



The Spokin Word

Volume 52 Issue 2 March 2014

38th ANNUAL KNOTT'S ISLAND CENTURY

TBA is holding its 38th annual Knott's Island Century ride on May 17th. With five routes available from 33 to 100 miles, there is something for every rider:



TWO FERRY ROUTES

These riders will pass each other at the Knotts Island Ferry landing. Both routes will bike through the Mackay Island National Wildlife Refuge on NC route 615 – a beautiful stretch of road with wildlife and scenery on both sides of the road – remember to enjoy the view!

The English Century (100 miles) riders will bike 26 miles directly

to Currituck, NC and take the 9:00 a.m. ferry to Knotts Island. Upon landing at about 10 a.m., they will bike 75 miles through Virginia Beach and Chesapeake back home to the Wallaceton Ruritan Club. The Metric Century (67 miles) riders will bike 33 miles directly to Knotts Island and take the 10:00 a.m. or 12:00 noon ferry to Currituck, North Carolina. Upon landing approximately an hour later they will bike 33 miles back to Chesapeake through Currituck and Camden counties and home to the Ruritan Club.

THREE NO-FERRY ROUTES

These routes go south into North Carolina and are designed for people who don't want to ride the ferry or prefer a shorter distance. The English Century (100 miles, No-Ferry Option) riders will bike 100 miles through Currituck and Camden Counties, rural Chesapeake and Va Beach, then back home to the Wallaceton Ruritan Club. Metric Century (67 miles, No-Ferry Option) riders will bike 67 miles through Currituck and Camden Counties and rural Chesapeake, then back home to the Wallaceton Ruritan Club. Half-Metric Century no-ferry riders will bike 33 miles along country roads to the Moyock fire station rest stop and then travel back to the Ruritan Club.

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. This year's registration includes SAG support, tasty food/rest stops, sports drinks, cue sheets, and well-marked routes. Also included is a post ride meal for each rider and volunteer. An optional commemorative T-shirt is also available for \$10. Remember that the KI Century is a rain-or-shine event. Online registration is open at TBA's website www.tbarides.org.

If the weather over the past two months has limited your training, it is time to get focused and use the remaining 2½ months to get ready. TBA's touring rides offer a variety of training opportunities each month.

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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

One last reminder for our members to vote on the proposed organization changes at our March 12th general membership meeting. Voting will start at 7pm or shortly thereafter.

Planning for this year's Chili Ride is in full swing. This year's event will be hosted at the Smartmouth Brewery in Norfolk on March 8th. Look for an announcement in this newsletter or online at www.tbarides.org.

TBA's Tour de Cure Team has a new jersey this year. To join the team and support a cure for diabetes contact Mike Rogers at mikerogers53@cox.net.

TBA has been very engaged on a number of advocacy fronts including building community support for the South Hampton Roads Trail (SHRT). As this will go far in supporting alternative transportation in our five Southside cities TBA feels the initiative is worthy of funding from the new sales tax based transportation fund created by the state last year.

Now is great time to get your bike dusted off and ready for putting on the base miles. If you haven't recently you might consider a professional cleaning and adjustments. It will make your riding all the more enjoyable.

Finally, I'll repeat last month's signoff: TBA needs ride leaders at all paces and levels. If you have a favorite ride, please share it! Contact touring@tbarides.org to sign up with your ride proposal.

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

MARCH GENERAL MEMBERSHIP MEETING

TBA's next meeting will be held on **Wednesday, March 12, 2014** at the Virginia Beach Central Library.

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

This meeting will have a business focus to vote on proposed changes

2014 TBA Calendar

March 8, 2014 TBA Chili Ride, 8:30 am, Smartmouth Brewing Company, 1309 Raleigh Ave, Norfolk's West Ghent

March 12, 2014 TBA General Membership Meeting, 6:30-8:30 pm, Virginia Beach Central Library

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

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

to TBA's non-profit status and governance. See the article and meeting notice on page 5 for more information.

Guests are always welcome!

March Touring Schedule

(Helmets are required for all advertised rides)

Saturday, March 1st

B Pace 8:00 am 50 miles Smithfield

TBA ride from the W. Branch Reservoir in Suffolk through Isle of Wight and Surry counties, with a stop at the Smithfield Bakery at the 35-mile point. Cue sheet, map, and directions on TBA website.

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

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

Saturday, March 1st, 8th, 15th, 22nd, 29th

"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, March 1, 2, 8, 9, 15, 16, 22, 23, 29, 30

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, March 1st, 8th, 15th, 22nd, 29th

"Cindy Lou's Coffee Shop Community TBA Ride"

C/D Pace 10:00 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

Wednesday, March 5th, 12th, 19th, 26th

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, March 7th, 14th, 21st, 28th

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, March 8th

All Paces 8:30 am 10–28 miles Norfolk

2014 TBA Chili Ride – see the Back Page for details.

Sunday, March 9th

"Pedal Up to Clean Up" Ride in Suffolk

Any Pace 1:00 pm Up to 5 miles riding; <1 mile picking up litter North Suffolk

In cooperation with Keep Suffolk Beautiful, this will be a special TBA ride to raise awareness and demonstrate support for cleaner roads to cycle on. We will meet at Sleepy Hole Park in Northern Suffolk at 1:00 pm, cycle to conduct litter pickup along Sleepy Hole Road and Bennett's Pasture Road for about an hour, then return to Sleepy Hole Park. Trash bags and gloves provided.

Leader: John Deuel, 757-284-7041 or jdeuel@me.com. Also see the blog at: johndeuel.com.

From: Sleepy Hole Park, 4616 Sleepy Hole Rd., Suffolk

Saturday, March 15th

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.

March Touring Schedule

(Helmets are required for all advertised rides)

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, March 16th

B 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)

Saturday, March 22nd

A/B Pace 7:00 am 125 miles Suffolk

125-mile Randonneuring ride. Mostly flat ride from Suffolk to Skippers, VA and return.

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

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

Saturday, March 22nd

B Pace 8:00 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.

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

Sunday, March 23rd

B Pace 1:30 pm 21–28 miles Va Beach

TBA ride from Kings Grant to the Chesapeake Bay (near Alexander's restaurant) and back, all along secondary roads. NO drops. If weather looks questionable, call first to confirm ride is still on.

Leader: Robert Shanks, 407-0917 or rjshanks13@gmail.com

From: Home Depot parking lot (3352 Va Bch Blvd), behind Hardee's

Saturday, March 29th

B Pace 7:30 am 80 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 65-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

Weekly Repeat Rides

Check TBA's website www.tbarides.org for the latest listing of repeat rides. Some rides may be on a seasonal hold until Daylight Savings Time returns. 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



IMPORTANT TBA MEETING NOTICE

TBA will conduct a vote by the membership on a proposal put forth by the board of directors on whether to amend TBA's purpose to expand to a charitable, public purpose organization including proposed changes in our form of corporate governance.

This vote will take place at the regular general membership meeting to be held on **Wednesday, March 12th, 2014**, at the City of Virginia Beach Central Library, 4100 Virginia Beach Blvd. The formal meeting and vote will take place starting at 7 pm or shortly thereafter.

In accordance with TBA's bylaws, any member in good standing may exercise a single vote. Voting must take place in person. A "yes" vote by two-thirds of the members present are required in order to approve the proposed changes.

The planned vote will approve or disapprove the following two questions affecting TBA's Articles of Incorporation, Bylaws, and IRS status:

Question 1

Shall the Tidewater Bicycle Association expand to a charitable, public purpose organization with tax exempt status under IRS Section 501(c)(3)?"

Yes___ No___

Question 2

Shall Article IV of the Tidewater Bicycle Association Bylaws be amended by inserting new: "Section 3a. Directors shall be nominated by a Nominating Committee of three persons appointed by the president. The nominating committee shall have at least one member who is not a director drawn from the general membership."

Yes___ No___

Question 3

Shall Article VIII of the Tidewater Bicycle Association Bylaws be amended by replacing Sections 1 and Section 2 with: "Section 1. The board of directors may establish or disestablish committees and may delegate authority to these committees in order to meet specific organization goals and tasks as deemed necessary."

Yes___ No___

Question 4

If the membership approves Question 3, then shall the Tidewater Bicycle Association amend its Articles of Incorporation and Bylaws to change TBA's form of corpo-

rate governance from membership based to a self-perpetuating board of directors as outlined in subparagraphs a-e below?

Amend Article 3 of the Articles of Incorporation by replacing "Each member shall be entitled to one vote" with "The corporation shall have one or more classes of members with such designations, qualifications and rights as set forth in the by-laws."

Amend Article 5 of the Articles of Incorporation by replacing "The board of directors shall be elected annually by members of this corporation" with "The management of the affairs of the corporation shall be vested in a board of directors, whose composition, number, term of office and manner of election shall be defined in the corporation's bylaws."

Amend Article 5 of the Articles of Incorporation by appending new paragraph "5(b) Any amendment to the Articles of Incorporation may be adopted by approval of two-thirds (2/3) vote of the board of directors."

Amend Article IV Section 4 of the TBA Bylaws by replacing it with: "The Board of Directors shall be self-perpetuating in that they will elect their successors for terms and in numbers as described by these Bylaws. Simple majority of the board members present at a board meeting in which a quorum exists will determine election of Directors."

Amend Article XII of the TBA Bylaws by replacing Sections 1 through 3 with: "Section 1. The board of directors, upon a two-thirds vote may amend, update, or replace these Bylaws. Section 2. These By-laws and/or amendments thereto shall become effective upon approval, unless otherwise specified."

Yes___ No___

The board of directors **recommends voting Yes** for the above amendments to our governing documents.

GET REWARDS FOR GREENER TRIPS

You can earn rewards when you walk, cycle, telecommute, carpool, take mass transit (bus, ferry, or light rail), work a compressed workweek. NuRide is the largest commuter rewards program that awards \$10 gift cards for every 10 trips on which you do not drive alone. Whether you cycle to a store or to see a friend or take light rail downtown, you can earn rewards for making your trip greener. Go to www.nuride.com and register for free.

TBA Team In Training

There are so many worthy causes in this world that we can support. Allow me to take a moment to introduce you to a few TBA members that are gifting their time to help find a cure for blood cancers. TBA Team in Training is comprised of local TBA members who are raising funds for the Leukemia Lymphoma Society (LLS). Most of our members this season will compete in the Williamsburg Revolutions3, a triathlon.

Each member has agreed to each raise a minimum of \$2000 for LLS. In exchange for their efforts, LLS provides professional coaching, fund raising support and mentorship, pays their entry fee into the race, and provides a hotel room for the race weekend. The Team in Training (TNT) program does a first class job that keep many of us coming back season after season. In fact, all of our current TBA TNT members have completed multiple events over the past several years.

One of the many ways we raise funds is by volunteering for staff concessions stands at Scope, nTelos Pavilion and Farm Bureau Live. We have a lot of fun and enjoy the company of our teammates. Since becoming a charity chapter this past summer, your TBA TNT chapter has raised nearly \$23,000 from our concessions operations. This would not have been possible without TBA's support for our chapter, thank you!

However, the impact is much larger than \$23,000 because that only accounts for funds directly raised by our concessions operations. Most of us get donations from other sources, as well. If we look at all the money raised by participants who have volunteered over the past ten months for one of our TBA TNT concessions events, we were part of raising nearly \$87,000 for LLS. Again, thank you TBA for supporting our group!

Here are some of your TBA TNT members volunteering at Scope:



(L to R): Pat Benish, Mike Murphy, Mike Aselin, Corinne Aselin, Shirley Harris, Michelle Gormley

As a multisport athlete, I get to run a bit. On March 16th, many of these people pictured above will spend their Sunday running the Shamrock Marathon or Half Marathon with me. If you happen to be out there, you

will note the purple shirts. You will likely hear, "Go TEAM!", as they pass one another. More importantly you will see the spirit of those who wear the purple shirts. Our spirit is contagious because we run for a cause. Sure we run to stay fit and some of us are looking for a new personal best. But I hope you also see the names of those we run for on our purple shirts. We all know someone who has fought cancer. Sometimes they win, sometimes they don't, and sometimes it is a draw. They are the real reason we do what we do.

Pat Benish

Camp - Bike - Canoe - Geocache Weekend

On May 2-4, come to the Chesapeake Campground at 693 S. George Washington Hwy for the weekend .

Tent camping at group rate of **\$6.00 per person per night**.

Friday 5/2 night - chili and sweet cornbread will be provided for supper. Children are welcome for the safe riding on the Trail.

Saturday 5/3 morning - bike down the new shoulder to the Dismal Swamp Canal Trail. Choose from Geocaching with a guide (bring trinkets for caches), or longer bike ride (cue sheets provided). After lunch back at the campsite - canoe or kayak on the Canal (bring your own or rent at \$2.00 an hour). Supper around the campfire.



Sunday 5/4 morning - bike down the canal and on to South Mills and back – about 35 miles. Check out is 12:00 noon. Some people may want to do Paddle for the Border that day (pre-registration required).

Chesapeake Campground has especially good campfire wood for sale, as well as snacks, hand dipped ice cream, miniature golf, small chapel, and clean rest rooms with warm showers. BYO food for breakfasts, lunches and Sat. supper, and some apples and carrots to feed the pet ponies and goats.

Please e-mail Fran Adams if you are coming so we can have a count. We will have a group campsite for **Tide-water Bicycle Assoc/AT /Sierra Club/** group. Day trippers who are not camping are welcome to come and participate.

Fran Adams

bikalot@verizon.net

home - 757-467-2775

cell - 757-287-6593

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



CLAMS have grown in number. As of February 15th we have 36 members on the team and are readying ourselves to ride for a cure for Multiple Sclerosis on May 31 & June 1st, 2014. Since this is our 10th Anniversary year we

are making sure it will be a memorable one. Our next ride/meeting will be March 30th at the home of Jay & Kim Talman. The 20 – 30 mile ride will start and end at 4204 Thalia Forest Lane at 10:00 am. Please bring a pot of your favorite chowder and we will eat soup after the ride.

The CLAMS will be at Scope on March 7 at the concession stands near Gate 12 selling delicious chicken baskets, fries and barbeque. Please come and watch the hockey game and support MS at the same time as a portion of each ticket sales is donated on this night to the National MS Society. Tickets are available through March 5 at the reduced price of \$11 by using group code MS Society Awareness Night at http://norfolkadmirals.com/groupsales_intro.php

After March 5, regular priced tickets (\$19) will be available through the standard ticket outlets (Scope Box Office, any Ticketmaster Outlet, charge by phone at 1-800-745-3000 or online at ticketmaster.com).

Be sure to register for the 150 MS Bike Tour soon! The choice accommodations at Camp Silver Beach are rapidly being taken. Let's make this year better than the nine years before this season. Team members who need suggestions on fund raising, call us, we are happy to share ideas. Virginia's Ocean-to-Bay Ride 2014 will



be held May 31—June 1 on the Eastern Shore. For information on our MS150 team, contact co-captains Polly and Joe Frease at 481-9474 or pfrease@cox.net We'll see you at Scope on March 7th!

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.

We ride so that others may walk.
Joe and Polly Frease
 Co-captains

Share Your Story

Have you been dreaming about warmer weather and what new cycling adventures you will pursue in the coming months? Are you participating in a race or organized event? Please 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. Please ensure that your submission gives credit to any sources, if applicable. Thanks for sharing!

Tim Whited, editor
 (editor@tbarides.org)

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	Mike Evans	mike.evans@tbarides.org
Director	Kim Whitley	kim.whitley@tbarides.org
Committees		
Advocacy	Dan Koach	advocacy@tbarides.org
Membership	Wayne Wilcox	membership@tbarides.org
Newsletter	Tim Whited	editor@tbarides.org
Publicity	Fran Adams	publicity@tbarides.org
Touring	Robert Shanks	touring@tbarides.org
Team in Training	Pat Benish	teamintraining@tbarides.org
Tour de Cure	Mike Rogers	mikerogers53@cox.net
TBA CLAMS	Joe & Polly Frease	pfrease@cox.net



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TBA's Annual *and beer!*
Chili Ride

TBA's 2014 Chili Ride

Saturday March 8th is set for TBA's annual Chili Ride. At last count, 74 riders have registered. You must register in advance and our maximum capacity is 90 riders. Go to www.tbarides.org to register before it is too late.

Smartmouth Brewing Company is hosting the Chili Ride (1309 Raleigh Ave., Norfolk). Parking is available at the MHI parking lot located east of Orapax Avenue. Sign-in starts at 8:30 am and the ride starts at 9 am.

Contact Travis Davidson (vp@tbarides.org) if you can help with sign-in, chili, cornbread, chips, etc. We encourage riders to bring a dessert to share.

OR CURRENT RESIDENT

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

