

# The Spokin Word



Volume 47 Issue 3

[www.tbarides.org](http://www.tbarides.org)

April 2009

## UPCOMING EVENTS

**General Membership Meeting**

**Wednesday**

May 13th, 2009

**Location:**

**Greenbrier Library**

Starting at 7:00 pm Come at 6:30 pm to socialize

May Spokin Word

Deadline April 10th

## Presidents Message

*As I was drafting my message to the club this month, I received a copy of an article submission that reminded me why I joined TBA. My reason was simple: I wanted to safely ride my bicycle. In his submission, Bruce Drees managed to fully capture my feelings regarding how little support we cyclists receive from our elected officials and how little they truly understand our needs. I absolutely agree when Bruce implies there are times it appears that most of our local government officials appear to be "quite willing to trade our lives for a few extra blades of grass".*

*Here is Bruce's article:*

### Time for a New Advocacy Strategy?

In any long term initiative, one needs to occasionally reassess whether progress is being made or lost, and whether the strategy chosen remains valid.

Cyclists in Virginia Beach are at such a juncture. We should ask ourselves, after nearly three decades of advocacy are we any better off today than when we started?

Look around and you can see plenty of side paths and wide sidewalks along the principal arterials. But there are no on-road facilities such as bike lanes, wide curb lanes and only a few shoulders. Why are these noticeably absent, when they have been shown to be far more suitable for biking in urban settings?

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## 33rd Annual Knotts Island Century

**Saturday, May 16, 2009**

**It's Almost Here!!!!**

**Are you Ready?**

The Tidewater Bicycle Association will be hosting its 33<sup>rd</sup> Annual Knotts Island Century rides on Saturday, May 16, 2009. No changes have been made in the routes or prices from last year. Both the English Century and Metric Century riders will get to ride the Currituck Sound Ferry. What an adventure and also a chance to rest up for the remainder of your route. Ferry capacity is limited to 140 cyclists per ferry. So, sign up now to ride either on-line or by hard copy mail. If you are unable to ride and would like to volunteer, contact Cindy. Volunteers get a t-shirt and the after ride meal. We never have enough volunteers and appreciate your support. For more information contact Cindy Meier (757) 467-2979 or [cameier17@verizon.net](mailto:cameier17@verizon.net). Jean Sleeman will handle all the pre-event registration - online and by mail. Online registration: [www.tbarides.org](http://www.tbarides.org).

## The TBA Officers & Staff

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### Member at Large

Vacant

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Vacant

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### Publicity/Advertising

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### Bike Shop Liaison

Buddy Lovich  
[clovich@cox.net](mailto:clovich@cox.net)

## Membership Info

Just a reminder, if you move please call, e-mail or snail mail Michael Sleeman with your change of address. The newsletter is mailed 3rd class and will not be forwarded to your new address.

## TBA Board Meetings

The 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 Steve Zeligman [president@tbarides.org](mailto:president@tbarides.org). You can contact any board member to learn the date, time, and location of the next scheduled board meeting.

## Memberships Expiring on May 1st

Albe Rodenas  
 Alexander DePalo  
 Arthur Hitch  
 Barley Family  
 Belke Family  
 Bishop Family  
 Bob Borlase  
 Bob Rodd  
 Carrie Weston  
 Cees Van de Mortel  
 Charles Staples  
 Charles White  
 Christine Ehlers  
 Conrad Family  
 David Simonelli  
 Dianna Pickett  
 Donna Vogel  
 Drill Family  
 Gary Archibald  
 Gene Bachman  
 Harold Heafner  
 Iris Welsch

John Maher  
 Karen Shiley  
 Lawrence Brett  
 Mark Gutekunst  
 Mark Woolery  
 Mary Beth Litrico  
 Mary Craig  
 Mike Prendergast  
 Musgrove Family  
 Nicholls Family  
 Raymond Leach  
 Richard Jackson  
 Roberts Family  
 Rogge Family  
 Sam Brittingham  
 Steven Shils  
 Stuart Sutton  
 Sullivan Family  
 Susan White  
 Taylor Family  
 Wayne Matchett  
 Willis Stephenson

## Welcome Back

Adams Family  
 Amelia Sanchez  
 Amy Fitchett  
 Angela Antoine  
 Austin King  
 Barry Stiffler  
 Bob Marquart  
 Broadwell Family  
 Carolyn Edwards  
 Charles Cockrell  
 Claire Ricewasser  
 Clifford Hicock  
 Coleman Family  
 Debbie Melton  
 Donald Musacchio  
 Earl Fitchett  
 Eric Brown  
 Eric Brown

Evan Fitchett  
 Hannah Fitchett  
 Hodges Family  
 James Camic  
 Jane Hoffman  
 Jim Mullen  
 Joe Polasko  
 John Fisher  
 Kathryn Whitlock  
 Mike Duignan  
 Ned Kuhns  
 Nick Michaels  
 Park Family  
 Patsy Michaels  
 rick davison  
 Warren Family  
 William Edelstein

## 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.

## 2009 Tour de Cure

**The mission of the American Diabetes Association** is to prevent and cure diabetes and to improve the lives of all people affected by diabetes. Approximately 175,000 people in Hampton Roads have this disease. You ask as cyclists, how can you help? Join in and ride in the 2009 **Tour de Cure**. On Saturday April 18<sup>th</sup> hundreds of cyclists will gather at Hickory High School in Chesapeake to do just that "Ride in the fight against diabetes". Team Tidewater Bicycle Association currently has 34 team members and continues to grow. We need you! Please join your team for a ride that will not only enrich your life, but will enhance the lives of those living with diabetes. If unable to ride please consider supporting one of your team mates or volunteer during the event. The tour offers a 100, 65, 30, and 10 mile family ride. This year's event will feature new routes, health & wellness village, activities after the ride, and great food by Carrabas. All routes will begin and finish at Hickory High School for a tour event celebration. Go to [www.diabetes.org/tour](http://www.diabetes.org/tour) for more information and registration on the Tour de Cure. Contact Mike Rogers at [mikerogers53@cox.net](mailto:mikerogers53@cox.net) or call 650-9767 for more information.

## TEAM MS 150 CLAMS

New to the team this month, please welcome Deana Zediker and Chris Hummel.

Our returning CLAMS are and they could use your support in our fight against MS: Roger Armstrong, Donna Civitello, Anthony Cuci, Jane Donnell, Bruce and Debbie Drees, Joe, Polly and Joey Frease, Peggy and Sam Gillette, Paul Gordy, Angela and Jeff Hathaway, Larry Hibbert, Nick Hirsch, Deborah Hoke, John Horn, Jeff Lewis, Mark and Sue Madeyski, Suzann Magner, Patsy Michaels, Bill Musgrove, Ben Panch, Don Paske, Mike Rogers, Nancy Ford, Margo and Robert Shanks, Mike and Jean Sleeman, Kathy Spencer, Barry Stiffler, Jay Talman, Becky and Larry Walter and Wayne Wright. Our team is 49 CLAM members strong and is growing larger each day. If you would like to join our group in a fantastic two day ride on Virginia's Eastern Shore in our effort to raise funds for MS, please e-mail Joe or Polly Frease for info at [pfrease@cox.net](mailto:pfrease@cox.net).

This month's submission of Why I ride the MS 150 is from team member Angela Hathaway :

"I started riding the MS 150 in 2003. I thought that it would be a

great opportunity to do something with my fiancé (at the time). He had spoken about this event for years and started riding it himself in 2002. I rode the first year on my mountain bike with slicks and suffered a lot. It was the last year that the ride went to Chowan college. Around the same time, my Aunt was diagnosed with MS. My husband's Aunt had been diagnosed with MS as well. We now had two reasons to ride for MS. As we spent more time with the CLAMS, we found other reasons to ride and support this charity. We started riding to do something good for ourselves and spend time with each other. We are now riding for family and friends that are afflicted with MS. Our hopes are that our fundraising efforts help with research and support programs that will make a difference in the lives of those afflicted with MS. Until then, we follow the motto of the TBA CLAMS, we ride safe, ride strong, ride fast so that others may walk."

MS 150 Team Co-Captains:

Joe and Polly Frease

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## TBA Jersey Drive

Don't miss out on an opportunity to buy our TBA Jersey! Our unique design has features specific to our Tidewater area and proudly displays who we are!

The order is in and the jerseys are on the way. We did order some additional jerseys for "stock" but sizes are limited. If you are interested in purchasing a jersey contact Steve to check size availability. Cost for jerseys is \$70.00. We will start an on-line order form when we have fulfilled our existing orders.

Please send questions to Steve Zeligman at [president@tbarides.org](mailto:president@tbarides.org).

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## Bike Month 2009

The annual Bike Month event is just around the corner. Held yearly during the month of May, Bike Month is a celebration of all things bike. The event provides messages of encouragement and safety for bicycling, through activities such as Bike To Work Day on Friday, May 15<sup>th</sup>. In addition, TBA is arranging for a team of local cyclists to pick up the governor's Bike Month proclamation on May 1<sup>st</sup> and deliver it to our local officials. Also new this year will be club support for Virginia Beach's

Earth Day Celebration, sponsoring bicycling skills and safety classes through the Parks and Rec program, and co-sponsoring a family paced tour of historic homes and churches in the Pembroke and Witchduck areas with the environmental group Lynnhaven Now. Show your support for cycling on Bike To Work Day or at one of the many scheduled event. For more information contact Bruce Drees at [bwd-vb@cox.net](mailto:bwd-vb@cox.net) or visit [www.hamptonroadsbikemonth.com](http://www.hamptonroadsbikemonth.com)

## Presidents Message

*Continued from Page 1*

The best time to add physical bike improvements is during major road expansions. There have been many in the past 30 years, but only a few now remain where we can make any significant progress. Shore Drive, Witchduck Rd, Laskin Rd, Nimmo Pkwy are among the last big projects. Unfortunately the city is committed to continuing with building only "family friendly" side path facilities in these projects, but no on-road.

The side path model would be marginally ok if it were working, but it isn't. If they are so great and so safe, why is it that they don't get much use by families and casual cyclists? The answer is they don't feel safe with all the driveways, intersections and road activity. You can't go more than a mile or two in any direction before crossing another arterial roadway, and even mid-block there is much risk of encountering a turning car. An urban arterial is just not that attractive of a place to ride, so they stick to their neighborhoods and parks.

It takes just a few bike trips as a bike commuter on a side path or wide sidewalk to realize that the safety offered by the physical separation is quickly traded off for a significantly increased risk of getting whacked by turning traffic at every point where a car can cross your path. And where there is a steady stream of right turn on red traffic, don't expect a break just because you are on a bike trying to get across to the side path on the other side.

Our local bike community has asked repeatedly for on-road facilities because they are safer, more efficient ways of integrating bikes with motorized traffic. This is backed up by the design guidelines that are supposed to be used in road projects, and by statistical studies at every level of government.

When we ask for just 2 ft of added lane width for a 14' wide curb lane on certain arterials, the response is either there isn't enough money or the project can't be changed. Yet when a developer comes along and asks for millions in road improvements to support his condo and strip mall project along the same roadway, the city is all over itself trying to work it.

Our proposals to reduce certain side-paths from 10-12 ft down to ordinary sidewalk width (5 ft) in places where little use was expected and to then reallocate the resultant space to on-road biking have been brushed off. Ditto for suggesting reductions in the generous landscaping being put in during most road expansions. It seems the city is quite willing to trade our lives for a few extra blades of grass.

Bicycling has been left out of redevelopment and transportation planning in recent years, and tepidly accommodated only when we show up to press a vigorous case. Consider too the situation for cycling infrastructure. There is no bike parking at Town Center in any of city owned garages or other places. Efforts to convert a couple of spots were rebuffed by the authority running the place in years past.

Going back to my question, is our strategy working? Are VB cyclists out of touch, doing a poor job of selling the program, too few in number, or just victims of indifference at all levels of city leadership? Or are we right where we should be? I want to hear from you. I'll assimilate what I receive and publish a rundown in the next newsletter. You can email me at [bwd-vb@cox.net](mailto:bwd-vb@cox.net).

Bruce

*I encourage anyone who reads this to respond to Bruce with their ideas and support.*

Steve Zeligman, TBA President

## Virginia Beach Earth Day Event

Look for TBA at Virginia Beach's annual Earth Day celebration. Themed "Go Green, Save Green," the event will be held this year on Sunday, May 3<sup>rd</sup> from 11 am to 5 pm. TBA will be there in support of a number of exhibits and activities, including helping to establish temporary "traffic calmed" bike routes into the park, remote Park and Bike parking lots, a bike valet (parking) service, information on bike commuting and bike safety, an interactive bicycle based energy use exhibit, organizing celebrity rides and more. Bicycle in to show your support for cycling and its many benefits for the environment and our community. For more information or to volunteer please contact Bruce Drees at 647-3987 or [bwd-vb@cox.net](mailto:bwd-vb@cox.net).

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## Clean the Bay Day 2009

Many members of TBA will have completed the 2009 MS Bike Tour the weekend of May 30-31, 2009. What will they do for an encore? Why not take a weekend off the bike? Join the TBA's Clean the Bay Day team!

This year, TBA will join the Chesapeake Bay Foundation and volunteer at Clean the Bay Day. In 2008, over 120 tons of garbage was removed from the shores of Hampton Roads most treasured natural resource. Could TBA count on you, the members, to help remove even more this year? More information will be forthcoming; but, Save the Date for June 6, 2009! If interested, please e-mail Angela Hathaway at [angela\\_bunny1@yahoo.com](mailto:angela_bunny1@yahoo.com). For more information, please visit the following website: <http://www.cbf.org>

## 4th Annual CYCLISTS AGAINST CANCER April 26, 2009

At York High School, York County

Join the fight against Cancer by participating in a bike ride through beautiful York County and all profits will be donated to the American Cancer Society.

This event is open to all riders (anyone under 16 must be accompanied by an adult) and all riders must wear a helmet. It doesn't matter how fast you ride or how far - there will be maps and cue sheets for 15-mile, 25-mile and 50-mile routes which include rest stops with refreshments and lunch at the finish.

Check-in and same-day registration open at 8:30 a.m. rides start by 9:00 a.m.

Pre-register by mail - minimum donation \$35.00 Same day registration - minimum donation \$45.00

Please register by April 23, 2009 to help us plan.

Have questions, want to volunteer, make a donation or sponsor this event?

Contact: Elaine Cardwell at [elainecardwell@cox.net](mailto:elainecardwell@cox.net) or (Cell) 871-7544

Download a sign up sheet from the TBA Website

## Lifetime Membership Award Presented to Cindy Meier

Two years ago, the Executive Committee voted unanimously to give a lifetime membership to Cindy Meier for all the work she had done for the TBA over the past years. Unfortunately, the "giving of the Lifetime Membership Plaque" was overlooked, and so it was presented at our March 11<sup>th</sup> general membership meeting.

Cindy received the votes for a lifetime membership as a result of holding various board positions and volunteering for numerous events over the previous 12 years. She has been a member of the TBA since 1995. She has been Secretary of the TBA since 2004, but had attended Board meetings for many years because of her involvement in numerous club activities.

For many years she had volunteered to take registration for almost all holiday rides, almost every special event, and most of our "getaway weekends." This included our Fall Festivals in the Park, the

Chili Rides, July 4<sup>th</sup> rides, Chowan Weekends and Eastern Shore Weekends.

During the past 6 years or so, Cindy has worked with John McKee and Carole Taylor co-chairing the Knotts island event, behind-the-scenes, taking responsibility for pre-registrations, coordinating registrations on site, T-Shirt delivery, being secretary at ALL of our K.I. meetings and keeping records in order.

Cindy has continued her involvement in the TBA, even without having received the plaque she was definitely due. This year, Cindy has taken on the title of Event Manager of the Knotts Island Century Rides and is in the process of working her way through all the details necessary to make the event (the one known as the TBA's "signature ride of the year") happen.

THANK YOU CINDY MEIER FOR ALL YOUR WORK FOR THE TBA!

- Carole Taylor

## Y.E.S Enjoys Community Outing

The Youthful Energetic Seniors (known as YES) enjoyed a fun get-together on Thursday, March 12<sup>th</sup>, at the Lake Drummond Baptist Church on Ballahack Road. We frequently ride by this beautiful, small church on our weekly rides, and occasionally we take advantage of their large parking lot to pull in for a bit of rest. Earlier in the week we noticed on their marquee an invitation to join them for a community breakfast.

Anthony Cucci immediately pulled out his phone and called the church's office. Two minutes after he told the church administrator that we were in the parking lot, she appeared at the door. In visiting with Faye Cox, we discovered that so many of the area residents missed their daily gathering at the country store that had recently closed, that the church decided to have a breakfast to pull the community together. We told her we felt that we were part of the community there as we biked those roads every week; and we, too, had loved stopping for snacks at the G.R.I.T.S. GRILLE AND GO.

Thus it was that Fran and Fred Adams, Becky and Larry Walter, and Anthony Cucci joined church members and neighbors for a delicious home-cooked breakfast of eggs, hash browns, bacon, and biscuits. Doughnuts lurked nearby for those who wanted dessert.

As we talked with Faye and other church members, we learned that this church was established July 27, 1850. They average an attendance of 120 to 130 at their two services on Sunday. With programs for men, women, youth, and children they are a vibrant, active group of worshippers. What a treat it was for us to be a part of that community for an hour or so on a cold, blustery, March morning.

-Larry Walter

## Ride of Silence 2008

May 20th, 2009 7:00 pm

Join your fellow cyclist as we honor those who have been killed or injured while cycling on public roads. On May 20, 2008, at 7:00 PM, the Ride of Silence will begin in North America and roll across the globe. We are going to ride from Landstown Commons down Dam Neck Road to General Booth Blvd and back. Our ride pace will be between 10 and 12 mph and we will remain silent while riding. Contact Jeff Hathaway at 757-572-1486 or [editor@tbarides.org](mailto:editor@tbarides.org) for more information.

### TBA Calendar

- April 18th** Tour de Cure
- May 16th** Knotts Island Century
- May** Memorial Day Ride
- May 30th-31st** MS 150
- July 4th** Holiday Ride
- September 1st** Labor Day Ride
- September** Eastern Shore weekend
- November** Elections at General Membership Meeting
- November** Fall Festival  
Ride/Picnic at Northwest River Park (2nd Weekend)

**The TBA Newsletter is printed by:**  
Special Persons Mailing Service  
4716 Tulip Dr. Va. Bch, 23455  
464-6295

## Breaking Away

Saturday April 25

**Ride to End Hunger in Calvert County** (<http://endhungercalvert.org/bike.html>)  
Huntingtown, MD. 15, 36, 46, and metric routes on the scenic Western Shore of the Chesapeake Bay. Sponsored by End Hunger in Calvert County with proceeds going to food pantries in Calvert County. Pedal along the bayfront, marinas, farmland and a local winery while you enjoy the company of friends. At the end of the day, you'll feel even better knowing your registration fee will help feed a hungry family. \$35 early registration includes t-shirt, \$50 after April 15.

Saturday May 30th

The Casa ROCK is a tri-county bike ride to benefit abused and neglected kids. It begins in beautiful, historic Shepherdstown, WV and we offer 25, 50, and 100 mile road rides and 10 and 25 mile tow path rides supported with rest stops and sag. Registration is \$35.00 if received by May 15th and you are guaranteed a T-shirt. \$40.00 on the day of the ride. The date is Sat., May 30, 2009. Go to [www.casaride.com](http://www.casaride.com) to register on line or call (304) 263-5100 for mail in address.

**The TBA Newsletter is collated and mailed by:**

Donna & Jack Scott and the Norfolk Public Schools SECEP Program.

Saturday, June 13

**Patuxent River Rural Legacy Ride** ([http://ohbike.org/events/rural\\_legacy\\_e\\_flyer.html](http://ohbike.org/events/rural_legacy_e_flyer.html))  
Merkle Wildlife Sanctuary, Croom, MD. 24, 46, or 62 miles. This is Oxon Hill Bicycle and Trail Club's annual ride to showcase Prince George's County's Patuxent River Rural Legacy Area, where farms, wetlands, and woods are being protected from development with Maryland's Rural Legacy Program. \$15 pre-registration or \$20 on day of the ride includes after-ride picnic. Proceeds benefit Merkle Wildlife Sanctuary.

July 16th-24th

**Bike Scotland, Bike Tuscany**

Join Allen and Mary Turnbull for a 8-day bike tour in Scotland - Biking the Borders, July 16-24, or in Tuscany - A Taste of Tuscany, July 27-August 3. Daily mileage options from 30-50 miles. Fully supported, hotel or inn accommodations. Email Allen Turnbull at [aturnbull@verizon.net](mailto:aturnbull@verizon.net) for more information.

August 16 - 22

**James River Odyssey Bicycle Tour**

Experience the beauty of the historic James River on a seven-day bicycle tour from Iron Gate to Williamsburg. Daily mileage options from 30-60 miles. Ample "river time" to paddle or float. Fully supported, hotel or inn accommodations. Email Allen Turnbull at [aturnbull@verizon.net](mailto:aturnbull@verizon.net) for more information.

# BikeBeat

Two Locations on the Southside:

Kemps River Crossing 5386 Kemps River Dr. 757-424-6151

Check out our new location at:

Hilltop North Center 1624 Laskin Rd. #760 757-491-6151

[www.bikebeatonline.com](http://www.bikebeatonline.com)





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## April Touring Schedule

### Saturday, April 4<sup>th</sup>

**B & C Pace 7:30am 75 miles Portsmouth**

One of the nicest long distance Tour de Cure training rides. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Tour de Cure, Bike MS 150, and Boy Scout Bicycling Merit Badge requirements. Multiple stops plus brunch in Edenton with SAG support.

Route available at -

<http://cycleclassicsva.tripod.com/id21.htm>.

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

**Leader:** John Maher, 757-672-1359 or [cycle-classicsride@cox.net](mailto:cycle-classicsride@cox.net)

**B/C Pace 9:00am 30 + miles Chesapeake**

Come out for a CLAM friendly ride from the Cahoon Shopping Ctr at the intersection of Shillelagh Rd and Dominion Blvd (Hwy 17). We will meet in the shopping center parking lot behind the Taco Bell. We will ride to Earls Market 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:** The Cahoon Shopping Center at corner of Shillelagh Rd and Dominion Blvd (Hwy17)

**Leaders:** Joe and Polly Frease, 757-481-9474, cell 757-620-3829, e: [pfrease@cox.net](mailto:pfrease@cox.net), Mike Rogers, 757-486-4283, cell 757-650-9767, e: [MikeRogers@cox.net](mailto:MikeRogers@cox.net)

### Sunday, April 5<sup>th</sup>

**D Pace 2:00pm 14-16 miles Portsmouth**

Join John for a great 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 [cycle-classicsride@cox.net](mailto:cycle-classicsride@cox.net)

### Saturday, April 11<sup>th</sup>

**B & C Pace 8:00am 50 miles Portsmouth**

Half Century Tour de Portsmouth (new route). Three stops with SAG support. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Tour de Cure, Bike MS 150, and Boy Scout Bicycling Merit Badge requirements. Brunch stop after ride.

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

**Leader:** John Maher, 757-672-1359 or [cycle-classicsride@cox.net](mailto:cycle-classicsride@cox.net)

**B/C Pace 10:00 am 50 miles Va. Beach**

Join the CLAMS for a Saturday training ride from Va Bch to Northwest River Park and return. The ride will start from Red Mill Commons Shopping Ctr in the parking lot behind Wendy's restaurant. Cue sheets are provided and no one gets dropped. Call or email for information or directions. If it is raining or temperature below 40 degrees – no ride.

**From:** Red Mill Commons Shopping Center in parking lot behind Wendy's restaurant

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

**2009 Mileage Log is now available on-line at [www.tbライド.org](http://www.tbライド.org) in the Bike Rides section.**

*Continued on Page 8*

### 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

## 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@tbライドes.org](mailto:touring@tbライドes.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@tbライドes.org](mailto:editor@tbライドes.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!**

## April Touring Schedule

Continued from Page 7

### Saturday, April 11<sup>th</sup>

#### Self-paced 8:00 AM 65 miles Chesapeake

Frog to Frog Ride – 65 Miles

This is a self-paced (cue sheets provided) ride between the Fat Frogs store in Chesapeake to the Fat Frogs store in Virginia Beach – and back again. Hospitality at both ends of the ride and of course the store in Creeds for that needed break in the middle. This ride will not start in the rain.

**From:** Fat Frogs Bike & Fitness, (Hanbury Village), Chesapeake - 8:00 AM

**Contact:** Sam Gillette, 757-652-5774 or [sam.gillette@cox.net](mailto:sam.gillette@cox.net)

### Sunday, April 12<sup>th</sup>

#### B/C Pace 2:00pm 24 miles Portsmouth

Tour de City Park Loop. One stop with SAG support. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Tour de Cure, Bike MS 150, and Boy Scout Bicycling Merit Badge requirements. Brunch stop after ride.

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

**Leader:** John Maher, 757-672-1359 or [cycle-classicsride@cox.net](mailto:cycle-classicsride@cox.net)

#### D Pace 2:00pm 14-18 miles Portsmouth

Join John for a great 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 [cycle-classicsride@cox.net](mailto:cycle-classicsride@cox.net)

### Saturday, April 18<sup>th</sup>

**Tour de Cure Ride – See you there!**

### Sunday, April 19<sup>th</sup>

#### D Pace 2:00pm 16-18 miles Portsmouth

Join John for a great 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 [cycle-classicsride@cox.net](mailto:cycle-classicsride@cox.net)

### Saturday, April 25<sup>th</sup>

#### B Pace 8:00am 45 miles Portsmouth

Tour de TCC and Bide-a-Wee ride. Two stops. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Tour de Cure, Bike MS 150, and Boy Scout Bicycling Merit Badge requirements. Brunch stop after ride.

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

**Leader:** John Maher, 757-672-1359 or [cycle-classicsride@cox.net](mailto:cycle-classicsride@cox.net)

#### C Pace 8:05am 40 miles Portsmouth

Tour de Harborview and Bide-a-Wee ride. Two stops. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Tour de Cure, Bike MS 150 and Boy Scout Bicycling Merit Badge requirements. Brunch stop after ride.

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

**Leader:** John Maher, 757-672-1359 or [cycle-classicsride@cox.net](mailto:cycle-classicsride@cox.net)

### Sunday, April 26<sup>th</sup>

#### D Pace 2:00pm 14-20 miles Portsmouth

Join John for a great 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 [cycle-classicsride@cox.net](mailto:cycle-classicsride@cox.net)

#### B/C Pace 10:00 am 43 miles Va. Beach

Join the CLAMS for an easy training ride through the neighborhoods of Northeastern Virginia Beach. There will be a BBQ after the ride so bring a dish to share if you wish. Hamburgers and sausages will be provided along with coffee, soft drinks, & water. We will be going through Ft. Story so bring a picture ID card (driver's license). No picture ID – no entrance to Ft Story. Helmets are required and if you are under 18 years old, you must be accompanied by your parent or responsible adult.

Call to RSVP the ride and BBQ.

**From:** 2404 Spinnaker Ct, Va. Bch

**Leaders:** Joe and Polly Frease, (h) 757-481-9474, (email) [pfrease@cox.net](mailto:pfrease@cox.net)

## Loaded Touring

### April 4-5

#### 9:00am 54 miles each day Skyline Drive

Join me for a weekend of stunning views and tough climbs on a fully-loaded 2-day tour on the beautiful Skyline Drive. We will cycle Saturday from MP105 (Rockfish Gap) northbound to MP51 (Big Meadows Campground – hot showers), camp for the evening, and return on Sunday. This is one of the easier sections of the Blue Ridge Parkway/Skyline Drive, so is a good introduction to touring in the mountains. No SAG support. Each cyclist should carry food, clothes, tools, camping equipment, and water. Restaurants available for all meals or pack food to picnic and cook in camp. There is an \$8 fee for bicycles (7-day pass) on the Skyline Drive.

**From:** Start at 9am from The Inn at Afton (I-64 Exit 99). I will stay there on Friday night and we can leave cars in their parking lot.

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

### April 18-19

#### 2-day loaded tour 131 miles Starts and ends at Virginia Tech

Join me for a loaded touring adventure as we cycle from a hotel near Virginia Tech to Moncove Lake State Park (69 miles), camp for the night, and cycle back by a slightly different route (62 miles). The return route will include a lunch stop at Mountain Lake Hotel where the movie "Dirty Dancing" was filmed. This route is part of Adventure Cycling's "Allegheny Mountains Loop." It is 90% paved, but does include some dirt/gravel and some very steep grades, so a triple chain-ring is essential and wider tires may be helpful. Note that in May I will be leading a group cycling the entire Allegheny Mountains Loop (8 days, 443 miles). 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](mailto:blueridgecyclist@cox.net)

**From:** Hotel near Virginia Tech (to be specified later)

### May 9-16

#### 8-day loaded tour 443 miles Starts and ends at Virginia Tech

Join me and at least 10 other cyclists as we cycle Adventure Cycling's "Allegheny Mountains Loop." This route goes through rural mountains in VA and WV. It is about 65% paved and includes some very steep grades, so a triple chain-ring is essential and wider tires may be helpful. This is a self-supported tour, so no SAG vehicle is provided or allowed. Each cyclist will typically carry 35-40 lb of gear. The route also includes two WV "Rails-to-Trails:" the 77-mile Greenbrier River Trail and the 22-mile West Fork Trail. We will camp each night in state park or private campgrounds. I have a web site set up for the trip at <http://members.cox.net/blueridgecyclist/> 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](mailto:blueridgecyclist@cox.net)

**From:** Hotel near Virginia Tech (to be specified later)

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# April 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 622-0446

\* **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, 427-9488

## Tuesday

\* **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:** John Kronenberger, 427-9488

**C Pace 9:00am 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/Lee Kastner 488-3112

**B/C Pace 6:00 pm 20 Miles Va. Beach**

Tuesday Night Taco Ride is back! Looking for a great social ride, training for the Tour de Cure, getting your legs ready for the MS 150, or just want to shake off those winter blues; join us on Tuesday evenings. Hope to take advantage of daylight savings time which starts on March 8th this year. Great mid-week ride for anyone that wants to get our and stretch their legs. Ride will start at 6pm for the month of March only. FRONT and REAR lights are required since we finish in the dark.

**From:** Kempsville Shopping Plaza

**Leader:** Mike Rogers @ 650-9767 or [mikerogers53@cox.net](mailto:mikerogers53@cox.net)

## Wednesday

\* **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, 427-9488

## Wednesday

\* **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. Rain= No Ride. Call to Confirm

**From:** Dismal Swamp Canal Trail, North Parking

**Leader:** Sharon Castle @ 819-3978

**C Pace 9:00am 25-30 Miles Chesapeake**

Senior Cycling Ride Down the Dismal Swamp Trail Meet at the North end parking lot of the Dismal Swamp Canal trail. Mileage and restaurant stop to be determined by the weather and the group. Bring snacks and ...be prepared to see bears. Call ahead for confirmation. No calls = No Ride

**From:** Dismal Swamp Canal Trail, North parking

**Leaders:** Fran and Fred Adams, 467-2775.

**A Pace 4:00 pm 35-40 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 547-7188

## Thursday

\* **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, 427-9488

**C Pace 9:00am 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 or Lee Kastner 488-3112

*Continued on Page 11*

**2009 Mileage Log is now available on-line at  
[www.tbarride.org](http://www.tbarride.org) in the Bike Rides section.**

# April Weekly Repeat Rides

Continued from Page 10

## 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:** John Kronenberger, 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:** John Kronenberger, 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:**C-Pace Joe Vizi, 427-9488;B-Pace John McKee

### \* 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

### A Pace 7:30 am 40 - 100 miles Virginia Beach

Join me for a ride on quiet country roads in southern Virginia Beach and Chesapeake. You need to have good bike-handling skills and be familiar with pace-line riding. There will be 40, 60, 80 and 100mile options. Call first if you plan to ride 100 miles because we sometimes do a warm-up loop at 6:00 am before meeting the others at 7:30 am. Cue sheets/maps provided.

**From:** Virginia Beach Municipal Center parking lot at the corner of George Mason Dr. and Mattaponi Rd

**Leader:** Kim Aldridge, c: 757-615-6106, w: 757- 436-9300

### \* 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+/A- Pace 7:30am 25/40 miles Chesapeake

Just want to have a great ride? We normally have three rides – Long(A+), Long(A-) and Short. Fast ride will drop riders, Medium will not. Route well-established in Southern Chesapeake. Light traffic. Should be familiar with pace lines. Re-group points after sprints. Helmet Required. Shop supported and make-up ride leads, as necessary.

**From:** All About Bikes, 109 Gainsborough Square, Chesapeake

**Leader:** Call 382-7878 for info.

## Saturday

### \* B+ Pace 8:00am 25-30 Miles Norfolk

The ride is around 25-30 miles starting at East Coast Bikes in Ghent to the airport and the edge of Va. Beach and back. Occasionally we'll add on more miles by returning through Ocean View. Rain=No ride. Must Call Shop to Confirm by 7:00PM. **If it rains, we spin at the Ocean View store! Call 351-2112 or 692-8885 FOR DETAILS FIRST!**

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

**Leader:** Iesha Shipp 622-0446

### \* 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 351-2112 or 692-8885 The DAY BEFORE FOR DETAILS FIRST!**

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

**Leader:** Michael Shipp 622-0446

### C Pace 8:00am 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/Lee Kastner 488-3112

### A Pace 10:00am Varies Chesapeake

Greenhouse Ride. No stops, pace line ride. Distance will depend on the weather.

**From:** Teeuwen Greenhouse, Shillelagh Road

**Leader:** Gerald Teeuwen, 377-1135

## 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:** John & Kristine Kronenberger, 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

Continued on Page 12

# April Weekly Repeat Rides

Continued from Page 11

## Sunday

**\* 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 483-2818 or 274-7026

**\* B & C Pace 8:30 am 33 Miles Va. Beach**

Join us on our new weekly ride through the Pungo outback to Creeds and back. **No one will be dropped.** Contact Mr. Holcomb at the shop for more info at 430-1299

**From:** Contes Red Mill Commons, 2185 Upton Drive

**Leader:** Steve Solomon.

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

Join me for a ride on quiet country roads in southern Chesapeake, Virginia Beach, and sometimes North Carolina. You need to have good bike handling skills and be familiar with pace-line riding. The standard ride is 40 miles with some folks occasionally riding longer. **Call first if you plan to ride 100 miles because we sometimes do a warm-up loop at 6:30 am before meeting the others at 8:00 am.** Cue sheets/maps provided.

**From:** Great Bridge Cyclery, 1429 Fentress Road, Chesapeake, VA

**Leader:** Kim Aldridge, cell: 757-615-6106, work: 757-436-9300, or email [kim@ballanceelectric.com](mailto:kim@ballanceelectric.com)

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### Tidewater Bicycle Association Membership Application

**NEW RENEWAL (Circle one)**

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**Member registration now available on-line at [www.tbarides.org/membership.htm](http://www.tbarides.org/membership.htm)**

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**What are your riding preferences?**

Speed / Type:  <13 mph  13 to 15 mph  16 to 18 mph  19+ mph  ATB  Racing  Touring

**Would you be willing to help:**

Lead a rides  Racing events  SAG for trips  With parties  Community events

Do you want your name and address on local bike shop mailing lists or the published membership list? **YES NO**

Would you like to receive your newsletter via e-mail instead of the US Mail? If left blank then E-mail will be selected **YES NO**

**Send Application and Payment to:** TBA PO Box 12254 Norfolk, VA. 23541

**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(s) \_\_\_\_\_ Date \_\_\_\_\_

**Send Application and Payment to:** TBA, PO Box 12254 Norfolk, VA. 23541



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**For Sale: Specialized Sequoia road bike 54cm.** Shimano Ultegra shifters; Shimano Dura Ace rear derailleur; FSA Gossamer Triple crank 30/39/52; Shimano SPD clipless road pedals; wireless computer. Recently serviced with new cables, chain and cassette. (Also, new tire-had flat last week) . Only 2 years old. Bought new bike.... \$1000. Phone John 757-588-0780 or e-mail [jmhorn1217@aol.com](mailto:jmhorn1217@aol.com) 2-09

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