

The Spokin' Word



Volume 48 Issue 8

www.tbarides.org

September 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

Bicycle Maintenance and Upkeep

How often do you look at your bike from a maintenance perspective? Do you clean it after every ride, or do you just ride it and let the maintenance take care of itself?

I ask these questions because I have to confess I am usually in the latter category of riders – those who let their bike clean and maintain itself. Recently, I was reminded why this can be a very bad idea. Sure it works great when nothing is wrong, but all of the warning signs of big problem pass by without being seen.

A few weeks ago, I started getting multiple flat tires every ride I went on. I am sure this happens to some people, but not me. In fact, I rarely get a flat. What was wrong? The answer was pretty simple: I was trying to get one more season out of my tires and it was well past time to replace them. I had ignored the warning signs of my tires being worn flat, instead of rounded, and they were full of little holes that invited road debris to attack. Had I paid more attention and inspected them occasionally, I would have seen it was time to invest in new tires. Instead, I chose to wait until I had a really loud blow out while I was riding – one that took 3" of my front tire's bead with it. I was lucky enough to be able to SAG in and did not have to walk several miles with my disabled bike. Lesson learned? Inspect my tires regularly!

Continued on Page 3

The 2nd Annual Beach Century Bike Tour September 25th

33, 50 and 100-mile ride on September 25, 2010!

The Beach Century Bike Tour is your ride—as challenging or relaxing as you choose, but always fun and rewarding. This year the Beach Century will be offering three distances—a classic 100 mile century, a 50-mile course and a 33-mile course. The out and back course is along scenic roads in southern Virginia Beach and Chesapeake.

Register at: <http://www.beachcenturytour.com/>



www.wepromisefoundation.org

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Special Events

Vacant

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Membership Info

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

TBA Board Meetings

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

Memberships 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

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.

Virginia Beach Bosom Buddies Bike Ride



Virginia Beach Bosom Buddies Bike Ride will be taking place October, 2nd 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 to register!

Pres Message Cont. *Continued from Page 1*

Unfortunately, my problems did not stop there. After my next ride (with two brand new tires!), I decided to take care of the "little hop" I had noticed in my rear wheel while fixing all of my flat tires. This is where I get to point out that Gordon Freeman and Mike Love (Cycle Classics) are outstanding mechanics! Instead of just truing my wheel, they inspected it and noticed two of my spokes were well on their way to being pulled through the rim and five additional spokes had stress cracks around them. The mental picture of my rear wheel collapsing while in use was absolutely terrifying! Obviously, I should have noticed this long be-

fore it became dangerous to ride on this wheel. On the bright side, I really enjoyed riding in the Coast Guard City Century on my new Campy wheel set!

By now, I had made a major investment in making my bike safe to ride again. I even put on a new chain and rewrapped my handlebars! This was also about the time my wife asked me how much the new wheel set had cost. I simply turned to her and said, "Just say Happy Anniversary Dear!" Hopefully I have learned my lesson and pay much closer attention to my bicycle upkeep in the future.

Keep on Riding!
Steve

Swim, Bike, Run or Volunteer!

This year's Neptune Sandman Triathlon will be held on Sunday, September 11, 2010 at 2nd St. in Virginia Beach. It's a fun event to participate in—a 1 k swim, followed by a 14 mile bike ride and a 5 k run. Anyone interested can sign up at www.sandmantri.com.

For the less adventurous who just want to watch and be inspired, the Sandman can use your help. Over 250 volunteers are needed to help in many ways, from body markers, to bike route monitors, to water stop and finish line help and much more. This year, we can also use a few bike inspection people as well. Nothing major is required, it's more or less a cursory inspection for safety and USAT requirements so anyone who rides regularly can do it. Other volunteer position descriptions can be seen on the website and no experience is required. All volunteers will receive a Sandman Tri t-shirt and are invited to the post race party. If you would like to participate as a volunteer, it is easiest to sign up on the website, or you can send an email to volunteers@sandmantri.com or contact Susan Roher at 496-9424 for questions.

The event has been moved this year to accommodate more athletes so we may see as many as 900 participating. It truly is a sight to see and fun to be a part of and we hope that TBA members will again come out and enjoy it.

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

Clip in Pedals Anyone?

This is for riders new to clip on pedals. I encounter many who are concerned about how to safely unclip when coming to a stop.

For starters: Just unclip both feet, might look a bit gawky but both your leg pods will be there to catch you. Later you will learn to casually unclip one foot and start using that leg to catch you, just like experienced riders.

Now, here's how to guarantee your bike will lean towards the foot you unclipped. We'll start by using the right foot as an example. When stopping, unclip your right foot and as you come to a stop take your foot off the pedal and prepare yourself by extending your leg to stop. By using your right leg you will start to lean to the right and away from traffic. Don't worry if you screw up you'll just fall into the stopped rider to your right; but, who cares it's just another rider and despite apologies, we experienced riders will get a

laugh out of it, except the one you fell into, of course.

Sorry, I digressed – The trick is to guarantee your stopped bike leans towards the unclipped foot. During the last 2 or 3 inches of roll before you're stopped, slightly add forward pressure on your right handle bar [turning it slightly left]. The bike will fall right to your extended foot.

Applying pressure is what you do any time you turn. Turning right your bike leans right caused by the slight pressure on the right bar. To turn right sharply, apply more pressure. At higher speeds be careful. Practice and learn how to turn sharply to avoid a "sudden" pothole, a crashing cyclist or forbid, a black bear.

More next month.
John McKee

How about family rides? Or stop and smell the Hydrangea.

Norfolk Botanical Gardens is open to bikes Monday, Wednesday, and Thursday till September 30th, 2010. 4-7 pm. They have 12 miles of pedestrian pathways open to riders. Helmet rules apply and those under 16 must ride with an adult. Admission is \$9 dollars, however we are inquiring about group rates for a set ride date or perhaps a discount for TBA members. Garden members have free entry. Are you a flower loving cyclist? This would be a great way to share another passion with your fellow cyclists. Drop a line to your Touring VP, Marc Tobey, touring@tbarides.org

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.

We thank you for your help!!


Grants making New Kent County Biking Friendly

New Kent has received funding from VDOT to provide signage, mapping, brochures and kiosks for cyclists. Six routes ranging from 15 to 100 miles will start and stop at the New Kent County Visitors & Commerce Center. Work should be completed by August 30 with a Grand Opening/Ribbon Cutting ceremony on Sat. Sept 25, 10am.

Watch here for more info or call the

FREEWHEELIN BIKE SHOP
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Visit our new home
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September Touring Schedule

Saturday, September 4th

B & C Pace 7:30am 40 miles Portsmouth
 "Tour de Golf Courses" – Follow all the residential waterfront roads from downtown Portsmouth that connect City Park and Bide-a-Wee Golf Course. One of the nicest long distance Tour de Portsmouth training rides. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Bike Virginia (Ashland), Toys for Tots, and Eastern Shore long distance rides. Two stops with SAG support.

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

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

Sunday, September 5th

B & C Pace 7:30am 25 miles Portsmouth
 "Tour de City Park" – one of the nicest rides in Portsmouth. All rides are designed to prepare cyclists for upcoming Surry Century and Eastern Shore 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, September 11th

B & C Pace 7:00am 63 miles Portsmouth
 Metric Century "Tour de Portsmouth & Suffolk". NOTE THE EARLIER DEPARTURE TIME. A great long distance training ride for next week's **Surry Century**. Four stops with SAG support.

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

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

Sunday, September 12th

B/C pace Tandem 4:00pm 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

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

Saturday, September 18th

Self Paced 7:30am 25, 50, 75, 100 Miles Surry
 Surry Century Ride - Experience the heart of South-eastern Virginia by bike. See rural towns, farmland, historic plantations, and very few cars. The Surry Century rides begin at the Surry Athletic Field behind the Surry Courthouse. During your visit enjoy Chippokes Plantation State Park and historic Bacon's Castle. Registration fee of \$10 for members and \$15 for non-members, \$5 each child (12 and under). Registration fee includes maps/que sheets, marked routes, rest stops, snacks and sag support.

From: Surry Athletic Field behind Surry County Courthouse

Leader: Howard or Leslie Beizer, 757-356-1451, hbeizer@aol.com, <http://www.pbabicycling.org/surrycenturyrides.html>

B/C Pace 7:30am 28 Miles Portsmouth
 "Tour de Hoffer Creek" with one stop. Safe, supportive, social & scenic long distance training ride. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Surry Century, Toys for Tots, and Eastern Shore long distance rides. SAG support.

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

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

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Helmets Required on all TBA Rides!

Ride Classification Legend

A Pace = 19 to 21 mph (few if any stops)

B Pace = 16 to 18 mph (some stops)

C Pace = 13 to 15 mph (stops each 10 to 15 miles)

D Pace = 0 to 12 mph (slowest rider pace, several stops)

All Paces rides = Each rider is given a cue sheet and can proceed at his/her own pace.

ATB = All Terrain Bike rides

September Touring Schedule

Continued from Page 5

Sunday, September 19th

B/C & D Pace 4:00pm 28 miles Portsmouth
 "Tour de Joliff" – one of the nicest rides in Portsmouth. All rides are designed to prepare cyclists for upcoming Surry Century and Eastern Shore long distance rides. One stop mid-way with SAG support.

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

Saturday, September 25th

B & C Pace 7:30am 50 miles Portsmouth
 Half Century combining the "Tour de TCC" & "Tour de Golf Courses". All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Bike Virginia (Ashland), Toys for Tots, and Eastern Shore 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

Sunday, September 26th

B/C pace Tandem 4:00pm 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

Seashore Bikes

MATTHEW C. SPINELLI President

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

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!

Helmets Required on all TBA Rides!

BikeBeat

Two Locations on the Southside:
 Kemps River Crossing 5386 Kemps River Dr. 757-424-6151
 Check out our new location at:
 Hilltop North Center 1624 Laskin Rd. #760 757-491-6151
www.bikebeatonline.com





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JOHN
KRIS
JOE

Breaking Away

September 10 - 12

(The weekend after Labor Day)

**Challenging mountain ride at multiple paces
(up to 60 miles) Skyline Drive, VA**

Join me for a weekend of stunning views and tough climbs on and off Virginia's beautiful Skyline Drive. I plan to set up a base camp at Big Meadows campground and ride Skyline Drive. Camp or stay in the hotel on Friday and Saturday night with rides on Saturday and Sunday. Campsite/hotel reservations are highly recommended. Last year we rode back and forth to Luray, VA on Saturday and some took an optional ride on Sunday. LOTS of challenging climbs! No SAG and food/water is scarce en route, so each cyclist should carry snacks and LOTS of water.

From: Start at 9am from Big Meadows Campground on Skyline Drive. Meet us there Saturday morning or camp out on Friday night.

Leader: Steve Zeligman, 285-9085, president@tbarides.org

Note: Phone reception is scarce at Big Meadows, so please call me before Friday night to let me know you will be there!

**20th annual Shenandoah Fall Foliage Bike
Festival**

October 15-17

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

Northern Neck's River Ride

September 25th & 26th

Dates for the 5th Annual Northern Neck RiverRide have been set for September 25-26. It will include routes of 100, 60, 50, 25 miles on Saturday and unsupported group rides on Sunday.

Registration has been reduced to \$35, with camping, meals, and other options priced separately. Those who wish to make a weekend of it may camp or rent cabins on beautiful Indian Creek near Kilmarnock.

The Northern Neck is on the western shores of the Chesapeake Bay and the ride includes rural routes and scenic water views of the Bay.

Registration information and other facts about the ride are available at www.riverride.org.


2010 TBA Calendar

November Elections at General Membership Meeting

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

December TBA Christmas Party

MICHAEL I. ASHE, P.C.
Attorneys and Counselors at Law



Michael I. Ashe

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September 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 8:00am 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

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

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

From: Great Bridge Cyclery, 1429 Fentress Road, Chesapeake

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

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

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

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

Leader: Mike Rogers, email: mikerogers53@cox.net, phone: 650-9767

Wednesday

*** 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 5:30pm 20-35 Miles Chesapeake

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

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

From: 946 Shillelagh Road.

Leader: Gerald 757-547-7188

B Pace 5:00pm 20 miles Portsmouth

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

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

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

Brad2723@gmail.com

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Your Bicycle Sales and
Repair Specialists

Churchland / Western Branch

3209 Stamford Rd. (Just off High St.)

Portsmouth, VA 23703 (757) 483-2818

September 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 8:00am 30 to 60 Miles Chuckatuck

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

From: Oakland Christian Church

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

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

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

From: Great Bridge Cyclery, 1429 Fentress Rd, Chesapeake

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

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

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

From: Fat Frogs, Chesapeake of Hanbury Road

Leader: Sam Gillette/Mike Rogers 650-9767

Friday

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

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

From: Fat Frogs Bike and Fitness Virginia Beach

Leader: Matt Keane , Shop 757-427-9488

Saturday

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

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

From: Fat Frogs Bike and Fitness Virginia Beach

Leader: Matt Keane Shop 757-427-9488

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

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

From: Fat Frogs Bike and Fitness Virginia Beach

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

Saturday

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

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

From: Fat Frogs Bike & Fitness Chesapeake

Leader: Taylor Doyle, (757) 410-4930

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

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

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

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

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

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

From: Fat Frogs Bike & Fitness Chesapeake

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

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

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

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

Leader: Michael Shipp 757-622-0446

C Pace 8:00am 30 to 60 Miles Chuckatuck

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

From: Oakland Christian Church

Leaders: Hal Heafner 757-484-2501

A Pace 9:00am 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

Continued on Page 10

Helmets Required on all TBA Rides!

September Weekly Repeat Rides

Continued from Page 9

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 4:00pm 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



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Virginia Beach, VA 23454 Fax: 757.491.4085
contebikes.com/goto/VABHilltop VAB.Hilltop@contebikes.com

Reminder of Change to Members Anniversary Date

At the General Membership meeting in November of 2008 the general membership voted to change the anniversary date of a 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: 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-



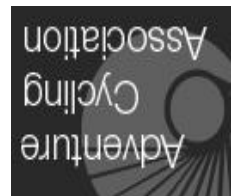
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Bike Box Rental

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

Or Current Resident



Post Office Box 12254
Norfolk, VA 23541

Tidewater Bicycle Association

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