



The Spokin Word

Volume 50 Issue 7

September 2011

PRESIDENT'S MESSAGE

This month's message focuses on the topic of improving cycling on Shore Drive along a 3.7 mile stretch from 83rd St to Kendall St.

This segment provides an important cycling connection between the Bayfront and Resort areas of Virginia Beach. It also provides transportation and recreation access to First Landing State Park and Joint Expeditionary Base Little Creek-Ft. Story.

Recently, it has been the site of 3 crashes between bikes and motor vehicles. Two of these were hit and runs. Long standing concerns about Shore Drive and cycling in Virginia Beach in general have resurfaced as a result.

So what can be done? Quite a bit actually. First, the cycling community has mobilized to take a fresh look at the problem. Under the leadership of the Tri-Power race team, several key stakeholders in Shore Drive including TBA, race teams and bike shops recently met with Virginia Beach Mayor Will Sessoms to discuss our concerns and seek potential solutions.

Secondly, the group has floated several ideas including launching a media campaign aimed at improving driver awareness and caution around cyclists, improved signage and road markings, increased presence of law enforcement, and possible physical improvements.

One community concern involves what to do with the rumble strips, i.e. the milled grooves running alongside the rightmost travel lane in each direction. Long time residents will recall that the rumbles were installed eons ago in response to a few motorists running off the road and being killed or injured. However, the rumbles are problematic for cyclists trying to avoid debris, pass other cyclists, or make left turns into Ft. Story. This will need to be addressed as part of any planned improvements.

Lastly, the group is formulating a number of recommendations for the city to consider. I will post more as the process unfolds!

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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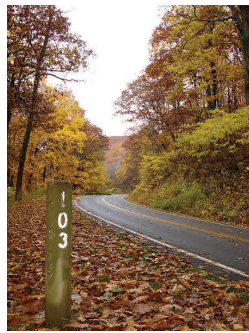
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TBA's Mission

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.

6TH ANNUAL SKYLINE DRIVE WEEKEND - SEPTEMBER 9TH THRU 11TH

Join us for a GREAT weekend of stunning views and challenging climbs on the beautiful Skyline Drive. We will use Big Meadows Campground - the premier campground on the Skyline Drive - and you can cycle as little or as much as you like. Scheduled rides include a 60-mile (round trip) ride starting at 8 am on Saturday from Big Meadows to Luray and back with a great lunch stop at Artisan's Grill. Optional shorter rides on Fri-



day afternoon and Sunday morning are planned too. Big Meadows has hot showers, visitor center, hiking trails, large camp store, café, and a nice lodge restaurant. No SAG support. The campground may fill up,

so reservations NOW. One campsite is already reserved - site A20. There is a \$15 fee for cars on the Skyline Drive (valid for 7 days) and \$8.00 for bicycles (covered by a car pass). Dining options include eating at restaurants at Big Meadows (IMHO the best choice) or cooking in camp. For more information contact Paul Gordy, 403-5914, blueridgecyclist@cox.net or Steve Zeligman, president@tbarides.org.

SEPTEMBER 10TH - SIXTH ANNUAL YOUNG ADULTS BIRTHDAY METRIC



For men that are 45 or older anytime in 2011, please join Tom Coghill, Kathy Spenser, and other young adults for a B & C pace Metric Century (62 miles). This ride will depart from the parking lot of Red

Mill Commons east of Fat Frogs and Blockbusters at 8:50 am.

Women of any and all ages are welcome and are encouraged to ride. This will be a fun social ride for all cyclists who like to enjoy a very scenic ride in southern Virginia Beach and over to Knotts Island and back. There are stores along the route, but be sure to bring plenty of fluids as it could be warm.

There will be a special gift from

Tom and Nancy for all female riders. If you do not know where Red Mill Commons is located – call Tom at (757) 422-3425 or evenings (757) 422-6326 for directions. Kathy Spenser can be reached at 478-4089



TBA SEPTEMBER 14TH GENERAL MEETING FEATURING PRUE SALASKY'S VIET NAM & CAMBODIA BIKE TOUR

Our Sep meeting will be held on Wednesday, September 14, 2011 at the Virginia Beach Central Library. Come at 6:30 to socialize;

the meeting starts at 7:00 pm. Our featured speaker this month is Norfolk resident and TBA member Prue Salasky who will be giving a talk on

an organized bike tour of Viet Nam and Cambodia that she recently participated in. Guests welcome.

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 accessed 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
September	10th - Sixth Annual Young Adults Birthday Metric Ride	9-11th - 6th Annual Skyline Ride 17th - Surry Century 30th—Oct 2 - Eastern Shore Getaway Weekend	9th thru 11th - Sixth Annual Skyline Drive bike ride and camping trip	14th - TBA Legislative Cycling Agenda for 2012; Winter riding apparel and techniques
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

2012 LEGISLATIVE AGENDA

TBA's Board of Directors recently voted to support the following legislation during the next Virginia General Assembly session: 1) passage of a 3 ft passing law distance when motor vehicles are passing bicycles, 2) modification of the existing "following too closely" law to include motor vehicle following bicycles, and 3) work toward the passage of a provision in state law that requires motorists to exercise "due care"

when operating in the vicinity of bicyclists and pedestrians.

According to the Virginia Transportation Research Council (VTRC), Virginia is one of a handful of states lacking such a provision recommended by the Uniform Vehicle Code (UVC).

This requirement is often part of a "careless driving" law, which makes it an offense to injure or kill law

abiding cyclists and pedestrians.

Though the session doesn't meet until January, approval by the board allows us to start fact collecting, collaborating with other advocacy groups and to begin talks with both incumbent legislators and candidates in the fall elections.

CAMDEN COUNTY DELAYING CENTURY RIDE DUE TO HURRICANE & FIRE

Due to Camden County's Dismal Swamp fire and the effects of Hurricane Irene, the proposed November century bike ride for Wounded Warriors will be delayed until some time next year. Stay tuned for more information.

SEPTEMBER TOURING RIDES**(Helmets are required for all advertised rides)****Saturday, September 3rd**

B & C Pace **7:30 am** **40 miles** **Portsmouth, VA**
 “Tour de Golf Courses” – Follow all the residential waterfront roads from downtown Portsmouth that connect City Park and Bide-a-Wee Golf Course. One of the nicest long distance Tour de Portsmouth training rides. Two stops with SAG support.
From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 672-1359 or teamportsmouth@cox.net

Sunday, September 4th

B & C Pace **4:00 pm** **25 miles** **Portsmouth, VA**
 “Tour de City Park” – one of the nicest rides in Portsmouth. All rides are designed to prepare cyclists for upcoming Surry Century and Eastern Shore 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

Monday, September 5th

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. 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@cox.net

Saturday, September 9th

6th Annual Skyline Drive Weekend **8:00 am** **Various** **Big Meadows Campground, VA**
SEE NEWSLETTER ARTICLE
Leaders: Paul Gordy, 403-5914, blueridgecyclist@cox.net and Steve Zeligman, president@tbarides.org

B & C Pace **7:00 am** **63 miles** **Portsmouth & Suffolk, VA**
 Metric Century “Tour de Portsmouth & Suffolk”. NOTE EARLIER DEPARTURE TIME. A great long distance training ride for next week’s **Surry Century**. Four stops with SAG support.
From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 672-1359 or teamportsmouth@cox.net

Sunday, September 10th

B/C pace Tandem **4:00 pm** **18 miles** **Portsmouth, VA**
 Join John for our “Tour de Tandem” ride (singles welcome too) through Historical Portsmouth Waterfront! 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, September 17th

Various Paces **7:30 am** **Surry Century Ride - 25, 50, 75, 100 Miles** **Surry, VA**
 Experience Southeastern Virginia rural towns, farmland, historic plantations, and very few cars that begins from the Surry Athletic Field behind the Surry Courthouse. Registration fee includes maps/que sheets, marked routes, rest stops, snacks and sag support.
From: Surry Athletic Field behind Surry County Courthouse
Leader: Howard or Leslie Beizer, 757-356-1451, hbeizer@aol.com, <http://www.pbabicycling.org/surrycenturyrides.html>

B/C Pace **7:30 am** **28 Miles** **Portsmouth, VA**
 “Tour de Hoffler Creek” with one stop. Safe, supportive, social & scenic long distance training ride. All Portsmouth rides are designed to prepare cyclists for upcoming Bike Virginia (Ashland), and Eastern Shore long distance rides. SAG support.
From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 672-1359 or teamportsmouth@cox.net

Sunday, September 18th

B/C & D Pace **4:00 pm** **28 miles** **Portsmouth, VA**
 “Tour de Joliff” – one of the nicest rides in Portsmouth. All rides are designed to prepare cyclists for upcoming Bike Virginia (Ashland), and Eastern Shore 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, September 24th

B & C Pace **7:30 am** **50 miles** **Portsmouth & Suffolk, VA**
 NEW “Tour de Pizza” - Half Century using the recent “Coast Guard City Century” route. All Portsmouth rides are designed to prepare cyclists for upcoming area long distance rides. Three stops with SAG support. Lunch at Segundo Pizza afterwards.
From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 672-1359 or teamportsmouth@cox.net

Sunday, September 25th

B/C pace Tandem 4:00 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, October 1st

B & C Pace 7:30 am 75 miles Sunbury to Edenton, NC Loop

One of the nicest long distance Team Portsmouth training rides. Route available at - <http://www.teamportsmouthusa.com>. In Edenton we get to enjoy their local Peanut Festival Parade and a nice lunch break. Multiple stops with SAG support.

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

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

Saturday, October 7-9th

Blueridge Parkway Weekend 8:00 am Various Big Meadows Campground, VA

Weekend of stunning views and tough climbs on the beautiful Blue Ridge Parkway using Otter Creek Campground as a base. Cycle as much or as little as you like. Scheduled rides include a 50-mile ride on Saturday starting at 8am from Otter Creek Campground with lunch at Peaks of Otter Restaurant. Experience going from the lowest point on the Parkway to the highest point, so bring lots of water for this 12-mile climb! No SAG support. Optional Friday and Sunday rides. Camping at the Otter Creek Campground. H&H Restaurant for breakfast & dinner - 3 miles from campground, open from 7:30am – 8:30pm; Peaks of Otter Restaurant (lunch on Saturday at MP85.7 open from 7:30am – 8:30pm)

From: Meet for breakfast on Saturday at 7:30am for a ride start at 8:30am.

Leaders: Paul Gordy, 403-5914, blueridgecyclist@cox.net

SEPTEMBER REPEAT RIDES

Mon thru Friday

A++/A+ 7:30 am 21-miles Virginia Beach, VA

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. **NOTE - A+ on FRIDAY ONLY**

From: Fat Frogs Bike and Fitness Virginia Beach

Leader: Matt Keane, Shop 757-427-9488

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

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

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

Tuesdays

A/A+ Pace 6:00 pm 25 – 45 miles Chesapeake, VA

Very fast ride through quiet country roads in Chesapeake and Virginia Beach. Good bike-handling skills needed, and be familiar with pace-line riding. **We will break up into two groups – fast and faster.** Cue sheets and maps provided.

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

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

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 31-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/A+ Pace 6:00 pm 25 – 45 miles Chesapeake, VA**

Fast ride through quiet country roads in Chesapeake & Virginia Beach. You need to have good bike-handling skills and be familiar with pace-line riding. **We will break up into two groups – fast and faster.** 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 email Kim@BallanceElectric.com

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

B Pace 7:30 am 31-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/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 Edinburg 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 Edinburg 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 - 31 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. **31 miles for A++ on Sunday ONLY**
From: Fat Frogs Bike and Fitness Virginia Beach (**Note: B and C Paces ONLY on SATURDAY**)
Leaders: A++ - Matt Keane; B-Pace Joe Vizi; C-Pace John McKee and Anthony Gartner at 757-427-9488
- A+/A/B+/B/C Paces** **7:30 am** **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 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. New to our Ocean View location is this kid friendly D pace ride. Shorter in distance, this ride is intended to be a healthy physical outlet for your children to exercise and learn about bicycle safety. We leave the Ocean View location at 8:00am. **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 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**
- 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
- C/D** **4:00 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

MS 150 CLAMS - CYCLING LEGS AGAINST MS

For all CLAMS and perspective CLAMS this is our 8th season. Since riding in the 2005 MS 150 Bike Tour, the CLAMS have raised an amazing \$440,000.00 in our fight against MS.

We started riding with a common goal to raise money for donation to the NMSS and through the years we have become good friends. Our monthly meetings are a fun time to get together to eat, socialize, and discuss the direction our team is heading. Some people ride one

year and drop out for a season or two and rejoin at a later year, prompting our slogan. **"Once a CLAM, Always a CLAM"**.

We have many team fund raising events planned for this year as well as new jersey colors and possibly a CLAM'S jacket. We welcome new members and hope to see everyone at our kick off ride and BBQ in early October. Other rides at http://cycling-legs-against-ms.org/training_rides.htm

Look for the announcement of where and when on the TBA website. If you are interested in joining the CLAMS, call Joe or Polly Frease at 619-4272 or irfrease@cox.net.

"We Ride So that Others May Walk"



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.**



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