



# The Spokin Word

Volume 50 Issue 6

July 2012

## SPOTLIGHT ON BIKES & PEDESTRIANS

**Did you know...**that every year pedestrians are seriously injured and even killed by bicyclists?

TBA regularly hears from cyclists, runners and walkers about close calls on Norfolk's Elizabeth River Trail and the Dismal Swamp Canal Trail in Chesapeake, as well as others. We are working to define safer practices and to promote awareness for the safety of all trail users. Such crashes and the resulting injuries are largely preventable.

Here are some crashes that have occurred nationally:

- A few weeks ago an 80 year old woman who had walked the Four Mile Run Trail in Arlington, Virginia for nearly 15 years was fatally struck by a cyclist who had provided a verbal "on your left" as well as an alert from a bike bell. The woman apparently turned around to take a look, stepping into the path of the oncoming bike.
- Traveling downhill at a high rate of speed a San Francisco cyclist ran a red light and fatally struck a pedestrian lawfully crossing the street.
- A Dallas jogger died as a result of being struck by a cyclist on a shared use trail. The jogger's use of headphones and the cyclist's speed may have been contributing factors. In a police interview the cyclist stated:

"We're going down and I was to the left of her. And for whatever reason, she stopped and turned abruptly right in front of me. And I ... as soon as it happened, I couldn't think of any other word other than just saying, 'No.' I just screamed out, 'No.' And I slammed on my brakes."

He continued: "What happened was I hit her and, quite frankly, I hit her hard. And as soon as I was about to hit her, I veered left real hard. And then I hit her and I fell on my left side, which is why my left shoulder is the way it is."

### Here is how you can help:

- According to Virginia Code 46.2-904 pedestrians have the right of way on shared use paths and sidewalks. It is up to us to safely avoid them.
- Also state law: provide an audible warning such as "passing" or use a bike bell.
- Slow down around pedestrians. At 15 mph it takes an average cyclist nearly 2 1/2 car lengths to stop. If you are not willing to slow to a pedestrians pace or stop and walk your bike consider using nearby roads instead.
- Let's not give pedestrians the same treatment that motorists give us. Pass at a safe distance that allows for mistakes.
- Always anticipate the unexpected.

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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

The lead article for this month's Spokin' Word was chosen to highlight the ongoing problem of bikes and pedestrians, particularly on shared-use paths.

While it's true that motor vehicles do far more harm to both cyclists and pedestrians, bikers have been getting a lot of bad press lately for close calls and crashes. These are largely preventable.

In addition, the League Cycling Instructor (LCI) discussion group has been buzzing on this topic.

An interesting point from the LCI thread indicates substantial agreement that calling out "on your left" is an inadequate warning.

As one pedestrian advocate puts it: "What is it that the cyclists want me [a pedestrian] to do when they shout out [something like] "on your left?" Am I to move to the left? Are they coming 'round on the left? It's confusing if all I hear is "left."

My own informal tally indicates that about half of the walkers and runners who hear this will do exactly the opposite of what you expect.

Walkers and runners could greatly aid their own safety by not using devices that block their hearing.

Acknowledging that all users have a shared responsibility for safely using a trail, the question becomes are there better, less ambiguous ways for everyone to communicate?

Do you have an idea that will help? Send it to me at [president@tbarides.org](mailto:president@tbarides.org).

Ride safely,

Bruce

**TIDEWATER BICYCLE ASSOCIATION**  
P.O. Box 66522  
Virginia Beach, VA 23466-6522  
[www.tbarides.org](http://www.tbarides.org)  
*Affiliations:*  
Virginia Bicycling Federation  
League of American Bicyclists  
Adventure Cycling Association

## JULY GENERAL MEMBERSHIP MEETING

TBA's next meeting will be held on Wednesday, **July 11, 2012** at the Virginia Beach Central Library.

Come at 6:30 to socialize; the meeting starts at 7:00 pm. Our program features TBA Touring

## 2012 TBA Calendar

July TBA's 4th of July Picnic and Ride  
July 11 General Membership Meeting  
September 12 General Membership Meeting  
November 14 General Membership Meeting and annual elections  
November TBD Fall Festival Ride/Picnic  
December TBD Christmas Party  
May 18, 2013 37th Knotts Island Century

## BIKE DONATIONS NEEDED

Since 1998 the Virginia Beach United Methodist Church has run a bike ministry where they recondition donated bikes for transportation by the working poor. The church is currently handing out over 200 bikes a year.

The program is in need of donations of adult sized bikes. Receipts for tax purposes can be provided. If you can help please contact Dave Moore at [Moo7587@aol.com](mailto:Moo7587@aol.com) or 757.407.2560.

## VOLUNTEER OPENINGS

TBA currently needs volunteers for:

- newsletter editor (approx. 6-8 hrs/month)
- membership committee chair (approx. 2 hrs/month)

For more information contact Bruce [member-ship@tbarides.org](mailto: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](http://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

Director **Paul Gordy**, who will be speaking on the "**Three Cities Tour**," a cycling trip that included 3 major league baseball games and much more!

Guests are welcome.

## July Touring Schedule

**(Helmets are required for all advertised rides)**

### Sunday, July 1<sup>st</sup>

**B, C, D Pace 4:00 pm 24 miles Portsmouth**  
"Tour de City Park" ride. One stop with SAG support. All Portsmouth rides are designed to prepare cyclists for upcoming Surry Century, and Eastern Shore long distance rides, as well as other rides.  
**From:** Cycle Classics, Olde Town, 427 High St.  
**Leader:** John Maher, 672-1359 [teamportsmouth@cox.net](mailto:teamportsmouth@cox.net)

### Wednesday, July 4<sup>th</sup>

**All Paces 9:30 am 13-36 miles Va Beach**  
Come out and celebrate our nation's birthday at TBA's July 4th ride and picnic! Three self-paced routes of 13-26-36 miles will be available. On our return Mike Rogers and Sam Gillette will be grilling hamburgers and hot dogs with all the trimmings and dessert starting at 11:30. Registration is \$5 in advance for TBA members or \$10 for non-members and walkups. Register online at [www.tbarides.org/events](http://www.tbarides.org/events)  
**From:** Shelter 3, Munden Pt Park, Va Beach  
**Leader:** Bruce Drees 486-4489 [president@tbarides.org](mailto:president@tbarides.org)

### Saturday, July 7<sup>th</sup>

**B, C Pace 7:30 am 40 miles Yorktown**  
Join Team Portsmouth for their annual Yorktown "Surrender Battlefield" ride to celebrate the birth of our country. We traverse the shaded Yorktown battlefield route with gentle rolling hills. Awesome stop in historical Yorktown for some well deserved ice-cream and other tasty desserts!  
**From:** Call or email for directions to the start.  
**Leader:** John Maher, 672-1359 [teamportsmouth@cox.net](mailto:teamportsmouth@cox.net)

### Sunday, July 8<sup>th</sup>

**B,C,D Pace Tandem 4:00 pm 22 miles Portsmouth**  
Join John for a "Tour de Tandem" ride through the historic Portsmouth waterfront! This will be a fun, easy-paced ride with a nice stop mid-way along the waterfront (singles welcome too!)  
**From:** Cycle Classics, Olde Town, 427 High St.  
**Leader:** John Maher, 672-1359 [teamportsmouth@cox.net](mailto:teamportsmouth@cox.net)

### Wednesday, July 11<sup>th</sup>

**C Pace 6:00 pm 15-20 miles Va Beach**  
Ride through Bay Colony, Linkhorn Park, Princess Anne Hills, and the North End beach area as well as an experience a ride down 64th Street to the Narrows. Many beautiful homes will be seen. Call or e-mail to confirm ride.  
**From:** First Baptist Church Parking Lot, 35th Street and Holly Road, Virginia Beach  
**Leader:** Bill Hart, 679-4216 [tenniscpa7@aol.com](mailto:tenniscpa7@aol.com)

### Saturday, July 14<sup>th</sup>

**B Pace 8:00 am 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)  
**Leader:** Paul Gordy, 403-5914 [blueridgecyclist@gmail.com](mailto:blueridgecyclist@gmail.com)

**B, C Pace 7:00 am 63 miles Portsmouth**  
Metric Century "Tour de Portsmouth & Suffolk". Four stops with SAG support.  
**From:** Cycle Classics, Olde Town, 427 High St.  
**Leader:** John Maher, 672-1359 [teamportsmouth@cox.net](mailto:teamportsmouth@cox.net)

### Sunday, July 15<sup>th</sup>

**B, C, D Pace 4:00 pm 28 miles Portsmouth**  
"Tour de Old TCC Campus" – one of the nicest rides in Portsmouth. One stop mid-way with SAG support.  
**From:** Cycle Classics, Olde Town, 427 High St.  
**Leader:** John Maher, 672-1359 [teamportsmouth@cox.net](mailto:teamportsmouth@cox.net)

### Saturday and Sunday, July 21-22

**C Pace 9:45 am 41 miles Washington DC**  
Join Paul Gordy for a fun weekend and an easy pace (C pace – no drops!) We will cycle about 25 miles Saturday afternoon touring DC and will cycle about 16 miles (round trip) to a Washington Nationals Baseball game (\$28/ticket, free bike valet parking). Optional ride (25 miles) to the Washington Zoo and Rock Creek Park on Sunday morning. Cycling in DC is fantastic with their great bike paths (all paved) and bike lanes. There is no better way to see the monuments in DC than by bicycle! Bike lights and locks required. See the TBA website for a more detailed flyer.  
**From:** Best Western Pentagon, 2480 S. Glebe Rd, Arlington at 9:45am (also stay here Saturday night = \$89/double room)  
**Leader:** Paul Gordy, 403-5914 [blueridgecyclist@gmail.com](mailto:blueridgecyclist@gmail.com)

### Saturday, July 21<sup>st</sup>

**B, C Pace 7:30 am 36 miles Portsmouth**  
"Tour de Golf Courses". Two stops with SAG support.  
**From:** Cycle Classics, Olde Town, 427 High St.  
**Leader:** John Maher, 672-1359 [teamportsmouth@cox.net](mailto:teamportsmouth@cox.net)

### Sunday, July 22<sup>nd</sup>

**B, C, D Pace 4:00 pm 24 miles Portsmouth**  
"Tour de Bide-a-Wee" – one of the nicest rides in Portsmouth. One stop with SAG support.  
**From:** Cycle Classics, Olde Town, 427 High St.

*(Continued on page 4)*

## July Touring Schedule

*(Continued from page 3)*

**Leader:** John Maher, 672-1359 [teamportsmouth@cox.net](mailto:teamportsmouth@cox.net)

### Wednesday, July 25<sup>th</sup>

**C Pace 6:00 pm 15-20 miles Va Beach**

Ride through Bay Colony, Linkhorn Park, Princess Anne Hills, and the North End beach area as well as an experience a ride down 64th Street to the Narrows. Many beautiful homes are along the way. Call or e-mail to confirm ride.

**From:** First Baptist Church Parking Lot, 35th Street and Holly Road, Virginia Beach

**Leader:** Bill Hart, 679-4216 [tenniscpa7@aol.com](mailto:tenniscpa7@aol.com)

### Saturday, July 28<sup>th</sup>

**B Pace 8:00 am 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)

**Leader:** Paul Gordy, 403-5914 [blueridgecyclist@gmail.com](mailto:blueridgecyclist@gmail.com)

**B, C Pace 7:30 am 40 miles Portsmouth**

"Tour de Craney Island and Harbor View". Two stops with SAG support.

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

**Leader:** John Maher, 672-1359 [teamportsmouth@cox.net](mailto:teamportsmouth@cox.net)

### Sunday, July 29<sup>th</sup>

**B, C, D Pace 4:00 pm 28 miles Portsmouth**

"Tour de Joliff" - one of the nicest rides in Portsmouth. One stop with SAG support.

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

**Leader:** John Maher, 672-1359 [teamportsmouth@cox.net](mailto:teamportsmouth@cox.net)

## WE WISH TO THANK

Mr. John Deuel with City of Norfolk Public Works Department for hosting TBA's Traffic Skills Clinic on June 16th at the Ernie Morgan Environmental Education Center next to the Norfolk Zoo.

Nearly 20 cyclists of all ages participated in the clinic, which teaches better (and safer!) ways to ride in the urban environments commonly found in Tidewater.

The class was co-sponsored by TBA and Cindy Lewis of the popular "Cindy Lou's Coffee Shop Ride." The clinic was taught by League Cycling Instructors (LCI) Joe Morgan and Bruce Drees.

From all of us at TBA, thank you!

**"Cyclists fare best when they act and are treated as drivers of vehicles"**

John Forester

## RIDE LEADERS NEEDED

Have a favorite ride? Share it with others by becoming a TBA ride leader!

Contact Paul Gordy at [touring@tbarides.org](mailto:touring@tbarides.org) by the 9th of each month with your ride proposal(s) for the following month.

## 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** = 10 to 12 mph (or slowest rider; 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

## NOTES TO ALL RIDE LEADERS AND RIDERS

1. All proposed rides will be scheduled through the Touring Director by submitting an e-mail to [touring@tbarides.org](mailto: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. A Ride Roster will be completed by the ride leader on all scheduled TBA rides. Be sure all riders sign the assumption of risk.
6. Non-TBA rides are published at the discretion of TBA as a courtesy for our members. They may be edited for length and content. TBA assumes no liability whatsoever for the conduct and safety of rides sponsored by other businesses, organizations and individuals.
7. A responsible adult must accompany members who are under the age of 18.
8. Blocking traffic (posting road guards) as a group crosses intersections or makes left turns is against state law.
9. **Helmets are required on ALL TBA Rides!**

Submit changes to:  
[touring@tbarides.org](mailto:touring@tbarides.org)

## July Repeat Rides

**(Helmets are required for all advertised rides)**

Day	Time	Miles	Pace	From	Comment
Mon	7:30 am	21	B, C	<a href="#">Fat Frogs Bike and Fitness Va Beach</a>	Contact: 427-9488
Mon	5:30 pm	30+	A++	<a href="#">East Coast Bicycles (Ghent) Norfolk</a>	Contact: 622-0446
Mon	6:30 pm	18-20	C	Parking Lot next to Farm Fresh at 2868 Va Beach Blvd	TBA "Flavor Of The Week" ride. Social ride through Kings Grant/Middle Plantation at a leisurely C pace. Near the end of ride we stop for ice cream. Mike Rogers mikerogers53@cox.net
Tue	7:15 am	20-25	A++	<a href="#">Conte's Bicycles and Fitness Va Beach</a>	Contact: 491-1900
Tue	7:30 am	21	A	<a href="#">Fat Frogs Bike and Fitness Va Beach</a>	Contact: 427-9488
Tue	8:00 am	20-25	A, B	<a href="#">Conte's Bicycles and Fitness Va Beach</a>	Contact: 491-1900
Tue	8:00 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	6:00 pm	25-35	A/A+	Great Bridge Cyclery, 1429 Fentress Road, Chesapeake, VA 23322, 482-5149	Fast pace-line TBA ride. Good bike-handling skills required. Will break into two groups (fast and faster). Contact Kim Aldridge at 615-6106 or Kim@BallanceElectric.com
Tue	6:00 pm	25	A,B	<a href="#">East Coast Bicycles (Ocean View) Norfolk</a>	ID and front and rear lights required for Naval Base Norfolk. Contact: John McCaw, 351-2112
Tue	6:00 pm	16-20	A	<a href="#">Seashore Bike and Fitness Va Beach</a>	Contact: 481-5191
Tue	6:00 pm	20-25	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. Contact: Barry Stiffler blstiffler@verizon.net
Wed	7:30 am	21	B to A+	<a href="#">Fat Frogs Bike and Fitness Chesapeake</a>	Contact: 410-4930
Wed	7:30 am	21	C	<a href="#">Fat Frogs Bike and Fitness Va Beach</a>	Contact: 427-9488
Wed	8:00 am	30-40	C	Dismal Swamp Canal Trail, Chesapeake (varies, call first)	TBA YESS group (Youthful Energetic Seniors) ride along the Dismal Swamp Canal and other country roads. Contact: Fran Adams 467-2775 or 287-6593
Wed	5:30 pm	30	A/B	TBA Greenhouse Ride, Chesapeake	Since 1967. Call for go/no go. Meet at 946 Shillelagh Rd, Chesapeake. Contact: Gerald Teeuwen 377-1135 veloist@aol.com
Wed	6:00 pm	10-12	C	<a href="#">Norfolk Bicycle Works</a>	Beginners ride; Contact: 757-962-6766
Thu	7:15 am	20-25	A++	<a href="#">Conte's Bicycles and Fitness Va Beach</a>	Contact: 491-1900
Thu	7:30 am	21	A, B	<a href="#">Fat Frogs Bike and Fitness Va Beach</a>	Contact: 427-9488
Thu	8:00 am	20-25	A, B	<a href="#">Conte's Bicycles and Fitness Va Beach</a>	Contact: 491-1900
Thu	8:00 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	6:00 pm	25-35	A/A+	Great Bridge Cyclery, 1429 Fentress Road, Chesapeake, VA 23322, 482-5149	Fast pace-line TBA ride. Good bike-handling skills required. Will break into two groups (fast and faster). Contact Kim Aldridge at 615-6106 or Kim@BallanceElectric.com



## July Repeat Rides

**(Helmets are required for all advertised rides)**

Thu	6:00 pm	25	A,B	<a href="#">East Coast Bicycles (Ocean View) Norfolk</a>	ID and front and rear lights required for Naval Base Norfolk. Contact: John McCaw, 351-2112
Thu	6:00 pm	20	B,C	<a href="#">Fat Frogs Bike and Fitness Chesapeake</a>	Join Mike & Sam for a pleasant TBA after work TBA ride. No drops. Contact Mike Rogers mikerogers53@cox.net or Sam Gillette sam.gillette@cox.net
Thu	6:00 pm	16-20	A	<a href="#">Seashore Bike and Fitness Va Beach</a>	Contact: 481-5191
Fri	7:30 am	25	A, B	<a href="#">Bike Beat Va Beach</a>	Contact: 491-6151
Fri	8:00 am	40	C	<a href="#">Bike Beat Chesapeake</a>	TBA YESS group (Youthful Energetic Seniors) Friday ride. Friendly group! Contact: Fran Adams 467-2775, 287-6593 or Anthony 635-1582
Sat	7:15 am	20-25	A, B	<a href="#">Conte's Bicycles and Fitness Va Beach</a>	Contact: 491-1900
Sat	7:30 am	21	C to A+	<a href="#">Fat Frogs Bike and Fitness Chesapeake</a>	Contact: 410-4930
Sat	7:30 am	21	A++, A,	<a href="#">Fat Frogs Bike and Fitness Va Beach</a>	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	50	B+/A	Meet in the lot next to 160 Mt. Pleasant Rd, Chesapeake.	Swamp Stomp Ride. TBA ride. Contact: Ray Marsh 573-3761 or Pete Perritt 328-2135 or Rob Anderson 646-0246
Sat	7:30 am	41	B	<a href="#">Bike Beat Chesapeake</a>	Contact: 424-6151
Sat	7:30 am	40-45	A	<a href="#">Bike Beat Chesapeake</a>	Contact: 424-6151
Sat	8:00 am	Varies	D	<a href="#">Bike Beat Chesapeake</a>	Beginners ride; Contact: 424-6151
Sat	8:00 am	25	B, C, D	<a href="#">East Coast Bicycles (Ghent) Norfolk</a>	Contact: 622-0446
Sat	8:00 am	25-30	A	<a href="#">Seashore Bike and Fitness Va Beach</a>	Contact: 481-5191
Sat	8:00 am	26	B	<a href="#">Norfolk Bicycle Works</a>	Contact: 962-6766
Sat	8:00 am	30	A,B	<a href="#">East Coast Bicycles (Ocean View) Norfolk</a>	Contact: 351-2112
Sat	8:30 am	20-25	B+ to	<a href="#">Conte's Bicycles and Fitness Va Beach</a>	Contact: 491-1900
Sat	8:00 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
Sun	7:00 am	55	A	<a href="#">Conte's Bicycles and Fitness Va Beach</a>	Contact: 491-1900
Sun	7:30 am	21	C to A+	<a href="#">Fat Frogs Bike and Fitness Chesapeake</a>	Contact: 410-4930
Sun	7:30 am	31	A	<a href="#">Fat Frogs Bike and Fitness Va Beach</a>	Contact: 427-9488
Sun	7:30 am	50+	B	<a href="#">Kempsville Plaza Shopping Ctr Va Beach</a>	Kempsville-Norfolk-Kempsville Ride. Meet at Dollar Store on corner of Princess Anne Rd and S. Parliament Dr. Contact: Barry Stiffler bstiffler@verizon.net
Sun	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
Sun	8:30 am	8-15	C, D	<a href="#">Performance Bicycle Va Beach</a>	Contact: 340-0334
Sun	3:00 pm	14-20	D	<a href="#">Cycle Classics Portsmouth</a>	Team Portsmouth beginners ride. Contact: John

## TBA Officers and Committee Chairs

### Riding As Far to the Right as Practicable

§ **Virginia Code 46.2-905.** Riding bicycles, electric personal assistive mobility devices, electric power-assisted bicycles, motor-driven cycles, and mopeds on roadways and bicycle paths.

Any person operating a bicycle, electric personal assistive mobility device, electric power-assisted bicycle, or moped on a roadway at less than the normal speed of traffic at the time and place under conditions then existing shall ride as close as safely practicable to the right curb or edge of the roadway, except under any of the following circumstances:

1. When overtaking and passing another vehicle proceeding in the same direction;
2. When preparing for a left turn at an intersection or into a private road or driveway;
3. When reasonably necessary to avoid conditions including, but not limited to, fixed or moving objects, parked or moving vehicles, pedestrians, animals, surface hazards, or substandard width lanes that make it unsafe to continue along the right curb or edge;
4. When avoiding riding in a lane that must turn or diverge to the right; and
5. When riding upon a one-way road or highway, a person may also ride as near the left-hand curb or edge of such roadway as safely practicable.

For purposes of this section, a "substandard width lane" is a lane too narrow for a bicycle, electric personal assistive mobility device, electric power-assisted bicycle, motorized skateboard or scooter, or moped and another vehicle to pass safely side by side within the lane.

Persons riding bicycles, electric personal assistive mobility devices, or electric power-assisted bicycles on a highway shall not ride more than two abreast. Persons riding two abreast shall not impede the normal and reasonable movement of traffic, shall move into a single file formation as quickly as is practicable when being overtaken from the rear by a faster moving vehicle, and, on a laned roadway, shall ride in a single lane.

#### Board

President	Bruce Drees	president@tbarides.org
Vice President	Sam Gillette	vp@tbarides.org
Secretary	Cindy Meier	secretary@tbarides.org
Treasurer	Debbie Drees	treasurer@tbarides.org
Director	Joe Frease	jrfrease@cox.net
Director	Paul Gordy	touring@tbarides.org
Director	Suzann Magner	
Director	Christina Teeuwen	racing@tbarides.org
Director	Steve Zeligman	pastpresident@tbarides.org
Director	Dan Koach	advocacy@tbarides.org

#### Committees

Advocacy	Dan Koach	advocacy@tbarides.org
Business Liaison	Nancy Servais-Ford	
Knotts Island	Bruce Drees	knottsisland@tbarides.org
Membership	Vacant	membership@tbarides.org
Newsletter	Vacant	editor@tbarides.org
Publicity	Fran Adams	publicity@tbarides.org
Racing	Christina Teeuwen	racing@tbarides.org
Touring	Paul Gordy	touring@tbarides.org
Tour de Cure	Mike Rogers	teamtba@tbaarides.org
TBA CLAMS	Joe & Polly Frease	tbaCLAMS@tbarides.org

### 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](mailto:president@tbarides.org). You can contact any board member to learn the date, time, and location of the next scheduled board meeting.

### Business Members



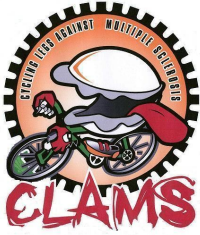
Fat Frogs Chesapeake  
237 Hanbury Rd East  
[www.ffcbikes.com](http://www.ffcbikes.com)  
(757)410-4930

### 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](mailto:Kim@BallanceElectric.com)

## TBA CHARITY TEAMS



On June 2<sup>nd</sup> & 3<sup>rd</sup> the TBA CLAMS participated in the 32<sup>nd</sup> annual MS 150 Bike Tour on the Eastern Shore of VA. Some CLAMS

gathered on Friday night at Camp Silver Beach for dinner in Bayview F2. We had fun and weathered out the storm which followed dinner.

Our team is 48 members strong including newcomers, Matt Hanby and Jeffrey Nutter. At this date we have raised a total of \$41,807.17 toward finding a cure for Multiple Sclerosis. Fund raising continues until Aug 3<sup>rd</sup>.

Saturday and Sunday produced exceptional riding weather. On Saturday, Nancy Ford, Barry Derr, Frank Prochazka, Suszann Magner, Francisco Siercke, Ken Lancaster, Barry Stiffler, Thom Sare & Paul Gordy rode a century. On Sunday, Suszann Magner, Francisco Siercke, Ken Lancaster, Thom Sare, Paul Gordy & Barry Stiffler rode a second century. Congratulations to all CLAMS who rode in the Bike Tour and to those who rode the extra miles.

During the Saturday night ceremony Sharon Grossman announced that she will be retiring from the Hampton Roads Chapter this month. We wish her all the best in her future endeavors.

Upon returning to our starting point, Cape Charles, on Sunday afternoon one CLAM found that his car had been towed from where he had parked it! What a shock!

Want to be part of this wonderful team? Call us or go on line at [www.fightms.com](http://www.fightms.com) and join the CLAMS team.

Joe and Polly Frease  
(757) 481-9474  
or email [pfrease@cox.net](mailto:pfrease@cox.net)



Congratulations to Team TBA for rais-

ing a total of \$21,735.31 in this year's Tour de Cure!!!

Through their hard work, this 38 member team helped further diabetes research, prevention and treatment.

Want to join Team TBA? Contact Mike Rogers at [mikerogers53@cox.net](mailto:mikerogers53@cox.net) or (757) 486-4283.

OR CURRENT RESIDENT

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

