

The Spokin Word



Volume 48 Issue 2

www.tbarides.org

March 2010

UPCOMING EVENTS

General Membership Meeting

Wednesday

March 17th, 2010

Location:

**Indian River Library
Chesapeake**

For details and more information see article at right

April Spokin Word

Deadline March 12th

March Meeting Program

All TBA members who want a longer, happier and healthier life, mark Wednesday, March 17, 2010 at 6:00 p.m. on your calendar. That night at the Indian River Library in Chesapeake, Dr. Scott Banks, an avid cyclist and licensed Nutritionist will be at the TBA meeting at 6:00 p.m. to perform a body composition analysis clinic on as many members as he can fit in between 6:00 p.m. and about 7:30 p.m. He will then discuss these results and give us a presentation on healthy nutrition for all active athletes, young and very old like John McKee and Tom Coghill.

This will be a program like none of us have ever seen in our lifetime. So, mark March 17, 2010 on your calendar today.

Presidents Message

Value of Tidewater Bicycle Association (TBA) Membership

Yes, I wrote about this last month. However, it is important and I feel the need to write about the value of TBA membership again. Also, the printed newsletter somehow lost half of my message last month. It simply fell off of Page 3! So, here is the part that never made it to Page 3 of the February Spokin Word:

Why You Should be a Tidewater Bicycle Association (TBA) Member

Recently, someone asked me what value can be associated with being a TBA member. This was the sixth or seventh time I have been asked that question. Of course I know the value I derive from being a TBA member, and I am sure our long time member know the answer to that question as well – probably better than me. On the other hand, we could probably do a better job of conveying the intrinsic value of being a TBA member to new and future members.

Some of the non-monetary value obtained from membership includes making new friends; camaraderie with fellow cyclists; encouraging new ways to be a recreational and/or commuting cyclist; learning about great new biking routes, events and trips; personal and candid reviews of new equipment from fellow cyclists – not the Internet or salesmen; and being part of a larger voice for supporting the rights of cyclists and increasing public bicycling facilities – invaluable for our cycling community in my humble opinion.

Ok, I freely admit that many of these things do not require TBA membership. This is especially true for cyclists who are closely associated with their favorite bicycle shop rides, feel that the rights of cyclists are adequately supported, and do not support <from page 1>] increasing public bicycling facilities. Still, there is monetary value in being a TBA member.

TBA membership is inexpensive (\$25 Individual or \$30 Family annually). Active members easily recoup their membership fee by taking advantage of the following membership benefits:

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Vacant

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Membership Info

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

TBA Board Meetings

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

Memberships Expiring On April 1st

Charles Cockrell
 Coleman Family
 Eric Cook
 Hathaway Family
 Austin King
 Ned Kuhns
 Matthew Merciez
 Steve Oglethorpe
 Linda Skillett
 William Werner

**The TBA Newsletter is col-
 lated and mailed by:**
 Donna & Jack Scott and the
 Norfolk Public Schools SECEP
 Program.

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

On June 5th about 600 + bicyclists will leave the city of Cape Charles and wind their way around the beautiful Eastern Shore countryside for 75 miles, spend the night at Camp Silver Beach and turn around and ride another 75 miles the next day. We do this to raise money and awareness to the cause of Multiple Sclerosis. The monies raised benefit people with MS through research which produces new medications to treat and some day cure this disease. In the last 10 years we have seen medications developed, go through clinical trials, be approved by the FDA and are being used by patients successfully to delay the disabling effects of the disease. A drug which will help people "walk better" (I can certainly use that one), is due to be put on the market this year. We keep riding, the scientists keep working, and one day soon I know there will be a cure for Multiple Sclerosis.

CLAM'S Fundraising activities for month of March include a Wine Tasting at Grape & Gourmet on March 20th at 7:00 pm. Cost is \$10.00 which is donated to the NMSS.

Want to be a CLAM? Call us or go on line at www.fightms.com and join a fun team with a group of great people.

Our team meetings are held on the third Thursday of each month at the Freases (2404 Spinnaker Ct), starting at 6:30 pm (social hour) with meeting to follow. So mark your March calendar for Thursday the 18th and see you there. My apologies to the Talman's for spelling their name incorrectly in last month's article.

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

Save the Date

April 17, 2010

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

Your team (Team TBA) is currently 28 members strong and continues to grow. But we need you! We need you to join our Team! If unable to join our team please consider sponsoring a team member or volunteering during the event.

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

I hope you'll consider riding in the Tour de Cure. Take the ride of your life. If you have any questions please email me at mikeroegers53@cox.net or call 757-650-9767. See you on the road. --- Mike Rogers---

**The TBA Newsletter is
printed by:**

Special Persons Mailing Service
4716 Tulip Dr. Va. Bch, 23455
464-6295

Presidents Message

Continued from Page 1

- **Prorated Chili Ride in February (\$5 for members)**
- **Prorated Knott's Island Century Ride (\$3 off for members in 2009)**
- **July 4th Picnic Ride (FREE for members, \$10 for non-members)**
- **August Social Ride Event (FREE for members, \$10 for non-members)**
- **Labor Day Ride (Free for members, \$10 for non-members)**
- **Deeply prorated Christmas Party in December (\$15 per person at The Grate Steak in 2009)**
- **10% off at most Hampton Roads area bike shops**

Dollar for dollar TBA members receive more in membership benefits than they pay in membership dues. The few benefits listed above are worth over \$55 per person!

Also, with 650 members, TBA is a political voice that is starting to be heard. I would like to thank Bruce Drees for his tireless efforts to shift the sometimes hostile bicycle paradigm that we all know so well in Hampton Roads. I would also like to thank Michael Ashe for his efforts to change the Oceanfront Trolley Lanes into Trolley and Bicycle Lanes. Consider how much more we would be able to accomplish politically if we were able to speak with a louder voice by doubling or tripling our membership.

I apologize to TBA members who have endured this message twice. Non-members should be encouraged to join TBA in hopes that I will see a spike in new memberships and write about something else next month ;-). Finally, those who received only half of my February message now have the whole thing!

Keep on riding!

My thoughts riding with new cyclists

Last month I talked about hand signals during turns. Modify what was written about using your left arm for a right turn signal. The upper arm should be positioned horizontally but perpendicular to your bike (like a left turn signal) with your forearm vertical. Otherwise as seen by a motorist it may appear you are raising your arm vertically, signaling nothing of interest to them though it may get their attention.

On a group ride in our level areas of Tidewater you will in time realize some ride leaders maintain a somewhat constant pedaling effort. As result they slow a bit on a gentle up slope, speed up going down, slow up into a head wind and increase speed a bit going with the wind. The more experienced leaders, generally moving at higher speeds will attempt to maintain their constant speed on the up slopes, speed up going down, maintain their speed in a head wind but speed up remarkably in a tail wind.

Realizing that, you learn to anticipate what will happen and prevent overtaking or falling behind, be it a pace line or a loose group.

Most leaders will point out and in anticipation will very smoothly steer around pot holes, etc. If you are in a pace line smoothly following them makes for a more pleasant ride.

Responsible cyclists use bike mirrors. The best are mirrors that clip to your glasses where you can watch behind while looking ahead. Responsible means you can see overtaking vehicles or other cyclists then predictably control your bike as they pass. You can see overtaking cars and cars ahead and be prepared because those cars as they pass you may pass each other at the same time.

-John McKee

34th Annual Knotts Island Century May 15, 2010 TBA's Signature ride

RURAL COUNTRYSIDE & CURRITUCK SOUND VIEWS FROM THE FERRY

All riders are welcome - young and old, beginner or experienced will enjoy this opportunity to ride along country roads, across marshes and ride the ferry across the Currituck Sound.

Half Metric riders will experience the beauty of the Dismal Swamp Trail. All riders will enjoy a cooked post ride meal. Ride includes full ride support including maps and rest stops.

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

Three Distances to choose from:

English Century (100 Miles)

Metric Century (64 Miles) and a 1/2

Metric Century (32 Miles)

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

Online Registration Opens this Month

Knotts Island Volunteer Ride

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

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

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

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

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

Email Jean Sleeman:
jean_knotts_island@cox.net

Coast Guard City Century

In celebration of the City of Portsmouth being designated as one of 9 Coast Guard Cities in the nation, the City of Portsmouth will sponsor the first Coast Guard City Century ride. This Saturday ride is one of the centerpieces of a week long celebration of the Coast Guard's 220th Birthday. Rides will include guided waterfront tours by Team Portsmouth ride leads (10 miles), along with half, metric and English Century rides built using 3 loops that always return to the Ntelos Pavilion. The finishing route for the

full 100 mile century will include 3 laps around downtown Portsmouth full of cheering spectators just like the Tour de France finish in Paris. Afterwards, there will be an evening rock concert at the Ntelos Pavilion (separate fee). With festivities all week, including a Friday fish fry, this is a ride and event you don't want to miss. Full SAG support, cue sheets and great rest stops for all distances. Registration fee is \$35 with all profits going to various charities.

More information coming soon.

March Touring Schedule

Saturday, March 6th

B & C Paces 9:00am 36 miles Portsmouth
 "Tour de Golf" Courses ride. Two stops. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Tour de Cure, Bike MS 150, and Boy Scout Bicycling Merit Badge requirements. Brunch stop after ride.
From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 757-672-1359 or cycle-classicsride@cox.net

Sunday, March 7th

B & C Paces 2:00pm 24 miles Portsmouth
 "Tour de Bide-a-Wee" ride. One stop. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Tour de Cure, Bike MS 150 and Boy Scout Bicycling Merit Badge requirements.
From: Cycle Classics, Old Town, 427 High St.
Leader: John Maher, 757-672-1359 or cycle-classicsride@cox.net

Saturday, March 13, 2010

B Pace 8:00am 50 miles Suffolk/Smithfield
 Ride from the W. Branch Reservoir in Suffolk through Isle of Wight and Surry counties with a stop at the Smithfield Bakery at the 35 mile point. Enjoy quiet roads and beautiful scenery and a few hills. Cue sheets provided. Call or email for more information, a cue sheet, or directions.
From: Western Branch Fishing Station, Girl Scout Rd. (SR633)
Leaders: Paul Gordy, 757-403-5914 or blueridgecyclist@cox.net

B & C Paces 9:00am 40 miles Portsmouth
 "Tour de Harbor View & Craney Island" ride (new route). Two stops. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Tour de Cure, Bike MS 150, and Boy Scout Bicycling Merit Badge requirements. Brunch stop after ride.
From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 757-672-1359 or cycle-classicsride@cox.net

Sunday, March 14th

B & C Paces 2:00pm 25 miles Portsmouth
 "Tour de Churchland" ride. One stop. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Tour de Cure, Bike MS 150 and Boy Scout Bicycling Merit Badge requirements.
From: Cycle Classics, Old Town, 427 High St.
Leader: John Maher, 757-672-1359 or cycle-classicsride@cox.net

Saturday, March 20th

B & C Paces 9:00am 45 miles Portsmouth
 "Tour de Harbor View and Bide-a-Wee" ride. Two stops. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Tour de Cure, Bike MS 150, and Boy Scout Bicycling Merit Badge requirements. Brunch stop after ride.
From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 757-672-1359 or cycle-classicsride@cox.net

C, C- Pace 10:00am 25-30 miles Va. Beach
 Join the Y.E.S. (Youthful Energetic Seniors) group for a relaxing ride, off-season, around Pungo and the Sandbridge community. Meet at the Pungo Plaza across from the 7/11 on Princess Anne Road just south of the Pungo travel light. We will be on lightly traveled roads before the crowds migrate to the beach, and upon return visit one of the local restaurants for lunch for those interested. Please call first, even the night before, so I can make reservations. Call with any questions.
Leader: Carole Taylor, 490-1831
From: Pungo Shopping Plaza, Princess Anne Road

Sunday, March 21st

B/C Pace 9:00am 40 miles Chesapeake
 Join us for a ride starting from The Fat Frogs Chesapeake Bike Shop in Hanbury Village Shops. Helmets are required, riders under the age of 18 must be accompanied by a parent or responsible adult. After the ride, we will stop for lunch at a local restaurant. Call or email for information or directions. If it is raining or temperature below 40 degrees – no ride.
From: Hanbury Village Shops, Chesapeake
Leaders: Joe and Polly Frease, 757-481-9474, cell 757-620-3829, e: jrfrease@cox.net

B & C Paces 2:00pm 26 miles Portsmouth
 "Tour de Hoffer Creek" ride (new route). One stop. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Tour de Cure, Bike MS 150 and Boy Scout Bicycling Merit Badge requirements.
From: Cycle Classics, Old Town, 427 High St.
Leader: John Maher, 757-672-1359

Continued on Page 6



SCAT BIKES
 spokes chains and things
est. 1975

Your Bicycle Sales and
 Repair Specialists

Churchland / Western Branch

3209 Stamford Rd. (Just off High St.)
 Portsmouth, VA 23703 (757) 483-2818

March Touring Schedule

Continued from Page 5

Saturday, March 27, 2010

B Pace 8:00am 55 miles Williamsburg
Bike the "Old 55-mile Williamsburg Road Race Course", a scenic route with little traffic and a few rolling hills. Lunch afterwards at Pierce's BBQ in Williamsburg is optional. Cue sheets and maps provided. Call or email for more information, a cue sheet, or directions.
From: Meet at Waller Mill Park in Williamsburg
Leader: Paul Gordy, 757-403-5914 or blueridgecyclist@cox.net

B & C Paces 9:00am 50 miles Portsmouth
"Tour de Golf Courses". Two stops. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Tour de Cure, Bike MS 150 and Boy Scout Bicycling Merit Badge requirements. Brunch stop after ride.
From: Cycle Classics, Old Town, 427 High St.
Leader: John Maher, 757-672-1359 or cycleclassicsride@cox.net

Sunday, March 28th

B & C Paces 1:30pm 36 miles Portsmouth
"Tour de Churchland and Craney Island" Ride (new route). Two stops. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Tour de Cure, Bike MS 150 and Boy Scout Bicycling Merit Badge requirements.
From: Cycle Classics, Old Town, 427 High St. (<http://www.bideaweegolf.com/directions.htm>)
Leader: John Maher, 757-672-1359 or cycleclassicsride@cox.net

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

Breaking Away

Mid May 2010

C/B pace 1000 Miles

Hampton Roads to Indianapolis

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

From: Somewhere in Hampton Roads
Leader: Jim Cruse 757-582-2549 / e-mail centuryrider@charter.net

25th Annual Northwest Tandem Rally
July 3rd-4th All Paces

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

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

Registration opens: 7:00am

Riders Meeting: 7:45am

Mass Start: 8:00am

Ride Support Ends: 5:00pm

WHERE: Mid-America Christian University
(formerly Roanoke Bible College)

Poindexter Street

Elizabeth City, NC 27909

VOTED BEST SAG STOPS

Start: muffins, banana bread, ham biscuits, etc...

SAG 1: famous deviled eggs, etc.

SAG 2: fruit smoothies, etc.

SAG 3: animal food for the 100 milers

Finish: hot dogs and drinks...

Espresso and Coffee at Start; Thanks to Muddy's Coffeehouse

At the Finish -- Massages available by Amy Finn

Helmets Required on all TBA Rides!

Loaded Touring

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

950 miles Starts and ends in Virginia Beach

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

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

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

2010 TBA Calendar

February 27th Chili Ride

April 17th Tour de Cure

May 15th Knotts Island Century (Saturday)

June 5th & 6th MS 150

July 4th Holiday Ride

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

November Elections at General Membership Meeting

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

December TBA Christmas Party

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

MATTHEW C. SPINELLI President

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

March Weekly Repeat Rides

* *Designates Shop Ride*

Monday

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

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

From: Fat Frogs Bike and Fitness Virginia Beach

Leader: Joe Vizi, 757-427-9488

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

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

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

Leader: Wes Cheney 757-622-0446

Tuesday

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

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

From: Fat Frogs Bike and Fitness Virginia Beach

Leader: John Kronenberger, 757-427-9488

C Pace 9:00am 30 to 60 Miles Chuckatuck

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

From: Oakland Christian Church

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

Wednesday

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

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

From: Fat Frogs Bike and Fitness Virginia Beach

Leader: Joe Vizi, 757-427-9488

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

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

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

Leader: Varies, (757)410-4930

Wednesday

B Pace 9:00am 50-60 Miles Chesapeake

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

From: Dismal Swamp Canal Trail, North Parking

Leader: Sharon Castle @ 757-819-3978

C Pace 9:00 am 25-35 miles Chesapeake

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

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

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

A Pace 4:00pm 20-35 Miles Chesapeake

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

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

From: 946 Shillelagh Road.

Leader: Gerald 757-547-7188

Thursday

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

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

From: Fat Frogs Bike and Fitness Virginia Beach

Leader: Joe Vizi, 757-427-9488

C Pace 9:00am 30 to 60 Miles Chuckatuck

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

From: Oakland Christian Church

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

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

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

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

From: Fat Frogs, Chesapeake off Hanbury Rd

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

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March Weekly Repeat Rides

Continued from Page 8

Friday

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

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

From: Fat Frogs Bike and Fitness Virginia Beach

Leader: John Kronenberger, 757-427-9488

Saturday

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

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

From: Fat Frogs Bike and Fitness Virginia Beach

Leader: John Kronenberger, 757-427-9488

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

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

From: Fat Frogs Bike and Fitness Virginia Beach

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

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

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

From: Fat Frogs Bike & Fitness Chesapeake

Leader: Taylor Doyle, (757) 410-4930

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

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

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

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

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

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

From: Fat Frogs Bike & Fitness Chesapeake

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

Saturday

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

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

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

Leader: Michael Shipp 757-622-0446

C Pace 8:00am 30 to 60 Miles Chuckatuck

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

From: Oakland Christian Church

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

A Pace 10:00am Varies Chesapeake

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

From: Teeuwen Greenhouse, Shillelagh Road

Leader: Gerald Teeuwen, 757-377-1135

Sunday

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

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

From: Fat Frogs Bike and Fitness Virginia Beach

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

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

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

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

Leader: Taylor Doyle, (757)410-4930

*** 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

Continued on Page 10

Helmets Required on all TBA Rides!

March Weekly Repeat Rides

Continued from Page 9

Sunday

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

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

From: Scat Bikes

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

A Pace 9:00 am 40 – 75 miles Chesapeake

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

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

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

D Pace 2:00pm 14-16 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

Spin Class Anyone?

Below are two local bike shops that offer SPIN classes using your bike and a trainer. Most classes require you to bring your own trainer but a limited number may be available, call first to check for availability.

BIKE BEAT Hilltop North Center is offering **free spin classess** every Tuesday and Wednesday nights. The class is an hour long 6:30-7:30. Limited number of trainers are available so please call ahead to reserve one. 757-491-6151.

East Coast Bicycles Ocean View is holding a spin class on Thursday Evening at 6:00 pm. Call 757-351-2112.

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

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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



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

Advertising Info

If you are a TBA member you may advertise your business in the mailed Spokin Word. The cost is \$120 for a business size card ad. This covers 11 issues annually. Contact Jeff Hathaway 572-1486 or him at Email: editor@tbarides.org Just remember that a TBA membership entitles you to special discounts (generally 10%) with the advertisers in this newsletter. **NOTE:** Sometimes it does not apply to new bikes or labor and Shops may request your membership card to verify current membership.

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 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 - \$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.

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

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

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 4000 Va. Beach Blvd. Va. Beach, Va. 23452

Visit our new home
 in Loehmann's Plaza



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

EAST COAST



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

Ghent 757) 622-0446	Ocean View 757) 351-2112
1910 Colley Avenue	9605 Granby Street
Norfolk Va. 23517	Norfolk Va. 23503

Bike Box Rental

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

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

Or Current Resident



Tidewater Bicycle Association
 Post Office Box 12254
 Norfolk, VA 23541