



# The Spokin Word

Volume 50 Issue 6

August 2011

## PRESIDENT'S MESSAGE

Hopefully by the time this issue reached you, you have renewed your TBA membership for another year. For both those that have and those that have not, this issue is very important, because the TBA board is working to return our renewal process to its original \$25 membership dues that begins on the date you register and ends 365 days later.

That is quite different than what has been happening over the past two years.

Currently Article 1, Membership and dues, Section 2 reads. "Membership dues shall be due annually, on July 1st of each year. Members joining after the July 1st annual renew date shall pay a prorated

due amount based on the fiscal quarter of the joining membership year."

This change took place in In November 2008 when the TBA board and membership voted to change to a prorated quarterly dues cycle, based on a July 1 renewal date for all the members.

Since that time, the prorated renewals have been confusing for new members and the club has lost money with the reduced payment of new dues and renewals received after October 1.

In July 2011, the Membership Committee recommended rescinding the quarterly prorated dues and returning to a fully paid individual or

family membership. Renewal of the membership would be at the anniversary of one's joining.

With this recommendation, the TBA board will ask members at the next TBA members' meeting to vote on this recommendation which will amend Article 1, Section 2 to read as follows. "Membership dues shall be paid annually at the anniversary of one's joining."

The board and I are asking for your attendance and support on this important amendment, so that we can keep TBA financially viable and provide high quality services to all our members.

## HOW TO RENEW YOUR TBA MEMBERSHIP

Want to join as a new member, or renew your existing membership - Simply go to <http://www.tbarides.org>, email us at

[membership@tbarides.org](mailto:membership@tbarides.org), or complete the TBA membership form on our web site and mail it back to TBA.

Registration is:

- \$30 for Families
- \$25 for Individuals

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### TBA's 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.

## SEPTEMBER 11TH - SIXTH ANNUAL YOUNG ADULTS BIRTHDAY METRIC



For men that are 45 or older any-time in 2011, please join Tom Coghill, Kathy Spenser, and other young adults for a B & C pace Metric Century (62 miles). This ride will depart from the parking lot of Red

Mill Commons east of Fat Frogs and Blockbusters at 8:50 am.

Women of any and all ages are welcome and are encouraged to ride. This will be a fun social ride for all cyclists who like to enjoy a very scenic ride in southern Virginia Beach and over to Knotts Island and back. There are stores along the route, but be sure to bring plenty of fluids as it could be warm.

There will be a special gift from

Tom and Nancy for all female riders. If you do not know where Red Mill Commons is located – call Tom at (757) 422-3425 or evenings (757) 422-6326 for directions. Kathy Spenser can be reached at 478-4089



## HELP WANTED

As we approach the end of summer, TBA needs help in some specific leadership areas if it to continue to provide high quality services. Right now, we are in immediate need of a membership chairman and committee members. By Fall of this year, we need to identify a new 2012 Knotts Island chair person who can build a great team and volunteers for next years ride.



As we begin to build next years annual ride calendar, we are looking for new ride leads with exciting new

rides. And, if you have a great cycling presentation or know of someone that does, please contact any member of the TBA board using our emails listed on the TBA web site.

Let's end 2011 on a high note and build a great TBA for 2012!

## CAMDEN COUNTY INVESTIGATING A NEW NOVEMBER CENTURY BIKE RIDE TO BENEFIT WOUNDED WARRIORS

Camden County is exploring the possibility of expanding its past October half century bike rides into a larger full Metric and English century bike ride. By launching it in mid November, this ride would attract regional cyclists looking for a late fall end of the year ride.

In the past two years, the county tested and proved its ability to offer a safe and well run half century that was offered primarily for local county cyclists. During that time, they helped the American Diabetes Association with the annual Tour de Cure, and gradually learned what it



took to run a larger ride in both distance and numbers of cyclists. They have also interviewed other century event to capture best practices and lessons learned.

Randell Woodruff - Camden County's Manager - is an avid cyclist himself and so are many of his staff and County Supervisors. Since no long distance bike currently supports the Wounded Warriors program, one goal of this ride may be to donate all profits to this most worthy cause. STAY TUNED FOR MORE info in the next TBA newsletter.



# TBA 2011 CALENDAR

## TBARIDES.ORG



| Month     | TBA Major Cycling Events                                                                                   | Endorsed Events                                                                                                                                                   | Signature Training/Social Rides                  | Meetings                                                                                                                |
|-----------|------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| July      | MEMBERSHIP RENEWAL MONTH!!!                                                                                |                                                                                                                                                                   | 4th - Munden Point Park July 4th Rides & Cookout | 13th - Joe Tennis, author of "Beach to Bluegrass: Places to Brake on Virginia's Longest Road"; Bicycle tune up & clean- |
| August    | 6th - Coast Guard City Century - <a href="http://cgcc.Eventbrite.com">cgcc.Eventbrite.com</a> (Portsmouth) | 21st - Covered Bridge Metric Century; Lancaster Bike Club                                                                                                         |                                                  |                                                                                                                         |
| September |                                                                                                            | 9-11th - 6th Annual Skyline Ride<br>17th - Surry Century<br>30th—Oct 2 - Eastern Shore Getaway Weekend                                                            | TBD - Northwest River Rides & Cookout            | 14th - TBA Legislative Cycling Agenda for 2012; Winter riding apparel and techniques                                    |
| October   |                                                                                                            | 1st - 3rd Annual Beach Century Bike Tour; <a href="http://www.beachcenturytour.com">www.beachcenturytour.com</a><br>15th - Seagull Century<br>22nd - CBES Century | 2nd - Sunbury to Edenton 75 Miler                |                                                                                                                         |
| November  |                                                                                                            | TBD - Possible Camden County Century to benefit Wounded Warriors                                                                                                  |                                                  | 16th - TBA Membership Survey Results & Discussion                                                                       |
| December  |                                                                                                            | TBD - Norfolk Grand Illumination Parade                                                                                                                           |                                                  | 11th - Christmas Party                                                                                                  |

## AUGUST TOURING RIDES

(Helmets are required for all advertised rides)

### Saturday, August 6<sup>th</sup>

**Various Paces**                      **7:00am**                      **10, 32, 50, 65, 100**                      **Portsmouth, VA**

TBA, Team Portsmouth and the City of Portsmouth will sponsor the second annual "Coast Guard City Century" ride. This is one of the centerpiece of a weeklong celebration of the Coast Guard's 221st Birthday that include guided waterfront tours by Team Portsmouth Cycling ride leads (10 miles), along with half (50 miles), metric (65 miles), and English Century (100 miles) rides built using 2 loops that always return to the Virginia Sports Hall of Fame.

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

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

### Saturday, August 13<sup>th</sup>

**B & C Pace**                      **7:30am**                      **25 miles**                      **Portsmouth, VA**

"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, Old Town, 427 High St.

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

### Sunday, August 14<sup>th</sup>

**B/C pace Tandem**                      **4:00pm**                      **18 miles**                      **Portsmouth, VA**

"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 followed by \$1 Tacos!

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

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

### Saturday, August 20<sup>th</sup>

**B & C Pace**                      **7:30am**                      **40-50 miles**                      **Smithfield, VA**

Annual "Tour de Smithfield" ride through quite back country roads in Smithfield, Virginia with flat and rolling terrain with access to historic venues. All rides are designed to prepare cyclists for upcoming Surry Century and Eastern Shore long distance rides. **Tandems Welcome!** One stop mid-way with SAG support followed by a great brunch at Smithfield Station.

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

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

### Sunday, August 21<sup>st</sup>

**B/C Pace**                      **4:00pm**                      **24 miles**                      **Portsmouth, VA**

"Tour de Hoffler Creek" enjoy Historical Portsmouth Waterfront and quiet residence roads to secluded Hoffler Creek. This will be a fun, easy-paced ride with a nice stop mid-way followed by \$1 Tacos!

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

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

### Saturday, August 27<sup>th</sup>

**B Pace**                      **8:00am**                      **50 miles**                      **Suffolk/Smithfield, VA**

Ride from the W. Branch Reservoir in Suffolk through Isle of Wight and Surry counties with a stop at the Smithfield Bakery at the 35 mile point. Enjoy quiet roads and beautiful scenery and a few hills. Cue sheets provided. Call or email for more information, a cue sheet, or directions.

**From:** Western Branch Fishing Station, Girl Scout Rd. (SR633)

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

**Saturday, August 27<sup>th</sup>**

**B & C Pace**                      **7:00am**                      **63 miles**                      **Portsmouth & Suffolk, VA**  
 Metric Century “Tour de Portsmouth & Suffolk”. NOTE THE EARLIER DEPARTURE TIME. Last big training ride before the Surry Century. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Surry Century and Eastern Shore long distance rides. Four stops with SAG support.  
**From:** Cycle Classics, Olde Town, 427 High St.  
**Leader:** John Maher, 672-1359 or [teampportsmouth@cox.net](mailto:teampportsmouth@cox.net)

**Sunday, August 28<sup>th</sup>**

**B/C pace**                      **4:00pm**                      **28 miles**                      **Portsmouth, VA**  
 “Tour de Joliff” – one of the nicest rides in Portsmouth. All Portsmouth rides are designed to prepare cyclists for upcoming Surry Century, and Eastern Shore long distance rides, as well as other rides. One stop with SAG support followed by \$1 Tacos.  
**From:** Cycle Classics, Olde Town, 427 High St.  
**Leader:** John Maher, 672-1359 or [teampportsmouth@cox.net](mailto:teampportsmouth@cox.net)

**Cycling Legs Against MS (CLAMS) Rides - [http://cycling-legs-against-ms.org/training\\_rides.htm](http://cycling-legs-against-ms.org/training_rides.htm)**

**AUGUST REPEAT RIDES**

(Helmets are required for all advertised rides)

**Mon thru Friday**

**A++/A+**                      **7:30am**                      **21-miles**                      **Virginia Beach, VA**  
 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. **NOTE - A+ on FRIDAY ONLY**  
**From:** Fat Frogs Bike and Fitness Virginia Beach  
**Leader:** Matt Keane , Shop 757-427-9488

**Tuesdays, Thursday, Saturday**

**C pace**                      **8:00 am**                      **30-60 miles**                      **Chuckatuck, VA**  
 Rides every Tuesday, Thursday, and Saturday - weather permitting. Snack and lunch stops.  
**From:** Oakland Christian Church (US route 10 and county route 603)  
**Leader:** Hal Heafner 484-2501 cell 478-2501

**Tuesdays**

**A/A+ Pace**                      **6:00 pm**                      **25 – 45 miles**                      **Chesapeake, VA**  
 Very fast ride through quiet country roads in Chesapeake and Virginia Beach. Good bike-handling skills needed, 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](mailto:Kim@BallanceElectric.com)

**Various Paces**                      **6:30 pm**                      **20 miles**                      **Virginia Beach, VA**  
 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. 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.  
**Leaders:** Barry Stiffler: [blstiffler@verizon.net](mailto:blstiffler@verizon.net)

**C Pace 7:30am 21-miles Virginia Beach, VA**

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

**Wednesdays****A/B Pace 6:00 pm 20-30 miles Chesapeake, VA**

**Greenhouse Ride** since 1967

**From:** 946 Shillelagh Rd

**Leaders:** Gerald Teeuwen, 757-547-7188, [Veloist@aol.com](mailto:Veloist@aol.com) (Call for go/no go)

**B- /C+ Pace 8:00 am 18 miles Virginia Beach, VA**

"Masters" ride on Wednesdays at 8am from North End Bikes. Over 50's welcome, for C+/B- ride; about 18 mile loop at the oceanfront. Ride cancelled if it is raining.

**From:** North End Bikes (Baltic Ave. at Holly Rd.).

**Leader:** Dave Wynne at 647-2130 or [diw1022@gmail.com](mailto:diw1022@gmail.com)

**Moderate to Fast 7:30am 21 miles Chesapeake, VA**

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

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

Leader: Varies, 757-410-4930

**C Pace 7:30am 31-miles Virginia Beach, VA**

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

From: Fat Frogs Bike and Fitness Virginia Beach

Leader: Joe Vizi, Shop 757-427-9488

**C Pace 9:00am 30-40 miles Chesapeake, VA**

Dismal Swamp Trail Ride - Join the YES group (Youthful Energetic Seniors) for a ride along the Dismal Swamp Canal and other country roads. We make up the ride and lunch stops according to the weather.

**From:** Dismal Swamp Trail

**Leader:** Fran Adams 467-2775, C 287-6593. [Bikalot@cox.net](mailto:Bikalot@cox.net)

**Thursdays****A/A+ Pace 6:00 pm 25 – 45 miles Chesapeake, VA**

Fast ride through quiet country roads in Chesapeake & 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](mailto:Kim@BallanceElectric.com)

**B Pace 7:30am 31-miles Virginia Beach, VA**

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/B Pace 6:30pm 20 miles Chesapeake, VA**

Join Mike and Sam for this great early evening ride on Thursdays. No one will be dropped and all are welcome. Lights are recommended.

**From:** Fat Frogs Chesapeake

**Leaders:** Mike Rogers, [mikerogers53@cox.net](mailto:mikerogers53@cox.net) (650-9767) & Sam Gillette, [sam.gillette@cox.net](mailto:sam.gillette@cox.net) (652-5774)

**Fridays****C pace 8:00am 25-39-50 miles Chesapeake, VA**

Meet at Bike Beat in Edinburgh Commons Shopping Center (exit 8 A off 168 Bypass in Chesapeake). Shop will be open before ride. Many restaurants to choose from at end of ride.

**From:** Bike Beat in Edinburgh Commons Shopping Center

**Leaders:** Fran: 757-467-2775; Anthony: 757- 635-1582; Bill Hart: 757-679-4216

**Saturdays & Sundays**

**A++/B/C Paces**                      **7:30am**                      **21 - 31 miles**                      **Virginia Beach, VA**

A++ is a FAST PACED ride through the countryside of south Virginia Beach and those who cannot keep up will be dropped. B& C paces are fun rides, and no one gets dropped. **31 miles for A++ on Sunday ONLY**

**From:** Fat Frogs Bike and Fitness Virginia Beach (**Note: B and C Paces ONLY on SATURDAY**)

**Leaders:** A++ - Matt Keane; B-Pace Joe Vizi; C-Pace John McKee and Anthony Gartner at 757-427-9488

**A+/A/B+/B/C Paces**                      **7:30am**                      **21 miles**                      **Chesapeake, VA**

Fast pace ride through the quiet farmlands of Chesapeake. Low traffic & very few stops. B& C paces are fun rides, and no one gets dropped.

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

**Leader:** A - Taylor Doyle, (757) 410-4930; B/C - Walt Gonzales/Ben Nippert, (757)410-4930

**Saturdays**

**A Pace**                      **7:30 am**                      **40 – 100 miles**                      **Virginia Beach, VA**

**Call for specific ride info** - location determined on a weekly basis (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](mailto:Kim@BallanceElectric.com).

**A/B Pace**                      **9:00 am**                      **20-30 miles**                      **Chesapeake, VA**

**TBA Greenhouse Ride since 1967 (except August 13)**

**From:** 946 Shillelagh Rd

**Leaders:** Gerald Teeuwen, 757-547-7188, [Veloist@aol.com](mailto:Veloist@aol.com) (Call for go/no go)

**B+ Pace**                      **7:30 am**                      **45/ 55 miles**                      **Great Bridge, VA**

"Saturday Swamp Stomp" - a brisk, social ride through the country roads of Great Bridge, Hickory and Deep Creek. Two optional warm-up sprints (regroup each time) and a nutrition break (bring your own) at the boat ramp of the Dismal Swamp Canal Trail. Great ride for practicing bike handling skills and pace line etiquette. "No Drop" ride.

**From:** The old Great Bridge High School (now offices) parking lot, just east of the Mt. Pleasant Road Battlefield Blvd. Intersection across from the Towne Bank Complex.

**Leaders:** Ray Marsh 573-3761 (primary); Pete Perritt 328-2135 ; Rob Anderson 646-0246

**Sundays**

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

**Please, call first** - Locations may vary covering quiet country roads in southern Chesapeake, Virginia Beach, and North Carolina. Good bike-handling skills needed and familiarity with pace-line riding. 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)

**C/D**                      **4:00pm**                      **14-20 miles**                      **Portsmouth, VA**

Join John & Team Portsmouth for a great "MAX RELAX" beginner's ride through Historical Portsmouth Waterfront! Fun, easy-paced ride - slow as the slowest rider! Afterwards we go to Longboard Restaurant for \$1 Tacos!

**From:** Cycle Classics, Olde Town, 427 High St. (**NOTE - No Ride on August 7th**)

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

**A Pace**                      **8:00am**                      **45 to 50 miles**                      **Portsmouth, VA**

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

## LAST CHANCE TO REGISTER FOR 2ND ANNUAL COAST GUARD CITY CENTURY RIDE ON AUGUST 6, 2011



Only a few days are left to register for the City of Portsmouth's 2nd Annual Coast Guard City Century ride on August 6, 2011.

Saturday's rides include a 10 mile waterfront tour, and half, metric, and English Century rides departing and returning from the Virginia Sports Hall of Fame in downtown Portsmouth. Full SAG support, cue sheets, close rest stops to cope with potential heat, and an innova-

tive meal voucher program usable at several downtown restaurants.

Registration is ONLY online at <http://cgcc.eventbrite.com> and ends August 3rd at midnight. **NO WALK UPS!!!**

**TBA & MILITARY DISCOUNT CODES ARE TENOFF4TBA and TENOFF4MIL.** For more information, call 672-1359 or [cgcc@cox.net](mailto:cgcc@cox.net),

## 34TH ANNUAL EASTERN SHORE GETAWAY WEEKEND

The 34th Annual Eastern Shore Getaway Weekend will take place the weekend of Sept. 30 - Oct. 2, 2011. This is a weekend of casual cycling on flat roads, enjoyable dining in island restaurants and social camaraderie.

Our accommodations will be at the Best Western Chincoteague, with more information about rates and

arrangements to follow in the August newsletter. If you want to make reservations early, the management has given us a very reasonable group rate. They are holding the 16 first floor rooms for us on a first call, first serve basis, and then will take reservations on the second floor – there is an elevator. Call them at (757) 336-6557 and tell

them you are with the TBA.

This weekend is a great social event inclusive of meeting, greeting, eating, cycling, touring, and resting. MOST IMPORTANT is that this ride is at whatever your pace or level can handle. Questions – call Carole Taylor at (757) 409-5732, or email at [ctbiken@comcast.net](mailto:ctbiken@comcast.net).



### SUPPORT OUR LOCAL BIKE SHOPS!



- [www.bikebeatonline.com](http://www.bikebeatonline.com) - Hilltop - 757-491-6151 or Chesapeake - TBD
- [www.contebikes.com](http://www.contebikes.com) - Virginia Beach - 757-491-1900
- [www.cycleclassicsva.com](http://www.cycleclassicsva.com) - Portsmouth - 757-393-4498
- [www.eastcoastbicycles.com](http://www.eastcoastbicycles.com) - Norfolk - 757-622-0446 or 757-351-2112
- [www.fatfrogsbikes.com](http://www.fatfrogsbikes.com) & [www.ffcbikes.com](http://www.ffcbikes.com) - Virginia Beach - 757-427-9488; Chesapeake - 757-410-4930
- [www.freewheelinbikes.com](http://www.freewheelinbikes.com) - Virginia Beach - 757-486-4116
- [www.performancebike.com](http://www.performancebike.com) - Virginia Beach - 757-340-0334
- [www.scatbikes.com](http://www.scatbikes.com) - Portsmouth - 757-483-2818