



The Spokin' Word

Volume 50 Issue 5

July 2011

PRESIDENT'S MESSAGE

July's message is very simple - **please renew your TBA membership for the next year NOW.** Why is this so important? Because in doing so, it permits TBA's Board to build and project a realistic 2011-2012 budget and then maximize next year's calendar of events.

Each member will have 3 ways to rejoin - electronically, completing a membership renewal form and providing payment at upcoming member meetings, or using the form in the newsletter or website and

completing it and mailing it along with payment back to TBA's PO box.

I am also asking your support in moving away from an old, inefficient and expensive bulk mail-out renewal process. Many of you may not be aware of this cost. On average, it costs between \$700 and \$900 to send out snail mail renewal forms to our mailing list of approximately 1,000 names on the TBA roster (active and inactive). Add to that the time it takes to mail, collect, open, and process these forms, and it becomes easy to see

why we have trouble having a membership committee wanting to do business this way.

Personally, I'd rather spend that money providing our members better events. It would also allow our membership committee to spend less time on processing paper renewal forms, and more time on finding innovative and creative ways to recruit new members.

So, let's use summer, our rides, and meetings we have to get everyone renewed either online or at these events.

TBA MEMBERSHIP EXPIRES 6/30/11

Unless you are a Lifetime Member, your current TBA Membership expires at the end of June.

Please **RENEW NOW** to continue receiving great TBA benefits including a free 4th of July lunch

catered by Pollard's Chicken!

Registration is:

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

Simply go to <http://tbamembership.ebntbrite.com>, email us at membership@tbarides.org, or complete the TBA membership form on the back page and mail it back to TBA.

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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.

TBA JULY 13TH GENERAL MEMBERSHIP MEETING SPECIAL GUEST & AUTHOR - JOE TENNIS

You don't want to miss the 7 pm July 13 TBA membership meeting at the Virginia Beach Central Library, because we will have Joe Tennis, author of "Beach to Bluegrass" - legends along U.S. Highway 58/Virginia Beach Blvd .

Joe Tennis has written thousands of articles for newspapers and magazines over the past 20 years, including profiles for VIRGINIA LIVING, BLUE RIDGE COUNTRY and

APPALACHIAN VOICE. His writing credits also include articles in The Virginian-Pilot; The Roanoke Times; and Kingsport Times-News.

Joe's critically acclaimed book "BEACH TO BLUEGRASS" has recently inspired state tourism leaders to create the now-developing BEACHES TO BLUEGRASS TRAIL, stretching from Virginia Beach to the Cumberland Gap.

Joe's book follows this same path, in telling 58 stories about places and landmarks along U.S. Highway 58 - from the Atlantic Ocean to the Kentucky border.

His presentation will cover the legends along U.S. Highway 58/ Virginia Beach Blvd. and the possibilities for what a BEACHES TO BLUEGRASS trail could reveal for Virginia.

TBA BIKE RIDE AND FREE 4TH OF JULY PARTY



Join fellow cyclists on Monday, July 4, 2011 at MUNDEN POINT PARK-SHELTER #3 for an ALL PACES bicycle ride followed by a wonderful

FREE Pollards catered picnic.

Non-TBA members are certainly welcome to ride but cost of picnic will be \$10. 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. There will be cue sheets for a 25-mile ride and a 40-mile ride and lots of different speed people to bike with.

All you have to bring is your body,

your bicycle and your helmet. If you don't feel like riding, just bring your body.

And, if you would like to bring some cycling friendly comfort food - DESERT - bring your favorite tasty treat to share with others too.

Please RSVP to Tom Coghil at (757) 422-3425 or e-mail july4th@tbarides.org by Friday, July 1st so we can order the necessary food.

2ND ANNUAL COAST GUARD CITY CENTURY RIDE ON AUGUST 6, 2011

Don't miss the City of Portsmouth's 2nd Annual Coast Guard City Century ride on August 6, 2011.

Saturday's ride 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 return to the Virginia Sports Hall of Fame in downtown Portsmouth.

Full SAG support, cue sheets, and great rest stops for all distances. Registration fee is \$45 with all profits going to various charities. Innovative meal voucher program allows you to select from over a dozen



restaurants for lunch, so you can personalize the types of food you prefer. You will not have to worry about this event running out of food!

For more information, you can contact John Maher at 672-1359 or cgcc@cox.net,

Register online registration at <http://cgcc.eventbrite.com>.

TBA & MILITARY DISCOUNT CODES ARE TENOFF4TBA (must be a renewed or lifetime member) and TENOFF4MIL.



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 & cleaning techniques
August	6th - Coast Guard City Century - cgcc.Eventbrite.com (Portsmouth)	21st - Covered Bridge Metric Century; Lancaster Bike Club		
September		9-11th - 6th Annual Skyline Ride 17th - Surry Century 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; www.beachcenturytour.com 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

JULY TOURING RIDES

(Helmets are required for all advertised rides)

Saturday, July 2nd

B & C Pace **7:30am** **28 miles** **Portsmouth, VA**

“Tour de Waffles” – Portsmouth's famous "waffle wide". All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Coast Guard City Century, Surry Century, and Eastern Shore long distance rides, as well as other rides. One stop for waffle breakfast with SAG support.

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

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

Sunday, July 3rd

B/C Pace **4:00pm** **22 miles** **Portsmouth, VA**

“Tour de City Park” ride. One stop with SAG support. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Coast Guard City Century, Surry Century, and Eastern Shore long distance rides, as well as other rides.

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

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

Saturday, July 9

C Pace (12-15mph average) **8:00am** **30 or 40 miles** **South Chesapeake, VA**

Ride from the Target parking lot in Edinburg shopping center. Park on the Chick-fil-A side. Take Exit 8A off of the Chesapeake Expressway and look for Target on your left. Call or email for more information, or directions. No calls, No ride.

From: Target Parking lot in Edinburg north shopping center Exit 8A

Leaders: Anthony Cuci 635-1582 or 482-5702 or acuci@cox.net

Saturday, July 9th

B & C Pace **7:30am** **40 miles** **Yorktown, VA**

Join Team Portsmouth for their annual Yorktown “Surrender Battlefield” ride to celebrate the birth of our country. We traverse the shaded Yorktown battlefield route with gentle rolling hills. Awesome stop in historical Yorktown for some well deserved ice-cream and other tasty desserts!

From: Call or email for directions to the start location or visit <http://cycleclassicsva.tripod.com/id17.htm> for map

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

Sunday, July 10th

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

Join John for our "Tour de Tandem" ride through Historical Portsmouth Waterfront! This will be a fun, easy-paced ride with a nice stop mid-way along the waterfront! Similar route to our every Sunday “Max Relax” Beginners ride.

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

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

Saturday, July 16th

B & C Pace **7:00am** **62.5 miles** **Portsmouth & Suffolk, VA**

Metric Century “Tour de Portsmouth & Suffolk”. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Coast Guard City Century, Surry Century, and Eastern Shore long distance rides, as well

as other rides. Four stops with SAG support.

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

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

Sunday, July 17th

B/C Pace **4:00pm** **28 miles** **Portsmouth, VA**

“Tour de Old TCC Campus” – one of the nicest rides in Portsmouth. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Coast Guard City Century, Surry Century, and Eastern Shore long distance rides, as well as other rides. One stop mid-way with SAG support.

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

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

Saturday, July 23rd

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

Saturday, July 23rd

B & C Pace **7:30am** **40 miles** **Portsmouth & Suffolk, VA**

“Tour de Craney Island and Harbor View”. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Coast Guard City Century, Surry Century, and Eastern Shore long distance rides, as well as other rides. Two stops with SAG support.

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

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

Sunday, July 24th

B/C pace **4:00pm** **28 miles** **Portsmouth, VA**

“Tour de Joliff” – one of the nicest rides in Portsmouth. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Coast Guard City Century, Surry Century, and Eastern Shore long distance rides, as well as other rides. One stop with SAG support.

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

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

Cycling Legs Against MS (CLAMS) Rides - http://cycling-legs-against-ms.org/training_rides.htm

JULY 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

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 (650-9767) & Sam Gillette, sam.gillette@cox.net (652-5774)

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.

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

TBA Greenhouse Ride since 1967

From: 946 Shillelagh Rd

Leaders: Gerald Teeuwen, 757-547-7188, 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

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.

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

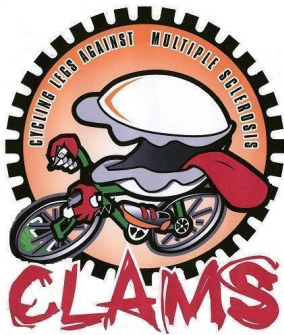
A Pace 8:00am 45 to 50 miles Portsmouth, VA

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

MS 150 **C**YCLING **L**EGS **A**gainst **M**S (CLAMS)



Joe and I would like to say thanks again to all CLAMS who rode, sagged or volunteered on June 4th & 5th to make the MS 150 the great ride it was, and say CONGRATULATIONS to all for a fantastic job of fundraising with \$43,000.00 raised so far. Fundraising continues until August 5th and there are several teams that are very close to us.

We had great weather and fun times, Joe and I wish all a very

happy and healthy summer.

If anyone is interested in joining the CLAMS, please call Joe or Polly Frease at 619-4272 or log onto the CLAM'S website at www.cycling-legs-against-ms.org and fill out the application online.

"We ride so that others may walk" - Joe and Polly Frease

Co-Captains CLAMS

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.



SUPPORT OUR LOCAL BIKE SHOPS!



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