



# The Spokin Word

**Volume 50 Issue 10**

**December 2011-January 2012**

## PRESIDENT'S MESSAGE

This will be my last message as TBA President and I would like to thank everyone, especially all of the Executive Committee members I have served with, for all the support I have received during my time in office. Learning about the many local bicycle/automobile accidents has been my most sobering responsibilities during the last four years and I would like to share an article on page 2 from Active.com regarding important actions to take just in case anyone is ever an accident victim.

Keep on Riding!

Steve

## THE 20TH ANNUAL PETER TEEUWEN MEMORIAL BICYCLE RIDE

The 20th Annual TBA Peter Teeuwen Memorial Bicycle Ride will be held on Sunday, January 8th, 2012 at 1:00PM at the Grassfield Ruritan Club located at 920 Shillelagh Road in Chesapeake, VA. We hope to have a police escort as in all years past. This is a social ride "en masse," for all types of cyclists--racers and tourists alike. The loop will be the "Lollipop Loop" which is 23 miles long and the speed is generally 19-21 MPH. For those who wish to ride part of the ride, you may turn back at any point.

The Club will be open during the ride. After the ride there will be a pot luck luncheon on site--please bring a dish to share. We welcome all who wish to attend, including those who do not participate in the actual ride. You are required to sign in before the start of the ride. Helmets required. Please--NO aerobars. Come, join the ride, share a dish, and enjoy.

For more information on this ride you can call Christina Teeuwen at 547-7188.

## 14TH ANNUAL FRANK PENELLO NEW YEAR'S DAY RIDE

**Happy New Year!!** - Sunday, January 1, 2012, All Paces, 10:00 AM, 20 miles. Please arrive NLT 9:45.

Our New Year's ride is from Norfolk's Wards Corner Farm Fresh located on East Little Creek Road about 0.3 miles east of Granby St. Please park to avoid inconveniencing Farm Fresh Supermarket customers by parking at the lot's far east perimeter.

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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.

## HOW TO HANDLE A BIKE ACCIDENT WITH A VEHICLE

By Ryan Wood, Active.com

John Duggan was riding along the left side of a lane of vehicles stopped in a traffic jam, when a car pulled out from the lane to make a U-turn right in front of him. The car smacked right into Duggan's bike, sending him flying.

At the time, Duggan didn't think he was injured, and he wasn't sure who was at fault. So both he and the driver mutually agreed to go their separate ways.

"I didn't call the police," Duggan recalls. "About a half-mile down the road, all the sudden (the pain) hit me. I ended up in the emergency room. I had some wrist issues and a shoulder issue, and it never feels good when a car hits you. But I let the guy go, and I never had any recourse against him.

"Turns out, it was his fault. You can't turn left or make a U-turn or change lanes without looking to see if anybody is coming behind you."

Duggan is a Seattle-based lawyer and an avid cyclist, and over the years his business has gradually been taken over by fellow cyclists needing legal help for situations similar to his own. Now, nearly 100 percent of Duggan's business is cycling-related. He considers himself a "cycling attorney" and takes phone calls from bike riders around the world.

He is just as interested in getting the word out about the legal rights of cyclists as he is making a living representing them. And when it comes to bike-versus-vehicle accidents, many cyclists are unaware of how to handle such a situation and get what they're legally entitled to.

So what do you do if you're in a cycling accident with a vehicle? If you're healthy enough to walk away from the crash site, that doesn't mean you should consider that the only victory you need. Instead, take these steps to make sure you're as protected as you can be.

### Types of Accidents

There are two types of bike/car accidents that are more common than any others:

- The left-hand turn, where a vehicle turns left directly into the path of a cyclist going the opposite direction. In this situation, the motorist often never even sees the cyclist until it's too late.
- The right hook, where a vehicle passes a cyclist who's riding in the bike lane or right shoulder going the same direction, then immediately makes a right turn directly into the cyclist's path.

Other situations pop up, such as vehicle doors opening into a cyclist's path, or rear-ending situations. Whatever the case and however severe, they should be treated in a specific manner.

### On the Scene

No matter how mild you think it might be, Duggan recommends calling the police in the event of an accident. If a police report is filed based on information gathered at the scene, the story can't change later on if you need to submit an insurance claim.

*(Continued on page 11)*

**TIDEWATER BICYCLE ASSOCIATION**  
 P.O. Box 66522  
 Virginia Beach, VA 23466-6522  
[www.tbarides.org](http://www.tbarides.org)

Affiliations:  
 Virginia Bicycling Federation  
 League of American Bicyclists  
 Adventure Cycling Association

**Volunteer openings**

TBA currently needs volunteers for:

- newsletter editor
- membership committee chair
- Knotts Island Century event committee

For more information contact Bruce [membership@tbarides.org](mailto:membership@tbarides.org) or call 757.647.3987

<p><b>JANUARY GENERAL MEMBERSHIP MEETING</b></p>	<p>TBA's next meeting will be held on Wednesday, January 11, 2012 at the Virginia Beach Central Library.</p> <p>Come at 6:30 to socialize; the meeting starts at 7:00 pm.</p>	<p>Our program this month is to be announced.</p> <p>Guests welcome.</p>
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**Monday, December 26<sup>th</sup>****B Pace                      8:00am              50 miles                      Suffolk/Smithfield**

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

**From:** Western Branch Fishing Station, Girl Scout Rd. (SR633)**Leaders:** Paul Gordy, 403-5914 or [blueridgecyclist@gmail.com](mailto:blueridgecyclist@gmail.com)**Saturday, December 31<sup>st</sup>****B Pace                      8:00am              50 miles                      Suffolk/Smithfield**

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

**From:** Western Branch Fishing Station, Girl Scout Rd. (SR633)**Leaders:** Paul Gordy, 403-5914 or [blueridgecyclist@gmail.com](mailto:blueridgecyclist@gmail.com)**Saturday, December 31<sup>st</sup>****B & C Pace                      9:00 am              25 miles                      Portsmouth, VA**

“Tour de New Year’s Eve” with 1 stop (shorter if cold). All Portsmouth Saturday rides are designed to prepare cyclists for upcoming 2012 Tour de Cure, Knotts Island, Bike MS 150, Coast Guard City Century, and CBES long distance event rides. SAG support.

**From:** Cycle Classics, Olde Town, 427 High St.**Leader:** John Maher, 672-1359 or [teamportsmouth@cox.net](mailto:teamportsmouth@cox.net)**Sunday, January 1<sup>st</sup>****14th Memorial Frank Penello New Year's Day Ride****All Paces                      10:00 am (please arrive by 9:45am)              20 miles              Norfolk**

Please see the full article on page 1

**From:** Wards Corner Farm Fresh, Norfolk**Sunday, January 1<sup>st</sup>****B/C pace & Tandem              2:00 pm              15 & 22 miles              Portsmouth, VA**

“Tour de New Year’s” - Join Team Portsmouth ride leads for B & C pace ride through Historical Portsmouth Waterfront! Several sprints will challenge the B/C pacers. One stop with SAG support.

**From:** Cycle Classics, Olde Town, 427 High St.**Leader:** John Maher, 672-1359 or [teamportsmouth@cox.net](mailto:teamportsmouth@cox.net)**Saturday, January 7<sup>th</sup>****B Pace                      8:00am              50 miles                      Suffolk/Smithfield**

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

**From:** Western Branch Fishing Station, Girl Scout Rd. (SR633)**Leaders:** Paul Gordy, 403-5914 or [blueridgecyclist@gmail.com](mailto:blueridgecyclist@gmail.com)



**Saturday, January 21<sup>st</sup>**

**B & C Pace                      9:00 am                      40 miles                      Portsmouth, VA**

“Tour de 2012” (New Winter Route) – two stops (shorter if cold). Safe, supportive, social & scenic long distance training ride. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming 2012 Tour de Cure, Knotts Island, Bike MS 150, Coast Guard City Century, and CBES long distance event rides. SAG support.

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

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

**Sunday, January 22<sup>nd</sup>**

**B/C pace & Tandem            2:00 pm                      15 & 22 miles                      Portsmouth, VA**

“Tour de Bide-a-Wee” - Join Team Portsmouth ride leads for B & C pace ride through Historical Portsmouth Waterfront! Several sprints will challenge the B/C pacers. One stop with SAG support.

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

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

**Saturday, January 28<sup>th</sup>**

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

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

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

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

**Saturday, January 28<sup>th</sup>**

**B & C Pace                      9:00 am                      25 miles                      Portsmouth, VA**

“Tour de City Park” – one stop (shorter if cold). Safe, supportive, social & scenic long distance training ride. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming 2012 Tour de Cure, Knotts Island, Bike MS 150, Coast Guard City Century, and CBES long distance event rides. SAG support.

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

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

**Sunday, January 29<sup>th</sup>**

**B/C pace & Tandem            2:00 pm                      15 & 22 miles                      Portsmouth, VA**

“Tour de Bide-a-Wee” - Join Team Portsmouth ride leads for B & C pace ride through Historical Portsmouth Waterfront! Several sprints will challenge the B/C pacers. One stop with SAG support.

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

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

## TBA MEMBERSHIP

To join TBA as a new member, or to renew your existing membership - Simply visit [www.tbarides.org](http://www.tbarides.org). There you will be able to quickly join or renew using a credit card, or you can print a TBA membership form and mail it back to us following the instructions on the form. **Join today– every voice counts!**

Registration is:

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



## December-January Repeat Rides

(Helmets are required for all advertised rides)

Day	Time	Miles	Pace	From	Comment
Mon	7:30 am	21	C	<a href="#">Fat Frogs Bike and Fitness Va Beach</a>	Contact: 427-9488
Mon	5:30 pm	30+	A++	<a href="#">East Coast Bicycles (Ghent) Norfolk</a>	Contact: 622-0446
Tue	7:15 am	20-25	A++	<a href="#">Conte's Bicycles and Fitness Va Beach</a>	Contact: 491-1900
Tue	7:30 am	21	A	<a href="#">Fat Frogs Bike and Fitness Va Beach</a>	Contact: 427-9488
Tue	8:00 am	20-25	A, B	<a href="#">Conte's Bicycles and Fitness Va Beach</a>	Contact: 491-1900
Tue	9:00 am	50	B, C	Oakland Christian Church, Chuckatuck	TBA ride. Church is at US Rt 10 & Cty Rt 603, Chuckatuck. Snack and lunch stops. Contact: Hal Heafner 757-484-2501 or 478-2501
Tue	5:30 pm	25	A	<a href="#">East Coast Bicycles (Ocean View) Norfolk</a>	ID and front and rear lights required for access to Naval Base Norfolk. Contact: 351-2112
Tue	6:00 pm	16-20	A	<a href="#">Seashore Bike and Fitness Va Beach</a>	Contact: 481-5191
Tue	6:30 pm	20	A, B, C	Kempsville Plaza Shpg Ctr Va Beach	TBA's famous "Taco Ride." Meet at end of the strip mall near Princess Anne Rd and S. Parliament Dr. Dinner at El Grand Rodeo after the ride. Contact: Barry Stiffler blstiffler@verizon.net
Wed	7:30 am	21	B to A+	<a href="#">Fat Frogs Bike and Fitness Chesapeake</a>	Contact: 410-4930
Wed	7:30 am	21	C	<a href="#">Fat Frogs Bike and Fitness Va Beach</a>	Contact: 427-9488
Wed	9:00 am	30-40	C	Dismal Swamp Canal Trail, Chesapeake	TBA YES group (Youthful Energetic Seniors) ride along the Dismal Swamp Canal and other country roads. Contact: Fran Adams 467-2775 or 287-6593
Wed	6:00 pm	20-30	A/B	TBA Greenhouse Ride, Chesapeake	Since 1967. Meet at 946 Shillelagh Rd, Chesapeake. Contact: Gerald Teeuwen 547-7188 veloist@aol.com

Day	Time	Miles	Pace	From	Comment
Thu	7:15 am	20-25	A++	<a href="#"><u>Conte's Bicycles and Fitness Va Beach</u></a>	Contact: 491-1900
Thu	7:30 am	21	A	<a href="#"><u>Fat Frogs Bike and Fitness Va Beach</u></a>	Contact: 427-9488
Thu	8:00 am	20-25	A, B	<a href="#"><u>Conte's Bicycles and Fitness Va Beach</u></a>	Contact: 491-1900
Thu	9:00 am	50	B, C	Oakland Christian Church, Chuckatuck	TBA ride. Church is at US Rt 10 & Cty Rt 603, Chuckatuck. Snack and lunch stops. Contact: Hal Heafner 757-484-2501 or 478-2501
Thu	5:30 pm	25	A	<a href="#"><u>East Coast Bicycles (Ocean View) Norfolk</u></a>	ID and front and rear lights required for access to Naval Base Norfolk. Contact: 351-2112
Thu	6:00 pm	16-20	A	<a href="#"><u>Seashore Bike and Fitness Va Beach</u></a>	Contact: 481-5191
Fri	7:30 am	25	B	<a href="#"><u>Bike Beat Va Beach</u></a>	Contact: 491-6151
Fri	7:30 am	21	A+	<a href="#"><u>Fat Frogs Bike and Fitness Chesapeake</u></a>	Contact: 410-4930
Fri	9:00 am	25-39-50	C	<a href="#"><u>Bike Beat Chesapeake</u></a>	TBA ride in rural Chesapeake. Many restaurants to choose from at the end of the ride. Contact: Fran Adams 467-2775, 287-6593 or Anthony 635-1582
Sat	7:15 am	20-25	A, B	<a href="#"><u>Conte's Bicycles and Fitness Va Beach</u></a>	Contact: 491-1900
Sat	7:30 am	21	C to A+	<a href="#"><u>Fat Frogs Bike and Fitness Chesapeake</u></a>	Contact: 410-4930
Sat	7:30 am	21	A++, B, C	<a href="#"><u>Fat Frogs Bike and Fitness Va Beach</u></a>	Contact: 427-9488
Sat	7:30 am	40-100	A	Location varies	TBA ride; call first. Cue sheets provided. Contact: Kim Aldridge 615-6106 (cell) or kim@ballanceelectric.com

Day	Time	Miles	Pace	From	Comment
Sat	7:30 am	45/55	B+	Old Great Bridge High Schl, Chesapeake	TBA ride. Meet across from Towne Bank, east of Mt. Pleasant Rd and Battlefield Blvd. Contact: Ray Marsh 573-3761 or Pete Perritt 328-2135 or Rob Anderson 646-0246
Sat	8:00 am	25	B, C, D	<a href="#">East Coast Bicycles (Ghent) Norfolk</a>	Contact: 622-0446
Sat	8:00 am	30	A, D	<a href="#">East Coast Bicycles (Ocean View) Norfolk</a>	D paced is family oriented and shorter distance. Contact: 351-2112
Sat	8:00 am	25-30	A	<a href="#">Seashore Bike and Fitness Va Beach</a>	Contact: 481-5191
Sat	8:30 am	20-25	B+ to A+	<a href="#">Conte's Bicycles and Fitness Va Beach</a>	Contact: 491-1900
Sat	9:00 am	50	B, C	Oakland Christian Church, Chuckatuck	TBA ride. Church is at US Rt 10 & Cty Rt 603, Chuckatuck. Snack and lunch stops. Contact: Hal Heafner 757-484-2501 or 478-2501
Sat	9:00 am	20-30	A/B	TBA Greenhouse Ride, Chesapeake	Since 1967. Meet at 946 Shillelagh Rd, Chesapeake. Contact: Gerald Teeuwen 547-7188 veloist@aol.com
Sun	7:00 am	55	A	<a href="#">Conte's Bicycles and Fitness Va Beach</a>	Contact: 491-1900
Sun	7:30 am	21	C to A+	<a href="#">Fat Frogs Bike and Fitness Chesapeake</a>	Contact: 410-4930
Sun	7:30 am	31	A	<a href="#">Fat Frogs Bike and Fitness Va Beach</a>	Contact: 427-9488
Sun	8:00 am	40-100	A	Great Bridge Cyclery, Chesapeake	TBA ride; call first. Cue sheets provided. Contact: Kim Aldridge 615-6106 (cell) or kim@ballanceelectric.com
Sun	8:30 am	8-15	C, D	<a href="#">Performance Bicycle Va Beach</a>	Contact: 340-0334
Sun	3:00 pm	14-20	C/D	<a href="#">Cycle Classics Portsmouth</a>	Team Portsmouth beginners ride. Contact: John Maher 672-1359 or teamportsmouth@cox.net

In addition, it's important that you obtain the vehicle driver's insurance information, address, phone number and license plate number. If there are witnesses on the scene, get their names and phone numbers, as well.

As with vehicle-on-vehicle accidents, don't admit fault, and don't minimize your injuries or your bike damage. There's no reason to.

"The reason you exchange information is to protect yourself," Duggan said. "My general thinking is, always get the police involved. I've had incidents where everything seems great at the scene, then the story changes once everybody goes home."

### Getting Checked Out

Be overcautious about your body. A cyclist colliding with a vehicle can be violent, but your adrenaline at the scene could mask any physical pain you're in. Don't be afraid to take a visit to the emergency room if something doesn't feel right.

As for who pays the medical bills up front? Depends on the state, but in Duggan's home state of Washington the motorist's automobile PIP (personal injury protection) coverage is primary for the cyclist's injuries no matter who's at fault. The cyclist's automobile PIP coverage is secondary (even though they weren't in their automobile at the time), and the cyclist's health insurance is third in line.

### Recovering Your Losses

Your physical injuries are one thing, and your personal losses are another. If the motorist is at fault, his auto liability insurance should cover the damage to your bike.

If your bike has been in a crash, take it to a reputable bike shop and get it thoroughly inspected. Duggan was involved in another accident where he didn't realize his bike was damaged until 10 weeks later, when the fork legs snapped off due to tiny cracks that went undetected.

Duggan recommends demanding to the insurance company that they declare the bike and all damaged accessories a total loss. A bike shop can put this in writing after an inspection if they determine the bike is unsafe to ride.

Keep in mind, though, that this doesn't mean you're getting a shiny new bike. Insurance companies are only required to give you market value, and if your bike is five years old, don't expect to get enough money to buy one that's five years newer.

Also realize that insurance claims adjusters typically aren't as knowledgeable about bikes as you are. So when you are in an accident and expecting to file a claim for your damaged bike, make sure you have more than enough infor-

mation to get fair value for it. You may have to educate your adjuster on how much your bike is really worth. Duggan recommends sites like eBay and craigslist to get an idea of how much your bike would sell for in the open market.

Bike accidents involving motor vehicles--even relatively minor ones--are scary. When it's all said and done, the initial reaction might be relief that you weren't killed or seriously injured.

Don't let that euphoria keep you from taking the proper steps to make sure you're protected in the aftermath of an accident.

"A lot of times, you're not thinking clearly," Duggan said. "You're hit, and it's 'Wow, I'm glad to be alive. Of course everything is good.' Then it doesn't hit you for a couple of hours that you have a broken wrist or something."

"It's better to preserve all that information up front."

To contact John Duggan, call 206-343-1888 or email to [john@dugganbikelaw.com](mailto:john@dugganbikelaw.com).

### New Year's Day Ride (CONTINUED FROM PAGE 1)

Yearly, about fifty of us somehow make it here. We heartily invite new members and guest riders to join us as many have these past years. After the ride, we gather at the Farm Fresh Deli to rekindle warm friendships and hoist a warm cuppa in remembrance of Frank who inaugurated this ride back in the '70s. Note: We all start at the same time but the ride gets strung out with the fast moving out at the start and the slows and dropped and/or lost stringing out way behind behind. So don't expect a crowd when you get to the Deli.

Cue sheets are provided, There are no assigned ride leaders. Have no fear, John McKee will bring up the rear encouraging hapless riders dropped by stop lights, etc. You'll be amazed how miniscule Norfolk pedestrian and vehicular traffic can be on a New Year's Day morning and how nice drivers might be. Please bring easily wielded party noise makers so we may properly greet those few we spot.

Weather conditions are purely potluck, ranging from beautiful to miserable. I will have an alternate 15 or so mile cue sheet if roads are "miserable". We've been lucky these last few years. If the weather is untenable at 10:00 AM, we will cancel the ride and repair to the Farm Fresh Deli and create "true" biking stories for our new and guest riders.

For information contact: John McKee, Cell: 757-434-7276 or e-mail at [john.mckee1@verizon.net](mailto:john.mckee1@verizon.net).

## TBA CLAMS - CYCLING LEGS AGAINST MS

The next time you are attending an Admirals hockey game or any special event at Scope, be on the lookout for the



TBA CLAMS operating a concession stand. For the past eight years, the team has volunteered their time to sell food and beverage products on behalf of the concession operator. In return, the team is paid a percentage of sales for their charity—the National MS Society. All funds raised at Scope, including tips, are deposited to the Hampton Roads Chapter of the National Multiple Sclerosis Society.

The hard efforts of our teammates

working at Scope have helped propel the TBA CLAMS annually to the number 1 or number 2 position in fund raising for the MS150 bike ride. This year, the team earned the Diamond Award (second place) by contributing a little over \$48,000 to the 2011 MS150, with approximately \$16,000 of that money coming from Scope concession sales.

Help us fight MS. Our fund raising for 2012's MS150 is underway and already we are geared up for the Admirals' hockey season. Look for our green TBA CLAMS shirts at Scope and know that a portion of your food or beverage purchase will benefit those affected by MS. No one knows what causes MS, and currently there is no cure. MS

stops motion, but we will not be stopped in our goal to be a top team in fund raising for Bike MS. Help our team in its support of MS research to find new treatments and a cure, and in its support of those individuals and families who must meet the daily challenges of living with MS.

For information on the TBA CLAMS, visit our website at [www.tbarides.org/community/clams](http://www.tbarides.org/community/clams) or contact our team captains, Polly and Joe Frease ([pfrease@cox.net](mailto:pfrease@cox.net), [jfrease@cox.net](mailto:jfrease@cox.net), 757.481.9474).

*"We Ride So that Others May Walk"*

## TBA CHARITY TRAINING RIDES

Looking to get in shape or stay in shape for next years charity rides such as the MS150 and Tour de Cure? Thanks to the efforts of Sam

Gillette and Mike Rogers, TBA is sponsoring regularly scheduled rides nearly every Sunday between now and spring. Check out the ride

schedule in this newsletter or online at [www.tbarides.org](http://www.tbarides.org)



## 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.northendbikes.com](http://www.northendbikes.com) - Virginia Beach - 757-428-4235
- [www.performancebike.com](http://www.performancebike.com) - Virginia Beach - 757-340-0334
- [www.scatbikes.com](http://www.scatbikes.com) - Portsmouth - 757-483-2818
- [www.seashorebikes.com](http://www.seashorebikes.com) - Virginia Beach - 757-481-5191