

The Spokin Word



Volume 48 Issue 5

www.tbarides.org

June 2010

Presidents Message

Come Join TBA at the First Annual Coast Guard 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 Century on August 7th, 2010. This ride features Half, Metric and English Century routes, along with guided waterfront tours!

Enjoy up to four unique loops that will lead riders past numerous historic vistas and landmarks. Sights to be seen along the way will include the Portsmouth Lightship, Downtown and Old Towne Portsmouth, the Naval Hospital, Coast Guard ships in port at the station, Hoffer Creek, Andalo's Clubhouse, the Virginia Sports Hall of Fame, Bide-a-Wee and Portsmouth City Park, 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!

Please see the Rides Section of our website at www.tbarides.com, or contact John Maher at 672-1359 for more details.

Keep on riding!
Steve

UPCOMING EVENTS

General Membership Meeting

Wednesday

July 14th, 2010

Location:

Meyera E. Oderndorf

**Central Library
Virginia Beach**

Meeting Starts at 7:00 pm

July Spokin Word
Deadline June 11th

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TBA 4th of July Ride and Picnic

Saturday July 3rd, 2010 9:00 am

Join fellow cyclists on Saturday, July 3rd for self-paced bicycle rides followed by a FREE cookout! Non-TBA members are welcome to attend for a \$10.00 donation. New members who join TBA at the event can also attend for free! Our 21 and 30 mile routes will both open at 9:00 and food will be ready to eat at 12:00. All TBA members need to do is bring their bicycles and work up an appetite. Non-members should also bring \$10 or plan to join TBA at the event. Non-riders are also welcome and should come hungry! Everyone is welcome to bring a side dish or dessert to share. Please RSVP with Jeff Hathaway at 757-572-1486 or editor@tbarides.org so we know how much food to cook.

The TBA Officers & Staff

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Membership Info

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

TBA Board Meetings

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

Memberships Expiring 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 9 or by e-mailing membership at membership@tbarides.org.

TEEUWEN MORTGAGE TEAM
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OFFICE: (757) 498-7400
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200 GOLDEN OAK COURT SUITE 100 VIRGINIA BEACH VIRGINIA 23452

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Norfolk Public Schools SECEP
Program.

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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 CLAMS

Why Do We Ride 150 Miles the first weekend in June each year?

Each has their own very good reasons for putting their bodies and bikes through such a grueling event. Each year we share with you some of our team members thoughts on this very emotional subject.

Please take a moment and read what fellow CLAM, Sue Madeyski, has to say: "Why I ride the MS 150"

Because I'd love to live in a world that is "free of MS"..... where my family/friends and patients with MS will no longer struggle with getting out of bed in the morning (unless of course they "wrecked" on their bike the day before!:)

where my family/friends and patients can walk, run and play with their children and grandchildren without using a cane, wheelchair, or be afraid of falling down if they lose their balance unless of course they're playing "ring around the rosie" and at the end, if you haven't played lately, "they all fall down".

where my friends/family and patients don't have to take a "handful of pills" just to get through the day unless they rode 40 miles when they were intending to ride 20 and the wind was blowing hard and steady!

where my friends/family and patients don't have to "go to the doctor" for every little ailment where my family/friends and patients have healthy bodies that are as "Vibrant as their souls" because let's face it..... MS is a "pain in the a__ , a pain in the legs, and a pain in just about every part of their bodies..... I ride the MS 150 (and try to raise as much money as i can..... doing wild and crazy and FUN things with a GREAT group of people) because "I can"

.....and I want everyone to Live in a World where Multiple Sclerosis does NOT exist!!!!

*Sincerely and Nutritiously Yours,
SUE MADEYSKI*

Please welcome new team members: Suzette Worbois, Veronica and Mitch Jackson, and Jan Trombly who will help us make a world free of MS. Want to be a CLAM? Call us or go on line at www.fightms.com and join the CLAMS team.

We Ride So That Others May Walk,
Joe and Polly Frease
(757) 481-9474
jrfrease@cox.net

Clean the Bay Day

June 5th, 2010

In 2009, TBA participated for the first time in the Chesapeake Bay Foundation's Clean the Bay Day. We had at least ten volunteers and were able to clean an area of Virginia Beach, near the Tuesday Night Taco Ride's weekly route. In 2010, Clean the Bay Day conflicts with the National MS Society's MS Ride.

Calling all non-MS riders! While TBA will not be fielding a team for Clean the Bay Day, we would like for you to volunteer, June 5, 2010 for this worthy cause. Last year, volunteers cleaned up 102 tons of garbage from the Chesapeake Bay. There are 250 locations in the state of Virginia that are participating. Please register at <http://www.cbf.org/Page.aspx?pid=1697>, choose your location, and be prepared to get your hands dirty for a great cause. Volunteers never know what they will find in the bay; but, they can be assured it will be worth talking about well after the event is over.

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 fallbikefestival@comcast.net, or phone 540-416-0267 or fax 540-885-2669

| | | |
|--|---------|---------|
| 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> | | |
| JOHN | KRIS | JOE |

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

June Touring Schedule

Saturday, June 12th

B & C Pace 7:30am 50 miles Portsmouth

Two of the nicest long distance Tour de Portsmouth training rides – each loop is 25 miles. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Bike Virginia, Surry Century, Coast Guard City Century, and Eastern Shore long distance rides, as well as the Boy Scout Bicycling Merit Badge requirements. One stop mid-way for each loop with SAG support.

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

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

Sunday, June 13th

C pace Tandem 3:00pm 15 miles Portsmouth

Join John for our NEW "Tour de Tandem" ride through Historical Portsmouth Waterfront! This will be a fun, easy-paced ride with a nice stop mid-way along the waterfront! Similar route to our every Sunday "Max Relax" Beginners ride.

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

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

Saturday, June 19th

B & C Pace 7:30am 50 miles Portsmouth

"Tour de City Park" followed by "Tour de Oceanview" in Norfolk (bring money for ferry ride). Safe, supportive, and social long distance training rides – each loop is 25 miles. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Bike Virginia, Surry Century, Coast Guard City Century, and Eastern Shore long distance rides, as well as the Boy Scout Bicycling Merit Badge requirements. One stop mid-way for each loop with SAG support.

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

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

Friday, June 25th

C & B Pace 5:12 p.m. 32-miles Va. Beach

THE DESSERT BEFORE DINNER TGIF BICYCLE RIDE

It's summertime, leave work early and come join Patsy and Tom for our early evening ride through Red Mill, Lago Mar, Pungo and Creeds with a refueling stop at halfway mark. There will be two separate paces. Patsy will lead the B pacers and Tom will lead the C pacers. No one will be left behind. After the ride, we will go directly to the Cold Stone Creamery and indulge in wonderful ice cream treats and then go have a late dinner or just to bed – your choice. For more information call Tom or Patsy

From: Red Mill Commons in front of Fat Frogs

Leaders: Tom or Marcella at 422-3425 or Patsy at 425-6223 or 288-8256

Saturday, June 26th

B & C Pace 7:00am 62.5 miles Portsmouth

Metric Century "Tour de Portsmouth, Suffolk & Chesapeake". NOTE THE EARLIER DEPARTURE TIME. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Bike Virginia, Surry Century, Coast Guard City Century, and Eastern Shore long distance rides, as well as the Boy Scout Bicycling Merit Badge requirements. Three stops with SAG support.

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

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

Sunday, June 27th

C pace Tandem 3:00pm 25 miles Portsmouth

Join John for our NEW "Tour de Tandem" ride to City Park via Historical Portsmouth Waterfront and beautiful waterfront vistas! This will be a fun, easy-paced ride with a nice stop mid-way along the waterfront! Similar route to our every Sunday "Max Relax" Beginners ride.

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

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

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

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



What to carry on a ride?

Being too casual can cause you big problems. On a ride always carry your car key with you. Recently while leading a group ride, we had a rider experiencing chest pains, he was riding too hard he said. As the rescue squad readied him for transport to the hospital, I asked him if I could take his car keys and deliver them to the bike shop at the ride's start. At the bike shop, the rider's friends could later take care of his car. He said he came to the ride alone and did not know any of the other riders. His final decision was to leave the car unlocked where it was parked with the keys hidden in it. I got his name, a description of car and where it was parked. To me he seemed of pretty clear head and not confused and thought he made his decision based on what he could later do. At that point the rescue squad vehicle departed for the local hospital; however, I did not know which one. After the ride, I found the keys in the unlocked car where indicated. The keys were a large jumble and too many to carry comfortably on the ride. I passed on to the shop owner the rider's name, car info and location and advised him to leave car where it was.

The big questions became was the rider soon discharged from hospital or admitted? If he was admitted did he have family or friends to get the car or have the presence of mind to call the shop check up on it? Things would have been much simpler if he would have used a spare key to lock and carry with him while riding.

Do this for 'Just in Case'. Make a duplicate car key if it is attached to a jumble of keys, and put it in a pint size heavy duty ZIPLOC bag. Additional items to carry in the bag would include zerox copies of your drivers' license, military ID, medical card. Also a typed card with family members contact information, Dr's telephone numbers, known allergies, and blood type along with a description of my auto [parked at the ride's start point] are helpful to others should the need arise. And, of course, a little cash or VISA card is never a bad thing to have with you on a ride. The reason for ZIPLOC: Sweat, rain or falling into a deep ditch full of water can ruin your info. Oh, and do the same for your cell phone as well.

-John Mckee

Seashore Bikes

MATTHEW C. SPINELLI President

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

2010 TBA Calendar

June 5th & 6th MS 150

July 3th Holiday Ride

August 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

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!**

Great Bridge Cyclery

1429 Fentress Road
 Chesapeake, VA
 482-5149

June 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

B/C Pace 6:30 pm 18-22 miles Va. Beach

Join Greg Greene for a Casual Ramble through some beautiful, waterfront properties in the Little Neck area. It's a no drop, c/b ride. The Route may vary slightly week to week and the mileage will be between 18 and 22 miles depending on the group and the weather.

From: the Kroger Parking lot at 3330 Virginia Beach Blvd.

Leader: Greg Greene 757-636-4358 (c) or 757-463-6150 (h), greggreene@cox.net

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/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

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 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

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Your Bicycle Sales and
Repair Specialists

Churchland / Western Branch

3209 Stamford Rd. (Just off High St.)

Portsmouth, VA 23703 (757) 483-2818

June Weekly Repeat Rides

Continued from Page 6

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/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

Continued on Page 8

Helmets Required on all TBA Rides!

June Weekly Repeat Rides

Continued from Page 7

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 3:00pm 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

MICHAEL I. ASHE, P.C.
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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

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: Cannondale R600 58cm Aluminum Road Bike Triple X 8 speed, water cages, computer 700x23 RX 100 components \$250


Specialized Hybrid Cr-Mo Frame 52cm Triple X 6 speed, 700x38, water cages, computer, R Rack frame pump , fenders ,lights. \$125

Both excellent condition have too many bikes not enough space. Tom Lilley 842-4237 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 04-10

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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

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