

The Spokin' Word



Volume 48 Issue 7

www.tbarides.org

August 2010

UPCOMING EVENTS

General Membership Meeting

Wednesday

September 8th, 2010

Location:

Meyera E. Oderndorf

Central Library

Virginia Beach

Meeting Starts at 7:00 pm

September Spokin' Word

Deadline August 11th

INSIDE THIS ISSUE

<i>Coast Guard Century</i>	1
<i>Bosom Buddies Ride</i>	1
<i>Officers and Members</i>	2
<i>Pres Message Cont</i>	3
<i>TBA Advocacy Update</i>	3
<i>Swim, Bike, Run or Volunteer</i>	3
<i>July Picnic Recap</i>	4
<i>Stop and Smell the Hydrangea</i>	4
<i>Cycling in Kent County</i>	4
<i>Help Shape TBA</i>	4
<i>Riding with Lights & Mirrors</i>	4
<i>August Touring</i>	5-6
<i>Breaking Away</i>	7
<i>TBA Calendar</i>	7
<i>Repeat Rides</i>	8-10
<i>Application</i>	11
<i>TBA Classifieds</i>	12

Coast Guard City Century!

Saturday August 7th, 2010

Come Join TBA at the First Annual Coast Guard City Century!

Get ready for a brand new bicycling extravaganza! Join in the Coast Guard's 220th Birthday Celebration when the City of Portsmouth and the Tidewater Bicycle Association proudly sponsor the First Annual Coast Guard City Century on August 7th, 2010. This ride will feature Half, Metric and English Century routes, along with guided waterfront tours led by Team Portsmouth!

Enjoy up to four unique loops that will lead riders past numerous historic vistas and landmarks, including the Portsmouth Lightship, Numerous Waterfront Scenes, Downtown and Old Towne Portsmouth, the Portsmouth Naval Hospital, ships docked at the Coast Guard Station, Hoffer Creek, Andalo's Clubhouse, the Virginia Sports Hall of Fame, Bide-a-Wee and City Park, the new TCC campus, Path of History, Gosport Park, and Norfolk Naval Shipyard. Riders can decide how far to ride as the day progresses because all four loops start and finish at the Ntelos Pavilion. This will definitely be an event to remember, especially if you have never made time to view Portsmouth through the eyes of a tourist!

Unlike other local rides, and similar to the Tour de France finish in Paris, the 100-mile English century concludes with three laps around historic downtown Portsmouth, full of cheering spectators!

Registration includes rest stops every 10 miles guaranteed to help beat the August heat, full SAG support, and cue sheets for each loop. Of course, event T-shirts and jerseys are available too!

There is no walk on registration, so register by clicking the event logo on the opening page of our TBA website!

For additional information contact John Maher, 672-1359, cycleclassicsride@cox.net, or click <http://cycleclassicsva.tripod.com/id21.htm>.



Virginia Beach Bosom Buddies Bike Ride will be taking place October, 2nd at the 31 street park in Virginia Beach, VA. For the inaugural event we will be raising money for the Susaan G. Komen Foundation to help in their efforts to build awareness and find a cure for this disease.

This ride is open to all skill levels with the option of an 80 mile ride, Metric Century and a Half Metric Century option! Registration for is NOW OPEN, please visit www.eteamz.com/virginiabeachbosombuddies to register!

The TBA Officers & Staff

President

Steve Zeligman 285-9085
 president@tbarides.org

Past President:

Tom Coghill
 422-3425 InvestmentResearch@cnt4.com

Vice President:

Mike Rogers
 486-4283 mikerogers53@cox.net

Touring Vice President

Marc Tobey
 touring@tbarides.org

Racing Vice President

Christina Teeuwen
 Veloist@aol.com

Tandem Vice President

Angela Hathaway
 angela_bunny1@yahoo.com

Treasurer

Susan Roher 681-1223
 roher7@cox.net

Secretary

Cindy Meier
 cameier17@verizon.net

Editor

Jeff Hathaway 572-1486
editor@tbarides.org

Member at Large

John Maher
 john.maher@cox.net

Member at Large

Suzann Magner
 smmagner@hotmail.com

Committees

Legislation/Advocacy

Bruce Drees
 bwd-vb@cox.net

Safety/Education

Carole Taylor 490-1831
 ctbiken@cox.net

Special Events

Vacant

Membership

Michael Sleeman
membership@tbarides.org

Knotts Island Century

Jean Sleeman
knottsisland@tbarides.org

Webmaster

Sam Gillette 652-5774
Sam.gillette@cox.net

Publicity/Advertising

Fran Adams 467-2775

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 Renewal Information

If you have recently renewed your membership and have not received your welcome letter and card please bear with us. We are processing applications and printing letters and cards as quickly as we can. As such our mailing database is not as up to date as we would like it to be. This means that some of you may notice an 6-30-2010 exp date on your mailing label. We hope to have everything corrected and updated in time for the September newsletter mailing.

Thank you

Michael Sleeman

TBA Membership Chair

membership@tbarides.org

Memberships Expiring Information

If you have joined our club within the past year your membership is set to expire on June 30th. The club adopted an annual renewal date of July 1st. More information can be found on the top part of the application located on page 11 or by e-mailing membership at membership@tbarides.org.

TEEUWEN MORTGAGE TEAM
 ALWAYS EXPERT ADVICE
JOHN TEEUWEN
 MORTGAGE BANKER

CELL: (757) 639-6935
 OFFICE: (757) 498-7400
 FAX: (757) 963-2797
 EMAIL: TEEUWEN@TWMORTGAGE.COM

Tidewater Mortgage Services, Inc.
 200 GOLDEN OAK COURT SUITE 100 VIRGINIA BEACH VIRGINIA 23452

The TBA Newsletter is col- lated and mailed by:

Donna & Jack Scott and the
 Norfolk Public Schools SECEP
 Program.

The TBA Newsletter is printed by:

Special Persons Mailing Service
 4716 Tulip Dr. Va. Bch, 23455
 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 Advocacy Update

South Hampton Roads Trail Update

Hampton Rds Transit (HRT) held a public meeting on June 30th to update residents on the Virginia Beach Transit Extension Study (VBTES) currently in progress. The purpose of the study is to assess whether light rail or bus rapid transit are feasible in the old Norfolk Southern rail corridor which traverses the city. Part of the assessment considers the possibility of a trail alongside whatever transit option may be chosen. Our assessment is very clear- a continuous trail should be built along the entire corridor!

An 11 mile trail down the transit corridor is the city's best option for a city wide trail. It will also form part of the spine for a regional trail system. Spanning 41 miles from the Va Beach resort area to downtown Suffolk, the South Hampton Roads Trail will link 4 of 5 south side downtown areas, numerous natural and historic points of interest, residences, schools and other destinations. A coalition of bicyclists, runners, walkers, hikers and other trail users has been created on Facebook under the group "[South Hampton Roads Trail Coalition](#)." Show your support by joining today- it's free and you will be helping to build Hampton Roads first regional trail!

Norfolk Advocates Gathering Momentum

Michael Shipp, owner of East Coast Bikes and advocate Wes Cheney recently teamed up with others in the city to form "Bike Norfolk." The group meets monthly to discuss ways to improve bicycling there. They have been garnering significant support for bike lanes, shared use lanes, the Elizabeth River Trail and other bike facilities in the city, and recently provided recommendations for the city's bike plan update. If you have an interest in Norfolk, you can find out more by contacting one of the founders or visiting the group on [facebook](#).

New High School Omits Bike-Ped

TBA recently sent a letter to city and school officials in Virginia Beach expressing concern over the lack of bike and pedestrian facilities for the Kellam High School replacement project. Even though a substantial number of homes exist within a two mile (15 minute) bike distance, no plans have been announced to provide paths, sidewalks, bike lanes or shoulders beyond the school site itself on West Neck Rd.

West Neck Rd has been slated for 7 years to be upgraded with dual paths and on-road bike lanes. The corresponding CIP project has been in place since well before a school was envisioned. As of now it appears the plan is being ignored or discarded. This leaves us with virtually all of the 2000+ students, faculty and staff using motorized transport to get there. This mirrors the situation at the current school site on Holland Rd.

Finally, consider this: Virginia Beach is a participant in the Safe Routes to School Program (SRTS) at Bayside Middle. One has to wonder why the city would request a federal SRTS grant to help back fit bike and walking facilities where they are missing at one school, all the while repeating the same mistake at another.

The city deserves an 'F' for not learning from past experience and for ignoring advice from public health authorities to provide ample walking and biking opportunities to school as a means to help curb childhood obesity and diabetes.

Swim, Bike, Run or Volunteer!

This year's Neptune Sandman Triathlon will be held on Sunday, September 11, 2010 at 2nd St. in Virginia Beach. It's a fun event to participate in—a 1 k swim, followed by a 14 mile bike ride and a 5 k run. Anyone interested can sign up at www.sandmantri.com.

For the less adventurous who just want to watch and be inspired, the Sandman can use your help. Over 250 volunteers are needed to help in many ways, from body markers, to bike route monitors, to water stop and finish line help and much more. This year, we can also use a few bike inspection people as well. Nothing major is required, it's more or less a cursory inspection for safety and USAT requirements so anyone who rides regularly can do it. Other volunteer position descriptions can be seen on the website and no experience is required. All volunteers will receive a Sandman Tri t-shirt and are invited to the post race party. If you would like to participate as a volunteer, it is easiest to sign up on the website, or you can send an email to volunteers@sandmantri.com or contact Susan Roher at 496-9424 for questions.

The event has been moved this year to accommodate more athletes so we may see as many as 900 participating. It truly is a sight to see and fun to be a part of and we hope that TBA members will again come out and enjoy it.



NORTH END
Cyclery Ltd.

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

TBA 4th of July Picnic Recap

The TBA annual Fourth of July bike ride and picnic was held on Saturday, July 3 and was a huge success. The weather couldn't have been more perfect. The skies were blue, there was no humidity, and the temp was in the 80s. There were 2 routes - 21 miles and 30 miles. A special thanks to the event coordinators/chefs/shoppers/food preparers - Angela and Jeff Hathaway, Peggy and Sam Gillette, and Mike Rogers. That was the best picnic spread I have seen yet at a TBA event - hamburgers, cheeseburgers, hot dogs and all the condiments along with grilled corn on the cob, salads, plenty of delicious desserts, and cold sliced watermelon. After the rides members and guests kept coming. Peggy also handled registration and said 81 people showed up for the picnic and ride. We had 4 new registrations and 12 renewals. Once again a great social event sponsored by TBA.

-Cindy Meier

How about family rides? Or stop and smell the Hydrangea.

Norfolk Botanical Gardens is open to bikes Monday, Wednesday, and Thursday till September 30th, 2010. 4-7 pm. They have 12 miles of pedestrian pathways open to riders. Helmet rules apply and those under 16 must ride with an adult. Admission is \$9 dollars, however we are inquiring about group rates for a set ride date or perhaps a discount for TBA members. Garden members have free entry. Are you a flower loving cyclist? This would be a great way to share another passion with your fellow cyclists. Drop a line to your Touring VP, Marc Tobey, touring@tbarides.org

Grants making New Kent County Biking Friendly

New Kent has received funding from VDOT to provide signage, mapping, brochures and kiosks for cyclists. Six routes ranging from 15 to 100 miles will start and stop at the New Kent County Visitors & Commerce Center. Work should be completed by August 30 with a Grand Opening/Ribbon Cutting ceremony on Sat. Sept 25, 10am.

Watch here for more info or call the Visitors Center at (804)966-8787.

Help Shape TBA

It is that time of year again where we are looking for people to help guide TBA next year and into the future. If you or someone you know is interested running for an office within TBA please send us an e-mail to nominations@tbarides.org.

We thank you for your help!!

Riding with Rear Lights and Mirrors

During this year's Knotts Island Century and MS 150 I ran SAG support. During both I was dismayed by the number who had no blinking tail lights (some with no rear reflectors as well) and the number with no rear view mirrors.

I always have a blinking tail light (yes, I sometimes forget to turn it on but at other times find it still blinking when I go to my garage late in the evening because I had turned it on the day before). I tell new riders "You'll never know what your tail light prevented because it never happened (meaning, the inattentive driver saw the blinking light and avoided you).

I always wear a rear view mirror attached to my glasses (yes, I sometimes forget, but then become very uncomfortable without it be-


cause I can't see what big silent thing is rapidly approaching from behind). Getting that visual hint will get you safely to the edge of the road or at worst rapidly off the road.

Now bring in a rainy day or dusk ride and watch the visibility of yourself to others diminish if you are riding with no light (maybe no reflector) and no mirror. The approaching drivers drinking their coffee, or worse, talking on cell phone, or reaching for the radio dial need as much help as we can give them to see you, are rear light really helps. Also a rear view mirror will help you see what is approaching from behind to help guide your next move.

John McKee

FREEWHEELIN BIKE SHOP
4000 Va. Beach Blvd. Va. Beach, Va. 23452

Visit our new home
in Loehmann's Plaza



www.freewheelinbikes.com **486-4116**

August Touring Schedule

Sunday, August 1st

B/C & D Pace 4:00pm 35 miles Portsmouth
 Team Portsmouth "CGCC VOLUNTEERS ONLY" ride of the final loop #3 of the Coast Guard City Century ride - 2 stops with SAG Support
From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 757-672-1359 or cycle-classicsride@cox.net

Saturday, August 7th

Various Paces 7:00am Portsmouth
Coast Guard City Century
 See Page 1 for more information

Saturday, August 14th

B & C Pace 7:30am 25 miles Portsmouth
 "Tour de City Park" - one of the nicest rides in Portsmouth. All rides are designed to prepare cyclists for upcoming Surry Century and Eastern Shore long distance rides. One stop mid-way with SAG support.
From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 757-672-1359 or cycle-classicsride@cox.net

B & C Pace 8:50 am 62 miles Va. Beach
5th ANNUAL YOUNG ADULTS BIRTHDAY METRIC
MINIMUM AGE OF MEN-45 WOMEN-NONE

If you will be 45 or older anytime in the year 2010, please join other young adults for a two pace Metric Century. Women of any and all ages are welcome and are encouraged to ride. This will be a fun social ride for all cyclists who like to enjoy a very scenic ride in southern Virginia Beach and over to Knotts Island and back. There are stores along the route but still be sure to bring plenty of fluids as it could be warm.

From: Parking Lot of Red Mill Commons east of Fat Frogs and Blockbusters

Leaders: B Pace Leader - Kathy Spencer (Age unknown) C Pace Leader - Tom Coghill (Age 78) 422-3425

If you do not know where Red Mill Commons is located - call (757) 422-3425 or evenings (757) 422-6326 for directions.

Sunday, August 15th

B/C pace Tandem 4:00pm 18 miles Portsmouth
 Join John for our NEW "Tour de Tandem" ride through Historical Portsmouth Waterfront (singles welcome too)! This will be a fun, easy-paced ride with a nice stop mid-way along the waterfront!
From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 757-672-1359 or cycle-classicsride@cox.net

Saturday, August 21st

B & C Pace 7:30am 35 miles Smithfield
 NEW "Tour de Smithfield" ride through quite back country roads in Smithfield, Virginia with flat and rolling terrain with access to historic venues. All rides are designed to prepare cyclists for upcoming Surry Century and Eastern Shore long distance rides. Tandems Welcome! One stop mid-way with SAG support followed by **a great brunch at Smithfield Station.**
From: 415 South Church Street, Smithfield, VA
Leader: John Maher, 757-672-1359 or cycle-classicsride@cox.net

Sunday, August 22nd

B/C pace Tandem 4:00pm 18 miles Portsmouth
 Join John for our NEW "Tour de Tandem" ride through Historical Portsmouth Waterfront (singles welcome too)! This will be a fun, easy-paced ride with a nice stop mid-way along the waterfront!
From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 757-672-1359 or cycle-classicsride@cox.net

Continued on Page 6

Helmets 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

August Touring Schedule

Continued from Page 5

Saturday, August 28th

B & C Pace 7:00am 63 miles Portsmouth
Metric Century "Tour de Portsmouth & Suffolk". NOTE THE EARLIER DEPARTURE TIME. Last big training ride for the Surry Century. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Surry Century and Eastern Shore long distance rides. Four stops with SAG support.

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

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

B Pace & B+ 8:30am 30 miles Va. Beach
Do the "Picnic" ride again. Leaving Northwest River Park and into the wilds of North Carolina and back. Stop at Blackwater Store to refuel. Cue Sheets provided.

From: Northwest River Park, Virginia Beach

Leader: Marc Tobey, 757-481-7081

Sunday, August 29th

B/C & D Pace 4:00pm 15 & 22 miles Portsmouth
"Tour de Joliff" – one of the nicest rides in Portsmouth. All rides are designed to prepare cyclists for upcoming Surry Century and Eastern Shore long distance rides. One stop mid-way with SAG support.

From: Call for start location.

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!

Helmets Required on all TBA Rides!

Seashore Bikes

MATTHEW C. SPINELLI President

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

BikeBeat

Two Locations on the Southside:
Kemps River Crossing 5386 Kemps River Dr. 757-424-6151
Check out our new location at:
Hilltop North Center 1624 Laskin Rd. #760 757-491-6151
www.bikebeatonline.com





Great Bridge Cyclery

1429 Fentress Road
Chesapeake, VA
482-5149

SALES
SERVICE
RENTALS



FAT FROGS

BIKE and FITNESS

1169 Nimmo Parkway
Virginia Beach, Va. 23456
(757) 427-9488

JOHN
KRIS
JOE

Breaking Away

Saturday, July 31st

B pace 8:30 am 70 miles Washington DC area

Start in Mt. Vernon and cycle the Mt. Vernon Trail, Capital Crescent Trail, Georgetown Trail, Rock Creek Trail (closed to cars on weekends), and cycle by many attractions, including the DC Zoo, White House, 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! Lunch stop along the way (bring money, a camera, and a bike lock). Start at the Mt. Vernon Parking lot at 8:30 am (about a 3 hour drive from Virginia Beach).

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

LiveStrong Challenge

Philadelphia PA.

August 21st and 22nd

The **LIVESTRONG** Challenge takes place in the Philadelphia suburb of Blue Bell on the Montgomery County Community College Campus. The run/walk portion will take place on Saturday and the cycling will take place on Sunday. Run/walk distance of 5k and 10k and cycling distances of 10, 20, 45, 75 and 100 mile options. For the first time ever in Philly, enjoy both activities of the **LIVESTRONG** Challenge.

20th annual Shenandoah Fall Foliage Bike Festival

October 15-17

Enjoy spectacular cycling in the beautiful Shenandoah Valley of Virginia. We have added a new Saturday route and new routes on Sunday with rides each day for all skill levels from easy family cycling to a challenging century. Sag support and excellent rest stops on every route. Visit Grand Caverns (with discount) and other scenic and historic attractions in Staunton and the valley. Please visit our website www.shenandoahbike.org, or email fall-bikefestival@comcast.net, or phone 540-416-0267 or fax 540-885-2669

Northern Neck's River Ride

September 25th & 26th

Dates for the 5th Annual Northern Neck RiverRide have been set for September 25-26. It will include routes of 100, 60, 50, 25 miles on Saturday and unsupported group rides on Sunday.

Registration has been reduced to \$35, with camping, meals, and other options priced separately. Those who wish to make a weekend of it may camp or rent cabins on beautiful Indian Creek near Kilmarnock.

The Northern Neck is on the western shores of the Chesapeake Bay and the ride includes rural routes and scenic water views of the Bay.

Registration information and other facts about the ride are available at www.riverride.org.

2010 TBA Calendar

August 7th Coast Guard City Century


September Eastern Shore weekend event

November Elections at General Membership Meeting

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

December TBA Christmas Party

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

August 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 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

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

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: mikerogers53@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

*** 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 5:30pm 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

B Pace 5:00pm 20 miles Portsmouth

Join Brad Thompson for a great "Over the Hump" ride through Historical Portsmouth Waterfront and other great areas! This is a quick B Pace ride to help build your speed for longer weekend training distances. No Call, No Ride!

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

Leader: Brad Thompson, (757) 641-2723 or

Brad2723@gmail.com

Continued on Page 9



Your Bicycle Sales and
Repair Specialists

Churchland / Western Branch

3209 Stamford Rd. (Just off High St.)

Portsmouth, VA 23703 (757) 483-2818

August Weekly Repeat Rides

Continued from Page 8

Thursday

*** B Pace 7:30am 31-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 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

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

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

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

Saturday

*** 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 (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

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

A Pace 9:00am Varies Chesapeake

Greenhouse Ride. No stops, pace line ride. Distance will depend on the weather. Call Gerald to verify time. **NO RIDE ON AUGUST 14th**

From: Teeuwen Greenhouse, Shillelagh Road

Leader: Gerald Teeuwen, 757-377-1135

Continued on Page 10

Helmets Required on all TBA Rides!

August Weekly Repeat Rides

Continued from Page 9

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

*** 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

Sunday

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 (during the week only).

D Pace 4:00pm 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 cycle-classicsride@cox.net



FAT FROGS
BIKE & FITNESS

WALT • BEN • TAYLOR

237 Hanbury Rd E. Suite 13
Chesapeake, Va 23322
www.ffcbikes.com

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

PERFORMANCE Bicycle

**The Tidewater Region's
Largest Bicycle Store!**

2356 Virginia Beach Blvd.
Virginia Beach, VA 23454-4008

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

7 5 7 . 3 4 0 . 0 3 3 4

CONTE'S
BICYCLES AND FITNESS EQUIPMENT

Enjoy the ride.

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 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 member's 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

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

Individual - \$25.00 Family - \$30.00

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.

Wanted: Child Tag-a-Long If you have one to unload call Tom Lilley 842-4237 07-10

Fixie for Sale: Trek 100 Navigator Woman's bike, 7 speed, Grip shift, very good condition \$150.00 Contact : Jim Cruse: 582-2549 or Centuryrider@Charter.net 08-

Bike Box Rental

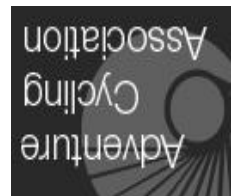
The club has purchased two hard shell bike boxes for traveling. They are available to club members to use with a \$50 deposit and \$15 weekly fee. First come, first served basis. Make your reservation now with Kim Aldridge: Cell 615-6106, work 436-9300 or Kim@BallanceElectric.com



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

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

Or Current Resident



Post Office Box 12254
Norfolk, VA 23541

Tidewater Bicycle Association

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