



The Spokin' Word

Volume 51 Issue 5

June 2013

MULTI-DAY BICYCLE TOURING

Century rides and weekend events like the MS 150 2-day ride give us the opportunity to stretch our regular rides and engage in cycling for one or two days with our fellow riders. If you are ready for more, a wide variety of multi-day cycling adventures await you. Immersion in the cycling lifestyle during multi-day tours transforms the experience far beyond a series of rides.



One of the first choices is whether to ride a fully-supported or self-contained/unsupported tour. Fully-supported tours typically include mechanical and SAG support and luggage transportation so that you “only” have to ride each day’s route. Lodging can be at hotels, bed and breakfast inns, or camping, or a combination of accommodations. Self-contained/unsupported tours typically require each cyclist to carry their luggage and camping gear in panniers or on a trailer. Unsupported cyclists may also plan their stays at hotels or hostels, but still may carry camping gear for unscheduled stops

or overnights in more remote areas.

There are tours ranging from a few days to several months. The tour length may be determined by how much vacation you can take, but you should also consider the daily mileage and climbing and expected weather conditions for the tours you are considering. Multi-day sponsored state tours offering meals, SAG, mechanical, and medical support are a popular choice for many cyclists. A good website for the state tours is www.bikingbis.com.



The Adventure Cycling Association (www.adventurecycling.org) is a non-profit group that offers supported tours as well as route maps and all of the resources you need to plan your own self-supported tour. ACA’s route system covers virtually every region of the contiguous United States—covering 41,420 miles.

You can also peruse the offerings of the companies that offer cycling tours of the length and in the locations that interest you. Cycling magazines and the internet are good resources as you begin your search for your adventure. I have ridden two cross-country tours operated by America by Bicycle—the 2012 Across America North 50-day tour from Astoria, OR to Portsmouth, NH and the 2013 Fast America 33-day tour from Costa Mesa, CA to Amesbury, MA. These were fully-supported rides with hotel lodging each night.

I found that the extended immersion in the cycling lifestyle defined my tour experiences. Exploring all or parts of the United States or another country from the seat of your bicycle is an experience you will remember for a lifetime!

Tim Whited, editor

Inside this issue:

Multi-Day Bicycle Touring	1
President’s Corner	2
Volunteer Openings	2
TBA Membership	2
Rides - Touring, Repeating & Charity	3-6
A Road Biker Goes Touring	4
Traffic Skills 101 Workshop	6
TBA Contacts	7
Williamsburg Weenie Ride & Hill Climbing	7
Business Members	7
MS150—TBA	8
July 4TH Ride and Social	8

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

Our Knotts Island volunteers really shined this year despite a number of last minute challenges. For starters, we just about had the roads marked when word came down that a key bridge was being closed for emergency repairs. This snowballed into changes in routes, cue sheets, rest stops and SAG patrols. Volunteers were literally working their tails off right up until the event.

And then there was the weather. The first couple of hours were wet but most still rode— some waiting for clearer skies. By the end of the ride the sun came out along with smiles.

The Knotts Island Century is the club's only fundraiser. It takes a lot of effort to put on, but the money raised is turned around in our advocacy, safety and education programs. Once again, many thanks to our volunteers for helping to put on another successful event.

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

June 14, 2013 Traffic Skills 101, 6-9 pm, Ernie Morgan Center, 3500-A Granby St., Norfolk

June 15, 2013 Traffic Skills 101, 8:30 am—1:30 pm, Ernie Morgan Center, 3500-A Granby St., Norfolk

July 4, 2013 Bike Ride & Social, 8:00 am start, Northwest River Park, Chesapeake

July 10, 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
- 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

JULY GENERAL MEMBERSHIP MEETING

TBA's next meeting will be held on Wednesday, **July 10, 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!

June Touring Schedule

(Helmets are required for all advertised rides)

Saturday, June 1, 8, 15, 22, 29

C & D Pace 9:00 am 9-12 miles Norfolk

"Cindy Lou's Coffee Shop Community TBA Ride" - We take different routes around Norfolk and stop for Coffee or Breakfast along the way. All ages and any type bicycles are allowed on our ride. 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, June 8th

B/C/D Pace 3:00 pm 33 miles Portsmouth, VA

"Tour de Waffle World" – one of our fun rides with waffles at a great local Portsmouth restaurant in Churchland. One stop w/SAG support.

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

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

Sunday, June 9th

Any Pace 1:00 pm < 2 miles riding; <1 mile picking up litter Virginia Beach

A special TBA ride to raise awareness and demonstrate support for cleaner roads to cycle on. Meet at the Salt Marsh Park and Tennis Courts at Marshview Park, just off of Norfolk Avenue near the Virginia Beach Oceanfront. We will be picking up litter on the side of the bike trail from Birdneck Road to Pacific Avenue. Trash bags and gloves provided.

Leader: John Deuel, 284-7041 or jdeuel@me.com Also see my blog at: johndeuel.wordpress.com.

B/C/D Pace 3:00pm 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 teamports-mouth@cox.net

Saturday, June 15th

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

B & C Pace 7:30 am 40 miles Portsmouth

"Tour de Golf Courses" ride designed to prepare cyclists for upcoming regional 2013 long distance rides. 2 stops w/ SAG support. Lunch after ride.

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

Leader: John Maher, 672-1359, teamports-mouth@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!**

June Touring Schedule

(Helmets are required for all advertised rides)

Sunday, June 16th

B/C/D Pace 3:00 pm 28 miles Portsmouth

"Tour de Harborview" – 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, teamports-mouth@cox.net

Saturday, June 22nd

B & C Pace 7:30 am 50 miles Suffolk

Half Century "Tour de Suffolk & Smithfield". A new ride everyone loves - great route and great views. All Portsmouth Saturday rides are designed to prepare cyclists for upcoming Bike Virginia, Surry Century, and Eastern Shore long distance rides, as well as other rides. Three stops with SAG support.

From: Downtown Suffolk, VA (Suffolk tourist center – check website www.teamportsmouthusa.com for directions

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

Sunday, June 23rd

B/C/D Pace 3:00 pm 25 miles Portsmouth

"Tour de Cancun" ride through Historical Portsmouth Waterfront! This will be a fun, easy-paced ride with a nice stop mid-way along the waterfront! Afterwards we go to Cancun Fiesta for Mexican delights!

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

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

Saturday, June 29th

B & C Pace 7:30 am 40 miles Portsmouth

Portsmouth's "Tour de Bridges" – ride at a higher altitude as you cross over the Jordan Bridge twice with 2 other bridges along the route. All rides prepare cyclists for upcoming regional 2013 long distance rides. NEW Brunch stop mid-way at "Pancake & Things" (YUM).

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

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

Sunday, June 30th

B/C/D Pace 3:00 pm 25 miles Portsmouth

"Tour de City Park" – one of the nicest waterfront 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, teamports-mouth@cox.net

PEDALING FOR A CLEANER AMERICA



June's Pedal Up to Clean Up will be held between **1-2 pm on Sunday, June 9th** to clean up along the bike trail adjacent to Norfolk Avenue between Pacific Avenue and Bird-neck Road in Virginia Beach. See the ride listing on Page 3 for more information.

A ROAD BIKER GOES TOURING

Touring is hard. Very hard. I played Division I college soccer for four years. I've run two marathons, done triathlons, and participated in multi-day trail races... usually my athletic events are done on flat land - except for the last weekend in April 2013. On that weekend, my fiancé and I



went on Paul Gordy's touring trip on Skyline Drive. (Thanks, Paul!) We are avid road bikers, but this was our first touring experience. On Day One, we rode scores of miles (actually 60), climbed hundreds of thousands of vertical feet



(exaggerating- it was a several thousand), then camped at Big Meadows Campground. On Day Two, we rode the same route back, but it was raining and 40 degrees. Take-away: Riding 54 miles on Skyline Drive is definitely

harder than a flat century. However, if you want to get an amazing workout and to see some amazing vistas, try touring. You will have to invest in some gear (and possibly a new bike, depending on how heavy a packer you are... or whether you have an amazing fiancé who will carry your stuff), but once your quads accept what is happening, you will love it. See you at the top! *Tiffany Hansen*

Submit changes to:
touring@tbarides.org

June Repeat Rides

(Helmets are required for all advertised rides)

Day	Time	Miles	Pace	From	Comment
Mon	7:30 am	21	B, C	Fat Frogs Bike and Fitness Va Beach	Contact: 427-9488
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
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
Thu	6:30 pm	20	B,C	Fat Frogs Bike and Fitness Chesapeake	TBA ride. Contact vp@tbarides.org
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
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

June 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	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	25	C	East Coast Bicycles (Ghent) Norfolk	C group and Community Ride. Contact: 622-0446
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	9:30 am	8-15	C, D	Performance Bicycle Va Beach	Contact: 340-0334
Sun	3:00 pm	14-20	D	Cycle Classics Portsmouth	(No ride on Sunday, June 2). Team Portsmouth beginners ride. Contact: John Maher 672-1359 or teamportsmouth@cox.net

TRAFFIC SKILLS 101

Sign up for Traffic Skills 101, a League of American Bicyclist course taught by certified League Cycling Instructors. This workshop will teach you to:

- Ride smart on the roads, trails, and lanes
- Avoid hazards and crashes
- Handle your bike with confidence
- Repair and maintain your bike, at home and on the road
- ride solo or in a group

- understand your rights & duties as a cyclist

Who: Workshop is open to anyone 15 or older who can seated classroom work, parking lot drills, and ride 8-10 miles.

When: June 14th 6-9 pm and June 15th 8:30 am—1:30 pm

Where: Ernie Morgan Center, 3500-A Granby Street, Norfolk, VA (next to Virginia Zoo)

Cost: \$25.00 per person

Register: www.tbarides.org/events

More Info: Kelley Howell, 757-717-9969, kcghowell@gmail.com



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

On May 25th I rode my first Weenie Ride and found it a delightful change from the billiard board flat rides of Hampton Roads. John Gossner, Lamarr Beuchler and I met at Upper County Park on a beautiful Saturday morning and set out on the 46 mile version of the ride. The weather was perfect; warm sun and clear skies beckoned us to ride.

Riding out from the registration area, the road gently rose and dipped, giving us a chance to warm up before working the hills we knew were awaiting us. Traffic was very light and the road was mostly ours. Drivers who did pass us by were mostly friendly, many following patiently until a straight section gave them berth to pass us with a friendly wave.

The climbs were actually fun for me, as I had selected my casette and triple chain ring for those hilly rides I do in Vermont. The granny gear became my friend during those hills that suddenly appeared after rounding a corner. The three of us averaged around 15 MPH and at times we passed other groups of riders who were obviously enjoying the beautiful views and warm weather. Likewise, we were passed by more ebullient riders who kept to a faster pace. It was all great fun.

The rest stop came at about mile thirty-two, and not a moment too soon. Everyone was friendly and full of warm greetings and advice about things to see. We got back on the road for the final leg and what I thought would be two killer hills and a chance to use the granny gear again. This was not meant to be as the route was changed, due to a closed bridge which caused us to make a detour and miss the climbs.

Back at the park, the "weenie" lunch was delicious! Hot dogs, beans, salad and snacks; it was the perfect time to recount ride highlights and meet other riders. All in all, we had a great time. I decided to come back to the area to do some rides on my own. As for next year, I look forward to doing the Williamsburg Weenie Ride again. *Robert Menter*

Hill Climbing Technique

While no two hills are alike, your climbing technique should generally fall into one of two categories. Short, steep hills can be conquered by raw power, but longer climbs are best tackled with a smooth cadence at higher RPM in a rhythm that suits the terrain. Start the climb by shifting down a few gears and spin at a cadence of 85-100 rpm while remaining seated on your saddle in an upright riding posture. Engaging your hamstrings in your pedal stroke will help generate additional power without prematurely fatiguing the quadriceps during a climb. As you near the top of the climb, focus on maintaining your momentum over the summit and the start of your descent. This technique actually requires less overall effort than coasting across the summit and having to expend additional energy to re-establish momentum on the descent. Happy climbing!

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.

Business Members



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

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

TBA MS150 CLAMS



Don't just ride,
Bike MS.

On June 1st & 2nd, TBA'S MS 150 team, C.L.A.M.S., went that extra mile to help others. We were among the many who participated in the 150-mile weekend ride starting at Cape Charles and overnighting at YMCA Camp Silver Beach. Some rode and some were support personnel and some were there with a cold glass of Gatorade and a cold towel for those of us who wilted in the heat! Bless you all – riders and support! All helped to end the devastating disease, Multiple

Sclerosis. Polly and I are so honored to be Co-Captains of such a great team that will go "that extra mile" for someone they may never meet. Thank you to all who participated in this year's ride.

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

*Joe and Polly Frease
Co-Captains*



JULY 4TH RIDE & SOCIAL

TBA's traditional 4th of July ride and social will

be held at Northwest River Park on Indian Creek Rd in the City of Chesapeake this year. Rides will depart promptly at **8:00 am** from the large group shelter area. Two route distances — one 20 miles and the other 40 miles in length will be available to go at your own pace or with a group.

Afterwards there will be an informal social gathering at the shelter. Cold drinks will be provided. We are asking for volunteers to bring something yummy to share as a post ride snack or appetizer.

Come out for a great ride with even greater company!

OR CURRENT RESIDENT

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

