

The Spokin Word



Volume 47 Issue 11

www.tbarides.org December 2009/ January 2010

UPCOMING EVENTS

General Membership Meeting

Thursday

January 13th, 2009

Location:

Bide-A-Wee Golf Course

Portsmouth

Starting at 7:00 pm Come at 6:30 pm to socialize

February

Spokin Word

Deadline January 11th

TBA Officer Elections December 6th

Due to the cancelation of the November General Membership Meeting the Executive Committee has rescheduled the Officer Elections to take place at the upcoming Holiday Party. Details of the Holiday Party can be found below.

TBA Holiday Party

For a unique and affordable fun night, plan now to join your fellow riders at the TBA Holiday Party on Sunday, December 6th at 6 pm at the Grate Steak on Military Highway in Norfolk. As this invitation is open to all TBA members (in good standing) and their guests, be sure that your membership is up-to-date as this is an event you won't want to miss.

Partygoers will have over 20 entrees to choose from including the famous Grate Steak cook-your-own entrees of sirloins, T-bones, Delmonico's, kabob's and chicken breasts for some fun do-it-yourself grilling and story swapping over live charcoal. If you're not in the mood for "heated" discussion, you may also choose a chef prepared item like the slow roasted prime rib, fried shrimp, crab cakes, or a variety of chicken dishes.

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18th Annual Peter Teeuwen Memorial Bicycle Ride

The 18th Annual TBA Peter Teeuwen Memorial Bicycle Ride will be held on Sunday, January 10th, 2010 at 1:00PM at the Grassfield Ruritan Club located at 920 Shillelagh Road in Chesapeake, VA. We hope to have a police escort as in all years past. This is a social ride "en masse," for all types of cyclists--racers and tourists alike. The loop will be the "Lollipop Loop" which is 23 miles long and the speed in generally 19-21 MPH. For those who wish to ride part of the ride, you may turn back at any point. The Club will be open during the ride. After the ride there will be a pot luck luncheon on site--please bring a dish to share. We welcome all who wish to attend, including those who do not participate in the actual ride. You are required to sign in before the start of the ride. Helmets required. Please--NO aerobars. Come, join the ride, share a dish, and enjoy.

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12th Memorial Frank Penello New Year's Day Ride

Happy New Year!! - Friday, January 1, 2010

All Paces, 10:00 am, 20 miles

Please arrive NLT 9:45

Our New Year's ride is from Norfolk's Wards Corner Farm Fresh located on East Little Creek Road about 0.3 miles east of Granby St. To avoid inconveniencing Farm Fresh Supermarket customers, please use the parking lot's far east perimeter for parking.

Yearly, about fifty of us somehow make it here. We heartily invite new members and guest riders to join us and many have. After the ride, we gather at the Farm Fresh Deli to rekindle warm friendships and hoist a warm cuppa in remembrance of Frank who inaugurated this ride back in the '70s.

Continued on Page 4

The TBA Officers & Staff

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Membership Info

Just a reminder, if you move please call, e-mail or snail mail Michael Sleeman with your change of address. The newsletter is mailed 3rd class and will not be forwarded to your new address.

TBA Board Meetings

The TBA Board Meetings are open to all current members of TBA. If you would like to address the Board on a topic please send your request in writing to Steve Zeligman president@tbarides.org. You can contact any board member to learn the date, time, and location of the next scheduled board meeting.

Memberships Expiring on February 1st

Bob Marquart
 Claire Ricewasser
 Debbie Melton
 Jane Hoffman

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TREK seven cycles One bike. Yours. GARY FISHER

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.

TBA CLAMS

The Hampton Roads Chapter of the National MS Society honored the CLAMS at their end of the year banquet. The team was awarded the "Diamond Team" plaque for raising \$41,672.00 in the fight against Multiple Sclerosis for the 2009 season. Congratulations and thank you so much to all the CLAMS who worked at many different fund raising activities to achieve that award. Anyone wishing to join this wonderful team may do so on line at www.fightms.com.

Now as we go forward into the 2010 season, we will get together for training rides once a month during the winter, weather permitting. Team members who would like to lead a ride, please contact us.

Our fund raising activities have started and will continue through the winter months. Save January 20th for another Skating/AYCE Pizza fundraiser at Haygood. Look for an announcement about a wine tasting event in the coming months.

The CLAM'S Christmas party will be at Jay & Kim Talman's on Sunday, December 13th. Plan on getting together for sharing some good cheer and a fun time. Once again there will be a raffle for the Christmas basket. Who knows what goodies Santa will put in that basket.

We would like to wish everyone a very Happy Holidays and please remember our military personnel stationed around the world and in harm's way.

We Ride so that Others May Walk,
Joe and Polly Frease
jrfrease@cox.net

Save the Date April 17, 2010

What a great opportunity we have as cyclists to help those living with diabetes. Do you know someone with diabetes? Maybe a family member, friend, or fellow cyclist. On April 17, 2010 more than 800 cyclists will come together at Hickory High School to join in a ride to help in the fight against diabetes. The event helps raise money on behalf of the more than 23.6 million Americans that are diabetics. The American Diabetes Association (ADA) is all about Cure, Care, and Commitment.

Your team (Team TBA) is currently 14 members strong and continues to grow. But we need you! We need you to join our Team! If unable to join our team please consider sponsoring a team member or volunteering during the event.

If you're undecided about riding in the tour, join us Wednesday January 27th for the Tour de Cure "Kick Off Party Celebration" at Spring Hill Suites in Chesapeake from 5:45-7:30 pm. This is the perfect opportunity to find out more about the tour, diabetes awareness and much more. Did I forget to mention food, silent auction, meeting your team, and meeting Marianne Patterson (Tour Event Manager). I hope you'll join us for an informative and fun evening.

The reason I am so dedicated to this event is my niece Kelly who was diagnosed at 8 years of age with Type 1 diabetes. Today she is 24 years old, graduate of James Madison University and working on her masters at Norfolk State, living a productive life due to the advancements made from diabetes research. In 1999 she asked me if I would sponsor her in the Tour de Cure at which time I not only decided to sponsor her, but join her team for this event.

I hope you'll consider riding in the Tour de Cure. Take the ride of your life. If you have any questions please email me at mikerozers53@cox.net or call 757-650-9767. See you on the road. --- Mike Rogers---

TBA Holiday Party Continued from Page 1

Everyone's meals will include a trip to the fresh greens salad bar and a choice of potato or steamed vegetable. We'll also have our own yummy desert table to top off your meal with some gourmet cheesecakes, delicious cakes, and holiday pies. Soft drinks and gratuities will all be included in your ticket price of \$15 per person as TBA is covering much of the expense for you. Any wine, beer, or cocktails you might like are not provided but all is readily available from the restaurant bar.

There will also be a presentation of awards and holiday door prizes handed out. Remember, this may be your only chance to spot fellow cyclists in something other than tight black pants so let's leave the trusty steeds at home that night, don some new attire, and celebrate the holiday season with those that share liking the biking.

Please RSVP Susan Roher if you plan to attend at roher7@cox.net or 496-9424. If you have any questions about your membership status, contact Michael Sleeman at membership@tbarides.org.

Peter Teeuwen Ride Continued from Page 1

Since this is the 18th Memorial ride and so many of the people who are attending did not know Peter, we invite those of you who did to share a short story about him at this 18th Annual Event. For more information on this ride you can call Christina Teeuwen at 547-7188.

There will also be a separate C pace ride leaving at 11:30 AM from the Grassfield Ruritan Club led by Carol Taylor 490-1831. This ride will not have a police escort but will be back at about the same time as the "en masse" ride for the pot luck luncheon.

Presidents Message

"It's winter and it's cold and I am not going to dress up in all of those clothes to go outside to ride my bike!" Admit it; we all say that at least occasionally this time of year. In fact, cold weather can discourage some of us from riding a bike altogether until warmer weather arrives in the Spring. This is a bad plan for those of us who rely solely on bike riding for fitness! This is also why a bike trainer is a good idea on those days when you just can't raise the motivation level enough to ride outside.

My wife bought me my first trainer last winter and I love it! I like to park it in front of the TV and catch up on movies I never seem to have the time to watch. While I am riding on my trainer and watching movies, no one can accuse me of being a couch potato either! One of the best things about trainers is that they fit into almost any size space. Most trainers are also collapsible. So, even if you live in a small apartment, you can get one that sets up minutes

and folds away to go under your bed, in the closet, or whatever tiny storage spot you have available.

Just in case you aren't familiar with bike trainers, their job is to add resistance to the rear bicycle wheel while allowing it to rotate. This instantly transforms a bicycle into an indoor stationary bike. Two main factors to consider when choosing a trainer is its noise level and how it feels. Obviously if it just doesn't feel like you're actually riding a bike it won't be much fun and you won't want to spend a whole lot of time on it. A really loud trainer can discourage riding as well.

Trainers are generally classified by how they generate the resistance on the bike. The most basic type is a wind trainer and essentially uses a fan to generate resistance against the wind. Wind trainers tend to be entry level models and are usually at the lower end of the price scale for trainers. However, they can be loud since they work by producing wind resistance. As you move up

the price scale, you will discover magnetic and fluid models. They are both quieter than wind trainers and can be easier to adjust. I definitely recommend considering how much you plan on using a trainer when you are considering your budget to buy one. As with most things, I also recommend visiting your local bike shop for friendly advice and becoming acquainted with the wide range of options available at different price points.

If you plan on riding a trainer regularly, I also recommend considering a separate and inexpensive rear wheel and tire for your bike. Otherwise, you will be subjecting the rear wheel and tire you normally use to a great deal of additional wear while you are using your trainer.

So, continue to ride your bike year-round both indoors & outside and come join me for movie day on the trainer!

-Steve

My Thoughts - Riding with new riders

A bike's multiple gears are there to be shifted, to allow you to pedal efficiently and not to change speed. Use them to maintain a comfortable speed, especially if riding with a group.

Most road bikes have two gears up front (the chain rings) which offer a change of effort. Selecting which chain ring to use usually depends on the expected ride speed.

Understanding the rear gear set (cassette) is most important. Tidewater has flat and/or rolling roadways and variable winds. An appropriate cassette should have gears that are closely spaced so the change to an adjacent gear is not too big. For example, I have a rear cassette with nine gears. Counting gear teeth, the smallest gear has 11 teeth, then 12, 13, 14, 15 teeth and the last four are double jumps at 17, 19, 21 and 23 teeth that help in hills or big head winds. If a cassette has too many jumps between gears, chances are a gearshift change may not obtain a pleasant effect. The

easy solution is purchase a rear cassette with narrow spacing. Maybe keep your old cassette for riding on insurmountable hills.

Pedaling efficiently means cranking at a moderate rpm (cadence) of between 75 and 85 rpm when working to keep up with a group. If this seems too fast, cranking too slowly on a longer ride can result in sore, tired knees. At higher speeds, maintain a higher cadence to obtain knee comfort or prevent legs from pooping out. Pedaling cadence can be determined by counting how many cranks you do in 6 seconds then multiply by 10 or purchase a speedometer that has a cadence read out.

Never allow yourself to get left behind (dropped) on a group ride. This happens some times during a turn. You may have to work hard but you have to keep up! If dropped, the effort to catch up is like trying to bring up a low grade point average (if you remember those days).

More next month, John McKee

Pennello Ride

Continued from Page 1

There are no assigned ride leaders. Have no fear, John McKee and Carole Taylor will bring up the rear encouraging hapless riders caught by stop lights, etc. You'll be amazed how miniscule Norfolk pedestrian and vehicular traffic can be on a New Year's Day morning and how nice drivers might be. Please bring easily wielded party noise makers so we may properly greet those few we spot.

Weather conditions are purely potluck, ranging from beautiful to miserable. We've been lucky these last few years. If the weather is untenable, we cancel the ride and repair to the Farm Fresh Deli and create "true" biking stories for our guest riders.

For information contact: John McKee, H: 757-497-5143, Cell: 757-434-7276 or e-mail at john.mckee1@verizon.net.

Peter Teeuwen's Bicycling Legacy

April 3, 1950- January 10, 1993

- Founding member of Tidewater Bicycle Association in 1964, which was initially only a racing club, along with brothers Martin Teeuwen and Gerald Teeuwen, Ben Potts—owner of Colley Avenue Bicycle Store, Bobby and Mickey Balance and Charlie Pilcher
- April 1969--Peter Teeuwen/Tidewater Bicycle Association hosts his first race--The Twilight Criterium--in association with the Downtown Norfolk Association--the Start/Finish line of this bicycle race was on Granby Street in front of Smith and Welton. Prizes mostly consisted of T.V.'s donated by the G. E. plant in Portsmouth. Another sponsor for the race was Mel Pinto of Mel Pinto Imports.
- Azalea Festival Bicycle Races starting in 1969
- Shamrock Criteriums; Military Circle Mall Criteriums; Greenbrier Mall Criteriums; The Great Bridge Criterium, Chesapeake Civic Center; State Time Trials Shillelagh Road; Chesapeake Sleepy Hole Park Races, Suffolk
- One year, Peter hosted a total of 40 bicycle races in one season
- **Southeastern Cycling Classic, Norfolk 1982 –1993 included in this field were Wayne and Dale Stetina, Davis Phinney, Leonard Nitz and former Olympic Skater Eric Heiden included in the field at a later date were young Lance Armstrong and George Hincapie * The year George rode this race, he was a 17 year old Junior and won the race.**
- **Maryview Classic (Old Towne Cycling Classic) (Crawford Bay Cycling Classic, Portsmouth 1987- 1993)**
- **Virginia Beach Cycling Classis, VB 1992-1993**
- **Chesapeake Road Cycling Classic (Jr. Olympic Points Race domestic qualifying opportunity for the 2008 UCI Junior Road and Time Trial World Championships) 1993 - Peter had this one lined up prior to his death--The bold printed races plus this one became known as "Tidewater's Cycling Grand Slam"**
- Also, Peter participated in bicycle races up and down the East Coast including, Washington, D.C., Virginia, Somerville, NJ, Bear Mountain, NY, Trexlertown, PA, Canada, North Carolina, Florida, Maryland, Delaware. He also raced in the National Championship Road Races and in National Championship Criteriums in North Carolina, Indiana and Florida. He raced abroad in Spain as well.
- In the 1980's Peter coached the Tidewater Bicycle Association's Junior Team whom he ferried around to bicycle races throughout the East Coast.
- Upon his death, the Virginian Pilot's Headline read, " Area's Mr. Bicycle Dies"
- 100's of people attended his funeral at Holy Trinity Church in Norfolk, VA

Spooky Halloween Cemetery Ride

To continue a tradition that Roz Greene started many years ago, I led the Spooky Halloween Cemetery ride again this year. On this ride, we try to find and identify 13 (and unlucky number) graveyards and cemeteries. All the little churches have cemeteries, but quite a few are in farmer's front yards, so you have a tendency to not notice them.

It was a really nice day, squeezed between two bad weather days, so we got way too many people ! It was billed as a C ride and quite a few new people came. We had close to 30 riders, so a fast group took off and then the rest sort of separated into sub-groups and rode according to speed and whether they wanted to stop and look at the cemeteries. Some people went through the gates and examined the headstones and took pictures so they really got into it. Only one person came close to the 13 and actually found 10. Luckily, an owner at Triple R was present when we visited that cemetery and told us some interesting stories about it - almost like a guided tour! He showed us where the slaves, with their much smaller markers, had been buried next to the family. The last sight on the ride is a sad little place I found back off on a side road, all overgrown and tumbled down. It

must have been a fairly well-to-do place in the past, because the markers are quite substantial, but it has not been cared for. Almost everyone stopped to look at this one. One aspect of this place is that there is a path into it that continues on back into the woods, and there's nothing back there - really adds to the spookiness ! I called the city of Chesapeake about the graveyard and the lady knew exactly where it was and told me that there are about 40 similar cemeteries in Chesapeake , but because they are on private land the city can't do any care-taking. She did, however, on her own, get the names from the headstones and place them on a geneological website.

After we all finally re-grouped at the Trailhead and compared our mileage which varied between 36 - 47 miles, in typical cycling tradition, we headed off for pizza and had a pretty rowdy time there too.

Think about joining us again next year !

Happy Trails,
Fran Adams

December/January Touring Schedule

Friday, December 4th

B Pace 6:15pm 20-25 miles Ft Eustis (I-64 Exit 250B)

Come brave the cool night air and watch the moon rise on this extremely low traffic night ride! Hear and see nature as well as the US Army's first helicopter airfield. Ride along the James River and more! Note – Temperature must be above 40 degrees!

From: 662 Sheppard Place, Fort Eustis

Leader: Steve Zeligman, president@tbarides.org, 757-285-9085.

Saturday, December 5th

B Pace 8:30am 70 miles Washington DC area

Start in Mt. Vernon and cycle the Mt. Vernon Trail, Capital Crescent Trail, Georgetown Trail, Rock Creek Trail, cycle by many attractions, including the DC Zoo, White House (we will even see the White House Christmas tree), National mall, US Capitol, Washington Monument, WWII Memorial, Jefferson Memorial, Potomac Park, Lincoln Memorial, and back to Mt. Vernon. This is a great way to see the sights in DC! All trails are paved. Lunch stop along the way (bring money, a camera, and a bike lock).

From: Start at the Mt. Vernon Parking lot at 8:30 am (maybe a 3 hour drive from Virginia Beach).

Leader: Paul Gordy, 757-403-5914 (cell), blueridgecyclist@cox.net. Call or email for information, cue sheet, or directions.

B/C Pace 8:30am 25 Miles Portsmouth

"Tour de Joliff" with 1 stop (shorter if cold). All Portsmouth Saturday rides are designed to prepare cyclists for upcoming 2010 Tour de Cure, Bike MS 150, and Boy Scout Bicycling Merit Badge requirements. SAG support.

From: Cycle Classics, Olde Town, 427 High St.

Leader: John Maher, 757-672-1359 or cycle-classicsride@cox.net

C Pace 10:00am 25 miles Chesapeake

Enjoy a leisurely ride through the back roads of Chesapeake. Mileage will depend on the group and the weather. Please call – No calls, no ride.

From: Hillcrest Shopping Center, Chesapeake, in front of Target

Leader: Carole Taylor, 757-490-1831

Sunday, December 6th

B/C & D Pace 2:30pm 15&22 miles Portsmouth

Join Team Portsmouth ride leads for two great paces – a B/C and beginner's ride through Historical Portsmouth Waterfront! Several sprints will challenge the B/C pacers and the D pace is a fun easy-paced ride that is slow as the slowest rider!

From: Cycle Classics, Olde Town, 427 High St.

Leader: John Maher, 757-672-1359 or cycle-classicsride@cox.net

Saturday, December 12th

B/C Pace 9:00am 42 miles Chesapeake

Come out for a CLAM friendly ride from the Cahoon Shopping Ctr at the intersection of Shillelagh Rd and Dominion Blvd (Hwy 17). We will meet in the shopping center parking lot behind the Taco Bell. We will ride to Earls Market and back, cue sheets will be provided and no one gets dropped. Helmets are required, riders under the age of 18 must be accompanied by a parent or responsible adult. Call or email for information or directions. If it is raining or temperature below 40 degrees – no ride.

From: The Cahoon Shopping Center at corner of Shillelagh Rd and Dominion Blvd (Hwy17)

Leaders: Joe and Polly Frease, 757-481-9474, cell 757-620-3829, e: pfrease@cox.net

B/C Pace 8:30am 36 miles Portsmouth

"Tour de Golf" Courses (City Park, Eliz Manor, Bide-a-Wee) – two stops (shorter if cold). Safe, supportive, social & scenic long distance training ride. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming 2010 Tour de Cure, Bike MS 150, and Boy Scout Bicycling Merit Badge requirements. SAG support.

From: Cycle Classics, Olde Town, 427 High St.

Leader: John Maher, 757-672-1359 or cycle-classicsride@cox.net

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December/January Touring Schedule

Continued from Page 6

Sunday, December 13th

B/C & D Pace 2:30pm 15&22 miles Portsmouth

Join Team Portsmouth ride leads for two great paces – a B/C and beginner's ride through Historical Portsmouth Waterfront! Several sprints will challenge the B/C pacers and the D pace is a fun easy-paced ride that is slow as the slowest rider!

From: Cycle Classics, Olde Town, 427 High St.

Leader: John Maher, 757-672-1359 or cycle-classicsride@cox.net

Saturday, December 19th

B Pace 8:00am 50 miles Suffolk/Smithfield

Ride from the W. Branch Reservoir in Suffolk through Isle of Wight and Surry counties with a stop at the Smithfield Bakery at the 35 mile point. Enjoy quiet roads and beautiful scenery and a few hills. Cue sheets provided. Call or email for more information, a cue sheet, or directions.

From: Western Branch Fishing Station, Girl Scout Rd. (SR633)

Leaders: Paul Gordy, 757-403-5914 or blueridgecyclist@cox.net

B/C Pace 8:30am 40 miles Portsmouth


"Tour de TCC and Golf" Courses (TCC, City Park, Eliz Manor, Bide-a-Wee) – two stops (shorter if cold). Safe, supportive, social & scenic long distance training ride. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming 2010 Tour de Cure, Bike MS 150, and Boy Scout Bicycling Merit Badge requirements. SAG support.

From: Cycle Classics, Olde Town, 427 High St.

Leader: John Maher, 757-672-1359 or cycle-classicsride@cox.net

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Sunday, December 20th

B/C & D Pace 2:30pm 15&22 miles Portsmouth

Join Team Portsmouth ride leads for two great paces – a B/C and beginner's ride through Historical Portsmouth Waterfront! Several sprints will challenge the B/C pacers and the D pace is a fun easy-paced ride that is slow as the slowest rider!

From: Cycle Classics, Olde Town, 427 High St.

Leader: John Maher, 757-672-1359 or cycle-classicsride@cox.net

Saturday, December 26th

B Pace 8:00am 66 miles Suffolk/Smithfield

Ride from the W. Branch Reservoir in Suffolk through Isle of Wight and Surry counties with a lunch stop at the Smithfield Bakery at the 50 mile point. Enjoy quiet roads and beautiful scenery and a few hills. Cue sheets provided. Call or email for more information, a cue sheet, or directions.

From: Western Branch Fishing Station, Girl Scout Rd. (SR633)

Leaders: Paul Gordy, 757-403-5914 or blueridgecyclist@cox.net

Saturday, December 26th

B/C Pace 8:30am 36 miles Portsmouth

"Tour de Christmas" (New Winter Route) – two stops (shorter if cold). Safe, supportive, social & scenic long distance training ride. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming 2010 Tour de Cure, Bike MS 150, and Boy Scout Bicycling Merit Badge requirements. SAG support.

From: Cycle Classics, Olde Town, 427 High St.

Leader: John Maher, 757-672-1359 or cycle-classicsride@cox.net

Sunday, December 27th

B/C & D Pace 2:30pm 15&22 miles Portsmouth

Join Team Portsmouth ride leads for two great paces – a B/C and beginner's ride through Historical Portsmouth Waterfront! Several sprints will challenge the B/C pacers and the D pace is a fun easy-paced ride that is slow as the slowest rider!

From: Cycle Classics, Olde Town, 427 High St.

Leader: John Maher, 757-672-1359 or cycle-classicsride@cox.net

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December/January Touring Schedule

Continued from Page 7

Friday, January 1st

All Paces 10:00am 20 miles Norfolk

Frank Penello Ride
See Page 1 for details

Saturday, January 2nd

B/C Pace 9:00am 25 miles Portsmouth

"Tour de New Year" with 1 stop (shorter if cold). All Portsmouth Saturday rides are designed to prepare cyclists for upcoming 2010 Tour de Cure, Bike MS 150, and Boy Scout Bicycling Merit Badge requirements. SAG support.

From: Cycle Classics, Olde Town, 427 High St.

Leader: John Maher, 757-672-1359 or cycle-classicsride@cox.net

Sunday, January 3rd

B Pace 7:00am 100 miles Suffolk

Start the new year with a century! Join us for our 5th annual "Pierce's Century" as we cycle from the Western Branch Reservoir in Suffolk to the Jamestown Ferry and then cycle from the ferry to Pierce's BBQ in Williamsburg for lunch. Return by the reverse route. This is a great ride and is broken up into 4 sections with long breaks between for the ferry rides and lunch.

From: Western Branch Reservoir in Suffolk

Leaders: Paul Gordy, 757-403-5914, blueridgecyclist@cox.net and Bruce Drees, 757-647-3987, bwd-vb@cox.net. Call or email for more information or directions.

Sunday, January 3rd

C Pace 10:00am 20-25 miles Va. Beach

Va. Beach Way-Off-Season Ride - Meet at the city boat ramp parking area next to the museum on General Booth Blvd. and meander through the neighborhoods of Croatan, the North Beach and Bay Colony, returning on the boardwalk bike path. Brunch at Mahi Mahi's on the return ride for those who wish. Please call me ahead of time with questions, and to make reservations, even if it is the night before (pending weather reports).

From: City Parking Area just north and adjacent to the Va. Marine Science Museum parking.

Leader: Carole Taylor, 757-490-1831

Sunday, January 3rd

B/C & D Pace 2:00pm 15&22 miles Portsmouth

Join Team Portsmouth ride leads for two great paces - a B/C and beginner's ride through Historical Portsmouth Waterfront! Several sprints will challenge the B/C pacers and the D pace is a fun easy-paced ride that is slow as the slowest rider!

From: Cycle Classics, Olde Town, 427 High St.

Leader: John Maher, 757-672-1359 or cycle-classicsride@cox.net

Saturday, January 9th

B/C Pace 9:00am 36 Miles Portsmouth

"Tour de Golf" Courses (City Park, Eliz Manor, Bide-a-Wee) - two stops (shorter if cold). Safe, supportive, social & scenic long distance training ride. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming 2010 Tour de Cure, Bike MS 150, and Boy Scout Bicycling Merit Badge requirements. SAG support.

From: Cycle Classics, Olde Town, 427 High St.

Leader: John Maher, 757-672-1359 or cycle-classicsride@cox.net

Sunday, January 10th

B/C & D Pace 2:00pm 15&22 miles Portsmouth

Join Team Portsmouth ride leads for two great paces - a B/C and beginner's ride through Historical Portsmouth Waterfront! Several sprints will challenge the B/C pacers and the D pace is a fun easy-paced ride that is slow as the slowest rider!

From: Cycle Classics, Olde Town, 427 High St.

Leader: John Maher, 757-672-1359 or cycle-classicsride@cox.net

Sunday, January 10th

C Pace 11:30am 23 miles Chesapeake

Peter Teeweun Memorial Ride - Same as above, for C Pace cyclists who would like to ride and participate in the event, and still return to the Ruritan Club to help set up and participate in the pot luck luncheon. If you have any questions, please call. See Page 1 for more information.

From: Grassfield Ruritan Club, Shillelagh Road

Leader: Carole Taylor, 757-490-1831

Continued on Page 9

December/January Touring

Continued from Page 8

Saturday, January 16th

B Pace 8:00am 55 miles Williamsburg
Bike the "Old 55-mile Williamsburg Road Race Course", a scenic route with little traffic and a few rolling hills. Lunch afterwards at Pierce's BBQ in Williamsburg is optional. Cue sheets and maps provided. Call or email for more information, a cue sheet, or directions.

From: Meet at Waller Mill Park in Williamsburg

Leader: Paul Gordy, 757-403-5914 or blueridgecyclist@cox.net

B/C Pace 9:00am 40 miles Portsmouth

"Tour de TCC and Golf" Courses (TCC, City Park, Eliz Manor, Bide-a-Wee) – two stops (shorter if cold). Safe, supportive, social & scenic long distance training ride. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming 2010 Tour de Cure, Bike MS 150, and Boy Scout Bicycling Merit Badge requirements. SAG support.

From: Cycle Classics, Olde Town, 427 High St.

Leader: John Maher, 757-672-1359 or cycleclassicsride@cox.net

B/C Pace 10:00 am 40 miles Chesapeake

Join the CLAMS for a Saturday training ride from North-west River Park to Creeds and back. The ride will start from North West River Park in the parking lot across from the Ranger Station. Cue sheets are provided and no one gets dropped. Helmets are required, riders under the age of 18 must be accompanied by a parent or responsible adult. Call or email for information or directions. If it is raining or temperature below 40 degrees – no ride.

From: North West River Park, Chesapeake

Leaders: Joe and Polly Frease, 757-481-9474, cell 757-620-3829, e: pfrease@cox.net

Sunday, January 17th

B/C & D Pace 2:00pm 15&22 miles Portsmouth

Join Team Portsmouth ride leads for two great paces – a B/C and beginner's ride through Historical Portsmouth Waterfront! Several sprints will challenge the B/C pacers and the D pace is a fun easy-paced ride that is slow as the slowest rider!

From: Cycle Classics, Olde Town, 427 High St.

Leader: John Maher, 757-672-1359 or cycleclassicsride@cox.net

Saturday, January 23rd

B/C Pace 9:00am 36 miles Portsmouth

"Tour de 2010" (New Winter Route) – two stops (shorter if cold). Safe, supportive, social & scenic long distance training ride. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming 2010 Tour de Cure, Bike MS 150, and Boy Scout Bicycling Merit Badge requirements. SAG support.

From: Cycle Classics, Olde Town, 427 High St.

Leader: John Maher, 757-672-1359 or cycleclassicsride@cox.net

Sunday, January 24th

B/C & D Pace 2:00pm 15&22 miles Portsmouth

Join Team Portsmouth ride leads for two great paces – a B/C and beginner's ride through Historical Portsmouth Waterfront! Several sprints will challenge the B/C pacers and the D pace is a fun easy-paced ride that is slow as the slowest rider!

From: Cycle Classics, Olde Town, 427 High St.

Leader: John Maher, 757-672-1359 or cycleclassicsride@cox.net

Saturday, January 30th


B Pace 8:00am 50 miles Suffolk/Smithfield

Ride from the W. Branch Reservoir in Suffolk through Isle of Wight and Surry counties with a stop at the Smithfield Bakery at the 35 mile point. Enjoy quiet roads and beautiful scenery and a few hills. Cue sheets provided. Call or email for more information, a cue sheet, or directions.

From: Western Branch Fishing Station, Girl Scout Rd. (SR633)


Leaders: Paul Gordy, 757-403-5914 or blueridgecyclist@cox.net

Continued on Page 10



Iris C. Nance
Iris C. Nance Insurance Agency, Inc.

FARMERS



6052 Providence Road, Ste 104
Virginia Beach, VA 23464
Phone: 757-578-4737 Cell: 757-285-9786
Fax: 757-361-9278

111 Mill Creek Parkway, Ste 201
Chesapeake, VA 23323
Phone: 757-966-7555 Fax: 757-966-5377

email: inance@farmersagent.com
www.farmersagent.com/inance

December/January Touring

Continued from Page 9

Saturday, January 30th

B/C Pace 9:00am 25 miles Portsmouth

"Tour de City Park" – one stop (shorter if cold). Safe, supportive, social & scenic long distance training ride. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming 2010 Tour de Cure, Bike MS 150, and Boy Scout Bicycling Merit Badge requirements. SAG support.

From: Cycle Classics, Olde Town, 427 High St.

Leader: John Maher, 757-672-1359 or cycle-classicsride@cox.net

Sunday, January 31st

B/C & D Pace 3:00pm 15&22 miles Portsmouth

Join Team Portsmouth ride leads for two great paces – a B/C and beginner's ride through Historical Portsmouth Waterfront! Several sprints will challenge the B/C pacers and the D pace is a fun easy-paced ride that is slow as the slowest rider!

From: Cycle Classics, Olde Town, 427 High St.

Leader: John Maher, 757-672-1359 or cycle-classicsride@cox.net

Notes to all Ride Leaders and Riders

1. All proposed A, B, C, and D pace rides will be scheduled through the Touring VP by submitting an e-mail to touring@tbarides.org Ride information needs to be submitted by the 9th of the month prior to the month of the ride! Contact Jeff Hathaway at editor@tbarides.org or 757-572-1486 with any questions.

2. All ride leaders must be TBA members.

3. Ride pace classifications are a ride's planned physical effort, not overall average speed.

4. If the ride's weather is in doubt, call the leader before you go. He/she may have cancelled.

5. Leaders: a Ride Roster will be completed by the ride leader on all scheduled TBA rides. Be sure all guest riders sign the assumption of risk.

6. A responsible adult must accompany members who ride under the age of 18.

7. **Helmets are required on ALL TBA Rides!**

Ride Classification Legend

A Pace = 19 to 21 mph (few if any stops)

B Pace = 16 to 18 mph (some stops)


C Pace = 13 to 15 mph (stops each 10 to 15 miles)

D Pace = 0 to 12 mph (slowest rider pace, several stops)

All Paces rides = Each rider is given a cue sheet and can proceed at his/her own pace.

ATB = All Terrain Bike rides

MICHAEL I. ASHE, P.C.
Attorneys and Counselors at Law



Michael I. Ashe

713-19th Street • Suite 101 • Virginia Beach, VA 23451
(757) 422-1278 • Home: (757) 425-5307 • Fax: (757) 422-6311
Email: Ashe@LawyerVirginia.com Web: www.LawyerVirginia.com

2010 TBA Calendar

February Chili Ride

April 17th Tour de Cure

May 15th Knotts Island Century (Saturday)

June 5th & 6th MS 150

July 4th Holiday Ride

September Eastern Shore weekend event (possibly coincide with the Fiddler's convention in Berlin, MD)

November Elections at General Membership Meeting

November Fall Festival Ride/Picnic at Northwest River Park (2nd Weekend)

December TBA Christmas Party

SALES	SERVICE	RENTALS
		
FAT FROGS		
BIKE and FITNESS		
1169 Nimmo Parkway Virginia Beach, Va. 23456 (757) 427-9488		
JOHN	KRIS	JOE

Helmets Required on all TBA Rides!

2010 Mileage Log

	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Week	Cum
January						1	2		
	3	4	5	6	7	8	9		
	10	11	12	13	14	15	16		
	17	18	19	20	21	22	23		
	24	25	26	27	28	29	30		
February	31	1	2	3	4	5	6		
	7	8	9	10	11	12	13		
	14	15	16	17	18	19	20		
	21	22	23	24	25	26	27		
	28	1	2	3	4	5	6		
March	7	8	9	10	11	12	13		
	14	15	16	17	18	19	20		
	21	22	23	24	25	26	27		
	28	29	30	31	1	2	3		
April	4	5	6	7	8	9	10		
	11	12	13	14	15	16	17		
	18	19	20	21	22	23	24		
	25	26	27	28	29	30	1		
May	2	3	4	5	6	7	8		
	9	10	11	12	13	14	15		
	16	17	18	19	20	21	22		
	23	24	25	26	27	28	29		
June	30	31	1	2	3	4	5		
	6	7	8	9	10	11	12		
	13	14	15	16	17	18	19		
	20	21	22	23	24	25	26		
	27	28	29	30					

	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Week	Cum
July					1	2	3		
	4	5	6	7	8	9	10		
	11	12	13	14	15	16	17		
	18	19	20	21	22	23	24		
	25	26	27	28	29	30	31		
August	1	2	3	4	5	6	7		
	8	9	10	11	12	13	14		
	15	16	17	18	19	20	21		
	22	23	24	25	26	27	28		
	29	30	31	1	2	3	4		
September	5	6	7	8	9	10	11		
	12	13	14	15	16	17	18		
	19	20	21	22	23	24	25		
	26	27	28	29	30	1	2		
	3	4	5	6	7	8	9		
October	10	11	12	13	14	15	16		
	17	18	19	20	21	22	23		
	24	25	26	27	28	29	30		
	31	1	2	3	4	5	6		
	7	8	9	10	11	12	13		
November	14	15	16	17	18	19	20		
	21	22	23	24	25	26	27		
	28	29	30	1	2	3	4		
	5	6	7	8	9	10	11		
	12	13	14	15	16	17	18		
December	19	20	21	22	23	24	25		
	26	27	28	29	30	31			

Monthly Totals

	Jan	Feg	Mar	Apr	May	Jun
Total						
Cum						

Jul	Aug	Sept	Oct	Nov	Dec

December/January Weekly Repeat Rides

* *Designates Shop Ride*

Monday

*** C Pace 7:30am 21-Miles Va. Beach**

Nice ride through the countryside of south Virginia Beach. We ride for fun. No one gets dropped.

From: Fat Frogs Bike and Fitness Virginia Beach

Leader: Joe Vizi, 757-427-9488

*** A Pace 6:00pm 25 to 30-Miles Norfolk**

Join Wes Cheney for a nice ride through Norfolk on Mondays beginning and returning to East Coast Bicycles. Come ride with us out to Ocean View over towards the airport for around 25-30 miles. Sometimes after the ride we eat at a local Ghent restaurant. Everyone is on mountain bikes EXPERIENCED RIDERS ONLY PLEASE and FRONT and REAR LIGHTS ARE REQUIRED TO RIDE

From: East Coast Bicycles in Ghent, Colley Ave. Norfolk

Leader: Wes Cheney 757-622-0446

Tuesday

*** A++ Pace 7:30am 21-Miles Va. Beach**

Nice fast ride through the countryside of south Virginia Beach. This is a **FAST PACED** ride and those who cannot keep up will be dropped.

From: Fat Frogs Bike and Fitness Virginia Beach

Leader: John Kronenberger, 757-427-9488

C Pace 8:00am 30 to 60 Miles Chuckatuck

Chuckatuck Riders: Weather Permitting, Meet at Oakland Christian Church, U.S. Route 10 and County Route 603, Chuckatuck VA.

From: Oakland Christian Church

Leaders: Hal Heafner 484-2501/Lee Kastner 488-3112

Wednesday

*** C Pace 7:30am 21-Miles Va. Beach**

Nice ride through the countryside of south Virginia Beach. We ride for fun. No one gets dropped.

From: Fat Frogs Bike and Fitness Virginia Beach

Leader: Joe Vizi, 757-427-9488

*** B/C Pace 7:30am 21 Miles Chesapeake**

Easy to moderate ride through the quiet farmlands of Chesapeake. Low traffic & very few stops. No one dropped. Helmets are required.

From: Fat Frogs Bike & Fitness Chesapeake (Hanbury Village, 237 Hanbury Rd E. Suite 13)

Leader: Varies, (757)410-4930

Wednesday

B Pace 9:00am 50-60 Miles Chesapeake

Join me for a wonderful ride on the Great Dismal Swamp Canal Trail and the quiet country roads throughout rural Chesapeake. Bring a tube, some cash, extra water, and a smile. No Rain Rides. Call to Confirm

From: Dismal Swamp Canal Trail, North Parking

Leader: Sharon Castle @ 757-819-3978

C Pace 9:00 am 25-35 miles Chesapeake

YES (Youthful Energetic Seniors) bike ride. Recently retired? Want to get back on your bike? Meet at the North parking lot of the Dismal Swamp Trail. Mileage and restaurant stop to be determined by the weather and group. Bring snacks and water and be prepared to see wildlife. No Rain Rides

From: Dismal Swamp Canal Trail (the old Route 17)

Leaders: Anthony Cuci 747-482-5702, Becky Walters 757-424-4692, Fran Adams 757-467-2775

A Pace 4:00pm 20-35 Miles Chesapeake

Join us for the TBA greenhouse ride (Since 1967).

This is an A paced, pace-line, training ride through southern Chesapeake. Call for information.

From: 946 Shillelagh Road.

Leader: Gerald 757-547-7188

Thursday

*** C Pace 7:30am 21-Miles Va. Beach**

Nice ride through the countryside of south Virginia Beach. We ride for fun. No one gets dropped.

From: Fat Frogs Bike and Fitness Virginia Beach

Leader: Joe Vizi, 757-427-9488

C Pace 8:00am 30 to 60 Miles Chuckatuck

Chuckatuck Riders: Weather Permitting, Meet at Oakland Christian Church, U.S. Route 10 and County Route 603, Chuckatuck VA.

From: Oakland Christian Church

Leaders: Hal Heafner 757-484-2501, Lee Kastner 488-3112

B/B- pace 6:30pm 21 Miles Chesapeake

Join Sam Gillette and Mike Rogers for evening ride through the rural Chesapeake countryside. Great ride with very few turns. If interested join us for pizza after the ride.

NOTE: Look for the Thursday evening ride to change locations each month.

From: Fat Frogs, Chesapeake off Hanbury Rd

Leader: Mike Rogers 757-650-9767 or mikerogers53@cox.net

Continued n Page 13

December/January Weekly Repeat Rides

Continued from Page 12

Friday

*** A++ 7:30am 21-Miles Va. Beach**

Nice fast ride through the countryside of south Virginia Beach. This is a **FAST PACED** ride and those who cannot keep up will be dropped.

From: Fat Frogs Bike and Fitness Virginia Beach

Leader: John Kronenberger, 757-427-9488

Saturday

*** A++ Pace 7:30am 21-Miles Va. Beach**

Nice fast ride through the countryside of south Virginia Beach. This is a **FAST PACED** ride and those who cannot keep up will be dropped.

From: Fat Frogs Bike and Fitness Virginia Beach

Leader: John Kronenberger, 757-427-9488

*** B/C Pace 7:30am 21-Miles Va. Beach**

Nice ride through the countryside of south Virginia Beach. We ride for fun. No one gets dropped.

From: Fat Frogs Bike and Fitness Virginia Beach

Leader: C-Pace Joe Vizi, 427-9488; B-Pace John McKee

*** A Pace 7:30am 21 Miles Chesapeake**

Fast pace ride through the quiet farmlands of Chesapeake. Low traffic & very few stops. Helmets are required.

From: Fat Frogs Bike & Fitness Chesapeake

Leader: Taylor Doyle, (757) 410-4930

A Pace 9:00 am 40 - 75 miles Va. Beach

Join me for a ride on quiet country roads in southern Virginia Beach and Chesapeake. You need to have good bike-handling skills and be familiar with pace-line riding. The standard ride is 40 miles with some folks occasionally riding longer. Call first if weather conditions aren't very good for Go/No Go Status.

From: Virginia Beach Municipal Center parking lot at the corner of George Mason Dr. and Mattaponi Rd

Leader: Kim Aldridge, c: 757-615-6106, w: 757-436-9300

*** B/C Pace 7:30am 21 Miles Chesapeake**

Easy to moderate ride through the quiet farmlands of Chesapeake. Low traffic & very few stops. No one dropped.

From: Fat Frogs Bike & Fitness Chesapeake

Leader: Walt Gonzales/Ben Nippert, (757)410-4930

Saturday

*** B+ Pace 8:00am 25-30 Miles Norfolk**

The ride is around 25-30 miles starting at East Coast Bikes in Ghent to the airport and the edge of Va. Beach and back. Occasionally we'll add on more miles by returning through Ocean View. Rain=No ride. Must Call Shop to Confirm by 7:00PM. **If it rains, we spin at the Ocean View store! Call 351-2112 or 692-8885 FOR DETAILS FIRST!**

From: East Coast Bicycles in Ghent, 1910 Colley Ave.

Leader: Iesha Shipp 757-622-0446

*** A Pace 8:00am 23-40 Miles Norfolk**

Join Michael Shipp on Saturday mornings for a nice ride through Norfolk. Come ride with us out to the airport and around other parts of Norfolk. **If it rains OR too COLD, we spin at the Ocean View store! Call 757-351-2112 or 757-692-8885 THE DAY BEFORE FOR DETAILS FIRST!**

From: East Coast Bicycles in Ghent, 1910 Colley Ave.

Leader: Michael Shipp 757-622-0446

C Pace 8:00am 30 to 60 Miles Chuckatuck

Chuckatuck Riders: Weather Permitting, Meet at Oakland Christian Church, U.S. Route 10 and County Route 603, Chuckatuck VA.

From: Oakland Christian Church

Leaders: Hal Heafner 757-484-2501/Lee Kastner 757-488-3112

A Pace 10:00am Varies Chesapeake

Greenhouse Ride. No stops, pace line ride. Distance will depend on the weather.

From: Teeuwen Greenhouse, Shillelagh Road

Leader: Gerald Teeuwen, 757-377-1135

Sunday

*** A++ Pace 7:30am 21-Miles Va. Beach**

Nice fast ride through the countryside of south Virginia Beach. This is a **FAST PACED** ride and those who cannot keep up will be dropped.

From: Fat Frogs Bike and Fitness Virginia Beach

Leaders: John & Kristine Kronenberger, 757-427-9488

*** A Pace 7:30am 21 Miles Chesapeake**

Fast pace ride through the quiet farmlands of Chesapeake. Low traffic & very few stops. Helmets are required.

From: Fat Frogs Bike & Fitness Chesapeake (Hanbury Village, 237 Hanbury Rd E. Suite 13)

Leader: Taylor Doyle, (757)410-4930

**Helmets Required on all
TBA Rides!**

Continued on Page 14

December/January Weekly Repeat Rides

Continued from Page 13

Sunday

*** B/C Pace 7:30am 21 Miles Chesapeake**

Easy to moderate ride through the quiet farmlands of Chesapeake. Low traffic & very few stops. No one dropped. Helmets are required.

From: Fat Frogs Bike & Fitness Chesapeake

Leader: Walt Gonzales/Ben Nippert, (757)410-4930

*** A Pace 8:00am 45 to 50 Miles Portsmouth**

Join Scat's Sunday Riders for a fast 20+ mph ride every Sunday through Smithfield and Chuckatuck and back. This route is very safe with little traffic and only a few stoplights.

From: Scat Bikes

Leaders: Brian Mowry at 757-483-2818 or 757-274-7026

A Pace 9:00 am 40 – 75 miles Chesapeake

Join me for a ride on quiet country roads in southern Chesapeake, Virginia Beach, and sometimes North Carolina. You need to have good bike handling skills and be familiar with pace-line riding. The standard ride is 40 miles with some folks occasionally riding longer. Cue sheets and maps provided. Call first if weather conditions aren't very good for Go/No Go status.

From: Great Bridge Cyclery, 1429 Fentress Road, Chesapeake, VA

Leader: Kim Aldridge, cell: 757-615-6106, work: 757-436-9300, or email kim@ballanceelectric.com



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contebikes.com/goto/VABHilltop VAB.Hilltop@contebikes.com



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(757) 428-4235 - Fax (757) 425-0481
e-mail: eric@northendbikes.com www.northendbikes.com

Reminder of Change to Members Anniversary Date

At the General Membership meeting in November of 2008 the general membership voted to change the anniversary date of a members renewal. The membership amended the By-Laws to reflect an Annual Renewal date of July 1st effective for all members. As existing members renew and new ones sign up the membership committee will put this change into effect.

What does this mean to you? Part of the change allows for the calculation of membership dues based on the fiscal quarter in which a member joins or renews. Should any member have a question about there membership or dues amount please feel free to contact the Membership Chairperson, Michael Sleeman at membership@tbarides.org.

A copy of the TBA Constitution and By-Laws can be found on the TBA website under the Contact Us page.

How to calculate your membership renewal cost:

If you join or renew during the months of July, August, or September (typical annual 3rd Quarter) you will pay the full current price of the yearly membership type selected. (Individual-\$25.00 Family-\$30.00)

If you join or renew during the months of October, November, or December (typical annual 4th Quarter) you will pay three-quarters of full current price of the yearly membership type selected. (Individual-\$18.75 Family-\$22.50)

If you join or renew during the months of January, February or March (typical annual 1st Quarter) you will pay half of full current price of the yearly membership type selected. (Individual-\$12.50 Family-\$15.00)

If you join or renew during the months of April, May, or June (typical annual 2nd Quarter) you will pay a quarter of full current price of the yearly membership type selected. (Individual-\$6.25 Family-\$7.50)

Tidewater Bicycle Association Membership Application

Member registration now available on-line at [www.tbarides.org/Documents/2009 Membership App.pdf](http://www.tbarides.org/Documents/2009%20Membership%20App.pdf)

Membership Type: **NEW RENEWAL** Individual - \$18.75 Family - \$22.50 Before December 31st
Individual - \$12.50 Family - \$15.00 After December 31st

All Membership Expire on June 30th and begin on July 1st

Name (s): Please print.

Street: _____ City: _____ State: _____

Zip + 4: _____ Phone: _____ E-mail: _____

What are your riding preferences?

Speed: <13 mph (D Pace) 13 to 15 mph (C Pace) 16 to 18 mph (B Pace) 19+ mph (A Pace)

Type: Recreational ATB Racing Touring

Would you be willing to help:

Lead a rides Racing events SAG for trips With parties Community events

Do you want your name and address on local bike shop mailing lists or the published membership list? YES NO

How would you like to receive your newsletter?(If left blank e-mail will be selected) E-Mail U.S. Mail Both

Send Application and Payment to: TBA PO Box 12254 Norfolk, VA. 23541

Note: Persons riding under the age of 18 must be accompanied by a responsible adult. This statement must be signed by the participant or, if the participant is under the age of 18, by the participant's parent.

ALL RIDERS MUST SIGN ASSUMPTION OF RISK FORM

In consideration of the Tidewater Bicycle Association (TBA) accepting my membership application, I realize there are certain dangers inherent in the sport of bicycling, and I assume these risks with full understanding that serious injuries, even death, may result from participation in TBA sponsored events. I certify that my bicycle is suitable for safe use, and that I am in good physical condition. I agree to wear an ANSI or SNELL approved helmet and to obey all traffic laws at all times during TBA sponsored events. I have read this assumption of risk and fully understand its terms.

Signature(s) _____ Date _____

Send Application and Payment to: TBA, PO Box 12254 Norfolk, VA. 23541



For Sale

TBA MEMBER'S CLASSIFIED

Guidelines for Classifieds

1. Must be a TBA member to place a classified.
2. Classified Advertisements will run for **three months**. After three months you may call the editor to renew or change your add for three more months.
3. Classifieds may be submitted by E-mail to the Editor.

Seashore Bikes

MATTHEW C. SPINELLI President

Tel/Fax 757-481-5191
2268 Seashore Shoppes
Virginia Beach, Virginia 23451



B I C Y C L E S
www.eastcoastbicycles.com

Ghent 757) 622-0446
1910 Colley Avenue
Norfolk Va. 23517

Ocean View 757) 351-2112
9605 Granby Street
Norfolk Va. 23503

Bike Box Rental

The club has purchased two hard shell bike boxes for traveling. They are available to club members to use with a \$50 deposit and \$15 weekly fee. First come, first served basis. Make your reservation now with Kim Aldridge: Cell 615-6106, work 436-9300 or Kim@BallanceElectric.com

Great Bridge Cyclery

**1429 Fentress Road
Chesapeake, VA
482-5149**



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Norfolk, VA 23541

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