

# The Spokin Word



Volume 48 Issue 3

[www.tbarides.org](http://www.tbarides.org)

April 2010

## UPCOMING EVENTS

**General Membership Meeting**

**Wednesday**

May 12th, 2010

**Location:**

**Kempsville Library**

**Virginia Beach**

For details and more information see article at right

May Spokin Word

Deadline April 12th

## Here and Now Tour de Cure

**April 17<sup>th</sup>** is almost upon us. Team TBA has grown to 32 members and hopefully will continue to gain in strength as we near the day of the tour. Saturday April 17<sup>th</sup> more than 800 cyclists will descend upon Hickory High School in Chesapeake with one common goal and that is to find a cure for diabetes. You can be part of this unique cycling and life changing experience. The air will be full of excitement and every type of cyclist will be in the mist ranging from recumbent to tandem riders, hybrid to mountain bikers, those riding road bikes and yes some riding beach cruisers. It's not how far you or how fast you ride, but that you ride. Please join Team TBA or Team Portsmouth in this ride in the fight against diabetes. Any questions please email [mikerogers53@cox.net](mailto:mikerogers53@cox.net) or call 650-9767. See you at the tour. Mike

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## Presidents Message

Spring is finally here after a long snowy winter! We are also entering into the prime of the 2010 riding season and the start of another new decade! I have to admit that it makes me feel a little older to write the year 2010. I remember way back in high school when my friends and I figured out how old we would be once the new millennium arrived. Well, 2000 (along with the Y2K bug) came and went 10 years ago. You might be wondering why I am being nostalgic this month. My answer is simple; I am thinking about how much things have changed over the past decade – including cycling, of course.

I returned to Tidewater in 2003 and here are some of my observations regarding changes I have seen:

- In 2003, everyone was talking about Lance Armstrong. Well, that really hasn't changed in 2010.....
- In 2003, Pungo and Back Bay were almost all farmland with some cool looking old farm houses. In 2010, much of that farmland has been transformed into subdivisions.
- In 2003, much of Kempsville Rd had large expanses of trees along its run between Princess Anne Rd and Battlefield Blvd. In 2010, all of those trees are gone and have been replaced by new subdivisions.
- In 2003, Virginia Beach had a population of 435,000. In 2010, Virginia Beach population is estimated to have grown to 440,000.
- In 2003, Chesapeake had a population of 208,000. In 2010, Chesapeake population is estimated to have grown to 226,000.

What I am really trying to say is that the population where I primarily ride my bike has grown by approximately 33,000 people since I moved here. I have watched suburban areas become more urban, and rural areas begin the transformation into suburbs. I really do not know how many more cars and bicycles share the roads in these areas since 2003, but intrinsically I know there are a lot more of both. I definitely

**Continued on Page 3**

## The TBA Officers & Staff

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Vacant

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[Sam.gillette@cox.net](mailto:Sam.gillette@cox.net)

### Publicity/Advertising

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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 May 1st

John Anderson  
 Kenneth Ascher  
 Jan Blosser  
 Bethany Cahill  
 Michael Cohen  
 Katherine DeMarco  
 Chuck Dennis  
 Derr Family  
 Mark Dryer  
 John Ghiloni  
 Glaeser Family  
 Bob Gordon  
 Bea Gray  
 Hardy Family  
 Stacie House  
 Hutchenson Family  
 Isitt Family  
 Jennings Family  
 Mark Johnson

William Lanier  
 Joel Medlin  
 A.C. Merritt  
 Munson Family  
 David Newbrough  
 Pamela Pearson  
 Ramsey Family  
 Marita Rea  
 Rogge Family  
 David Simonelli  
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 464-6295

**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

To ride 150 miles in one weekend is a huge challenge and a big accomplishment if we can complete it. Everyone has their own reasons for riding and those of us who have MS sure appreciate the effort it takes those who accept the challenge. The hours of fund raising and repeatedly asking family and friends for donations is a challenge and takes a lot of effort also. This years MS Bike Tour is the 30<sup>th</sup> anniversary ride and promises to be a fun time. The party on Saturday night at Camp Silver Beach will feature good food, live entertainment and beautiful scenery.

We would like to welcome a new team member, Lance Zeligman joined the CLAMS team which currently numbers 42 members. Want to be a CLAM? Call us or go on line at [www.fightms.com](http://www.fightms.com) and join the CLAMS team to ride with a group of great people. We have free registrations for new riders that are interested in joining our team.

Our team meetings are held on the third Thursday of each month at the Freases (2404 Spinnaker Ct), starting at 6:30 pm (social hour) with meeting to follow. So mark your April calendar for Thursday the 15<sup>th</sup> and see you there.

We Ride so that Others May Walk,  
 Joe and Polly Frease  
 (757) 481-9474  
[jrfrease@cox.net](mailto:jrfrease@cox.net)

## 34<sup>th</sup> Annual Knotts Island Century

May 15, 2010

### TBA's Signature ride

RURAL COUNTRYSIDE & CURRITUCK SOUND VIEWS FROM THE FERRY

All riders are welcome - 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. Ride includes full ride support including maps and rest stops.

We are working with local authorities to have police directing traffic at the busiest intersections providing a safer ride.

Three Distances to choose from:

English Century (100 Miles)

Metric Century (64 Miles) and a 1/2

Metric Century (32 Miles)

This is a great opportunity for a family ride, a great MS 150 Training Ride, Team Ride or solo riders can hook up with a group and enjoy the camaraderie - there is a pace suitable for everyone.

**Online Registration IS Open**

## Presidents Message

Continued from Page 1

have not seen many new roads built, but I have witnessed what I feel are the beginnings of a more bicycle friendly community for us to live in. I have seen this through legislative and growing bicycle advocacy efforts. These changes will take time and until new initiatives take root and mature we must be patient. I know we all want motorized vehicles to better share our roads with bicyclists. We all want the senseless fatalities to stop.

We must all also do a better job of sharing the road with motorized vehicles. Chances are that you are already a law-abiding cyclist if you are making the time to read my message. You single up when required, signal all turn, and stop at lights & stop signs. Still, there are many scofflaw cyclists out there, sometimes in large groups, who choose to ignore some or all of the rules. There are still other cyclists who adhere to the law, but not the intended meaning of the rules of the road. Some people simply have no common courtesy, either on a bike or in a car. We all know that when cyclists break the rules, it makes our entire cycling community look bad in the forum of public opinion. This is especially true since almost all of us wear spandex, are therefore look alike!

It is our job to police our community from within by politely pointing out bad habits to fellow cyclists. There are simply too many vehicles on too few roads not to share them courteously with each other. What happens if our larger cycling community doesn't start to do a better job of policing itself? Well, I have read about cyclists receiving traffic tickets in other communities...

Still, it is April and some warm, dry weather has already made its way here. Lot's more is on its way! So, let's all do what we do best and get out on the road safely and courteously!

Keep on Riding!

Steve

# BikeBeat

Two Locations on the Southside:  
 Kemp's River Crossing 5386 Kemp's River Dr. 757-424-6151

**Check out our new location at:**  
 Hilltop North Center 1624 Laskin Rd. #760 757-491-6151

[www.bikebeatonline.com](http://www.bikebeatonline.com)





## Helpful Hints for New Riders

On a group ride (especially in a pace line) be careful when wanting a drink. A crunch can easily happen if you swerve or slow down while looking down to reach the bottle, drink and put it back. It's best to signal you are moving left out of the group where you can drink safely. But, first check for overtaking vehicles (including cyclists). The same applies if shifting from the saddle to ride standing up. You may inadvertently slow down and those behind are confounded.

Cyclists overtaking other cyclists should loudly announce "On your left" as they pass. But, many do not! As a precaution and before it happens, overtaken cyclists should loudly announce "Bikes back".

Wearing a rear view mirror makes all the above so much easier.

More next month,  
John McKee

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## Knotts Island Volunteer Ride

Have you always wanted to volunteer for an event, but don't want to miss the ride? Well this year you can do both! If you are interested in volunteering for one of any number of positions from SAG driver to cooks to rest stops greeters to marketing coordinator

There are lots of opportunities to take part in the TBA's signature event and still ride.

We will be hosting a volunteer preview ride using the Metric Century route two weeks prior to the event including lunch on the ferry.

Send me an email if you are interested in volunteering, I will send you a list of all the volunteer positions available and what they entail. If you have a lot of time or just enough to help out with a few phone calls - we would be thrilled to have your smile and your help.

Don't hesitate - time is clicking by and your assistance would be highly valued!

Email Jean Sleeman:  
jean\_knotts\_island@cox.net

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## Coast Guard City Century

On August 7, 2010, in celebration of the City of Portsmouth being designated as one of 9 Coast Guard Cities in the nation, Portsmouth will sponsor the first Coast Guard City Century ride. This Saturday ride is one of the centerpieces of a week long celebration of the Coast Guard's 220<sup>th</sup> Birthday. Rides beginning as early as 7 a.m. with guided waterfront (10 miles), along with half, metric and English Century rides. With 4 loops leaving and returning to Ntelos Pavilion in downtown Portsmouth, this route features a number of sightseeing vistas and landmarks, including the Portsmouth Lightship, Downtown Shopping District, Old Towne, and

other historic districts. Other sites such as Portsmouth Naval Hospital, Coast Guard Station, The Children's Museum, Path of History, and Norfolk Naval Shipyard to mention a few will be along the route. The finishing route for the full century will include 3 laps around downtown full of cheering spectators just like the Tour de France finish in Paris. Full SAG support, cue sheets and great rest stops for all distances. Registration fee is \$35 with all profits going to various charities. For additional information contact John Maher, 672-1359, [cycleclassicsride@cox.net](mailto:cycleclassicsride@cox.net), or the website at <http://cycleclassicsva.tripod.com/id21.htm>.

## 5th Annual CYCLISTS AGAINST CANCER

### Benefit Ride

May 2, 2010

Join the fight against Cancer by participating in a bike ride through beautiful York County and all profits will be donated to the American Cancer Society.

This event is open to all riders (anyone under 16 must be accompanied by an adult) and all riders must wear a helmet. It doesn't matter how fast you ride or how far - there will be maps and cue sheets for 15-mile, 25-mile and 50-mile routes which include rest stops with refreshments and lunch at the finish.

Check-in and same-day registration open at 8:30 a.m.

Ride starts Times:  
50-milers at 9:00 a.m.  
25-milers at 9:30 a.m.  
15-milers at 10:00 a.m.

Please register by April 28, 2010 to help us plan.

Have questions, want to volunteer, make a donation or sponsor this event? Contact: Elaine Cardwell [elainecardwell@cox.net](mailto:elainecardwell@cox.net) or (cell) 757-871-7544

Mail in Registration flyer can be found on the TBA Website

## April Touring Schedule

### Saturday, April 3rd

**B & C Pace 7:30am 75 miles Portsmouth**  
 One of the nicest long distance Tour de Cure training rides. Route available at - <http://cycleclassicsva.tripod.com/id21.htm>. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Tour de Cure, Bike MS 150, and Boy Scout Bicycling Merit Badge requirements. Multiple stops plus brunch in Edenton with SAG support.  
**From:** Cycle Classics, Olde Town, 427 High St.  
**Leader:** John Maher, 672-1359 or [cycleclassicsride@cox.net](mailto:cycleclassicsride@cox.net)

### Sunday, April 4th

**B & C Paces 2:00pm 24 miles Portsmouth**  
 "Tour de City Park" ride. One stop. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Tour de Cure, Bike MS 150 and Boy Scout Bicycling Merit Badge requirements.  
**From:** Cycle Classics, Old Town, 427 High St.  
**Leader:** John Maher, 672-1359 or [cycleclassicsride@cox.net](mailto:cycleclassicsride@cox.net)

### Saturday, April 10th

**B & C Paces 8:30am 50 miles Portsmouth**  
 Half Century Tour de Portsmouth. Three stops with SAG support. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Tour de Cure, Bike MS 150, and Boy Scout Bicycling Merit Badge requirements. Brunch stop after ride.  
**From:** Cycle Classics, Olde Town, 427 High St.  
**Leader:** John Maher, 672-1359 or [cycleclassicsride@cox.net](mailto:cycleclassicsride@cox.net)

### Sunday, April 11th

**B & C Paces 2:00pm 36 miles Portsmouth**  
 "Tour de Golf Courses" ride. One stop. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Tour de Cure, Bike MS 150 and Boy Scout Bicycling Merit Badge requirements.  
**From:** Cycle Classics, Old Town, 427 High St.  
**Leader:** John Maher, 672-1359 or [cycleclassicsride@cox.net](mailto:cycleclassicsride@cox.net)

### Sunday, April 11, 2010

**B/C Pace 9:00am 35 - 40 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 through the beautiful Chesapeake country side 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, 481-9474, cell 620-3829, e: [pfrease@cox.net](mailto:pfrease@cox.net)

### Saturday, April 17th

Tour de Cure Ride - See you there!

### Sunday, April 18th

**B & C Paces 2:00pm 27 miles Portsmouth**  
 "Tour de Joliff" ride. One stop. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Tour de Cure, Bike MS 150 and Boy Scout Bicycling Merit Badge requirements.  
**From:** Cycle Classics, Old Town, 427 High St.  
**Leader:** John Maher, 672-1359 or [cycleclassicsride@cox.net](mailto:cycleclassicsride@cox.net)

### Saturday, April 24th

**B & C Paces 8:30am 40 miles Portsmouth**  
 Tour de Craney Island and TCC" ride. Two stops. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Tour de Cure, Bike MS 150, and Boy Scout Bicycling Merit Badge requirements. Brunch stop after ride.  
**From:** Cycle Classics, Olde Town, 427 High St.  
**Leader:** John Maher, 672-1359 or [cycleclassicsride@cox.net](mailto:cycleclassicsride@cox.net)

**C Pace 9:10am 50 miles Va. Beach**  
 In preparation for the Knotts Island Century and my 78th birthday on May 15, 2010, come join me for a fun, social ride through Pungo, Creeds and down to Knotts Island and return. There will be plenty of food and beverage stops and no one will be left behind.  
**Location:** Red Mill Commons Shopping Center lot behind Wendy's  
**Leader:** Tom Coghill - (757) 422-3425 No ride in the rain!



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*Continued on Page 6*

# April Touring Schedule

Continued from Page 5

## Sunday, April 25th, 2010

**B/C Pace 9:00am 35-40 miles Va. Beach**  
 Join the CLAMS for a Sunday training ride from Red Mill Shopping Center to ride through the country side and back. The ride will start from the parking lot across from the Wendys. 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:** Red Mill Commons Shopping Center  
**Leaders:** Joe and Polly Frease, 481-9474, cell 620-3829, e: [pfrease@cox.net](mailto:pfrease@cox.net)

## Sunday, April 25th

**B & C Paces 2:00pm 40 miles Portsmouth**  
 Tour de Craney Island and TCC" ride. Two stops. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Tour de Cure, Bike MS 150, and Boy Scout Bicycling Merit Badge requirements. Brunch stop after ride.  
**From:** Cycle Classics, Olde Town, 427 High St.  
**Leader:** John Maher, 672-1359 or [cycleclassicsride@cox.net](mailto:cycleclassicsride@cox.net)

## Saturday May 1st

**B/B+ Pace 7:30am Up to 130 miles Richmond**  
 Join TBA as we ride copies of the Bike Month Proclamation from our commonwealth's capital to each of our participants' city halls! Like last year, this will be a ride to remember as we ride forth carrying the important message that bikes belong as we herald in Bike Month!  
**From:** Bell Tower Park, Richmond  
**Leaders:** Paul Gordy, [blueridgecyclist@cox.net](mailto:blueridgecyclist@cox.net)  
 Steve Zeligman, [president@tbarides.org](mailto:president@tbarides.org)

### 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

**Helmets Required on all TBA Rides!**

# Breaking Away

## Mid May 2010

**C/B pace 1000 Miles**

### Hampton Roads to Indianapolis

If you think you would enjoy riding on a fully loaded 1000 mile adventure, the join Jim Cruse as he pedals his way to Indianapolis, IN. Jim is relocating to Indianapolis by bicycle, and he would love to have some company along the way. If you think you might be interested, please call or write with any questions and/or to help with trip planning.

**From:** Somewhere in Hampton Roads  
**Leader:** Jim Cruse 757-582-2549 / e-mail [centuryrider@charter.net](mailto:centuryrider@charter.net)

### 17th Annual TarWheel Century (33, 62 and 100 mile routes) Saturday, April 24, 2010

Come to NE North Carolina where it's Springtime beautiful, flat and a bit windy... A great event for all ages and ability... Have fun and be safe... **MUST WEAR HELMET...** ...REGISTER NOW... [rivercitycyclingclub.com](http://rivercitycyclingclub.com)

Registration opens: 7:00am  
 Riders Meeting: 7:45am  
 Mass Start: 8:00am  
 Ride Support Ends: 5:00pm  
 WHERE: Mid-America Christian University  
 (formerly Roanoke Bible College)  
 Poindexter Street  
 Elizabeth City, NC 27909  
 VOTED BEST SAG STOPS  
 Start: muffins, banana bread, ham biscuits, etc...  
 SAG 1: famous deviled eggs, etc.  
 SAG 2: fruit smoothies, etc.  
 SAG 3: animal food for the 100 milers  
 Finish: hot dogs and drinks...  
 Espresso and Coffee at Start; Thanks to Muddy's Coffeehouse

At the Finish -- Massages available by Amy Finn

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Virginia Beach, VA 23454-4008

London Bridge Plaza Shopping Center - between Food Lion and TJ Maxx

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## Loaded Touring

### May 5-16 Chesapeake Bay Tour 12-day loaded tour

**950 miles Starts and ends in Virginia Beach**

Join me and at least 10 other cyclists as we cycle clockwise around the Chesapeake Bay, crossing the Bay at Annapolis to get to the Eastern Shore. Along the way we will see 13 lighthouses, take 4 ferries, visit numerous parks and wetlands preserves, camp on the beach in Assateague State Park, and more. This is a self-supported tour, so no SAG vehicle is provided or allowed. Each cyclist will typically carry 35-45 lb of gear. We will camp each night in state parks or private campgrounds. I have a web site set up for the trip at <http://members.cox.net/blueridgecyclist/2010Trip/> with a detailed daily schedule, maps, cue sheets, pictures, and lots more. Call or email for more information.

**Leader:** Paul Gordy, 757-403-5914 or [blueridgecyclist@cox.net](mailto:blueridgecyclist@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](mailto: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](mailto: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!

*Great Bridge Cyclery*

1429 Fentress Road  
Chesapeake, VA  
482-5149

## 2010 TBA Calendar

**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
 <h1 style="margin: 0;">FAT FROGS</h1> <h2 style="margin: 0;">BIKE AND FITNESS</h2> <p style="margin: 0;">1169 Nimmo Parkway Virginia Beach, Va. 23456 (757) 427-9488</p>		
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## Seashore Bikes

**MATTHEW C. SPINELLI** President

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

## April Weekly Repeat Rides

\* *Designates Shop Ride*

### Monday

**\* 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

**\* 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, Shop 757-427-9488

**C Pace 9:00am 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

**A/A+ Pace 6:00pm 25-45 miles Chesapeake**

Join us for a very fast ride through quiet country roads in Chesapeake and Virginia Beach. You need to have good bike-handling skills and be familiar with pace-line riding. **We will break up into two groups – fast and faster.** Cue sheets and maps provided.

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

**Leader:** Kim Aldridge, cell: 757-615-6106, work: 757-436-9300, or email [Kim@BallanceElectric.com](mailto:Kim@BallanceElectric.com)

**C/C- Pace 6:30pm 12-15 Miles Va. Beach**

Join Mike Rogers for a neighborhood ride through the Kings Grant area. This will be social ride and beginner riders are welcome. All riders are required to wear helmets. The ride will end at sunset and rides will get longer as we move into summer.

**From:** Kroger Parking Lot next to Home Depot across from SAMS VA Beach Blvd

**Leader:** Mike Rogers, email: [mikerozers53@cox.net](mailto:mikerozers53@cox.net), phone: 650-9767

### Wednesday

**\* B 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, Shop 757-427-9488

### Wednesday

**\* 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

**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, Shop 757-427-9488

**C Pace 9:00am 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

*Continued on Page 9*

## April Weekly Repeat Rides

*Continued from Page 8*

### Thursday

#### **A/A+ Pace 6:00 pm 25 – 45 miles Chesapeake**

Join us for a fast ride through quiet country roads in Chesapeake and Virginia Beach. You need to have good bike-handling skills and be familiar with pace-line riding. **We will break up into two groups – fast and faster.** Cue sheets and maps provided.

**From:** Great Bridge Cyclery, 1429 Fentress Rd, Chesapeake

**Leader:** Kim Aldridge, cell: 757-615-6106, work: 757-436-9300, or email [Kim@BallanceElectric.com](mailto:Kim@BallanceElectric.com)

#### **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 [mikerozers53@cox.net](mailto:mikerozers53@cox.net)

#### **B/B- Pace 6:30pm 21 Miles Chesapeake**

Join Sam Gillette and Mike Rogers for an evening ride through the rural Chesapeake countryside. It's great ride with very few turns. Front and rear lights required in April.

**From:** Fat Frogs, Chesapeake of Hanbury Road

**Leader:** Sam Gillette/Mike Rogers 650-9767

#### **A/A+ Pace 6:00 pm 25 – 45 miles Chesapeake**

Join us for a fast ride through quiet country roads in Chesapeake and Virginia Beach. You need to have good bike-handling skills and be familiar with pace-line riding. **We will break up into two groups – fast and faster.** Cue sheets and maps provided.

**From:** Great Bridge Cyclery, 1429 Fentress Rd, Chesapeake

**Leader:** Kim Aldridge, cell: 757-615-6106, work: 757-436-9300, or email [Kim@BallanceElectric.com](mailto:Kim@BallanceElectric.com)

### 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:** Matt Keane , Shop 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:** Matt Keane Shop 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:** B-Pace Joe Vizi, Shop 757-427-9488; C-Pace John McKee and Anthony Gartner

#### **\* 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 7:30 am 40 – 100 miles Va. Beach**

**Please, call first.** We may choose to ride from a different location on occasion. The usual ride will cover quite 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 and then we add loops for longer rides. Cue sheets and maps provided.

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

**Leader:** Kim Aldridge, cell 757-615-6106, work 757-436-9300, or Email [Kim@BallanceElectric.com](mailto:Kim@BallanceElectric.com) (during the week only).

#### **\* 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

#### **\* 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

*Continued on Page 10*

**Helmets Required on all TBA Rides!**

# April Weekly Repeat Rides

Continued from Page 9

## Saturday

**C Pace 9:00am 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:** A.J. Sanders, Shop 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

**\* 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

## Sunday

**\* 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 8:00 am 40 - 100 miles Chesapeake**

**Please, call first.** We may choose to ride from a different location on occasion. The usual ride will cover quite 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.

**From:** Great Bridge Cyclery, 1429 Fentress Rd, Chesapeake, VA

**Leader:** Kim Aldridge, cell 757-615-6106, work 757-436-9300, or [Kim@BallanceElectric.com](mailto:Kim@BallanceElectric.com) (during the week only).

**D Pace 2:00pm 14-20 miles Portsmouth**

Join John for a great beginner's ride through Historical Portsmouth Waterfront! This will be a fun easy-paced ride. Slow as the slowest rider!

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

**Leader:** John Maher, 757-672-1359 or [cycleclassicsride@cox.net](mailto:cycleclassicsride@cox.net)

**3104 Arctic Avenue - Virginia Beach, VA. 23451**  
**(757) 428-4235 - Fax (757) 425-0481**  
 e-mail: [eric@northendbikes.com](mailto:eric@northendbikes.com)    [www.northendbikes.com](http://www.northendbikes.com)

**WALT • BEN • TAYLOR**

237 Hanbury Rd E. Suite 13  
 Chesapeake, Va 23322  
[www.ffcbikes.com](http://www.ffcbikes.com)

Tel: (757) 410-4930  
 Fax: (757) 410-4935  
 Email: [ibike@ffcbikes.com](mailto:ibike@ffcbikes.com)

**Conte's of Virginia Beach - Hilltop**

1805 Laskin Road    Phone: 757.491.1900  
 Virginia Beach, VA 23454    Fax: 757.491.4085

[contebikes.com/goto/VABHilltop](http://contebikes.com/goto/VABHilltop)    [VAB.Hilltop@contebikes.com](mailto:VAB.Hilltop@contebikes.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/Membership App.pdf](http://www.tbarides.org/Documents/Membership App.pdf)

Membership Type: **NEW** **RENEWAL**

Individual - \$6.25 Family - \$7.50

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.


**For Sale: Merlin Extralight 58 cm.** Campy Record with Campy Euros wheels. \$3500.00. This bike can be seen at East Coast Bikes Colley Ave. Please call Reed Lampley at 757- 625-7384 for more info. 02-10

**For Sale: Kestrel 1 piece Carbon Fiber 58cm.** Shimano Ultegra Flight-deck. \$1250.00. Please call Reed Lampley at 757- 625-7384. 02-10

**For Sale: Kestrel 500,** carbon, 650 Bontrager Racelite wheels, shimano 105. 49/50cm \$500.00 firm. Call Kathy Spencer at 478-4089. E-mail: [afsolutions@cox.net](mailto:afsolutions@cox.net) 04-10

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**B I C Y C L E S**  
[www.eastcoastbicycles.com](http://www.eastcoastbicycles.com)

Ghent 757) 622-0446	Ocean View 757) 351-2112
1910 Colley Avenue	9605 Granby Street
Norfolk Va. 23517	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](mailto:Kim@BallanceElectric.com)

Presorted Standard  
 U.S. Postage Paid  
 Norfolk, VA  
 Permit Number 3095

Or Current Resident




**Tidewater Bicycle Association**  
 Post Office Box 12254  
 Norfolk, VA 23541