



The Spokin' Word

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PEDALING FOR A CLEANER *and* SAFER AMERICA: A "TAKING PRIDE" CHALLENGE TO OUR COMMUNITY

by John Deuel

Six years ago I fell in love with cycling again. I remember the freedom and independence I felt on my first bike at the age of nine back in Glen Head, New York. Since then, my interest has grown from learning to ride safely, to riding 60 to 100 miles at a time to now planning the ride of my lifetime –a cross-country tour this spring.



As I have ridden more, I noticed two things that concerned me, as well as most cyclists: many are riding unsafely without helmets and avoiding our littering challenge or worse, leaving litter on our roadways. Annoyances without easy solutions. As children, we learn how to manage our waste and most of us learn how to ride a bike. By the time we are adults, we become pretty set in how we do both. Many of us admit we have acquired bad habits when it comes to both safety and waste.

Research commissioned by Keep America Beautiful (KAB) in 2009 showed that there are over 50 billion pieces of litter on America's roadways, all of it preventable. Other research by the National Highway Safety Administration estimated that universal bicycle helmet use by children would prevent about 40,000 head injuries annually. Pedaling for a Cleaner America (PCA) is a campaign that began in Norfolk and was supported from its beginning in 2013 by the Tidewater Bicycle Association (TBA), Adventure Cycling Association and Keep America Beautiful. PCA brings together, under one campaign, cyclists of every type and citizens from communities all over the U.S. doing something positive about both bicycle safety and preserving our country's natural beauty. How can you participate?

- Make a monetary contribution to one of the two charities that PCA has chosen to support:
 1. The Leaders of the *David D. Hammar Foundation* believe that bike safety is the responsibility of both the cyclist and the motorist. When you donate to David D. Hammar, your donations will support bike safety education programs and helmet donations to children. 20% of the bike safety donations will come back to Bike Norfolk for a bike safety program in Norfolk.
 2. *Keep America Beautiful* is the nation's leading non-profit that builds and sustains vibrant communities. The funds you donate will support professional training scholarships for leaders of communities that are working hard to prevent littering and other programs to prevent litter, reduce waste and green our communities.

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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

The vote held at our March 12th general membership meeting approved the restructuring changes recommended by the board. The process of shifting to a 501C3 charitable organization has begun and will take several months to accomplish. We'll keep you posted as things progress.

This year's Chili Ride was a resounding success. All 90 tickets sold out within a week of being announced to our current members. Good weather + good riding + good food + cold beer made for a very enjoyable event.

Unfortunately we have to limit some events such as the Chili Ride to what the venue and what our volunteers can support. We need to know this several weeks in advance. So please, volunteer early and volunteer often! And many thanks to our chili chefs and ride leaders/sweeps that did so much to make this year's event a success.

A final note on the Chili Ride: the board decided to try Smartmouth Brewery on a recommendation by Kelley Howell, who along with VP Travis Davidson picked up the ball and ran with it. Have an idea for an event? Great! We'd like to hear from you, but be ready to pitch in and help bring it to fruition!

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

2014 TBA Calendar

April 26, 2014 Tour de Cure (10, 30, 65 and 100-mile routes), Kings Fork High School, Suffolk

May 14, 2014 TBA General Membership Meeting, 6:30-8:30 pm, Virginia Beach Central Library

May 17, 2014 38th Annual Knotts Island Century Ride

May 31—June 1, 2014 Bike MS (36, 75, and 100-mile routes each day, Cape Charles, VA

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 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

MAY GENERAL MEMBERSHIP MEETING

TBA's next meeting will be held on **Wednesday, May 14, 2014** at the Virginia Beach Central Library.

Come at 6:30 pm to socialize; the meeting starts at 7:00 pm. Come join your fellow cyclists in

what always promises to be a fun and informative meeting.

Guests are always welcome!

April Touring Schedule

(Helmets are required for all advertised rides)

Wednesday, April 2nd, 9th, 16th, 23rd, 30th

C Pace 9:00 am 30–40 miles Chesapeake
TBA YESS group (Youthful Energetic Seniors) weekly repeat ride along the Dismal Swamp Canal and other country roads. Location varies – call first to confirm.
Leader: Fran Adams, 467-2775 (h) or 287-6593 (c)
From: varies – contact Fran Adams for location.

Friday, April 4th, 11th, 18th, 25th

C Pace 9:00 am 40 miles Chesapeake
TBA YESS group (Youthful Energetic Seniors) Friday weekly repeat ride. Friendly group! *NOTE: this is an 'Ad Hoc' ride during the winter months – please call Fran Adams to confirm whether the ride is on.
Leader: Fran Adams, 467-2775 (h) or 287-6593 (c)
From: Bike Beat Chesapeake, Edinburgh Commons North, 200 Carmichael Way, #608, Chesapeake

Saturday and Sunday, April 5th–6th

Chippokes Weekend Tour

Join us for a fun weekend of cycling and camping at Chippokes Plantation State Park. We will cycle 67 miles on Saturday from Va Beach to Chippokes, camp for the night, then cycle 67 miles back on Sunday (with lunch stops each day). We may also cycle to Surry for dinner on Saturday (12 miles RT). This is primarily a loaded ride, where each cyclist will carry camping gear, but others are welcome to join us if they provide their own SAG. Cue sheet & map available on TBA website. Call or e-mail for more information.

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

From: Park-N-Ride at Indian River Road and Reon Drive ***(7:30 a.m. start)**

Saturday, April 5th, 12th, 19th, 26th

"Swamp Stomp Ride"

A+ / B+ Pace 7:30 am 37–50 miles Chesapeake
We have 2 groups for this weekly repeat TBA ride: an A+ group and a B+ NO DROP group. Check out "The Swamp Stomp" on Facebook for ride/route updates.
Leaders: Pete Perritt, 328-2135 and Rob Anderson, 646-0246
From: intersection of Mt. Pleasant Rd. and Battlefield Blvd., Chesapeake, in parking lot of Education Annex

Sat & Sun, April 5, 6, 12, 13, 19, 20, 26, 27

A Pace 7:30 am 40–100 miles Location varies
Weekly repeat TBA ride. Cue sheets provided. Call first to confirm ride location and details.

Leader: Kim Aldridge, 615-6106 or kim@ballanceelectric.com

From: Contact Kim Aldridge (615-6106) for location.

Saturday, April 5th, 12th, 19th, 26th

"Cindy Lou's Coffee Shop Community TBA Ride"

C/D Pace 9:00 am 8–12 miles Norfolk
Weekly repeat TBA ride along different routes around Norfolk and stop for coffee or breakfast along the way. All ages and any type bicycles. Children with parent. Check Facebook page ("*Cindy's Lou's Coffee Shop Community TBA Ride*") for additional ride info.

Leader: Cindy Lewis, 622-0446

From: East Coast Bicycles (Ghent), 1910 Colley Ave., Norfolk

Saturday, April 12th

B Pace 8:15 am 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 sheet, map, and directions on TBA website.

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

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

Sunday, April 13th

B/C Pace 1:30 pm 20 miles Tidewater
"Bikes, Bridges, Ferries, & Trains" ride. Join us for this fun and unique TBA ride as we cycle on the new (bike-friendly) Jordan Bridge, the Elizabeth River Ferry, and the Tide Light Rail (from Harbor Park to Newtown Rd). No drops! Bring \$1.50 for the ferry and \$1.50 for the Tide. Cue sheet, map, and directions on TBA website.

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

From: Tide Light Rail parking lot on Newtown Rd (SW corner of Newtown Rd & Kempsville Rd)

April Touring Schedule

(Helmets are required for all advertised rides)

Saturday, April 19th

A/B Pace 6:00 am 190 miles Suffolk

190-mile Randonneuring ride. Flat ride with some rolling hills from Suffolk to Lake Gaston and return.

Leader: Keith Sutton, 757-646-5641 or sksut-tonmd@cox.net

From: Suffolk West Shopping Center (West Constance Rd. at Washington St. in Suffolk)

Saturday, April 19th

B Pace 7:30 am 82 miles Chippokes

TBA ride 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 67-mile point in the ride. Cue sheets, maps, and directions available on the TBA website. Call or email for more information.

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

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

Saturday, April 19th

"2014 VB Justice Initiative Freedom Ride"

All Paces 10:00 am 8-18+ miles Norfolk

Join this ride and help support the mission of VBJI, an organization committed to ending the injustice of human trafficking. \$30 ride registration fee includes lunch and VBJI T-shirt. For complete details and to register, go to www.vbji.org/2014-freedom-ride.

Leader: East Coast Bicycles, 757-351-2112 or mike@eastcoastbicycles.com

From: East Coast Bicycles (Ocean View), 9605 Granby St., Norfolk *(park at Pretlow Library, 111 W. Ocean View Ave.)

Saturday, April 26th

2014 Tour de Cure

All Paces 7:30 am 10-100 miles Suffolk

Interested in participating in a charity ride which raises money to help in the fight against diabetes? For more information or to register for the American Diabetes Association's annual Tour de Cure charity event as a rider or volunteer, please contact TBA team captain Mike Rogers, 757-650-9767 / mikerogers53@cox.net.

Leaders: various

From: King's Fork High School, 351 King's Fork Rd., Suffolk

Weekly Repeat Rides

Check TBA's website www.tbarides.org for the latest listing of repeat rides. Check with the ride leader to confirm the ride.

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.

ATB = All Terrain Bike rides

Out on the Road - Fixing a Flat

Cycling along our roadways comes with the certainty that you get your share of flat tires. A spare tube and a CO2 tire inflator and cartridge are the bare essentials to carry with you on your ride. Recently I had a front flat. The guy riding with me did not want to do a repair by committee. So I watched as he did it himself, properly.

To check for a sharp object that punctured the tire, he ran his finger around the tire's interior tread and "got no blood", removed tire, did so again, turned tire inside out, ran thumb all the way around as I watched carefully. Nothing!

He put it all back together with a new tube, checked for tube pinch and finally inflated with CO2. We instantly saw the tube protruding badly from the sliced side wall. How did we miss that?

We were focused on a tread puncture. Not having another CO2 cartridge so we could deflate the tube, stick in a folded dollar bill against the sidewall, and re-inflate, we partially deflated the tube to a safe low pressure and carefully rode 6 miles home with cell phones at the ready. Our hand pumps were at home - we were modern CO2-only types on the road. You may want to consider carrying a hand pump for backup if you use your CO2 cartridge and flat again.

Note: Except for emergencies, such as above, a patch should not be used on a damaged sidewall because the patch is constantly flexed due to wheel rotation, rough road surface, sharp turns and of course bumps. Remember when you get home to let out the CO2 from your tube and re-inflate with air. CO2 will dissipate through the rubber and your tire will lose half of its pressure by the next day.

John McKee



Bike Virginia Tour—Expand Your Cycling Experience

The communication and sharing of ideas and experiences is but one of the many wonderful things that come from membership in social organizations such as TBA. I thought now would be a great time to share a new bicycling experience I'm planning for me and my wife Barbara called the "Bike Virginia Tour".



You may or may not have heard of this annual event. I only came across it while surfing some articles about group rides in Virginia. The Bike Virginia is a non-profit organization advocating and improving bicycling safety and education in Virginia. The Tour began in 1988 with just a few cyclists, but by 2004 that number grew to 2000. This year's 6-day bicycling in June will be capped at 1,600 cyclists from across the country and international locations, starting from Chesterfield, Virginia.

The ride offers a number of amenities such as warm showers, support and a number of berthing options from camping to hotels. Barb and I will try camping for the weekend option, three days, as our first experience with bike tour of this type.

Bike Virginia's web page, www.bikevirginia.org, contains all the information you could possibly want concerning the ride, what can be expected, and what it will entail for the participants. The greatest appeal comes from the flexibility of when to start riding, how far, and what to do in between, which appeals to us. Barb and I valued the ability to adjust the ride experience to our common pace and comfort level in terms of distance and skill level. I think many TBA riders may find this flexibility desirable.

As with any large event, there is a cost, varying from a one day entry to the full week. We will be trying the weekend option for this time, but if we enjoy it we may look at taking the whole week next year. We will be sure to share our experience and photos once we complete our event June 20-22.

Diego Zevallos

Will Bike Lanes and Paths Increase Ridership?

In the U.S. biking advocacy circles, there are two contrary thoughts on biking infrastructure. In the Bicycle Times Magazine, author Carolyn Szczepanski writes of the two opposing views. The first is Vehicular cyclists, who believe the very term of "protected bike lanes" is an oxymoron.

As expected, the other side supports building infrastructure. Research supporting each side is criticized by the opposing viewpoint. To get another perspective, let's turn outside the country to David Hembrow, author of the blog "A View from the Cycle Path." Over the years, I have found his writing insightful, and based on observation and facts. He is a Brit who is now lives in the Netherlands with his family, and gives tours to groups interested in studying best practices in bike infrastructure.

David asks and answers the question, why is it that the Netherlands is so successful at encouraging people to cycle when our own biking numbers are so small? He believes his adopted country's success is no accident. It is the result of more than 40 years of continuous improvement to cycling infrastructure. He states that infrastructure has to meet three criteria to be successful in attracting ridership: safe, efficient and convenient. Other key points to remember:

1. A high degree of subjective safety is vital. If people don't feel safe cycling, then they will not cycle.
2. If it feels like cycling is slow then people will think it will take too long by bike. In the Netherlands many measures are taken to make distances shorter by bike and to let cyclists avoid busy intersections at which they would have to stop if travelling by car.
3. Convenience is another subjective issue. In the Netherlands you can usually park your bike right next to shops, even in pedestrian areas and inside shopping centers.
4. You can't sell cycling when conditions are less than truly excellent because even if you can convince people to try cycling, if they don't find it to be safe they will give up after they've experienced the unpleasant reality.
5. Bike safety training does not lead to more cycling. Mass cycling does not exist without a very fine grid of very good infrastructure which goes everywhere and strong anti-car measures are not required if cycling has been made such that people choose to do it.

There are no counter examples for vehicular cyclists. No city has seen dramatic growth in cycling without improving the infrastructure to reduce conflict. For us to be successful here at the local and state level, I don't think we will ever increase our numbers beyond those that we presently have unless we adopt the practice of continually adopting best design infrastructure practices. That is going to take far more funding than we presently receive through the state and federal transportation funding streams.

*Dan Koach
TBA Advocacy Chair*

*Visit David Hembrow's website
www.aviewfromthecyclepath.com for more information and discussion*

TBA MS 150 C.L.A.M.S.



Ever wonder how TBA CLAMS started? Mike and Terry Smith were the leaders of the original MS TBA Team for 5 years in the '90s. In September 2004, they asked Joe and Polly Frease to take over the

team because they wanted to turn over the leadership to some new blood. Joe and Polly held a meeting at their house, expecting 4 or 5 riders, and 15 people showed up!

They wanted to come up with a catchy name so they broke up into small groups. Mike Rogers came up with the phrase, "Cycling Legs," someone else came up with "Against MS"; the 2 names were put together and that's where the name came from. Jason Smith (Mike and Terry's son) was given the task of designing the team logo. And the CLAMS name and design were born. You can see his artwork on our riding jerseys and t-shirts. This will be our 10th year riding as the TBA CLAMS under the leadership of Joe and Polly. We have averaged about 40 riders per year on our team and have raised in excess of \$525,000.

To put that in perspective, that money could provide: 3792 cooling vests, 163 wheelchair ramps, 65 electric wheelchairs, or a research grant with a cool name like "Neuroprotection by resveratrol in relapsing/remitting and chronic encephalomyelitis." We know we are not the only team who rides for MS and other TBA members belong to other bike teams, but we'd like to thank everybody for their support over these past 10 years. We all have many reasons for doing this ride but we all have one goal: to cure MS. Help us support the research to end this devastating disease. If you would like information on how to become a member of the Team TBA 150 CLAMS call Polly or Joe Frease at 481-9474, cell: 619-4272, or e-mail: pfrease@cox.net. If you'd like join our team for our 10th Anniversary MS 150 Ride, we hold frequent training rides and monthly socials. Any riders, any pace, are welcome! **We ride so others may walk...**

*Joe and Polly Frease
Co-captains*

Tour the Historic C&O Canal July 12-15

Two years ago I rode in the Greatest Bicycle Tour of the Historic C & O Canal and had an experience to cherish. The 4-day tour starts on July 12th in Cumberland and covers the 184.5 miles from Cumberland to Georgetown.

The route is beautiful and the tour was huge fun and very accessible for riders of all ages, skills, and endurance. I found that the tour was very, very well organized. Additionally, it assists the San Mar Children's Home & Foster Care, a good organization that relies on the income from the ride to buy things girls and up-

grades for the "home" that are not covered by government support (dwindling support, I might add).



It's mostly unpaved, but not mountain bike style, my "commuter" bike did the 185 miles easily. Scenery is often breathtaking. For registration and more information, you can visit the tour's website www.sanmar-tgibt.org.

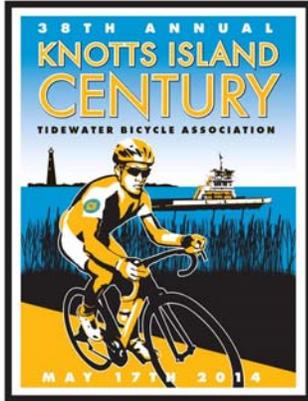
2014 TBA Officers and Committee Chairs

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Tour de Cure	Mike Rogers	mikerogers53@cox.net
TBA CLAMS	Joe & Polly Frease	pfrease@cox.net

THE BACK PAGE

KNOTTS ISLAND CENTURY RIDE MAY 17th

The 38th annual Knotts Island Century ride is just around the corner. Now that the weather has (finally) begun to moderate, let's get outdoors for some training before TBA's biggest event of the year!



This year's registration includes SAG support, tasty food/rest stops, sports drinks, cue sheets, and well-marked routes. Routes of 67 and 100 miles are available for those who want to enjoy a beautiful 45-minute ferry



ride across the Currituck Sound. If you just want to ride, routes of 33, 67, and 100 miles will be available.

If you register before March 31st, you can take advantage of last year's prices (\$35 for TBA members and \$45 for non-members). After March 31st, registration prices increase to \$45/\$55.

Also included is a post-ride meal for each rider and volunteer. An optional commemorative T-shirt is also available for \$10. Online registration is open at TBA's website www.tbarides.org.

Location:

Wallaceton Ruritan Club
4032 Bunch Walnuts Road
Chesapeake, Virginia 23322

Remember that this is a rain or shine event. Cancellations are not available after May 9th. If you would like to volunteer, please contact Travis Davidson (vp@tbarides.org)

OR CURRENT RESIDENT

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

