



The Spokin Word

Volume 50 Issue 5

June 2012

SPECIAL TRAFFIC SAFETY ISSUE

"Cyclists fare best when they act and are treated as drivers of vehicles" -John Forester

5 LAYERS OF CRASH PREVENTION

Compiled from articles by Dan Gutierrez, Mighk Wilson and the League of American Bicyclists

Layer 1: Control Your Bicycle (Don't fall or collide with others)

If you can skillfully control your bike by starting, stopping, and turning properly, you will not fall down all by yourself or run into others. Do this and you cut out about half of your injury risk. To ride in groups, a cyclist must have good bike handling skills.

Layer 2: Obey the Rules (Don't be the cause of your own crash)

Follow traffic laws, obey signs and signals, use headlights and taillights at night, and use the correct lanes for turns and through movements and you won't cause a collision with a motorist. About half of cyclist/motorist crashes are caused by cyclists who violate the basic rules of the road. But you don't do that, right? Combine Layers 1 and 2 and you cut about 75% of your injury risk.

Layer 3: Choose a Proper Lane Position (Discourage other driver's mistakes)

Knowing when to use the full lane or to share a lane is something few cyclists fully understand. Your position in a lane is the best way to make yourself conspicuous, to tell drivers what you are doing, and to discourage them from making unsafe movements. Many of these effective lane positioning principles have been forgotten by the modern cycling community, so they may be contrary to what you've been taught! Combine Layers 1, 2 and 3 and you cut more than 90% of all potential crashes.

Layer 4: Learn Hazard Avoidance Skills (Avoid the other driver's mistakes)

There are evasive maneuvers you should know that can help you avoid major motorist mistakes or dodge obstacles. Knowing how to stop and turn quickly helps you avoid motorist mistakes that aren't discouraged by lane positioning. These skills are not instinctive and must be taught.

Layer 5: Passive Safety (Protection to survive a crash)

This is actually the least effective layer. Helmets and gloves protect your most vulnerable body parts as a last resort in case of the very rare failure of Layers 1 through 4, but they do nothing to help you avoid crashes.

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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

Enough! It's Time to Revisit the Basics

I've heard more reports of cycling related injuries this spring than any other time in recent memory. And not all involve crashes with cars; several very experienced cyclists have incurred injuries from potholes and other road hazards.

I haven't been immune either. I was recently involved in a small pileup when a cyclist two up from me made a sudden unannounced stop creating a domino effect behind him.

In cases where experienced cyclists were hit by motor vehicles there is ample evidence to suggest that at least some were preventable through proper lane positioning, straight line steering while checking for traffic, obeying one way restrictions, and hand signaling.

With that TBA has decided to dedicate this issue to a back to the basics review of essential cycling skills that we should all know and continually hone. Let's stop funding the orthopedic titanium pin industry and hospital emergency rooms.

Take a few minutes to contemplate the accompanying articles addressing bike handling and traffic skills. Then calibrate where necessary.

Ride safely,
Bruce

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

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. The program is to be announced.

Guests are welcome.

2012 TBA Calendar

June 2 & 3 MS 150 Cape Charles
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

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 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)
- July 4th ride & picnic volunteers

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

June Touring Schedule

(Helmets are required for all advertised rides)

Saturday-Sunday June 2/3rd

A, B, C, D Pace 7:30 AM 150 miles Cape Charles
National Multiple Sclerosis Society MS150 on Virginia's Eastern Shore.

Saturday, June 9th

B, C Pace 7:30 AM 25/50 miles Portsmouth
"Tour de City Park" and "Tour de Hoffler Creek" - Two of the nicest long distance Tour de Portsmouth training rides - each loop is 25 miles. One stop mid-way for each loop with SAG support.

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

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

Sunday, June 10th

B, C, D Pace 3:00 pm 22 miles Portsmouth
Join John for our "Tour de Cancun" ride through Historical Portsmouth Waterfront! This will be a fun, easy-paced ride with a nice stop mid-way along the waterfront! Afterwards we go to Cancun Fiesta for Mexican delights!

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

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

Saturday, June 16th

B, C Pace 7:30 am 25/50 miles Portsmouth & Norfolk

"Tour de City Park" followed by "Tour de Oceanview" in Norfolk (bring exact money for ferry ride). Safe, supportive, and social long distance training rides - each loop is 25 miles. One stop mid-way for each loop with SAG support.

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

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

Sunday, June 17th

B, C, D Pace 3:00 pm 22 miles Portsmouth
Join John for our "Tour de Cancun" ride through Historical Portsmouth Waterfront! This will be a fun, easy-paced ride with a nice stop mid-way along the waterfront! Afterwards we go to Cancun Fiesta for Mexican delights!

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

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

Saturday, June 23rd

B, C Pace 7:30 am 50 miles Suffolk & Smithfield

New Half Century "Tour de Suffolk & Smithfield". A new ride everyone loves - great route and great views. Three stops with SAG support.

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

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

Sunday, June 24th

B, C, D Pace 3:00 pm 22 miles Portsmouth
Join John for our "Tour de Cancun" ride through Historical Portsmouth Waterfront! This will be a fun, easy-paced ride with a nice stop mid-way along the waterfront! Afterwards we go to Cancun Fiesta for Mexican delights!

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

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

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.

Lane Positioning
by the League of American Bicyclists
www.bikeleague.org

Ride on the right

- Ride in the same direction as traffic; stay far enough away from curb to avoid hazards
- Ride in the right third of the right-most lane that goes in the direction you are going
- Take the entire lane if traveling the same speed as traffic or in a narrow lane

Visibility

- Always ride in or near a travel lane; stay visible by riding where drivers are looking
- Wear bright clothing at night as well as during the day
- Do not pass on the right; motorists are not looking for other vehicles there

Parked cars

- Ride in a straight line, not in and out of parked cars on the side of the road
- Beware of cars merging into the roadway from a parallel parking position
- Always ride far enough away from parked cars to avoid hitting a surprise open door

Take the lane

- If there is insufficient road width for cyclists and cars
- If traveling the same speed as other traffic or if hazards narrow the usable width
- Before intersections and turns to assert your position on the roadway

Extra wide lanes

- Do not ride completely to the right; you will be more visible 3-4 feet away from traffic
- Right turning cars and cars entering will be more likely to see you before they turn
- Be careful of motorists passing on the right around left-turning vehicles

Save the Date– July 4th Ride and Picnic

Join fellow cyclists on Wednesday, July 4, 2012 at MUNDEN POINT PARK-SHELTER #3 for an ALL PACES bicycle ride followed by a wonderful picnic. Details to be posted soon at www.tbarides.org.

RIDE LEADERS NEEDED

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

Contact Paul Gordy at 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. 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

June Repeat Rides

(Helmets are required for all advertised rides)

Day	Time	Miles	Pace	From	Comment
Mon	7:30 am	21	B, 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	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	East Coast Bicycles (Ocean View) Norfolk	ID and front and rear lights required for Naval Base Norfolk. Contact: John McCaw, 351-2112
Tue	6:00 pm	16-20	A	Seashore Bike and Fitness Va Beach	Contact: 481-5191
Tue	6:30 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. Dinner at El Grand Rodeo optional 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	4:00 pm	20-30	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	Norfolk Bicycle Works (formerly Contes in Ghent)	Beginners ride; Contact: 757-962-6766
Thu	7:15 am	20-25	A++	Conte's Bicycles and Fitness Va Beach	Contact: 491-1900
Thu	7:30 am	21	A, B	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	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
Thu	6:00 pm	25	A,B	East Coast Bicycles (Ocean View) Norfolk	ID and front and rear lights required for Naval Base Norfolk. Contact: John McCaw, 351-2112

June Repeat Rides

(Helmets are required for all advertised rides)

Thu	6:00 pm	20	B,C	<u>Fat Frogs Bike and Fitness Chesapeake</u>	Join Mike & Sam for a pleasant ride after work. No drops. Contact Mike Rogers at mikerogers53@cox.net or Sam Gillette at sam.gillette@cox.net
Thu	6:00 pm	16-20	A	<u>Seashore Bike and Fitness Va Beach</u>	Contact: 481-5191
Fri	7:30 am	25	A, B	<u>Bike Beat Va Beach</u>	Contact: 491-6151
Fri	9:00 am	25-39-50	C	<u>Bike Beat Chesapeake</u>	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	<u>Conte's Bicycles and Fitness Va Beach</u>	Contact: 491-1900
Sat	7:30 am	21	C to A+	<u>Fat Frogs Bike and Fitness Chesapeake</u>	Contact: 410-4930
Sat	7:30 am	21	A++, A, B, C	<u>Fat Frogs Bike and Fitness Va Beach</u>	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	<u>Bike Beat Chesapeake</u>	Contact: 424-6151
Sat	8:00 am	25	B, C, D	<u>East Coast Bicycles (Ghent) Norfolk</u>	Contact: 622-0446
Sat	8:00 am	25-30	A	<u>Seashore Bike and Fitness Va Beach</u>	Contact: 481-5191
Sat	8:00 am	26	B	<u>Norfolk Bicycle Works (formerly Contes in Ghent)</u>	Contact: 757-962-6766
Sat	8:00 am	30	A,B	<u>East Coast Bicycles (Ocean View) Norfolk</u>	Contact: 351-2112
Sat	8:30 am	20-25	B+ to A+	<u>Conte's Bicycles and Fitness Va Beach</u>	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
Sun	7:00 am	55	A	<u>Conte's Bicycles and Fitness Va Beach</u>	Contact: 491-1900
Sun	7:30 am	21	C to A+	<u>Fat Frogs Bike and Fitness Chesapeake</u>	Contact: 410-4930
Sun	7:30 am	31	A	<u>Fat Frogs Bike and Fitness Va Beach</u>	Contact: 427-9488
Sun	7:30 am	50+	B	<u>Kempsville Plaza Shopping Ctr Va Beach</u>	Sunday Morning 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	<u>Performance Bicycle Va Beach</u>	Contact: 340-0334
Sun	3:00 pm	14-18	D	<u>Cycle Classics Portsmouth</u>	Team Portsmouth beginners ride. Contact: John Maher 672-1359 or teamportsmouth@cox.net

THANK YOU KNOTTS ISLAND VOLUNTEERS!

TBA thanks all of our Knotts Island Century volunteers for helping to put on another successful event, our 36th:

Fred and Fran Adams	Helen Gabriel
Kim Aldridge	Sam and Peggy Gillette
Jo Beuchler	Alice Gordy
Brian Bielitz	Debbie Hoke
Bryan Breininger	Dan and Tess Koach
Nancy Breininger	John Maher
Bob Brown	Cindy Meier
Pat Byrne	Rick Powell
Curtis Day	Jack and Donna Scott
Bruce and Debbie Drees	Jay and Kim Talman
Fat Frogs Chesapeake	Marc Tobey
Fat Frogs Virginia Beach	Joe Vizi
Nancy Servais-Ford	Becky Walter
Joe and Polly Frease	Mark Geduldig-Yatrofsky
Sally Frohlich	



Business Members

Fat Frogs Chesapeake
237 Hanbury Rd East
www.ffcbikes.com
(757)410-4930

For Sale

Three wheel recumbent "Cat Expedition" for sale. Has less than 150 miles. Bought after hip operation and did enjoy it. Most comfortable ride I've ever had. However, I like touring fully loaded and this trike is too wide on the highway.

According to Bobby it's the best of the three wheelers. See bicycle section on Craig's List for photo.

Price with special rack included is \$2,500.

Fred Adams at 467-2775

TBA Officers and Committee Chairs

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. You can contact any board member to learn the date, time, and location of the next scheduled board meeting.

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 CHARITY TEAMS

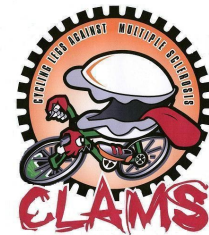


On June 2nd & 3rd we will start the 150 mile weekend ride from Cape Charles on the Eastern Shore and ride to Camp Silver Beach. For some seasoned cyclists riding 75 miles back to back in one weekend is no big deal. But, for most of us it is a challenge and for all of us it is a weekend full of fun we look forward to each year. 47 CLAMS are meeting the challenge to make a difference in the lives of people who are challenged daily by MS. We are hopeful that our fundraising efforts

will one day produce a cure so no one will have to hear the words, "you have MS."

Want to be CLAM member and be part of this wonderful team? Call us or go on line at www.fightms.com and join the CLAMS team.

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



VIRGINIA STATEWIDE CRASH DATA

According to Virginia DMV, in 2011 there were:

- ◆ 6 bicycle riders killed or .8% of all traffic fatalities
- ◆ 730 bicycle riders injured or 1.2% of all traffic injuries
- ◆ 749 bicycle crashes or .6% of all crashes
- ◆ 4.5% of riders involved in crashes were alcohol impaired
- ◆ 171 riders (22%) of riders involved in crashes were under the age of 18

Source: 2011 Virginia Crash Facts by Virginia Department of Motor Vehicles

OR CURRENT RESIDENT

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

