



# The Spokin Word

**Volume 52 Issue 5 June 2014**

## **CYCLING ON THE OUTER BANKS**

Touring the Outer Banks was fantastic! I had received warnings about terrible traffic, bad roads, and high temperatures, but our experience was quite different. In early May, we beat the summer heat and the prime tourist season. Many of the roads damaged by recent hurricanes were new with nice shoulders! I led a group of 8 cyclists on a 9-day, 700-mile trip that included taking 8 ferries and visiting 5 lighthouses. This was a "loaded tour," so we each carried gear and camped every night. No SAG!



We started in Virginia Beach and cycled to Kitty Hawk on the first day. We turned north on Day 2 to visit the Currituck Beach Lighthouse in Corolla and then backtracked to Oregon Inlet to camp, visiting the Bodie Island Lighthouse on the way. On Day 3 we began by crossing the Bonner Bridge (see photo to left) as we cycled to Hatteras where we caught the ferry to Ocracoke. We enjoyed visiting the village of Ocracoke and left the next morning on the ferry to Cedar Island.

We cycled from Cedar Island to Harkers Island where we took a private ferry to Shackleford Banks to see the wild horses (amazing!) and visit the Cape Lookout Lighthouse. On Day 5 we took an outstanding waterfront boat tour in Beaufort then continued to Atlantic Beach and Emerald Isle. On Days 5-7 we headed back north along the inland side of the sounds through towns like Oriental, Bayboro, and Belhaven.

At the end of Day 7 we camped on Lake Mattamuskeet, NC's largest natural lake (over 5 miles across). Day 8 began with howling winds and heavy rain, but we persevered and the skies finally cleared as we reached Manteo and crossed back over to the Outer Banks on our way to Kitty Hawk. On our last day, May 17, we cycled from Kitty Hawk to Virginia Beach, and as we waited for the 11am ferry in Currituck we were pleased to run into many friends exiting the ferry as they cycled in the Knotts Island Metric Century!

Local cyclists on the trip included Robert Shanks, Mike DeSantis, Chris McKinnon, Dennis Ramsey, and myself. The other 3 cyclists on the trip were friends from NC, TN, and ME. Although we camped each night, we still ate nearly all meals in restaurants, enjoying quaint towns and good seafood. We enjoyed 9 days of beautiful beaches, marshes, wildlife, and fun with good friends. What a great trip!



*Paul Gordy*

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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 this newsletter goes to publication we are winding down from a very busy and successful May is Bike Month.

Early in the month TBA director Rob Anderson helped organize an event on the Dismal Swamp Canal Trail in Chesapeake. Co-sponsored by TBA, Fat Frogs Chesapeake, Chesapeake Public Schools and City of Chesapeake staff and Bikeways and Trails Advisory Committee, this event took place on a beautiful Sunday afternoon. Upwards of 40 children took part in the bike rodeo and many dozens of cyclists visited the information tents and received free tune-ups courtesy of Fat Frogs.

Under TBA's sponsorship, flyers about this event were sent home with every child attending elementary school in Chesapeake. Now that is some marketing reach! And it shows what can be achieved when the public and private sector team up on a common goal.

Next, kudos to Travis and Tiffany Davidson and all of our Knotts Island volunteers and bike shops for putting on our 38th annual Knotts Island Century. It was a success in every respect. Keeping with past tradition we had something old (the ferries) and something new (no-ferry options for the metric and English centuries along with some tasty new rest stop snacks).

In the area of bike education, League Cycling Instructors Dan Koach and Kelley Howell each put on children's bike-ed classes. The children who attended these are the beneficiaries of safety skills for a lifetime thanks to these two talented and dedicated instructors.

Our big June event is the MS150 on the Eastern Shore. We hope that you can support this by riding with our

TBA Cycling Legs Against Multiple Sclerosis team aka C.L.A.M.S., volunteering or sponsoring a rider. Contact me for more information. I hope to see you there!

Last, mark you calendar for the TBA July 4th ride and social. Details to follow on our website!

Ride safely,  
Bruce

## 2014 TBA Calendar

**June 13-14 Smart Cycling Skills 101** See Page 8 for more information

**June 27-29 Skyline Drive Weekend Big Meadows Campground @ Mile Post 51**

**July 4 TBA Ride and Social** Northwest River Park, 9 am

**July 9 General Membership Meeting**

## 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](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 Drees 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

### 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

## JULY GENERAL MEMBERSHIP MEETING

TBA's next meeting will be held on **Wednesday, July 9, 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!

## June Touring Schedule

(Helmets are required for all advertised rides)

**Wednesday, June 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>**

**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, June 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>**

**C Pace 9:00 am 40 miles Chesapeake**  
TBA YESS group (Youthful Energetic Seniors) Friday weekly repeat ride. Friendly group!  
**Leader:** Fran Adams, 467-2775 (h) or 287-6593 (c)  
**From:** Bike Beat Chesapeake, Edinburgh Commons North, 200 Carmichael Way, #608, Chesapeake

**Saturday, June 7<sup>th</sup>**

**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 / [blueridgecyclist@gmail.com](mailto:blueridgecyclist@gmail.com) and Robert Shanks, 407-0917 / [rjshanks13@gmail.com](mailto:rjshanks13@gmail.com)  
**From:** Western Branch Fishing Station, Girl Scout Rd, Suffolk

**Sat & Sun, June 7, 8, 14, 15, 21, 22, 28, 29**

**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 / [gobiking@cox.net](mailto:gobiking@cox.net)  
**From:** Contact Kim Aldridge for location.

**Saturday, June 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>**

**"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, June 21<sup>st</sup>**

**B Pace 7:30 am 67 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 52-mile point. Cue sheet, map, and directions on TBA website.  
**Leaders:** Paul Gordy, 403-5914 / [blueridgecyclist@gmail.com](mailto:blueridgecyclist@gmail.com) and Robert Shanks, 407-0917 / [rjshanks13@gmail.com](mailto:rjshanks13@gmail.com)  
**From:** Western Branch Fishing Station, Girl Scout Rd, Suffolk

**Friday - Sunday, June 27<sup>th</sup> - 29<sup>th</sup>**

**Skyline Drive Weekend**

Join us on this TBA ride and enjoy a weekend of stunning views and challenging climbs on the beautiful Skyline Drive. We will use Big Meadows Campground (MP51) as a base camp and you can cycle as little or as much as you like. Scheduled rides will include a 60-mile (round-trip) ride on Saturday from Big Meadows to Luray and back (with a great lunch stop at Artisan's Grill in Luray) beginning at 8 am. Optional shorter rides on Friday afternoon and Sunday morning are planned as well. No SAG support. For more information, Cue Sheets, and Elevation Profiles, please see the TBA website.  
**Leader:** Steven Zeligman, 757-285-9085 / [steven.zeligman@gmail.com](mailto:steven.zeligman@gmail.com)  
**From:** Big Meadows Campground – Skyline Drive, Milepost 51

**Sunday, June 29<sup>th</sup>**

**"River to Bay to Ocean"**

**B/C Pace 1:00 pm 30 miles Norfolk/Va Beach**  
Join John and Sallie Deuel for the final segment of their 3,200-mile cross country "Pedaling for a Cleaner America" as they cycle from Downtown Norfolk to the 15<sup>th</sup> Street Pier in Virginia Beach, via Granby Street and Shore Drive.  
This will be a special TBA ride to complete "Pedaling for a Cleaner America's" cross country ride, raising awareness and support for cleaner roads to cycle on as well as raising funds for bike safety programs.  
Celebratory dipping of bike wheels in the Atlantic Ocean and party to follow the ride.  
**From:** Meet at the Pagoda (Brooke Ave. & Harbour St.) in Freemason Harbor (Norfolk) – *Map & Directions on TBA website.*  
**Leaders:** Robert Shanks, 407-0917 / [rjshanks13@gmail.com](mailto:rjshanks13@gmail.com) and John Deuel, 284-7041 / [jdeuel@me.com](mailto:jdeuel@me.com)  
\*\*Also see John's article on Page 6 and his blog at [www.johndeuel.com](http://www.johndeuel.com) or [www.pedalcleanamerica.org](http://www.pedalcleanamerica.org).

## VIEWPOINTS

### The Paceline

A quick on-line search finds much information on how to pace line properly—positioning, distance, rotation—but not much on how a pace line should interact with other cyclists.

I fail to understand why some cyclists ride in a pace line during a tour. I travel to a new and distant locale to enjoy interesting scenery, not a rear wheel. If I didn't feel I was strong enough to complete the full century, I ride the metric century. I do understand the camaraderie of a pace line and the ability to go fast, easier. Are pace line cyclists at all concerned with other riders or just their own little (or big) group?

During several recent tours and centuries, I experienced the following:

- Pacers cut back over inches ahead of my wheel to keep their spot.
- Pace line passes me just an inch or two to my left (what if a rock is in my path?).
- Very close to a marked left turn on a century, pace line insists on passing everyone through the turn, rather than dropping speed for just a moment.
- Similarly, going through a turn on Tarwheel full of wet pine needles and branches, pace line must pass me closely through the corner
- On a narrow, almost one-lane wide country road that has cars parked on both sides for a funeral, pace line must pass, forcing other riders much too close to car doors that could potentially open
- Pace line passes other riders, maintaining double pace line configuration, in order to stay in lane and not wait for oncoming cars
- Pace line lady passes me so closely on windy ride that wind blows her over and she touches me as she gasps
- While I am passing very slow riders, pace line comes up behind me and passes them also. Because I give a little extra room before coming back, I look back to return right and am shocked to see the pace line silently overcoming me on my right. Thank goodness I looked first.

I am definitely not the best rider in the world, but I wonder how a relatively new rider feels when this type of passing occurs. I hope it is not enough to deter them from further centuries or tours.

I have also observed many proper and polite pace lines that always announce "on your left" and even surprise me with "about 7 riders," plus a friendly smile. These groups seem really in control, not just hanging on and able to concentrate only on keeping the wheel. How wonderful if all pace lines would ride in this safe and courteous manner. The newbies will not wonder, "Why are those people cutting me off?" Rather, they will say, "Wow, when I become a better and skilled rider, I look forward to joining a cool group like that!"

*Maxine Roberts*

### Honor the Group Ride

One of the joys of cycling is the experience of riding with other cyclists. Group rides are held almost every day in Hampton Roads and they range from friends agreeing to ride a few miles to the standing scheduled rides sponsored by and led by TBA and our cycling shops. For the informal rides, the participants reach a consensus that includes as a minimum the route and pace. For the standing scheduled and shop-sponsored rides, there is usually a designated route and pace, and a ride leader who takes responsibility for the safety of the group. Participation in a group ride is voluntary. However, when we decide to join a group ride, we need to honor the stated agreements for that ride.

When we participate in a group rides but ignore the agreements, we put ourselves and everyone else on the ride at risk. Riders should participate in specific rides based on their cycling skills and fitness levels. Increasing the previously established pace mid-ride can cause less capable riders to fatigue, creating large gaps in the pace line and splitting the group. Fatigued riders are more likely to ride erratically, endangering other riders and creating hazards with vehicular traffic. These riders may get dropped and risk getting lost. Chaos can also occur when members of a group ride suddenly decide to deviate from the agreed-upon route without obtaining prior authorization from the ride leader. Believing that the deviation is part of the established route, other riders may follow the maverick cyclist and cause the group to break up. It is very difficult to communicate pace and route deviations effectively while a group ride is in motion.

The most responsible behavior on a group ride is to honor the ride guidelines, including the pace and route. Our behavior on our bikes affects our fellow cyclists and shapes our image in a community where many regard us as a nuisance. No matter if we hammer on high-end, super-light race rigs or mosey along on beach cruisers, the non-cycling world simply sees us as cyclists and forms judgments based on the behaviors they observe. Please recognize and be aware that, when we don't follow the rules of the road, we can both endanger our fellow riders and risk losing access to the routes we currently enjoy. Safety should always be our highest priority so that we can all continue to enjoy the sport we love.

*Pete Perritt*

#### 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

## Let's Go for a Bike Ride

The month of May saw a lot of bicycling related activities that are so much a part of summer time. It also begins anew the conversations on bicycling safety, rights, regulations, and best practices. We learn a lot from those conversations and they help us enjoy this sport more by being wiser and safer on the roads where we ride. Thankfully, our experiences with other cyclists and drivers have not become cautionary tales for other cyclists and that point needs more emphasis.

Many of us have gone on multiple rides, alone or in a group, and not once experienced an inattentive, reckless, rude, or otherwise dangerous driver or cyclist interfere with the experience. Our good rides far outnumber a few scary stories and we came up with a few reasons to share. Even though these concepts are generally known and understood by most of us, the mental exercise prior to and during the ride helps ensure an enjoyable, safe ride.

**Scheduling:** We like to plan our outing, where we set aside time for the ride and the preparation before and clean-up following. Having a schedule helps keep us focused and sets a framework around which we can accomplish the second task, preparation.

**Preparation:** One of the things we've learned that saves time and heartache is preparing the equipment before it is needed. Prior to each ride, we ensure our tires are properly inflated and bikes are generally ready to go (quick releases good and tight, brake pads not rubbing, chain reasonably clean and lubed). We also check our gear bag has the needed spare tire, tire changing tools, a pump or CO2 bottle, and multifunction tool. I like to add some money in case I really break something, but I end up usually buying something like ice cream or cookies with it. Whenever we include a stop for shopping or eating we make sure we add our bike chain/lock into our gear bag. We also make sure the water bottle cage is snug and our bottles don't leak too much. Finally, we check our bike clothing, as it may have developed embarrassing tears or somehow "shrunk" too much! Having taken care of these details then frees us for planning the ride.

**Planning:** This is where I have the most fun because it is something Barb and I do together whenever possible. If I'm going by myself my concerns are simplified somewhat, but the considerations remain weather, wind, distance, time, and effort. Given the conditions, we then look at which routes we think fit the time we gave ourselves for the ride. Sometimes we just go out and back on the Dismal Swamp Canal ride, other times we drive as far as Virginia Beach's First Landing State Park. The key again is how much time we allow ourselves to enjoy the ride. Once those decisions are completed, it is simply a matter of getting to the start point and start executing.

**Executing:** Getting to the start point, whether from home or from wherever we parked the car, begins with a final check of bikes, gear, accessories, and so forth. One of my newest last-items includes not just locking up the car, but also getting my ride tracking application ready to go. Once we start, I avoid fiddling with these things because it is just as bad as texting and driving (don't do it!) Another great lesson I've learned from Barb is starting slowly. We are still relatively young, but not as young as we were, so warming up really makes a difference toward an enjoyable and safe ride. Also, whether we are riding just by ourselves or with a large group we practice making the traffic calls "Car Back, Passing, Slowing" and so forth. This is a good habit for ourselves and for those around us. This practice is even more important in group or shop rides where you are in a pace line and visibility is limited.

We enjoy the pleasure of just riding. Technique, awareness, efficiency, speed, and all those other things we talk about are great and we can practice them, but the very fact we are riding and enjoying is what matters and all else becomes gravy. The awareness of the environment helps develop the safety a cyclist needs on a roadway or trail.

*Raul and Barb Zevallos*

## Annual Eastern Shore Getaway

The 37<sup>th</sup> Annual Eastern Shore Getaway Weekend will take place September 26-28, 2013. This is a weekend at Chincoteague Island of casual cycling on flat roads, dining in Island restaurants and social camaraderie.

Our accommodations will be at the Best Western Chincoteague at group rate of \$85.99. They are holding 15 rooms for us on a first come-first serve basis. The rate will apply to reservations made on or before August 22 with a 72-hour cancellation. Make your own reservations by calling them at 757-336-6557 and tell them you are with TBA. Then let us know you are coming so we can add you to our list.

The weekend's schedule starts on Friday evening when groups form up to find dinner. Saturday morning, we drive to Snow Hill and bike to Berlin MD (think Julia Roberts in Runaway Bride) 40+ miles with cue sheets and SAG. Saturday evening we bring goodies to share at the wine and cheese social in motel lobby. Dinner follows and you can just go to the Creamery for home-made ice cream. Sunday morning- motel breakfast followed by a bike tour of Assateague Island looking for the wild ponies and maybe a tour of the lighthouse. Bus tours are also available into restricted area at 10:00 a.m. for \$12.00. Call 757-336-3696.

This weekend is a great social event of meeting, greeting, eating and bicycling and most important the riding is at whatever your pace or level can handle. Questions – call Fran and Fred Adams at 757-467-2775 or email [Bikalot@Verizon.net](mailto:Bikalot@Verizon.net).

## Pedaling for a Cleaner America: Mid-Ride/Midwest Update

From the TransAmerica Trail, Larned, Kansas, May 8: What a ride! I am happy to report we live in a beautiful country and I am fortunate to be able to ride through it. We have thus far ridden 1,366 miles or almost half of our cross country route to promote cleaner roads and safer riding for children. We started at Ocean Beach in San Diego on April 6th and just arrived in Larned, Kansas. I am averaging 57 miles a day at just over 14 mph overall. Altogether I have climbed 61,708 feet, much of it in parts of California, northern Arizona and Colorado, including Monarch Pass at 11,312 feet. 12 flats thus far. This ride has been fun and challenging. We continue to be in awe of the scenic beauty of the countryside we have passed through. Right now it has been pretty flat, but that will change soon enough. Sallie has been backing me up all the way and has provided excellent "sag" support!



We have met some friendly local folks who care about their communities. We have also seen many deserts, mountains, rivers, railroad tracks, cows, bulls, goats, sheep, chipmunks, and prairie dogs, but thankfully only two chasing dogs. Thanks to TBA's support, we are raising awareness and funding for the David D Hammar Foundation and Keep America Beautiful. At this point, we have raised \$7,345 or 73% of our goal for bike safety programs. 20% of these funds will be put to work locally by Bike Norfolk.

We are looking forward to our ride home on June 28 (Williamsburg to Norfolk) and June 29 (Norfolk to the Virginia Beach Oceanfront). The Sunday, June 29th Ride is also listed as a TBA Ride in this edition if you'd like to join in on the last 30-mile segment from "River to Bay to Ocean".

Until then, please consider donating to the campaign to help us reach our \$20,000 goal. Any contribution is worthwhile!

To donate to cleaner, greener communities through Keep America Beautiful go to <https://www.crowdrise.com/pedalingforacleaneramerica/fundraiser/johndeuel>.

To donate for more bike safety programs and bike helmets for children go to <https://www.crowdrise.com/pedalingforacleaneramerica2/fundraiser/johndeuel>.

## Are You Nuts about Cycling?

If you were to ask me if I am crazy about cycling, I'd say no. But, if you asked how often I ride and how much time, energy and money I have invested in cycling you'd tell me I was in serious denial... maybe just a little nuts.

Are you a little nuts about cycling? Your answers to the following questions might be telling.

- When you bought your last vehicle do you first look for a Roof Rack for a Bike carrying system? Or maybe a Trailer hitch receiver for a rear Rack? If you did, you might be a Cycling Nut.
- Can you change a 700c tube in the rain, on the side of a busy highway, without a tire iron and laugh the whole time? Yes? You might be a Cycling Nut.
- Do you have a chronic black smudge on the inside of your right Calf? Well, you might be a Cycling Nut. Remember to wash it off before you go into the store.
- Are you thinking about how much better your whole life would be with Di2 Electronic shifting? You might be a Cycling Nut.
- Did you know Shimano makes fishing gear? Do you care? No? Then you're a Cycling Nut.
- Have you actually dreamt about taking out a second mortgage for a custom-made Italian Steel frame? You might be a Cycling Nut. Did you go ahead and actually do it? Without a doubt you are a Cycling Nut and should probably seek counseling.
- Do you keep your favorite Bike indoors? You might be a Cycling Nut.
- Do you have a Bicycle for every day of the week? You are a Cycling Nut for sure, but go ahead and get another bike anyway. You deserve it. Really.

I'm guilty of more than one of these myself I won't admit which ones, but I did stop keeping my bike in my bedroom. It's not far away though....

*Jeff Kline*



**UCI ROAD WORLD CHAMPIONSHIPS**  
RICHMOND 2015 | USA

As we know, the UCI Road World Championships are coming to Richmond September 19-27, 2015. There is a presentation on June 9th where you can learn a lot about the event and perhaps even gain some insight on getting a good seat. After covering the agenda, attendees will have the opportunity to ask questions.

Please join your fellow cycling enthusiasts:

Date: Monday, June 9, 2014

Time: 6:00—8:00 pm

Location: Virginia Beach Central Library, 4100 Virginia Beach Blvd.

### Camp-Bike-Canoe-Geocache Weekend

Great weather for the last weekend of May found the TBA and Sierra Club at the Chesapeake Campground. Chili and sweet cornbread were provided for Judy Hinch, Jeff and Cathy Staples, Jacqueline Hawkins, and Fred and Fran Adams on Friday evening as we set up tents. Ken Markley (the furniture genius of the Campground) brought more wood and visited with us around our campfire Friday evening. Jeff also brought a boat-load of wood in his truck bed – this meant campfires in the evening as well as in the morning during breakfast. Jimmy Bradshaw came to visit his goat named “Goatie” and he and Jackie compared furniture building tools in Ken’s workshop.

Quite a few TBA riders were interested in joining us for chili on Friday evening till they heard about the newly instated visitor’s fee – maybe another time.

Biking commenced on Saturday morning with Bob Hosang and Ruff, and that cute dog drew a lot of attention in his little Trailer. Jackie got in a 53-mile ride while Fred and Fran rode with the Staples in the afternoon. We also found a few geocaches along the Trail, while trying to avoid ticks. Judy went bird-watching so there was something for everyone.

The campground has a tiny little chapel with a well-attended service on Sunday morning, but we elected to go canoeing. It was perfect and we encountered large sail boats traveling north. It’s fun to be there when the Locks open and the boats come through.

The squirrels found out about our food supply and somehow got into my car to help finish off the left-over corn-bread and a have few marshmallows. They also figured out how to open a jar of peanut butter and demolish the contents while we were away. Wish we had a video of that! They visited with us at breakfast also. Jeff is used to this as he has a pet squirrel at his work-site.

The campground has a whole building devoted to a fantastic Miniature Train multi-gauge set-up and the conductor is Archie – a retired Tuskegee Airman. We were fortunate to hear some of his stories. In fact, everyone at the campground has stories - but we have the best!

*Fran Adams*

### Eagle Scouts Cycle Across America

On June 8, 2014 a group of Eagle Scouts (eight at last count) and adult leaders from Boy Scout Troop 165 in Fredericksburg, Virginia will have their van and trailer packed up and will be heading to San Francisco, CA.

On June 14 they will dip their rear wheels in the Pacific Ocean and start their *Eagle Scouts Cycling Across America* adventure. If all goes as planned they will dip their front wheels in the Atlantic Ocean in Virginia Beach on August 15.

Check out their web site at [www.ESCAA2014.org](http://www.ESCAA2014.org) to read about their trip and hopefully make a donation. I am planning on meeting them on August 8 in Middlesboro, KY and riding Route 58 across Virginia with them. I will let you know how it goes.



**EAGLE SCOUTS  
CYCLING ACROSS  
AMERICA**

If you want to know more about this ride give me a call.

*Thom Sare*

*BSA Troop 364*

*757-818-5917*

[thomsare@gmail.com](mailto:thomsare@gmail.com)

### 2014 TBA Officers and Committee Chairs

Board		
President	Bruce Drees	president@tbarides.org
Vice President	Travis Davidson	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	Sam Gillette	sam.gillette@cox.net
Director	Robert Shanks	touring@tbarides.org
Director	Kim Whitley	kim.whitley@tbarides.org
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**Smart Cycling 101 Class**

Want to improve your confidence and skills on the bike? Whenever anyone asks me if I'm afraid to ride my bike to work, I always say, "Oh, I used to be afraid. I was always looking for alleys and sidewalks and rode in the gutter. I was terrified and even got pushed off the road once.

But all that is OVER. Ever since I learned how to drive my bike, I hardly ever have conflicts with cars. The cars see me and I see them. I signal. I'm not afraid. I also know how to avoid hazards and protect myself if I do have to deal with them.

While I learned how to drive my bike through online tutorials and books, what really changed my life was a

course offered by League of American Bicyclists: Smart Cycling 101. I learned road handling skills such as how to stop quickly, turn quickly, and dodge hazards. I even learned the best way to stop or start off on my bike. Who knew? I could



prevent half the dangers on encounter, just by building my skills in the saddle! And boy, did those skills come in handy when I did all those centuries last season!

If you want to feel really confident on the road - whether it's in city,

suburban, or rural traffic - this class gives you the knowledge and skills! We even have triathletes who take the class so they can feel they have more control on the bike.

This year the class is in Norfolk, right in the heart of the historic Freemason district. The class will be in a pretty urban loft, gorgeous view, and gorgeous riding for the skills portion of the class. Join us.

You'll be hosted by three League of American Bicyclists certified instructors: me, Bruce Drees, and Dan Koach. The class is Friday evening, June 13, and part of the day Saturday, June 14. If you have questions, please contact Kelley Howell [kcghowell@gmail.com](mailto:kcghowell@gmail.com).

*Kelley Howell*

OR CURRENT RESIDENT

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