



The Spokin' Word

November 2011

Volume 50 Issue 9

PRESIDENT'S MESSAGE

This month I am going to focus on the 2012 TBA elections and the new year that is right around the corner. I have decided to step aside and will not be running for a fourth term as TBA President. I sincerely hope my decision encourages growth on our executive committee.

It is critical to attend the November 9th General Membership meeting, so you can vote for our 2012 officers. This is your chance to vote for the candidates you think will best represent your interests and move TBA forward. Some members have already announced their willingness to serve, and you can still announce yours at this meeting. Member involvement and participation is needed to

grow our bicycle club!

It will be this 2012 Executive Committee that carries the torch to continue to shape cycling advocacy for our Hampton Roads area.

2011 was an exciting year for bicycling and we saw a number of new opportunities come to our area as well as a chance to reshape some of our older rides, like the Chili Ride that we moved from February to March. When we did this, attendance really increased. The draft 2012 ride calendar on page 3 of this newsletter begins to show what is coming up for next year, and I think we can do even more rides and events this year. The 2011 Knott's Island Century was really great and received

numerous positive comments. In order for us to host a 2012 Knott's Island Century, we need to identify a committee chair and volunteers immediately!

I hope that lots of new volunteers step up in 2012 so TBA's Executive Committee will be able to continue developing more rides in Hampton Roads, and show our elected officials how important it is for our cities to continue to become more bicycle friendly. This will help future Hampton Roads economic development. Several cities have developed alternative transportation plans and we need to leverage our past successes to build future improvements.

Keep on Riding!

Steve

REMEMBER TO RENEW YOUR TBA MEMBERSHIP

Want to join as a new member, or renew your existing membership - Simply go to <http://www.tbarides.org>, email us at

membership@tbarides.org, or complete the TBA membership form on our web site and mail it back to TBA.

Registration is:

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

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TBA's Mission

The purpose of the TBA is to promote and encourage the use of the bicycle as a means of recreation and transportation; to develop a physically fit, self-reliant, well-informed citizen; to uphold and support the rights of bicyclists; to encourage the use of facilities for bicycling on public lands; and to provide information in the interest of bicycling safety.



TBA 2011 CALENDAR

TBARIDES.ORG



Month	TBA Major Cycling Events	Endorsed Events	Signature Training/Social Rides	Meetings
November				9th - TBA Membership - 2012 Officer Elections
December		TBD - Norfolk Grand Illumination Parade		3rd - Christmas Party

TBA GENERAL MEMBERSHIP MEETING-ELECTIONS AND SPEAKERS

The Executive Committee would like to announce the slate of officers for 2012. The candidates are: President - Bruce Drees, Vice President - Sam Gillette, Vice President Touring - Paul Gordy, Vice President Racing - Christina Teeuwen, Treasurer - Debbie Drees, and Secretary - Cindy Meier.

Elections will be held at the November 9, 2011 General Membership Meeting. Nominations from the floor will be accepted upon prior acceptance by the nominated per-

son. We are looking for volunteers for the positions of membership and newsletter editor. Membership and the newsletter are now part of our brand new website which allows us more opportunities such as this email announcement. Come aboard and help shape the future of TBA.

Also, we have invited Virginia Bicycling Federation President Champe Burnley and Richmond 2015 Executive Director Tim Miller to talk about the important work that both of these organizations do.

Champe Burnley's talk will feature insight and first hand knowledge into how cycling is viewed by our state government along with what to expect for bicycling in the 2012 Legislative Session. Expect to come away with solid information on what TBA members can do to be more effective advocates at the state and local level.

Tim Miller will be here to give us the inside track on the 2015 World Cycling Championships to be held in Richmond.

TBA HOLIDAY PARTY

Please join your fellow TBA members December 03, 2011 from 5:30 PM to 8:30 PM in the spirit of the holidays at our annual party.

This year's event will be held at **Frankie's Place** for Ribs which is centrally located at 5200 Fairfield Shopping Center in the Kempsville area of Virginia Beach.

- Our TBA one price menu includes:
- choice of baby back ribs or bbq chicken
 - baked beans
 - cole slaw
 - cornbread

- soft drink
- dessert
- tip



The cost is \$15 per person for TBA members and their guests. Dress is casual.

Please use the "Register" button at tbarides.org to get started on this fun way to kick off the holiday season. Register today; space is limited!!!

DRAFT 2012 CALENDAR

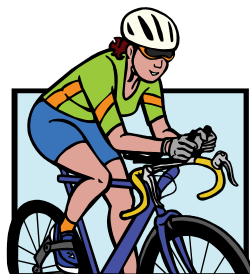
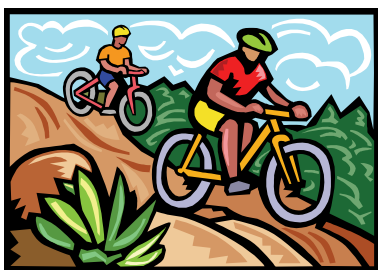
Do you have a GREAT RIDE for 2012? Please send any great rides you have so that we can build TBA's 2012 calendar and share it with TBA members in January

2012, Last year, we increased TBA supported rides by 30% and our goal is to build even more exciting rides this year. Whether it is a training ride, group social ride, or event,

let us know rides you want to promote. Send inputs to touring@tbarides.org

Let's HAVE ANOTHER GREAT RIDING YEAR!

Month	TBA Major Cycling Events	Endorsed Events	Signature Training/Social Rides	Meetings
January		19th Annual Peter L. Teeuwen Memorial Ride		10th - Bike Fitting 101; Draft Calendar Distribution
February				
March			Chili Ride @ Norfolk's East Coast Bikes	13th - in work
April		21st - Tour de Cure	7th - Sunbury to Edenton 75 Miles	
May	Knotts Island Century Ride of Silence	28th - Portsmouth Memorial Day Parade		8th - in work
June		2nd & 3rd - Bike MS		
July			July 4th Ride & Cookout	10th - in work
August	4th - Coast Guard City Century (Portsmouth)			
September	7th Annual Skyline Ride	22nd - Surry Century	TBD - Northwest River Rides & Cookout	11th - in work
October	Eastern Shore Getaway Blue Ridge Parkway Ride	13th - Seagull Century 20th - CBES Century	6th - Sunbury to Edenton 75 Miles	
November				13th - TBA Membership Mtg - Election of Officers
December		TBD - Norfolk Grand Illumination Parade		TBD - Christmas Party



NOVEMBER TOURING RIDES**(Helmets are required for all advertised rides)****Saturday, November 5th****B & C Pace****8:00 am****18 miles****Portsmouth, VA**

4th Annual "Champagne Cycle Classics Tour de City Park & Breakfast Buffet" (bring a dish to celebrate after the ride). One stop. Safe, supportive, social & scenic long distance training ride. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming 2012 Tour de Cure, Knots Island, Bike MS 150, and other long distance event rides. SAG support.

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

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

Sunday, November 6th**B/C pace & Tandem****3:00 pm****18 miles****Portsmouth, VA**

Join John for our "Tour de Tandem" ride through Historical Portsmouth Waterfront (singles welcome too)! This will be a fun, easy-paced ride with a nice stop mid-way along the waterfront!

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

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

Saturday, November 12th**B Pace****8:00 am****50 miles****Suffolk/Smithfield, VA**

Ride from the W. Branch Reservoir in Suffolk through Isle of Wight and Surry counties with a stop at the Smithfield Bakery at the 35 mile point. Enjoy quiet roads and beautiful scenery and a few hills. Cue sheets provided. Call or email for more information, a cue sheet, or directions.

From: Western Branch Fishing Station, Girl Scout Rd. (SR633)

Leaders: Paul Gordy, 403-5914 or blueridgecyclist@gmail.com

B & C Pace**8:00 am****25 miles****Portsmouth, VA**

"Tour de City Park" – one of the nicest rides in Portsmouth. All Portsmouth rides are designed to prepare cyclists for upcoming Eastern Shore and other future long distance rides. SAG support. One stop mid-way with SAG support.

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

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

Sunday, November 13th**B/C pace & Tandem****3:00 pm****18 miles****Portsmouth, VA**

"Tour de Joliff" – one of the nicest rides in Portsmouth. All rides are designed to prepare cyclists for upcoming 2012 long distance rides. One stop mid-way with SAG support.

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

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

Saturday, November 19th**B Pace****8:00 am****55 miles****Williamsburg, VA**

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 (\$2 parking fee)

Leader: Paul Gordy - blueridgecyclist@gmail.com

B & C Pace**8:00 am****35 miles****Portsmouth, VA**

"Tour de TCC" - Safe, supportive, social & scenic long distance training ride. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming 2012 Tour de Cure, Knots Island, Bike MS 150, and other long distance event rides. SAG support.

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

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

Sunday, November 20th**B/C pace****3:00 pm****25 miles****Portsmouth, VA**

"Tour de City Park" – one of the nicest rides in Portsmouth. All Portsmouth rides are designed to prepare cyclists for upcoming 2012 long distance rides. One stop mid-way with SAG support.

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

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

Friday, November 25th**B Pace****8:00 am****50 miles****Suffolk/Smithfield, VA**

Ride from the W. Branch Reservoir in Suffolk through Isle of Wight and Surry counties with a stop at the Smithfield Bakery at the 35 mile point. Enjoy quiet roads and beautiful scenery and a few hills. Cue sheets provided. Call or email for more information, a cue sheet, or directions.

From: Western Branch Fishing Station, Girl Scout Rd. (SR633)

Leaders: Paul Gordy, 403-5914 or blueridgecyclist@gmail.com

A/B Pace **6:00 pm** **Wednesdays** **20-30 miles** **Chesapeake, VA**
Greenhouse Ride since 1967
From: 946 Shillelagh Rd
Leaders: Gerald Teeuwen, 757-547-7188, Veloist@aol.com (Call for go/no go)

Moderate to Fast **7:30 am** **21 miles** **Chesapeake, VA**
Moderate to fast ride through the quiet farmlands of Chesapeake. Low traffic & very few stops. No one dropped.
From: Fat Frogs Bike & Fitness Chesapeake (Hanbury Village, 237 Hanbury Rd E. Suite 13)
Leader: Varies, 757-410-4930

C Pace **7:30 am** **21 miles** **Virginia Beach, VA**
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 **9:00 am** **30-40 miles** **Chesapeake, VA**
Dismal Swamp Trail Ride - Join the YES group (Youthful Energetic Seniors) for a ride along the Dismal Swamp Canal and other country roads. We make up the ride and lunch stops according to the weather.
From: Dismal Swamp Trail
Leader: Fran Adams 467-2775, C 287-6593. Bikalot@cox.net

A-B Pace **6:00 pm** **Thursdays** **TBD** **Norfolk (Ocean View), VA**
New to our Ocean View location is this fast, fun and friendly A pace ride. As the warm weather approaches fitness and speed become paramount. We look forward to seeing here for this challenging exercise.
East Coast Bicycles in Ocean View 757-351-2112

C/B Pace **6:30 pm** **20 miles** **Chesapeake, VA**
Join Mike and Sam for this great early evening ride on Thursdays. No one will be dropped and all are welcome. Lights are recommended.
From: Fat Frogs Chesapeake
Leaders: Mike Rogers, mikerogers53@cox.net (650-9767) & Sam Gillette, sam.gillette@cox.net (652-5774)

C pace **8:00 am** **Fridays** **25-39-50 miles** **Chesapeake, VA**
Meet at Bike Beat in Edinburgh Commons Shopping Center (exit 8 A off 168 Bypass in Chesapeake). Shop will be open before ride. Many restaurants to choose from at end of ride.
From: Bike Beat in Edinburgh Commons Shopping Center
Leaders: Fran: 757-467-2775; Anthony: 757- 635-1582; Bill Hart: 757-679-4216

A+/A/B+/B/C Paces **7:30 am** **Saturdays & Sundays** **21 miles** **Chesapeake, VA**
Fast pace ride through the quiet farmlands of Chesapeake. Low traffic & very few stops. B& C paces are fun rides, and no one gets dropped.
From: Fat Frogs Bike & Fitness Chesapeake
Leader: A - Taylor Doyle, (757) 410-4930; B/C - Walt Gonzales/Ben Nippert, (757)410-4930

A++/B/C Paces **7:30 am** **Saturdays** **21 miles** **Virginia Beach, VA**
A++ is a FAST PACED ride through the countryside of south Virginia Beach and those who cannot keep up will be dropped. B& C paces are fun rides, and no one gets dropped.
From: Fat Frogs Bike and Fitness Virginia Beach
Leaders: A++ Pace Matt Keane; B Pace Joe Vizi; C Pace John McKee , Shop 757-427-9488

A Pace **7:30 am** **40 – 100 miles** **Virginia Beach, VA**
Call for ride info - location determined on a weekly basis (in or out of town). Places we may ride: Va. Beach, Chesapeake, Williamsburg, Suffolk, Smithfield, and, South Mills and Belcross, NC. Cue sheets usually available.
Leader: Kim Aldridge, cell 757-615-6106, work 757-436-9300, or Email Kim@BallanceElectric.com.

A Pace **8:00 am** **25-30 miles** **Virginia Beach, VA**
Join us for a ride from Shore Bikes on Shore Drive. Average pace 20-22 mph. Ride time may be adjusted as days become shorter, so call or email for more information.
From: Shore Bikes on Shore Drive (2268 Seashore Shoppes, 481-5191)
Leader: Jared Barnes, seashorebikes@gmail.com

TBA Greenhouse Ride since 1967

From: 946 Shillelagh Rd

Leaders: Gerald Teeuwen, 757-547-7188, Veloist@aol.com (Call for go/no go)

A & D Pace

8:00 am

30 miles

Norfolk (Ocean View), VA

Let's have some fun on Saturday. Come join us for a fun 30 mile A pace ride through Norfolk. B and C rides with various distances too. Also, is our kid friendly D pace ride. Shorter in distance, The D pace ride is intended to be a healthy exercise and bicycle safety outlet for your children. We leave the Ocean View location at 8:00am. Visit her Facebook group page (<http://www.facebook.com/groups/254538561224224/>). **East Coast Bicycles in Ocean View 757-351-2112**

B+ Pace

7:30 am

45/ 55 miles

Great Bridge, VA

"Saturday Swamp Stomp" - a brisk, social ride through the country roads of Great Bridge, Hickory and Deep Creek. Two optional warm-up sprints (regroup each time) and a nutrition break (bring your own) at the boat ramp of the Dismal Swamp Canal Trail. Great ride for practicing bike handling skills and pace line etiquette. "No Drop" ride.

From: Old Great Bridge High School parking lot, east of Mt. Pleasant Road Battlefield Blvd. Across from the Towne Bank.

Leaders: Ray Marsh 573-3761 (primary); Pete Perritt 328-2135 ; Rob Anderson 646-0246

B Pace & C-D Pace Community Ride

8:00 am

Various

Norfolk (Ghent), VA

Kelly & Cindy Lou from Bike Norfolk leads the B pace ride through Norfolk. The ride speed will be steady at 17MPH with no drops. Cindy Lou leads the C/D pace that welcomes riders of all ages and skills level to join in.

East Coast Bicycles in Ghent 757-622-0446

Sundays**A Pace**

8:00 am

40 – 100 miles

Chesapeake, VA

Please, call first - Locations may vary covering quiet country roads in southern Chesapeake, Virginia Beach, and North Carolina. Good bike-handling skills needed and familiarity with pace-line riding. Cue sheets and maps provided.

From: Great Bridge Cyclery, 1429 Fentress Rd, Chesapeake, VA

Leader: Kim Aldridge, cell 757-615-6106, work 757-436-9300, or Kim@BallanceElectric.com

A Pace

7:30 am

31-miles

Virginia Beach, VA

Nice fast 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: AJ Sanders, Shop 757-427-9488

C/D

3:00 pm

14-20 miles

Portsmouth, VA

Join John & Team Portsmouth for a great "MAX RELAX" beginner's ride through Historical Portsmouth Waterfront! Fun, easy-paced ride - slow as the slowest rider! Afterwards we go to Longboard Restaurant for \$1 Tacos!

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

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

A Pace

8:00 am

45 to 50 miles

Portsmouth, VA

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

RICHMOND PLEDGE \$7M TO LURE CYCLING RACE

Richmond and the state have pledged about \$7 million to help pay for holding the road cycling world championships in 2015.

But the Richmond Times-Dispatch reports that city and state officials expect corporate sponsors and donors to provide the funding.

If the money doesn't come from outside sources, Richmond would pay \$5 million and the state would contribute \$2 million. Holding the

event is expected to cost about \$12 million.

Gov. Bob McDonnell says tax revenue generated by the event would more than make up for the cost.

Cycling's governing body, the UCI, selected Richmond earlier this month to host the 2015 championships. More than 1,000 athletes representing more than 70 nations will compete. The event is expected to be broadcast all or in part to 80

countries.

A good way to find out more would be to come to the Nov. 9th TBA meeting. We are expecting Tim Miller, president of Richmond 2015 and the force behind this to be our guest speaker along with VBF president Champe Burnley (who also chairs Richmond's Bicycle Advisory Committee and helped with the political push). What better people to ask?!

CHOOSING A BIKE & PROPER MAINTENANCE



To ride a bicycle safely and enjoyably, you need pick the model that's right for you.

If your rides are mostly short (less than 5 miles) and on flat, paved roads, look into getting a cruiser or

comfort bike. If your rides go off-road on a regular basis, try a mountain bike, and if you're interested in long rides for fitness and competition, definitely get a road bike.

Regardless of the type you buy, a bicycle is a delicate machine. In order to run smoothly, it needs regular maintenance. With the proper tools, most simple maintenance can be done by even a novice rider.

If you feel unsure of your capabilities, check with your local bicycle organizations or retailers. Some of them offer great courses in bicycle maintenance. And, if you do your own tune-ups and repairs, it's a good idea to have your bicycle serviced by a knowledgeable professional once a year to increase performance and extend your bicycle's lifespan.



SUPPORT OUR LOCAL BIKE SHOPS!



- www.bikebeatonline.com - Hilltop - 757-491-6151 or Chesapeake - TBD
- www.contebikes.com - Virginia Beach - 757-491-1900
- www.cycleclassicsva.com - Portsmouth - 757-393-4498
- www.eastcoastbicycles.com - Norfolk - 757-622-0446 or 757-351-2112
- www.fatfrogsbikes.com & www.ffcbikes.com - Virginia Beach - 757-427-9488; Chesapeake - 757-410-4930
- www.freewheelinbikes.com - Virginia Beach - 757-486-4116
- www.performancebike.com - Virginia Beach - 757-340-0334
- www.scatbikes.com - Portsmouth - 757-483-2818