

# The Spokin Word



Volume 48 Issue 11

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

December 2010/January 2011

## UPCOMING EVENTS

**General Membership Meeting**  
**Check Website for Date and Location**

*Meeting Starts at 7:00 pm*  
 February Spokin Word  
 Deadline January 10th

## TBA Holiday Party

Plan to join your fellow TBA members and guests at The Grate Steak again this year. TBA will be hosting our annual Holiday party on December 5<sup>th</sup> at 5:00 pm. This event is open to all TBA members (in good standing) and their guests. Be sure your membership is up to date so you don't miss out.

*Continued on Page 4*

## 13th Annual Frank Penello Memorial Ride Saturday, January 1st 2011

**Happy New Year!!**

**All Paces                      10:00 AM                      20 miles                      Norfolk**

**Leader:** John McKee

**From:** Farm Fresh Supermarket on East Little Creek Road about 0.3 miles east of Granby St [Ward's Corner].

Please arrive early, ready to go at 10:00. Park on the supermarket's east perimeter or spaces closest to it to avoid inconveniencing customers,

Yearly, about fifty of us somehow make it to this ride. We heartily invite new members and guest riders to join us. Many have, all survived. After the ride, we gather at the Farm Fresh Deli to warm up, rekindle friendships and hoist a cuppa in remembrance of Frank who inaugurated this ride back in the '70s. Frank's long gone, so look up when you hoist.

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## The 19th Annual Peter Teeuwen Memorial Bicycle Ride Sunday, January 9th

The 19th Annual TBA Peter Teeuwen Memorial Bicycle Ride will be held on Sunday, January 9th, 2011 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 is generally 19-21 MPH. A C-Pace Loop leaving at 11:30 is being planned. 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.

For more information on this ride you can call Christina Teeuwen at 547-7188

## 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

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 angela\_bunny1@yahoo.com

### Treasurer

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### Editor

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### Member at Large

John Maher  
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### Member at Large

Wes Cheney  
 friendwes@mac.com

## Committees

### Legislation/Advocacy

Bruce Drees  
 bwd-vb@cox.net

### Safety/Education

Carole Taylor 490-1831  
 ctbiken@cox.net

### Special Events

Vacant

### Membership

Sam Gillette  
[membership@tbarides.org](mailto:membership@tbarides.org)

### Knotts Island Century

Jean Sleeman  
[knottsisland@tbarides.org](mailto:knottsisland@tbarides.org)

### Webmaster

Sam Gillette 652-5774  
[Sam.gillette@cox.net](mailto: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

Sam Gillette

TBA Membership Chair

[membership@tbarides.org](mailto: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](mailto:membership@tbarides.org).

**TEEUWEN MORTGAGE TEAM**  
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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.

## New Years Day Ride

*Continued From Page 1*

The event Leader will lead from behind and encourage hapless riders caught by traffic lights, etc. The route is a bit squirrely. We plan not to drop riders. Cue sheets will be issued. He will select experienced riders to lead out A, B and C Pacers. John will lead the D pacers, if any. The A Pacers will roll out first.

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 the few drivers and walkers we spot.

Weather conditions are purely pot-luck, ranging from beautiful [warm] to miserable. We've been lucky these last few years. If it starts to rain we won't go or if oncoming weather at the start appears untenable, we may cancel the ride, stow our bikes and repair to the Farm Fresh Deli to create "true" biking stories for our new members and guest riders.

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

## TBA CLAMS

As we go into our 7<sup>th</sup> season as CLAMS (Cycling Legs Against MS), Joe and I would like to wish everyone a very Happy Holiday Season and may all your wishes come true. Please keep our troops in your thoughts and prayers and ask for their safe return.

Get your winter gear in good working order and don't forget to check the ride schedule, we will ride at least once a month, weather permitting. Our November ride through Pungo was a bit chilly and very breezy but 6 CLAMS braved the elements and rode with us.

CLAMS mark your calendars for December 12<sup>th</sup> for our Christmas party being held at the Sleemans. More info to follow.


Ride fast, Ride strong, Ride safe, so that others may walk,

Joe and Polly Frease  
Co-Captains  
[jfrees@cox.net](mailto:jfrees@cox.net)

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

Visit our new home  
in Loehmann's Plaza

[www.freewheelinbikes.com](http://www.freewheelinbikes.com) **486-4116**





## 2011 Tour de Cure 20 Years Riding Strong

Seasons Greetings from Team TBA to all our fellow cyclists and their families during this Holiday Season.

Please join us for the 2011 Tour de Cure on April 16, 2011 for a truly memorable event. This coming year the American Diabetes Association is celebrating the 20<sup>th</sup> Anniversary of the tour (20 Years Riding Strong). The event offers something for every type of rider whether you want to take a casual 10 mile ride or challenge yourself for 100 miles.

Your team (Team TBA) has grown to 21 members and hopefully will continue to grow as we transition into the New Year. Please join us for a great ride and a great cause.

January 20<sup>th</sup> - Tour de Cure Kick-Off Event. Aloft Hotel from 5:30pm-7:30pm located 1454 Crossways Blvd Chesapeake. Plan to attend, flyer with more information to follow later.

Registration is \$25 and riders must raise \$175 by day of event. Please register at [www.diabetes.org/hamptonsvatour](http://www.diabetes.org/hamptonsvatour) or call 1-888-DIABETES Ext 3276.

I hope you'll join me (Mike Rogers) for next years tour. Any questions please email [mikerozers53@cox.net](mailto:mikerozers53@cox.net) or call 757-650-9767. See you on the road. Mike



## 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

### TBA Party

#### Continued from Page 1

The Grate Steak will be providing a special menu for us which will include there famous cook your own meet entrée with trip to the salad bar. Other chef prepared items will be available if you don't wish to swap stories around the grill. We will have our own desert table to help finish off a grate meal. Soft

drinks and gratuities are all included in the \$15.00 ticket price as TBA is covering much of the expense for you. Adult beverages are no provided but are available from the restaurant bar. Door prizes will be given out so miss out.

Please RSVP to Jeff Hathaway if you plan to attend at [tbarsvp@tbarides.org](mailto:tbarsvp@tbarides.org) or 757-572-1486. If you have questions about your membership status feel free to contact Jeff or Sam at [membership@tbarides.org](mailto:membership@tbarides.org). We hope to see you there!

*Great Bridge Cyclery*

1429 Fentress Road  
Chesapeake, VA  
482-5149



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)

# December-January Touring Schedule

## Saturday, December 4th

**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 2011 Tour de Cure, Knotts Island, Bike MS 150, Coast Guard City Century, and CBES long distance event rides. SAG support.  
**From:** Cycle Classics, Olde Town, 427 High St.  
**Leader:** John Maher, 672-1359 or [cycle-classicsride@cox.net](mailto:cycle-classicsride@cox.net)

**B/C Pace 10:00am 30 miles Chesapeake**  
 Join the CLAMS for a Saturday training ride from Northwest River Park through the countryside and back. We will meet in the parking lot across from the Ranger Station. 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:** Northwest River Park, Chesapeake, VA  
**Leaders:** Joe and Polly Frease, 481-9474, cell 620-3829, e: [pfrease@cox.net](mailto:pfrease@cox.net)

## Sunday, December 5th

**B/C & D Pace 2:00pm 15&22 miles Portsmouth**  
 "Tour de City Park" - Join Team Portsmouth ride leads for three great paces - a B, C and beginner's "Max Relax" 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! One stop with SAG support.  
**From:** Cycle Classics, Olde Town, 427 High St.  
**Leader:** John Maher, 672-1359 or [cycle-classicsride@cox.net](mailto:cycle-classicsride@cox.net)

## Saturday, December 11th

**B & C Pace 8:30am 36 miles Portsmouth**  
 "Tour de Golf Courses" - (City Park, Eliz Manor, Bide-a-Wee) - Safe, supportive, social & scenic long distance training ride. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming 2011 Tour de Cure, Knotts Island, Bike MS 150, Coast Guard City Century, and CBES long distance event rides. Two stops with SAG support.  
**From:** Cycle Classics, Olde Town, 427 High St.  
**Leader:** John Maher, 672-1359 or [cycle-classicsride@cox.net](mailto:cycle-classicsride@cox.net)

**Helmets Required on all TBA Rides!**

## Sunday, December 12th

**B/C & D Pace 2:00pm 15&22 miles Portsmouth**  
 "Tour de City Park" - Join Team Portsmouth ride leads for three great paces - a B, C and beginner's "Max Relax" 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! One stop with SAG support.  
**From:** Cycle Classics, Olde Town, 427 High St.  
**Leader:** John Maher, 672-1359 or [cycle-classicsride@cox.net](mailto:cycle-classicsride@cox.net)

## Saturday, December 18th

**B & C Pace 8:30am 35 miles Portsmouth**  
 "Tour de TCC Course" - with 1 stop (shorter if cold). Safe, supportive, social & scenic long distance training ride. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming 2011 Tour de Cure, Knotts Island, Bike MS 150, Coast Guard City Century, and CBES long distance event rides. SAG support.  
**From:** Cycle Classics, Olde Town, 427 High St.  
**Leader:** John Maher, 672-1359 or [cycle-classicsride@cox.net](mailto:cycle-classicsride@cox.net)

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### 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

## Seashore Bikes

**MATTHEW C. SPINELLI** President

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

## December-January Touring Schedule

*Continued from Page 5*

### Sunday, December 20th

**B/C & D Pace 2:00pm 15&22 miles Portsmouth**  
"Tour de Joliff and Bide-a-Wee" - Join Team Portsmouth ride leads for three great paces - a B, C and beginner's "Max Relax" ride through Historical Portsmouth! 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! One stop with SAG support.

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

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

### Saturday, December 25th

**B & C Pace 8:30am 36 miles Portsmouth**  
"Tour de Merry Christmas" - two stops (shorter if cold). Safe, supportive, social & scenic long distance training ride. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming 2011 Tour de Cure, Knotts Island, Bike MS 150, Coast Guard City Century, and CBES long distance event rides. SAG support.

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

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

### Sunday, December 26th

**B/C & D Pace 2:00pm 15&22 miles Portsmouth**  
"Tour de Bide-a-Wee" - Join Team Portsmouth ride leads for three great paces - a B, C and beginner's "Max Relax" 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! One stop with SAG support.

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

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

### Saturday, January 1st

**All Paces 10:00 am 20 Miles Norfolk**  
**13th Annual Frank Penello New Years Day Memorial Ride**  
**More info on Page 1**

**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 2011 Tour de Cure, Knotts Island, Bike MS 150, Coast Guard City Century, and CBES long distance event rides. SAG support.

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

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

### Sunday, January 2nd

**B/C & D Pace 2:00pm 15&22 miles Portsmouth**  
"Tour de City Park" - Join Team Portsmouth ride leads for three great paces - a B, C and beginner's "Max Relax" 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! One stop with SAG support.

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

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

### Saturday, January 8th

**B & C Pace 9:00am 36 miles Portsmouth**  
"Tour de Golf Courses" - (City Park, Eliz Manor, Bide-a-Wee) - Safe, supportive, social & scenic long distance training ride. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming 2011 Tour de Cure, Knotts Island, Bike MS 150, Coast Guard City Century, and CBES long distance event rides. Two stops with SAG support.

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

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

### Sunday, January 9th

**A Pace 1:00 pm 23 Miles Chesapeake**  
**C Pace 11:30 am 23 Miles Chesapeake**  
**The 19th Annual Peter Teeuwen Memorial Bicycle Ride**  
**More info on Page 1**

**B/C & D Pace 2:00pm 15&22 miles Portsmouth**  
"Tour de Bide-a-Wee" - Join Team Portsmouth ride leads for three great paces - a B, C and beginner's "Max Relax" 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! One stop with SAG support.

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

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

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SALES	SERVICE	RENTALS
		
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# December-January Touring Schedule

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## Saturday, January 15th

**B & C Pace 9:00am 40 miles Portsmouth**  
 "Tour de Starbucks" (Old TCC Campus 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 2011 Tour de Cure, Knotts Island, Bike MS 150, Coast Guard City Century, and CBES long distance event rides. SAG support.  
**From:** Cycle Classics, Olde Town, 427 High St.  
**Leader:** John Maher, 672-1359 or [cycle-classicsride@cox.net](mailto:cycle-classicsride@cox.net)

**B/C Pace 10:00 am 26 miles Va. Beach**  
 Join the CLAMS for a mid winter Chowder Ride. The ride will start and end at 2404 Spinnaker Ct, Va Bch. and we will ride through Northeastern Virginia Beach. If the weather is inclement or temperatures below 40 degrees – no ride but the chowder will still be served. Helmets are required and if you are under 18 years old, you must be accompanied by your parent or responsible adult. It is not necessary, but you may bring your favorite chowder to share. Call to RSVP the ride and for directions to the start of the ride/chowder gathering.  
**From:** 2404 Spinnaker Ct, Va. Bch  
**Leaders:** Joe and Polly Frease, (h) 481-9474, (email) pfrease@cox.net

## Sunday, January 16th

**B/C & D Pace 2:00pm 12 & 22 miles Portsmouth**  
 "Tour de Bide-a-Wee" - Join Team Portsmouth ride leads for three great paces – a B, C and beginner's "Max Relax" 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! One stop with SAG support.  
**From:** Cycle Classics, Olde Town, 427 High St.  
**Leader:** John Maher, 672-1359 or [cycle-classicsride@cox.net](mailto:cycle-classicsride@cox.net)

**B pace 2:30 pm 25 miles? Va. Beach**  
 Come and ride an old route, the old Wednesday Night Ride from the 80's or at least some of it. Its a ride through the neighborhoods of the Great Neck area of Va Beach. No cue sheets so it will be follow the leader and see if he can remember the old route. No one will be dropped. Call if the weather is if'y  
**From:** My house, 2333 Plantation Dr.  
**Leader:** Marc Tobey, 481-7081, cell 575-1006, tobey-vabch8@aol.com

## Saturday, January 22nd

**B & C Pace 9:00am 40 miles Portsmouth**  
 "Tour de 2011" (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 2011 Tour de Cure, Knotts Island, Bike MS 150, Coast Guard City Century, and CBES long distance event rides. SAG support.  
**From:** Cycle Classics, Olde Town, 427 High St.  
**Leader:** John Maher, 672-1359 or [cycle-classicsride@cox.net](mailto:cycle-classicsride@cox.net)

## Sunday, January 23rd

**B/C & D Pace 2:00pm 15 & 22 miles Portsmouth**  
 "Tour de Bide-a-Wee" - Join Team Portsmouth ride leads for three great paces – a B, C and beginner's "Max Relax" 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! One stop with SAG support.  
**From:** Cycle Classics, Olde Town, 427 High St.  
**Leader:** John Maher, 672-1359 or [cycle-classicsride@cox.net](mailto:cycle-classicsride@cox.net)

## Saturday, January 29th

**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 2011 Tour de Cure, Knotts Island, Bike MS 150, Coast Guard City Century, and CBES long distance event rides. SAG support.  
**From:** Cycle Classics, Olde Town, 427 High St.  
**Leader:** John Maher, 672-1359 or [cycle-classicsride@cox.net](mailto:cycle-classicsride@cox.net)

## Sunday, January 30th

**B/C & D Pace 2:00pm 15&22 miles Portsmouth**  
 "Tour de Bide-a-Wee" - Join Team Portsmouth ride leads for three great paces – a B, C and beginner's "Max Relax" 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! One stop with SAG support.  
**From:** Cycle Classics, Olde Town, 427 High St.  
**Leader:** John Maher, 672-1359

### 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

## 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 8:30am 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

**Helmets Required on all TBA Rides!**

## 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!

### Wednesday

**\* C 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

**\* 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

**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](mailto:Brad2723@gmail.com)

*Continued on Page 9*

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



# 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 8:30am 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

## 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

## Saturday

**\* 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

**A Pace 8:00am 35 miles Portsmouth**

19 to 21 mph pace out to the Olde TCC campus and Harborview Suffolk area with a warm up and cool down pace leaving and returning to downtown Portsmouth. One of the nicest long distance Tour de Portsmouth training rides with a rest stop at Starbucks. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming 2011 races. SAG support.

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

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

**C Pace 8:30am 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 9:30am Varies Chesapeake**

Greenhouse Ride. No stops, pace line ride. Distance will depend on the weather. Call Gerald to verify time.

**From:** Teeuwen Greenhouse, Shillelagh Road

**Leader:** Gerald Teeuwen, 757-377-1135

**Continued on Page 10**

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



Michael I. Ashe

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Email: [Ashe@LawyerVirginia.com](mailto:Ashe@LawyerVirginia.com) Web: [www.LawyerVirginia.com](http://www.LawyerVirginia.com)

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# 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

**D Pace 3:00pm 14-20 miles Portsmouth**  
 Join John & Team Portsmouth for a great "MAX RELAX" 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)

**Helmets Required on all TBA Rides!**



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)

# 2011 TBA Calendar

- January 1st** Frank Penello Memorial Ride
- January 9th** Peter Teeuwen Memorial Ride
- January** General Membership Meeting
- February** Chili Ride
- March** General Membership Meeting
- April 16th** Tour de Cure
- May** Knotts Island Century
- May** General Membership Meeting
- June 4th & 5th** MS 150
- July** General Membership Meeting
- July 4th** of July Picnic and Ride
- August** Coast Guard City Century
- August 20th & 21st** Livestrong Challenge Philly
- September** General Membership Meeting
- November** Elections at General Membership Meeting
- November** Fall Festival Ride/Picnic
- December** TBA Christmas Party

**EAST COAST**  
 BICYCLES  
[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

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

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 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
<a href="http://contebikes.com/goto/VABHilltop">contebikes.com/goto/VABHilltop</a>	<a href="mailto:VAB.Hilltop@contebikes.com">VAB.Hilltop@contebikes.com</a>

## 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](http://www.tbarides.org/Documents/Membership App.pdf)

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

Individual - \$12.50 Family - \$15.00

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 09-10

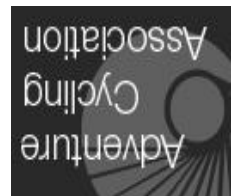
**Fixie for Sale:** Cycle Genius Falcon LX Recumbent. Long wheelbase low pedal position. Has windshield, handlebar bag, seat bag, rear pannier rack, Terra Cycle Tail Sock, Garmin GPS w/ heart rate monitor, Disc brakes, terra cycle idler pulley, 2 bottle cages, look geo pedals, planet bike fenders, blinky light. Mint condition. \$1800. Over \$2500 invested. Please call Mark Gutekunst at 757-286-9363. 10-10

**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](mailto:Centuryrider@Charter.net) 08-10

## 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)

Or Current Resident



Post Office Box 12254  
Norfolk, VA 23541

*Tidewater Bicycle Association*

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