



UPCOMING EVENTS

General Membership Meeting

Wednesday

November 10th, 2010

Location:

**Indian River Library
Chesapeake**

Meeting Starts at 7:00 pm

Dec-Jan Spokin Word
Deadline November 10th

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TBA Elections

**Please plan to attend TBA General Membership Meeting
Wednesday November 10th**

The difference between a successful organization and an organization that just exists are it's people. TBA is still seeking interested members that have a desire to serve on the Executive Committee as we move into 2010. Our current slate for perspective officers are:

President – Steve Zeligman
Vice President – John Maher
Touring Vice President – Paul Gordy / Jim Cruse
Tandem Vice President – Vacant
Racing Vice President – Christina Teeuwen
Treasure – Debbie Drees
Secretary – Cindy Meier
Editor – Jeff Hathaway

Fall Festival Ride November 6th—New Location!!

Windsor Castle Park 09:00 AM 20-30 miles Smithfield, VA

Join us for the last feature TBA ride of the 2010 season in bike friendly Smithfield, VA. We have found a beautiful venue at Windsor Castle Park (301 Jericho Road, Smithfield, VA). The park has a picnic area, walking paths, kayak launch, and a mountain bike trail along the James River.

We are planning two different rides starting and finishing at the park - details will be posted on the TBA website: www.tbarides.org soon. RSVP to webmaster@tbarides.org no later than 4 Nov.

The ride concludes with a social back at the park with hot dogs and all the "fixins". Lunch is free to TBA members and \$5.00 for guests. Put it on the calendar today...

Windsor Castle Park info: <http://www.smithfield-virginia.com/windsorcastlepark.html>

TBA Holiday Party

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

The TBA Officers & Staff

President

Steve Zeligman 285-9085
president@tbarides.org

Past President: Tom Coghill

422-3425 InvestmentResearch@cnt4.com

Vice President: Mike Rogers

486-4283 mikerogers53@cox.net

Touring Vice President Racing Vice President

Marc Tobey
touring@tbarides.org

Christina Teeuwen
Veloist@aol.com

Tandem Vice President **Treasurer**
Angela Hathaway Susan Roher 681-1223
angela_bunny1@yahoo.com roher7@cox.net

Secretary

Cindy Meier
cameier17@verizon.net

Editor

Jeff Hathaway 572-1486
editor@tbarides.org

Member at Large

John Maher
john.maher@cox.net

Member at Large

Wes Cheney
friendwes@mac.com

Committees

Legislation/Advocacy

Bruce Drees
bwd-vb@cox.net

Safety/Education

Carole Taylor 490-1831
ctbiken@cox.net

Special Events

Vacant

Membership

Sam Gillette
membership@tbarides.org

Knotts Island Century

Jean Sleeman
knottsisland@tbarides.org

Webmaster

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

Publicity/Advertising

Fran Adams 467-2775

Membership Info

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

TBA Board Meetings

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

Memberships Renewal Information

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

Thank you
Sam Gillette
TBA Membership Chair
membership@tbarides.org

Memberships Expiring Information

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

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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.

Presidents Message

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

I have written about this before, but people still ask me why they should join TBA when they can go on most rides for free. What value can be associated with being a TBA member? Of course I know the value I derive from being a TBA member. Better still, I even get to have a regular column in our newsletter!

Ok, there really are non-monetary and financial advantages of TBA membership. Some of the non-monetary value 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 and we have made some progress over the last year.

Now, 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 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:

- Prorated Chili Ride in February (FREE for members)
- Prorated Knott's Island Century Ride (Discount for members)
- July 4th Picnic Ride (FREE for members)
- August Social Ride Event (FREE for members)
- Fall Festival Ride (Free for members)
- Deeply prorated Christmas Party in December (Members and their

guests only!)
 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 were worth over \$55 per person in 2010!

Also, TBA is a political voice that is being heard. TBA executive committee member John Maher worked with the City of Portsmouth to start the Coast Guard City Century. This ride was a huge success and will be back next year! TBA executive committee member Wes Cheney has accomplished great things in downtown Norfolk as well. He has even mapped out and distributed safe routes for bicycle commuting in Norfolk. TBA executive committee member Bruce Drees continues to do amazing things for our cycling community on local and state levels. There are countless more people that are also doing whatever they can to improving cycling in Hampton Roads and I thank everyone for their efforts. Still, consider how much more we would be able to accomplish if we could speak with a louder voice by growing TBA to 10,000 or more members. So, if you are a current TBA member, we sincerely thank you. If you have allowed your membership to lapse, please consider renewing it. If you never been a TBA member, what are you waiting for? We need you!

Keep on Riding!
 Steve



2011 Tour de Cure 20 Years Riding Strong

Start a chain reaction and register yourself for the 2011 Tour de Cure. On behalf on nearly 24 million Americans with Diabetes and their families & friends, please join fellow cyclists and Team TBA on Saturday, April 16, 2011 for a great ride and help Stop Diabetes!

This coming year the American Diabetes Association is celebrating the 20th Anniversary of the "Tour de Cure". Register yourself, ask a friend, join our team or support a rider! Volunteers are always needed and much appreciated. Routes: 100 mile, 65 mile, 30 mile, 10 mile, and family fun ride.


Early registration is currently only \$15 and riders must raise \$175 by day of event. Please register at www.diabetes.org/hamptonsvatour or call 1-888-DIABETES Ext 3276.



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Racing Team Spotlight

Tradewinds Racing

Tradewinds Racing: The elite women's team out of Virginia Beach, VA is the newest all women's cycling team in the Tidewater area, and is focused on competitive success for 2011. After securing a title sponsorship through Virginia Asset Group, the team was founded in November 2009 by Emily Joyner and Tiffany Russell with the goal of a locally based elite women's team that will be competitive on all levels (local, regional, and national). Making our dreams reality was helped by BikeBeat, our cycling shop sponsor, who stepped up in support of our goals, and their support has been very helpful and encouraging to us.

Other team goals and community action: The team aims to promote women's cycling locally. This year we co-promoted 2 women's races (at snowball criterium), and we volunteered to run races at a local elementary school field day, with bikes provided by BikeBeat.

Success on the race course: After just one year the team has seen local and regional success as an elite women's squad, and will continue working towards national success in

the coming years. Additionally, Tradewinds Racing also has a developmental team that is open to women who would like to train consistently and race competitively but have little experience racing. 2010 achievements include 27 podium places at local and regional races, and 11 victories. Additionally, category 1 rider, Emily Joyner, won the Virginia State Criterium championship, Time Trial championship, State Omnium, and Best All-Around Rider championship.

In the Future: For 2011 the team is looking forward to another strong season locally and regionally, and you will see us at national races as well! The elite team boasts two local category 1 riders on the elite team and a strong developmental squad. We are hoping to promote an additional race for 2011 with a highly competitive regional women's race and a large event for kids.

More info on the team: Visit the [team website](http://www.tradewindsracing.blogspot.com), www.tradewindsracing.blogspot.com or become a fan on facebook to receive race updates and information about team rides, clinics, or pictures of the ladies in action.

TBA Party

Continued from Page 1

The Grate Steak will be providing a special menu for us which will include there famous cook your own meet entrée with trip to the salad bar. Other chef prepared items will be available if you don't wish to swap stories around the grill. We will have our own desert table to help finish off a grate meal. Soft drinks and gratuities are all included in the \$15.00 ticket price as TBA is covering much of the expense for you. Adult beverages are no provided but are available from the restaurant bar. Door prizes will be given out so miss out.

Please RSVP to Jeff Hathaway if you plan to attend at

tbarsvp@tbarides.org or 757-572-1486. If you have questions about your membership status feel free to contact Jeff or Sam at membership@tbarides.org. We hope to see you there!

TBA CLAMS

Congratulations CLAMS! On October 28th at the Annual MS Membership Dinner, the CLAMS were presented with the Dream Team award. The award is given each year to the team that raises the most money during the MS 150 Bike Tour. We have been most fortunate to receive this plaque for the 5th time. And this year our team raised a grand total of \$52,062.24, for this we say thank you from the bottom of our hearts for all the people in Hampton Roads with MS who will benefit.

November is here and we hope everyone will have a Happy Thanksgiving. During the winter months (Nov through Feb) we will drop down to one CLAMS ride per month. Please join us on Nov 7th for an ice cream ride starting from Red Mill and ending at the Cold Stone Creamery in same shopping center. This ride was rained out last month and we are hoping for good weather this time around. Check the Spokin Word for times for the rides.

If anyone is interested in joining the team, please call Joe or Polly Frease at 619-4272 or log onto the MS website at fightms.com and fill out the application online. We are a fun group of cyclist who enjoy riding, socializing, eating and working for a great cause along the way.

We Ride so that Others May Walk,

Joe and Polly Frease
Co-Captains CLAMS
jrfrease@cox.net



November Touring Schedule

Saturday, November 6th

B & C Pace 8:00am 18 Miles Portsmouth
 4th Annual "Champagne Cycle Classics Tour de City Park & Breakfast Buffet" (bring a dish to celebrate after the ride). One stop. Safe, supportive, social & scenic long distance training ride. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming 2011 Tour de Cure, Knots Island, Bike MS 150, and other long distance event rides. SAG support.
From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 757-672-1359 or cycle-classicsride@cox.net

All Paces 9:00 am 20-30 Miles Smithfield
TBA Fall Festival ride and picnic.
More info on Page 1

Sunday, November 7th

B/C Pace 10:00am 45 miles Va. Beach
 Join the CLAMS for a Sunday ride from Red Mill Shopping Center through the country side to Blackwater Station and back. The ride will start from the parking lot across from Wendys. Plan on staying for ice cream at Cold Stone Creamery after the ride. 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 on Nimmo Parkway, Virginia Beach
Leaders: Joe and Polly Frease, 757-481-9474, cell 620-3829, e: pfrease@cox.net

B/C pace & Tandem 3:00pm 18 miles Portsmouth
 Join John for our NEW "Tour de Tandem" ride through Historical Portsmouth Waterfront (singles welcome too)! This will be a fun, easy-paced ride with a nice stop mid-way along the waterfront!
From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 757-672-1359 or cycle-classicsride@cox.net

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

Saturday, November 13th

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. (State Road 633)
Leaders: Paul Gordy, 757-403-5914 or blueridgecyclist@cox.net

B & C Pace 8:00am 36 Miles Portsmouth
 "Tour de Golf" Courses (City Park, Eliz Manor, Bide-a-Wee) - two stops. Safe, supportive, social & scenic long distance training ride. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming 2011 Tour de Cure, Knots Island, Bike MS 150, and other long distance event rides. SAG support.
From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 757-672-1359 or cycle-classicsride@cox.net

Continued on Page 6

Helmets Required on all TBA Rides!

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

November Touring Schedule

Continued from Page 5

Sunday, November 14th

B/C Pace&Tandems 3:00pm 28 miles Portsmouth
 "Tour de Joliff" - one of the nicest rides in Portsmouth. All rides are designed to prepare cyclists for upcoming 2011 long distance rides. One stop mid-way with SAG support.

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

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

Saturday, November 20th

B & C Pace 8:00am 35 Miles Portsmouth
 "Tour de TCC" - Safe, supportive, social & scenic long distance training ride. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming 2011 Tour de Cure, Knots Island, Bike MS 150, and other long distance event rides. SAG support.

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

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

B Pace 8:30 am Miles TBD New Kent County, VA
 Come up North and ride some brand new roads, and routes. If you missed the ribbon cutting, here's your chance. There are cue sheets for six routes of varying lengths to choose from, so if you want to do another ride, DO IT, all start and end at the same place. A real change of terrain from the beach(small chainring will be used) and scenery. Well marked route and don't forget to tour the mini museum in the visitors center too. We will lunch afterwards.

From: New Kent County Visitors Center. Take I-64 West to exit 211, turn right and you'll see it on left. Travel time is about 1.5 hours (75 miles).

Leader: Marc Tobey, call 757-575-1006, or tobey-vabch8@aol.com . Contact early to see if carpooling can be used.

Sunday, November 21st

B & C Pace 3:00pm 25 miles Portsmouth
 "Tour de City Park" - one of the nicest rides in Portsmouth. All Portsmouth rides are designed to prepare cyclists for upcoming 2011 long distance rides. One stop mid-way with SAG support.

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

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

Friday, November 26, 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. (State Road 633)

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

Saturday, November 27th

B & C Pace 8:00am 30 miles Portsmouth
 Portsmouth Turkey Surprise Ride - 30 Mile B & C pace "Tour de Turkey" - NEW Route - come ride and work off all that Thanksgiving dessert. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming 2011 Tour de Cure, Knot's Island, Bike MS 150, and other long distance events rides. Brunch stop after ride.

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

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

Sunday, November 28th

B & C Pace 3:00pm 25 miles Portsmouth
 "Tour de Bide-a-Wee" Join Team Portsmouth ride leads for two great paces through Historical Portsmouth Waterfront! Several sprints will challenge faster riders!

From: Cycle Classics, Olde Town, 427 High St. One stop mid-way with SAG support.

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

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Breaking Away

**November 19th-21st
2010 Escape to the Keys Bicycle Festival
Miami, Fl. to Key West Fl.**

This 3 day event takes you from Black Point Marina in Miami all the way to Key West.

Friday: Starting at Black Point Marina at 7:30am, we'll cycle down to the Lime Tree Bay Resort in Islamorada. This will be a fun ride, with stops for 'sticky buns' a breakfast stop, a stop to feed the tarpon and any other stops the group wants to take. Once arriving at the Lime Tree, we'll enjoy the hot tub for sore muscles and the swimming pool for those daring the November cool waters! In the evening, we'll enjoy our own private beach luau with a live band and caribbean style catered dinner!

Saturday: In the morning, we'll leave our lovely beach side resort, and head south...all the way to the Conch Republic, stopping for breakfast along the way, and at Baby's Coffee for some refreshments. Upon arrival in Key West, we'll have the usual police escorted parade into downtown Key West and stop at Dante's Raw Bar for some ice cold refreshments and conch fritters. Spend the evening chilling at your hotel, or partying in Key West!

Sunday: Sleep in or get up early and cycle around Key West. This is the day to enjoy on your own. Maybe some downtown Key West shopping or sight seeing?! Make your own arrangements for transportation home, so this is a perfect ride for non cycling family/friends to join you, and provide the ride home. If that fails, rent a car at the airport in Key West and return to Miami. Share with friends to cut expenses!

Friday Night Dinner Options:

Enjoy our beachside luau with live band a catered caribbean style dinner (optional \$20). Not a fan of beach parties, or prefer to dine on your own? Little Italy restaurant is adjacent to the hotel and you can dine there on your own. Make reservations upon arrival at the hotel. If opting for the beach party, please reserve your dinner online now when registering for the event.

Register On-Line at <http://www.active.com/cycling/miami-fl/escape-to-the-keys-bicycle-festival-2010>


**December 10th-12th
Secret Santa Weekend & Century
White Springs, Florida**

Join the Suwannee Bicycle Association for this fun filled weekend. Space is limited so plan now. More info can be found on the web at <http://www.suwanneebike.org/santa.htm> and you can register on-line at www.Active.com

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!

MICHAEL I. ASHE, P.C.
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November Weekly Repeat Rides

** Designates Shop Ride*

Monday

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

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

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

Leader: Wes Cheney 757-622-0446

Tuesday

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

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

From: Fat Frogs Bike and Fitness Virginia Beach

Leader: Joe Vizi, Shop 757-427-9488

C Pace 8:30am 30 to 60 Miles Chuckatuck

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

From: Oakland Christian Church

Leaders: Hal Heafner 484-2501

Wednesday

*** C Pace 7:30am 31-Miles Va. Beach**

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

From: Fat Frogs Bike and Fitness Virginia Beach

Leader: Joe Vizi, Shop 757-427-9488

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

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

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

Leader: Varies, (757)410-4930

B Pace 9:00am 50-60 Miles Chesapeake

Join me for a wonderful ride on the Great Dismal Swamp Canal Trail and the quiet country roads throughout rural Chesapeake. Bring a tube, some cash, extra water, and a smile.

No Rain Rides. Call to Confirm

From: Dismal Swamp Canal Trail, North Parking

Leader: Sharon Castle @ 757-819-3978

C Pace 9:00 am 25-35 miles Chesapeake

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

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

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

A Pace 4:00pm 20-35 Miles Chesapeake

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

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

From: 946 Shillelagh Road.

Leader: Gerald 757-547-7188

B Pace 5:00pm 20 miles Portsmouth

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

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

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

Brad2723@gmail.com

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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





November Weekly Repeat Rides

Continued from Page 8

Thursday

*** B Pace 7:30am 31-Miles Va. Beach**

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

From: Fat Frogs Bike and Fitness Virginia Beach

Leader: Joe Vizi, Shop 757-427-9488

C Pace 8:30am 30 to 60 Miles Chuckatuck

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

From: Oakland Christian Church

Leaders: Hal Heafner 757-484-2501

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

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

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

From: Fat Frogs Bike & Fitness Chesapeake

Leader: Taylor Doyle, (757) 410-4930

Saturday

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

A Pace 8:00am 35 miles Portsmouth

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

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

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

C Pace 8:30am 30 to 60 Miles Chuckatuck

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

From: Oakland Christian Church

Leaders: Hal Heafner 757-484-2501

Continued on Page 10

Helmets Required on all TBA Rides!

November Weekly Repeat Rides

Continued from Page 9

Saturday

A Pace 9:30am Varies Chesapeake
Greenhouse Ride. No stops, pace line ride. Distance will depend on the weather. Call Gerald to verify time.
From: Teeuwen Greenhouse, Shillelagh Road
Leader: Gerald Teeuwen, 757-377-1135

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 & Team Portsmouth for a great "MAX RELAX" beginner's ride through Historical Portsmouth Waterfront! This will be a fun, easy-paced ride. Slow as the slowest rider!
From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 757-672-1359 or cycle-classicsride@cox.net

PERFORMANCE Bicycle

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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 member’s renewal. The membership amended the By-Laws to reflect an Annual Renewal date of July 1st effective for all members. As existing members renew and new ones sign up the membership committee will put this change into effect.

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

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

How to calculate your membership renewal cost:

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

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

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

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

Tidewater Bicycle Association Membership Application

Member registration now available on-line at www.tbarides.org/Documents/Membership App.pdf

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

Individual - \$18.75 Family - \$22.50

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.

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

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

Fixie for Sale: Trek 100 Navigator Woman's bike, 7 speed, Grip shift, very good condition \$150.00 Contact : Jim Cruse: 582-2549 or Centuryrider@Charter.net 08-10

Bike Box Rental

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

Or Current Resident



Post Office Box 12254
Norfolk, VA 23541

Tidewater Bicycle Association

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