



The Spokin Word

Volume 50 Issue 1

February 2012

SHORE DRIVE IMPROVEMENTS NEAR COMPLETION

Have you noticed all of the construction activity up on Shore Drive along Ft Story and the state park lately? The City of Virginia Beach has been busy expanding the too-narrow-to-bike eastbound shoulder to about 5 1/2 ft. Work is expected to be completed somewhere in the mid-March timeframe. The westbound side is slated for construction next year.

This is great news for cyclists who have been voicing concerns and advocating for improvements for many years. Shore Drive is a critical link in the city's bicycling network, connecting the Bayfront area with the North End of the city's resort strip.

TBA wishes to thank Mayor Will Sessoms along with the Virginia Beach City Council and city staff for making this a reality!

TWO WAY STREET CAMPAIGN



"Two Way Street" is a local media campaign for better bicycling right here in Tidewater.

TBA is honored to join the City of Virginia Beach, area cycling clubs and race teams, bicycle shops and businesses in creating television, radio and other ad spots which promote safe and effective cycling. This includes messages which promote driver awareness of cyclists, sharing the road, and addressing some specific high risk behaviors such as bike salmoning (riding against traffic). **We need your help by March 1st.**

To make a tax deductible contribution, please visit the Two Way Street donation page at vabike.camp8.org/twowaystreet or mail a check to:

Virginia Bicycling Federation
c/o: TBA Two Way Street
P.O. Box 66522
Virginia Beach, VA 23466-6522

TBA CHILI RIDE

Come out for TBA's 2012 **Chili Ride!** For this years event we are returning to East Coast Bikes in Ocean View on **Saturday, March 3rd at 10:15 am.** Routes of varying distances and paces will be available. The ride is free and chili costs are \$5 pp. For more info and a map to the start location see the event notice at tbarides.org.

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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.

PRESIDENT'S CORNER

My Turn to Pull

It's great to be here as your incoming president.

First, I can't offer enough thanks to all of our volunteers. You really are the backbone of this organization; without you TBA would not be what it is today. Whether a ride lead, special event volunteer, board or committee member I value all of your contributions, large and small.

Second, our club is both financially and operationally strong. We have a very talented board ready to keep up the pace. I look forward to a challenging yet fun year as president.

Third, we are here to support better bicycling in every corner of south side Hampton Rds.

Last, spring is just around the corner. TBA has a number of great ride events and other activities planned for the coming year. I hope to see you on the road or at one of our many activities!

Ride safely,

Bruce

president@tbarides.org

p.s. if you haven't done so already, please consider making a contribution to the Two Way Street Campaign! Doing so will help bring cycling to the airwaves in time for the spring riding season.

TIDEWATER BICYCLE ASSOCIATION

P.O. Box 66522
Virginia Beach, VA 23466-6522

www.tbarides.org

Affiliations:

Virginia Bicycling Federation
League of American Bicyclists
Adventure Cycling Association

MARCH GENERAL MEMBERSHIP MEETING

TBA's next meeting will be held on Wednesday, **March 21, 2012** at the Virginia Beach Central Library.

Come at 6:30 to socialize; the meeting starts at 7:00 pm.

Our program will feature a spring

2012 TBA Calendar

March 3 Chili Ride

March 21 General Membership Meeting

April 21 Tour de Cure

May 12 Knotts Island Century

May 9 General Membership Meeting

June 2 & 3 MS 150 Cape Charles

July 4th of July Picnic and Ride

July 11 General Membership Meeting

August Coast Guard City Century

September 12 General Membership Meeting

November 14 General Membership Meeting and annual election for board of directors

November TBD Fall Festival Ride/Picnic

December TBD Christmas Party

VOLUNTEER OPENINGS

TBA currently needs volunteers for:

- newsletter editor
- membership committee chair
- Knotts Island Century event committee

For more information contact Bruce membership@tbarides.org or call 757.647.3987

JOIN TBA

To join TBA as a new member, or to renew your existing membership, simply visit www.tbarides.org. There you will be able to quickly join or renew using a credit card, or you can print a TBA membership form and mail it back to us. **Join today— every voice counts!**

Registration is:

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

Traffic Skills clinic. You get your bike tuned up, how about a refresher for your mind? Join us for an informative lesson led by League of American Bicyclists cycling instructors. (LCIs).

Guests welcome.

February Touring Schedule

(Helmets are required for all advertised rides)

Saturday, February 4th

B, C Pace 9:00 am 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 2012 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, 672-1359 or teamportsmouth@cox.net

Sunday, February 5th

B/C Pace 1:30 pm 31 miles Chesapeake
TBA Charity Team Training - Open to all. Get ready for the MS150, Tour de Cure and other great events.

From: Northwest River Park

Leader: Sam Gillette, sam.gillette@cox.net

B/C pace 2:00 pm 18 miles Portsmouth
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! Dinner afterwards at favorite local Portsmouth restaurant.

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

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

Saturday, February 11th

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.

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

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

C Pace 9:00 am 40 Miles Va Beach
Join Fran for a ride to Sandbridge and Back Bay. Lunch after the ride at a Pungo restaurant.

From: Pungo Square at the intersection of Princess Ann and Indian River Rd

Leader: Fran Adams, 467-2775 or 287-6593

B & C Pace 9:00 am 25 Miles Portsmouth
"Tour de Churchland" with Team Portsmouth. One stop. SAG support.

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

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

Sunday, February 12th

B/C pace, Tandems 2:00pm 18-22 Mi Portsmouth
"Tour de Valentines Day". One stop with special Chocolate treat! Bring your sweetheart out for one of the nicest rides in Portsmouth. One stop mid-way with SAG support. Dinner afterwards at favorite local Portsmouth restaurant.

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

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

Saturday, February 18th

B Pace 8:15am 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.

Leader: Paul Gordy - blueridgecyclist@gmail.com

From: Meet at Waller Mill Park in Williamsburg (\$2 parking fee - gate to park opens at 8am)

B & C Pace 9:00 am 28 Miles Portsmouth
"Tour de Hatton Point". One stop. Several sprints will challenge faster riders! SAG support.

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

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

Sunday, February 19th

B/C Pace 1:30 pm 20 miles Va Beach

Mike Rogers is hosting a Charity Training Ride for the TBA Tour de Cure and TBA CLAMS. Bundle up for a fun 20 mile ride in February - rewarded with a hot and steamy baked potato at the end. All are welcome. Please RSVP: mikerogers53@cox.net

From: Mike Rogers House, 516 Boswell Court, Virginia Beach, VA

Leader: Mike Rogers, mikerogers53@cox.net

(Continued on page 4)

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

February Touring Schedule

Continued from Page 3

Sunday, February 19th

B & C Pace 2:00 pm 25 miles Portsmouth
"Tour de City Park". One of the nicest rides in Portsmouth. One stop mid-way with SAG support. Dinner afterwards at favorite local Portsmouth restaurant.

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

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

Saturday, February 25th

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.

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

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

B & C Pace 9:00 am 30 miles Portsmouth
"Tour de Green Acres". One stop. SAG support. Several sprints will challenge faster riders! Brunch stop after ride.

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

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

Sunday, February 26th

B/C Pace 1:30 pm 33 miles Chesapeake
TBA Charity Team Training - Open to all. Get ready for the MS150, Tour de Cure and other great events.

From: Fat Frogs Fitness, Hanbury Shops, Chesapeake

Leader: Sam Gillette, sam.gillette@cox.net

B & C Pace 2:00 pm 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! Dinner afterwards at favorite local Portsmouth restaurant.

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

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

Saturday, March 3th

A/B/C/D Pace 9:30 am 10-23 miles Norfolk
TBA's annual **Chili Ride** - Open to all. Ride is free; chili afterwards is \$5. Visit tbarides.org for details.

From: East Coast Bikes (Ocean View), Norfolk

Leader: Sam Gillette, sam.gillette@cox.net

SAVE THE DATE FOR KNOTTS ISLAND 2012

TBA's signature event - the **36th Annual Knotts Island Century** - will be held this year on the 2nd Saturday of May, **May 12, 2012**.

The Knotts Island Century is known for a great ride, great food, and great camaraderie. This is a great opportunity for a family ride; for a great MS 150 training ride; to ride with a group, even if you are alone; and for new riders or the very experienced riders. The start location is at Gerties on Ballhack Rd. in Chesapeake.

Watch the TBA website for more information and for on-line registration - www.tbarides.org.

Contact Cindy Meier at secretary@tbarides.org for any questions and especially if you would like to volunteer.

Join us for an English Century, Metric Century or a Half-Metric ride. English and Metric riders get to ride the ferry across the Currituck Sound. We look forward to seeing you.



NOTES TO ALL RIDE LEADERS AND RIDERS

1. All proposed 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!
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, contact 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!

Submit changes to:
touring@tbarides.org

February Repeat Rides

(Helmets are required for all advertised rides)

Day	Time	Miles	Pace	From	Comment
Mon	7:30 am	21	C	Fat Frogs Bike and Fitness Va Beach	Contact: 427-9488
Mon	5:30 pm	30+	A++	East Coast Bicycles (Ghent) Norfolk	Contact: 622-0446
Tue	7:15 am	20-25	A++	Conte's Bicycles and Fitness Va Beach	Contact: 491-1900
Tue	7:30 am	21	A	Fat Frogs Bike and Fitness Va Beach	Contact: 427-9488
Tue	8:00 am	20-25	A, B	Conte's Bicycles and Fitness Va Beach	Contact: 491-1900
Tue	9:00 am	50	B, C	Oakland Christian Church, Chuckatuck	TBA ride with the Chuckatuck Chainring. Meet in church parking lot, US Rt 10 & Cty Rt 603, Chuckatuck. Bring money for lunch/snacks. Contact: Hal Heafner 757-484-2501 or 478-2501
Tue	5:30 pm	25	A	East Coast Bicycles (Ocean View) Norfolk	ID and front and rear lights required for access to Naval Base Norfolk. Contact: 351-2112
Tue	6:00 pm	16-20	A	Seashore Bike and Fitness Va Beach	Contact: 481-5191
Tue	6:30 pm	20	A, B, C	Kempsville Plaza Shopping Ctr Va Beach	TBA's famous "Taco Ride." Meet at end of the strip mall near Princess Anne Rd and S. Parliament Dr. Dinner at El Grand Rodeo after the ride. Contact: Barry Stiffler blstiffler@verizon.net
Wed	7:30 am	21	B to A+	Fat Frogs Bike and Fitness Chesapeake	Contact: 410-4930
Wed	7:30 am	21	C	Fat Frogs Bike and Fitness Va Beach	Contact: 427-9488
Wed	9:00 am	30-40	C	Dismal Swamp Canal Trail, Chesapeake	TBA YES group (Youthful Energetic Seniors) ride along the Dismal Swamp Canal and other country roads. Contact: Fran Adams 467-2775 or 287-6593
Wed	6:00 pm	20-30	A/B	TBA Greenhouse Ride, Chesapeake	Since 1967. Meet at 946 Shillelagh Rd, Chesapeake. Contact: Gerald Teeuwen 547-7188 ve-loist@aol.com
Thu	7:15 am	20-25	A++	Conte's Bicycles and Fitness Va Beach	Contact: 491-1900
Thu	7:30 am	21	A	Fat Frogs Bike and Fitness Va Beach	Contact: 427-9488
Thu	8:00 am	20-25	A, B	Conte's Bicycles and Fitness Va Beach	Contact: 491-1900
Thu	9:00 am	50	B, C	Oakland Christian Church, Chuckatuck	TBA ride with the Chuckatuck Chainring. Meet in church parking lot, US Rt 10 & Cty Rt 603, Chuckatuck. Bring money for lunch/snacks. Contact: Hal Heafner 757-484-2501 or 478-2501
Thu	5:30 pm	25	A	East Coast Bicycles (Ocean View) Norfolk	ID and front and rear lights required for access to Naval Base Norfolk. Contact: 351-2112
Thu	6:00 pm	16-20	A	Seashore Bike and Fitness Va Beach	Contact: 481-5191
Fri	7:30 am	25	B	Bike Beat Va Beach	Contact: 491-6151
Fri	9:00 am	25-39-50	C	Bike Beat Chesapeake	TBA ride in rural Chesapeake. Many restaurants to choose from at the end of the ride. Contact: Fran Adams 467-2775, 287-6593 or Anthony 635-1582
Sat	7:15 am	20-25	A, B	Conte's Bicycles and Fitness Va Beach	Contact: 491-1900
Sat	7:30 am	21	C to A+	Fat Frogs Bike and Fitness Chesapeake	Contact: 410-4930

February Repeat Rides

(Helmets are required for all advertised rides)

Sat	7:30 am	21	A++, B,	Fat Frogs Bike and Fitness Va Beach	Contact: 427-9488
Sat	7:30 am	40-100	A	Location varies	TBA ride; call first. Cue sheets provided. Contact: Kim Aldridge 615-6106 (cell) or kim@ballanceelectric.com
Sat	7:30 am	45/55	B+	Old Great Bridge High School, Chesapeake	TBA ride. Meet across from Towne Bank, east of Mt. Pleasant Rd and Battlefield Blvd. Contact: Ray Marsh 573-3761 or Pete Perritt 328-2135 or Rob Anderson 646-0246
Sat	7:30 am	40	A	Bike Beat Chesapeake	Contact: 424-6151
Sat	8:00 am	25	B, C, D	East Coast Bicycles (Ghent) Norfolk	Contact: 622-0446
Sat	8:00 am	30	A, D	East Coast Bicycles (Ocean View) Norfolk	D paced is family oriented and shorter distance. Contact: 351-2112
Sat	8:00 am	25-30	A	Seashore Bike and Fitness Va Beach	Contact: 481-5191
Sat	8:30 am	20-25	B+ to	Conte's Bicycles and Fitness Va Beach	Contact: 491-1900
Sat	9:00 am	50	B, C	Oakland Christian Church, Chuckatuck	TBA ride with the Chuckatuck Chainring. Meet in church parking lot, US Rt 10 & Cty Rt 603, Chuckatuck. Bring money for lunch/snacks. Contact: Hal Heafner 757-484-2501 or 478-2501
Sat	9:00 am	20-30	A/B	TBA Greenhouse Ride, Chesapeake	Since 1967. Meet at 946 Shillelagh Rd, Chesapeake. Contact: Gerald Teeuwen 547-7188 veloist@aol.com
Sun	7:00 am	55	A	Conte's Bicycles and Fitness Va Beach	Contact: 491-1900
Sun	7:30 am	21	C to A+	Fat Frogs Bike and Fitness Chesapeake	Contact: 410-4930
Sun	7:30 am	31	A	Fat Frogs Bike and Fitness Va Beach	Contact: 427-9488
Sun	8:00 am	40-100	A	Great Bridge Cyclery, Chesapeake	TBA ride; call first. Cue sheets provided. Contact: Kim Aldridge 615-6106 (cell) or kim@ballanceelectric.com
Sun	8:30 am	8-15	C, D	Performance Bicycle Va Beach	Contact: 340-0334
Sun	3:00 pm	14-20	C/D	Cycle Classics Portsmouth	Team Portsmouth beginners ride. Contact: John Maher 672-1359 or teamportsmouth@cox.net

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

TBA Board Meetings

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 Bruce Drees president@tbarides.org. You can contact any board member to learn the date, time, and location of the next scheduled board meeting.

OUR OWN LITTLE CORNER OF CYCLING MADNESS

BY JACOB ANDERSON

My cycling goals for 2011 were to ride about 3,000 miles and do at least two centuries. I had not done a century yet and my previous years' mileage was around 2,000 miles.

My first century was the Tarwheel Century in April and was blessed with near perfect weather and good riding buddies to help me along. I continued boosting my mileage and then did the Coast Guard City Century in August, again with nice weather conditions. I found I enjoyed this style of riding - friendly groups, food/rest stops, seeing new sights, relaxed non-racing atmosphere.

I decided to try and do a century a month for a year, a feat few cyclists are able to accomplish with life throwing curveballs at them.

Along the way I became aware of a

type of ultra-distance riding called randonneuring. This club starts with rides of 200 kilometers (126 miles) and goes up from there, culminating in such events as the Paris-Brest-Paris 1200k. A friend started doing this a year ago and I learned from him and another long distance friend about these rides. They sounded great - scenic rides, being self-sufficient, relaxed time frames to complete the ride, minimal support.

I rode my first 200k in December and now my goals are to do at least a 200k a month for a consecutive year. I'm planning also to do the series of distances that earns you the title of "super randonneur" from the club Randonneurs USA (rusa.org): a 200k, 300k, 400k and 600k. Our 200k ride was nearby, starting in Suffolk near the Suffolk Executive Airport and riding thru

Hertford, NC, Edenton NC, Merchant Millpond and back. Again, great weather, light wind, waterfront vistas, wonderfully quiet rural roads. With several required stops, we finished after dark but we all were prepared with our lights so we were fine.

I passed the 5,000 mile mark for the year Thanksgiving weekend so I have far exceeded my goals for 2011. I am excitedly looking forward to the cycling adventures of 2012 my new goals will bring me.

Note: articles by TBA members are invited. Please submit to editor@tbarides.org. All items submitted are subject to TBA's newsletter policy.

What TBA Advocates For

TBA is very active at the local, regional, state and national level on a number of fronts:

- ◆ Ensuring bicycle access on all new and replacement bridges
- ◆ Shore Drive bike lanes and shoulder improvements
- ◆ Preserving cyclist's right to use the road
- ◆ Legislation for establishing a "due care" provision in Virginia state law and a 3 ft passing law
- ◆ Better bicycle access as part of new school construction
- ◆ Bicycle parking at public and commercial buildings
- ◆ Equitable enforcement of traffic laws
- ◆ A bike-pedestrian bridge across I-264 connecting Va Beach Town Center to Mt. Trashmore Park
- ◆ Thalia Creek Greenway
- ◆ Furthering development of the 41 mile South Hampton Rds Trail (Virginia Beach to downtown Suffolk)
- ◆ A trail along Virginia Beach's proposed bus/rail transit corridor
- ◆ Extensions to the Dismal Swamp Canal Trail in City of Chesapeake and Camden County, NC
- ◆ Expansion of the Elizabeth River Trail in Norfolk
- ◆ Rail-trail projects in all cities



TBA CHARITY TRAINING RIDES



Looking for some warm-up miles to get ready for this year's cycling events?

Come join TBA's Tour de Cure team and the TBA CLAMS as they prepare for their 2012 fund raising rides.

The American Diabetes Association Tour de Cure ride will be held Saturday, April 21, and this year's MS150 to support the National Multiple Sclerosis Society is scheduled for Saturday and Sunday, June 2 & 3. In between those rides is TBA's signature event, the Knotts Island Century on Saturday, May 12.

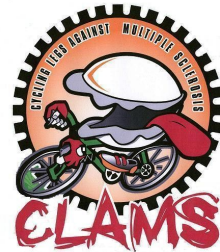
It's not too early to begin preparing for any of these rides. Our charity teams have joined together for weekend training throughout the area. We meet on a regular basis around Tidewater for B and C paced fitness rides, but you do not have to be a team member to participate. Of course, both teams would welcome you as a member, and information on supporting the teams is located on TBA's website under the Community tab.

Our personal goals are to increase our speed and endurance while having fun. No one is dropped.

Check out our scheduled charity training rides at tbarides.org!

See you there!

"We Ride So that Others May Walk"



OR CURRENT RESIDENT

Tidewater Bicycle Association
P.O. Box 66522
Virginia Beach, VA 23466-6522

