



The Spokin Word

Volume 51 Issue 2 March 2013

TAKE CARE OF YOUR BIKE & IT WILL TAKE CARE OF YOU

By Tim Whited, Editor

Cyclists expect a lot from their bikes while riding over a variety of roads and trails—sometimes the wet and/or muddy kind. You can enhance your bike’s reliability by taking a few minutes before and after each ride to take care of some basic maintenance tasks that are within the capabilities of every cyclist. Let’s look at your tires, chains, and brakes so that you complete most of your rides without unforeseen breakdowns.

A bike repair stand is very helpful in holding your bike in a convenient and comfortable position while you work on it. Park Tools and Feedback Sports both make excellent repair stands that will serve you well for many years. When clamping your bike in the repair stand, the seat post is the best clamping location. After all, the seat post is designed to be clamped in the seat tube.

Before heading out for your ride, use your floor pump and check that your tires are inflated to a pressure within the limits on the sidewall of the tire. Higher pressures are suitable for most roads while lower pressures help on wet or rough roads/trails. Riding on under-inflated tires can lead to snakebite punctures. Before and after each ride, thoroughly inspect your tires for small pebbles, thorns, glass shards, etc..

Remove anything you find embedded in your tire to limit punctures. If you get a flat tire, make note of where the puncture was located on the tube so you can locate the cause in the tire and prevent another flat tire from the same cause. Rear tires wear much faster than front tires. You can swap your tires to even the wear out. Depending on the tire and how well it is maintained, you can expect 1500-2500 miles of service—just don’t expect your tires to last forever.

Chains require regular cleaning and lubrication for smooth operation. I spray WD-40 on a paper towel to thoroughly clean the chain. Cleaning your chain after every 2-3 rides is a good routine to follow. Lubricate your chain on a weekly basis using a good chain lube. Keep in mind that you are lubricating the rollers in the internal links and don’t use too much lube. Park Tool Co, makes several chain-measuring tools to check your chain for wear. Expect to replace the chain every 1500-2000 miles. If you don’t ride with a worn chain, you can prevent wear and damage to the chainrings, cassette sprockets, and derailleurs. When lubricating your chain, remember to clean and lubricate brake and derailleur cables and pivot points with a lightweight lube. The rear brake and derailleur cables run under the bottom bracket and need regular attention.

Before each ride, check your brake pad alignment to ensure that the entire brake pad rubs on the rim and not on the tire. If you have opened the quick release levers for the brakes to remove a wheel, check to see that the QR lever is closed so that the brakes will function. Use the barrel adjuster or cable fastening bolt on the caliper to adjust the travel of the brake levers necessary to engage the brakes. The front and rear brake levers should have equal travel and feel after adjustment. Monitor the wear indicators on the brake pads and replace them when indicated. Headed to the mountains for some climbing and descending? A new set of brake pads properly adjusted will be your best friend.

Remember to take care of your bike and it will take care of you!

<i>Inside this issue:</i>	
Take Care of Your Bike	1
President’s Corner	2
Volunteer Openings	2
TBA Membership	2
Rides - Touring, Repeating & Charity	3-6
TBA Contacts	7
TBA MS 150 CLAMS	7
Business Members	7
General Assembly	8
TBA Chili Ride	8
Knott’s Island	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

Your club has been very active on a number of fronts over the past month. This includes monitoring and supporting bike related legislation, ramping up our Tour de Cure and MS150 teams, and putting all of the planning in motion for the March 9th Chili Ride in Norfolk and our 37th Annual Knotts Island Century on May 18th. Registration is now open for both events at www.tbarides.org.

We have also been monitoring developments with City of Chesapeake on modifications to city ordinances involving outdoor athletic events and bike racing on roadways within the city. Though the changes proposed to date primarily involve racing, some of the current language is stirring a fair amount of concern in many cycling circles regionally and statewide. TBA is actively corresponding with a number of city staff and Bikeways and Trails Advisory Committee members with a goal of ensuring that what results is the minimal amount of regulation necessary in the public interest without sacrificing our right to the road or unduly impeding our ability to hold sanctioned races with an approved outdoor event permit.

Last, TBA has a very active Facebook group. Join in on the conversation and get all the latest at "Tidewater Bicycle Association."

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
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 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 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

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.

Our guest speaker will be Markus Wegener, chair of Norfolk's Bicycle and Pedestrian Trails Commission and president of Bike Norfolk. Guests are always welcome!

March Touring Schedule

(Helmets are required for all advertised rides)

Saturday, March 2nd

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 Ice Cream Shop at the 35 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

Saturday, March 2nd

B & C Pace 9:00am 36 Miles Portsmouth
"Tour de Sleepy Hole" ride designed to prepare cyclists for 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 teamportsmouth@cox.net

Sunday, March 3rd

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 teamportsmouth@cox.net

Saturday, March 9th

B & C Pace 9:00 am 40 miles Portsmouth
"Tour de Hatton Point & Green Acres", 2 stops w/SAG support. Brunch stop after ride.
From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 672-1359, teamportsmouth@cox.net

Sunday, March 10th

B/C/D Pace 2:00 pm 25 miles Portsmouth
"Tour de City Park" – one of the nicest rides in Portsmouth. One stop mid-way w/SAG support.
From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 672-1359, teamportsmouth@cox.net

Saturday, March 16th

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 Ice Cream Shop 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

Saturday, March 16th

B & C Pace 9:00 am 45 miles Portsmouth
"Tour de Harborview & Bide-a-Wee" ride - Safe, supportive, social & scenic long distance ride. SAG support.
From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 672-1359, teamportsmouth@cox.net

Sunday, March 17th

B/C Pace 1:00pm 31 miles Virginia Beach
Join the CLAMS for a Sunday training ride from Fat Frogs parking lot in Red Mill Commons Shopping Ctr. and ride through the countryside and back. Cue sheets will be provided and no one gets dropped. If it is raining or temperature below 40 degrees – no ride.
From: Red Mill Commons Shopping Ctr (across from Wendy's parking lot).
Leaders: Joe and Polly Frease, 481-9474, cell 620-3829, e: pfrease@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!**

March Touring Schedule

(Helmets are required for all advertised rides)

Sunday, March 17th

B Pace 1:30 pm 20 miles Tidewater
 "Bikes, Bridges, Ferries, & Trains" ride. Fun TBA ride to cycle the new Jordan Bridge, the Elizabeth River Ferry, and the Tide (from Harbor Park to Newtown Rd). Bring \$1.50 for the ferry and \$1.50 for the Tide. No drops! Cue sheet, map, and directions on TBA website.
From: Tide Light Rail parking lot on Newtown Rd
Leader: Paul Gordy, 403-5914 or blueridgecyclist@gmail.com

Sunday, March 17th

B/C/D Pace 2:00 pm 36 miles Portsmouth
 "Tour de Golf Courses" – one of the nicest Portsmouth rides to prepare cyclists for upcoming long distance rides. One stop mid-way, SAG support & dinner afterwards.
From: Cycle Classics, Old Town, 427 High St.
Leader: John Maher, 672-1359 or teamportsmouth@cox.net

Saturday, March 23rd

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

Saturday, March 23rd

B & C Pace 9:00 am 36 miles Portsmouth
 Portsmouth "Tour de Bridges" – ride at a higher altitude as you cross over the Jordan Bridge twice with 2 other bridges along the route. NEW Brunch stop mid-way at "Pancake & Things" (YUM).
From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 672-1359 or teamportsmouth@cox.net

Sunday, March 24th

B/C/D Pace 2:00 pm 36 miles Portsmouth
 "Tour de Harborview" ride - One stop & SAG support for 3 great paces through Historical Portsmouth & Suffolk Waterfront! Sprints will challenge faster riders!
From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 672-1359 or teamportsmouth@cox.net

Saturday, March 30th

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.
From: Western Branch Fishing Station, Girl Scout Rd, Suffolk
Leader: Paul Gordy, 403-5914 or blueridgecyclist@gmail.com

Saturday, March 30th

B & C Pace 8:00 am 50 miles Portsmouth
 "Tour de Smithfield". Three stops. A favorite out of town ride leaving from Smithfield Station. Specific ride info including directions at www.teamportsmouthusa.com. Smithfield Lunch afterwards. (YUM).
From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 672-1359 or teamportsmouth@cox.net

Sunday, March 31st

B/C/D Pace 2:00 pm 40 miles Portsmouth
 "Tour de Harborview & TCC" ride - One stop & SAG support for 3 great paces through Historical Portsmouth & Suffolk Waterfront! Sprints will challenge faster riders! Dinner afterwards in Portsmouth!
From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 672-1359 or teamportsmouth@cox.net



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 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 send out reminders prior to the ride. We will only ride when temperatures are above 45 degrees and there is no rain when the ride starts.

TBA Charity Team Riding Schedule

(Helmets are required for all advertised rides)

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

Submit changes to:
touring@tbarides.org

March Repeat Rides

(Helmets are required for all advertised rides)

Day	Time	Miles	Pace	From	Comment
Mon	7:30 am	21	B, C	Fat Frogs Bike and Fitness Va Beach	Contact: 427-9488
Mon	5:30 pm	30+	A++	East Coast Bicycles (Ghent) Norfolk	Contact: 622-0446
Tue	7:15 am	20-25	A++	Conte's Bicycles and Fitness Va Beach	Contact: 491-1900
Tue	7:30 am	21	A	Fat Frogs Bike and Fitness Va Beach	Contact: 427-9488
Tue	8:00 am	20-25	A, B	Conte's Bicycles and Fitness Va Beach	Contact: 491-1900
Tue	8:00 am	50	B, C	Oakland Christian Church, Chuckatuck	Chuckatuck Chainring ride. Meet in church parking lot, US Rt 10 & Cty Rt 603, Chuckatuck. Bring money for lunch/snacks. Contact: Hal Heafner 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 YES group (Youthful Energetic Seniors) ride along the Dismal Swamp Canal and other country roads. Contact: Fran Adams 467-2775 or 287-6593
Wed	5:30 pm	30	A/B	TBA Greenhouse Ride, Chesapeake	Since 1967. Call for go/no go. Meet at 946 Shillelagh Rd, Chesapeake. Contact: Gerald Teeuwen 377-1135 veloist@aol.com
Wed	6:00 pm	10-12	C	Norfolk Bicycle Works	Beginners ride; Contact: 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
Fri	7:30 am	25	A, B	Bike Beat Va Beach	Contact: 491-6151
Fri	8:00 am	40	C	Bike Beat Chesapeake	TBA YES group (Youthful Energetic Seniors) Friday ride. Friendly group! Contact: Fran Adams 467-2775, 287-6593 or Anthony 635-1582

March Repeat Rides

(Helmets are required for all advertised rides)

Sat	7:15 am	20-25	A, B	<u>Conte's Bicycles and Fitness Va Beach</u>	Contact: 491-1900
Sat	7:30 am	21	C to A+	<u>Fat Frogs Bike and Fitness Chesapeake</u>	Contact: 410-4930
Sat	7:30 am	21	A++, A, B, C	<u>Fat Frogs Bike and Fitness Va Beach</u>	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	<u>Bike Beat Chesapeake</u>	Contact: 424-6151
Sat	7:30 am	40-45	A	<u>Bike Beat Chesapeake</u>	Contact: 424-6151
Sat	8:00 am	Varies	D	<u>Bike Beat Chesapeake</u>	Beginners ride. Contact: 424-6151
Sat	8:00 am	25	B, C, D	<u>East Coast Bicycles (Ghent) Norfolk</u>	Contact: 622-0446
Sat	8:00 am	25-30	A	<u>Seashore Bike and Fitness Va Beach</u>	Contact: 481-5191
Sat	8:00 am	26	B	<u>Norfolk Bicycle Works</u>	Contact: 962-6766
Sat	8:00 am	30	A,B	<u>East Coast Bicycles (Ocean View) Norfolk</u>	Contact: 351-2112
Sat	8:30 am	20-25	B+ to A+	<u>Conte's Bicycles and Fitness Va Beach</u>	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
Sun	7:00 am	55	A	<u>Conte's Bicycles and Fitness Va Beach</u>	Contact: 491-1900
Sun	7:30 am	21	C to A+	<u>Fat Frogs Bike and Fitness Chesapeake</u>	Contact: 410-4930
Sun	7:30 am	31	A	<u>Fat Frogs Bike and Fitness Va Beach</u>	Contact: 427-9488
Sun	7:30 am	50+	B	Kempsville Plaza Shopping Ctr Va Beach	Kempsville-Norfolk-Kempsville Ride. Meet at Dollar Store on corner of Princess Anne Rd and S. Parliament Dr. Contact: Barry Stiffler blstiffler@verizon.net
Sun	7:30 am	40-100	A	Location varies	TBA ride; call first. Cue sheets provided. Contact: Kim Aldridge 615-6106 (cell) or kim@ballanceelectric.com
Sun	8:30 am	8-15	C, D	<u>Performance Bicycle Va Beach</u>	Contact: 340-0334
Sun	2:00 pm	14-20	D	<u>Cycle Classics Portsmouth</u>	Team Portsmouth beginners ride. Contact: John



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

Team training rides begin in earnest this month. We'll be stepping up the number of rides so check this month's charity ride schedule in the Spokin Word. On February 2nd we rode our first Charity ride of the year. We were lead by Sam G. and joined by Jay & Kim T., Deb H., Nancy F., & Mike R. While the weather was cold (38 degrees) and windy the camaraderie was great and we all warmed up over a cup of hot chocolate at Starbucks at the end of the ride. We all agreed that it had been much too long since we have ridden our bikes and socialized.



CLAMS are growing in number. As of February 15th we have 41 members on the team. Be sure to register for the MS 150 Bike Tour soon! The choice accommodations at Camp Silver Beach are rapidly being taken. Let's make this year better than 2012 season.

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

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

Joe and Polly Frease
Co-Captains
TBA CLAMS

Business Members



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

TBA Officers and Committee Chairs

Board

President	Bruce Drees	president@tbarides.org
Vice President	Sam Gillette	vp@tbarides.org
Secretary	Cindy Meier	secretary@tbarides.org
Treasurer	Debbie Drees	treasurer@tbarides.org
Director	Joe Frease	jrfrease@cox.net
Director	Paul Gordy	touring@tbarides.org
Director	Rob Anderson	bobeche2003@yahoo.com
Director	Ben Nippert	bnippert@hotmail.com
Director	Dan Koach	advocacy@tbarides.org
Director	Travis Davidson	travis7davidson@gmail.com
Director	Vacant	

Committees

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

TBA Board Meetings

TBA Board Meetings are open to all current members of TBA. If you would like to address the Board on a topic please send your request in writing to Bruce Drees president@tbarides.org. You can contact any board member to learn the date, time, and location of the next scheduled board meeting.

Bike Box Rental

The club has purchased two hard shell bike boxes for traveling.

They are available to club members to use with a \$50 deposit and \$15 weekly fee. First come, first served basis. Make your reservation now with Kim Aldridge: Cell 615-6106, work 436-9300 or Kim@BallanceElectric.com

JOIN TBA, BIKE NORFOLK AND EAST COAST BICYCLES FOR THE 2013 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 10-20+ miles and all 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 with payment in advance. Please register at tbarides.org to help with food preparation plans. Click on the link on the TBA home page for more details.

VIRGINIA'S GENERAL ASSEMBLY VOTES NO ON CYCLING BILL

After passage by Virginia's Senate by a vote of 30-9, the House of Delegates voted 55-42 to defeat SB1060 on 2/18/13 just before the General Assembly adjourned the 2013 Session. Virginia remains the only state in the country that does not have a law that includes bicycles and non-motorized vehicles from the list of those that can't be followed "more closely than is reasonable and prudent."

Also killed in a House Committee was legislation that would have prohibited "dooring" - intentionally opening a car door into the path of an approaching cyclist. It is hard to understand why anyone would vote against such legislation. If the injured cyclist were the child of a Virginia Delegate voting "No,"

would their viewpoint change? For now, your best protection is to pass parked cars with enough clearance so the opened door cannot hit you.

37TH KNOTT'S ISLAND CENTURY!

Registration is open on TBA's web site for the 37th Annual Knott's Island Century on May 18th! In addition to the century, metric century, and half-metric century routes, we have added a "no-ferry" century route for 2013.



OR CURRENT RESIDENT

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

