

The Spokin Word



Volume 49 Issue 1

www.tbarides.org

February 2011

UPCOMING EVENTS

General Membership Meeting
Virginia Beach Central Library Libris Room

Meeting Starts at 7:00 pm
 March Spokin Word
 Deadline February 10th

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Presidents Message

It is the start of another year and our new Executive Committee is already hard at work planning events for 2011 aimed to continue developing TBA into a regional cycling organization. We released our draft 2011 Calendar of Events at the January General Membership Meeting. We are making it easier to contact TBA Officers and Committee Members by creating TBA email addresses for all positions. We also want to increase our membership so TBA will have a louder public voice to support local cycling issues.

I would like to take a moment to introduce TBA's 2011 Executive Committee. Some of us have been active in TBA's leadership for a while; we have some new members too. We also have positions for anyone wanting to become more involved in TBA. Here is a list of voting Executive Committee members, what we do and how to contact us with our TBA email addresses:

President: Steve Zeligman **Email:** president@tbarides.org
 Third year as TBA President, 1 Year as Touring VP. Presides at all TBA meetings, appoints all committees, and in general to be responsible for and to the TBA in all matters.

Vice President: John Maher **Email:** vp@tbarides.org
 1 year as Touring VP, 1 year as Member at Large, Team Portsmouth Captain. Assists the President, and assumes and carries out the duties of the President in the latter's absence.

Touring Vice President: Paul Gordy **Email:** touring@tbarides.org
 Bicycle Touring expert! Organizes a monthly schedule of TBA sponsored rides.

Continued on Page 4

TBA Chili Ride Saturday, March 5th

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

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

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

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

More details on the website and Facebook.

The TBA Officers & Staff

President

Steve Zeligman 285-9085
 president@tbarides.org

Past President:

Tom Coghill
 422-3425 InvestmentResearch@cnt4.com

Vice President:

John Maher
 vp@tbarides.org

Touring Vice President

Paul Gordy
 touring@tbarides.org

Racing Vice President

Christina Teeuwen
 Racingvp@tbarides.org

Tandem Vice President

Vacant

Treasurer

Debbie Drees
 treasurer@tbarides.org

Secretary

Cindy Meier
 secretary@tbarides.org

Editor

Jeff Hathaway 572-1486
editor@tbarides.org

Member at Large

Jim Cruse
 ML1@tbarides.org

Member at Large

Wes Cheney
 ML2@tbarides.org

Committees

Legislation/Advocacy

Bruce Drees
 Advocacy@tbarides.org

Safety/Education

Vacant

Special Events

Vacant

Membership

Sam Gillette
 membership@tbarides.org

Knotts Island Century

Jean Sleeman
 knottsisland@tbarides.org

Webmaster

Sam Gillette 652-5774
 webmaster@tbarides.org

Publicity/Advertising

Fran Adams 467-2775
 publicity@tbarides.org

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 Renewal Information

If you have recently renewed your membership and have not received your welcome letter and card please bear with us. We are processing applications and printing letters and cards as quickly as we can. As such our mailing database is not as up to date as we would like it to be. This means that some of you may notice an 6-30-2010 exp date on your mailing label. We hope to have everything corrected and updated in time for the September newsletter mailing.

Thank you

Sam Gillette

TBA Membership Chair

membership@tbarides.org

Memberships Expiring Information

If you have joined our club within the past year your membership is set to expire on June 30th. The club adopted an annual renewal date of July 1st. More information can be found on the top part of the application located on page 11 or by e-mailing membership at membership@tbarides.org.

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

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

Happy Valentine's Day CLAMS

As we go into the new year, we would like to thank Jean and Michael Sleeman for hosting the fantastic CLAM'S Christmas party. If you were not there you missed a great one!

December's snow and January's rain is behind us, the days are getting longer and it is time to put the winter doldrums behind us and look to the spring riding season. The days are getting longer and we are rebuilding our team and looking forward to a great 2011 MS Bike Tour on June 4th & 5th. So if you have not registered, do so quickly so you can have your preferred accommodations at Camp Silver Beach.

Speaking of rebuilding, we would like to welcome two new members. Willis Holcomb and Sue Frease joined the CLAMS this month which brings our total membership to 30 riders. If you were a thousandaire last year you can sign a new rider for free registration under the code "bring one". Accommodations fee is still due at time of registering.

If anyone is interested in joining the team, please call Joe or Polly Frease at 619-4272 or log onto the MS website at fightms.com and fill out the application online. We are a fun group of cyclist who enjoy riding, socializing, eating and working for a great cause along the way.

We Ride so that Others May Walk,

Joe and Polly Frease
Co-Captains CLAMS
jrfrease@cox.net



2011 Tour de Cure 20 Years Riding Strong

Here we are again. Another New Year and once again we are faced with the question of "Who will ride in the Tour de Cure?" Your Team "Team TBA" has grown to 23 members and we need you! When you ride, you help change the future of diabetes. We can **Stop Diabetes** together...pedaling one mile at a mile.

This year the American Diabetes Association is celebrating 20 Years Riding Strong and you can be part of this celebration. Every mile you ride and every dollar you raise helps provide community-based education programs, protects the rights of people with diabetes and fund critical research toward a cure.

The tour offers something for everyone whether you ride a rode bike or a beach cruiser. Routes: 100 mile, 65 mile, 30 mile, 10 mile, and Family Fun Ride. Event includes: SAG and Motorcycle support, Well-stocked Rest Stops, Live Entertainment, Catered Breakfast and

Lunch, and the Best Volunteers (You'll recognize many TBA faces volunteering). So invite everyone you know to join our team. That includes your friends, family members, co-workers, and neighbors. And if you are unable to ride, please consider volunteering.


I hope you'll join me (Mike Rogers) on April 16th for a memorable experience and cycle to help **Stop Diabetes**. Look for training rides to be published in the Spokin Word or listed in the TBA Web Site. Please register at www.diabetes.org/hamptonroadsvatour. Any questions please E-mail me at mikerogers53@cox.net or call 650-9767. See you at the tour.
Mike



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4000 Va. Beach Blvd. Va. Beach, Va. 23452

Visit our new home
in Loehmann's Plaza

www.freewheelinbikes.com **486-4116**



Presidents Message

Continued from Page 1

Racing Vice President: Christina Teeuwen

Email: racing@tbarides.org

Long time Racing VP! Coordinates TBA activities with all recognized bicycle racing clubs in our area in order to avoid scheduling conflicts, and provides TBA support at local events in our area when requested

Tandem Vice President: VACANT

E-Mail: tandem@tbarides.org

Organizes tandem activities and coordinates ride schedules with the Touring VP

Treasurer: Debbie Drees

E-Mail: treasurer@tbarides.org

Receives and distributes TBA funds, deposits such funds to the credit of the TBA in a manner prescribed by the Executive Committee Members, pays all bills due and approved, to keep books of accounts of all receipts and disbursements, and to prepare reports of the TBA financial status at least annually.

Secretary: Cindy Meier

E-Mail: secretary@tbarides.org

Long time TBA Secretary, Previous Knott's Island Chairperson. Prepares and keeps minutes of all meetings, maintain a record of correspondence concerning the TBA business, and to has custody of all records and files of the TBA.

Editor Jeff Hathaway

E-Mail: editor@tbarides.org

Long time TBA Editor and postmaster. Publish and distribute at least 11 issues of the TBA newsletter each calendar year, to maintain a newsletter mailing list, and secure advertising to support the cost of the newsletter publication and mailing.

Immediate Past President: Bruce Drees

E-Mail: pastpresident@tbarides.org

Bruce was selected to fill this position after Tom Coghill stepped down. He is the Virginia Bicycling Federation VP and one of Hampton Roads best cycling advocates.

Member at Large: Jim Cruse

E-Mail: ML1@tbarides.org

Jim is a former Touring VP and a long time TBA member. He is a touring expert and know the back roads of Suffolk better than anyone else I know.

Member at Large: Wes Cheney

E-Mail: ML2@tbarides.org

Wes builds his own bamboo bicycles, is an often interviewed Norfolk bicycling advocate, and one of Bike Norfolk's founding members.

TBA's draft 2011 Calendar of Events is a chart that visually represents our events for the year in one of four categories: TBA Major Cycling Events, Endorsed Events, Signature Training Rides, and Meetings. Our Calendar of Events is intended to be a "living document" and is open to input from any TBA member. Please feel free to ask for a copy!

I have previously written about growing TBA's membership. The simple fact is that TBA can do more for its members and local cycling the larger our association grows. If everyone were to encourage one new member to join, our size would double. I have already brought two new members to TBA this year. Let's grow our club!

In closing I want to restate I am confident that together we can build upon TBA's past successes and become a louder voice for our cycling community. 2011 is going to be a great year for TBA!

Keep on Riding!

Steve

Great Bridge Cyclery

1429 Fentress Road
Chesapeake, VA
482-5149



3104 Arctic Avenue - Virginia Beach, VA. 23451
(757) 428-4235 - Fax (757) 425-0481
e-mail: eric@northendbikes.com www.northendbikes.com

February Touring Schedule

Saturday, February 5th

B & C Pace 9:00am 24 Miles Portsmouth
 "Tour de Bide-a-Wee ride". One stop. Safe, supportive, social & scenic long distance training ride. Official 10 week training plan begins to prepare all cyclists for the upcoming 2011 Tour de Cure, Knots Island, Bike MS 150, Coast Guard City Century and other long distance event rides. SAG support.

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

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

C+/B- Pace 10:00am 34 Miles Chesapeake
 Join us for a Chilly morning ride. 10 weeks till the Tour de Cure. All are welcome to join us. Cue sheets will be provided. So dust off bikes and let's ride.

From: Fat Frogs, Hanbury Road

Leader: Mike Rogers, mikerogers53@cox.net or call (757) 650-9767

B/C Pace 9:00am 32 miles Va. Beach
 Join the CLAMS for a Saturday ride from the Virginia Beach Municipal Center (City Jail Parking Lot) to ride through the rural country side to Creeds and back. Cue sheets are 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: Virginia Beach Municipal Center (City Jail Parking Lot)

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

Sunday, February 6th

B/C pace & Tandem 2:00pm 18miles Portsmouth
 Join John for our NEW "Tour de Tandem" ride through Historical Portsmouth Waterfront (singles welcome too)! This will be a fun, easy-paced ride with a nice stop mid-way along the waterfront!

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

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

Saturday, February 12th

B & C Pace 9:00am 25 Miles Portsmouth
 "Tour de Churchland". One stop. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming 2011 Tour de Cure, Knots Island, Bike MS 150, Coast Guard City Century and other long distance event rides. SAG support.

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

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

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, (757) 403-5914 or blueridge-cyclist@cox.net

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

Helmets Required on all TBA Rides!

Seashore Bikes

MATTHEW C. SPINELLI President

Tel/Fax 757-481-5191

2268 Seashore Shoppes

Virginia Beach, Virginia 23451

February Touring Schedule

Continued from Page 5

Sunday, February 13th

B/C pace Tandem 2:00pm 18-22Miles Portsmouth
"Tour de Valentines Day". One stop with special Chocolate treat! Bring your sweetheart out for one of the nicest rides in Portsmouth. All rides are designed to prepare cyclists for upcoming 2011 long distance rides. One stop mid-way with SAG support.

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

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

Saturday, February 19th

B & C Pace 9:00am 28 Miles Portsmouth
"Tour de Hatton Point". One stop. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming 2011 Tour de Cure, Knots Island, Bike MS 150, Coast Guard City Century and other long distance event rides. Several sprints will challenge faster riders! SAG support.

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

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

C+/B- Pace 10:00am 32 Miles Va. Beach
It's February, so it's still cold, dress warm. 8 weeks till the Tour de Cure. All are welcome to join us. Cue sheets will be provided.

From: Va Beach Munciple Center (Jailhouse parking lot across street from Harris Teeters)

Leader: Mike Rogers, mikerogers53@cox.net or call (757) 650-9767

Sunday, February 20th

B & C Pace 2:00pm 25 miles Portsmouth
"Tour de City Park". One of the nicest rides in Portsmouth. All Portsmouth rides are designed to prepare cyclists for upcoming 2011 long distance rides. One stop mid-way with SAG support.

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

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

Saturday, February 26th

B & C Pace 9:00am 30 miles Portsmouth
"Tour de Green Acres". One stop. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming 2011 Tour de Cure, Knots Island, Bike MS 150, Coast Guard City Century and other long distance event rides. SAG support. Several sprints will challenge faster riders! Brunch stop after ride.

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

Leader: John Maher, (757) 672-1359

Saturday, February 26th

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

From: Meet at Waller Mill Park in Williamsburg

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

Sunday, February 27th

D+ to C- Pace 2:00pm 15 miles Chesapeake
This is a ride designed for new riders and those riders recovering from injuries. It will start at my house and go through the neighborhoods of Great Bridge. By the way, there is plenty of parking. There will be limited riding on busy roads. Ride will require an effort of 12 to 13 miles per hour. Afterwards, come join me for snacks at the house. Experienced riders welcome, but no cue sheets will be provided. It is follow the leader type of ride. Please call my cell for directions to the house and sign up for the ride.

From: 617 Caleb Drive, Chesapeake, VA

Leader: Bill Hart, (757) 679-4216 or teniscpa7@aol.com

Sunday, February 27th

B & C Pace 2:00pm 25 miles Portsmouth
"Tour de Bide-a-Wee" Join Team Portsmouth ride leads for two great paces through Historical Portsmouth Waterfront! Several sprints will challenge faster riders!

From: Cycle Classics, Olde Town, 427 High St. One stop mid-way with SAG support.

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

SALES	SERVICE	RENTALS
		
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JOHN	KRIS	JOE

2011 Mileage Log

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

	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Week	Cum
						1	2		
	3	4	5	6	7	8	9		
July	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		
Aug	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		
Sept	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		
Oct	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	5		
Nov	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		
Dec	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		

Monthly Totals

	Jan	Feg	Mar	Apr	May	Jun
Total						
Cum						

	Jul	Aug	Sept	Oct	Nov	Dec

Weekly Repeat Rides

* *Designates Shop Ride*

Monday

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

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

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

Leader: Wes Cheney 757-622-0446

Tuesday

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

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

From: Fat Frogs Bike and Fitness Virginia Beach

Leader: Joe Vizi, Shop 757-427-9488

C Pace 8:30am 30 to 60 Miles Chuckatuck

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

From: Oakland Christian Church

Leaders: Hal Heafner 484-2501

Helmets Required on all TBA Rides!

Notes to all Ride Leaders and Riders

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

2. All ride leaders must be TBA members.

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

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

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

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

7. Helmets are required on ALL TBA Rides!

Wednesday

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

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

From: Fat Frogs Bike and Fitness Virginia Beach

Leader: Joe Vizi, Shop 757-427-9488

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

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

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

Leader: Varies, (757)410-4930

B Pace 9:00am 50-60 Miles Chesapeake

Join me for a wonderful ride on the Great Dismal Swamp Canal Trail and the quiet country roads throughout rural Chesapeake. Bring a tube, some cash, extra water, and a smile.

No Rain Rides. Call to Confirm

From: Dismal Swamp Canal Trail, North Parking

Leader: Sharon Castle @ 757-819-3978

C Pace 9:00 am 25-35 miles Chesapeake

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

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

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

A Pace 4:00pm 20-35 Miles Chesapeake

Join us for the TBA greenhouse ride (Since 1967).

This is an A paced, pace-line, training ride through southern Chesapeake. Call for information.

From: 946 Shillelagh Road.

Leader: Gerald 757-547-7188

B Pace 5:00pm 20 miles Portsmouth

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

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

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

Brad2723@gmail.com

Continued on Page 9

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



TREK



seven cycles
One bike. Yours.



GARY FISHER

Weekly Repeat Rides

Continued from Page 8

Thursday

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

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

From: Fat Frogs Bike and Fitness Virginia Beach

Leader: Joe Vizi, Shop 757-427-9488

C Pace 8:30am 30 to 60 Miles Chuckatuck

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

From: Oakland Christian Church

Leaders: Hal Heafner 757-484-2501

Friday

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

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

From: Fat Frogs Bike and Fitness Virginia Beach

Leader: Matt Keane, Shop 757-427-9488

Saturday

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

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

From: Fat Frogs Bike and Fitness Virginia Beach

Leader: Matt Keane Shop 757-427-9488

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

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

From: Fat Frogs Bike and Fitness Virginia Beach

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

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

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

From: Fat Frogs Bike & Fitness Chesapeake

Leader: Taylor Doyle, (757) 410-4930

Saturday

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

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

From: Fat Frogs Bike & Fitness Chesapeake

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

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

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

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

Leader: Michael Shipp 757-622-0446

A Pace 8:00am 35 miles Portsmouth

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

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

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

C Pace 8:30am 30 to 60 Miles Chuckatuck

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

From: Oakland Christian Church

Leaders: Hal Heafner 757-484-2501

A Pace 9:30am Varies Chesapeake


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

From: Teeuwen Greenhouse, Shillelagh Road

Leader: Gerald Teeuwen, 757-377-1135

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



Michael I. Ashe

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Your Bicycle Sales and Repair Specialists

Churchland / Western Branch

3209 Stamford Rd. (Just off High St.)
Portsmouth, VA 23703 (757) 483-2818

Weekly Repeat Rides

Continued from Page 9

Sunday

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

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

From: Fat Frogs Bike and Fitness Virginia Beach

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

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

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

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

Leader: Taylor Doyle, (757) 410-4930

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

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

From: Fat Frogs Bike & Fitness Chesapeake

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

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

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

From: Scat Bikes

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

Sunday

D Pace 2:00pm 14-18 miles Portsmouth

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

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

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

Helmets Required on all TBA Rides!



WALT • BEN • TAYLOR

237 Hanbury Rd E. Suite 13
Chesapeake, Va 23322
www.ffcbikes.com

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

2011 TBA Calendar

March 5th Chili Ride

March General Membership Meeting

April 16th Tour de Cure

May Knotts Island Century

May General Membership Meeting

June 4th & 5th MS 150

July General Membership Meeting

July 4th of July Picnic and Ride

August Coast Guard City Century

August 20th & 21st Livestrong Challenge Philly

September General Membership Meeting

November Elections at General Membership Meeting

November Fall Festival Ride/Picnic

December TBA Christmas Party

EAST COAST BICYCLES
www.eastcoastbicycles.com

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

PERFORMANCE Bicycle

The Tidewater Region's Largest Bicycle Store!

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

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BICYCLES AND FITNESS EQUIPMENT
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

Tidewater Bicycle Association Membership Application

At the General Membership meeting in November of 2008 the general membership voted to change the anniversary date of a member's renewal. The membership amended the By-Laws to reflect an Annual Renewal date of July 1st effective for all members. As existing members renew and new ones sign-up the membership committee will put this change into effect.

What does this mean to you? The change allows for the calculation of membership dues based on the fiscal quarter in which a member joins or renews. Should any member have a question about their membership or dues amount please feel free to contact the Membership Chairperson, Sam Gillette at membership@tbarides.org.

Please check the quarterly rate that applies

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

Shaded areas are mandatory

<input type="radio"/> New Membership	<input type="radio"/> Membership Renewal	
<hr/> Name (First, Last)		
<hr/> Street Address		
<hr/> City	<hr/> State	<hr/> Zip Code
Do you want your name and address on local bike shop mailing lists?		<input type="radio"/> Yes <input type="radio"/> No
<hr/> Phone Number		<hr/> E-mail Address
Newsletter Preference		
<input type="radio"/> U.S. Mail	<input type="radio"/> E-mail	<input type="radio"/> Both

For Family Memberships Only - Please provide names of Family Members

I would be willing to help with:

- Leading Rides
- Race Events
- SAG
- Parties
- Community Events

Ride Pace Preference:

- D Pace (<13 mph)
- C Pace (13-15 mph)
- B Pace (16-18 mph)
- A Pace (19+ mph)

Ride Type:

- Recreational
- Touring
- Racing
- Mountain/Trail

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

ALL RIDERS MUST SIGN ASSUMPTION OF RISK FORM

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

Signature

Send Application and Payment to:

Date

TBA
PO Box 12254
Norfolk, VA. 23541



For Sale

TBA MEMBER'S CLASSIFIED

Guidelines for Classifieds

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

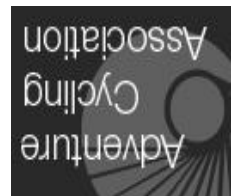
Fixie for Sale: Cycle Genius Falcon LX Recumbent. Long wheelbase low pedal position. Has windshield, handlebar bag, seat bag, rear pannier rack, Terra Cycle Tail Sock, Garmin GPS w/ heart rate monitor, Disc brakes, terra cycle idler pulley, 2 bottle cages, look geo pedals, planet bike fenders, blinky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

10-10

Bike Box Rental

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

Or Current Resident



Post Office Box 12254
Norfolk, VA 23541

Tidewater Bicycle Association

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