



The Spokin Word

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TBA RIDE LEADER PROGRAM

When you show up to a ride, what are your expectations? Are you looking for a heart-bursting, fast pace-line ride that goes all out for the entire ride? Or maybe a mass group of riders trekking 50+ miles every time they climb on the saddle. Maybe, just maybe, you want to go 20-40 miles with friends with occasional stops for snacks and ride at a pace where you can breathe and talk at the same time, take pictures of the plastic pink flamingos, or the llamas, or the alpacas.

With such a diverse group of riders TBA is facing a challenge. Our top priority is to provide membership well organized, enjoyable, and safe rides. To do this we depend on ride leaders well versed in bicycle safety, rules of the road, and a talent to know the riding needs of the entire group. We have a small contingent of these leaders, but we need more. Also, rides sponsored by TBA have to be consistent from one ride to another, regardless of the experience of the group.

With this in mind, TBA is currently initiating a Ride Leader Program where ride leaders can share experiences, establish ride procedures for all TBA rides, and be better prepared for emergencies while on the road. For the moment, a Ride Leader Committee will be forming to look at how TBA conducts group rides, what essential information must be briefed prior to pushing off, how we can coordinate the various rides to meet the needs of membership, and how TBA can offer incentive to become a ride leader.

I'm very interested in what you as a rider believe are good or bad traits in a ride leader. Please send me your thoughts and ideas via email: sam.gillette@cox.net. I look forward to reading them.

For our Current Ride Leaders

For those who currently lead TBA rides, well done and thank you! To help get the Ride Leader Committee off to a good start, I would like to collect all the ride rosters from the rides held this year. You can bring them to my next ride, the Christmas party, or the next General Membership meeting and I will be glad to take them off your hands. I hope to see you all on a ride soon.

Sam Gillette

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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

TBA's advocacy team has been in a full court press with all of the recent public meetings and other activity surrounding the South Hampton Roads Trail.

In advance of public meetings in Chesapeake, Portsmouth, and Virginia Beach, TBA and our community partners organized a "get the word out" campaign to encourage folks to attend these meetings in support.

The campaign worked. Nearly 125 people showed up to support the trail in Chesapeake. Portsmouth racked up 40 or so and another 40 attended the Virginia Beach City Council meeting. As a result both Chesapeake and Portsmouth submitted grant applications for construction funding and will hopefully hear back by spring. Virginia Beach is taking a closer look at it's piece as well.

Our thanks to our many members and friends who took the time to attend, as well as to spread the word via Facebook, during rides, and via email. In advocacy, numbers count.

As of this writing there are still seats available for this year's TBA holiday dinner at 5 pm on Sunday, Dec. 8th at Frankie's in Kempsville. Cost is \$15pp which includes a soft drink and desert. Come join you fellow cyclists for an evening of camaraderie in the spirit of the season. Sign up at www.tbarides.org.

Last, our January general membership meeting will have a business focus. This will provide members an opportunity to weigh in on the proposed organization changes in our governance and non-profit status. As of now we anticipate the proposal will be presented for a vote at the March meeting. Members in good standing will have

an opportunity to give a 5-minute presentation. Please contact any club officer to sign up in advance.

Ride safely,
Bruce

2013-2014 TBA Calendar

Dec 8, 2013 TBA's Holiday Party, 5-8 pm, Frankie's Place for Ribs, 5200 Fairfield Shopping Center, Kempsville and Providence Roads in Virginia Beach

Jan 1, 2014 TBA's Norfolk 16th Annual Frank Penello Memorial New Year's Day Ride, 10 am, Ward's Corner Farm Fresh, Norfolk, 20 miles

Jan 7, 2014 TBA General Membership Meeting, 6:30-8:30 pm, Virginia Beach Central Library—

Note Tuesday Meeting!

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 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

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
- USA Cycling
- Virginia Cycling Association
- Alliance for Biking & Walking

JANUARY GENERAL MEMBERSHIP MEETING

TBA's next meeting will be held on **Tuesday, Jan 7, 2014** at the Virginia Beach Central Library.

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

This meeting will have a business focus to discuss and review the

Board's proposal to change TBA's non-profit status and governance. See the President's Corner above for more information.

Guests are always welcome!

Dec—Jan Touring Schedule

(Helmets are required for all advertised rides)

Saturday, December 7th

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, blueridgecyclist@gmail.com or 403-5914

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

Saturday, December 14th

B Pace 8:15 am 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, blueridgecyclist@gmail.com or 403-5914

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

Wednesday, January 1st, 2014

**All Paces 10:00 am 20 miles Norfolk
16th Annual Frank Penello Memorial New Year's Day Ride**

Happy New Year!! Mark your calendars now to join us for this fun annual tradition. Norfolk is pretty quiet on New Year's Day morning, so bring your party noise makers and join us for an enjoyable ride to Norfolk Waterside (partly on the Elizabeth River Trail) and back. Cue sheets provided. Optional lunch in Farm Fresh's deli afterwards.

From: Farm Fresh, Wards Corner, Norfolk

Leader: Robert Shanks, rjshanks13@gmail.com or 407-0917

Saturday, January 11th

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, blueridgecyclist@gmail.com or 403-5914

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

Sunday, January 12th

22nd Annual TBA Peter Teeuwen Memorial Bicycle Ride

A Pace 1:00 pm 23 miles Chesapeake

C Pace 11:00 am 23 miles Chesapeake

The 22nd Annual TBA Peter Teeuwen Memorial Bicycle Ride will be held on Sunday, January 12, 2014 at 1:00

PM at the Grassfield Ruritan Club, located at 920 Shillelagh Road in Chesapeake, VA. We hope to have a police escort as in all years past. This is a social ride "en masse," for all types of cyclists – racers and tourists alike. The route will be the "Lollipop Loop" which is 23 miles long, and the speed is generally 19-21 MPH (*also note that a **C-Pace** ride will leave Grassfield Ruritan Club at **11am**). For those who wish to ride only part of the ride, you may turn back at any point.

The Club will be open during the ride. After the ride there will be a pot luck luncheon on site – please bring a dish to share. We welcome all who wish to attend, including those who do not participate in the actual ride. You are required to sign in before the start of the ride. Helmets required. Please--NO aerobars. Come, join the ride, share a dish, and enjoy.

Leader: Christina Teeuwen, veloist@aol.com or 547-7188

From: Grassfield Ruritan Club, 920 Shillelagh Rd.

Saturday, January 18th

B Pace 8:15 am 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, blueridgecyclist@gmail.com or 403-5914

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

Saturday, January 25th

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, blueridgecyclist@gmail.com or 403-5914

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

Weekly Repeat Rides

Check TBA's website www.tbairides.org for the latest listing of repeat rides. Some rides may be on a seasonal hold until Daylight Savings Time returns. Check with the ride leader to confirm the ride.

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)

Pierce's BBQ Century Ride

10 riders met up on November 9th to enjoy one of the last organized century rides of 2013. The ride started from the Western Branch Fishing Station in Suffolk and consisted of four segments: 35 miles from Suffolk to the Jamestown Ferry, 15 miles from the ferry to Pierce's BBQ in Williamsburg for lunch, 15 miles back to the ferry, and 35 miles back to Suffolk.



Temperatures started out 32-34 °F, but it warmed up throughout the ride and ended in the upper 50s. After a mid-ride stop for the best North Carolina BBQ around, the riders faced some pretty strong headwinds on the ride back to Suffolk.



The Finish!

Spooky Cemetery Ride

Every year, on the last Saturday of October, the closest day to Halloween, we have the 50-mile Cemetery Ride. It starts at Bike Beat Chesapeake and ends with the reward of lunch at El Grande at the finish. This ride was started by Roz Greene many years ago before she returned to her native England. Fran Adams continues

the ride and has located about 18 graveyards. A cue sheet is provided with the cemeteries indicated and the group stops at a selected few of them. Actually, some are in people's front yards, which is spooky enough without a bunch of cyclists running around their property. Some of the sites have historical significance and information is available on-line at "Find-a-Grave" in Chesapeake. Many of the cemeteries have Confederate, Revolutionary and slave history.

The last graveyard is an especially run-down and spooky cemetery. It has a path running into it – a path that has been there for many years – a path that goes no where! Who uses that path? Why does it stop in the woods? It's enough to send you back to the restaurant for margaritas.

Mark your 2014 calendars for the last Saturday on October for next year's Spooky Cemetery Ride!

2014 TBA Officers and Committee Chairs

Board		
President	Bruce Drees	president@tbarides.org
Vice President	Travis Davidson	vp@tbarides.org
Secretary	Cindy Meier	secretary@tbarides.org
Treasurer	Debbie Drees	treasurer@tbarides.org
Director	Joe Frease	jrfrease@cox.net
Director	Pat Benish	teamintraining@tbarides.org
Director	Rob Anderson	bobeche2003@yahoo.com
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Director	Sam Gillette	sam.gillette@cox.net
Director	Mike Evans	mike.evans@tbarides.org
Director	Kim Whitley	kim.whitley@tbarides.org
Committees		
Advocacy	Dan Koach	advocacy@tbarides.org
Membership	Wayne Wilcox	membership@tbarides.org
Newsletter	Tim Whited	editor@tbarides.org
Publicity	Fran Adams	publicity@tbarides.org
Touring	Robert Shanks	touring@tbarides.org
Team in Training	Pat Benish	teamintraining@tbarides.org
Tour de Cure	Mike Rogers	mikerogers53@cox.net
TBA CLAMS	Joe & Polly Frease	pfrease@cox.net

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TBA's Holiday Party

Join your fellow TBA members on **Sunday, December 8, from 5-8 PM** for our annual holiday party. We will return to Frankie's Place for Ribs which is centrally located at 5200 Fairfield Shopping Center in the Kempsville area of Virginia Beach.

The menu includes:

- Choice of baby back ribs or BBQ chicken
- Baked beans, coleslaw, cornbread
- Non-alcoholic beverage, assorted desserts & gratuity
- Alcoholic beverages are not included but are available from the restaurant bar

The cost is a nominal \$15 per person for TBA members and their

guests with TBA sharing in the expenses. Dress is casual.

Register online at www.tbarides.org and come celebrate the holiday season with those that share an interest in cycling. You might win a door prize.



Fire Up Your Keyboard

The Weekly Repeat Rides have been moved to the TBA website—leaving more room for you to share your

cycling stories and interests with your fellow members. Articles may be of general interest or may report on an upcoming or recently completed event are always welcome.

If you have ideas, but need help in writing or researching an article, please let me know. Pictures are also a great way to communicate your story so please forward them along with any article. Front page articles can be 350-500 words and shorter articles appear elsewhere in the newsletter. Please ensure that your submission gives credit to any sources, if applicable. Thanks for sharing!

Tim Whited, editor
(editor@tbarides.org)

OR CURRENT RESIDENT

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