

The Spokin Word



Volume 48 Issue 1

www.tbarides.org

February 2010

UPCOMING EVENTS

General Membership Meeting

Wednesday

March 17th, 2010

Location:

Indian River Library Chesapeake

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

March

Spokin Word

Deadline February 10th

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Presidents Message

Why You Should be a Tidewater Bicycle Association (TBA) Member

Recently, someone asked me what value can be associated with being a TBA member. This was the sixth or seventh time I have been asked that question. Of course I know the value I derive from being a TBA member, and I am sure our long time member know the answer to that question as well – probably better than me. On the other hand, we could probably do a better job of conveying the intrinsic value of being a TBA member to newer, less active and future members.

Some of the non-monetary value obtained from membership includes making new friends; camaraderie with fellow cyclists; encouraging new ways to be a recreational and/or commuting cyclist; learning about great new biking routes, events and trips; personal and candid reviews of new equipment from fellow cyclists – not the Internet or salesmen; and being part of a larger voice for supporting the rights of cyclists and increasing public bicycling facilities – invaluable for our cycling community in my humble opinion.

Ok, I freely admit that many of these things do not require TBA membership. This is especially true for cyclists who are closely associated with their favorite bicycle shop rides, feel that the rights of cyclists are adequately supported, and do not support

Continued on Page 3

The Chili Ride

The Ride is Chilly & The Chili is Hot!

Saturday 27 February 2010

The Chili Ride will start from a new location with new routes. Rides of varying paces will start at 10:00 AM and lunch will be served from 12:00 – 2:00 at the Creeds Virginia Beach Fire Company located by the R-CO station on Princess Anne Road. We will both regular and vegetarian chili. **An RSVP will be required by February 22 for the lunch at a fee of \$5.00 for TBA members and \$6.00 for Non-TBA members.** Bring a lawn chair to sit on while eating, thawing from the earlier ride, and socializing with other riders. Always a great time to be had by all, hope you'll join us. **Contact Suzann Magner for more info and to RSVP at Email:**

smmagner@hotmail.com

March Meeting Program

All TBA members who want a longer, happier and healthier life, mark Wednesday, March 17, 2010 at 6:00 p.m. on your calendar. That night at the Indian River Library in Chesapeake, Dr. Scott Banks, an avid cyclist and licensed Nutritionist will be at the TBA meeting at 6:00 p.m. to perform a body composition analysis clinic on as many members as he can fit in between 6:00 p.m. and about 7:30 p.m. He will then discuss these results and give us a presentation on healthy nutrition for all active athletes, young and very old like John McKee and Tom Coghill.

This will be a program like none of us have ever seen in our lifetime. So, mark March 17, 2010 on your calendar today.

The TBA Officers & Staff

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Vacant

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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. You can contact any board member to learn the date, time, and location of the next scheduled board meeting.

Memberships Expiring On March 1st

Eric Brown Family

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.

TBA CLAMS

BRRRRR.....Too cold for CLAMS to be out but two hearty CLAMS did ignore the frigid temps and rode 38 miles on the December 12th training ride from Cahoon Shopping Ctr to Earles and back.

Thanks to Jay and Kim Talwin for hosting the CLAM'S Christmas party at their beautiful house. The weather outside that day was terrible but we managed to have a wonderful party inside. The Christmas basket raffle was won by Larry Walter, it contained many neat items. There were many Christmas favors, but the best gift of all was the Christmas spirit shared by everyone.

We would like to extend a very warm welcome to returning CLAMS who have joined the team once again, we are now totaling 39 riders. We are looking forward to a great ride on June 5th & 6th. The CLAMS currently registered are: Armstrong, Roger; Cockrell, Charles; Cuci, Anthony; Derr, Barry; Donnell, Jane; Drees, Bruce; Drees, Debbie; Drees, Susan; Frease, Joey; Frease, Joe; Frease, Polly; Gillette, Sam; Gordy, Paul; Hibbert, Kathy; Hibbert, Larry; Hirsch, Nick; Lewis, Jeffery; Madeyski, Mark; Madeyski, Sue; Magner, Suszann; Michaels, Patsy; Musgrove, Bill; Pancho, Ben; Paske, Don; Rogers, Mike; Sare, Thom; Servais-Ford, Nancy; Shanks, Margo; Shanks, Robert; Shockey, Jeffrey; Sleeman, Jean; Sleeman, Michael; Stiffler, Barry; Talman, Jay; Walter, Becky; Walter, Larry; Williams, Rod; Wright, Wayne; Zeligman, Steve

Our team meetings are held on the third Thursday of each month at the Freases (2404 Spinnaker Ct), starting at 6:30 pm (social hour) with meeting to follow. So mark your February calendar for Thursday the 18th and see you there. For more info on how to be part of the CLAM'S team, contact us at jrfrease@cox.net

We Ride so that Others May Walk,
Joe and Polly Frease
(757) 481-9474

Save the Date

April 17, 2010

What a great opportunity we have as cyclists to help those living with diabetes. Do you know someone with diabetes? Maybe a family member, friend, or fellow cyclist. On April 17, 2010 more than 800 cyclists will come together at Hickory High School to join in a ride to help in the fight against diabetes. The event helps raise money on behalf of the more than 23.6 million Americans that are diabetics. The American Diabetes Association (ADA) is all about Cure, Care, and Commitment.

Your team (Team TBA) is currently 28 members strong and continues to grow. But we need you! We need you to join our Team! If unable to join our team please consider sponsoring a team member or volunteering during the event.

The reason I am so dedicated to this event is my niece Kelly who was diagnosed at 8 years of age with Type 1 diabetes. Today she is 24 years old, graduate of James Madison University and working on her masters at Norfolk State, living a productive life due to the advancements made from diabetes research. In 1999 she asked me if I would sponsor her in the Tour de Cure at which time I not only decided to sponsor her, but join her team for this event.

I hope you'll consider riding in the Tour de Cure. Take the ride of your life. If you have any questions please email me at mikeroegers53@cox.net or call 757-650-9767. See you on the road. --- Mike Rogers---

The TBA Newsletter is printed by:

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

Knotts Island

Hold the Date

May 15, 2010 for the 34th Annual Knotts Island Century - the TBA's signature ride

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.

All riders will enjoy a cooked post ride meal. Ride includes full ride support including maps and rest stops. Three Distances to choose from: English Century (100 Miles) Metric Century (64 Miles) and a 1/2 Metric Century (32 Miles).

Great opportunity for a family ride
Great MS 150 Training Ride

Ride with a Group, even if you are alone!

All riders are welcome both new and experienced.

February Bike Education Class

A traffic skills class will be held in Virginia Beach on Friday Feb. 26 (6-9 pm) and Saturday Feb. 27th (9-3 pm). Taught by League of American Bicyclists certified instructors, this course covers the fundamentals of safely and effectively riding your bike in traffic conditions commonly found throughout Hampton Roads. Classroom location is 760 Lynnhaven Pkwy, across from Lynnhaven Mall. For more information and registration please contact Bruce Drees at 757-647-3987 or email hrcyclist@cox.net.

**The TBA Newsletter is col-
lated and mailed by:**

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

Virginia Legislative Session

The 2010 legislative session is underway in Richmond and important bills affecting bicycling have been filed.

Of key interest, a bill addressing traffic justice for bicyclists has been introduced by Sen. Patricia Ticer (SB566) from N. Virginia. It's counterpart in the house is HB1048, sponsored by Del. Kaye Kory. Passage would help address a problem where at fault drivers who kill or seriously cyclists are not charged. The proposed changes are based upon recommendations from the Virginia Bicycling Federation and the City of Virginia Beach in its annual legislative wish list, as recommended by Councilman Bill DeSteph and adopted by council.

Passage will do the following: 1) make the following too closely law apply to motor vehicles approaching bicycles, 2) expand the passing distance between a motor vehicle and a bicycle from 2 to 3 feet, and

3) introduce a new "careless driving" law into the state vehicle code. The latter is similar to what many states have. Here is what is proposed:

§ 46.2-869.1. Careless driving; penalty.

Any person who drives a vehicle on any highway carelessly without due care and attention or without reasonable consideration for other persons or vehicles using the highway is guilty of a Class 3 misdemeanor.

Getting these passed and signed into law will take a concerted effort by cyclists and other stakeholders throughout the state. Please call your senator and delegate to let them know you support SB566/HB1048. For more information contact TBA Advocacy Committee chair Bruce Drees at hrcyclist@cox.net or call him at 757-647-3987.

Advocacy Update

A number of bike related activities are now underway or have taken place recently:

-the U.S. Coast Guard approved City of Chesapeake's proposal for replacing the Jordan Bridge. The preliminary design of this privately owned bridge provides accommodations for bikes and pedestrians. With 165 ft clearance over the water, the bridge will be the tallest bikeable structure in Hampton Rds.

-City of Norfolk and City of Virginia Beach are in the process of updating their master bike plans. TBA is seeking a mix of separated trails and on-road bike facilities in key locations in order to accommodate various needs ranging from recreation to transportation.

-City of Virginia Beach is studying the feasibility of a trail along or adjacent to the soon to be acquired transportation corridor created from the abandoned Norfolk-Southern rail line.

It's just a matter of courtesy...

It's just a matter of courtesy, especially if you in a group. You plan to make a left turn at a left/right, two lane T intersection. A situation arises when you see traffic coming from both directions. You have already made your left turn hand signals, then note there is traffic behind signaling to make a right turn. A courteous maneuver is for all to stop on the right curb then wave right turning traffic by. Some times you get smiles or a thank you. If there are multiple vehicles behind you and the next wants to turn left it can also be waved by if its obvious your group can't because of traffic. When you are finally able to make left turn, it's very important that the group make obvious left turn hand signals to prevent careless drivers, taking advantage of your situation, from passing you thereby preventing your left turn.

Here's another situation where you can display courtesy. You plan to make a right turn and you see oncoming vehicle(s) signaling to turn left in front of you. If the timing is right slow down and signal them to turn ahead of you. You become a nice guy in their eyes but for your peace of mind you have eliminated the car back situation.

Hand signals: Many times I've observed sloppy/casual turn signals, especially in traffic. Signals should be specific, distinct, made early and held long enough rather than out and gone in a flash. Arms should be held horizontally and straight. If using your left arm for a right turn the upper arm held horizontal and fore arm vertical. And that signal made with hand closed rather than finger pointed because some drivers might perceive it as an insult.

More next month,
John McKee

Knotts Island Volunteer Ride

May 1, 2010

Knotts Island Volunteer Preview
Metric Century Ride

Have you always wanted to volunteer for an event, but don't want to miss the ride? Well this year you can do both! If you are interested in volunteering for one of any number of positions from SAG to cooks to rest stops to marketing coordinator - there are lots of opportunities to take part in the TBA's signature event and still ride. We will be hosting a volunteer preview ride using the Metric Century route two weeks prior to the event including lunch on the ferry.

Send me an email if you are interested in volunteering, I will send you a list of all the volunteer positions available and what they entail. We would be thrilled to have your smile and your help.
jean.knotts.island@cox.net

February Touring Schedule

Saturday, February 6, 2010

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

Saturday, February 13, 2010

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

Saturday, February 20th

B/C Pace 10:00am 30/40 miles Va. Beach

Join the CLAMS for a friendly ride starting from Red Mill to the Pungo Ferry Bridge for approximately 40 miles. The ride will start from Red Mill Commons Shopping Center next to Wendy's fast food restaurant. Helmets are required, riders under the age of 18 must be accompanied by a parent or responsible adult. After the ride we will stay for lunch at Panera's Coffee Shop. Call or email for information or directions. If it is raining or temperature below 40 degrees - no ride.

From: Red Mill Shopping Center on Nimmo Parkway, Virginia Beach, VA

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



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Spin Class Anyone?

Below are two local bike shops that offer SPIN classes using your bike and a trainer. Most classes require you to bring your own trainer but a limited number may be available, call first to check for availability.

BIKE BEAT Hilltop North Center is offering *free spin classess* every Tuesday and Wednesday nights. The class is an hour long 6:30-7:30. Limited number of trainers are available so please call ahead to reserve one. 757-491-6151.

East Coast Bicycles Ocean View is holding a spin class on Thursday Evening at 6:00 pm. Call 757-351-2112.

Breaking Away

Mid May 2010

C/B pace 1000 Miles

Hampton Roads to Indianapolis

If you think you would enjoy riding on a fully loaded 1000 mile adventure, the join Jim Cruse as he pedals his way to Indianapolis, IN. Jim is relocating to Indianapolis by bicycle, and he would love to have some company along the way. If you think you might be interested, please call or write with any questions and/or to help with trip planning.

From: Somewhere in Hampton Roads


Leader: Jim Cruse 757-582-2549 / e-mail centuryrider@charter.net

**25th Annual Northwest
Tandem Rally
July 3rd-4th All Paces**

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Seashore Bikes

MATTHEW C. SPINELLI President

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2268 Seashore Shoppes
Virginia Beach, Virginia 23451

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

MICHAEL I. ASHE, P.C.
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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!**

2010 TBA Calendar

- February 27th** Chili Ride
- April 17th** Tour de Cure
- May 15th** Knotts Island Century (Saturday)
- June 5th & 6th** MS 150
- July 4th** Holiday Ride
- September** Eastern Shore weekend event (possibly coincide with the Fiddler's convention in Berlin, MD)
- November** Elections at General Membership Meeting
- November** Fall Festival Ride/Picnic at Northwest River Park (2nd Weekend)
- December** TBA Christmas Party

SALES SERVICE RENTALS



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BIKE and FITNESS

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Virginia Beach, Va. 23456
(757) 427-9488

JOHN

KRIS

JOE

Helmets Required on all TBA Rides!

2010 Mileage Log

	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Week	Cum
January						1	2		
	3	4	5	6	7	8	9		
	10	11	12	13	14	15	16		
	17	18	19	20	21	22	23		
	24	25	26	27	28	29	30		
February	31	1	2	3	4	5	6		
	7	8	9	10	11	12	13		
	14	15	16	17	18	19	20		
	21	22	23	24	25	26	27		
	28	1	2	3	4	5	6		
March	7	8	9	10	11	12	13		
	14	15	16	17	18	19	20		
	21	22	23	24	25	26	27		
	28	29	30	31	1	2	3		
April	4	5	6	7	8	9	10		
	11	12	13	14	15	16	17		
	18	19	20	21	22	23	24		
	25	26	27	28	29	30	1		
May	2	3	4	5	6	7	8		
	9	10	11	12	13	14	15		
	16	17	18	19	20	21	22		
	23	24	25	26	27	28	29		
June	30	31	1	2	3	4	5		
	6	7	8	9	10	11	12		
	13	14	15	16	17	18	19		
	20	21	22	23	24	25	26		
	27	28	29	30					

	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Week	Cum
July					1	2	3		
	4	5	6	7	8	9	10		
	11	12	13	14	15	16	17		
	18	19	20	21	22	23	24		
	25	26	27	28	29	30	31		
August	1	2	3	4	5	6	7		
	8	9	10	11	12	13	14		
	15	16	17	18	19	20	21		
	22	23	24	25	26	27	28		
	29	30	31	1	2	3	4		
September	5	6	7	8	9	10	11		
	12	13	14	15	16	17	18		
	19	20	21	22	23	24	25		
	26	27	28	29	30	1	2		
	3	4	5	6	7	8	9		
October	10	11	12	13	14	15	16		
	17	18	19	20	21	22	23		
	24	25	26	27	28	29	30		
	31	1	2	3	4	5	6		
	7	8	9	10	11	12	13		
November	14	15	16	17	18	19	20		
	21	22	23	24	25	26	27		
	28	29	30	1	2	3	4		
	5	6	7	8	9	10	11		
	12	13	14	15	16	17	18		
December	19	20	21	22	23	24	25		
	26	27	28	29	30	31			

Monthly Totals

	Jan	Feg	Mar	Apr	May	Jun
Total						
Cum						

Jul	Aug	Sept	Oct	Nov	Dec

February Weekly Repeat Rides

* *Designates Shop Ride*

Monday

* **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, 757-427-9488

* **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

* **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, 757-427-9488

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

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, 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

Wednesday

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

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, 757-427-9488

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 757-484-2501, Lee Kastner 488-3112

B/B- pace 6:30pm 21 Miles Chesapeake

Join Sam Gillette and Mike Rogers for evening ride through the rural Chesapeake countryside. Great ride with very few turns. If interested join us for pizza after the ride.

NOTE: Look for the Thursday evening ride to change locations each month.

From: Fat Frogs, Chesapeake off Hanbury Rd

Leader: Mike Rogers 757-650-9767 or mikerogers53@cox.net

Continued on Page 9

February Weekly Repeat Rides

Continued from Page 8

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, 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: John Kronenberger, 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: 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 9:00 am 40 - 75 miles Va. 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. The standard ride is 40 miles with some folks occasionally riding longer. Call first if weather conditions aren't very good for Go/No Go Status.

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

Saturday

*** 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

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 757-484-2501/Lee Kastner 757-488-3112

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, 757-377-1135

B & C Pace 10:00 am 25 miles Portsmouth

Tour de Bide-a-Wee ride. One stop. 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

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, 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

**Helmets Required on all
TBA Rides!**

Continued on Page 10

February Weekly Repeat Rides

Continued from Page 9

Sunday

*** 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

A Pace 9:00 am 40 – 75 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. Cue sheets and maps provided. Call first if weather conditions aren't very good for Go/No Go status.

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

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 cycleclassicsride@cox.net

PERFORMANCE Bicycle

**The Tidewater Region's
Largest Bicycle Store!**

2356 Virginia Beach Blvd.
Virginia Beach, VA 23454-4008

London Bridge Plaza Shopping Center - between Food Lion and TJ Maxx

7 5 7 . 3 4 0 . 0 3 3 4

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Enjoy the ride.

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



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Chesapeake, Va 23322
www.ffcbikes.com

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



NORTH END
Cyclery, Ltd.

3104 Arctic Avenue - Virginia Beach, VA. 23451
(757) 428-4235 - Fax (757) 425-0481

e-mail: eric@northendbikes.com www.northendbikes.com

Reminder of Change to Members Anniversary Date

At the General Membership meeting in November of 2008 the general membership voted to change the anniversary date of a members 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? Part of 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 there membership or dues amount please feel free to contact the Membership Chairperson, Michael Sleeman at membership@tbarides.org.

A copy of the TBA Constitution and By-Laws can be found on the TBA website under the Contact Us page.

How to calculate your membership renewal cost:

If you join or renew during the months of July, August, or September (typical annual 3rd Quarter) you will pay the full current price of the yearly membership type selected. (Individual-\$25.00 Family-\$30.00)

If you join or renew during the months of October, November, or December (typical annual 4th Quarter) you will pay three-quarters of full current price of the yearly membership type selected. (Individual-\$18.75 Family-\$22.50)

If you join or renew during the months of January, February or March (typical annual 1st Quarter) you will pay half of full current price of the yearly membership type selected. (Individual-\$12.50 Family-\$15.00)

If you join or renew during the months of April, May, or June (typical annual 2nd Quarter) you will pay a quarter of full current price of the yearly membership type selected. (Individual-\$6.25 Family-\$7.50)

Tidewater Bicycle Association Membership Application

Member registration now available on-line at www.tbarides.org/Documents/Membership App.pdf

Membership Type: **NEW** **RENEWAL**

Individual - \$12.50 Family - \$15.00

All Membership Expire on June 30th and begin on July 1st

Name (s): Please print.

Street: _____ City: _____ State: _____

Zip + 4: _____ Phone: _____ E-mail: _____

What are your riding preferences?

Speed: <13 mph (D Pace) 13 to 15 mph (C Pace) 16 to 18 mph (B Pace) 19+ mph (A Pace)

Type: Recreational 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

How would you like to receive your newsletter?(If left blank e-mail will be selected) E-Mail U.S. Mail Both

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



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.

For Sale: **Merlin Extralight 58 cm**. Campy Record with Campy Euros wheels. \$3500.00. This bike can be seen at East Coast Bikes Colley Ave. Please call Reed Lampley at 757- 625-7384 for more info. 02-10

For Sale: **Kestrel 1 piece Carbon Fiber 58cm**. Shimano Ultegra Flight-deck. \$1250.00. Please call Reed Lampley at 757-625-7384. 02-10



EAST COAST
B I C Y C L E S
www.eastcoastbicycles.com

Ghent 757) 622-0446	Ocean View 757) 351-2112
1910 Colley Avenue	9605 Granby Street
Norfolk Va. 23517	Norfolk Va. 23503

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



Post Office Box 12254
Norfolk, VA 23541

Tidewater Bicycle Association

Or Current Resident

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