

Chainstay

The Peninsula Bicycling Association



WINTER 2022

Volume 52, Issue 4



You are invited to the
30th Annual PBA Valentine's Day Dinner



**Saturday February 11, 2023
6:15 pm**

at Al Fresco Italian Restaurant
11710 Jefferson Ave.

RSVP no later than 6:00 pm
Tuesday, February 7th

For more info or to RSVP, contact your
host, Anthony Woodard, at
papawoodard@verizon.net

Please join other club members for the annual Holiday Party, Saturday, December 10 from 6-9 PM at the Falcon Creek Apartment Clubhouse, 4900 Falcon Creek Way, Hampton (Neil Armstrong Parkway and Semple Farm Rd).

The club will provide the drinks and holiday music. To register [click here](#). The event contains a SignUpGenius link to bring either an hors d'oeuvre or a dessert.

There will also be an optional bicycle theme gift exchange. To do so, just bring a wrapped bicycle theme gift with a value between \$10 and \$20 and exchange the gift for a numbered ticket when you arrive.

We will also be collecting bicycle related items (except used helmets) for the Bicycle Co-Op of Williamsburg.

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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
Comm. Outreach/Volunteer	
Opportunities Director	Tom Bauer
Newsletter Director	Melanie Payne
Rides Director	Robb Myer
Program Director	Vacant
Membership Director	Richard Armstrong

Additional Positions

Historian	Sandy Butler/John Parker
Awards/Statistics Coor.	Robb Myer
Webmaster	John Bright

Website

www.pbabicycling.org/



Time to Move On...

This is my last issue as editor of the *Chainstay*. The past six years have flown by and I have thoroughly enjoyed the position and serving on the PBA Board, but it is time to retire, move on and have someone with fresh ideas and perspective edit and publish the *Chainstay*.

I am pleased to let you know that Jane Elkin, who currently lives in Gloucester (we're practically neighbors) will be the new editor, and I know she will do a great job.

Thank you to everyone for your support, articles, suggestions and most of all, for reading the *Chainstay*.

My best,
Melanie

The *Chainstay* is published quarterly. Chainstay is produced using Microsoft Publisher 2016. PBA's website is hosted by Wild Apricot.

PBA Board Meetings

The PBA Officers and Executive Committee meet on the first Sunday of each month at changing locations. Contact Carlton Foster to have your topic added to the meeting agenda. *All PBA members are welcome to attend.*

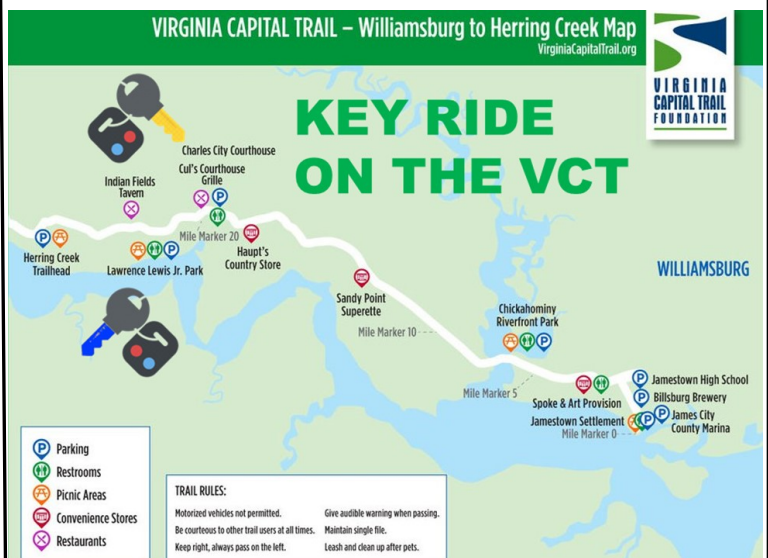
The "Key Ride": A Tip for Riding the Entire Virginia Capital Trail

By Robb Myer

Some club members have ridden the Virginia Capital Trail (VCT) out and back for a century and others have either taken AMTRAK for the return or stayed the night and biked the trail again on the next day, which I think is super, but not for everyone.

A riding friend from Richmond, who frequently rides the VCT with some RABA buddies has a solution that you may wish to consider. He calls it the "KEY RIDE." This works for two or more riders and requires two vehicles, each with racks or space for half the riders' bikes.

One car with bikes and riders drives to the Richmond trail head and the other to Jamestown Settlement. Both groups start riding and meet for lunch at Indian Fields Tavern or perhaps a picnic lunch at the Herring Creek Trailhead during which they exchange car keys. After lunch both pedal to the other end of VCT, load the bikes on the other car and drive to the exchange point. You may wish to give this some consideration.



WELCOME NEW PBA MEMBERS (as of Nov. 30)

**Risa Bastien
Jim Case
Mark Hornsby
Scott Moule
Carol Orrell
Molly Sherman
Jeff Spurlin**

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 TOP 10 MILEAGE UPDATE

Our top ten riders who recorded their mileage on Bike Journal or Love to Ride, in alpha order, as of November 30:

Helene Drees	Roy Kidwell
Robert Drees	Robert Liles
Sally Jackson	Richard Maruyama
Wade Jackson	Robb Myer
Patrick Johnston	Jack Phillips

Three Ways To Log Your Miles

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/>)
2. 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

Congratulations and Happy Birthday to the following members for completing the Birthday Club Challenge:

Vanilla Ages 50-59

**Rodney Abare, Don Alexander,
Jamie Clark, Bob Flynn, Sally Jackson,
Wade Jackson, Patrick Johnston, Alex
Ramirez, Jonathan Romero,
Jeff Spurlin**

Peaches and Cream Age 60-69

**Jennifer Allen, Jim Day, Helene Drees,
Robert Drees, Dean Foster, Inae Kellam,
Raleigh Martin, Shirley Martin,
Ken McFarland, Sandra Washington**

Rocky Road Age 70 +

**Sandy Butler, Bob Carter (*), Linda
Carter, Richard Maruyama (*),
Robb Myer, Melanie Payne,
Mark Van Raam, Dale Watkins,
Debbie Wells**

(*) Ron Hafer Recognition—80 and older

If you have ridden your birthday miles, email Robb at 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.

Congratulations to **Richard Maruyama** and **Robb Myer** for completing this challenge.

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

RIDES UPDATE



Last year members led a record number of rides—200. Through the end of November, the new record is 230.

Fifteen members have led weekend and our afterwork community rides. Shout-out to those members who've led 20 or more rides in 2022:

Sandy Butler, Linda & Bob Carter, Jamie Clark, Rob Liles, Robb Myer, and Alex Ramirez

Thank you!

For 2023, we'd like to add more casual, and C paced rides. If you are willing to volunteer, please email Robb at threespeed67-pba-ride-leader@yahoo.com.

The Return of the Tour de Fort



After taking two years off for COVID, the Tour de Fort sponsored by Bike Walk Hampton was once again held on September 25, 2022 with routes on and around Fort Monroe.

It was a beautiful day with approximately 125 riders. PBA provided volunteer ride leaders. Thank you to **Rob Liles, Tregg Hartley and Rodney Abare** for being ride leaders and representing the club.



John Atwood Memorial Ride



In the afternoon of October 16, 2022, over twenty PBA members and friends gathered at the Hilton Elementary School to ride in memory of long time PBA member, John Atwood. The rides passed John's Hilton home in silence and then continued on one of John's favorite routes.

John died in late September 2022. Although John suffered from many health issues, he made marvelous medical comebacks and never let them get him down, and he just kept cycling and cycling, most recently on his ebike, Juice. John was an accomplished man in many aspects of his life, and he will be missed by many. RIP dear old friend.

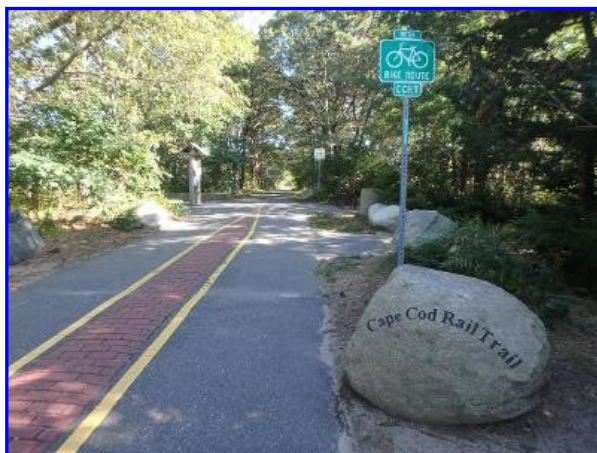


John with some Rocky Road friends

Cape Cod 3.0

By Tom Carmine

I first toured Cape Cod in 2014 as part of a self-supported camping trip with Adventure Cycling. I liked the trip, but I did not care that much for having to carry my camping gear and cooking for a group of 14 on two alcohol stoves. The parks were nice, but they were not close to towns for the most part. We did not camp on Martha's Vineyard, but we stayed in a hostel instead. The hostel provided a nice contrast to tent camping. That was my first experience with staying in a hostel but not my last because I discovered that there were multiple hostels on Cape Cod, Nantucket and Martha's Vineyard.



In the spring of 2017, I began planning a fall return trip where I would stay in four hostels over a week and ditch the camping gear. I look back on that trip as one of my greatest adventures particularly because it was my first solo adventure where I was not part of an organized ride.

Several friends urged me to do the trip again for them so I initially planned it for 2019, but I opted to go on an Adventure Cycling tour of the San Juan Islands instead with Liz who wanted to go the Cape Cod trip too. I tried again in 2020 and 2021, but Covid shut down the hostels until 2022.

When I began planning the 2022 trip, I found that the after effects Covid would greatly change my plans. First, I could no longer take a ferry from Plymouth to Provincetown to start on Saturday. The first night's hostel in Eastham was closed. The hostel on Nantucket had been sold.

I scripted the trip for Liz and CJ from Baltimore and my local friend Steve for the weekend after Labor Day and booked all the reservations in March. Then Steve had to drop out so I recruited my wife Linda to go along and be our SAG support. This proved to be a very helpful change. Without a SAG, we would have biked from Sagamore Bridge to the hotel on day one missing Provincetown. Having a SAG driver meant we could drive from Sagamore to Provincetown and start the trip as originally planned. I found a replacement hotel just off the Cape Cod Rail Trail that was old, but cheap and regularly catered to cyclists. After several hours in Provincetown, we pedaled out of town passing little brightly colored cottages along the waterfront in Turo before getting on the rail trail.

The Cape Cod Rail Trail is paved and a delight to travel on. Traffic was not bad leaving Provincetown, but a bike path is always preferred. We did have a short distance to ride on Highway 6 to get to the hotel, and one car came so close to me in our short 2/10ths of mile ride that Liz thought that our trip was about end right then.

Having a SAG was a blessing for going to dinner. I wanted to go to Mac's on the Pier in Wellfleet, but that was six highway miles away and would not have been a pleasant ride especially

in the dark on the return. The meal was wonderful, and we got to watch the sun set and the full moon rise from our picnic table.

The next morning, we took a path through the woods back to the Rail Trail till we left the trail to ride along the beach roads. This took us by lighthouses and beach accesses which were free for us to enter the parking lot but not for Linda with the vehicle. Advantage to the bicycle. We reconnected with Linda later at the National Park Service's Salt Pond Visitor Center after which we

drove into Orleans for an early lunch. One thing that I learned on this trip was that the east coast of Cape Cod has tremendously eroded over the years. You would not think that had happened looking at the coast until you see historic pictures of beach parking lots that are now in the ocean.

After a wonderful outdoor lunch, we drove 8 miles to Chatham. Route 28 is scenic, but it is only two lanes with no shoulder and it seemed much busier than I remembered it being. Sometimes it is just not worth taking an unnecessary risk to ride on a road. Chatham is an old fishing village having been settled in 1664. Today it is a tourist destination for its beaches and small village charm. We parked and wandered through the shops for a while and then got our bikes and headed to Hyannis on a branch line of the Cape Cod Rail Trail. The section of the Trail has a trailside bike shop that is popular with tourists who want to rent bikes. They also offered cold drinks and energy bars.

Hyannis is the hub of Cape Cod with ferries leaving for both Nantucket and Martha's Vineyard from its large natural harbor. The Hyannis hostel is one of the two nicest that I have stayed in. The main house overlooks the harbor which is very convenient for catching the ferry. We had a pleasant room on the third floor with two twin beds. On the second floor there were three full private bathrooms and there was never a wait for one. CJ and Liz were in a similar room next door where I stayed in 2017.

Hostels provide a kitchen and refrigerator for storing your food. Since Covid, the hostel no longer provides their wonderful homemade granola so we bought breakfast provisions for our three-night stay. With the Nantucket hostel being sold, our plan was to take the 9 AM ferry to Nantucket each day and come back on one of the evening ferries. We had rain in the forecast for both days, but Monday looked like the best day to do our island bike ride. Our morning ride was a triangular loop out to Siasconset, a small village on the east side of the island. We had a bike path for the entire day and views of meadows, forests and the coast on occasion. Siasconset consisted of houses but only a small grocery, a deli and a few shops. Residents must do their main shopping in Nantucket where there are two larger grocery stores.

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While we contemplated our lunch options, I noticed a Backroads touring van and a young lady setting out snacks on picnic table. I wandered over to see what her tour was all about. She was one of the hosts for their five-day four night very high-end bike tour. They spend two nights on Nantucket and two on Martha's Vineyard at a cost of \$3,999 per person. Our budgeted housing costs for two for the week was less than \$800 by comparison and our actual food costs for two was about \$500.

After lunch we rode back to and through Nantucket and out to Madaket Beach on the westside. I remember from my last trip one of the hostel guests had said there was nothing there. He was basically right, but the ride was still worth it. We did find a beach, a parking lot and porta-potty along with a small store for snacks. There was also walkup grill next to the store, but they wanted \$25 for a taco. Welcome to Nantucket where everything costs more.

The ferry to and from Hyannis to Nantucket takes 2 hours and fifteen minutes and costs \$26.50 each way. We came over on the 9 AM ferry and we were leaving on the 8 PM so that gave us time for dinner in Nantucket. As a touring cyclist you learn to adapt to the conditions, and that means meals are not always eaten in restaurants. We opted to get our dinners from the abundance of carry out food at the Stop and Shop located right in historic Nantucket and eat it at benches overlooking the harbor. Our meals were about \$10 each and the fantastic view was better than any offered by the restaurants.

The next day was also cloudy with some occasional showers and all four of us went back to Nantucket for a walking tour of the historic town. The town is unbelievably pretty with its true cobblestone streets, not pavers but real stones. Many of



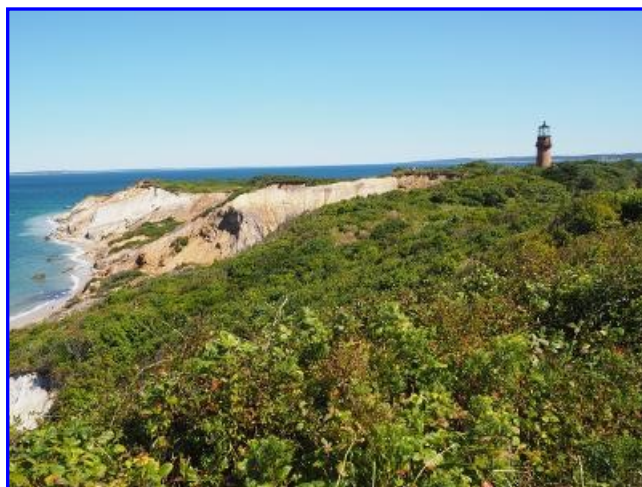
the buildings date back to the seventeen and eighteen hundreds. As a whaling town, it had a lot of wealth and it shows in its houses. Today it is expensive to live there. I noticed an ad for small two-bedroom house for \$1.7 million.

On Wednesday we were supposed to go to Martha's Vineyard, but the ferry connection was a problem because of the limited spots available for vehicles. I had tried five days

earlier to get a reservation to get on and off the island, and I found out that the only ferries available were for the last one for each evening. That mainly messed up Friday because that meant we would be on Martha's Vineyard all day rather than biking from Martha's Vineyard back to Sagamore.

I had told my friends to pack in panniers in case we had to separate from our SAG support at some point so we were prepared. We drove over to Woods Hole and got lunch and then took a 20 mile ride on the Shining Sea Bikeway before taking the 3:15 ferry. Liz and CJ boarded with all their gear, and I boarded with my toiletries and a change of clothes in my small panniers. Linda had to wait till the 9:15 ferry which meant hopefully getting to the hostel around 10 PM with the rest of my stuff.

I was happy to have the vehicle this time despite the \$100 fare going each way. Martha's Vineyard is much larger than Nantucket and you can easily spend an hour crossing it by bike. The bus system there is also suffering from a labor shortage. I used to pick up the bus in front of the hostel and use it to shoot across the island to Edgartown with my bike on the rack, but this time the buses only ran every other hour making them less efficient for seeing the island.



We decided to split up for the day. I wanted Linda to see some what I had seen before, plus I wanted to see places that were not easily accessible by bicycle. Because of the movie *Jaws*, you have already seen a lot of Martha's Vineyard. Linda and I started the day at Gay Head light overlooking the west coast. Between my initial trip in 2014 and my return in 2017, the lighthouse was moved inland about 130 feet at a cost of about \$3 million because the cliffs behind it were eroding away. For lunch we sat on a restaurant porch where Captain Quinn had loaded his boat for is attempt to find Jaws.

We all ate dinner at the hostel in the evening preparing simple meals in the large kitchen and dining area. The hostel can hold up to 70 people in different options. We had reserved two private rooms so we did not share accommodations with anyone one. A single traveler could choose a bunkroom for only \$40 a night or grab a two-bunk private room for \$80

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(Cape Cod continued)

which is what I did before. The hostel is out of town but easily accessible by the bike path. It's old and a little run down, but it is still a pleasant place to stay.

On Friday we split up again after we dropped Liz and CJ in Edgartown. Linda and I walked around Edgartown and Oak Bluffs. I was interested in seeing the old site of the 1800's Methodist Revival Camp Meetings. The Methodist church owns 325 acres where revivals were held in the summers starting in 1835 and folks literally came there and camped in tents. Later tents were replaced with small gothic styled houses. In 1879, the revival meeting tent was replaced with a wrought iron open air chapel. Today there are about 300 of these brightly painted small houses surrounding the Tabernacle.

After dinner in Vineyard Haven, we caught an earlier than expected ferry at 8:30 and left to start our trip home. I greatly enjoyed sharing this trip with my wife and friends. Each trip has been unique. I initially chose my 2014 trip with Adventure Cycling because it was close enough to drive to and I had never been there. Back then I never thought I would go back two more times. The area is one of those iconic places in America that everyone should see. The people we met in the shops and restaurants were very nice. After Covid, I am sure that they were happy to see tourists again.

Do You Like Car-Free Bicycle Routes?

By Robb Myer

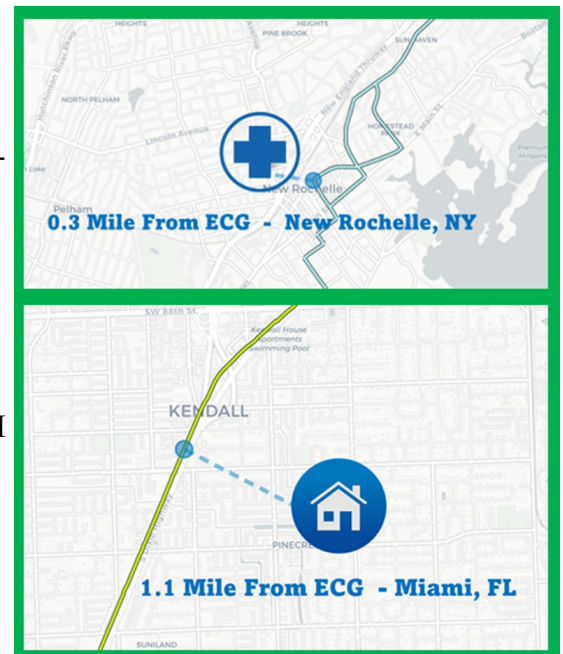


Seems after every group ride on the Virginia Capital Trail (VCT) at least one rider comments that they'd like to do a week or longer car-free adventure ride. This of course was the motivation behind the Rails-to-Trails movement, but very few rail trails are much longer than the VCT.

There has been a lot of coverage of the proposed 3,700-mile Great American Rail-Trail, but to date only 120 of over 1700 miles of gap have been completed. You may have read my article on the Florida Coast-to-Coast Connector in the Spring 2022 *Chainstay*, which is 80% complete but only 275 miles in length. In comparison, the 3,000-mile East Coast Greenway (ECG) Alliance celebrated its 30-year anniversary last November and goes through Virginia. In fact, the VCT is on the complementary route which goes to the coast from Richmond to Elizabeth City while the primary route stays inland enroute to Raleigh.

I discovered the East Coast Greenway (ECG) mapping tool years ago while I was planning a post-retirement tour from where I was born north of New York City to where I grew up south of Miami, Florida.

One very nice feature is getting the direct line overlay from an address to the closest point on the route. Turned out, the hospital I was born in is 0.3 mile from the route in New Rochelle, NY, and the house where I grew up is just over 1.0 mile from the route in Dade County. Talk about a perfect fit, only thing was to find a tour operator since at age seventy-five, I was not interested in a self-supported adventure. Turned out the pandemic delayed the tour for 18-months, but during that time I found that Timberline Bike & Hike Adventure planned a four-segment cycling odyssey covering the entire 3,000 mile of the ECG. I signed on for the 2,200 miles from New York City to Key West in 2021.



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(Car Free Bicycle Routes continued)

I joined a group of six riders and two guides which started at the Canadian border in Calais, ME a little over two weeks before I met them. For the next five weeks we rode on average 60 miles a day with rest days in Annapolis, MD, Raleigh, NC, Myrtle Beach, SC, Savannah, GA and Cocoa Beach, FL before arriving in Key West, FL in early November.

Hardly a day passed when one or more of my companions made a positive reference to the condition of the trails and scenery on the Maine-to-NYC segment. By the time we reached the official end of U.S. 1 in Key West, I had decided that my 2022 tour would be segment one of the ECG. So, toward the end of September, I started segment one at the Canadian border and followed the coast to NYC.

While the images show we started in the rain, just as we ended in Key West the year before, but this not normal, Most days my rain gear never left the bag. About 1,350 miles of the ECG is car-free with new sections being added monthly. For now, segment one from Maine to NYC and segment four from Savannah, GA to Key West offer the most car-free miles.



DC Bike Ride Recap

Fifteen club members took part in the annual DC Bike Ride on September 10, 2022. From the start of the ride, until the end near the US Capitol, riders were treated to riding past monuments, over many bridges and on DC streets that are normally gridlocked with traffic but were closed to traffic for the ride. The ride of 9,000 riders was well organized, there were good road conditions and it was wonderful to get a different view of Washington DC. The route was adjusted from the original 20 miles to 17 miles due to coastal flooding from the Potomac. Most of us ended up with over 30 miles due to riding to and from the ride to hotels in Alexandria and visiting monuments after the ride. The evening before the ride, a dozen of us had a delicious dinner at the Faccia Luna in Old Town Alexandria.



Rolling in and Rolling On

By Chip Williams

Being relatively new to cycling, only starting in 2020 due to the pandemic, I have learned so much about cycling, but still have so much to experience and learn.

I am always on the look out for cycling events and will usually participate if my schedule allows. I became a member of the Peninsula Bicycling Association (PBA) in May 2022 during their National Bike Month kick-off event at Traditions Brewery.

In addition to regular cycling, this past year I have participated in numerous cycling activities and events such as the Tarwheel Cycling Event in Elizabeth City, NC, the Tour de Chesapeake, in Mathews, Pedal the Parkway, Norfolk Glow Ride, Bikes and Beers Ride in both Baltimore and Richmond, Bike the Bridge Ride, and the DC and Philly Bike Rides. I am hoping to repeat these as well as expand on rides in 2023.

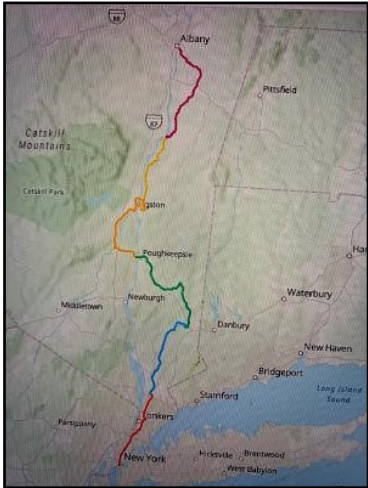


PBA AFFILIATIONS



A Bike Tour Back to My Old “Stomping Grounds” - Manhattan to Albany, NY

By Melanie Payne



Although I was born and raised in New York City, the only time I rode a bike in New York was in Brooklyn as a child. So when a friend presented the idea of riding from an inn-to-inn bike tour in September from Battery Park in Manhattan to Albany, I was all in for getting back to my old stomping grounds.

The ride from Battery Park was very special to me being able to view the Statue of Liberty and Ellis Island, where my family first



landed in the United States. But the most special and unexpected event we encountered was the Tunnels to Towers fundraiser with over 3,000 runners,

most of whom were first responders running over the Brooklyn Bridge to the World Trade Center Memorial area. Police personnel lined the route holding American flags, bagpipes were playing, and whole units of fire personnel were running in full uniform chanting their unit number with photos of the fallen lining the streets. Many streets that we were supposed to ride on were closed due to the event, but I didn't mind as the event was so moving and wonderful to be a part of. We eventually made it to the World Trade Center area and the 911 Memorial - another emotional and moving place to be.



We started on the Hudson River Trail in Manhattan, then through the Bronx to Van Cortland Park, which was very, very busy with the usual Sunday afternoon foot, stroller, jogger, and dog-walking traffic. But after leaving the Bronx and heading into suburbia, it was

smooth cycling on the 210 mile Hudson Valley Greenway portion of the recently completed Empire State Trail.

The variety of landscapes along the route were stunning. Through the skyscrapers and crowds in NYC, and then through the Hudson Valley on quiet bike paths, rail trails and roads in upstate New York. It was truly the most diverse bike tour ever going into historic villages such as Rhinebeck, Hudson and New Paltz, and through forests and farmland ending in Albany, the State Capitol.

I have visited many of the towns on the Hudson before having had relatives that lived there, but seeing the areas from a cyclist's perspective was a very different

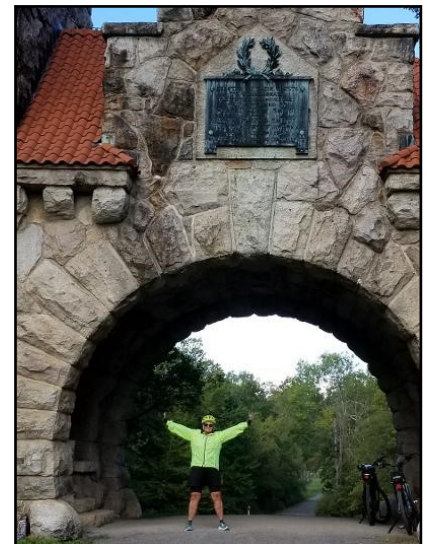
view and really made me appreciate the area in a different way.



The highlight of the tour for me was the Walkway Over the Hudson, the world's longest elevated pedestrian/cycling bridge (1.28 miles) that is 212 feet above the Hudson River between Poughkeepsie and Highland, NY.

We were given the opportunity to ride over the bridge twice, and we did, since it was such an awesome experience.

Other highlights included the campus of Bard College, the abandoned concrete factories in the woods that helped build NYC, many historic markers, great restaurants, and the feeling of being “home” again.



Fall General Membership Meeting Held on Monday, October 10

The PBA fall general membership meeting was held at Trek Newport News on October 10. The meeting began at 7:00 PM with pizza and fellowship.

After the general membership items, Chris Scales, manager of the store presented a program on trainers. Members brought many bike related accessories to the meeting for donation to the Bicycle Co-Op of Williamsburg.

Items will be collected at each upcoming PBA event, with the next one being the Holiday Party on December 10.



What's On Your Holiday Gift List?

By Robb Myer



One of our Thanksgiving traditions is sharing our holiday gift wish lists. My wife and children know that if it is not bicycle or paddling related, the safest gift is a restaurant card. Thought I'd share some items from my past and present holiday gift lists in the hope that one or more may influence you to keep riding during the winter season.

A few items related to riding warmth: Showers Pass Crosspoint Knit Wool Gloves and thermal cycling bibs and some lights for riding in the dark: Light & Motion VisPro 1000 headlight and Cygolite Hypershot 350 taillight. A tool on this year's list is the Wolf Tooth 8-bit pack pliers and for off-the-bike wear a Virginia Capital Trail (VCT) pullover hoodie.

Speaking of the VCT, add event registrations for some of our popular rides, like the Cap2Cap and Tour de Chesapeake, both in May. "Early Bird" registration for the Cap2Cap continues through January 2. One of the gifts my wife gave me last year is a PBA Windtex Vest, which has gotten almost daily use the past six weeks. Recommend you consider one when the club next opens the Hincapie Kit Store.

If you have items on your gift list you'd like to share, please add them as comments to the club Facebook page post on bicycle related gift ideas. But only share your "newbikeday" wishes with your secret-Santa and if you don't have wool socks on your list, think about adding a couple of pairs.



FALL RIDE PHOTOS



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!



morningstar
STORAGE

2360 Hampton Hwy,
Yorktown, VA
757-865-8200

Thank you for supporting the
Peninsula Bicycling
Association.

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 (\$20) Family (\$25) 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 \$20 Family \$25 per year