



The Spokin Word

Volume 51 Issue 7 August 2013

TBA DONATES BIKE RACKS TO TOWN OF SMITHFIELD

Bicycling in and around Smithfield, VA has always been great with its bike friendly roads, residents and businesses. But now bicycling is even better there thanks to a donation of a pair of bike racks by TBA.

Recognizing a need for bicycle parking in the town's historic business district, last fall the TBA Board of Directors voted the resources necessary to help get Smithfield up and running. Over the winter, TBA president Bruce Drees and treasurer Debbie Drees met and corresponded with town manager Mr. Peter Stephenson to discuss possible locations and rack types.



The town was very receptive to the idea and selected a location adjacent to the Smithfield Ice Cream Parlor and new public restrooms for two inverted-U type racks. Mr. Stephenson obtained the blessings of the town council and made the necessary arrangements for purchase and installation of the racks under reimbursement by TBA. TBA sincerely appreciates the enthusiasm shown by Mr. Stephenson and members of Smithfield's town Council.

Smithfield's new bicycle parking is located in an area frequented by visiting cyclists, transient boaters who bike into town from the marina, as well as local families and others coming in to shop, dine, or just enjoy a guilt-free ice cream as part of a bike ride. The racks are well positioned for many years of good service. Be sure to make plans to use the new racks on your next visit there!

Bruce and Debbie Drees

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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 TBA board continually strives to find better ways to be of service to our members and bicycling at large. We do this by evaluating existing programs and services to see how they line up with our members interests. We also consider things such as the need for protecting cyclists rights and advocating for building better transportation infrastructure throughout Tidewater when deciding how to allocate our resources.

Even though "just a bike club," this is not always as easy as it sounds. TBA members are a very diverse group in their interests and those change over time. The club's focus today is rightfully very different from what it was 30, 20, 10 or even just 5 years ago.

Technology has dramatically altered the way that we communicate with you. When the club was formed in the early 70s a printed, mailed newsletter was the only show in town, except for phone trees (remember those?) and in person meetings. The choices nowadays almost seem endless, and there is no single "perfect" way to get the word out. Our volunteer board and committees scramble among many communication avenues to stay in touch with you.

Newsletters are an important tool for any nonprofit organization. TBA's newsletter has traditionally been the single best source of prime ride information as well as news of goings on within the bike community. But with so many other mediums available to publish ride info, we find ourselves asking "are there better ways at less cost?"

When answering that question for yourself, please consider that TBA has no paid staff. Everything that the organization does, and it does a lot, is because there were volunteers ready to pick up the job and get it done. "No volunteer, no service" is just as true today as it was when the club was formed.

So my question to our members is, how can we better communicate the club's activities and events to you with the least cost in dollars and volunteer time? Email me at president@tbarides.org

Ride safely,

TIDEWATER BICYCLE ASSOCIATION

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

www.tbarides.org

Affiliations:

Virginia Bicycling Federation

The League of American Bicyclists

Adventure Cycling Association

SEPTEMBER GENERAL MEMBERSHIP MEETING

TBA's next meeting will be held on Wednesday, **Sept 11, 2013** at the Virginia Beach Central Library.

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

Program to be determined—look to the September newsletter for information. Guests are always welcome!

2013 TBA Calendar

Sept 11, 2013 General Membership Meeting, 6:30—8:30 pm, Virginia Beach Central Library

Sept 27-29, 2013 Eastern Shore Getaway, Best Western Hotel, Chincoteague, VA

Nov 13, 2013 General Membership Meeting, 6:30—8:30 pm, Virginia Beach Central Library

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:

- ride leaders—all paces and distances

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

August Touring Schedule

(Helmets are required for all advertised rides)

Saturday August 3, 10, 17, 24, 31

C/D pace 9:00 am 9-12 miles Norfolk

"Cindy Lou's Coffee Shop Community TBA Ride." Different routes around Norfolk and stop for coffee or breakfast along the way. All ages and any type bicycles. Children with parent welcome. We normally ride anywhere from 9 to 12 miles unless we are attending a bike event and then the miles could change. We are a D & C- paced ride depending on who shows up for the ride. We have plenty of stops to get pictures. I always post by Friday Night on Facebook of where we are going on Saturday and I post by 8am on Saturday mornings if rides are canceled due to bad weather conditions. The only requirement is to wear a Helmet and have a smiling face. We are a very social group of people and this is a great way to get out riding and finding the nice places around Norfolk that are safe to ride your bike.

From: East Coast Bicycles on Colley Ave

Leader: Cindy Lewis, retrolouwho@yahoo.com FB: "Cindy Lou's Coffee Shop Community TBA Ride"

Saturday, August 3rd

B/C Pace 7:30 am 50 & 65 miles Dismal Swamp Visitor Center, NC

"Tour de Coast Guard Ride" - Half & Metric Century loop from the Dismal Swamp North Carolina Visitor's Center to Elizabeth CG station. SAG support for those RSVP'ing by August 1st. Lunch locations in downtown Elizabeth City available as a nice break at two-thirds of the way. Cue sheets provided. \$5 cost to cover SAG gas and food. Email for mapmyride link to see the route.

From: Dismal Swamp North Carolina Visitor's Center - 8 miles south of the VA state line

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

Sunday, August 4th

B/C/D Pace 4:00 pm 25 miles Portsmouth

"Tour de Cancun" ride through Historical Portsmouth Waterfront! Fun, easy-paced ride with a stop mid-way along the waterfront followed by Mexican feast at Cancun Fiesta!

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

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

Saturday, August 10th

B/C Pace 7:30 am 25 miles Portsmouth

"Tour de Sleepy Hole" – new ride from SCATS in Portsmouth. All rides prepare cyclists for upcoming Surry Century and Eastern Shore long distance rides. One stop mid-way with SAG support.

From: SCATS, 3209 Stamford Road, Portsmouth, VA
Leader: John Maher, 672-1359 or teamportsmouth@cox.net

Sunday, August 11th

B/C/D Pace 4:00 pm 25 miles Portsmouth

"Tour de City Park" ride through Historical Portsmouth Waterfront! Fun, easy-paced ride with a nice stop mid-

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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!**

August Touring Schedule

(Helmets are required for all advertised rides)

way along the waterfront followed by dinner in downtown Portsmouth!

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

Leader: John Maher, 672-1359 or

teamportsmouth@cox.net

Saturday, August 17th

B/C Pace 7:30 am 40-50 miles Smithfield

Bi-annual "Tour de Smithfield" ride through quiet back country roads in Smithfield, Virginia with flat and rolling terrain with access to historic venues. All rides prepare cyclists for upcoming Surry Century and Eastern Shore long distance rides. One stop mid-way with SAG support followed by a lunch at Smithfield Station.

From: Smithfield Station, Smithfield, VA.

Leader: John Maher, 672-1359 or

teamportsmouth@cox.net

Sunday, August 18th

B/C/D Pace 4:00 pm 24 miles Portsmouth

"Tour de Hoffler Creek" through Historical Portsmouth Waterfront and quiet residence roads to secluded Hoffler Creek. Fun, easy-paced ride with a nice stop mid-way followed by dinner downtown!

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

Leader: John Maher, 672-1359 or

teamportsmouth@cox.net

Saturday, August 24th

B/C Pace 7:00 am 63 miles Portsmouth & Suffolk

Metric Century "Tour de Portsmouth & Suffolk". Last big training ride before the Surry Century. All Portsmouth Saturday rides prepare cyclists for upcoming Surry Century and Eastern Shore long distance rides. Four stops with SAG support.

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

Leader: John Maher, 672-1359 or

teamportsmouth@cox.net

Saturday, August 24th

B Pace 7:30 am 65 miles Smithfield/Surry

TBA ride from the W. Branch Reservoir in Suffolk to Surry with a lunch stop at the Smithfield Ice Cream Shop at the 50 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

Sunday, August 25th

B/C/D Pace 4:00 pm 28 miles Portsmouth

"Tour de Joliff" – Scenic ride in Portsmouth. All Portsmouth rides prepare cyclists for upcoming Eastern Shore and other long distance rides. One stop with SAG support followed by dinner downtown.

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

KEITH SUTTON, MD., NAMED RBA FOR THE NEW TIDEWATER REGION

Randonneurs USA recently announced that local Rando Keith Sutton has been appointed Regional Administrator (RBA) for the Tidewater region. This is a new milestone for local randos, as previously the only other such opportunities were several hours away. Now Keith can organize and sponsor local *brevets*, as he did in this past year as part of the DC Randonneurs schedule. These are typically group rides of 200 to 1200 kilometers set on a particular date.

It is a distinguished honor, well earned by Keith. Among many other superlatives, he is the only local active rider to have completed the ninety hour Paris-Brest-Paris 1200 kilometer; the "Olympics" of long distance riding, held once every four years. In addition to Keith's appointment, local Rando riders Jacob Anderson and Ron Malinauskas have passed 6000k so far this year. Along with Keith they are well on their way to 10,000k and a RUSA Cup. Several riders are on the path toward a P-12 award for twelve consecutive *permanents* of at least 100K, one in each month. Some are also working on the R 12 Award, for completing twelve consecutive rides of at least 200k

For those not familiar with Randonneuring, the rides are available for both groups and individuals. Every weekend and many weekdays there are rides. People with odd work schedules can solo on a sponsored route. The events do have a time limit but they are not races. The guiding spirit of Rando is to finish, unassisted. We have riders who are A Pace and other who are C pace. All are welcome and encouraged.

If you have done a century or two, or are looking for a challenge beyond the tri, you might enjoy the camaraderie and fun of a long distance ride. Check us out at RUSA.com under "results." To get involved at any level contact Jacob Anderson at jacobvb@yahoo.com.

David Wynne

Submit changes to:
touring@tbarides.org

August 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	6:00 pm	21	A,B+	Fat Frogs Bike and Fitness Chesapeake	Will Smith 635-2490/ Bill Kovach 773-8493/ Rob Anderson 646-0246. Shop (410-4930) will be notified if ride is cancelled.
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 757-484-2501 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 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	Norfolk Bicycle Works	Beginners ride; Contact: 757-962-6766
Wed	6:15 pm	20	B	Food Lion at Great Neck Rd & Shore Drive	TBA ride starting July 31. Contact: Allan Bergano - albergano@gmail.com
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 757-484-2501 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 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	Conte's Bicycles and Fitness Va Beach	Contact: 491-1900

August Repeat Rides

(Helmets are required for all advertised rides)

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
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	7:30 am	25	A,B	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 757-484-2501 or 478-2501
Sat	9:00 am	9-12	C, D	East Coast Bicycles (Ghent) Norfolk	"Cindy Lou's Coffee Shop Community TBA Ride." Different routes around Norfolk and stop for coffee or breakfast along the way. All ages and any type bicycles. Children with parent welcome. Contact: 622-0446
Sun	7:00 am	55	A	Conte's Bicycles and Fitness Va Beach	Contact: 491-1900
Sun	7:00 am	30-50	B	Food Lion at Great Neck Rd & Shore Drive	TBA ride starting August 4. Contact: Allan Bergano albergano@gmail.com
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	9:30 am	8-15	C, D	Performance Bicycle Va Beach	Contact: 340-0334
Sun	4:00 pm	14-20	D	Cycle Classics Portsmouth	Team Portsmouth beginners ride. Contact: John Maher 672-1359 or teamportsmouth@cox.net



JOIN THE MOVEMENT®

What a great weekend! (June 1-2) I reached my lifetime MS goal of being the LAST person to come in off the MS150 ride on Sunday. What a hoot! Against all good common sense, after I mistakenly took the 35-mile course on Saturday, I definitely wanted to ride all 75 miles on Sunday. 35 miles weren't enough on Saturday, so I turned around and went back out and followed the yellow arrows for 25-mile loop. So I did do a century - a metric century that is.

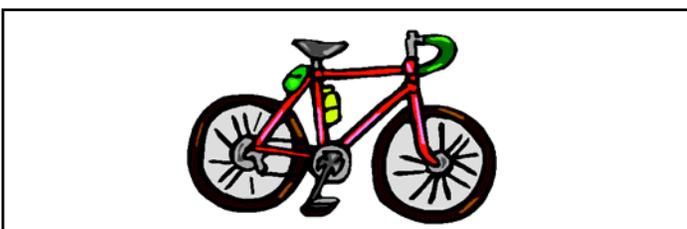
On Sunday, most reasonable people took the 35-mile ride because the wind was blowing at 17 to 20 mph from the SSW. I was ready to give up at 50 miles but those wonderful encouraging folks at the rest stops and the VFW motorcycle guys kept telling me it's just a couple more miles to the next rest stop. So I kept going until everybody passed me and the guys with the motorcycles kept talking to me and encouraging me. Most of the time I was doing 9 mph against the wind. When the retired Marine gets in back of you with the red motorcycle then you know you are the last rider.

We came to the crossing at Route 13 and he got in front of me and led me across the street. There I saw about a dozen motorcycles lined up on the side of the road waiting for me. I yelled, "OK, let's get this parade started". They all fell in behind me and totally blocked the road so I had the whole lane. With that change in direction now I had a cross wind and was able to do 13 mph for the last 2.5 miles.

Yes! I had a motorcycle escort with the big red, three-wheeled motorcycle in front and all the others to my rear blocking traffic. I felt like a rock star coming in with the horns blowing and everyone cheering. Really, I think they were celebrating that the ride was over and they could all go get their hamburgers now.

Thank you for your support! I want you to know that you and I together raised \$2,013. Our club, TBA CLAMS has raised \$42,000 to date. All of the teams of the Hampton Roads Chapter have raised over \$440,000. Thanks to you, someday no one will have to hear those words, "You have MS." I look forward to next year's ride and I hope I can count on your support again.

Anthony Cuci



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	Dan Koach	advocacy@tbarides.org
Director	Travis Davidson	travis7davidson@gmail.com
Director	Vacant	
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

THE BACK PAGE

EASTERN SHORE GETAWAY SEPT 27-29, 2013

The 36th Annual Eastern Shore Getaway Weekend will take place September 27-29, 2013. This is a weekend at Chincoteague Island of casual cycling on flat roads, dining in Island restaurants and social camaraderie.



Our accommodations will be at the Best Western Chincoteague at a reasonable group rate. They are holding 15 rooms for us on a first come-first serve basis. Make your own reservations by calling them at 757-336-6557 and tell them you are with TBA. Then let us know you are coming so we can add you to our list.

The weekend's schedule starts on Friday evening when groups form up to find dinner. Saturday morning, we drive to Snow Hill and bike to Berlin MD (think Julia Roberts in Runaway Bride) 40+ miles with cue sheets. Saturday evening we bring goodies to share at the Wine and Cheese in motel lobby with dinner

afterwards or just go to the Creamery for home-made ice cream. Sunday morning- motel breakfast followed by a bike tour of Assateague Island looking for the wild ponies and maybe a tour of the lighthouse. Bus tours are also available into restricted area at 10:00 a.m. for \$12.00. Call 757-336-3696.

This weekend is a great social event of meeting, greeting, eating and bicycling and most important the riding is at whatever your pace or level can handle. Questions – call Fran and Fred Adams at 757-467-2775 or email Bikalot@Verizon.net.

OR CURRENT RESIDENT

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

