



# The Spokin Word

Volume 51 Issue 1

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## IMPROVING YOUR CYCLING FITNESS

By Tim Whited, Editor

What resolutions did you make for 2013? Did they include improving your cycling fitness and performance? Do you want to complete your first century or do you just want to increase your endurance and power on the bike? Let's review some training basics to help you reach your goals in 2013.

If your goal is to improve your endurance and/or power on the bike, your training plan should be structured to challenge your current fitness level. Any fitness plan will include workouts of varying intensity. Power meters are the most accurate device to measure the intensity. Traditional power meters directly measure power output but may be outside the budget of most cyclists. Velocomp ([www.ibikesports.com](http://www.ibikesports.com)) is a sports technology company in Florida that has created the iBike power meter for roughly 30% of the cost of a traditional power meter that is easy to set up and requires no changes to your bike. It can be easily moved from one bike to another.

If you do not have a power meter, you will need to use a heart rate monitor to gauge the intensity of your workout. You will first need to determine your Maximum Heart Rate (MHR). There are several different formulas to calculate your MHR that have been derived from various research studies.  $MHR = 220 - \text{Age}$  is perhaps the most widely used formula. My MHR using this formula fell in the middle of the range of results from four other methods of calculation.

Once you know your MHR, you can determine your recovery zone (60-70% of your MHR), your aerobic zone (70-80% of your MHR) and your anaerobic zone (80-90% of your MHR). Keep in mind that dehydration can increase your heart rate up to 7.5% and hot, humid weather can increase your heart rate another 10 beats/minute. These factors do not increase your MHR – stay hydrated and be careful in the summer!

Keeping your heart rate in the recovery zone (60-70% of MHR) will increase your endurance and build aerobic capacity. When you increase the intensity to the aerobic zone (70-80% of MHR), you will increase your cardiovascular fitness. Training in either the recovery or aerobic zones uses fat as the primary energy source. Even the leanest athletes have plenty of energy stored as fat. One gram of fat equals 9 calories – one pound of fat will provide you with the energy to ride 7-8 hours at an aerobic pace.

When you increase your intensity to the anaerobic zone (80-90% of MHR), the body primarily uses glycogen for energy. Many athletes increase their intake of carbohydrates in their diet in advance of extended anaerobic efforts. Anaerobic training will increase your body's ability to deal with lactic acid produced at higher intensity levels. Proper training will raise your anaerobic threshold (AT) and increase the length of time you can cycle just below your AT without a decrease in power output.

Looking for more information? I read *The Time-Crunched Cyclist* by Chris Carmichael and found that it contained a lot of solid information on developing your own training plan. The book is suited for both beginner and experienced cyclists and incorporates interval workouts that will increase your endurance and power on the bike—while adding some variety to your rides. Set your goals and have a great 2013 on your bike!



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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

Virginia Beach Mayor Will Sessoms held another of his "Bike Summits" with the city's bicycling leadership in early January. During the meeting the city previewed two new television public service announcements (PSAs). Both are the result of last year's Two-Way Street Campaign, a media initiative jointly sponsored by the city and the bicycling community.

One of the PSAs addresses proper night lighting and reflective gear and has been airing on Channel 13 over the past few weeks. The other takes on wrong way riding, also known as bike salmoning. It will air later this spring. Both PSAs target known high risk behaviors.

It is great to see that your contributions to last year's fundraising campaign are continuing to do good work!

Last, for those with a race interest TBA has reactivated our racing membership with Virginia Cycling and USCF! If you are interested in joining us or have other questions feel free to contact 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

**2012 TBA Calendar**  
**Mar. 9, 2013** TBA's Chili Ride, East Coast Bikes in Norfolk at 10:00 am  
**Mar. 13, 2013** General Membership Meeting, 6:30—8:30 pm, Virginia Beach Central Library  
**April 20, 2013** Tour de Cure  
**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](mailto:Moo7587@aol.com) or 757.407.2560.

## VOLUNTEER OPENINGS

TBA currently needs volunteers for:

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

For more information contact Bruce at [president@tbarides.org](mailto: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](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

## MARCH GENERAL MEMBERSHIP MEETING

TBA's next meeting will be held on Wednesday, **March 13, 2013** at the Virginia Beach Central Library.

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

Program "to be announced."  
Guests are always welcome!

## February Touring Schedule

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

**Saturday, February 2<sup>nd</sup>**

**B Pace 8:00 am 50 miles Smithfield**  
TBA 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. Cue sheet, map, and directions on TBA website.

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

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

**Saturday, February 2<sup>nd</sup>**

**B & C Pace 9:00am 36 Miles Portsmouth**  
"Tour de Sleepy Hole" ride designed to prepare cyclists for upcoming 2013 Tour de Cure, Knots Island, Bike MS 150, and other long distance rides. 2 stops w/SAG support. Brunch stop after ride.

**From:** SCATS, 3209 Stamford Road, Portsmouth, VA

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

**Sunday, February 3<sup>rd</sup>**

**B/C/D Pace 2:00pm 24 miles Portsmouth**  
Join our "Tour de Bide-a-Wee" 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](mailto:teampportsmouth@cox.net)

**Saturday, February 9<sup>th</sup>**

**B Pace 7:30 am 65 miles Smithfield**  
TBA ride from the W. Branch Reservoir in Suffolk through Isle of Wight and Surry counties with a lunch stop at the Smithfield Bakery at the 50 mile point. Cue sheet, map, and directions on TBA website.

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

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

**B & C Pace 9:00 am 36 miles Portsmouth**  
"Tour de Green Acres" ride designed to prepare cyclists for upcoming 2013 Tour de Cure, Knots Island, Bike MS 150, and other long distance rides. 2 stops w/SAG support. Brunch stop after ride.

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

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

**Sunday, February 10<sup>th</sup>**

**B/C/D Pace 2:00 pm 25 miles Portsmouth**  
"Tour de Bide-a-Wee" – one of the nicest rides in Portsmouth. All rides are designed to prepare cyclists for upcoming 2013 long distance rides. One stop mid-way w/SAG support.

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

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

**Saturday, February 16<sup>th</sup>**

**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.

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

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

*(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](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!**

## February Touring Schedule

(Helmets are required for all advertised rides)

**Saturday, February 16<sup>th</sup>**

**B & C Pace 9:00 am 36 miles Portsmouth**  
 "Tour de Golf Courses" ride - Safe, supportive, social & scenic long distance ride designed to prepare cyclists for upcoming 2013 Tour de Cure, Knots Island, Bike MS 150, and other long distance event rides. SAG support.  
**From:** Cycle Classics, Olde Town, 427 High St.  
**Leader:** John Maher, 672-1359, [teamports-mouth@cox.net](mailto:teamports-mouth@cox.net)

**Sunday, February 17<sup>th</sup>**

**B/C/D Pace 2:00 pm 26 miles Portsmouth**  
 "Tour de Joliff" – one of the nicest Portsmouth rides to prepare cyclists for upcoming 2013 Tour de Cure, Knots Island, Bike MS 150, and other long distance rides. One stop mid-way, SAG support & dinner afterwards.  
**From:** Cycle Classics, Old Town, 427 High St.  
**Leader:** John Maher, 757-672-1359 or [teamports-mouth@cox.net](mailto:teamports-mouth@cox.net)

**Saturday, February 23<sup>rd</sup>**

**B Pace 8:00 am 50 miles Smithfield**  
 TBA 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. Cue sheet, map, and directions on TBA website.  
**Leader:** Paul Gordy, 403-5914 or [blueridgecyclist@gmail.com](mailto:blueridgecyclist@gmail.com)  
**From:** Western Branch Fishing Station, Girl Scout Rd, Suffolk

**B & C Pace 9:00 am 36 miles Portsmouth**  
 Portsmouth "Tour de Bridges" – NEW Route – 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 mid-way at "Pancake & Things" (YUM).  
**From:** Cycle Classics, Olde Town, 427 High St.  
**Leader:** John Maher, 757-672-1359 or [teamports-mouth@cox.net](mailto:teamports-mouth@cox.net)

**Sunday, February 24<sup>th</sup>**

**B/C/D Pace 2:00 pm 24 miles Portsmouth**  
 "Tour de Bide-a-Wee" ride through Historical Portsmouth Waterfront! Fun, easy-paced ride with stop mid-way along the waterfront followed by dinner in Portsmouth!  
**From:** Cycle Classics, Olde Town, 427 High St.  
**Leader:** John Maher, 757-672-1359 or [teamports-mouth@cox.net](mailto:teamports-mouth@cox.net)

## TBA Charity Team Riding Schedule

(Helmets are required for all advertised rides)

Dates	Where & When	Details
Sat. Feb. 2 <sup>nd</sup>	Fat Frogs Chesapeake 11:00 am	All Paces, 21 Miles Cue Sheets Available
Sat. Feb. 16 <sup>th</sup>	Fat Frogs Virginia Beach 11:00 am	All Paces, 21 Miles Cue Sheets Available
Sat. Mar. 2 <sup>nd</sup>	Bike Beat Hillcrest 11:00 am	All Paces, 28 Miles Cue Sheets Available
Sun. Mar. 10 <sup>th</sup>	Fat Frogs Virginia Beach 1:00 pm	All Paces, 32 Miles Cue Sheets Available
Sat. Mar. 16 <sup>th</sup>	Fat Frogs Chesapeake 11:00 am	All Paces, 32 Miles Cue Sheets Available
Sun. Mar. 24 <sup>th</sup>	North End Dismal Swamp Canal Trail 1:00 pm	All Paces, 36 Miles Cue Sheets Available
Sat. Mar. 30 <sup>th</sup>	Fat Frogs Chesapeake 11:00 am	All Paces, 42 Miles Cue Sheets Available

TBA has two charity ride teams – Team TBA Tour de Cure and the Cycling Legs Against Multiple Sclerosis (TBA CLAMS). These training rides are scheduled to keep the legs limber over the winter months and to prepare for the Tour de Cure and the MS 150. But don't be shy – these rides are open to all riders and we encourage everyone to come out and join us. Cue sheets are available on the TBA Website's Rides Page (<http://tbarides.org/rides/tba/charitytraining>) and we will send out reminders prior to the ride. These are winter rides but we will only ride when temperatures are above 45 degrees and there is no rain when the ride starts.

## TBA Race Team

Based upon your interest, TBA has sent in the necessary registration applications to re-establish our affiliation with Virginia Cycling Association (VACA) and USCF. We expect to be receiving our team numbers in the coming weeks.

TBA members' interests ranged from sanctioning as an individual racer to a team training/racing environ to even re-establishing a junior's race team.

There are a number of advantages that TBA has to offer our racers. One is that we are already an established bicycling organization, so you are pretty much free to concentrate on racing – no effort needed toward incorporating, establishing bylaws, dues, etc. Our bylaws have provisions built-in for starting up teams and lay out a general business relationship. Another is that TBA is a well-established and well respected advocacy organization across the Tidewater region. An active race team can help strengthen this aspect of our mission by expanding our community contact points.

Contact Bruce Drees at [president@tbarides.org](mailto:president@tbarides.org) if you have an interest in joining the TBA Race Team.

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

## February 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
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	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	5:30 pm	35	B	<a href="#">Bike Beat Chesapeake</a>	Contact: 424-6151
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
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 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 <a href="mailto:veloist@aol.com">veloist@aol.com</a>
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	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	5:30 pm	35	B	<a href="#">Bike Beat Chesapeake</a>	Contact: 424-6151
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>	(Through end of October) Join Mike & Sam for a pleasant after-work TBA ride. No drops. Contact Mike Rogers <a href="mailto:mikerogers53@cox.net">mikerogers53@cox.net</a> or Sam Gillette <a href="mailto:sam.gillette@cox.net">sam.gillette@cox.net</a>
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 YES group (Youthful Energetic Seniors) Friday ride. Friendly group! Contact: Fran Adams 467-2775, 287-6593 or Anthony 635-1582



## February Repeat Rides

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

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, B, C	<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+	<a href="#">Conte's Bicycles and Fitness Va Beach</a>	Contact: 491-1900
Sat	8:00 am	50	B, C	Oakland Christian Church, Chuckatuck	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 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	<a href="#">Performance Bicycle Va Beach</a>	Contact: 340-0334
Sun	4:00 pm	14-20	D	<a href="#">Cycle Classics Portsmouth</a>	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

As we go into the New Year, Joe and I would like to wish everyone a great 2013! We would like to welcome back the returning CLAMS (Cycling Legs Against Multiple Sclerosis) who have registered to ride the MS 150 on June 1 & 2, 2013. Also, we would like to welcome new team members who will be riding with the CLAMS for the first time this year: Rob Gordon, Tiffany Hansen, Travis Davidson, Christian Reese, Craig Wittman, & Leighton Stiffler. At the present time we have 39 team members.

The latest census information shows that there are as many as 1 million people living with MS in the United States today. Chances are you may know one of them, possibly a co-worker, a family member or a friend. Maybe you do not know anyone who has been diagnosed with MS but would like to do something nice for someone you do not even know. The CLAMS team are a group of people doing a fantastic job of raising money to further MS research to find a cure for this dreadful disease.

Please come to a CLAM'S meeting at the Freases (2404 Spinnaker Court, Virginia Beach) on February 28 at 6:30 pm to socialize, eat and meet the team. Meeting starts at 7:00 pm. Join the CLAMS and help us stamp out MS.

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

Joe and Polly Frease

Co-Captains

TBA CLAMS

## SB 1060 Passes in Virginia's Senate

Following a 14-0 vote in the Transportation Committee, the Virginia Senate passed SB 1060 with a vote of 40-0 on January 25, 2013. The bill requires drivers of motor vehicles to follow bicycles at a "reasonable" distance, based on the speed of both vehicles and the traffic and highway/road conditions.

SB 1060 also increases the passing clearance when a motor vehicle passes a bicycle from the (current) two feet to three feet. Hopefully, the House of Delegates will pass this legislation and Governor McDonnell will sign the legislation into law. Bike friendly roads are safer for both cyclists and drivers of motor vehicles.

Do your part by following all traffic laws and show your respect for the cars sharing the road.

## 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	Suzann Magner	
Director	Rob Anderson	bobeche2003@yahoo.com
Director	Ben Nippert	bnippert@hotmail.com
Director	Dan Koach	advocacy@tbarides.org
Director	Travis Davidson	

### Committees

Advocacy	Dan Koach	advocacy@tbarides.org
Business Liaison	Nancy Servais-Ford	
Knotts Island	Vacant	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	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.

## 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 NEW YEAR'S DAY RIDE**

The weather challenged the resolution of TBA riders with rainy overcast skies. It was raining lightly but steadily when John McKee showed up to join ride leader Robert Shanks and they were just about to head on into the Starbucks inside Farm Fresh when Joe Morgan rode up on his touring bike, all decked out in his rain gear, ready to ride (he'd ridden there from his home in Ocean View).

They decided, "Let's do this!" The light rain continued for maybe only 15 more minutes or so, then subsided, and it was just overcast for the remainder of the ride.

John & Joe seemed to enjoy the ride, and John said he liked the changes Robert made to the route (similar to the 2009 route). Robert integrated a bit more of

the established Elizabeth River Trail route into the ride). A few other alterations were last-minute changes made due to road closures. The weather discouraged most riders, but Robert, John, and Joe made the best of the day and kept this annual tradition alive and well.



New Year's Day Riders @ Waterside



**TBA CHILI RIDE**

Come out for TBA's 2013 **Chili Ride!** For this year's event we are returning to East Coast Bikes in Ocean View on **Saturday, March 9th at 10:00 am**. Routes of varying distances and paces will be available. Join us as we say goodbye to winter rides and get ready to welcome spring! The ride is free and chili costs are \$5 per person. Please register at [tbarides.org](http://tbarides.org) to help with food preparation plans. More information is available on TBA's website.

**TBA's Paul Gordy Spins through 50,000 Miles !**

In a mere 7 years TBA Touring Director Paul Gordy pedaled his way over the 50K mile mark on his 2005 Cannondale T-2000 touring bike. Best known for his trips near and far Paul wore out the bike's original set of wheels at 27K miles. Paul is also a



frequent commuter between his home near Providence & Indian River and the TCC campus in Virginia Beach. Well known in many cycling circles as the "fastest guy on a bike with a kickstand" there are few places in Tidewater that he hasn't biked to. TBA congratulates Paul on reaching this impressive milestone!

OR CURRENT RESIDENT

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