

# The Spokin Word



Volume 48 Issue 9

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

October 2010

## UPCOMING EVENTS

**General Membership Meeting**

**Wednesday**

September 8th, 2010

**Location:**

**Meyera E. Oderndorf**

**Central Library**

**Virginia Beach**

**Meeting Starts at 7:00 pm**

October Spokin Word

Deadline September 10th

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## Presidents Message

### TBA Needs a Few Motivated Men and Women

That's right - your local bike club needs you! This is because Glenn Nye's seat is not the only elected position up for grabs in November, so are the President, Vice President, Touring Vice President, Tandem Vice President, Racing Vice President, Treasurer, Secretary, and Editor positions for the Tidewater Bicycle Association. Believe it or not, no one has been nominated to run for some of these positions yet! This translates into a huge opportunity for anyone who wants to change how we manage TBA.

My wife and family have reluctantly agreed to my running for a third term as TBA President, so I would like to officially announce my candidacy. However, I am currently running unopposed. Is this the right thing for TBA? The answer to that question is up to you and we welcome any and all nominations sent to [nominations@tbarides.org](mailto:nominations@tbarides.org).

Why should you become a TBA officer? One answer to that question is that you want to help grow YOUR bicycle club. Another answer is that you think we are doing something wrong and you know you can do a better job. Finally, the job has some great perks like meeting lots of new people and developing long lasting friendships.

Do you think you are too busy to become a TBA officer? Well I KNOW I am, and I do it anyway. For those who are curious, I really have a full time job and I also teach part-time at up to three colleges every semester. Why do I continue to make this commitment? Because I am devoted to improving conditions for my cycling addiction and I know I can only make a difference by remaining involved. So, please join me by submitting your nomination to [nominations@tbarides.org](mailto:nominations@tbarides.org)!

Keep on Riding!  
Steve

## Update on Kellam High School

The July newsletter carried an article about concerns over bike and pedestrian connectivity with the planned replacement for Kellam High School in Virginia Beach. During a recent meeting with city and school officials TBA learned that some of these shortcomings were already being addressed, and others were not as significant as previously thought. TBA is glad to report that the city and the school administration's commitment toward affording students and staff the opportunity to walk or bike to the new site is strong, and that the lessons learned from the existing high school site will not be repeated.

## The TBA Officers & Staff

### President

Steve Zeligman 285-9085  
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### Past President:

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 422-3425 InvestmentResearch@cnt4.com

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### Member at Large

Wes Cheney  
 friendwes@mac.com

## Committees

### Legislation/Advocacy

Bruce Drees  
 bwd-vb@cox.net

### Safety/Education

Carole Taylor 490-1831  
 ctbiken@cox.net

### Special Events

Vacant

### Membership

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### Knotts Island Century

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

### Webmaster

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

### Publicity/Advertising

Fran Adams 467-2775

## Membership Info

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

## TBA Board Meetings

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

## Memberships Renewal Information

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

Thank you

Michael Sleeman

TBA Membership Chair

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

## Memberships Expiring Information

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

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### The TBA Newsletter is col- lated and mailed by:

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## 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.

## Virginia Beach Bosom Buddies Bike Ride



Virginia Beach Bosom Buddies Bike Ride will be taking place October, 2<sup>nd</sup> at the 31 street park in Virginia Beach, VA. For the inaugural event we will be raising money for the Susaan G. Komen Foundation to help in their efforts to build awareness and find a cure for this disease. This ride is open to all skill levels with the option of an 80 mile ride, Metric Century and a Half Metric Century option! Registration for is NOW OPEN, please visit [www.eteamz.com/virginiabeachbosombuddies](http://www.eteamz.com/virginiabeachbosombuddies) to register!

## Virginia Beach Rolls Out New Shoulders

If you haven't noticed, Virginia Beach City recently completed shoulder improvements along roads frequented by cyclists.

The first is along a 1 mile stretch of Shore Drive eastbound from N. Great Neck Rd to Kendall St. This came about as a result of a joint safety assessment by city engineers, the Shore Drive Community Coalition, and TBA.

The other project is Dam Neck Rd between Rosemont Rd and Corporate Landing, where a number of "bump outs" were removed in or-

der to provide a more continuous shoulder. The change lessens the need for frequent lane merges by cyclists and also improves safety for drivers. The improvements were made in conjunction with a regularly scheduled (and much needed) repaving project. TBA has been a persistent advocate for removing the bump outs for many years. A push by VB City Council and staff following a Sep. 2009 Council Resolution calling for more on-road bike facilities helped make this project a reality.

## Help Shape TBA

It is that time of year again where we are looking for people to help guide TBA next year and into the future. If you or someone you know is interested running for an office within TBA please send us an e-mail to [nominations@tbarides.org](mailto:nominations@tbarides.org).

We thank you for your help!!

## TBA CLAMS

Welcome back to all the CLAMS who have signed up for the 2011 season and we extend a big welcome to all who would like to join our fabulous team. Polly and I hope you had a great summer full of fantastic rides both in our area and out of town. If you were a thousandaire in 2010 the on line registration code is 30vip. This will get you through the registration process which is free with \$10.00 accommodation fee.

Our training rides will start this month and will continue through the winter as weather permits. Look for the notice in the Spokin Word each month or on line. We welcome all who would like to ride with us whether you are a CLAM or not.

Meetings are held the third Thursday, every other month with our first meeting being on October 21<sup>st</sup> at our house (2404 Spinnaker Ct., Va. Bch). We meet, eat and socialize at 6:30pm and the meeting starts at 7:30 pm. Hope to see you there. Join our team and help us in our drive to end MS.

We Ride so that Others May Walk,

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

## 2010 TBA Calendar

- November** Elections at General Membership Meeting
- November** Fall Festival Ride/Picnic at Northwest River Park (2nd Weekend)
- December** TBA Christmas Party

## A Little on Road Courtesy?

I have two issues and they apply to any route used by us cyclists:

I ride the Pungo area year round, usually 3 times a week, including Saturdays. I'm always on a group ride. On Saturdays there are many groups and single cyclists going in both directions on the Muddy Creek-Charity neck route and the extended two-way route to Creeds.

My 1st issue: Have you been passed without warning by overtaking riders? Common courtesy dictates those being overtaken be given warning. The common signal given by the lead cyclist should be a clear, loud "On Your Left" warning made to the rear overtaken cyclist and repeated if the overtaken pace line is long. It should be made when passing stopped cyclists. I've experienced instances where my 15 to 18 mph pace line was passed by another pace line going 20 or more mph. Many passers give no signal as they pass. There is a great potential for a serious accident. What if an overtaken cyclist surprisingly veers out of line to sip from his water bottle? Once, as the lead, I stopped my group at a right turn intersection. After stopping I leaned left to look over my right shoulder and was surprisingly "brushed" by the leader of an overtaking group making a right turn. "Brushed" meaning too darned close.

My 2nd issue: On the above routes we encounter many cyclists and groups moving in opposite directions. I have great concern if there is also a Car Up or Car Back situation. If so, there may be a dangerous situation rapidly shaping up. I've been involved in two where a careless overtaking vehicle passed overtaken cyclists and did not sufficiently avoid [or did not see] the oncoming cyclists. In both, the oncoming pace line lead cyclist slowed or braked and those behind bunch up suddenly. One was a simple crash where the leader slowed and the rear cyclist smoothly crashed in lawn grass to avoid hitting the guy in front. In the other crash, the leader suddenly braked and the pace line of 10 riders collided resulting in a number of significant injuries and damaged bikes. The passing vehicles did not stop because they were oblivious or did not want to be involved.

I now announce "Bikes Up" when I see oncoming cyclists and instantly check to see if there may be a Car Up and/or Car Back situation. If so, to minimize the situation I slow the group. If it's a Car Back I'll also attempt to slow the vehicle by vigorously extending my left hand advising the vehicle to slow down.

John McKee

## Bike Norfolk Group

Since 2008 a small, informal group of enthusiastic Norfolk cyclists has coalesced into Bike Norfolk, a grass-roots advocacy coalition:


We have met with two members of the Norfolk City Council to discuss our vision for a bike-friendly city. While increased bicycle infrastructure is certainly a priority, we also aim to change the urban cycling culture: the recent deaths of two cyclists in Norfolk demonstrates the need for education as to proper, safe riding. Both cyclists were riding at night, without lights, and against traffic. There is a widespread belief that cyclists belong on sidewalks, and should ride against traffic, on the left.

Many of Norfolk's streets were laid out for traffic that moved no faster than a trotting horse, and are thus ideal for cycling. We have published a map of "Bike Friendly Norfolk," which color codes the streets based upon the ease of riding for the average cyclist.

Please join us for our monthly meetings at 6pm on the third Tuesdays each month. Location varies, contact Wes Cheney, [friendwes@mac.com](mailto:friendwes@mac.com)

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# October Touring Schedule

## Saturday, October 2<sup>nd</sup>

**B & C Pace 7:30am 75 miles Portsmouth**  
 One of the nicest long distance Team Portsmouth training rides. Route available at - <http://cycleclassicsva.tripod.com/id21.htm>. **Tandems welcome!** In Edenton we get to enjoy a nice lunch break and watch their annual peanut festival parade. Multiple stops with SAG support and the famous chocolate brownies.

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

**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.

**Leader:** Paul Gordy, 757-403-5914 or [blueridgecyclist@cox.net](mailto:blueridgecyclist@cox.net)  
**From:** Meet at Waller Mill Park in Williamsburg

## Sunday, October 3<sup>rd</sup>

**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 757-620-3829, e: [pfrease@cox.net](mailto:pfrease@cox.net)

**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 Eastern Shore and other future long distance rides. SAG support. One stop mid-way with SAG support.

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

**Helmets Required on all TBA Rides!**

## Saturday, October 9<sup>th</sup>

**B & C Pace 7:30am 63 miles Portsmouth**  
 Metric Century Tour de Portsmouth & Suffolk. NOTE THE EARLIER DEPARTURE TIME. Last long distance training ride to prepare for CBES ride. **Tandems welcome!** Three stops with SAG support.

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

## Sunday, October 10<sup>th</sup>

**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 [cycleclassicsride@cox.net](mailto:cycleclassicsride@cox.net)

## Saturday, October 16<sup>th</sup>

**B & C Pace 8:00am 36 miles Portsmouth**  
 "Tour de Golf" Courses ride. Two stops. All Portsmouth rides are designed to prepare cyclists for upcoming Eastern Shore and other future long distance rides. Brunch stop after ride.

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

*Continued on Page 6*

*Great Bridge Cyclery*  
 1429 Fentress Road  
 Chesapeake, VA  
 482-5149

### 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

## October Touring Schedule

*Continued from Page 5*

### Sunday, October 17<sup>th</sup>

**B/C Pace 8:30am 32 miles Va. Beach**  
Join the CLAMS for a Sunday ride from the Virginia Beach Municipal Center (City Jail Parking Lot) to ride through the rural country side to Creeds and back. 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:** Virginia Beach Municipal Center (City Jail Parking Lot)

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

**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 Eastern Shore and future 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](mailto:cycle-classicsride@cox.net)

### Saturday, October 23<sup>rd</sup>

**Self Paced Varied State times**  
**25, 50, 66, 100 Miles**  
**Onancock, VA.**

Citizens for a Better Eastern Shore (CBES)  
More info on Page 7

### Sunday, October 24<sup>th</sup>

**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 Eastern Shore and other future long distance rides. SAG support. 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](mailto:cycle-classicsride@cox.net)

### Saturday, October 30<sup>th</sup>

**B & C Pace 8:00am 50 miles Portsmouth**  
Half Century that replicates the first loop of the Coast Guard City Century course. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Eastern Shore and future long distance rides. Three stops with SAG support.

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

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

### Saturday, October 30<sup>th</sup>

**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.

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

**From:** Meet at Waller Mill Park in Williamsburg

**C Pace 9:00am 45- 50 miles Chesapeake**  
Spooky Halloween Cemetery Bike Ride. Locate, visit and hear interesting stories about more than 13 cemeteries along the route on this Halloween weekend. Great places for lunch at the half-way point. Cue sheets provided. Costumes Welcome.

**From:** Dismal Swamp Trailhead - Rt. 17 and Old Dominion Blvd. in Deep Creek.

**Leader:** Fran Adams

### Sunday, October 31<sup>st</sup>

**B & C Pace 3:00pm 25 miles Portsmouth**  
Wear your favorite Halloween attire as we enjoy a short and fun ride through waterfront residences with great views. SAG support. 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](mailto:cycle-classicsride@cox.net)

## Seashore Bikes

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## Breaking Away

### October 8th-10th

#### Blue Ridge Parkway

Join me for a weekend of stunning views and tough climbs on the beautiful Blue Ridge Parkway (BRP). We will cycle 50 miles on Saturday from MP60.8 (Otter Creek Campground) south to MP85.7 (Peaks of Otter Restaurant) for lunch (with a spectacular view) and return. The trip to Peaks of Otter takes you from the lowest point on the BRP (MP63.6, 668 ft) where it crosses the James River to the highest point on the BRP (MP 76.5, 3950 ft) at Old Apple Orchard. Bring lots of water for this 12-mile climb! The 12-mile downhill on the way back is payment for your hard work! No SAG support. Optional rides if you arrive early on Friday and on Sunday morning. I will camp at the Otter Creek Campground.

Otter Creek Restaurant (breakfast, dinner): MP 60.8, open 7:30am – 8:30pm

Peaks of Otter Restaurant (lunch on Saturday): MP85.7, open 7:30am – 8:30pm

**From:** Meet for breakfast on Saturday at 7:30am for a ride start at 8:30am.

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

### 20<sup>th</sup> annual Shenandoah Fall Foliage Bike Festival

October 15-17

Enjoy spectacular cycling in the beautiful Shenandoah Valley of Virginia. We have added a new Saturday route and new routes on Sunday with rides each day for all skill levels from easy family cycling to a challenging century. Sag support and excellent rest stops on every route. Visit Grand Caverns (with discount) and other scenic and historic attractions in Staunton and the valley. Please visit our website [www.shenandoahbike.org](http://www.shenandoahbike.org), or email [fall-bikefestival@comcast.net](mailto:fall-bikefestival@comcast.net), or phone 540-416-0267 or fax 540-885-2669

### 18th Annual Between The Waters Bike Tour

Saturday October 23rd

**Explore the Eastern Shore of Virginia** this fall when the Between the Waters Bike Tour begins in the historic town of Onancock. This event sponsored by Citizens for a Better Eastern Shore (CBES) winds through interesting historic towns and communities and along back roads to scenic rest stops that overlook the Atlantic seaside and the Chesapeake Bay.


This one day bike tour is an ecotourism event for CBES, a non-profit organization serving Northampton and Accomack counties, and the Between the Waters Bike Tour is one of the major fundraisers of the year for this group. With very little vehicle traffic, the ride is sure to be relaxed and peaceful as well as easygoing because of the flat terrain. Snack and drink stops are provided and a complimentary picnic lunch is served.

Riders have a choice of either 20, 40, 60 or 100-mile routes with staggered start times. Register online at: [http://www.cbcs.org/events/events\\_biketour.asp](http://www.cbcs.org/events/events_biketour.asp)

## 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!**

MICHAEL I. ASHE, P.C.  
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# October 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

**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: [mikerogers53@cox.net](mailto:mikerogers53@cox.net), phone: 650-9767

## 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 5:00pm 20-35 Miles Chesapeake**

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

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

**From:** 946 Shillelagh Road.

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

**B Pace 5:00pm 20 miles Portsmouth**

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

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

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

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

*Continued on Page 9*



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Hilltop North Center 1624 Laskin Rd. #760 757-491-6151

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





## October 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

**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 an evening ride through the rural Chesapeake countryside. It's great ride with very few turns. Front and rear lights required in April.

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

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

### Friday

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

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

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

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

### Saturday

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

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

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

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

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

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

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

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

### Saturday

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

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

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

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

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

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

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

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

**C Pace 8:30am 30 to 60 Miles Chuckatuck**

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

**From:** Oakland Christian Church

**Leaders:** Hal Heafner 757-484-2501

**A Pace 8:00am 30-48 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 Bike Virginia (Ashland), Peanut Ride, Toys for Tots, and Eastern Shore long distance rides. SAG support. **NO RIDE ON OCTOBER 2ND**

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

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

Continued on Page 10

**Helmets Required on all TBA Rides!**

# October 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. NO RIDE ON AUGUST 14th  
**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](mailto: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](mailto:cycle-classicsride@cox.net)

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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](http://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:** Trek 100 Navigator Woman's bike, 7 speed, Grip shift, very good condition \$150.00 Contact : Jim Cruse: 582-2549 or [Centuryrider@Charter.net](mailto:Centuryrider@Charter.net) 08-10

**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

**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)



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