

# The Spokin' Word



Volume 48 Issue 4

www.tbarides.org

May 2010

## UPCOMING EVENTS

**General Membership Meeting**

**Wednesday**

May 12th, 2010

**Location:**

**Kempsville Library**

**Virginia Beach**

**Meeting Starts at 7:00 pm**

June Spokin' Word

Deadline May 10th

## May is Bike Month

Bike Month, that annual celebration of all things bike is here again. In addition to Bike to Work Day on Friday, May 21<sup>st</sup>, check out some of this year's special activities:

-20 mile off-road mountain bike ride in Suffolk

-go strawberry picking in Pungo (your haul will be gently transported back and waiting at the start)

-take your kids or grand-kids to a bike rodeo in Virginia Beach

-join TBA and Lynnhaven River Now for a family paced tour of historic plantations and churches in the Bayside area of Virginia Beach, including a scrumptious picnic lunch.

And many more! Check out all of the happenings at [facebook.com/VAmayisbikemonth](http://facebook.com/VAmayisbikemonth). For more info, email Bruce Drees at [hrcyclist@cox.net](mailto:hrcyclist@cox.net).

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## Presidents Message: Come Join TBA for the

### 34th Annual Knotts Island Century, May 15th

The Tidewater Bicycle Association proudly presents our 34th Annual Knott's Island Century! Enjoy rural countryside & Currituck Sound views from the ferry. Riders 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. Choose from one of three scenic rides!

#### English Century (100 Miles):

The English Century riders will bike 27 miles directly to Currituck, NC and take the 9:00 a.m. ferry to Knotts Island. Upon landing at about 10 a.m., they will bike 75 miles through Virginia Beach and Chesapeake home to the Ruritan Club.

#### Metric Century (64 Miles):

The metric century riders will bike 37 miles directly to Knott's Island and take the 10:00 a.m. ferry to Currituck North Carolina. Upon landing at about 11:00 a.m. they will bike 27 miles back to Chesapeake through Currituck and Camden counties and home to the Ruritan Club.

*Both English and Metric Century riders will bike through the Mackay Island National Wildlife Refuge on NC route 615 and will pass each other at the Knott's Island Ferry landing.*

#### Half Metric Century (32 Miles):

The Half Metric Century riders will bike only in Chesapeake going directly to the Dismal Swamp Canal Trail and will not go near Battlefield Blvd.

**Continued on Page 3**

# The TBA Officers & Staff

## President

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## Committees

### Legislation/Advocacy

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bwd-vb@cox.net

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Carole Taylor 490-1831  
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### Special Events

Vacant

### Membership

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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 June 1st

Cheney Family  
Travis Davidson  
David Geisler  
Jackson Family  
Daniel Kruger  
Mackowiak Family  
Suzann Wagner  
Malabad Family  
Michael Murphy

Jon Paschall  
Kevin Peek  
Peters Family  
Todd Remington  
Rubin Family  
Frank Shearman  
Daniel Sosaya  
Doug Suarez  
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464-6295

**The TBA Mission**  
The purpose of the TBA is to promote and encourage the use of the bicycle as a means of recreation and transportation; to develop a physically fit, self reliant, well informed citizen; to uphold and support the rights of bicyclists; to encourage the use of facilities for bicycling on public lands; and to provide information in the interest of bicycling safety.

## TBA CLAMS

**JOIN THE MOVEMENT.....**52 people have joined the movement to make a difference in the lives of people living with multiple sclerosis. We are making a difference by raising money to fund over 300 research grants and fellowships by the National MS Society each year. MS cannot yet be cured, but it is the subject of intense worldwide research and many clinical trials are in progress. The CLAMS have raised a total of \$334,558.00 through the last 5 years which was donated to the NMSS. We are moving towards making a world free of MS.

We will ride the Eastern Shore once more on June 5<sup>th</sup> & 6<sup>th</sup>. 150 miles is our cycling goal but the true goal of our ride is to raise money to combat MS.

Please welcome new team members: Ken Lancaster, Tom Frohlich, Bill Hart, Corey Sullivan and Lynette Mason who will help us to make a world free of MS. Want to be a CLAM? Call us or go on line at [www.fightms.com](http://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

## 34<sup>th</sup> Annual Knotts Island Century May 15, 2010

### RURAL COUNTRYSIDE & CURRITUCK SOUND VIEWS FROM THE FERRY

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

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

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

Three Distances to choose from:

English Century (100 Miles)

Metric Century (64 Miles) and a 1/2

Metric Century (32 Miles)

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

**Online Registration IS Open**

## Presidents Message

Continued from Page 1

This year registration includes police support at busy intersections, our famous t-shirt, SAG support, tasty food/rest stops with porta potties, sports drinks, commercial bottled water, cue sheets - lots of them - and roads marked with arrows. The C.L.A.M.S. sponsored cookie stop is back too! Finish up with a post ride tasty pasta dinner you can share with your friends.

### Schedule of Events:

6:30 am Registration/Check-in  
Opens

7:00 am Routes Open

9:00 am Check-in Closes

9:00 am English Century Ferry  
Departs (27M)

10:00 am Metric Century Ferry  
Departs (37M)

11:00 am Lunch Starts

12:00 pm Half Metric Route Closes

5:00 pm Ride Closes

### Starting Location:

Wallaceton Ruritan Club  
4032 Bunch Walnuts Road  
Chesapeake, Virginia 23322

For Detailed Directions, please go to  
[www.tbarides.com](http://www.tbarides.com)

Keep on riding!  
Steve

## Bike Month Events

### Bayside History Day Bicycle Tour, Saturday, May 15, 10 am - 2 pm

This event was such a success last year that we are offering it again. Enjoy a leisurely seven mile bicycle ride and tour four historic spots spanning two hundred years of Virginia Beach's early history. Learn more about the prominence of the Lynnhaven River in our history. The tour group will visit the Pembroke Manor House, the Old Donation Church, the Ferry Plantation House and the Lynnhaven House. Views of the river will be enjoyed at Saw Pen Point Park. Participants supply their

own bicycles, helmets are required and lunch and drinks are provided. Registration is \$15 and this is a family friendly event. To register, contact Karen at 757-962-5398 or [kfor-get@lynnhaven2007.com](mailto:kfor-get@lynnhaven2007.com). This event is being co-sponsored by LRNow, Tidewater Bicycle Association and Virginia Beach Parks and Recreation.

**Sunday May 16, 8:00 am.** Mountain bike ride. Enjoy a 20 mile off-road mtb ride in a remote area of Suffolk. Meet at the train depot on Main St. Bring water, helmet, and

your mtb or cyclocross bike. Pace will be that of the slowest rider- no drops. Contact Jim or Don at All About Bikes, 382-7878.

### Kids Bike Rodeo at Bike Beat Hill- top 10am-1pm Saturday May 20

Kids ages 4-10 (and their parents) are invited to join us and learn bike safety skills. Free bike check-ups, snacks, giveaways are on the agenda! Look for the big BikeBeat truck behind Fullton bank and you'll find us! Email Sharon at [sharon@bikebeatonline.com](mailto:sharon@bikebeatonline.com) for more information.

## Ride of Silence

May 19th, 2010 7:00 pm

Join your fellow cyclist as we honor those who have been killed or injured while cycling on public roads. On May 19, 2010, at 7:00 PM, the Ride of Silence will begin in North America and roll across the globe. We are going to ride from Landstown Commons down Dam Neck Road to General Booth Blvd

and back. Our ride pace will be between 10 and 12 mph and we will remain silent while riding. More information can be found in the Touring section or by contacting Jeff Hathaway at 757-572-1486 or [editor@tbarides.org](mailto:editor@tbarides.org). Black Arm Bands will be provided.

## 5th Annual CYCLISTS AGAINST CANCER

May 2, 2010

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

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

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

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

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

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

Mail in Registration flyer can be found on the TBA Website

## Coast Guard City Century

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

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

## VBF Cross State Ride 2010

The Virginia Bicycle Federation (VBF) annual Cross State Ride for 2010 will finish in Tidewater on Thursday, May 27 at Yorktown. Each year VBF bicyclists travel Bike Route 76 through Virginia promoting bicycle tourism and Virginia's portion of the transcontinental route. For full details see <http://www.vabike.org/2010-virginia-cross-state-ride/>.

We invite TBA members and other interested cyclists to join the ride as it approaches the finish. Meet points and times for the last two days are:

### Wednesday, May 26:

8:30 AM - Ashland Americamp, 11322 Airpark Road, Ashland VA 23005 804.798.5298 or Downtown Richmond Holiday Inn Express

12:30 PM - Richmond National Battlefield Park / Route 156 S of Glendale & N of Route 5

4:00 PM - Chickahominy Riverfront Part - Route 5 James City / Charles City County border 757-258-5020

### Thursday, May 27:

8:30 AM - Chickahominy Riverfront Part - Route 5 James City / Charles City County border 757-258-5020

12:30 PM - Yorktown Visitors Center - Colonial Parkway

4:00 PM - Chickahominy Riverfront Part - Route 5 James City / Charles City County border 757-258-5020

To confirm daily ride details and SAG vehicle for day riders return to parking contact Joe Morgan at [jmorgan@springsted.com](mailto:jmorgan@springsted.com) or 757.962.1028 (H) / 804.441.1646 (C)

## May Touring Schedule

### Saturday, May 1st

**B & C Paces 7:30am 50 miles Portsmouth**  
Half Century "Tour de Portsmouth". Three stops with SAG support. Rides are designed to prepare cyclists for upcoming Bike MS 150, Knott's Island, Coast Guard City Century, Surry Century and CBES rides, and the Boy Scout Bicycling Merit Badge requirements. Brunch stop after ride.

**From:** Cycle Classics, Olde Town, 427 High St.  
**Leader:** John Maher, (757) 672-1359

### Sunday, May 2nd

**& C Paces 2:00pm 25 miles Portsmouth**  
"Tour de City Park" ride. One stop with SAG support. Rides are designed to prepare cyclists for upcoming Bike MS 150, Knott's Island, Coast Guard City Century, Surry Century and CBES rides, and the Boy Scout Bicycling Merit Badge requirements.

**From:** Cycle Classics, Old Town, 427 High St.  
**Leader:** John Maher, (757) 672-1359

### Saturday, May 8th

**B & C Paces 7:30am 50 - 65 miles Portsmouth**  
Half Century "Tour de Portsmouth" route with option 15 mile 2nd loop. Four stops with SAG support. Rides are designed to prepare cyclists for upcoming Bike MS 150, Knott's Island, Coast Guard City Century, Surry Century and CBES rides, and the 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](mailto:cycle-classicsride@cox.net)

**B/C Pace 8:00am 40 miles Va. Beach**  
Join the CLAMS for a Saturday ride from Red Mill Shopping Center through the country side and back. The ride will start from the parking lot across from the Wendys. Cue sheets are provided and no one gets dropped. Helmets are required, riders under the age of 18 must be accompanied by a parent or responsible adult. Call or email for information or directions. If it is raining - no ride.

**From:** The Red Mill Commons Shopping Center  
**Leaders:** Joe and Polly Frease, (757) 481-9474, cell (757) 620-3829, e: [pfrease@cox.net](mailto:pfrease@cox.net)

### Sunday, May 9th

**B & C Paces 2:00pm 28 miles Portsmouth**  
"Tour de Hoffer Creek" ride. One stop with SAG support. Rides are designed to prepare cyclists for upcoming Bike MS 150, Knott's Island, Coast Guard City Century, Surry Century and CBES rides, and the Boy Scout Bicycling Merit Badge requirements.

**From:** Cycle Classics, Olde Town, 427 High St.  
**Leader:** John Maher, (757) 672-1359 or [cycle-classicsride@cox.net](mailto:cycle-classicsride@cox.net)

### Wednesday, May 12th

**C Pace 9:00 am 30 miles Va. Beach**  
YES ride - Strawberry Pickin' at Henley's Farm. Meet at 9:00 at Pungo Square for a 30 mile C pace ride. We will stop during the ride to pick strawberries at Henley's. They will be safely transported back to parking lot for you. After ride we'll do lunch at Sea Crest in the same parking lot. Call Fran for details.

**From:** Pungo Square  
**Leader:** Fran Adams H (757) 467-2775. C (757) 287-6593

### Saturday, May 15th

**Knotts Island Century.**  
**More info can be found on Page 1 and 3**

### Sunday, May 16th

**B & C Paces 2pm 35 miles Portsmouth**  
"Tour de Old Campus TCC". One stop with SAG support. Rides are designed to prepare cyclists for upcoming Bike MS 150, Coast Guard City Century, Surry Century and CBES rides, and the Boy Scout Bicycling Merit Badge requirements.

**From:** Cycle Classics, Olde Town, 427 High St.  
**Leader:** John Maher, (757) 672-1359 or [cycle-classicsride@cox.net](mailto:cycle-classicsride@cox.net)

### Wednesday, May 19th

#### Ride of Silence

**D Pace 7:00pm 12 miles Va. Beach**  
Ride in honor of those who have been injured or killed while cycling on public roads. We will ride in silence for 12 miles at 12 mph. Please come and join us as we join other cyclist across the country in this great cause to raise awareness that cyclist do belong on our roads.

**From:** Landstown Commons by the Petsmart  
**Leader:** Jeff Hathaway (757) 572-1486 or [editor@tbarides.org](mailto:editor@tbarides.org)

*Continued on Page 6*

# 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)





## May Touring Schedule

Continued from Page 5

### Friday, May 21<sup>st</sup>

#### Bike to Work Day

Hang up your car keys and dust off your bike for this annual nationwide event. Not sure of the safest way to your workplace, try using Google Maps and select bicycling as your method.

### Saturday, May 22nd

#### B & C Paces 7:00am 63 miles Portsmouth

Metric Century "Tour de Portsmouth, Suffolk & Chesapeake" Ride. Four stops with SAG support. Rides are designed to prepare cyclists for upcoming Bike MS 150, Coast Guard City Century, Surry Century and CBES rides, and the 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](mailto:cycle-classicsride@cox.net)

#### B/C Pace 8:00 am 55 miles Va. Beach

Join the CLAMS for a Saturday ride from Red Mill Shopping Center to ride through the rural country side to NWRP and back. The ride will start from the parking lot across from the Wendys. Cue sheets are provided and no one gets dropped. Helmets are required, riders under the age of 18 must be accompanied by a parent or responsible adult. Call or email for information or directions. If it is raining - no ride.

**From:** Red Mill Commons Shopping Center

**Leaders:** Joe and Polly Frease, (757) 481-9474, cell (757) 620-3829, e: [pfrease@cox.net](mailto:pfrease@cox.net)

### Sunday, May 23rd

#### B & C Paces 2pm 40 miles Portsmouth

"Coast Guard City Century Loop #1" Ride. Two stops with SAG support. Rides are designed to prepare cyclists for upcoming Bike MS 150, Coast Guard City Century, Surry Century and CBES rides, and the Boy Scout Bicycling Merit Badge requirements.

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

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

### Sunday, May 23rd

#### B/C Pace 8:00 am 62 miles Va. Beach

Join the CLAMS for a Sunday Frog to Frog ride from Fat Frogs, Va Bch to Fat Frogs, Chesapeake and return. This will be the last CLAMS ride before the MS Bike Tour. The ride will start from the parking lot across from the Wendys. Cue sheets are provided and no one gets dropped. Helmets are required, riders under the age of 18 must be accompanied by a parent or responsible adult. Call or email for information or directions. If it is raining - no ride.

**From:** Red Mill Commons Shopping Center

**Leaders:** Joe and Polly Frease, (757) 481-9474, cell (757) 620-3829, e: [pfrease@cox.net](mailto:pfrease@cox.net)

### Saturday, May 29th

#### B & C Paces 7:30am 63 miles Portsmouth

Metric Century "Tour de Portsmouth, Suffolk & Chesapeake" Ride. Four stops with SAG support. Rides are designed to prepare cyclists for upcoming Bike MS 150, Coast Guard City Century, Surry Century and CBES rides, and the 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](mailto:cycle-classicsride@cox.net)

### Sunday, May 30th

#### B & C Pace 1pm 40-65 miles Portsmouth

"Coast Guard City Century Loop #1 & #2". Four stops with SAG support. Rides are designed to prepare cyclists for upcoming Bike MS 150, Knott's Island, Coast Guard City Century, Surry Century and CBES rides, and the Boy Scout Bicycling Merit Badge requirements.

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

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

**Helmets Required on all TBA Rides!**



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## Loaded Touring

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

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

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

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

## Notes to all Ride Leaders and Riders

1. All proposed A, B, C, and D pace rides will be scheduled through the Touring VP by submitting an e-mail to [touring@tbarides.org](mailto:touring@tbarides.org) Ride information needs to be submitted by the 9th of the month prior to the month of the ride! Contact Jeff Hathaway at [editor@tbarides.org](mailto:editor@tbarides.org) or 757-572-1486 with any questions.
2. All ride leaders must be TBA members.
3. Ride pace classifications are a ride's planned physical effort, not overall average speed.
4. If the ride's weather is in doubt, call the leader before you go. He/she may have cancelled.
5. Leaders: a Ride Roster will be completed by the ride leader on all scheduled TBA rides. Be sure all guest riders sign the assumption of risk.
6. A responsible adult must accompany members who ride under the age of 18.
7. **Helmets are required on ALL TBA Rides!**

### 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

## 2010 TBA Calendar

**May 15th** Knotts Island Century (Saturday)

**June 5th & 6th** MS 150

**July 3th** 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>		
JOHN	KRIS	JOE

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## Seashore Bikes

**MATTHEW C. SPINELLI** President

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

*Great Bridge Cyclery*

**1429 Fentress Road**  
**Chesapeake, VA**  
**482-5149**

## May Weekly Repeat Rides

\* *Designates Shop Ride*

### Monday

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

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

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

**Leader:** Wes Cheney 757-622-0446

### Tuesday

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

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

**From:** Fat Frogs Bike and Fitness Virginia Beach

**Leader:** Joe Vizi, Shop 757-427-9488

**C Pace 9:00am 30 to 60 Miles Chuckatuck**

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

**From:** Oakland Christian Church

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

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

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

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

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

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

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

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

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

### Wednesday

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

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

**From:** Fat Frogs Bike and Fitness Virginia Beach

**Leader:** Joe Vizi, Shop 757-427-9488

### Wednesday

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

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

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

**Leader:** Varies, (757)410-4930

**B Pace 9:00am 50-60 Miles Chesapeake**

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

**From:** Dismal Swamp Canal Trail, North Parking

**Leader:** Sharon Castle @ 757-819-3978

**C Pace 9:00 am 25-35 miles Chesapeake**

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

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

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

**A Pace 4:00pm 20-35 Miles Chesapeake**

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

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

**From:** 946 Shillelagh Road.

**Leader:** Gerald 757-547-7188

**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)

### Thursday

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

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

**From:** Fat Frogs Bike and Fitness Virginia Beach

**Leader:** Joe Vizi, Shop 757-427-9488

*Continued on Page 9*

## May Weekly Repeat Rides

*Continued from Page 8*

### Thursday

#### **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

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

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

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

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

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

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

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

**From:** Fat Frogs, Chesapeake off Hanbury Rd

**Leader:** Mike Rogers 757-650-9767 or [mikerogers53@cox.net](mailto:mikerogers53@cox.net)

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

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

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

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

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

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

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

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

### Friday

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

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

**From:** Fat Frogs Bike and Fitness Virginia Beach

**Leader:** Matt Keane , Shop 757-427-9488

### Saturday

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

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

**From:** Fat Frogs Bike and Fitness Virginia Beach

**Leader:** Matt Keane Shop 757-427-9488

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

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

**From:** Fat Frogs Bike and Fitness Virginia Beach

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

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

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

**From:** Fat Frogs Bike & Fitness Chesapeake

**Leader:** Taylor Doyle, (757) 410-4930

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

**Please, call first.** We may choose to ride from a different location on occasion. The usual ride will cover quite country roads in southern Virginia Beach and Chesapeake. You need to have good bike-handling skills and be familiar with pace-line riding. The standard ride is 40 miles and then we add loops for longer rides. Cue sheets and maps provided.

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

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

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

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

**From:** Fat Frogs Bike & Fitness Chesapeake

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

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

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

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

**Leader:** Michael Shipp 757-622-0446

*Continued on Page 10*

**Helmets Required on all TBA Rides!**

## May Weekly Repeat Rides

Continued from Page 9

### Saturday

#### **C Pace 9:00am 30 to 60 Miles Chuckatuck**

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

**From:** Oakland Christian Church

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

#### **A Pace 10:00am Varies Chesapeake**

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

**From:** Teeuwen Greenhouse, Shillelagh Road

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

### Sunday

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

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

**From:** Fat Frogs Bike and Fitness Virginia Beach

**Leaders:** A.J. Sanders, Shop 757-427-9488

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

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

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

**Leader:** Taylor Doyle, (757)410-4930

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

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

**From:** Fat Frogs Bike & Fitness Chesapeake

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

### Sunday

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

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

**From:** Scat Bikes

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

#### **A Pace 8:00 am 40 – 100 miles Chesapeake**

**Please, call first.** We may choose to ride from a different location on occasion. The usual ride will cover quite country roads in southern Chesapeake, Virginia Beach, and sometimes North Carolina. You need to have good bike-handling skills and be familiar with pace-line riding. The standard ride is 40 miles with some folks occasionally riding longer. Cue sheets and maps provided.

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

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

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

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

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

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

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

**WALT • BEN • TAYLOR**

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

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

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](http://contebikes.com/goto/VABHilltop)    [VAB.Hilltop@contebikes.com](mailto:VAB.Hilltop@contebikes.com)

# Reminder of Change to Members Anniversary Date

At the General Membership meeting in November of 2008 the general membership voted to change the anniversary date of a members renewal. The membership amended the By-Laws to reflect an Annual Renewal date of July 1st effective for all members. As existing members renew and new ones sign up the membership committee will put this change into effect.

What does this mean to you? Part of the change allows for the calculation of membership dues based on the fiscal quarter in which a member joins or renews. Should any member have a question about there membership or dues amount please feel free to contact the Membership Chairperson, Michael Sleeman at membership@tbarides.org.

A copy of the TBA Constitution and By-Laws can be found on the TBA website under the Contact Us page.

How to calculate your membership renewal cost:

If you join or renew during the months of July, August, or September (typical annual 3rd Quarter) you will pay the full current price of the yearly membership type selected. (Individual-\$25.00 Family-\$30.00)

If you join or renew during the months of October, November, or December (typical annual 4th Quarter) you will pay three-quarters of full current price of the yearly membership type selected. (Individual-\$18.75 Family-\$22.50)

If you join or renew during the months of January, February or March (typical annual 1st Quarter) you will pay half of full current price of the yearly membership type selected. (Individual-\$12.50 Family-\$15.00)

If you join or renew during the months of April, May, or June (typical annual 2nd Quarter) you will pay a quarter of full current price of the yearly membership type selected. (Individual-\$6.25 Family-\$7.50)

## Tidewater Bicycle Association Membership Application

Member registration now available on-line at [www.tbarides.org/Documents/Membership App.pdf](http://www.tbarides.org/Documents/Membership App.pdf)

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

Individual - \$6.25 Family - \$7.50

All Membership Expire on June 30th and begin on July 1st

Name (s): Please print.

\_\_\_\_\_

Street: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Zip + 4: \_\_\_\_\_ Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

### What are your riding preferences?

Speed:  <13 mph (D Pace)  13 to 15 mph (C Pace)  16 to 18 mph (B Pace)  19+ mph (A Pace)

Type:  Recreational  ATB  Racing  Touring

### Would you be willing to help:

Lead a rides  Racing events  SAG for trips  With parties  Community events

Do you want your name and address on local bike shop mailing lists or the published membership list? YES NO

How would you like to receive your newsletter?(If left blank e-mail will be selected) E-Mail U.S. Mail Both

**Send Application and Payment to:** TBA PO Box 12254 Norfolk, VA. 23541

**Note:** Persons riding under the age of 18 must be accompanied by a responsible adult. This statement must be signed by the participant or, if the participant is under the age of 18, by the participant's parent.

### ALL RIDERS MUST SIGN ASSUMPTION OF RISK FORM

In consideration of the Tidewater Bicycle Association (TBA) accepting my membership application, I realize there are certain dangers inherent in the sport of bicycling, and I assume these risks with full understanding that serious injuries, even death, may result from participation in TBA sponsored events. I certify that my bicycle is suitable for safe use, and that I am in good physical condition. I agree to wear an ANSI or SNELL approved helmet and to obey all traffic laws at all times during TBA sponsored events. I have read this assumption of risk and fully understand its terms.

Signature(s) \_\_\_\_\_ Date \_\_\_\_\_

**Send Application and Payment to:** TBA, PO Box 12254 Norfolk, VA. 23541



**For Sale**

**TBA MEMBER'S CLASSIFIED**

**Guidelines for Classifieds**

1. Must be a TBA member to place a classified.
2. Classified Advertisements will run for **three months**. After three months you may call the editor to renew or change your add for three more months.
3. Classifieds may be submitted by E-mail to the Editor.

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

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

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

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

**EAST COAST**



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

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

**Bike Box Rental**

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

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

Or Current Resident



Post Office Box 12254  
 Norfolk, VA 23541

*Tidewater Bicycle Association*