

Rides, local cycling news and more!



Tidewater Bicycle Association

December 2014-January 2015 e-News

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Va Beach Releases Light Rail with Trail Design

The City of Virginia Beach recently released the results of a study exploring an option to include a trail alongside of the proposed light rail extension from Norfolk. Below is a photo of what it could look like (click for larger image).



The proposal calls for a 14' wide shared use path and access road for rail maintenance on one side of the tracks, and a 5' sidewalk on the other.

WVEC TV Channel 13 News reporter Karen Hopkins did a great job outlining the proposal including an interview with TBA president Bruce Drees, which you can view [here](#).

This conceptual design is still far from becoming a reality. It will take the combined support of nearly every cyclist in Va Beach along with many other residents, businesses and civic groups to bring this to fruition. Please help spread the word and generate support!

A rail with trail in Va Beach is currently TBA's #1 advocacy objective as it anchors the eastern most segment of the greater South Hampton Roads Trail and is crucial to efforts in Norfolk and

elsewhere.

Our investment in time and effort in bringing this to fruition will be well rewarded: an 11 mile continuous separated path spanning the most populous part of the city which can be used for active transportation and recreation. Now that's a legacy worth leaving our children and grandchildren!

Extending U.S. Bicycle Route 76 to Tidewater

U.S. Bicycle Route 76 spans the United States from Astoria, Oregon to Yorktown, Virginia. Originally created as a Bicentennial Route in 1976 it has endured since and is traveled by thousands each year.

TBA has found that over the years a number of trans-continental cyclists have chosen to start or end their trip at the Va Beach Oceanfront. In response, several years we ago we raised the idea of extending a spur of USBR 76 down to the resort area in a meeting with Adventure Cycling and VDOT.

The idea is taking hold as a number of our localities, HRTPO, and VDOT have been studying it. Dave Forster from the Virginian Pilot summarizes the effort well in this piece at [PilotOnline](#).

TBA Holiday Party

Please join your fellow TBA members in the spirit of the holidays at our annual party on December 7th starting at 5 pm.

This year's event will be held at [Frankies Place for Ribs](#) which is centrally located in the Kempsville area of Virginia Beach.

Our one price menu includes:

- choice of baby back ribs or bbq chicken
- baked beans
- cole slaw
- cornbread
- soft drinks, tea or coffee
- alcoholic beverages are not included but are available from the restaurant bar
- dessert
- tip

The cost is \$10 per person for TBA members and their guests. Dress is casual.

Please use TBA's online event registration to get started on this fun way to kick off the holiday season. Register today on the [TBA website](#); space is limited!!! Registration ends on Dec. 5th.

TBA to host League Cycling Instructor Seminar

Do you enjoy teaching others how to safely ride with traffic? Do you have superb bike handling

and leadership skills? If so, come join the ranks of local League Cycling Instructors (LCIs) by attending a training seminar this coming March 13-15 at ODU in Norfolk!

What is an LCI? We are instructors certified by the League of American Bicyclists (LAB) to teach all ages, levels and abilities the skills necessary to safely ride with traffic. Through out the year LCIs put on classes across Tidewater for groups and individuals seeking to acquire or improve their skills using curricula developed by the LAB.

The cost is \$300 and a pre-requisite is having previously attended a TS101 class. Register online at [LAB](#).

Registration closes Feb 19th; a minimum of 10 students are needed for the class to proceed. If there is enough interest we will put on a TS101 sometime prior to the registration deadline.

Contact TBA president Bruce Drees (LCI #2605) at 757-647-3987 for more information.

Bicycling the Dismal Swamp Refuge

Have you bicycled in the Dismal Swamp Wildlife Refuge? Do you have ideas on ways that public access could be improved via the bicycle? If so, TBA wants to hear from you!

Board members Rob Anderson, Pat Benish and Bruce Drees recently toured the Refuge on bike from both the Suffolk and Chesapeake access points. The Refuge's double track roads (gravel/packed dirt) offer considerable wildlife viewing opportunities, and there is a fair amount of history, including once serving the Underground Railroad.

Currently there are no roads or trails connecting the western with the eastern halves.

Any proposed changes would have to be compatible with the Refuge's mission to protect wildlife and natural resources.

Please share your ideas with TBA by emailing advocacy@tbarides.org by January 1st. This will help us formulate an agenda as we seek a meeting with Refuge staff sometime after the 1st of the year.



Photo: TBA board members Pat Benish and Rob Anderson riding the Dismal Swamp Wildlife Refuge (11-2014). Click image for larger size.

Upcoming Rides

Find all the latest ride listings including repeat and breakaway rides [here](#).

Wednesday, December 3rd, 10th, 17th, 24th, 31st**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 location and start time.

Leader: Fran Adams, 467-2775 (h) or 287-6593 (c)

From: varies - contact Fran Adams for location.

Friday, December 5th, 12th, 19th, 26th**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, December 6th**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. Call or email for more information.

Leader: Paul Gordy, 403-5914 / blueridgecyclist@gmail.com

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

Sat. & Sun., December 6, 7, 13, 14, 20, 21, 27, 28**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 Sykes, 615-6106 or gobiking@cox.net

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

Saturday, December 6th, 13th, 20th, 27th**"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, December 13th**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.

Leader: Paul Gordy, 403-5914 / blueridgecyclist@gmail.com

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

Thursday, January 1st, 2015**All Paces 10:00 am 20 miles Norfolk**

17th 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. Please plan to arrive no later than 9:45 AM. Optional lunch in Farm Fresh's deli afterwards. Cue sheets provided.

From: Farm Fresh, Wards Corner, Norfolk
 Leader: Robert Shanks, 407-0917, or rjshanks13@gmail.com

Sunday, January 11th, 2015

A Pace 1:00 pm 23 miles Chesapeake

***C Pace 12:00 pm 23 miles Chesapeake**

The **23rd Annual TBA Peter Teeuwen Memorial Bicycle Ride** will be held on Sunday, January 11, 2015 at 1:00 PM at the Grassfield Ruritan Club, located at 920 Shillelagh Road in Chesapeake, VA. We hope to have a police escort as in all years past.

This is a social ride "en masse," for all types of cyclists – racers and tourists alike. The route will be the "Lollipop Loop" which is 23 miles long, and the speed is generally 19-21 MPH.

*A C-Pace ride will leave Grassfield Ruritan Club about an hour before the main group is currently in the works- details to follow.

For those who wish to ride only part of the ride, you may turn back at any point.

The Club will be open during the ride. After the ride there will be a pot luck luncheon on site – please bring a dish to share. We welcome all who wish to attend, including those who do not participate in the actual ride.

You are required to sign in before the start of the ride. Helmets required. Please--NO aerobars. Come, join the ride, share a dish, and enjoy.

For more information on this ride, contact Christina Teeuwen at 547-7188.

Leader: Christina Teeuwen, 547-7188, veloist@aol.com

From: Grassfield Ruritan Club, 920 Shillelagh Rd.

*****Note: please check the TBA website ride listings for late additions for January.**

Help Wanted: Editor

TBA is actively seeking a permanent editor for our eNews. Serving as our editor allows you to contribute to better bicycling by keeping our community well informed on all of the latest news, events and happenings. Training is available.

Please contact us at president@tbarides.org if you are willing to help.

2014/5 TBA Calendar

Dec 7, Holiday Dinner and Social @Frankies Kempsville

Jan 1, TBA New Year's Day Ride

Jan 11, Peter L. Teeuwen Ride

Mar 13-15, League Cycling Instructor (LCI) seminar Norfolk

May 2, Knotts Island Century

Join TBA Find us on [Facebook](#)

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Mail:

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

Web:

<http://www.tbarides.org/>

Email:

editor@tbarides.org

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