



The Spokin Word

Volume 51 Issue 3 April 2013

REGISTRATION NOW OPEN FOR 2013 KNOTT'S ISLAND CENTURY



TBA's signature event - the **37th Annual Knotts Island Century** - will be held this year on the 3rd Saturday of May, **May 18, 2013**. 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.

New this year: we now have a "no-ferry" century option!

The Knotts Island Century is known for a great ride, great food, and great camaraderie. This is an excellent 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 or very experienced riders. The start location is at Gerties School on Ballahack Rd. in Chesapeake.

Register at - www.tbarides.org

Contact Bruce Drees at president@tbarides.org for any questions and especially if you would like to volunteer. A big thanks to Travis Davidson for distributing KI postcards to publicize our century! Proceeds from the KI Century are used to further TBA's advocacy, education and bike safety initiatives. We look forward to seeing you!

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WHAT COMES AFTER A CENTURY?

Bike computers DO go past 100 miles! Completing a century is considered a monumental achievement for many cyclists, as well it should be. The time, training and mental toughness needed to tackle such a ride require a sincere commitment.

But, after you've done one, what next? Sure, there are always others out there including tougher centuries like the Assault on Mt. Mitchell, Bridge to Bridge, or, out west, the Hotter 'n' Hell Hundred. I'd like to suggest simply taking on the challenge of a longer ride.

Randonneuring events typically begin at 200K and can go up from there. No SAG vehicles are provided, but routes are designed with stores for supplies and time checks at appropriate intervals. Additionally, you navigate with a cue sheet and not road markings. A time limit of 12 hr 30 min applies to a 200K event.

This year we are going to have both a 200K and 300K brevet here in the area. The April 13th 200K is an out-and-back from Suffolk to Skippers with a stop in Boykins, while the May 11th 300K merely extends this route to Lake Gaston. Longer rides, like the 300K, require the use of adequate lighting for safety and navigation.

If you are interested you can email me or see the Tidewater Randonneuring group on Facebook.

Keith Sutton (sksuttonmd@cox.net)

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 weather for this year's Chili Ride was the best in recent memory. About 72 cyclists turned out for the event, which was co-sponsored by Bike Norfolk and TBA, and hosted by East Coast Bikes in Ocean View.

My thanks to all our chefs and volunteers who made this a successful and tasty event. This was urban riding at its best. For the 50% who turned out from other cities the ride taught us a lot of what the locals know when it comes to the best ways of biking from point A to B in the northern half of Norfolk.

The event was also as much family reunion as it was a bike ride. Hugs and handshakes were plentiful as friendships were made and long lost ones renewed. The saying that we are a close knit community was evident everywhere.

With the Chili Ride behind us the club turns its focus to our May 18th Knotts Island Century, now in its 37th year. For those who have rode with us many times over and have asked for a "no ferry" option, we are pleased to offer a 100 mile route this year. For all the details and to register please visit www.tbarides.org.

Finally, the spring riding season is here. A number of charity rides are being held including the Tour de Cure, MS150 and others. Please support the community fundraiser of your choice by riding, volunteering or becoming a sponsor.

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

2013 TBA Calendar

April 20, 2013 Tour de Cure

May 8, 2013 General Membership Meeting, 6:30—8:30 pm, Virginia Beach Central Library

May 18, 2013 37th Knotts Island Century

June 1-2, 2013 MS 150

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:

- Knotts Island Century
- ride leaders—all paces and distances
- communications/PR intern (unpaid; semester project)

For more information contact Bruce at president@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

MAY GENERAL MEMBERSHIP MEETING

TBA's next meeting will be held on Wednesday, **May 8, 2013** at the Virginia Beach Central Library.

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

Program and speaker to be announced in the next issue of your newsletter.

Guests are always welcome!

April Touring Schedule

(Helmets are required for all advertised rides)

April 5-7

2-day loaded tour 110 miles Skyline Drive
Join me for a loaded tour on the Skyline Drive. We stay in a motel Friday night, cycle 55 miles from Afton to Big Meadows Campground on Saturday, camp for the night, and cycle back on Sunday. Each cyclist should carry camping gear, but we will eat out most meals. Check TBA website for more info.

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

From: Colony House Motel (540-942-4156) (Exit 99 from I-64 at follow US250 about 0.25 miles toward Waynesboro)

Saturday, April 6th

B/C Pace 7:30am 75 Miles Sunbury to Edenton, NC
One of the nicest long distance Tour de Cure training rides in the area! For route -www.teamportsmouthusa.com. Tandems welcome! Bring lunch money so you can enjoy a nice lunch break along the downtown waterfront in Edenton. Multiple stops with SAG support, cue sheets and the famous "homemade" chocolate brownies this ride is famous for. **\$5.00 fee to cover SAG vehicle gas and food stops costs.**

From: Sunbury, NC Downtown Citizens First Bank; 23 miles south of Suffolk off Highway 32. RSVP via email and COME EARLY AT 6:30 am to register in Sunbury, NC.

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

Sunday, April 7th

B/C/D Pace 2:00pm 24 miles Portsmouth
Join our "Tour de City Park" ride through Historical Portsmouth Waterfront! This is a fun, easy-paced ride with a stop mid-way along the waterfront & dinner afterwards!

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

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

Saturday, April 13th

B Pace 7:30 am 80 miles Chippokes
TBA ride from the W. Branch Reservoir in Suffolk to Chippokes State Park with a lunch stop at the Smithfield Ice Cream Shop at the 65 mile point. Cue sheet, map, and directions on TBA website.

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

From: Western Branch Fishing Station, Girl Scout Rd, Suffolk

Saturday, April 13th

B & C Pace 8:30 am 63 miles Portsmouth
"Tour de Portsmouth Metric Century" ride designed to prepare cyclists for upcoming 2013 Tour de Cure, Knots Island, Bike MS 150, and other long distance rides. 4 stops w/SAG support. Lunch after ride.

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

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

Sunday, April 14th

B Pace 1:30 pm 36 miles Tidewater
"Training Ride on the Jordan Bridge". If you want to work on climbing, this is the ride for you. Cycle 13 miles to the Jordan Bridge, cycle back and forth across the bridge 12 or more times, and cycle back. Cue sheet, map, and directions on TBA website.

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

From: Tide Light Rail parking lot on Newtown Rd

Sunday, April 14th

B/C/D Pace 2:00 pm 36 miles Portsmouth
"Tour de Golf Courses" – one of the nicest rides in Portsmouth designed to prepare cyclists for 2013 long distance rides. Two stops w/SAG support.

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

Leader: John Maher, 672-1359, teampportsmouth@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 = 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.

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!**

April Touring Schedule

(Helmets are required for all advertised rides)

Sunday, April 21st

All Paces 1:00pm Your choice for distance Berkley Area of Norfolk (Indian River Road & Bainbridge Blvd)

"Pedal Up to Cleanup" Ride - This will be a special ride to conduct a litter cleanup as part of "Pedaling for a Cleaner America". For more information about Pedaling for a Cleaner America: www.johndeuel.wordpress.com.

You may chart your own course to arrive at the south end of the Berkley Bridge in Norfolk by 1:00pm. You will be provided with gloves, a trash bag and a safety vest if necessary before we walk the side of the roads to pick up litter. Bring a separate pair of shoes if you would prefer not to pick up litter in your road shoes.

Leader: John Deuel, 284-7041 or jdeuel@me.com

Saturday, April 27th

B Pace 8:15am 55 miles Williamsburg

TBA ride on 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, map, and directions on TBA website.

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

From: Meet at Waller Mill Park in Williamsburg (gate opens at 8am - \$2.00 parking fee)

Saturday, April 27th

B & C Pace 8:30 am 40 miles Portsmouth, VA

Portsmouth "Tour de Bridges" – ride at a higher altitude as you cross over the Jordan Bridge twice with 2 other bridges along the route. All Portsmouth rides prepare cyclists for upcoming 2013 Tour de Cure, Knot's Island, Bike MS 150, and other long distance rides. NEW Brunch stop midway at "Pancake & Things" (YUM).

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

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

Sunday, April 28th

B Pace 1:30 pm 36 miles Tidewater

"Training Ride on the Jordan Bridge". If you want to work on climbing, this is the ride for you. Cycle 13 miles to the Jordan Bridge, cycle back and forth across the bridge 12 or more times, and cycle back. Cue sheet, map, and directions on TBA website.

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

From: Tide Light Rail parking lot on Newtown Rd

Sunday, April 28th

B/C/D Pace 2:00 pm 40 miles Portsmouth

"Tour de Harborview" ride - One stop & SAG support for 3 great paces through Historical Portsmouth & Suffolk Waterfront! Sprints will challenge faster riders!

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

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

PEDALING FOR A CLEANER AMERICA



We see it almost every time we ride. You are riding on a beautiful day on a great route. You are feeling great about your ride and life in general until you start to see too much of it. It starts with a burger wrapper in a roadside ditch. Then a smashed beer can appears in the shoulder of the

road. Roadside litter becomes unavoidable. It is pervasive and taints the great ride you were just having.

Littering has been a problem for a long time. Keep America Beautiful's research revealed that there are about 51 billion pieces of litter on America's roadways. We cyclists see it up close, which has moved us into action. Some of us have "adopted" streets, bridges and favorite legs of our weekly rides. We do regular cleanups of these places and make a dent in the litter as well as increase awareness. It feels good to do something to improve the places we ride right here in our own backyards.

The first Tidewater Pedal Up to Clean Up will be held between **1-2 pm on Sunday, April 21st**. We will be riding to pick up litter at two favored ride locations that have suffered from chronic littering on Indian River Road near State Street and nearby on Bainbridge Boulevard, a frequent route to Chesapeake.

We will meet on State Street near the south end of the Berkley Bridge starting at 12:30pm. I will bring the supplies - trash bags, gloves and safety vests. Snacks will be provided!

You can make the cleanup part of a longer ride or just come to the cleanup site and return home. The main objective is to unite us all around the idea that we all can do better about how everyone handles waste and bring cyclists and nearby residents together to show our pride for our common areas. The Clean Pride Ride will increase awareness and promote a greater sense of pride and individual responsibility for our natural surroundings and particularly our roadways.

This ride is co-sponsored by the Tidewater Bicycle Association and Keep Norfolk Beautiful. If you are planning to join me, let me know. Contact John Deuel at jdeuel@me.com or contact me through TBA's Facebook page: <http://www.facebook.com/groups/52136051269/>.

Note: John Deuel was featured in the Virginia Beach Beacon on 3/24/13 for his promotion work of this effort!

Submit changes to:
touring@tbarides.org

April 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	8:00 am	50	B, C	Oakland Christian Church, Chuckatuck	Chuckatuck Chainring ride. Meet in church parking lot, US Rt 10 & Cty Rt 603, Chuckatuck. Bring money for lunch/snacks. Contact: Hal Heafner 484-2501 or 478-2501
Tue	5:30 pm	35	B	Bike Beat Chesapeake	Contact: 424-6151
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
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	8:00 am	30-40	C	Dismal Swamp Canal Trail, Chesapeake (varies, call first)	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	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	Norfolk Bicycle Works	Beginners ride; Contact: 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	8:00 am	50	B, C	Oakland Christian Church, Chuckatuck	Chuckatuck Chainring ride. Meet in church parking lot, US Rt 10 & Cty Rt 603, Chuckatuck. Bring money for lunch/snacks. Contact: Hal Heafner 484-2501 or 478-2501
Thu	5:30 pm	35	B	Bike Beat Chesapeake	Contact: 424-6151
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
Thu	6:00 pm	16-20	A	Seashore Bike and Fitness Va Beach	Contact: 481-5191
Fri	7:30 am	25	A, B	Bike Beat Va Beach	Contact: 491-6151
Fri	8:00 am	40	C	Bike Beat Chesapeake	TBA YES 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	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
Sat	7:30 am	21	A++, A, B, C	Fat Frogs Bike and Fitness Va Beach	Contact: 427-9488

April Repeat Rides

(Helmets are required for all advertised rides)

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	Bike Beat Chesapeake	Contact: 424-6151
Sat	7:30 am	40-45	A	Bike Beat Chesapeake	Contact: 424-6151
Sat	8:00 am	Varies	D	Bike Beat Chesapeake	Beginners ride. Contact: 424-6151
Sat	8:00 am	25	B, C, D	East Coast Bicycles (Ghent) Norfolk	Contact: 622-0446
Sat	8:00 am	25-30	A	Seashore Bike and Fitness Va Beach	Contact: 481-5191
Sat	8:00 am	26	B	Norfolk Bicycle Works	Contact: 962-6766
Sat	8:00 am	30	A,B	East Coast Bicycles (Ocean View) Norfolk	Contact: 351-2112
Sat	8:30 am	20-25	B+ to A+	Conte's Bicycles and Fitness Va Beach	Contact: 491-1900
Sat	8:00 am	50	B, C	Oakland Christian Church, Chuckatuck	Chuckatuck Chainring ride. Meet in church parking lot, US Rt 10 & Cty Rt 603, Chuckatuck. Bring money for lunch/snacks. Contact: Hal Heafner 484-2501 or 478-2501
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	7:30 am	50+	B	Kempsville Plaza Shopping Ctr Va Beach	Kempsville-Norfolk-Kempsville Ride. Meet at Dollar Store on corner of Princess Anne Rd and S. Parliament Dr. Contact: Barry Stiffler blstiffler@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	Performance Bicycle Va Beach	Contact: 340-0334
Sun	2:00 pm	14-20	D	Cycle Classics Portsmouth	Team Portsmouth beginners ride. Contact: John Maher 672-1359 or teamportsmouth@cox.net



Join Team TBA for the **April 20, 2013** tour in Suffolk!

Contact Mike Rogers at mikerogers53@cox.net or (757) 486-4283.

TBA MS 150 CLAMS

Showing up to ride on the CLAMS Chowder ride Feb. 24th were (L-R) Larry Walter, Bruce Drees, Michael Sleeman, Robert Shanks and Jean Sleeman. They rode for 26 – 30 miles around the Lynnhaven /Great Neck area and enjoyed the new Shore Drive bicycle lanes. While they were riding faithful cooks were preparing assorted chowders and delicious crock pot specials.



Even though the soups were great, the most popular place was next to Jay Talman who was BBQing oysters while his wife, Kim fried oysters in her own special recipe. Travis Davidson and Tiffany Hansen were helping as well by cooking the chicken wings. If you have ever been to a CLAMS gathering you know we always have a lot of good food!!! We had a short CLAMS meeting ending with a raffle with Debbie Drees winning the prize, a bottle of French wine.

Polly and I would like to thank all the CLAMS who have stepped up to fill in the gaps when we have had our health issues to take us out of commission these last few months. We appreciate all your help and cannot thank you enough for being there for us.

If you would like information on how to become a member of Team TBA 150 CLAMS call Polly or Joe Frease at 481-9474, cell: 619-4272 or e-mail: pfrease@cox.net. Help us support research to end this devastating disease.

Ride fast, ride strong, ride safe so that others may walk.

Joe and Polly Frease, Co-Captains, TBA CLAMS

Business Members



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

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	Rob Anderson	bobeche2003@yahoo.com
Director	Ben Nippert	bnippert@hotmail.com
Director	Dan Koach	advocacy@tbarides.org
Director	Travis Davidson	travis7davidson@gmail.com
Director	Vacant	

Committees

Advocacy	Dan Koach	advocacy@tbarides.org
Knotts Island	Bruce Drees	knottsisland@tbarides.org
Membership	John Deuel	membership@tbarides.org
Newsletter	Tim Whited	editor@tbarides.org
Publicity	Fran Adams	publicity@tbarides.org
Touring	Paul Gordy	touring@tbarides.org
Tour de Cure	Mike Rogers	mikerogers53@cox.net
TBA CLAMS	Joe & Polly Frease	pfrease@cox.net

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

2013 NATIONAL BIKE CHALLENGE

The start of the 2013 National Bike Challenge is coming up. Challenge yourself to ride more often. This event encourages people of ALL cycling skills and abilities to pedal for transportation, fitness, and recreation. It is put on by a partnership between the League of American Bicyclists, Bikes Belong, Kimberly-Clark Corp., and Endomondo — a mobile-based sports and fitness tracking organization. The challenge runs from May 1 to Sept. 30, 2013.

Endomondo's tracking system allows an individual rider and cycling teams to compare their standing w/in state and national categories. In addition, the system provides ranking data for workplace and community groupings, again on either a state or national level. Riders earn points for every day they

ride and every mile they log. Rides are logged at www.endomondo.com. Rides can be entered automatically with the free Endomondo app on a smart phone. Rides can also be uploaded on a Garmin GPS device, or manually entered on the Endomondo website.

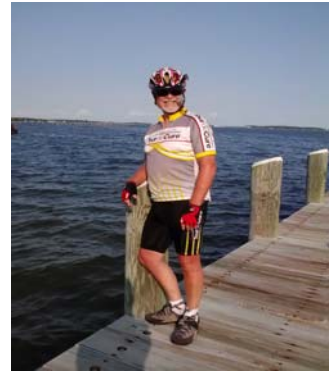
The more points earned, the greater the chances of winning one of the many prizes to be awarded at the end of the Challenge. It is free to participate in the Challenge. Go to <http://www.endomondo.com/campaign/national> and click on "join". Then click "join the challenge" and set up a free Endomondo account. After you have set up an account, click "create or join a team here". Click "join a team" and search for a TBA team. A team captain can set up a TBA club team on Endomondo for TBA members to join.

For answers to Frequently Asked Questions about the Challenge, go to

<http://www.endomondo.com/campaign/national/faqs>.

Is TBA up to the challenge? It is a great motivator to ride more! I participated in the National Bike Challenge last year and found myself motivated to ride much more than I would have without the Challenge.

Dan Donahue



OR CURRENT RESIDENT

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

