



The Spokin' Word



VOLUME 49 ISSUE 3

APRIL 2011

Jerseys for Sale!

We have had a lot of new members sign up lately and we are introducing our first ever Knott's Island jersey! In case you are wondering where to get a jersey, have no fear! You can buy one of our way cool jerseys online and have it delivered to your door. Current pricing can be found online at Both of our jersey designs have features specific to our Tidewater area and proudly display who we are!



TBA Jersey



Knott's Island Century Jersey

TBA jerseys are manufactured by VOMax (www.vomax.com), the same company that made Thousandaire jerseys for several MS-150 rides. Regarding sizing, you might want to consider ordering one size larger than you would for non-cycling clothing, unless you prefer a tight fit. Please refer to the size guide and chart to the right.

	Unisex & Men's			Women's	
	CHEST	WAIST		WAIST	WAIST
X-Small	34-35	28-30	X-Small	32-33	21-23
Small	36-37	31-32	Small	34-35	24-26
Medium	38-39	33-34	Medium	36-37	27-29
Large	40-41	35-36	Large	38-39	30-33
X-large	42-43	37-38	X-large	40-41	34-37
XXL	44-45	39-40	XXL	42-43	38-40
3XL	46-47	41-42	3XL	44-45	41-44
4XL	48-49	43-44	4XL	46-47	45-48

VOMax SIZING GUIDE: This information is for reference purposes only and does not guarantee individual fit. The women's jerseys have narrower waist and slightly wider hip measurements than the men's/unisex jerseys. Chest size is the most important guidance for sizing purposes. The measurements below are body measurements not garment measurements.



35th Annual KNOTT'S ISLAND CENTURY

**May 14, 2011
Chesapeake, Virginia
Online Registration Only!!!!**

- Great opportunity for a family ride
- Great MS 150 Training Ride
- Ride with a Group, even if you are alone!

**ENJOY RURAL COUNTRYSIDE
& CURRITUCK SOUND VIEWS
FROM THE FERRY**

Riders young and old, beginner or experienced will enjoy this opportunity to ride along country roads, across marshes and

ride the ferry across the Currituck Sound. Half Metric riders will experience the beauty of the Dismal Swamp Trail.

All riders will enjoy a cooked post ride meal. Pre-registered riders will receive our famous t-shirt. Enjoy a safe and friendly ride with full ride support including maps and stocked rest stops, police support at busy intersections, SAG support, tasty food/rest stops with porta potties, sports drinks, commercial bottled water, cue sheets—lots of them—and roads marked with arrows.

cont'd p.2

(cont'd. from page 1, Knotts)

Three Distances to Choose From:

THE METRIC CENTURY Riders will bike 37 miles directly to Knotts Island and take the 10:00 a.m. or Noon ferry to Currituck North Carolina. Upon landing approximately an hour later they will bike 27 miles back to Chesapeake through Currituck and Camden counties and home to the Ruritan Club.

THE ENGLISH & METRIC Riders will pass each other at the Knotts Island Ferry landing. Both English and Metric Centuries will bike through the Mackay Island National Wildlife Refuge on NC route 615 – a beautiful stretch of road with wildlife and scenery on both side of the road – remember to enjoy the view!

THE HALF METRIC CENTURY (32 MILES)

The Half Metric Century riders will ride country roads to the Dismal Swamp Canal Trail crossing route 17 with police

assistance. The Dismal Swamp trail loop is a car free paved road inside the park shaded by trees with a view of the swamp canals.

LODGING AND OTHER ACTIVITIES

For lodging and information about other activities in Southeastern Virginia, contact the Hampton Roads Chamber of Commerce at 757-622-2312 or www.hamptonroadschamber.com

VOLUNTEERS NEEDED!

We need help with rest stops, post ride meal, SAG, and registration.
knottsisland@tbarides.org

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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 physically fit, self-reliant, well-informed citizens; 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.

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president@tbarides.org

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Vacant

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Vacant

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Brad Thompson
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Tour DE Cure

Saturday
April 16
2011

Here we are again. Another New Year and once again we are faced with the question of "Who will ride in the Tour de Cure?" Your Team "Team TBA" has grown to 23 members and we need you! When you ride, you help change the future of diabetes. We can **Stop Diabetes** together...pedaling one mile at a mile.

This year the American Diabetes Association is celebrating 20 Years Riding Strong and you can be part of this celebration. Every mile you ride and every dollar you raise helps provide community-based education programs, protects the rights of people with diabetes and fund critical research toward a cure.

The tour offers something for everyone whether you ride a rode bike or a beach cruiser. Routes: 100 mile, 65 mile, 30 mile, 10 mile, and Family Fun Ride. Event includes: SAG and Motorcycle support, Well-stocked Rest Stops, Live Entertainment, Catered Breakfast and Lunch, and the Best

Volunteers (You'll recognize many TBA faces volunteering). So invite everyone you know to join our team. That includes your friends, family members, co-workers, and neighbors. And if you are unable to ride, please consider volunteering.

I hope you'll join me (Mike Rogers) on April 16th for a memorable experience and cycle to help **Stop Diabetes**. Look for training rides to be published in the Spokin Word or listed in the TBA Web Site.

Please register at
www.diabetes.org/hamptonroadsvatour

Any questions please
E-mail me at
mikerogers53@cox.net
or call 650-9767
See you at the tour!
Mike

MS 150 CLAMS Cycling Legs Against MS

Enjoy a spring sunset at Chick's Oyster Bar buffet and help fight Multiple Sclerosis. The event is sponsored by the Cycling Legs Against Multiple Sclerosis (CLAMS) team and Chick's. Bring your family, friends, and neighbors on April 27, 6-9 pm. Proceeds from the \$15 per person buffet will be donated to fund cutting edge research, programs, and services to help people with MS and their families. Please note that for this particular fundraiser, Chick's has requested that the cost of the buffet be paid in cash or by check (made payable to National MS Society). Beverages are not included. Chick's is located at 2143 Vista Circle, Virginia Beach, VA. www.cycling-legs-against-ms.org

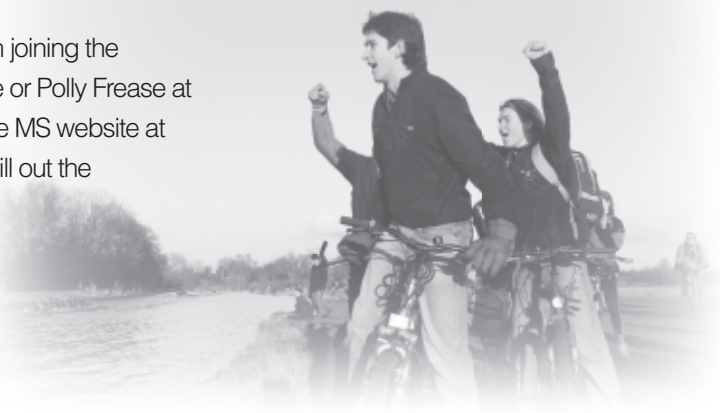
We ride so that others may walk. We would like to welcome the many new CLAMS who have registered for this year's Ocean to Bay Bike Tour. Our team totals 63 members. Look for CLAMS training rides posted in the newsletter, with the weather improving, hope to see you there.

If anyone is interested in joining the CLAMS, please call Joe or Polly Frease at 619-4272 or log onto the MS website at www.fightms.com and fill out the application online.

Joe and Polly Frease
Co-Captains CLAMS

CLAMS Fundraiser

@ Chicks Oyster Bar
April 27th, 2011 • 6:00 pm – 9:00 pm
\$15.00/Bufferet
All proceeds donated to MS



APRIL TOURING SCHEDULE

Helmets Required on ALL TBA Rides!

Sunday, April 24th

B & C Pace 1:30pm 40 miles Portsmouth, VA
 "Tour de Craney Island and Harborview" ride. Two stops. Join Team Portsmouth ride leads for two great paces through Historical Portsmouth & Suffolk 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, 672-1359 or teamportsmouth@cox.net

Saturday, April 30th

B Pace & + 10:30 am 30 miles Virginia Beach
 Do the "Picnic" ride. Leaving Northwest River Park and into the wilds of North Carolina and back. Stop at Blackwater Store to refuel. Cue Sheets provided.
From: Northwest River Park, Virginia Beach • **Leader:** Marc Tobey, home- 757-481-7081, cell 757-575-1006

Saturday, April 30th

B & C Pace 8:00am 65 miles Portsmouth, VA
 "Tour de Portsmouth Metric Century". Three stops. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming 2011 Knots Island, Bike MS 150, Coast Guard City Century and other long distance event rides. SAG support with cue sheet. Several sprints will challenge faster riders! Lunch stop during the ride.
From: Cycle Classics, Olde Town, 427 High St. • **Leader:** John Maher, 672-1359 or teamportsmouth@cox.net

April 22-24

2-day loaded tour 110 miles Skyline Drive
 Join me for a loaded tour on the Skyline Drive. Either join us at the Inn at Afton on Friday night or else meet us at 8am on Saturday morning. Vehicles can be left at the hotel at no cost. We will cycle 55 miles from Afton to Big Meadows Campground, camp for the night, and cycle back on Sunday. The route back on Sunday is easier, so we should finish by early afternoon on Sunday. Each cyclist should carry camping gear, but we will probably eat out for most meals. Big Meadows has hot showers and a nice restaurant. Cue sheets and maps provided, but absolutely no SAG support. Call or email for more information, cue sheets, or directions.
Leader: Paul Gordy, 757-403-5914 or blueridgecyclist@cox.net
From: Inn at Afton (Exit 99 from I-64 at the start of the Skyline Drive)

Saturday, April 23rd

B & C Pace 8:30am 40 miles Portsmouth, VA
 "Tour de Craney Island and Harborview" ride. Two stops. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming 2011 Knots Island, Bike MS 150, Coast Guard City Century and other long distance event rides. SAG support with cue sheet. Several sprints will challenge faster riders! Brunch stop after ride.
From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 672-1359 or teamportsmouth@cox.net

Saturday, April 23rd

B/C Pace 10:00 am 40 miles Virginia Beach, VA
 Join the CLAMS for a Saturday 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. 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 or temperature below 40 degrees – no ride.

From: The Red Mill Commons Shopping Center on Nimmo Parkway, Virginia Beach

Leaders: Joe and Polly Frease, 481-9474, cell 620-3829, e: pfrease@cox.net

Sunday, April 24th

B & C Pace 1:30pm 40 miles Portsmouth, VA
 "Tour de Craney Island and Harborview" ride. Two stops. Join Team Portsmouth ride leads for two great paces through Historical Portsmouth & Suffolk Waterfront! Several sprints will challenge faster riders!
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 Do the "Picnic" ride. Leaving Northwest River Park and into the wilds of North Carolina and back. Stop at Blackwater Store to refuel. Cue Sheets provided.
From: Northwest River Park, Virginia Beach • **Leader:** Marc Tobey, home- 757-481-7081, cell 757-575-1006

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From: Cycle Classics, Olde Town, 427 High St. • **Leader:** John Maher, 672-1359 or teamportsmouth@cox.net

Seashore Bikes

MATTHEW C. SPINELLI, President

Tel/Fax 757-481-5191

2268 Seashore Shoppes

Virginia Beach, Virginia 23451

Great Bridge Cycling

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

Weekly Repeat Rides

TUESDAYS

A/A+ Pace 6:00 pm 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, VA

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

TUESDAYS

Various Paces 6:30 pm 20 miles Virginia Beach

Join us for the "Taco Ride!" This has been a popular weekly ride for many years. It winds through quiet neighborhoods and breaks up into groups at various paces. Helmets are required and lights will be needed at least through the end of April. Optional: Stick around for dinner at the El Grand Rodeo Restaurant in the same shopping center.

From: Kempsville Plaza Shopping Center (intersection of Princess Anne Road and S. Parliament Dr. in the Arrowhead section of Virginia Beach). Park at the end of the shopping center next to S. Parliament Dr.

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

THURSDAYS

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, VA

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

THURSDAYS

(April 7, 14, 21, 28)

C/B Pace 6:00pm 20 Miles Chesapeake, VA

Daylight savings time is here and soon will be the "Tour de Cure". Please join us for an early evening training ride; No one will be dropped and all are welcome. Lights are recommended.

From: Fat Frogs, Hanbury Road

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

Leader: Rob Anderson, bobeche2003@yahoo.com or call 646-0246

SATURDAYS

A Pace 7:30 am 40-100 miles Virginia Beach

Call for ride info. Ride location to be determined on a weekly basis. May be in or out of town. **Places we may ride:** Va. Beach, Chesapeake, Williamsburg, Suffolk, Smithfield, and, South Mills and Belcross, NC. Cue sheets usually available.

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

SUNDAYS

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 quiet country roads in southern Chesapeake, Virginia Beach, and sometimes North Carolina. You need to have good bike-handling skills and be familiar with pace-line riding. The standard ride is 40 miles with some folks occasionally riding longer. Cue sheets and maps provided.

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).

SUNDAY

April 3rd, 10th, 24th

D Pace 2:00pm 14-18 miles

Portsmouth, VA

Join John & Team Portsmouth for a great "MAX RELAX" D Pace beginner's ride through Historical Portsmouth Waterfront! This will be a fun, easy-paced ride. Slow as the slowest rider! NO ONE GETS LEFT BEHIND! Visit our new web site at www.teamportsmouthusa.com

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

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




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Norfolk Va, 23517 Norfolk Va, 23503



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1805 Laskin Road Phone: 757-491-1900
Virginia Beach, VA 23454 Fax: 757-491-4085
contebikes.com/goto/VABHilltop VAB.Hilltop@contebikes.com

OTHER CYCLING EVENTS:

Saturday, August 6th

Various Paces 7:00am 10, 35, 50, 65, 100 miles

Coast Guard City Century; Portsmouth, Virginia

In celebration of the City of Portsmouth being designated as one of 9 Coast Guard Cities in the nation, the City of Portsmouth will sponsor the 2nd Annual Coast Guard City Century ride. This Saturday ride is one of the centerpieces of a week long celebration of the Coast Guard's 220th Birthday. Rides will include guided waterfront tours by Team Portsmouth ride leads (10 miles), along with half, metric and English Century rides built using 2 loops that always return to the Virginia Sports Hall of Fame in downtown Portsmouth. The finishing route for the full 100 mile century will include 3 laps around downtown Portsmouth full of cheering spectators just like the Tour de France finish in Paris. Afterwards, there will be an evening rock concert at the Ntelos Pavilion (separate fee). With festivities all week, including a Friday fish fry, this is a ride and event you don't want to miss. Full SAG support, cue sheets and great rest stops for all distances. Registration fee is \$45 with all profits going to various charities.

From: Ntelos Pavilion, downtown Portsmouth, Virginia.

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

Dismal Swamp Canal Trail Connector

Trail aficionados take note!

Trail aficionados take note! The feasibility of connecting Virginia and North Carolina's sections of the Dismal Swamp Canal Trail is currently under consideration. Presently there is a 4.8 mile gap between the North Carolina visitor center along US 17 and the southern terminus of the trail in City of Chesapeake. Closing the gap coupled with a northward extension already under construction in Chesapeake would provide a continuous trail 20 miles in length straddling the two states. A number of local, state, and federal agencies are involved in the study which is being done under the leadership of the Albemarle Commission in NC and City of Chesapeake in Virginia.

TBA BIKE RIDE AND

Free 4th of July Party!!!

Join fellow cyclists on Monday, July 4, 2011 for **ALL PACES** bicycle ride followed by a wonderful **FREE Pollards furnished picnic**. Non-TBA members are certainly welcome to ride but cost of picnic will be \$10. However, if the guest(s) join TBA that day, their food will also be free. The ride will start at 9:45 a.m. with food served starting at 12:30 p.m.

SHELTER #3 – MUNDEN POINT PARK

All you have to bring is your body, your bicycle and your helmet. If you don't feel like riding, just bring your body. However, if you would like to bring some after picnic bicyclist's friendly comfort food (dessert), bring it along. There will be cue sheets for a 25-mile ride and a 40-mile ride and lots of different speed people to bike with. Please R.S.V.P. to my office at **(757) 422-3425** or e-mail at touring@tbarides.org by Friday, July 1st so we can order the necessary food.

Any questions, call Tom or Nancy at (757) 422-3425.

– Tom Coghill



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Portsmouth, VA 23703 (757) 483-2818

2011 CALENDAR

Month	TBA Major Cycling Events	Endorsed Events	Signature Training/Social Rides	Meetings
January		9th - 19th Annual Peter L. Teeuwen Memorial Ride		12th - Bike Fitting 101; Draft Calendar Distribution
February				
March			5th - Chili Ride @ Norfolk's East Coast Bikes	16th - New cycling products; Long distance training; Group ride etiquette & laws; Racing techniques and opportunities
April		16th - Tour de Cure	2nd - Sunbury to Edenton 75 Miler	
May	14th - Knotts Island Century 18th - Ride of Silence	30th - Portsmouth Memorial Day Parade	27th & 28th - Traffic Skills 101 Certification	11th - New and favorite cycling routes; Fundraising techniques; TBA New Member Drive; Bikepacking & s24s events
June		4th & 5th - Bike MS		
July			2nd - Munden Point Park July 4th Rides & Cookout	20th - Bicycle tune up and cleaning techniques; Tandem Cycling; Public advocacy discussion
August	6th - Coast Guard City Century (Portsmouth)	21st - Covered Bridge Metric Century; Lancaster Bike Club		
September		9-11th - 6th Annual Skyline Ride 17th - Surry Century	TBD - Northwest River Rides & Cookout	14th - TBA Legislative Cycling Agenda for 2012; Winter riding apparel and techniques
October		15th - Seagull Century 22nd - CBES Century	2nd - Sunbury to Edenton 75 Miler	
November	TBD - Smithfield Fall Festival Century			16th - TBA Membership Survey Results & Discussion
December		TBD - Norfolk Grand Illumination Parade		11th - Christmas Party

Notes:

1. TBA major cycling events are discounted \$10 for members

2. For more information on any of these events go to www.tbarides.org or email touring@tbarides.org

TIDEWATER BICYCLE ASSOCIATION

Tidewater Bicycle Association Membership Application

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? 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 their membership or dues amount please feel free to contact the Membership Chairperson, Sam Gillette at membership@tbarides.org.

Please check the quarterly rate that applies

<p style="text-align: center;">1st Quarter (July – September)</p> <p><input type="checkbox"/> Individual (\$25.00) <input type="checkbox"/> Family (\$30.00)</p>	<p style="text-align: center;">2nd Quarter (October – December)</p> <p><input type="checkbox"/> Individual (\$18.75) <input type="checkbox"/> Family (\$22.50)</p>
<p style="text-align: center;">3rd Quarter (January - March)</p> <p><input type="checkbox"/> Individual (\$12.50) <input type="checkbox"/> Family (\$15.00)</p>	<p style="text-align: center;">4th Quarter (April - June)</p> <p><input type="checkbox"/> Individual (\$6.25) <input type="checkbox"/> Family (\$7.50)</p>

Shaded areas are mandatory

<input type="checkbox"/> New Membership	<input type="checkbox"/> Membership Renewal	
Name (First, Last) _____		
Street Address _____		
City _____	State _____	Zip Code _____
Do you want your name and address on local bike shop mailing lists? <input type="checkbox"/> Yes <input type="checkbox"/> No		
Phone Number _____		

Newsletter Preference

- U.S. Mail E-mail Both

E-mail Address:

For Family Memberships Only - Please provide names of Family Members

Check all that apply

I would be willing to help with:

- Leading Rides
- Race Events
- SAG
- Parties
- Community Events

Ride Pace Preference

- D Pace (<13 mph)
- C Pace (13-15 mph)
- B Pace (16-18 mph)
- A Pace (19+ mph)

Ride Type

- Recreational
- Touring
- Racing
- Mountain

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. **HELMETS ARE MANDATORY FOR ALL TBA RIDES.** I agree to wear an ANSI or SNELL approved helmet and to obey all traffic laws at all times during TBA sponsored events. Persons riding under the age of 18 must be accompanied by a responsible adult. I have read this assumption of risk and fully understand its terms. **ALL RIDERS MUST SIGN ASSUMPTION OF RISK FORM.**

Signature _____

Date _____

Send Application and Payment to:

Tidewater Bicycle Association
 P. O. Box 66522
 Virginia Beach, VA 23466-6522

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 ad for three more months.
3. Classifieds may be submitted by E-mail to the Editor.

Cannondale RT 1000 Tandem Well taken care of . Sora shifters, computers, rear rack, rear light, 40 spoke wheels, front bag. extra rear road wheel, 700x 28 tires. Test ride my seats and pedals. Your seats your pedals you ride off. Tom Lilley 675-4710 Chesapeake

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

NORTH END
Cyclery Ltd.

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

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