



The Spokin' Word

October 2011

Volume 50 Issue 8

PRESIDENT'S MESSAGE

This month's message focuses on five topics near and dear to all TBA riders - the remaining regional rides, continuing to reinvent TBA for 2012, identifying new board members, recognizing the weather transition starting to happen, and features that our new web site offers.

First, we're in the closing months of the remaining great regional rides - Virginia Beach Century, Seagull Century, CBES Century, and other local rides you'll see for both October and November.

Second, now is the time to begin building TBA's 2012 ride calendar. A key to this calendar is recognizing that we must continue to promote and lead TBA rides. One of the last challenges I want

to put forward before I step down is simple - build a large enough TBA Tour de Cure team of various paces each with new ride leaders. If we set this as a goal, we will ensure we have TBA ride leaders to lead all our other various rides throughout this coming year.

Third, we're still looking for good men and women to take a leadership role as board members. This is an exciting time for TBA, so if you want to help guide TBA's direction and evolution, please consider playing a role where your talents can help improve Hampton Roads cycling.

Fourth, cooler weather is here. If you participated in the recent Surry Century, you know what I

mean and know the importance of layering. For example, the Surry Century ride started off with a windbreaker/rain jacket. By the end of the ride many were wearing long finger gloves and had put on a thermal long sleeve t-shirt. Those that did not have those items in their back pockets, wished they had them.

Lastly, the new TBA web site continues to evolve. This newsletter highlights one new features - creating your own ad. At our next TBA member's meeting, we'll demonstrate the flexibility this new web site offers.

Well, that's enough talk for today. Time to get in a late afternoon ride!

**RIDE ON &
RIDE SAFE!**

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.

SEPT 30 - OCT 2 - 34TH ANNUAL EASTERN SHORE GETAWAY WEEKEND

The 34th Annual Eastern Shore Getaway Weekend will take place the weekend of Sept. 30 - Oct. 2, 2011. This is a weekend of casual cycling on flat roads, enjoyable dining in island restaurants and social camaraderie.

Our accommodations will be at the Best Western Chincoteague, You need to make reservations now, since the management has given us a very reasonable group rate. They are holding the 16 first floor

rooms for us on a first call, first serve basis, and then will take reservations on the second floor – there is an elevator. Call them at



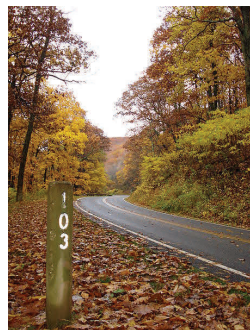
(757) 336-6557 and tell them you are with the TBA.

This weekend is a great social event inclusive of meeting, greeting, eating, cycling, touring, and resting.

Both Saturday and Sunday rides are at whatever your pace or level can handle with great food at local restaurants. **Questions – call Carole Taylor at (757) 409-5732, or email at ctbiken@comcast.net.**

ANNUAL OCTOBER 7-9 BLUE RIDGE PARKWAY RIDE

Join us for a weekend of stunning views and tough climbs on the beautiful Blue Ridge Parkway. We will use Wildwood Campground (1 mile north on 130 from MP61 on the BRP) as a base and you can cycle as much or as little as you like. Scheduled rides include a 50-mile ride on Saturday starting at 7:30 am from the campground south to MP85.7 (Peaks of Otter Restaurant) for lunch (with a spectacular view) and return. The trip to Peaks of



Otter takes you from the lowest point on the BRP (MP63.6, 668 ft) where it crosses the James River to the highest point on the BRP in VA (MP 76.5,

3950 ft) at Old Apple Orchard. Bring lots of water for this 12-mile

climb! The 12-mile downhill on the way back is payment for your hard work! No SAG support. Optional rides if you arrive early on Friday and on Sunday morning. Camping at Wildwood Campground <http://www.wildwoodcampground.com/>

For more information contact Paul Gordy, 403-5914, blueridgecyclist@cox.net.

2012 CALENDAR UNDER DEVELOPMENT

Do you have a GREAT RIDE for 2012? Please send any great rides you have so that we can build another annual calendar ready to share with TBA members in Janu-

ary 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!

DID YOU KNOW??

Our new online membership system, located at www.tbarides.org - has a private member only directory. This allows members to share their cycling interests and get in touch with members having similar interests. The feature can only be

accessed by TBA members and is easily located by logging in with the email address that you last registered with, and accessing your member profile. In your profile, you can update your ride and membership preferences, and control what

information about yourself that you wish to be visible to other members. Be sure to check the "Allow to show profile" box to enable this. Need help - contact Bruce at membership@tbarides.org or call 757-647-3987.



TBA 2011 CALENDAR

TBARIDES.ORG



Month	TBA Major Cycling Events	Endorsed Events	Signature Training/Social Rides	Meetings
October		1st - 3rd Annual Beach Century Bike Tour; www.beachcenturytour.com 15th - Seagull Century 22nd - CBES Century	1st - Sunbury to Edenton 75 Miler 7th-9th - Blue Ridge Parkway ride at Otter Creek Campground	
November				16th - TBA Membership Survey Results & Discussion
December		TBD - Norfolk Grand Illumination Parade		11th - Christmas Party

VBF PRESIDENT CHAMPE BURNLEY TO SPEAK AT THE NOVEMBER TBA MEMBERSHIP MEETING

STAY TUNED FOR MORE INFO

2011 CBES BETWEEN THE WATERS BIKE TOUR

On Saturday, **October 22, 2011**, come and explore the Eastern Shore of Virginia this fall when the Between the Waters Bike Tour begins in the historic, waterfront town of Cape Charles in Northampton County. This event, sponsored by Citizens for a Better Eastern Shore (CBES), winds through interesting historic towns and communities and along back roads to scenic rest stops that overlook the Atlantic seaside and the Chesapeake Bay.

You can pick one of 4 distances to ride - 25, 40, 60 or 100. This ride has great rest stops and lunch is provided on each route.

This one day bike tour is an eco-tourism event for CBES, a non-profit organization serving Northampton and Accomack counties,

and the Between the Waters Bike Tour is one of the major fundraisers of the year for this group.



With very little vehicle traffic, the ride is sure to be relaxed and peaceful as well as easygoing because of the flat terrain.

Cape Charles is located off of US Rte. 13 approximately 10 miles north of the Chesapeake Bay Bridge Tunnel or 70 miles south of

the Virginia/Maryland state line. Turn onto State Route 184 and watch for the parking attendants.

This year CBES has agreed to a \$5 discount the ride for TBA membership. This discount will apply to adults and children from September 12 to October 15 thru their online registration ONLY.

Please use ONLY the link below to activate this discount http://cbes.org/bike_tour/bt_registration.asp?TBADeal=22963

For information go to this [CBES Link](#) or call 757-678-7157

Early Registration End October 1, so get signed up while the price is low!

Saturday, October 22rd

B Pace **8:00am** **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

Sunday, October 23rd

B & C Pace **3:00pm** **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

Saturday, October 29th

B & C Pace **8:00am** **50 miles** **Portsmouth & Suffolk, VA**
 Half Century that replicates the first loop of the Coast Guard City Century course. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Eastern Shore and future long distance rides. Three stops with SAG support.
From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 672-1359 or teamportsmouth@cox.net

Sunday, October 30th

B & C Pace **3:00pm** **25 miles** **Portsmouth, VA**
 Wear your favorite Halloween attire as we enjoy a short and fun ride through waterfront residences with great views. 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

OCTOBER REPEAT RIDES**Mondays**

A++ Pace **6:00 pm** **30+ miles** **Norfolk (Ghent), VA**
 Road bikes are back for this classic jaunt through Norfolk. Recommended for Strong Experienced Riders. Bring plenty of water and your strongest legs.
From: East Coast Bicycles in Ghent 757-622-0446

C Pace **6:30 pm** **15-21 miles** **Virginia Beach, VA**
 Ride every Monday with Mike Rogers in the King's Grant area of Virginia Beach - then relax with dinner at one of the local eateries.
From: Farm Fresh in Kings Grant (2868 Virginia Beach Blvd)
Leader: Mike Rogers, mikerogers53@cox.net or call 650-9767

Tuesdays, Thursday, Saturday

A Pace **7:30am** **21-miles** **Virginia Beach, VA**
 Nice fast ride through the countryside of south Virginia Beach. We ride for fun. No one gets dropped. **NOTE: THIS RIDE IS ONLY ON TUESDAY & THURSDAY**
From: Fat Frogs Bike and Fitness Virginia Beach
Leader: Matt Keane and AJ Sanders, Shop 757-427-9488

A Pace **6:00 pm** **16-20 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. **NOTE: THIS RIDE IS ONLY ON TUESDAY & THURSDAY**
From: Shore Bikes on Shore Drive (2268 Seashore Shoppes, 481-5191)
Leader: Jared Barnes, seashorebikes@gmail.com

B & C pace **8:00 am** **+/- 50 miles** **Chuckatuck, VA**
 Rides every Tuesday, Thursday, and Saturday - weather permitting. Snack and lunch stops.
From: Oakland Christian Church (US route 10 and county route 603)
Leader: Hal Heafner 484-2501 cell 478-2501

Tuesdays

A-B Pace **6:00 pm** **TBD** **Norfolk (Ocean View), VA**
 Join us at our Ocean View location for this challenging B Pace ride that will push you ever closer to cardiovascular excellence. This ride averages 18-20 mph with two predetermined sprints. **East Coast Bicycles in Ocean View 757-351-2112**

C Pace **7:30am** **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

Various Paces **6:30 pm** **20 miles** **Virginia Beach, VA**

Join us for the "Taco Ride" - a popular weekly ride for many years that winds through quiet neighborhoods and breaks up into groups at various paces. Dinner at the El Grand Rodeo Restaurant in the same shopping center.

From: Kempsville Plaza Shopping Center (intersection of Princess Anne Road and S. Parliament Dr. in the Arrowhead section of Virginia Beach). Park at the end of the shopping center next to S. Parliament Dr.

Leaders: Barry Stiffler: blstiffler@verizon.net

Wednesdays

A/B Pace **6:00 pm** **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

Thursdays

A-B Pace **6:00 pm** **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)

Fridays

C pace **8:00 am** **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

Saturdays & Sundays

A++/B/C Paces **7:30 am** **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+/A/B+/B/C Paces**7:30 am****21 miles****Chesapeake, VA**

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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**Saturdays****A Pace****7:30 am****40 – 100 miles****Virginia Beach, VA**

Call for specific 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****8:00am****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**A/B Pace****9:00 am****20-30 miles****Chesapeake, VA****TBA Greenhouse Ride since 1967 (except September 13)****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****7:30am****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

GEAR UP FOR FALL

Cool weather conditions can offer some of the best riding you'll find. The scenery is good with changing colors and bugs are not a problem. You can go at it hard if you want for longer periods of time and not worry about getting overheated. For maximum comfort and personal safety, not to mention to provide your body with the ideal conditions for best performance, it's important to dress appropriately for the weather.

Here are some cool weather pointers to consider:

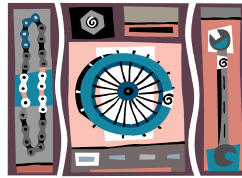
1. **Wear Layers** - Dressing in several light layers allows you to add and remove clothes as the temperature changes and as your body heats up or cools off.
2. **Control Perspiration** - You don't want to be soaked in sweat, so start out lighter, with the option to add additional layers if necessary.
3. **Use Leg/Arm Warmers to Manage Temperature Swings** - nothing more to say about this.
4. **Cover Your Head** - that's where you lose a lot of heat and like arm and leg warmers, these are easy to put on, take off, and store in your pocket or pack.

These aren't complicated tips or particularly sophisticated, but there is no doubt that remembering and using these simple concepts when you are picking out your cycling clothes will help you enjoy those great rides that cooler weather can offer, and make you a smarter cyclist all around. **BEAT THE CHILL!**

CHECK OUT TBA'S BIKES FOR SALE AND BIKE PARTS

Looking for a tandem? Need a quality boys mountain bike? How about a roof rack? Or do you have a bike or components to sell?

Creating your own ad is easy - just log in with your email address and your password, navigate to one of the above forums and click "Create Topic."



Your ad is free (a benefit of membership), and you can even link a picture of what you are selling from

your personal photo album under your member profile.

Posting in the TBA forum area makes your ad visible to hundreds of cyclists from across Tidewater who visit our website each month.

Questions? Problems? Contact us at membership@tbarides.org and we'll be glad to help.



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