robb Myer, the emcee, sported a very chic tuxedo jersey while announcing the awards. New board members that were present and introduced included Carlton Foster, Robb Liles, and Dale Ashcom.

Over 120 member challenge winners were either announced or were presented club logo car magnets and the 2020 and 2021 award winners were honored with gift certificates from Conte's Bike Shop, Trek Bicycle Newport News or Village Bicycles. Congratulations to all!

The winners are:

2020 Awards

Most Improved Award
Most Miles Ridden
Ride Leaders of the Year

Sally Jackson
Sally Jackson
Rob Robert Liles and Alex Ramirez

2021 Awards

Most Improved Award
Most Miles Ridden
Volunteer of the Year
Ride Leaders of the Year

Roy Kidwell
Robb Myer
Linda Carmine
Rodney Abare, Sandy Bulter, Linda Carter & Bob Carter, Jamie Clark, Rob Liles, Robb Myer, John Parker, and Alex Ramirez

The nine ride leaders honored for 2021 led over 200 group rides, a testament that the club is back to pre-pandemic levels. In addition to group rides, this year's club calendar has a combination of old favorite and new events scheduled. Be on the lookout here, in member emails and the upcoming editions of the *Chainstay* for further details.

Born 2 Ride and 50-50 Club Member Challenge Winners

To complete the Born 2 Ride challenge members must ride their birth year, or 62 miles if born after 1962, twelve times during the year, with the maximum of two rides recorded per month. In alpha order the challenge winners are:

Helene Drees Robb Myer Bob Silva

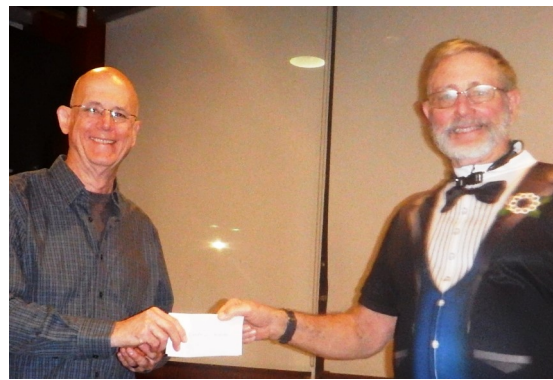
To complete the 50-50 club challenge members must ride 50 or more miles during the clubs two premium events. Since those events were not held in 2021, long Memorial Day, Fourth of July and Labor Day weekends were substituted. To qualify, members must have ridden 50 or miles in a single day during two of these three time periods.

The challenge winners are:

Helene Drees Robb Myer
Robert Drees Bob Silva



Helene and Robert Drees accepting their challenge awards from the present and past Presidents—Carlton Foster and Jamie Clark.



Rob Liles accepting his Rider Leader of the Year Award from emcee, Robb Myer

(Awards & Recognition continued)

2021 Birthday Club Challenge Winners

The club members who rode their age during their birthday window in alpha order by ice cream flavor category:

Vanilla (Age 50 to 59)

**Richard Armstrong
Jamie Clark
Sally Jackson
Wade Jackson**

Rocky Roads (70 & Over)

**Bob Carter
Linda Carter
Richard Maruyama
Robb Myer
Ray Nations**

Peaches & Cream (Age 60 to 69)

**Jennifer Courtney Allen
Helene Drees
Robert Drees
Inae Kellam
Shirley Martin
Michael Shapiro
Bob Silva
Paul Street
Mark Suiter
Dale Watkins**

Saluting **Bob Carter** who at 80 years was the oldest Birthday Club Member this year and the recipient of the Ron Hafer Award. Ron who passed away in 2020 was the first, and until now, the only member age 80 and over to qualify for the Birthday Club.

Congratulations Bob Carter!



Bob and Linda Carter accepting their challenge awards

1000 MILE CLUB CHALLENGE WINNERS

[1000 to 2499 miles recorded]

**Rodney Abare
John Atwood
Sandy Butler
Tom Carmine
Linda L.A. Carter
Bob Carter
Vincent Cordrey**

**Melody Butler Daniels
Dean Foster
Mark Gamble
Mike Henning
Inae Kellam
Mical Kupke
Ray Nations**

**Brendan Smith
Paul Street
Mark Van Raam
Dale Watkins
Debbie Wells
Cindy Wong
Stephen A. Wood**

2500 MILE CLUB CHALLENGE WINNERS

[2500-4999 miles recorded]

**Jennifer Courtney Allen
Richard Armstrong
Wayne Arrington
Donald Alexander
Thomas Bauer**

**Dale Amy Bell
Kevin Butler-Au
Bob Flynn
Tregg Hartley
Jack Liike**

**Melanie Payne
Daniel Quackenbush
Mark Suiter
Mark Woolery
Steve Zajac**

5000 MILE CLUB CHALLENGE WINNERS

[5000-7499 miles recorded]

**Jamie Clark
Gene Edwards
Todd Goodhead
Wade Jackson
David Jones**

**Robert Liles
Richard Maruyama
Beverly Boal McLean
Bob Silva**

7500 MILE CLUB CHALLENGE WINNERS

[7500-9999 miles recorded]

**Helene Drees
Robert Drees
Patrick Johnston**

10000 MILE CLUB CHALLENGE WINNERS

[10000 miles and over recorded]

**Sally Jackson
Roy Kidwell
Robb Myer**



Sandy Butler accepting her challenge awards

GETTING TO KNOW YOU.....

This issue has a double spotlight. Get to know the 2022 PBA President, **Carlton Foster**, and the PBA Vice President, **Rob Liles**. Both have stepped up to help lead the club this year, and for that we are grateful. Here's President Carl.....



Tell us a little about yourself.

I am a native of Maine. Born in Skowhegan, and grew up in Bath (both along the Kennebec River). My family moved to Portsmouth, VA when I was 13. My wife and I met at Churchland High School, and we just celebrated our 25th anniversary in February. We've been in Newport News since 2003, and in Kiln Creek since 2008.

I was one of those kids who biked everywhere until I got a driver's license. I didn't get back on a bike for almost 25 years, until our daughter was getting ready to go to the University of Maine. Knowing the small towns that Orono and Old Town are, and being familiar with the very well kept multi-use trails you can use to get around town and the University, we bought her a Liv hybrid to take with her. I bought an inexpensive Schwinn to ride with her some here before she left. It was that bike, in the summer of 2015, that led me back to cycling for pleasure.

When and how did you first get interested in cycling for sport?

While I also still play hockey, playing one game a week wasn't really enough to keep me feeling well. Getting back on the bike after so many years really was significant. In the spring of 2016 I bought a Fuji road bike and started riding laps a couple of days a week around Kiln Creek. I gradually started riding more and more, while also spending a lot of time with friends, and eventually Rodney at Bikebeat, getting that bike adjusted so it felt right. In 2018, I tried my first event, the PBA's Pedal for the Pig. That's also when I joined the club. I've done several events the last few years, from North Carolina to New Jersey. This year I've got even more planned.

What advice would you give a new cyclist?

I've had the opportunity to share this advice a few times based on my own experience getting back into cycling. In my opinion, the best advice I can give is to take your time and make sure you are comfortable on whatever bike you are riding.

If you're comfortable, you'll keep going. If you're not, you won't. It doesn't matter if the bike is \$200 or \$10,000. If its not comfortable, you won't want to ride. Talk to people with more experience if you're uncomfortable. Take your bike to a local bike shop and get it fit properly. Take your time, and be comfortable. Don't worry about speed or miles when you first start. Be comfortable. Get used to being on the bike and handling the bike. The rest will come.

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

Some days it can be difficult to get going. Between work, family, jobs, and the weather, getting out every day can be a challenge. I find the thing that keeps me going the most is just the freedom and quiet time. I ride a lot of laps in Kiln Creek, so I am lucky that while there is traffic, it is usually light and fairly used to seeing and avoiding cyclists. I also like to ride in the mornings, thus lessening the traffic issue. In the end, though, I find getting on the bike just helps me relax and clears my mind. That usually keeps me going. When that's not enough, I peak into Strava to see what my contacts are doing. A little guilt helps sometimes, too!

Describe your perfect day on a bike.

My perfect day on the bike is probably 70-80 degrees, blue skies, a couple of friends, no schedule, and an open road or trail for miles and miles.

When not biking, what do you like to do?

Play hockey and hang out with my wife and Beagle (she'll be impressed I mentioned her first).

And here's Vice President Rob (aka The Photoshop Guy).....



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 worked at Langley AFB as a Civil Servant fifteen years and retired, again, recently.

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.

My 21st – The Seagull Century

By Craig Logsdon



Last year was the first year that I did the Seagull Century. It was my 21st century ride and it was a beautiful ride. For those that have not participated on that ride, they offer two distances, 63 or 100 miles. I like the challenge of 100 miles.

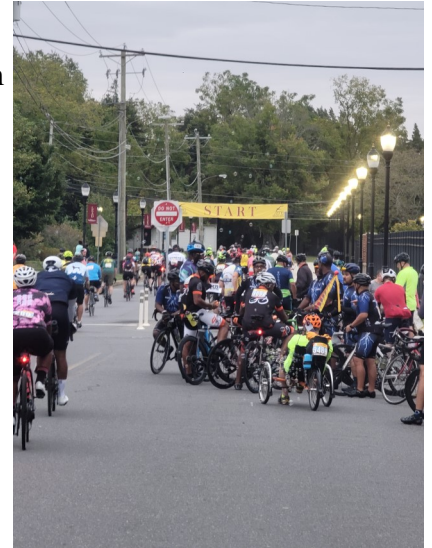
The century route, though windy and very gusty, takes you out to Assateague State Park. That's where the wild horses run on the beach, but I didn't take the time to look. I went with a friend of mine and occasionally we would drop in with a group of people to ride with.

(continued on next page)

(My 21st continued)

There were various peloton groups leisurely riding or some of those that were going at a good rate of speed. One of the best things about that ride was the ride back to the start because you have the wind mostly at your back which helps with picking up some speed after fighting the wind going out to the State Park.

There are a lot of riders on that ride so the SAG stops can be overwhelming at times with everyone trying to restock their nutrition. The after party was a good stop afterwards, but my friend and I optioned to go change and head to Revolution Craft Brewing Co. for food and good craft beer. Keep the cranks turning,



Seagull Century October 8, 2022

Salisbury University's Sea Gull Century bike tour is set for Saturday, October 8, 2022. Cyclists will depart campus for two optional routes across the Lower Eastern Shore. **Registration will open Wednesday, June 1, 2022.** 5000 spots are available and they fill up fast.

National Bike Month & City Cycling— The Challenge Within a Challenge

By Robb Myer

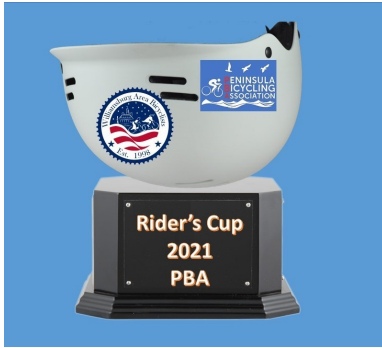


Our annual member challenges have been immensely popular since they started. While the Birthday Club and 1000 Mile Club receive the highest number of participants, they represent a level of effort not all members are comfortable with.

There are also a couple of short duration challenges for all members to consider. They are the League of American Bicyclists "National Bike Month" and the Sister Cities of Newport News 21-day "City Cycling" campaign. Both begin on Sunday, May 1st.

These challenges will begin with the club hosting multi-pace rides starting from Tradition Brewing in Newport News City Center. Participation is easy, join our team, ride your bike, and log your miles. Active number participation is the measure of success not the individual miles logged, so whether you ride daily or once a week—this challenge is for you. Registration information will be posted the last week of April.

Welcome Home Rider's Cup



After spending last year with the Williamsburg Area Bicyclists (WAB), the Rider's Cup has come home to the PBA for 2021. For the past five years, the PBA and WAB yearly milage challenge has alternated winners each year. 2021 was our third win with the winning total increasing each year. We can not rest on our past successes as the WAB is off to a great start this year. Time to get pedaling!

Mark your calendars for the April 16 joint PBA/WAB Rider's Cup ride and celebration.

City Cycling—Most Team Miles

By Robb Myer

In 2021, at the invitation of their German Sister City, Greifswald, , Newport News became the first American city to participate in the City Cycling challenge. Not only did the PBA respond when asked if we'd enter a team, but we won the award for the top team miles, and Roy Kidwell finished third among all the Newport News riders. All team members also received a tee shirt.

Newport News's goal for 2022 is to ride more miles (actually kilometers) than Greifswald. They are counting on us to turn this goal into a reality. The challenge runs from May 1st through the 21st, which coincides with the start of the National Bike Challenge, so we can help and win the award again along the way.



RIDE LEADER'S TRAINING AND BEST PRACTICES SESSION



- WHEN:** Thursday, March 3, 2022 - 6 PM to 8:30 PM
- WHERE:** Sister Cities of Newport News; 1820 Merchants Walk Suite 100, City Center at Oyster Point, Newport News
- WHO:** Everyone interest in riding new routes, meeting new people, having more offerings at the pace, distance and time that fits them best, using tools like Ride With GPS... and so it goes.
- WHO ELSE:** Current club ride leaders wishing to share their lessons learned and best practices.
- FACILITATOR:** Tregg Hartley

Register for this session at <https://pbabicycling.org/events>

WELCOME NEW PBA MEMBERS

**Kurt Alexander
Anette Brinkley
Tracey Crockett
Quinton Dively**

**Dane Dye
Peter Franklin
Matthew Hintlian
Grant Newman**

Membership includes a 10% discount on selected items at most local bike shops. Thank you to members who have renewed their membership. We look forward to riding with you!

2022 MEMBER MILEAGE UPDATE

Our top ten riders who recorded their mileage on Bike Journal or Love to Ride, in alpha order, are:

Stacey Cole	Sally Jackson
Helene Drees	Wade Jackson
Robert Drees	Patrick Johnston
Gene Edwards	Robb Myer
Todd Goodhead	Bob Silva

Ways To Log Your Miles

Miles can be logged in one of three ways.

1. Join the Peninsula Bicycling Association (PBA) group on Love to Ride (URL: https://www.lovetoride.net/usa/groups/2518?group_invite=true). This is the preferred method for new challenge members and those using Strava or MapMyRide, as they will sync to Love to Ride.
2. Challenge members currently using Bike Journal, may continue to use it in 2022, which may be of interest if you do not use Strava or MapMyRide. (URL: <http://bikejournal.com/>)
3. Email your miles ridden to Robb at threespeed67-pba-ride-leader@yahoo.com.

As member challenges are for active club members, you must complete your BikeJournal/Love to Ride profile (i.e. real name and email) to be identified.

2022 BIRTHDAY CLUB CHALLENGE

The three age categories for the Birthday Club Challenge are:

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. 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 2021.
- * 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/Stats. Coordinator.

Details about all member challenges can be found at <https://pbabicycling.org/Member-Challenges>

Cycling Down East North Carolina

By Tom Carmine

It was the morning of my third day of cycling, and my wife asked me over the phone, "What would you do differently?" I replied, "Stay home."

My friend Steve reached out to me at the end of August, and said he had a week of vacation coming in September and wanted to know if I wanted to do a ride somewhere. My last tour was two years ago when I did the San Juan Islands will Adventure Cycling. I basically did not ride any distance in 2020, and in 2021. I was ill for several months and not in the shape I wanted to be.

With that in mind, I put together a ride in Eastern North Carolina that was modest in distance yet interesting in destinations. Steve and I had already ridden Route 12 from Corolla to Ocracoke, so this was be a continuation on Route 12 picking it up at Cedar Island, riding to Beaufort, NC and circling back to our starting point in Swan Quarter.

In Swan Quarter you can catch the ferry to Ocracoke and leave you vehicle at the ferry dock while you travel. If you need to overnight there before you catch the 7:00 AM ferry, and there is a B&B right around the corner from the ferry. My plan was to ferry to Ocracoke and then catch the ferry to Cedar Island in the afternoon.

I chose to pass through Ocracoke for two reasons. First, Cedar Island has a small motel that was about half the price of Ocracoke. Second, starting from Cedar Island allowed us to both sleep a little later and still start riding early on Monday morning while it was still cool.

A Day of Ferries

A 7:00 AM Sunday ferry to Ocracoke is generally an empty vessel. Today was no different. We were boarded last, and then we went up to the passenger lounge for our 2 ½

hour trip. It is a huge ferry with an equally huge passenger lounge both enclosed and on deck. The channel to Ocracoke is constantly shifting and constantly



dredged to keep it open. Once you are in sight of Ocracoke you think you are there, but the ferry slows significantly to navigate the meandering channel with its twists and turns into Silver Lake Harbor.

Ocracoke is an interesting place. Some of the residents have lived there most of their lives, but most are move ins looking for the beach lifestyle. They own the little shops and restaurants. I have my favorites, but on this Sunday, they were not open. Our second ferry left at 1:00, so we only had three about hours to get coffee and a muffin and later lunch to go for the ferry ride. By noon we had biked around the island and then hung our hammocks near the ferry dock and waited in the shade till it was time to board.

Since checkout time is 11:00 AM, the 1:00 ferry to Cedar Island was packed and we had a very small passenger lounge and observation deck. The ferry crosses the open water between Ocracoke and Portsmouth Island before docking 2 ½ hours later at Cedar Island.

I always pictured Cedar Island as a ferry dock at the end of a marshy island, but we arrived to find a campground, our hotel and a restaurant which was all we needed for the night. Cedar Island is also a National Wildlife Refuge with their own wild horses and wild cows. Yes, wild cows. As we walked the beach of the reserve, we did not see any of the horses that we could see from the ferry, but we did see a kind of wild cows standing on a small sand island watching us as we walked by. Hurricane Dorian tore through this area in 2019. The tidal surge swept over the island washing cows and horses away. Over 25 horses were lost and half of the ten or so cows disappeared. Five of the surviving cows turned up on another island and were later transported back to Cedar Island.



Cedar Island to Beaufort

The temperature was forecasted to reach 90 in the afternoon so we were happy to get an 8:00 start on the day. Mornings are my favorite time to ride as there is usually much shade on the road. Traffic was light for the first 15 miles as there was only a few folks living in this part of the world. We road though marshes and along roads with ditches full of little crabs that scurried as we passed by.

Near the town of Sea Level, we merged with Highway 70 which officially ended our travel on Route 12. Traffic picked up from there. A few trucks with flatbed equipment trailers passed us a little to closer than I would have liked but bike travel is not always deserted country roads. We arrived around 2:00 at our hotel which looked to be in the middle of an industrial park. I had picked the Ascend

(continued on next page)

(Cycling Down East continued)

Hotel for is proximity to downtown. There are many hotels in the area due to Atlantic Beach but they are much further south. Walking into the lobby we were not disappointed. The back of the hotel was a large veranda with abundant lounge chairs overlooking Taylor Creek and Rachel Carson Preserve. After checking in we took advantage of the pool to cool down.

Beaufort is a coastal town with old charm. The waterfront has the usual restaurants, tourist shops, and there's a few museums. I like the Maritime Museum and its collection of old wooden boats and where they teach boat building skills.

Beaufort to Oriental

This would be a shorter day and included a ferry ride from Cherry Branch to Minnessott Beach. A few miles out of Beaufort we were on a very lightly traveled road with good stretches of shade. The Cherry Branch ferry runs every 30 minutes and it is a busy one as it serves the Cherry Point Air Station. It has a nice building with bathrooms, a porch with rocking chairs and vending. Nice to enjoy a cold beverage sitting in a rocking chair in the shade.

We arrived in Oriental in early afternoon, checked in and proceeded to the pool. The Oriental Inn and Marina was a downgrade from the Ascend, but it was a spacious two story townhome like room with a small kitchenet. I enjoyed the shade around the pool and the chance for a short nap after my swim. Oriental is a sailing town with many sailboats owned by people living in New Bern and elsewhere. There are less restaurants, but we only needed one and it was good and reasonable. There was also a nice coffee shop in nearby.

Oriental to Belhaven

This was going to be the interesting day. The forecast was for afternoon showers. We had another ferry which only left every two to three hours so timing was critical. Traffic was light and we enjoyed a very straight shady road for many miles.

The town of Aurora is 9 miles to the ferry dock and its claim to fame is the Aurora Fossil Museum. The County hosts one of the largest phosphate mines in the world right on the Pamlico Sound. The museum has a very large collection of shark teeth found in the mine. The mining company regularly dumps some spoils from the mine in the city square where tourists can hunt for sharks' teeth. When my son was in fifth grade, I took two buckets of the

spoils to his class and each kid received a paper plate and a scoop of the spoils to sort through. They found teeth as

large as a quarter, but in the museum, there are some the size of a small dinner plate.

Our schedule only allowed us a half hour in the museum before we needed to leave to make the 11:45 ferry. We arrived at the ferry dock which did have a bathroom and nothing else. We pulled out our hammocks and enjoyed a few minutes of shady hang time while watching the ferry come from the other side of the river.

The ferry docks on other side of the river are on the outskirts of the town of Bath which is the where Blackbeard hung out after marrying the Governor's daughter. It's a small town which I have bicycled into on the NC Coastal Ride, but today didn't offer us time to visit. Clouds were building, and we still had over an hour to pedal to Belhaven.

Belhaven is a small town on the Intercoastal Waterway. In late fall, the River Forest Manor and Marina was once a favorite stop for boaters taking their vessels to Florida for the winter. As a younger person I enjoyed many good Friday night seafood buffets there with my aunt. The Manor House was a stately Southern gem with a few rooms upstairs. Among my life's regrets is that I never stayed there.

On this trip, we would be staying but in a room above the dockmaster's office overlooking the Sound. We arrived before the room was ready. The Manor house is now an event center for weddings and some meetings. I shared some of my memories with the young lady in charge of marketing, and she graciously gave us a tour of the renovated house. It was truly gorgeous place now and can be yours for about \$3.5 million. The partnership that renovated the building has put it and the marina up for sale.

We were not rained on during the day, but to the west from where we came, we could see thunderstorms passing through from our second floor deck. There is really little to do in Belhaven, but it has a few shops and restaurants. We ate dinner and then rode around the streets looking

at the many small homes that have been renovated into weekend retreats.

Back to Swan Quarter

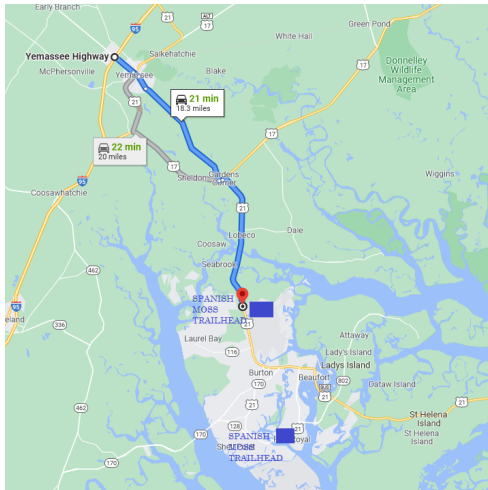
In the morning a low-pressure storm was forming off the coast. We had a modest 30 mile finish to the ferry dock and our vehicle. Highway 264 was a little busier than I would like, but it was the only road home. After lunch at the only restaurant in Swan Quarter, we picked up my truck and went to my farm to shower. By 1:00 the rain has set in and we were happy to be done.

I did enjoy the trip. I was not in the shape I wanted to be, but we were not out to cover tremendous miles. We were out for a bike tour that included time to sightsee, rest and relax, and we did just that.



Spanish Moss Trail

By Robb Myer



Growing up in South Florida and making annual trips to the state to visit family and ride Bike Florida and Florida Bicycle Safari, I've driven I-95 many times between VA and FL. Until recently, on most trips we stayed

close to the interstate, but are now looking for rail-trail opportunities enroute. One gem is the Spanish Moss Trail in Beaufort, SC. The closest trailhead is only a 20-minute drive from I-95 Exit 38 near Yemassee, SC.

It is well worth the detour, even better spend a couple days and take in all the Lowcountry sites around Beaufort and Port Royal Island. The 12-foot-wide paved trail uses the Port Royal Railroad right-of-way. It is owned by the Beaufort-Jasper Water and Sewer Authority, which has plans to extend the current ten-mile trail to Yemassee, which means eventually there will be a trailhead even closer to I-95. Currently there are six trailheads with plenty of parking and a couple have restroom facilities.



In Beaufort, the main trailhead is adjacent to the old rail station and proceeds both north and south over creeks, through expansive wetlands, and amid stately

neighborhoods shaded by live oaks thick with the iconic Spanish moss. However, contrary to the name, most of the trail is not shaded by Spanish moss since the trail is built on a railway right-of-way, but it is scenic just the same. The south section of the trail between the town and Port Royal is both the most scenic and most used. On the northern section, I encountered a few cyclists and joggers. The southern section is also populated by roller skaters, parents pushing baby strollers and a couple of wheelchairs. The trail must be popular with bird watchers as I saw herons, egrets, brown pelicans and heard many songbirds. I had a great day riding the trail and can almost guarantee that you will too.

Donate a Bike

If you have an adult bicycle to donate, Melody Butler Daniels made us aware of this great place to do it.

Four Oaks Launches "Bike Back to Work" Initiative

For those experiencing homelessness or individuals at risk of becoming homeless, the Four Oaks Day Services and Training Center in Newport News is a beacon of hope and opportunity. Four Oaks offers men, women, and families a variety of supports while connecting them to comprehensive community services under one roof, all thanks to on-site partners. Wrap-around services are provided, including workforce development assistance and counseling on permanent housing solutions, to help individuals and families experiencing homelessness gain self-sufficiency.

Lack of transportation is often a barrier to work and individuals don't have the reliable transportation they need to get to and from their job site.

To eliminate this barrier, Four Oaks is hosting a "Bike Back to Work" initiative. The Center is collecting new or gently used adult bicycles to help those receiving services at Four Oaks get to work. Please check your garages and sheds and encourage others to join in this important effort to uplift others in our community.

For more information or to donate, contact Corey Hampton at 757-266-7171.

Cycling Indoors

By Raul Zevallos



I think we all get it. Nobody likes riding outside when the temperatures stay low and the perpetual cloudy or rainy weather just drains the fun out of what John F. Kennedy once described as “the simple pleasure of a bike ride.” So what can you do? Many

folks take up alternative training, or cross training, which to me means “do something else to get your heart rate up.” Cross training may or may not be the simple pleasure of a bike ride, but better than not riding, and way better than turning into a couch potato. Still, I needed a way to nurture my cycling obsession, or at least prevent cycling from becoming a closed chapter in my life.

Technology advances now offer alternative ways of enjoying bicycling indoors and not feel like you’re watching paint dry in a sauna. These cycling apps create a virtual experience that take your own efforts on your bike and transform them into a digital representation that look and feel like you’re outside on a road or trail. You get just as winded or more, but instead of watching paint dry, you see an image of the road as you move through it, with a lot of fancy numbers telling you how hard you’re working, how far you’ve gone, how steep the climb or descent, and way more. And yes, you sometimes see other people dropping you on the virtual road, just like when riding with fast people in real life, but I digress.

Indoor bicycling does take up a few new items you may not already have in your cycling garage. You need a way to get your bicycle onto a device that holds the bike and you up while you pedal, called a static trainer, although you can also use rollers, but then YOU need a new skill balancing on top of those things so I’ll skip them for this story. Trainers create resistance to your pedaling by using magnets, electricity, or fluids, which simulates the resistance you feel from wind and surface drag. Static trainers come in two varieties, dumb and smart, meaning the dumb trainer holds your bike up as you pedal and not much else, but the smart trainer can also measure your pedaling efforts and send that information to the app you’re using. Smart trainers add the ability to simulate climbs when a virtual map takes you uphill, and release the resistance when you head the other way.

You can use a dumb trainer with virtual indoor training apps, but you need additional sensors so that the app can figure out your effort on the trainer. These include speed (wheel rotation) sensors, cadence (pedal) sensors, and sometimes heart rate monitors, all the way to power meters, which lie on the far end of the cost scale. All these devices send their signals to the app via Ant+ or Bluetooth signals. Each app will specify the equipment requirements so can make sure your particular trainer will work with their app. While a dumb trainer can work with a virtual cycling app, it won’t be as realistic feeling as it would be with a smart trainer.

As you would expect, a dumb trainer will cost much less than a smart one, about a fourth less generally than a smart trainer. Even after adding the sensors you will likely not go over \$400 total (excluding adding a power meter). Smart trainers start around \$650 and go up from there. Smart trainers will all have some type of power meter, part of the reason for the higher cost.

Up until this point I’ve talked about the basic needs for more interesting indoor riding, such as the app and the trainer. You should consider also getting a fan, because you will get very warm indoors when you cycle and you’ll want that cooling air on you. Since you will sweat, you should protect your bicycle and your floor/carpet with towels on the bike and some floor covering, like an old yoga mat or cardboard. The cycling app could run on your smartphone, all the way up to computer (tablet, workstation, or laptop). If you have a larger TV you could connect your phone, tablet, or computer to the display and experience a very immersive experience, if you can figure a way to project your device display to the TV or connect your device to the TV with appropriate cables.

So, yes, this indoor cycling can get pretty convoluted, but if I can ride my bike indoors and not endure the unpleasant cold, damp, and dreary conditions that come during this time of year, then I can keep some degree of fitness during the winter season, resulting in achieving that incomparable simple pleasure of a bike ride when the time for spring rides begins anew.

For a comprehensive list of apps for indoor cycling, I recommend doing an internet search for “best indoor cycling apps.” I could list many here, but many more keep coming online. I personally use Rouvy because I like riding on real roads vice computer generated roads, but others may prefer Swift, or RGT, or Bkool, and so on for their training features, or racing realism, etc. I hope you do give one a try and that you keep your cycling up during the cold and rainy season.

COLD WEATHER DIDN'T STOP THESE PBA RIDERS



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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 complete the form below Mail to: Peninsula Bicycling Association, P.O Box 12115, Newport News, VA 23612-2115

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