

The Tidewater Bicycle Association proudly presents its signature event, the 34th Annual Knotts Island Century ride. One of the ride's highlights is that the English and Metric Century both cross the Currituck Sound on the North Carolina State Ferry, from opposite sides. The Half Metric route will enjoy the serenity of the Dismal Swamp trail. **Ferry capacity is limited to 140 cyclists per ferry—so register online early.** This year registration includes police support at busy intersections, our famous t-shirt, SAG support, tasty food/rest stops with porta potties, sports drinks, commercial bottled water, cue sheets—lots of them—and roads marked with arrows. The C.L.A.M.S. sponsored cookie stop is back! Also included is a post ride tasty pasta dinner you can share with your friends.

- Great opportunity for a family ride
- Great MS 150 Training Ride
- Ride with a Group, even if you are alone!

NEW RIDERS:

Download training tips at www.tbarides.org

Completing any of the three distances is a personal achievement and one you will be proud to share with your family and friends at the end of the day.

Thanks to our generous local bike shops, Conte's Hilltop and Fat Frogs Red Mill, for volunteering to provide bike mechanics and SAG support assistance.



THE TBA MISSION

The purpose of the TBA is to promote and encourage the use of the bicycle as a means of recreation and transportation; to develop a physically fit, self reliant, well informed citizen; to uphold and support the rights of bicyclists; to encourage the use of facilities for bicycling on public lands; and to provide information in the interest of bicycling safety.

WHY JOIN THE TBA?

Some of the non-monetary value obtained from membership includes making new friends; camaraderie with fellow cyclists; encouraging new ways to be a recreational and/or commuting cyclist; learning about great new biking routes, events and trips; and being part of a larger voice for supporting the rights of cyclists and increasing public bicycling facilities – invaluable for our cycling community.

While these things do not require TBA membership (\$25 Individual or \$30 Family annually), there is monetary value in being a TBA member. Active members easily recoup their membership fee by taking advantage of the following membership benefits:

- Prorated Chili Ride in February (\$5 or \$1 less for members)
- Prorated Knott's Island Century Ride (\$10 off for members)
- FREE for members, \$10 for non-members: July 4th Picnic Ride; August Social Ride Event ; Labor Day Ride
- Deeply prorated Christmas Party in December
- 10% off at most Hampton Roads area bike shops

TBA is a political voice that is starting to be heard. TBA Members work tirelessly to improve the bicycle paradigm in Hampton Roads. Consider how much more we would be able to accomplish politically if we were able to speak with a louder voice by doubling or tripling our membership.

For more information about the Tidewater Bicycle Association or to join online visit our website at

WWW.TBARIDES.ORG

Great Ride + Great Food
Come Share the Camaraderie

Tidewater Bicycle Association
Proudly Presents the
34th Annual
KNOTT'S ISLAND CENTURY



MAY 15, 2010
Chesapeake, Virginia

Riders are required to obey all traffic laws governing bicycles on the open roadway.

Ride single file, all route roads are two lane.

Helmets shall be worn at all times and earphones are not allowed!

ENJOY RURAL COUNTRYSIDE & CURRITUCK SOUND VIEWS FROM THE FERRY

Riders young and old, beginner or experienced will enjoy this opportunity to ride along country roads, across marshes and ride the ferry across the Currituck Sound. Half Metric riders will experience the beauty of the Dismal Swamp Trail. All riders will enjoy a cooked post ride meal. This year we will have police assistance at busy intersections. Enjoy a safe and friendly ride with full ride support including maps and stocked rest stops and take home our famous t-shirt.

Three Distances to choose from:

THE ENGLISH CENTURY (100 MILES)

The English Century riders will bike 27 miles directly to Currituck, NC and take the 9:00 a.m. ferry to Knotts Island. Upon landing at about 10 a.m., they will bike 75 miles through Virginia Beach and Chesapeake back home to the Wallaceton Ruritan Club. *Note: 140 rider limit on Ferry*

THE METRIC CENTURY (64 MILES)

The metric century riders will bike 37 miles directly to Knotts Island and take the 10:00 a.m. ferry to Currituck North Carolina. Upon landing at about 11:00 a.m. they will bike 27 miles back to Chesapeake through Currituck and Camden counties and home to the Ruritan Club.

The English & Metric riders will pass each other at the Knotts Island Ferry landing. Both English and Metric Centuries will bike through the Mackay Island National Wildlife Refuge on NC route 615. *Note: 140 rider limit on Ferry.*

THE HALF METRIC CENTURY(32 MILES)

The Half Metric Century riders will bike only in Chesapeake going directly to the Dismal Swamp Canal Trail and will not go near Battlefield Blvd.



SCHEDULE

6:30 am	Registration Check-in Opens
7:00 am	Routes Open
9:00 am	Check-in Closes
9:00 am	English Century Ferry Departs (27M)
10:00 am	Metric Century Ferry Departs (37M)
11:00 am	Lunch Starts
12:00 pm	Half Metric Route Closes
5:00 pm	Ride Closes

LOCATION

Wallaceton Ruritan Club
4032 Bunch Walnuts Road
Chesapeake, Virginia 23322
For Detailed Directions, go to www.tbarides.com

LODGING AND OTHER ACTIVITIES

For lodging and information about other activities in Southeastern Virginia, contact the Hampton Roads Chamber of Commerce at or 757-622-2312 www.hamptonroadschamber.com



KNOTTS ISLAND RIDE REGISTRATION

One person per form - Copies okay - Please Print Clearly

Name _____

Address _____

Phone _____

Email Address | Please Write Clearly | Email updates will be sent prior to the event

Circle the ride you are registering for:

English Century Metric Century Half Metric

REGISTER BY APRIL 28TH TO GUARANTEE T-SHIRT

REGISTER EARLY TO AVOID ON SITE PRICE INCREASE

PRE-REGISTRATION WILL CLOSE MAY 9TH

SAVE \$1/RIDER BY REGISTERING ON LINE

WWW.TBARIDES.ORG

Registration Fees	Cost	Qty	Total
TBA Member* Pre-Paid Registration	\$36	_____	_____
Non TBA Member Pre-Paid Registration	\$46	_____	_____
Opt out of t-shirt deduct \$5/registration		(_____)	
		Total Enclosed	_____

***MEMBER RATES APPLY TO CURRENT TBA MEMBERS**

THIS IS NOT A RELEASE: All riders will be required to sign a release on event day. Riders under 18 must be accompanied on the ride by a designated adult. Please sign indicating your agreement with this requirement.

Signature _____ Date _____



Make Checks Payable to TBA and Mail to:

KNOTTS ISLAND CENTURY
c/o Jean Sleeman
3924 W. Stratford Road
Virginia Beach, VA 23455

Email questions: jean_knotts_island@cox.net