

The Spokin Word



Volume 49 Issue 2

www.tbarides.org

March 2011

UPCOMING EVENTS

General Membership Meeting: Virginia Beach Central Library
Wednesday March 16th Meeting Starts at 6:30 pm

April Spokin Word Deadline: March 10th

Presidents Message

It is March, the snow is gone, warm weather is on the horizon and I am ready to ride! Ready to join me? We have three great rides coming up, and they all involve food! Better still, two of the rides are free for TBA members! Non-members are always welcome to join us, but they will have to pay a small fee to help cover insurance and ride costs.

First up is TBA's Annual Chili Ride. This ride rolls out at 11:00 am on Saturday 3/5/11 from East Coast Bikes in Oceanview. A special thank you goes out to Bike Norfolk for organizing the event this year, and Mike Shipp

from East Coast Bikes wins our March Bike Shop Owner of the Month award for hosting the event in his Oceanview location. Ride the 2011 TBA Chili Ride and discover a different flavor of Norfolk! Abundant parking is available just one block north at the Norfolk Public Library (Pretlow Branch), which is at the intersection of Granby Street & Ocean View Avenue. There will be separate rides for A, B, C & D-pace groups, with appropriate mileage. The best part of this ride will be the hot, home-cooked chili and warm cornbread that will be available after the ride. If it's too cold, or

wet, to ride, we'll still get together to nosh on chili & ogle pretty bikes! This ride is completely free for TBA members, and \$5 to ride + \$3 for all-you-can-eat chili for non-members. For more details contact Kelley at 717-9969 or kcwalker@inkworkswell.com.

Next up is a great 75-mile ride from Sunbury, NC to Edenton, NC and back on Saturday 4/2/11! This ride follows little traveled roads to Edenton and is fully SAG supported.

Continued on Page 7

TBA Chili Ride Saturday, March 5th

Discover a different flavor of Norfolk! Abundant parking is available just one block north at the Norfolk Public Library (Pretlow Branch), at the intersection of Granby Street & Ocean View Avenue.

There will be separate rides for A, B, C & D-pace groups, with appropriate mileage.

Hot, home cooked chili and warm cornbread will be available after the ride.

If it's too cold, or wet, to ride, we'll still get together to nosh on chili & ogle pretty bikes.

More details on the website and Facebook.

Knotts Island Century Saturday, May 14th

Registration Now Open

Check out the new web page for Knotts Island at www.tbarides.org. TBA member will get a \$10 discount off registration - use discount code "knotts10off" when registering on eventbrite. We will be checking that all registrants are members prior to the day of the event.

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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 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.

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Special Persons Mailing Service
4716 Tulip Dr. Va. Bch, 23455
464-6295

The TBA Officers & Staff

President

Steve Zeligman 285-9085
president@tbarides.org

Past President: Tom Coghill
422-3425 InvestmentResearch@cnt4.com

Vice President: John Maher
vp@tbarides.org

Touring Vice President Racing Vice President

Paul Gordy Christina Teeuwen
touring@tbarides.org Racingvp@tbarides.org

Tandem Vice President

Vacant

Treasurer

Debbie Drees
treasurer@tbarides.org

Secretary

Cindy Meier
secretary@tbarides.org

Editor

Jeff Hathaway 572-1486
editor@tbarides.org

Member at Large

Jim Cruse
ML1@tbarides.org

Member at Large

Wes Cheney
ML2@tbarides.org

Committees

Legislation/Advocacy

Bruce Drees
Advocacy@tbarides.org

Safety/Education

Vacant

Special Events

Vacant

Membership

Sam Gillette
membership@tbarides.org

Knotts Island Century

Jean Sleeman
knottsisland@tbarides.org

Webmaster

webmaster@tbarides.org

Publicity/Advertising

Fran Adams 467-2775
publicity@tbarides.org



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FAX: (757) 963-2797
EMAIL: TEEUWEN@TWMORTGAGE.COM

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2011 Tour de Cure 20 Years Riding Strong

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 road 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



TBA CLAMS

Article written by Jean Sleeman

CLAMS are a marine bivalve – something we all know and love, at least love to eat them. Me - I am from Boston and have always loved eating fried clams – the real ones, whole bellied, lightly breaded and fried. You can't get them around here – all you ever get are clam strips and not very good ones at that; but hey did you know a clam has organs? Looking up clams in Wikipedia I found out that clams have hearts – it shouldn't surprise anyone that a clam has a heart because the TBA CLAMS are all about heart.

What's it like being a CLAM? It is like being part of a family, one big family of brothers and sisters – we laugh at each other, pick on each other, sometimes argue, talk for hours, and yes we ride together. We train and ride for a common goal – to accomplish something both very personal and something bigger than ourselves. That feeling of training for a goal and achieving it is a feeling money can't buy. What money can buy is research to find a cure; money can assist families struggling with a particularly

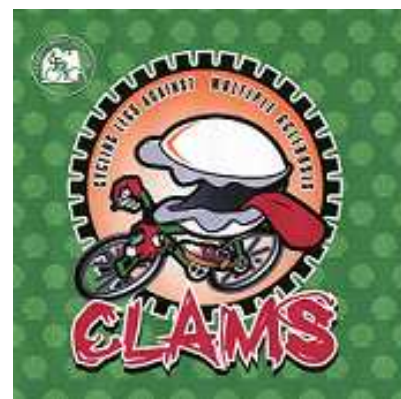
cagey disease that can strike suddenly or develop over many years. So when you ride the MS 150 and you pull into Camp Silver Beach exhausted, hungry and thirsty – but totally satisfied – it is all focused on you the rider. Then Saturday night after enjoying a full meal of food and camaraderie you listen to stories of what motivates people to ride the MS 150. You listen to stories about someone's wife, brother or best friend who woke up blind one day, or slowly succumbed to this disease and you realize it is no longer just about you, but about helping others, about doing something good for a bigger community.

The MS150 is a great way to accomplish something personal while being part of something bigger. Come ride with the CLAMS, we come in all varieties and test us out. We have a lot of heart to share with anyone who wants to achieve a personal goal and raise some money to help solve a medical problem. Like a big family we are there to push you, to encourage you and to work together to raise money to beat down Multiple Sclerosis.

If anyone is interested in joining the team, 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.

The CLAMS are sponsoring a fundraiser on March 17th at California Pizza Kitchen at Towne Center, Virginia Beach. Join us for a fun evening and good food, please print a flyer from our website, and give it to your server and a 20% donation will be made to the NMSS. www.cycling-legs-against-ms.org

Joe and Polly Frease
Co-Captains CLAMS



March Touring Schedule

Saturday, March 5th

B & C Pace 9:00am 36 Miles Portsmouth
"Tour de Golf" Courses ride. Two stops. Safe, supportive, social & scenic long distance training ride. Official 10 week training plan begins to prepare all cyclists for the upcoming 2011 Tour de Cure, Knots Island, Bike MS 150, Coast Guard City Century and other long distance event rides. SAG support.
From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 757-672-1359 or teamports-mouth@cox.net

Sunday, March 6th

B/C pace&Tandem 2:00pm 18 Miles Portsmouth
Join John for our "Tour de Tandem" ride through Historical Portsmouth Waterfront (singles welcome too)! This will be a fun, easy-paced ride with a nice stop mid-way along the waterfront!
From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 757-672-1359 or teamports-mouth@cox.net

Saturday, March 12th

B Pace 8:00am 50 miles Suffolk
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, 757-403-5914 or blueridgecyclist@cox.net

C Pace 9:00 am 40 miles Chesapeake
La Te Da bike ride. We'll bike about 40 miles with a snack stop mid-way and then return for High Tea at La Te Da Tea Room (actually they have pizza too). Make sure to call so we can tell them how many are coming. Raining? Meet for tea anyway! Park near the Tea Room where the ride will start.
From: Edinburgh Commons Shopping Center, Carmichael Way
Leader: Fran Adams: 757-467-2775, C- 757-287-6593

B & C Pace 9:00am 40 Miles Portsmouth
"Tour de Harbor View & Craney Island" ride. Two stops. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming 2011 Tour de Cure, Knots Island, Bike MS 150, Coast Guard City Century and other long distance event rides. SAG support.
From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 757-672-1359 or teamports-mouth@cox.net

Sunday, March 13th

B/C pace & Tandems 2:00pm 22-25 Miles Port.
"Tour de City Park". One stop. Tandems welcome! Bring a friend out for one of the nicest rides in Portsmouth. All rides are designed to prepare cyclists for upcoming 2011 long distance rides. One stop mid-way with SAG support.
From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 757-672-1359 or teamports-mouth@cox.net

Saturday, March 19th

B & C Pace 9:00am 45 Miles Portsmouth
"Tour de Harbor View and Bide-a-Wee" ride. Two stops. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming 2011 Tour de Cure, Knots Island, Bike MS 150, Coast Guard City Century and other long distance event rides. Several sprints will challenge faster riders! SAG support and cue sheets.
From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 757-672-1359 or teamports-mouth@cox.net

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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

Great Bridge Cyclery

1429 Fentress Road
Chesapeake, VA
482-5149

March Touring Schedule

Continued from Page 4

Saturday, March 19th

B/C Pace 10:00am 35 Miles Va. Beach
Join the CLAMS for a Saturday training ride from Fat Frogs parking lot in Red Mill Commons Shopping Ctr and ride through the countryside and back. Cue sheets will be 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: Red Mill Commons Shopping Ctr (across from Wendy's parking lot).

Leaders: Joe and Polly Frease, 757-481-9474, cell 757-620-3829, e: pfrease@cox.net

Sunday, March 20th

B & C Pace 2:00pm 36 miles Portsmouth
"Tour de Golf Courses". Two stops. One of the nicest rides in Portsmouth. All Portsmouth rides are designed to prepare cyclists for upcoming 2011 long distance rides. One stop mid-way with SAG support.

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

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

Saturday, March 26th

B & C Pace 8:00am 50 miles Portsmouth
"Tour de Portsmouth & Suffolk". Three stops. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming 2011 Tour de Cure, 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, 757-672-1359 or teamportsmouth@cox.net

B Pace 8:00am 55 miles Williamsburg
Bike the "Old 55-mile Williamsburg Road Race Course", a scenic route with little traffic and a few rolling hills. Lunch afterwards at Pierce's BBQ in Williamsburg is optional. Cue sheets and maps provided. Call or email for more information, a cue sheet, or directions.

From: Meet at Waller Mill Park in Williamsburg

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

Sunday, March 27th

B & C Pace 1:30pm 38 miles Portsmouth
"Tour de Harbor View". One stop. 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, 757-672-1359 or teamportsmouth@cox.net

B/C Pace 12:00 pm 34 miles Chesapeake
You do not have to be a CLAM to join us for a late March Sunday ride. We will start riding from the parking area in front of Fat Frogs at Hanbury Village Shops. If the weather is raining or temperatures below 40 degrees – no ride. Helmets are required and if under 18 years old, you must be accompanied by your parent or responsible adult. Call for information or directions.

From: Hanbury Village Shops, Chesapeake

Leaders: Joe and Polly Frease, (h) 757-481-9474, (cell) 757-620-3829 e: pfrease@cox.net

Saturday, April 2nd

B & C Pace 7:30am 75 miles Sunbury, NC
One of the nicest long distance Tour de Cure training rides in the area! Route available at - www.teamportsmouthusa.com. Tandems welcome! In Edenton we get to enjoy a nice lunch break along the downtown waterfront. Multiple stops with SAG support, cue sheets and the famous "homemade" chocolate brownies this ride is famous for. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Tour de Cure, Knots Island, Bike MS 150, and Coast Guard City Century and other long distance event rides. Cost of event is \$7.50 for non TBA members.

From: Sunbury, NC Downtown Citizens First Bank; 23 miles south of Suffolk off Highway 32.

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

Helmets Required on all TBA Rides!

Seashore Bikes

MATTHEW C. SPINELLI President

Tel/Fax 757-481-5191

2268 Seashore Shoppes

Virginia Beach, Virginia 23451

Loaded Touring

April 22nd-24th

July 30th – August 6th

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)

May 11th-21st

11-day Loaded Tour 600+ miles Blue Ridge Parkway and Skyline Drive

Join me and about 10 other cyclists as we cycle northbound the entire Blue Ridge Parkway and Skyline Drive from Cherokee, NC to Front Royal, VA. We will cycle about 60 miles per day with 6000 ft of vertical climbs. The Blue Ridge Parkway is a cyclist's paradise with stunning views, beautiful wildlife, and little traffic, but plan on difficult climbing all day long for each day of the trip! This is a loaded tour with no SAG support provided or allowed. Each cyclist will carry camping gear, tools, food, and clothing. We will camp almost every night in state parks or private campgrounds. I have a PowerPoint presentation at faculty.tcc.edu/PGordy/BRP2011.ppt with a detailed daily schedule, maps, cue sheets, and lots more. Call or email for more information, cue sheets, or directions.

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

From: Meet at Best Western – Great Smokies Inn in Cherokee, NC on May 10

8-day Loaded Tour 500 miles Adirondack Mountains, NY

Adirondack Park is the largest park in the lower 48 states and is larger than Vermont. Join me and about 10 other cyclists as we cycle a 500-mile loop almost entirely within the borders of the park. We will somewhat closely follow Adventure Cycling's Adirondacks Loop. We will see hundreds of lakes, a dozen or more waterfalls, pristine wilderness, incredible wildlife (including moose), and will enjoy the mild summer temperatures that make this an ideal summer getaway. We will spend almost an entire day in the quaint village of Lake Placid, site of the 1932 and 1980 Olympics. We will cycle about 65 miles per day with perhaps 4000 ft of vertical climbs. This is a loaded tour with no SAG support provided or allowed. Each cyclist will carry camping gear, tools, food, and clothing. We will camp almost every night in state parks or private campgrounds. I have a PowerPoint presentation at faculty.tcc.edu/PGordy/Adirondacks2011.ppt with a detailed daily schedule, maps, cue sheets, and lots more. Call or email for more information, cue sheets, or directions.

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

From: Meet at the Comfort Inn near Albany International Airport on July 29

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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JOHN KRIS JOE

Spring Equinox s24o

Celebrate the Equinox and Beginning of Spring with a sub 24-hr, overnight bikepacking trip

You don't need to bring the kitchen sink on a twenty-four hour bike trip, but you could because, hey, it's only twenty-four hours.

Grant Petersen, founder of Rivendell Bicycles, coined the term s24o ("ess two four oh") to describe a camping trip by bicycle that lasts less than twenty-four hours. Somewhere between graduating from college and retirement, it gets a bit harder to schedule a week-long bike tour into the press of life. Never mind trying to synchronize schedules with friends and family.

Enter the s24o: leave one day, pedal to a campsite, set up camp, eat, talk, drink, sleep, pack up, eat, talk, drink and ride home, all within less than twenty-four hours.

Think of it as a mini-tour. If you forget something at home, or something goes wrong, it's no big deal: you're only gone for one night. The homefires will still be burning when you get home, and your email inbox will not explode.

Packing for an s24o doesn't need to take longer than fifteen minutes: a sleeping bag and pad is the bare minimum. A tent, a stove, a toothbrush, a fresh pair of shorts & socks and a flashlight are nice, but not necessary on a one night trip. You'd be surprised how much you don't need. Dinner and breakfast can be packed ahead of time or bought on the road. Travel light, ride faster. You don't need four panniers and a trailer- a bigger handlebar bag could fit everything if

you're a really light packer, and a rear rack will help with a tent.

TBA's inaugural s24o will depart from the Elizabeth River ferry terminal at Waterside in Norfolk on Saturday, March 19th at noon. We'll ride southwest out of suburbia and camp overnight away from the city lights. Be ready to ride sixty miles there and sixty miles back. Bring cash for the ferry toll, camping fee and incidentals.

Email Wes Cheney for more information :
bikesmith@velobamboo.com

Presidents Message

Continued from Page 1

The route can be previewed at <http://www.mapmyride.com/ride/united-states/nc/sunbury/570128551854759762>. Outbound to Edenton is 40 miles with one rest stop, and once we arrive we will enjoy a great lunch and waterfront views. The return route is 34 miles. There will be full SAG support with snacks, gator aid, water and more! The ride will depart from Sunbury which is about 23 miles south of Suffolk on US-32. It is free for TBA members, and \$5 to ride for non-members. Everyone should remember to bring about \$10 for one of the local lunch spots. For more details contact John Maher at vp@tbarides.org.

In May TBA will host our 35th Annual Knotts Island Century on Saturday 5/14/11! 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. Choose from one of three scenic rides: English Century (100 Miles) - The English Century riders will bike 27 miles directly to Currituck, NC and take the 9:00 a.m. ferry to Knotts Island. Upon landing at about 10 a.m., they will bike 75 miles through Virginia Beach and Chesapeake back home to the Wallaceton Ruritan Club.

Metric Century (64 Miles) - The Metric Century riders will bike 37 miles directly to Knott's Island and take the 10:00 a.m. ferry to Currituck North Caro-

lina. Upon landing at about 11:00 a.m. they will bike 27 miles back to Chesapeake through Currituck and Camden counties and home to the Ruritan Club.

Half Metric Century (32 Miles) - The Half Metric Century riders will bike only in Chesapeake going directly to the Dismal Swamp Canal Trail and will not go near Battlefield Blvd.

Planning is still underway for this epic event and more details will follow!

Oh by the way, remember to check out our 2011 Ride Calendar. It is a concise one-stop place to find out what TBA will be up to this year.

Keep on Riding!
Steve

Weekly Repeat Rides

* *Designates Shop Ride*

Monday

*** A Pace 6:00pm 25 to 30-Miles Norfolk**

Join Wes Cheney for a nice ride through Norfolk on Mondays beginning and returning to East Coast Bicycles. Come ride with us out to Ocean View over towards the airport for around 25-30 miles. Sometimes after the ride we eat at a local Ghent restaurant. Everyone is on mountain bikes EXPERIENCED RIDERS ONLY PLEASE and FRONT and REAR LIGHTS ARE REQUIRED TO RIDE

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

Leader: Wes Cheney 757-622-0446

Tuesday

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

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

From: Fat Frogs Bike and Fitness Virginia Beach

Leader: Joe Vizi, Shop 757-427-9488

C Pace 8:30am 30 to 60 Miles Chuckatuck

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

From: Oakland Christian Church

Leaders: Hal Heafner 484-2501

Wednesday

*** C Pace 7:30am 31-Miles Va. Beach**

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

From: Fat Frogs Bike and Fitness Virginia Beach

Leader: Joe Vizi, Shop 757-427-9488

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

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

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

Leader: Varies, (757)410-4930

B Pace 9:00am 50-60 Miles Chesapeake

Join me for a wonderful ride on the Great Dismal Swamp Canal Trail and the quiet country roads throughout rural Chesapeake. Bring a tube, some cash, extra water, and a smile. No Rain Rides. Call to Confirm

From: Dismal Swamp Canal Trail, North Parking

Leader: Sharon Castle @ 757-819-3978

C Pace 9:00 am 25-35 miles Chesapeake

YES (Youthful Energetic Seniors) bike ride. Recently retired? Want to get back on your bike? Meet at the North parking lot of the Dismal Swamp Trail. Mileage and restaurant stop to be determined by the weather and group. Bring snacks and water and be prepared to see wildlife. No Rain Rides

From: Dismal Swamp Canal Trail (the old Route 17)

Leaders: Anthony Cuci 747-482-5702, Becky Walters 757-424-4692, Fran Adams 757-467-2775

A Pace 4:00pm 20-35 Miles Chesapeake

Join us for the TBA greenhouse ride (Since 1967). This is an A paced, pace-line, training ride through southern Chesapeake. Call for information.

From: 946 Shillelagh Road.

Leader: Gerald 757-547-7188

B Pace 5:00pm 20 miles Portsmouth

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

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

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

Brad2723@gmail.com

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Helmets Required on all TBA Rides!

Notes to all Ride Leaders and Riders

1. All proposed A, B, C, and D pace rides will be scheduled through the Touring VP by submitting an e-mail to touring@tbarides.org Ride information needs to be submitted by the 9th of the month prior to the month of the ride! Contact Jeff Hathaway at editor@tbarides.org or 757-572-1486 with any questions.

2. All ride leaders must be TBA members.

3. Ride pace classifications are a ride's planned physical effort, not overall average speed.

4. If the ride's weather is in doubt, call the leader before you go. He/she may have cancelled.

5. Leaders: a Ride Roster will be completed by the ride leader on all scheduled TBA rides. Be sure all guest riders sign the assumption of risk.

6. A responsible adult must accompany members who ride under the age of 18.

7. Helmets are required on ALL TBA Rides!

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



Michael I. Ashe

713-19th Street • Suite 101 • Virginia Beach, VA 23451
(757) 422-1278 • Home: (757) 425-5307 • Fax: (757) 422-6311
Email: Ashe@LawyerVirginia.com Web: www.LawyerVirginia.com

Weekly Repeat Rides

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Thursday

*** B Pace 7:30am 31-Miles Va. Beach**

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

From: Fat Frogs Bike and Fitness Virginia Beach

Leader: Joe Vizi, Shop 757-427-9488

C Pace 8:30am 30 to 60 Miles Chuckatuck

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

From: Oakland Christian Church

Leaders: Hal Heafner 757-484-2501

B-/B+ Pace 5:30pm 20 Miles Chesapeake
Starting March 17th

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

Leaders: Mike Rogers, mikerogers53@cox.net or call 757-650-9767 and Rob Anderson, bobeche2003@yahoo.com or call 757-646-0246

Friday

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

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

From: Fat Frogs Bike and Fitness Virginia Beach

Leader: Matt Keane, Shop 757-427-9488

Saturday

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

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

From: Fat Frogs Bike and Fitness Virginia Beach

Leader: Matt Keane Shop 757-427-9488

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

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

From: Fat Frogs Bike and Fitness Virginia Beach

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

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

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

From: Fat Frogs Bike & Fitness Chesapeake

Leader: Taylor Doyle, (757) 410-4930

Saturday

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

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

From: Fat Frogs Bike & Fitness Chesapeake

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

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

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

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

Leader: Michael Shipp 757-622-0446

A Pace 8:00am 35 miles Portsmouth

19 to 21 mph pace out to the Olde TCC campus and Harborview Suffolk area with a warm up and cool down pace leaving and returning to downtown Portsmouth. One of the nicest long distance Tour de Portsmouth training rides with a rest stop at Starbucks. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming 2011 races. SAG support.

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

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

C Pace 8:30am 30 to 60 Miles Chuckatuck

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

From: Oakland Christian Church

Leaders: Hal Heafner 757-484-2501

A Pace 9:30am Varies Chesapeake

Greenhouse Ride. No stops, pace line ride. Distance will depend on the weather. Call Gerald to verify time.

From: Teeuwen Greenhouse, Shillelagh Road

Leader: Gerald Teeuwen, 757-377-1135

Continued on Page 10



SCAT BIKES
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Portsmouth, VA 23703 (757) 483-2818

Weekly Repeat Rides

Continued from Page 9

Sunday

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

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

From: Fat Frogs Bike and Fitness Virginia Beach

Leaders: A.J. Sanders , Shop 757-427-9488

* A Pace 7:30am 21 Miles Chesapeake

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

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

Leader: Taylor Doyle, (757) 410-4930

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

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

From: Fat Frogs Bike & Fitness Chesapeake

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

* A Pace 8:00am 45 to 50 Miles Portsmouth

Join Scat's Sunday Riders for a fast 20+ mph ride every Sunday through Smithfield and Chuckatuck and back. This route is very safe with little traffic and only a few stoplights.

From: Scat Bikes

Leaders: Brian Mowry at 757-483-2818 or 757-274-7026

D Pace 2:00pm 14-18 miles Portsmouth

Join John & Team Portsmouth for a great "MAX RELAX" beginner's ride through Historical Portsmouth Waterfront! This will be a fun, easy-paced ride. Slow as the slowest rider!

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

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

Helmets Required on all TBA Rides!



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Chesapeake, Va 23322
www.ffcbikes.com

Tel: (757) 410-4930
Fax: (757) 410-4935
Email: ibike@ffcbikes.com

2011 TBA Calendar

March 5th Chili Ride

March 16th General Membership Meeting

April 16th Tour de Cure

May Knotts Island Century

May General Membership Meeting

June 4th & 5th MS 150

July General Membership Meeting

July 4th of July Picnic and Ride

August Coast Guard City Century

August 20th & 21st Livestrong Challenge Philly

September General Membership Meeting

November Elections at General Membership Meeting

November Fall Festival Ride/Picnic

December TBA Christmas Party

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Norfolk Va. 23517	Norfolk Va. 23503

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Conte's of Virginia Beach - Hilltop

1805 Laskin Road	Phone: 757.491.1900
Virginia Beach, VA 23454	Fax: 757.491.4085
contebikes.com/goto/VABHilltop	VAB.Hilltop@contebikes.com

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>1st Quarter (July – September) <input type="radio"/> Individual (\$25.00) <input type="radio"/> Family (\$30.00)</p>	<p>2nd Quarter (October – December) <input type="radio"/> Individual (\$18.75) <input type="radio"/> Family (\$22.50)</p>
<p>3rd Quarter (January - March) <input type="radio"/> Individual (\$12.50) <input type="radio"/> Family (\$15.00)</p>	<p>4th Quarter (April - June) <input type="radio"/> Individual (\$12.50) <input type="radio"/> Family (\$15.00)</p>

Shaded areas are mandatory

<input type="radio"/> New Membership		<input type="radio"/> 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="radio"/> Yes	<input type="radio"/> No
Phone Number			
Newsletter Preference			
<input type="radio"/> U.S. Mail		<input type="radio"/> E-mail	
		<input type="radio"/> Both	
E-mail Address			

For Family Memberships Only - Please provide names of Family Members

I would be willing to help with:	Ride Pace Preference:	Ride Type:
Leading Rides	D Pace (<13 mph)	Recreational
Race Events	C Pace (13-15 mph)	Touring
SAG	B Pace (16-18 mph)	Racing
Parties	A Pace (19+ mph)	Mountain/Trail
Community Events		

Note: Persons riding under the age of 18 must be accompanied by a responsible adult. This statement must be signed by the participant or, if the participant is under the age of 18, by the participant's parent.

ALL RIDERS MUST SIGN ASSUMPTION OF RISK FORM

In consideration of the Tidewater Bicycle Association (TBA) accepting my membership application, I realize there are certain dangers inherent in the sport of bicycling, and I assume these risks with full understanding that serious injuries, even death, may result from participation in TBA sponsored events. I certify that my bicycle is suitable for safe use, and that I am in good physical condition. I agree to wear an ANSI or SNELL approved helmet and to obey all traffic laws at all times during TBA sponsored events. I have read this assumption of risk and fully understand its terms.

Signature

Send Application and Payment to:

Date

TBA
 PO Box 12254
 Norfolk, VA. 23541



For Sale

TBA MEMBER'S CLASSIFIED

Guidelines for Classifieds

- 1. Must be a TBA member to place a classified.
- 2. Classified Advertisements will run for **three months**. After three months you may call the editor to renew or change your add for three more months.
- 3. Classifieds may be submitted by E-mail to the Editor.

Fixie for Sale: Cycle Genius Falcon LX Recumbent. Long wheelbase low pedal position. Has windshield, handlebar bag, seat bag, rear pannier rack, Terra Cycle Tail Sock, Garmin GPS w/ heart rate monitor, Disc brakes, terra cycle idler pulley, 2 bottle cages, look geo pedals, planet bike fenders, blinky light. Mint condition. \$1800. Over \$2500 invested. Please call Mark Gutekunst at 757-286-9363. 10-10

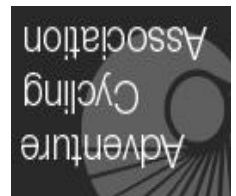
BikeBeat

On the Southside:
 Hilltop North Center 1624 Laskin Rd. #760 757-491-6151
New Location in Chesapeake Coming Soon: Edinburgh Commons
 200 Carmichael Way #608
www.bikebeatonline.com

Bike Box Rental

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

Or Current Resident



Post Office Box 12254
Norfolk, VA 23541

Tidewater Bicycle Association

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