



The Spokin Word

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October 2013

Tour de France Bike Art

If you ride in southwest Chesapeake you have probably rounded the corner at St. Brides and Taft Road and have seen the four bicycles painted the same colors as the Tour de France shirts leaning against the white fence. I stopped in to talk to the creator of this refreshing art work. His name is Donald Werner and he was a commuter biker in his working days.



He commuted from the Belwin Heights area of South Norfolk to the Norfolk Shipbuilding & Drydock Corporation. It was 7 miles each way and Don met up with other friends as he went and they cycled together into the shipyard. Back then his bike was a Raleigh long bike with mechanical brakes (used push rods instead of cables). A three-speed

bike with 27" wheels. Seven miles each way on a heavy bike was quite a task back then.

Don has been interested in the Tour de France since before Greg LeMond was racing. These days he spends the whole month of July watching the race, but he doesn't ride anymore because he has Muscular Dystrophy. He still has a yellow Peugeot, but is afraid to get on it because his balance is not too good.

If you bike out here in Chesapeake and go around that corner, give Don a shout and thank him for his creative art work on the fence.

Anthony Cuci



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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

As I write this, cooler weather and the fall riding season are in full swing. The days of drenching humidity, attested to by 73 degree dew points are slowly fading from memory.

Be sure to mark your calendars for TBA's fall ride and social at Windsor Castle Park in Smithfield on Nov. 2nd. Sam Gillette and Mike Rogers are in the lead and promise a fun ride and picnic event. This is a free event for members or nominal \$5 charge for non-members. Online registration will open soon.

Later this month TBA, along with the bike shops and other bike groups and race teams from that city, will sit down with Va Beach Mayor Will Sessoms to discuss the state of bicycling there. In addition to presenting our advocacy goals and objectives, this is also an opportunity for the city to present its concerns for what they observe as well as hear from residents. An ongoing topic is seeking ways to reduce friction between motorists and cyclists in the rural part of the city. It's clearly a case where a few bad apples from both sides are the source of most problems. When riding, we all need to do our part to ensure that we operate both legally and courteously. Staying single file is a big help.

Let's get out and enjoy some of the best riding days of the year!

Ride safely,

Bruce

TIDEWATER BICYCLE ASSOCIATION

P.O. Box 66522

Virginia Beach, VA 23466-6522

www.tbarides.org

Affiliations:

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

2013 TBA Calendar

Nov 2, 2013 Fall Ride and Picnic, Windsor Castle Park in Smithfield

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

Dec 7, 2013 TBA's Christmas Party. Location to be determined

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**

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

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 speaker is

Guests are always welcome!

October Touring Schedule

(Helmets are required for all advertised rides)

Sunday, Oct 6th

C/D Pace 4:00 pm 12-15 miles Va Beach

TBA new rider orientation ride. We ride for fun on mostly quiet residential streets. Come discover the fun of group riding and socialize with fellow cyclists. Optional dinner afterwards at Tijuana Flats (Tex Mex); dinner & drink usually under \$10 pp.

Leader: Bruce Drees, 647-3987,
president@tbarides.org

From: Tijuana Flats, 4224 Virginia Beach Blvd at Thalia

Sunday, Oct 13th

C/D Pace 2:00 pm 12-15 miles Va Beach

TBA "guilt free" ice cream ride. We ride for fun on mostly quiet residential streets. Bring \$ for optional Carvel ice cream at the end of the ride.

Leader: Bruce Drees, 647-3987,
president@tbarides.org

From: Food Lion parking lot next to Carvel, 3746 Virginia Beach Blvd

October 25-27

Blue Ridge Parkway Weekend

Join us for a weekend of stunning views and challenging climbs on the beautiful Blue Ridge Parkway (BRP). We will camp at the Wildwood Campground and you can cycle as much or as little as you like. Scheduled rides include a 50-mile ride on Saturday and 20-mile rides on Friday afternoon and Sunday morning. See the TBA website for additional information. No SAG support.

From: Wildwood Campground (Lynchburg KOA) on Highway 130 about 1 mile north from MP61 on the BRP.

Leaders: Paul Gordy, 403-5914,
blueridgecyclist@gmail.com
and Robert Shanks, 407-0917, rjshanks13@gmail.com

Saturday, October 26

C Pace 9:00 am 50 miles Chesapeake

Spooky Halloween Cemetery Bike Ride. Continuing this long-standing-tradition ride started by Roz Greene - help locate and visit more than 13 cemeteries along the route on this Halloween weekend. Many restaurants in shopping center for lunch after the ride. Costumes Welcome.

From: Bike Beat Chesapeake (168 Bypass exit 8 A)

Leader: Fran Adams C 757-287-6593 H 757-467-2775

Saturday, November 9

B Pace 7:00 am 100 miles

Pierce's BBQ Century

Join us for the fun event. The century breaks up nicely into 4 nice 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 and Robert Shanks, 407-0917, 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)
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!**

A Message to TBA Members

At our September meeting, the TBA board reviewed a recommendation from a special committee to examine whether TBA should change its operations from a IRS 501(c)(7) social club to 501(c)(3) charitable (public purpose) organization. The board voted in support of the recommendation, and the question will be presented to our membership at an upcoming general meeting.

The central question on this proposal is whether TBA can do more to further bicycling (and by extension, safer bicycling in more places) as a result of this change. In our board members' views, the hands down answer is yes, as this will enable access to resources that are currently beyond our reach, since TBA is not a 501(c)(3).

As we see things, our existing rides and social gatherings will continue as they have. We do not expect any major changes from that standpoint. In short, we anticipate that we'll be doing more to further bicycling, especially when it comes to our education, safety, encouragement and advocacy programs.

As part of this proposal, our governance needs to be reconsidered along with the shift of emphasis. Though it has generally served TBA well since our founding, our current form of governance is not well suited for a 501(c)(3) charitable type organization. Contemporary legal views and organizations that help form bicycle advocacy organizations, such as the Alliance for Bicycling and Walking, strongly recommend against membership type governance, favoring what is called directorship type instead. On a practical level this means changing to a self-perpetuating board where directors are recruited and filled by the board itself.

As un-democratic as it may sound, this is the conventional wisdom and business sense, as only a board itself knows what talent it needs to have on board and whether a given person is a good fit for helping to further an organization as well as its objectives. Recent examples on the need to carefully consider this aspect include the Sierra Club, Cascades Cycling Club, and the League of American Bicyclists, where each association had differing operational views between the membership and the board. That said, we still very much want member involvement in recommending well qualified prospects to serve on our board.

When it comes to membership organizations, how many times have you received a ballot to elect directors, not knowing a thing about any of them? I don't know how many ill-suited directors I may have elected

over time. The organization would have been better off making their own picks. And if they head off in a direction or fail to deliver what I would like to see, I can always vote with my feet.

Bicycling is a very competitive marketplace. Here in Tidewater we have 19 bike shops, 14 (74%) of which put on shop rides either directly or in cooperation with other individuals or organizations. While it is certainly a good business plan, it does pose a challenge for organizations such as TBA to provide services and programs which bring the cycling community together in a unified voice on issues ranging from cyclists' rights to improved infrastructure. We count on our rides and social activities to help communicate what is going on and forge the bonds necessary for progress to be made. Especially in advocacy, numbers count.

With so many free shop rides especially on weekends, what is TBA's place in the larger scheme of things? TBA's advocacy, education, encouragement and safety programs have been and continue to be top-rate. It makes sense to do more where we can, and enabling access to resources to do this will benefit all of us here in Tidewater. Some examples include: (1) campaigns to speed up key infrastructure projects such as the South Hampton Roads Trail and the Dismal Swamp Canal Trail extension, (2) ensuring new or continued bicycling access to bridges as they are replaced and new ones built, (3) fighting road and bridge closures where unwarranted, (4) innovative education programs which target high risk behaviors such as wrong way cycling, and the list goes on.

Distilled to its most basic form, the question you may soon be asked is whether you support this shift of emphasis to a public purpose organization, along with the changes in governance necessary for things to succeed. Or, do you feel that TBA should remain a social club, focused primarily on providing services to its members?

There is no clear right or wrong answer. It cuts to what you see as TBA's place in the bike community in the years to come. Either way, when the dust settles after the vote, TBA will still be here, working hard for better bicycling and being a unifying force within the bike community.

Ride safely,

Bruce Drees
President



Viewpoints

LASKIN ROAD: A NIGHTMARE FOR BOTH CYCLISTS AND PEDESTRIANS

September 19, 2013

While the city has indeed developed great bike lanes on both sides of Shore Drive, it continues to be nothing short of a nightmare to ride a bicycle west from the Oceanfront to the Hilltop area. When I ride that route, I usually go from Arctic Avenue to 24th Street, turn right on Barberton Drive, then take Oriole Drive through Birdneck Point. From Birdneck Point, I turn right onto Laskin Road and that is where the nightmare begins! At that point there is no shoulder until Linlier Drive and Laskin Road has a speed limit of 45 miles per hour. Also, the road is very bumpy and has numerous potholes. The stretch is less than a mile but it feels ten times longer than that for a bicyclist.

For pedestrians, walking from one part of Hilltop around Laskin Road to another is also extremely dangerous. I work at Hilltop North, so to leave my car at A-1 Auto on South First Colonial Road *should* be a reasonable walk from the auto mechanic to work. This morning I did just that and was reminded once again how dangerous it actually is. The walk was basically fine until I hit Laskin Road. There are no pedestrian signals there and it's almost impossible to cross either Laskin Road or First Colonial Road. On my walk from A-1 Auto this morning, I crossed Laskin Road by waving my arms in the air to make sure I was seen as if I was guarding an opponent in basketball!

In my position as a committee member on the Bikeways and Trails Committee, I have asked several Council members and the Mayor to put bike lanes on that one mile stretch of Laskin Road between Birdneck Point and Linlier Drive and to put pedestrian signals on the intersection of Laskin Road and First Colonial Road.

The response has always been that they are either waiting for light rail or redesigning Laskin Road. I also learned today from Brock Potter, developer of the Hilltop area, that he has been pushing for years to install pedestrian signals at the intersection of Laskin and First Colonial. He gets the same tired response from the city that I get.

In the meantime, accidents are happening almost every day at Hilltop. It is imperative that bike lanes be put on the one mile stretch of Laskin Road and that pedestrian signals be put on the intersection of Laskin Road and First Colonial Road NOW. Our city cannot afford to wait until someone is killed. Keep in the mind (as if human life isn't enough) the economic improvement of the Hilltop area due to better walk ability should more than offset the cost of these overdue and vital short-term improvements.

TBA Members: Please use this opportunity to voice your concerns to your City Council Members, the Mayor, and Ric Lowman, Traffic Engineer for the City of Virginia Beach.

Bill Hart

REMEMBRANCES BY A VERY LONG-TIME OLD ROAD BIKER

When riding, one has to be fully aware of all that's happening around you. I try to be 115% aware but I do realize I'm probably at a mere 85%, caused by distractions, etc. True recent happenings:

A skilled cyclist passing in front of Wall Mart at Red Mill Commons was struck by an oncoming truck that turned left directly in front of cyclist - slam/bang with injury! Totally unexpected! Driver said he didn't see cyclist. My experience in above same lane. A minivan exiting a parking lane turned left in front of me and left again into the next parking lane, almost a slam/bang. Driver was talking on a cell phone. I later installed a white blinker on my handle bar to prevent, maybe, such happenings again. Other rider had a white blinker, hence my "maybe."

On a recent group ride down Muddy Creek, cyclists turned right 90° onto Nanny's Creek, all so relieved to get out of the miserable headwind. Most cyclists slowed a bit, but one slowly trying to close a gap hit the rear tire of another slowing down. A slam/bang with injury! Interestingly, this happened last year going in the same direction at the same location with a slam/bang and a bunch of injuries. One survivor of that ride told me he now rides a comfortable distance behind other cyclists and was therefore a witness to the recent crash.

At Red Mill Commons Shopping Center in Virginia Beach, an outbound group of 10 riders was moving south on Commons Street towards Elson Green Ave. While passing the parking area in front of Eddy's Café, a minivan exited the parking area stopping 1/3 of the way into that street to avoid hitting the lead cyclist. Fortunately a no slam/bang.

Were the involved cyclists in a reduced state of awareness? Would 115% awareness prevented this? We will never know. Expect the unexpected and stay ready to react with very little notice.

John McKee

Lesner Bridge Replacement Project

The City of Virginia Beach expects to advertise the Lesner Bridge Replacement Project in October 2013. Actual construction is scheduled to start by March 2014. The purpose of the Lesner Bridge Replacement Project is to replace a structurally deficient and functionally obsolete bridge. As part of this project, there is also an opportunity to make safety improvements for the traveling public crossing the bridge (automobile, pedestrian and bicycle) and to enhance the aesthetics, open space, landscape and architecture of the Shore Drive Corridor.



The twin replacement bridges will each feature a 53 foot eight-inch wide deck that will accommodate two lanes of traffic, with appropriate shoulders on each side and a multi-use path in each direction. The eastbound and westbound structures can accommodate three lanes of traffic in each direction in the future, if needed.

The two travel lanes on each of the twin structures will be 12-feet wide. The outside shoulders will be 10-feet wide and the inside shoulders will be six-feet wide. A 10-foot multi-use path will also be located on the outside of each structure, separated from traffic by a rigid barrier.

During the three-year project, four lanes will always be open to motor vehicle traffic. According the Virginia Beach Public Works Department, there will be a 15-month period during which Lesner Bridge will be closed to pedestrian and bicycle traffic. TBA has opened dialogue with Virginia Beach to urge the Public Works Department to modify the project plan to permit bicycle use of the open lanes during the construction period.

For more information, you can visit the City's web page www.vbgov.com/cipstatus and type in "Lesner Bridge" to find the project and get an update on this vital improvement to the Shore Drive Corridor.

Pedaling for a Cleaner America Plans Fall Events

Here is your chance to help create unity around the idea that our cycling roadways should and can be free of litter. Pedaling for a Cleaner America was established earlier this year with the support of the Board of the Tidewater Bicycle Association, Keep America



Beautiful, HR Green and Adventure Cycling Association. Several "Pedal Up to Clean Up" Events have been held so far, including litter cleanups on Norfolk Avenue in Virginia Beach, the Berkley Bridge in Norfolk, outside Smithfield and several places along the Trans America Trail between Williamsburg and Raphine in the Blue Ridge Mountains.

Here is where the Hampton Roads Pedaling for A Cleaner America Team will be this fall:

Sunday, October 20th, 1pm: PORTSMOUTH, Cavalier Drive: Meet in Cavalier Manor Park, near the intersection of Cavalier Blvd. and Tazewell Street.

Sunday, November 17th, 1pm: SUFFOLK: Site to be determined.

If you have a recommendation for a site that needs some attention and is a favorite cycling route, let us know.

To sign up or if you have questions, contact John Deuel, jdeuel@me.com or 284-7041.

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:

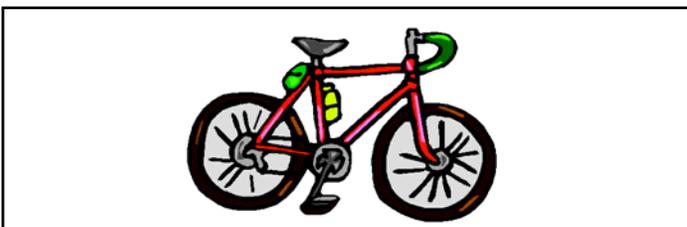
- President: Bruce Drees
- Vice President: Travis Davidson
- Secretary: Cindy Meier
- Treasurer: Debbie Drees

Feeling Creative?

At its August meeting, TBA's Board of Directors voted to move the Weekly Repeat Rides to the TBA website—leaving more room for you to share your cycling stories and interests with your fellow members. Articles may be of general interest or may report on an upcoming or recently completed event are always welcome.

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

Tim Whited, editor (editor@tbarides.org)



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	John Deuel	membership@tbarides.org
Newsletter	Tim Whited	editor@tbarides.org
Publicity	Fran Adams	publicity@tbarides.org
Touring	Paul Gordy	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

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

TBA TEAM IN TRAINING

Go TEAM! That was my first introduction to Team in Training as I was running my first half marathon in 2007. Throughout that event and again later that year when I completed my first marathon, it was hard to get away from the enthusiasm of the purple shirts. I had no idea then why these folks seemed to have limitless energy even at mile 23.

The TBA CLAMS have been volunteering at Scope with our Team in Training people for as long as I have been involved. Since we were assigned to different stands, it took a while before I spotted how similar our ideals are. CLAMS raise funds for the National Multiple Sclerosis Society. TEAM raises fund for the Leukemia Lymphoma Society. CLAMS helps fund treatment for MS. TEAM is raising money to cure blood cancer. Those common missions led me to TBA and recently TEAM has become a sponsored charity chapter of TBA. Thank you TBA.

TEAM's mission is to raise money for LLS. We do this by encouraging people to train for an endurance event.—century bike ride, triathlons, half marathons, marathons, and even long-distance hikes. When a person signs up to participate, they pick an event like the Tahoe Century Ride. TEAM sets a minimum fund raising goal which is normally five times the amount of money to pay to ship your bike, a 3-day hotel stay, your entry fee for the race and a pre-event dinner. In some cases, we pick up the airfare as well. At least 80% of all donations go to our mission, but we also spend money on our participants and absolutely have fun while raising money to fund the cure for blood cancer..

We are recruiting people who might like to do Tahoe next spring. If that might be something you are interested in, please drop me a line. We will get you all the details.

Next month several of us will do the Sea

Gull Century ride. These crazy folks below are all TBA members with Team in Training. Most will be at Sea Gull and then will head to run the Crawl in' Crab half



marathon in Hampton the next day. So, if you see them on the ride please say hello or "Go TEAM."

Pictured from left to right: Heather Gordon, Michelle Gormley, Mike Murphy, Corinne Aselin, Mike Aselin

Pat Benish
(teamintraining@tbarides.org)

OR CURRENT RESIDENT

Tidewater Bicycle Association
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