



The Spokin Word

Volume 50 Issue 2

March 2012

NIMMO TO SANDBRIDGE TRAIL A STEP CLOSER

Virginia Beach City recently received a \$449,000 grant for design work under what is officially billed as the Back Bay NWR Alternative Transportation Study. The funds will be used to evaluate alternative solutions and transportation modes to bring visitors to Back Bay National Wildlife refuge.

Part of the initiative includes taking an in-depth look at the feasibility of constructing the Nimmo to Sandbridge Trail. Paralleling Sandbridge Rd, the proposed trail would connect Sandbridge with the Lago Mar area of the city. In addition to providing access to part of the refuge, the trail would provide an off-road alternative route to Sandbridge.

The level of community support in both Lago Mar and Sandbridge for the trail is noteworthy in itself. Thanks to the efforts of trail advocates John Carvalho and Don Young and other residents this project truly is a community driven initiative.

According to the city's announcement, completion of this detailed study will improve the chances for securing construction funding.

REVISED BY-LAWS

As TBA has developed over the past 36 years, it has become apparent that the original Constitution and By-Laws that were drafted by the founding members needed to be restated into one complete By-Laws document. The TBA board started discussions last year that have carried over to this year's board, and a newly restated set of By-Laws will be placed before the members for adoption at the March 21 meeting.

The proposed revised By-Laws are too large to reprint in their entirety in the newsletter; however, the file was distributed to members via email prior to February 21 and can be found on our website at www.tbarides.org/bylaws. If you did not receive the email or would like to have a copy mailed to you, please contact Debbie at treasurer@tbarides.org. If you have any questions concerning the By-Laws, please contact Bruce Drees, president, at president@tbarides.org or any member of the current executive committee.

TBA CHILI RIDE

Come out for TBA's 2012 **Chili Ride!** For this years event we are returning to East Coast Bikes in Ocean View on **Saturday, March 3rd at 10:15 am**. Routes of varying distances and paces will be available. The ride is free and chili costs are \$5 pp. For more info and a map to the start location see the event notice at tbarides.org.

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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.

PRESIDENT'S CORNER

Governance and Event Planning

To begin, I'd like to let everyone know that a proposed bylaws revision has been approved by the board for consideration by the membership. We will be asking our members to vote on the revision at our March 21st general membership meeting.

The proposed change is primarily a makeover to bring our bylaws up to date with contemporary non-profit management as well as better align the club with the interests of our members. You can find a copy of the revision at www.tbarides.org/bylaws.

On the advocacy front there are so many good things going on right now that we could double the size of our newsletter trying to cover them all. These include bike racks and lanes in Portsmouth, extensions and improvements for the Dismal Swamp Canal Trail in Chesapeake, bike lanes in Norfolk and Virginia Beach, and construction of a 1 mile segment of the Suffolk Seaboard Coastline Trail is nearing realization. In this regard I'd also like to welcome Dan Koach as our new advocacy chair, and wish him many years of very successful work!

Ride safely,

Bruce

TIDEWATER BICYCLE ASSOCIATION

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

www.tbarides.org

Affiliations:

Virginia Bicycling Federation
League of American Bicyclists
Adventure Cycling Association

MARCH GENERAL MEMBERSHIP MEETING

TBA's next meeting will be held on Wednesday, **March 21, 2012** at the Virginia Beach Central Library.

Come at 6:30 to socialize; the meeting starts at 7:00 pm.

Our program will feature a spring

2012 TBA Calendar

March 3 Chili Ride

March 21 General Membership Meeting

April 21 Tour de Cure

May 12 Knotts Island Century

May 9 General Membership Meeting

June 2 & 3 MS 150 Cape Charles

July 4th of July Picnic and Ride

July 11 General Membership Meeting

September 12 General Membership Meeting

November 14 General Membership Meeting and annual election for board of directors

November TBD Fall Festival Ride/Picnic

December TBD Christmas Party

VOLUNTEER OPENINGS

TBA currently needs volunteers for:

- newsletter editor (approx. 6-8 hrs/month)
- membership committee chair (approx. 2 hrs/month)
- Knotts Island Century event committee

For more information contact Bruce membership@tbarides.org or call 757.647.3987

JOIN TBA

To join TBA as a new member, or to renew your existing membership, simply visit 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. **Join today— every voice counts!**

Registration is:

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

Traffic Skills clinic. You get your bike tuned up, how about a refresher for your mind? Join us for an informative lesson led by a League of American Bicyclists cycling instructor (LCI).

Guests welcome.

March Touring Schedule

(Helmets are required for all advertised rides)

Saturday, March 3rd

B, C Pace 9:00 am 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 2012 Tour de Cure, Knots Island, Bike MS 150, Coast Guard City Century and other long distance event rides.

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

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

Sunday, March 4th

B, C, D Pace 2:00 pm 22 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, 672-1359 teamportsmouth@cox.net

B, C Pace 1:30 pm 32 miles Va Beach
TBA Charity Team Training - Open to all. Get ready for the MS150, Tour de Cure and other great events.

From: Virginia Beach Municipal Center (use jail parking)

Leader: Sam Gillette, sam.gillette@cox.net

Saturday, March 10th

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

B, C Pace 9:00 am 40 Miles Portsmouth
"Tour de Harbor View & Craney Island" ride. Two stops.

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

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

Sunday, March 11th

B, C Pace 1:30 pm 42 miles Chesapeake
TBA Charity Team Training - Open to all. Get ready for the MS150, Tour de Cure and other great events.

From: Fat Frog's Chesapeake

Leader: Sam Gillette, sam.gillette@cox.net

B, C, D Pace 2:00 pm 22-25 Miles Portsmouth
"Tour de City Park". One stop. Tandems welcome! Bring a friend out for one of the nicest rides in Portsmouth. One stop mid-way with SAG support.

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

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

Saturday, March 17th

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

B, C Pace 9:00 am 45 Miles Portsmouth
"Tour de Harbor View and Bide-a-Wee" ride. Two stops. Several sprints will challenge faster riders! SAG support and cue sheets.

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

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

Sunday, March 18

B Pace 7:30am 45-55 miles VB/Norfolk
Kempsville-Norfolk-Kempsville. A great urban route for a Sunday morning! Ride takes us to downtown Norfolk where we will meet up with Norfolk riders at Starbucks on Colley Ave. Will depart Starbucks at 8:30. Then to the Naval Base (Photo ID required), Ocean View, Airport Loop and return to Kempsville. Norfolk riders will split off and return to Norfolk. Several stops (snacks and H2O) and regroupings. No drops!

From: Meet at H&H Engraving, 5241 Challedon Dr. VA

(Continued on page 4)

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

March Touring Schedule

Continued from Page 3

Beach 23462. Cul-de-sac behind Food Lion in the Kempsville Plaza Shopping Center (Near TACO Ride meet-up site).

Leader: Barry Stiffler 757-619-1318
blstiffler@verizon.net

B, C Pace 1:30 pm 52 miles Va Beach
TBA Charity Team Training - Open to all. Get ready for the MS150, Tour de Cure and other great events.

From: Red Mill Commons

Leader: Sam Gillette, sam.gillette@cox.net

B, C, D Paces 2:00 pm 36 miles Portsmouth
"Tour de Golf Courses". Two stops. One of the nicest rides in Portsmouth. One stop mid-way.

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

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

Saturday, March 24th

B, C Pace 1:30 pm 28 miles Chesapeake
TBA Charity Team Training - Open to all. Get ready for the MS150, Tour de Cure and other great events.

From: Bike Beat, Edinburgh Commons North (168 Bypass, Hillcrest exit)

Leader: Sam Gillette, sam.gillette@cox.net

B, C Pace 8:00 am 50 miles Smithfield
"Tour de Smithfield". Three stops. Of our favorite out of town rides leaving from Smith Station. Several sprints will challenge faster riders! Smithfield Lunch after ride. YUM!

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

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

Sunday, March 25th

B Pace 7:30am 45-55 miles VB/Norfolk
Kempsville-Norfolk-Kempsville. A great urban route for a Sunday morning! Ride takes us to downtown Norfolk where we will meet up with Norfolk riders at Starbucks on Colley Ave. Will depart Starbucks at 8:30. Then to the Naval Base (Photo ID required), Ocean View, Airport Loop and return to Kempsville. Norfolk riders will split off and return to Norfolk. Several stops (snacks and H2O) and regroupings. No drops!

From: Meet at H&H Engraving, 5241 Challedon Dr. VA Beach 23462. Cul-de-sac behind Food Lion in the Kempsville Plaza Shopping Center (Near TACO Ride meet-up site).

Leader: Barry Stiffler 757-619-1318
blstiffler@verizon.net

B, C Pace 1:30 pm 33 miles Chesapeake
TBA Charity Team Training - Open to all. Get ready for the MS150, Tour de Cure and other great events.

From: Fat Frog's Chesapeake

Leader: Sam Gillette, sam.gillette@cox.net

B, C, D Paces 1:30 pm 38 miles Portsmouth
"Tour de Harbor View". One stop. Two great paces through Historical Portsmouth & Suffolk Waterfront! Several sprints will challenge faster riders!

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

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

Saturday, March 31st

B Pace 8:15am 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.

From: Meet at Waller Mill Park in Williamsburg (\$2 parking fee - gate to park opens at 8am)

Leader: Paul Gordy blueridg cyclist@gmail.com

B, C Pace 8:00 am 63 miles Portsmouth
"Tour de Team Portsmouth Metric". Four stops. Several sprints will challenge faster riders! Brunch stop after ride.

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

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



NOTES TO ALL RIDE LEADERS AND RIDERS

1. All proposed 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!
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, contact 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!

Submit changes to:
touring@tbarides.org

March Repeat Rides
(Helmets are required for all advertised rides)

Day	Time	Miles	Pace	From	Comment
Mon	7:30 am	21	B, C	Fat Frogs Bike and Fitness Va Beach	Contact: 427-9488
Mon	5:30 pm	30+	A++	East Coast Bicycles (Ghent) Norfolk	Contact: 622-0446
Tue	7:15 am	20-25	A++	Conte's Bicycles and Fitness Va Beach	Contact: 491-1900
Tue	7:30 am	21	A	Fat Frogs Bike and Fitness Va Beach	Contact: 427-9488
Tue	8:00 am	20-25	A, B	Conte's Bicycles and Fitness Va Beach	Contact: 491-1900
Tue	9:00 am	50	B, C	Oakland Christian Church, Chuckatuck	TBA ride with the Chuckatuck Chainring. Meet in church parking lot, US Rt 10 & Cty Rt 603, Chuckatuck. Bring money for lunch/snacks. Contact: Hal Heafner 757-484-2501 or 478-2501
Tue	5:30 pm	25	A	East Coast Bicycles (Ocean View) Norfolk	ID and front and rear lights required for access to Naval Base Norfolk. Contact: 351-2112
Tue	5:45 pm	25-35	A/A+	Great Bridge Cyclery, 1429 Fentress Road, Chesapeake, VA 23322, 482-5149	(Beginning March 13). Good bike-handling skills needed for pace-line riding. Will break into two groups (fast and faster). Contact Kim Aldridge at 615-6106 or Kim@BallanceElectric.com
Tue	6:00 pm	16-20	A	757-482-5149	Contact: 481-5191
Tue	6:30 pm	20	A, B, C	Kempsville Plaza Shopping Ctr Va Beach	(Will start in April) 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+	Fat Frogs Bike and Fitness Chesapeake	Contact: 410-4930
Wed	7:30 am	21	C	Fat Frogs Bike and Fitness Va Beach	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	4:00 pm	20-30	A/B	TBA Greenhouse Ride, Chesapeake	Since 1967. Call for go/no go. Meet at 946 Shillelagh Rd, Chesapeake. Contact: Gerald Teeuwen 377-1135 veloist@aol.com
Thu	7:15 am	20-25	A++	Conte's Bicycles and Fitness Va Beach	Contact: 491-1900
Thu	7:30 am	21	A, B	Fat Frogs Bike and Fitness Va Beach	Contact: 427-9488
Thu	8:00 am	20-25	A, B	Conte's Bicycles and Fitness Va Beach	Contact: 491-1900
Thu	9:00 am	50	B, C	Oakland Christian Church, Chuckatuck	TBA ride with the Chuckatuck Chainring. Meet in church parking lot, US Rt 10 & Cty Rt 603, Chuckatuck. Bring money for lunch/snacks. Contact: Hal Heafner 757-484-2501 or 478-2501
Thu	5:30 pm	25	A	East Coast Bicycles (Ocean View) Norfolk	ID and front and rear lights required for access to Naval Base Norfolk. Contact: 351-2112
Thu	5:45 pm	25-35	A/A+	Great Bridge Cyclery, 1429 Fentress Road, Chesapeake, VA 23322, 482-5149	(Beginning March 15). Good bike-handling skills needed for pace-line riding. Will break into two groups (fast and faster). Contact Kim Aldridge at 615-6106 or Kim@BallanceElectric.com

March Repeat Rides

(Helmets are required for all advertised rides)

Thu	6:00 pm	20	B,C	<u>Fat Frogs Bike and Fitness Chesapeake</u>	(Beginning March 15). Join Mike & Sam for a pleasant ride after work. No drops. Contact Mike Rogers, mikerogers53@cox.net or Sam Gillette, sam.gillette@cox.net
Thu	6:00 pm	16-20	A	<u>Seashore Bike and Fitness Va Beach</u>	Contact: 481-5191
Fri	7:30 am	25	A, B	<u>Bike Beat Va Beach</u>	Contact: 491-6151
Fri	9:00 am	25-39-50	C	<u>Bike Beat Chesapeake</u>	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	<u>Conte's Bicycles and Fitness Va Beach</u>	Contact: 491-1900
Sat	7:30 am	21	C to A+	<u>Fat Frogs Bike and Fitness Chesapeake</u>	Contact: 410-4930
Sat	7:30 am	21	A++, A,	<u>Fat Frogs Bike and Fitness Va Beach</u>	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
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	7:30 am	40	A	Bike Beat Chesapeake	Contact: 424-6151
Sat	8:00 am	25	B, C, D	<u>East Coast Bicycles (Ghent) Norfolk</u>	Contact: 622-0446
Sat	8:00 am	30	A, D	<u>East Coast Bicycles (Ocean View) Norfolk</u>	D paced is family oriented and shorter distance. Contact: 351-2112
Sat	8:00 am	25-30	A	<u>Seashore Bike and Fitness Va Beach</u>	Contact: 481-5191
Sat	8:30 am	20-25	B+ to	<u>Conte's Bicycles and Fitness Va Beach</u>	Contact: 491-1900
Sat	9:00 am	50	B, C	Oakland Christian Church, Chuckatuck	TBA ride with the Chuckatuck Chainring. Meet in church parking lot, US Rt 10 & Cty Rt 603, Chuckatuck. Bring money for lunch/snacks. Contact: Hal Heafner 757-484-2501 or 478-2501
Sat	10:00 am	20-30	A/B	TBA Greenhouse Ride, Chesapeake	Since 1967. Call for go/no go. Meet at 946 Shillelagh Rd, Chesapeake. Contact: Gerald Teeuwen 377-1135 veloist@aol.com
Sun	7:00 am	55	A	<u>Conte's Bicycles and Fitness Va Beach</u>	Contact: 491-1900
Sun	7:30 am	21	C to A+	<u>Fat Frogs Bike and Fitness Chesapeake</u>	Contact: 410-4930
Sun	7:30 am	31	A	<u>Fat Frogs Bike and Fitness Va Beach</u>	Contact: 427-9488
Sun	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
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	<u>Performance Bicycle Va Beach</u>	Contact: 340-0334
Sun	2:00 pm	14-18	D	<u>Cycle Classics Portsmouth</u>	Team Portsmouth beginners ride. Contact: John

SAVE THE DATE FOR KNOTTS ISLAND 2012

TBA's signature event - the **36th Annual Knotts Island Century** - will be held this year on the 2nd Saturday of May, **May 12, 2012**.

The Knotts Island Century is known for a great ride, great food, and great camaraderie. This is a great opportunity for a family ride; for a great MS 150 training ride; to ride with a group, even if you are alone; and for new riders or the very experienced riders. The start location is at Gerties on Ballahack Rd. in Chesapeake.

Watch the TBA website for more information and for on-line registration - www.tbarides.org.

Contact Bruce Drees at knottsisland@tbarides.org for any questions and especially if you would like to volunteer.

Join us for an English Century, Metric Century or a Half-Metric ride. English and Metric riders get to ride the ferry across the Currituck Sound. We look forward to seeing you.

TBA Officers and Committee Chairs

President	Bruce Drees	president@tbarides.org
Vice President	Sam Gillette	vp@tbarides.org
Secretary	Cindy Meier	secretary@tbarides.org
Treasurer	Debbie Drees	treasurer@tbarides.org
Touring VP	Paul Gordy	touring@tbarides.org
Member at Large	Joe Frease	jrfrease@cox.net
Member at Large	Suzzann Magner	
Racing VP	Christina Teuwen	racing@tbarides.org
Tandem VP	Vacant	tandem@tbarides.org
Editor	Vacant	editor@tbarides.org
Past President	Steve Zeligman	pastpresident@tbarides.org
Publicity	Fran Adams	publicity@tbarides.org
Advocacy	Dan Koach	advocacy@tbarides.org
Knotts Island	Bruce Drees	knottsisland@tbarides.org
Business Liaison	Nancy Servais-Ford	
Membership	Vacant	membership@tbarides.org
Tour de Cure	Mike Rogers	teamtba@tbarides.org
TBA CLAMS	Joe & Polly Frease	tbaCLAMS@tbarides.org

TBA Board Meetings

TBA Board Meetings are open to all current members of TBA. If you would like to address the Board on a topic please send your request in writing to Bruce Drees president@tbarides.org. You can contact any board member to learn the date, time, and location of the next scheduled board meeting.

Business Members



Fat Frogs Chesapeake
237 Hanbury Rd East
www.ffcbikes.com
(757)410-4930

For Sale

Three wheel recumbent "Cat Expedition" for sale. Has less than 150 miles. Bought after hip operation and did enjoy it. Most comfortable ride I've ever had. However, I like touring fully loaded and this trike is too wide on the highway.

According to Bobby it's the best of the three wheelers. See bicycle section on Craig's List for photo.

Price with special rack included is \$2,500.

Fred Adams at 467-2775

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



TBA CHARITY TEAMS



Calling all CLAMS – Get your bikes out of storage, clean those chains, come on out to our training rides to get some seat time before the 1st weekend in June. Some hearty souls have been riding all winter thanks to Sam, Mike, & Bruce who have lead the charity rides throughout the past months. Check the TBA website for dates, place and times.

We have our annual fund raiser at Chick’s Oyster Bar coming up on May 3rd. We will be passing out save the date cards this month for you to give to friends and family. We want to make this year’s event the biggest and

best ever, but will need everyone’s help! So mark your calendar for May 3rd and bring as many people as you can to enjoy a great seafood meal.

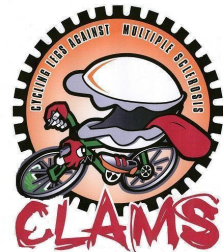
Finally, thanks to all who have responded when we have asked for help in so many ways. There are so many people who benefit from your enthusiasm to help stamp out this dreadful disease called Multiple Sclerosis.

If you would like information on how to become a member of this fabulous Team call Polly or Joe Frease at 481-9474, cell: 619-4272 or e-mail pfrease@cox.net.

Ride fast, ride strong, ride safe so that others may walk.

Joe and Polly Frease

Co-captains



OR CURRENT RESIDENT

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

