



# The Spokin Word

**Volume 51 Issue 10      November 2013**

## **RANDONNEURING—TASTE OF CAROLINA 1200**

Cloudy with a chance of sleep: Taste of Carolina 1200

Randonneuring is really just time limited fast touring. Essentially unsupported rides in which, during the usual events, you are simply trying to finish within the time limit. However, many riders eventually want to tackle what is, for the most part, the longest type of these events: a 1200 km (750 mile) ride with a 90-hour time limit. On such a long ride, much of the goal is staying sufficiently "ahead of the clock" that one can build up time to get some sleep.



The Taste of Carolina 1200 was run Columbus Day weekend with 45 riders from as far away as Canada and the Seattle area. 3 of us from the Tidewater area would ride and complete it as well. Jacob Anderson and Tom Peck had studied the route enough to work out a plan of attack that would have us riding the most on the first day with shorter goals for each subsequent day. Our 6AM start, like the rest of the ride, would be in 50 degree temps with afternoon highs only approaching the low 70's. Steady cloud cover and intermittent sprinkles made for a somewhat dreary experience but moderated the conditions so that clothing management was greatly simplified.

We covered the rainy, windy, 230 miles from Lumberton, NC to Franklin VA in just under 20 hours, and then left at 5AM after 3hours of sleep to ride 130 miles to the Outer Banks and then another 50 miles South of Nags Head to the middle of nowhere (ie Englehard, NC)

Another 3-4 hour sleep break and a 4AM start got us on the road for another 180-mile day down the coast to Atlantic Beach, NC. However, all those early starts then paid off since we reached that stop at 9PM and could sleep until 5AM before our last day with only 160 miles to get back to Lumberton.

With the best weather of the trip, Jacob rocketed off to ride with a faster group and finished 2 hours before Tom and I would. Nevertheless, we were able to get in before we lost all the daylight, finishing after a total of 85 hours. Better still, having assured ourselves of a good night's rest and slightly easier distance to cover on the final day, we finished feeling good and not totally exhausted.

A 1200k is certainly not for everyone. It requires a great deal of training and preparation as well as the time off to actually do the ride. However, we're fortunate to have such an event close by. Not that many years ago, there were only 2 or 3 such rides in the country and the closest was in New England. With our own 2014 scheduled 200, 300, and 400km events, all starting in Suffolk, local riders interested in randonneuring are no longer forced to travel hours away with the expenses of hotels and more, just so they can try out this type of riding.

*Keith Sutton*

### *Inside this issue:*

<b>Taste of Carolina 1200</b>	<b>1</b>
<b>President's Corner</b>	<b>2</b>
<b>Volunteer Openings</b>	<b>2</b>
<b>TBA Membership</b>	<b>2</b>
<b>Nov. Touring Rides</b>	<b>3</b>
<b>Fall Celebration Ride</b>	<b>3</b>
<b>TBA's Holiday Party</b>	<b>4</b>
<b>Va Beach Bike Leadership Meeting</b>	<b>4</b>
<b>TBA CLAMS Earns Fundraising Award</b>	<b>4</b>
<b>2014 Bike Month</b>	<b>4</b>
<b>Annual Meeting Notice</b>	<b>5</b>
<b>Charity Training Rides</b>	<b>5</b>
<b>Eastern Shore Weekend</b>	<b>6</b>

### **TBA's Mission**

The purpose of the TBA is to promote and encourage the use of the bicycle as a means of recreation and transportation; to develop a physically fit, self reliant, well informed citizen; to uphold and support the rights of bicyclists; to encourage the use of facilities for bicycling on public lands; and to provide information in the interest of bicycling safety.

## President's Corner

The willingness of our members to volunteer and pitch in to help improve our communities never ceases to amaze me.

This spirit was again evident last Sunday as Debbie and I turned out for a Pedaling for a Cleaner America (PCA) event, this one in Portsmouth. Organized by TBA member John Deuel, these are "pedal up to clean up" events that typically last under an hour and rotate among the cities.

Though seeing the results when you are done is reward enough, it was gratifying to have also received several thanks from passers by and motorists.

Next, I have a couple of committee changes to report this month. First, Wayne Wilcox has taken the membership chair reins from John Deuel. We appreciate John's work and wish him many continued successes in his goals to further Pedaling for a Cleaner America as well as bike education in our schools.

And last, Robert Shanks has taken over touring (rides) committee from Paul Gordy. We look forward to seeing many more of Paul's rides including his epic adventures across the U.S. And we are pleased that Robert has stepped up to coordinate this important piece of our group's operations. As always, please continue to submit your rides to [touring@tbarides.org](mailto:touring@tbarides.org). Welcome Robert!

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
- The League of American Bicyclists
- Adventure Cycling Association
- USA Cycling
- Virginia Cycling Association
- Alliance for Biking & Walking

## 2013 TBA Calendar

**Nov 2, 2013** Fall Celebration Ride and Picnic, 9 am, Windsor Castle Park in Smithfield

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

**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

## 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:

- **ride leaders—all paces and distances**

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

## NOVEMBER GENERAL MEMBERSHIP MEETING

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

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

Our speakers are Paul Gordy and Robert Shanks. They have a great

program on their self-supported tour of the Grand Canyon and other areas of the southwestern United States.

Guests are always welcome!

## November Touring Schedule

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

### Saturday, November 9th

#### **B Pace 7:00 am 100 miles "Pierce's BBQ Century"**

Join us for this fun event. The century breaks up nicely into 4 parts: 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.

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

**Leaders:** Paul Gordy, 403-5914, [blueridgecyclist@gmail.com](mailto:blueridgecyclist@gmail.com); and Robert Shanks, 407-0917, [rjshanks13@gmail.com](mailto:rjshanks13@gmail.com)

### Sunday, November 10<sup>th</sup>

#### **B Pace 2:00 pm 21-25 miles Va Beach**

TBA fun and fitness ride in the Little Neck area of Va Beach.

**From:** Kingston Elementary School, 3532 Kings Grant Rd, Va Beach.

**Leader:** Bruce Drees, 647-3987, [president@tbarides.org](mailto:president@tbarides.org)

### Saturday, November 16<sup>th</sup>

#### **B Pace 8:15 am 55 miles Williamsburg**

Join this TBA ride as we bike 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 and maps provided. Call or email for more information or directions.

**From:** Meet at Waller Mill Park in Williamsburg (\$2 parking fee - gate to park opens at 8am)

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

### Saturday, November 23<sup>rd</sup>

#### **B Pace 7:30 am 80 miles Chippokes**

Join this TBA ride as we bike from Suffolk to Surry to Chippokes State Park to Smithfield and back to Suffolk. Plan on lunch at the Smithfield Ice Cream Shop at the 65-mile point in the ride. Cue sheets, maps, and directions available on the TBA website. Call or email for more information.

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

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

### Friday, November 29<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. (Similar to my usual 50-mile route, but expands the loop to in-

clude Bacon's Castle.)

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

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

### 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, 407-0917, or [rjshanks13@gmail.com](mailto:rjshanks13@gmail.com)

#### 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)

### TBA FALL CELEBRATION RIDE NOV. 2<sup>ND</sup>

TBA's Last Bash for the cycling season. Did you ride the Chili Ride? Knotts Island? Independence Day Picnic? The Labor Day Quick Draw? Then don't miss the Fall Celebration Ride and hit the season Grand Slam. The Fall Celebration Ride will be on November 2<sup>nd</sup> at Windsor Castle Park in Smithfield. We have rides of 25 and 35 miles mapped out through the beautiful country side in Isle of Wight culminating in a Chili Dog feast at the park provided by TBA. The ride and lunch is free to TBA members. Lunch for non-members is \$5.00.

**When:** November 2, 2013 – 9:00 AM

**Where:** Windsor Castle Park in Smithfield

**Routes and Paces:** 25 and 35 miles. All paces. Cue sheets provided.

**How much:** Free for members. \$5.00 lunch fee for non-members.

**Why:** Last ride of the year. Socialize with other members. Chili dogs. Just because.

## 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.

## Virginia Beach Bike Leadership Meeting Held

Mayor Will Sessoms, City staff and area bicycling advocates met at the Town Bank Center on Oct. 21 to discuss the infrastructure projects that will begin in Virginia Beach in the near future. This meeting hosted by Mayor Sessoms is a continuation of his open dialogue with the biking community on a regular basis and his support has been evident by the public works projects that have been built or are in the planning stages.

TBA's President, Bruce Drees, briefed the Mayor on the importance to design a bike path into the construction plans for any public transit that would be built within the Norfolk Southern right-of-way. Bruce cited several U.S. cities that have already built bike paths into their light rail projects to use as models. A-10 mile uninterrupted bike path would promote public health, alternative transportation, recreational use, and tie into several regional and national bike trails that would terminate at the oceanfront.

Planning and Construction:

- The Public Works staff reported that cyclists will be allowed to ride over Lesner Bridge at all times during its construction which is expected to begin in the Fall 2015.
- Shore Drive from the eastern end of Lesner Bridge to Great Neck Road will have a 5 feet bike lane with full signage and markings as a bike lane. The bike lanes will be constructed on outside travel lanes on both east and westbound lanes.

## TBA CLAMS Earns Fundraising Award

On October 23<sup>th</sup> at the Annual Multiple Sclerosis Membership and Resource Fair Dinner, the CLAMS were presented with the Diamond Team award. Jay and Kim Talman accepted the award for the CLAMS team. Awards are given each year to the teams that raise the most money during the MS 150 Bike Tour.



We have been most fortunate to receive a plaque for the ninth year in a row for either 1<sup>st</sup> or 2<sup>nd</sup> place. This year our team raised a grand total of \$43,322.09 donated to finding a cure for M. S. CLAM, Larry Walter, received a "Mission Possible" award for raising over \$4,000.00 individually. Congratulations Larry and to all CLAMS for your fundraising efforts.

November is here and we hope everyone will have a happy Thanksgiving. Our business meetings will be every other month, the next gathering will be a Christmas party instead of a meeting in December. The party will be held at Kim and Jay Talman's house on Sunday, December 15<sup>th</sup> at 4:00 pm.

*Please register now for next year's ride which will be the CLAMS 10<sup>th</sup> anniversary as a team.*

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

*Joe and Polly Frease  
Co-Captains*

## 2014 Bike Month Planning

TBA's Advocacy Committee has begun working with Norfolk, Virginia Beach, Chesapeake, Portsmouth and Suffolk officials to plan the National Bike Month activities in South Hampton Roads next May. City officials are enthusiastic and cooperating in all our cities but cyclist volunteers are needed to help plan and organize the events. Bike to Work Week will be May 12-16 and Bike to Work Day will be May 16.

Please contact me at [travis7davidson@gmail.com](mailto:travis7davidson@gmail.com) to help make next year's Bike Month activities a success.

*Travis Davidson*

*(Continued on page 5)*

TBA's annual meeting will be held on **Wednesday, November 13, 2013** at the Virginia Beach Central Library. Come to socialize at 6:30 pm; the formal meeting begins at 7 pm. The following individuals have been recommended by the Nominating Committee to fill our 11-member Board of Directors:

Rob Anderson	Debbie Drees	Dan Koach
Pat Benish	Mike Evans	Cindy Meier
Travis Davidson	Joe Frease	Kim Whitley
Bruce Drees	Sam Gillette	

The Nominating Committee recommends election of the following Directors as Officers for 2014:

- President: Bruce Drees
- Vice President: Travis Davidson
- Secretary: Cindy Meier
- Treasurer: Debbie Drees

*(Continued from page 4)*

- Western Shore Drive from Greenwell to Diamond Springs will have partial shoulder widening of 4-5 feet on the outside lanes of both east and westbound lanes.

The city is applying for funds from the Transportation Alternative Program (TAP) to apply toward the Western Shore shoulder widening and a 10 feet wide shared use path on Buckner Blvd that will tie Rosemont Road and TCC together. Additional TAP funds will be used to build several sidewalks to better connect sections of the resort area for pedestrians.

*Dan Koach, Advocacy Chairman*

## 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	Pat Benish	teamintraining@tbarides.org
Director	Rob Anderson	bobeche2003@yahoo.com
Director	Dan Koach	advocacy@tbarides.org
Director	Travis Davidson	travis7davidson@gmail.com
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

## CHARITY TRAINING RIDES STARTING

The Weather Wimp speaketh. It's getting colder and the opportunities for fair weather rides are diminishing. Heavy sigh and so long to the Quick Draw rides which will go into hibernation until June next year after we wrap up the MS 150 the first weekend of June. Fortunately, Team TBA Tour de Cure (TdC), Cycling Legs Against Multiple Sclerosis (CLAMS), and Team-in-Training (TNT) have to start training.

Winter is a tough time to get miles in and stay loose so Mike Rogers and Sam Gillette will continue to check the weather for opportunities to ride and get the word out to Team TBA TdC, the CLAMS and TNT to join TBA's Charity Team Training rides. Winter riding is challenging so rides will normally be under 30 miles and temperatures above 40 degrees – we're dedicated, but not insane. Be prepared, long-fingered gloves, tights, toe

warmers, base layers, and face mittens are essential for these rides.

Not a team member? Why not? Not a problem. All are welcome to ride with us and enjoy the camaraderie. This is a great opportunity to learn more about how the American Diabetes Association, Hampton Roads Multiple Sclerosis Society, and Leukemia & Lymphoma Society have organized events to fight these terrible diseases.

There are also TBA members that participate in other charity causes such as Livestrong and Relay for Life. These events are challenging and training is important so TBA is hosting these training rides to get through the winter months and help our members prepare. So please, join us.

*The Weather Wimp (aka Sam Gillette)*

# THE BACK PAGE

## EASTERN SHORE WEEKEND

On the weekend of Sept. 27-29, TBA featured its Eastern Shore Bike Ride in Chincoteague. About 30 of us enjoyed the riding, sightseeing, food & drink.

Friday started out with miniature golf followed by dinner at Ledo's Pizza. Saturday featured a 42-mile ride from Snow Hill to Berlin - famous for the filming of "Runaway Bride." Lunch and shopping make this a really nice stop. Laurie Wagner and Tim Horton were picked up by a local driver who took them to his house where he helped them patch the tire.

Laurie Wagner and Raul Zevallos accompanied Fran Adams on the early-bird sunrise bike ride at 6:20 a.m. and got to observe a young fisherman bring in a large Drum fish just as the sun rose over the ocean - Disney couldn't have choreographed it

better!

The Wine and Cheese on Saturday



evening is always a huge success with mountains of food and drinks. Sunday morning's ride was a tour of Assateague Island with beautiful weather but, sadly, no ponies. Others toured the newly refurbished lighthouse and the Visitor's Center.

Jennifer Lane-Reigler (Indiana) drove

the farthest. Jennifer (McNeil) comes each year from Accomac. Esther and Scott Lumsdon came from Raleigh. Cindy Lou Lewis brought her local crowd along too.



Mark your 2014 calendars for the last weekend in September - Eastern Shore Bike Ride.

*Happy Trails, Fran Adams*

OR CURRENT RESIDENT

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

