



The Spokin' Word

Volume 52 Issue 4 May 2014

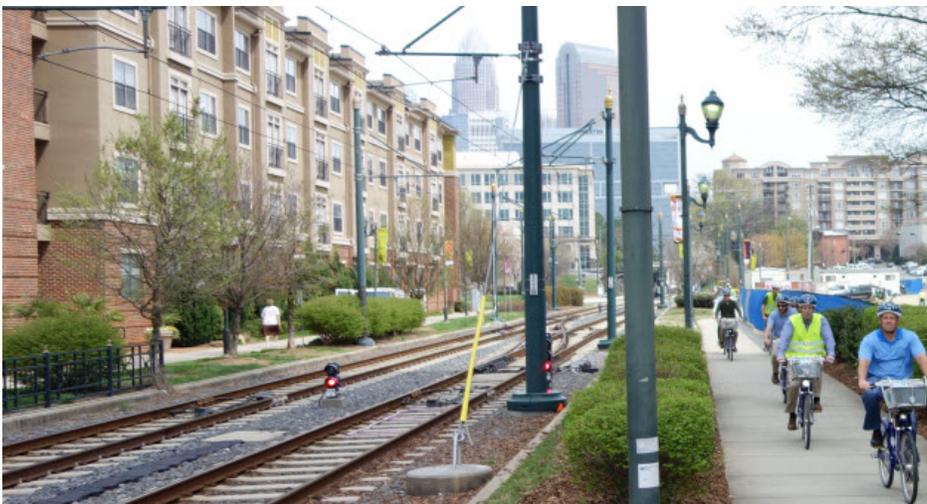
SOUTH HAMPTON ROADS TRAIL

Charlotte Did It!

(And so can Virginia Beach and Norfolk)

As many are aware, TBA is working hard to get a trail built alongside of light rail in Virginia Beach and Norfolk as part of the 41-mile long South Hampton Roads Trail. Toward this goal, TBA sponsored a trip by local officials to Charlotte, NC in early April to have a first hand look at a light rail system with an adjacent trail. President Bruce Drees, VP Travis Davidson, Advocacy Director Dan Koach, and Director Kim Whitley were joined by Wayne Wilcox and David Eisenbraun from City of Virginia Beach, Carl Tewksbury with engineering firm Kimley-Horn supporting Va Beach, Paul Forehand from City of Norfolk, and Chris Wichman from the Hampton Roads Transportation Planning Organization (HRTPO). The Charlotte Dept. of Transportation (CDOT) graciously agreed to share their wealth of knowledge in this area and hosted our group.

The trip was a great opportunity for advocates, planners and engineers to learn from Charlotte's experience in this area, as they have had adjacent paths alongside of their light rail tracks for many years. Charlotte has a view of bicycle and pedestrian facilities that goes well beyond the transportation aspects. In fact, the sections of trail we visited are viewed as vital components in spurring economic development in the Lynx light rail corridor, to the tune of \$1.45B in recent years.



There are differences between the two regions, to be sure. But what we learned in Charlotte will help our cities make better informed decisions about what is possible. Done right, there can be considerable benefit to a city in better transportation opportunities for residents as well as a sound return on the investment. We can do it!

Bruce Drees

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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

May is Bike Month, that time of the year when we celebrate all things bike. Hopefully the last of the winter weather is behind us and we can look forward to sunny skies for a change.

We have several significant events going on in May that you will not want to miss. On May 4th TBA will join with others in putting on a bicycle fair at the Dismal Swamp Canal Trail head in Chesapeake. We'll have an info tent and be providing education and traffic safety tips to members of the public attending the event, which includes Safe Routes to School info as well as courtesy bike mechanical checks and a bike rodeo for children by Fat Frogs Chesapeake.

The other event is a ride and picnic with our community partner Lynnhaven River NOW on May 24th. This popular event will be held at First Landing State Park this time around. Come out, have a nice bike ride at a relaxed pace, learn about the history and ecology of the Lynnhaven River and enjoy one of the best picnic lunches you will ever have on a bike ride.

There are many other events in May; details are elsewhere in this newsletter, and can also be found at www.tbarides.org.

See you on the road!

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

May 6, 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**
- **Newsletter editor**

For more information contact Bruce Drees 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 **Tuesday, May 6, 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!

May Touring Schedule

(Helmets are required for all advertised rides)

Friday, May 2nd, 9th, 16th, 23rd, 30th

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, May 3rd

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 and

Robert Shanks, 407-0917 / rjshanks13@gmail.com

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

Saturday, May 3rd

17th Annual "Pedal the Parkway" 2014

All Paces 8am–1pm Williamsburg/Jamestown

Bicycle, jog or walk along the Colonial Parkway. The National Park Service closes the Colonial Parkway to motor vehicles from Williamsburg to Jamestown for cyclists, runners and walkers of all ages to enjoy a car-free Parkway. In 2012, over 1,000 people enjoyed the beautiful scenery along the Parkway during this event. New in 2014, an Outdoor Activity Expo located at the ECO Discovery Park will be held to promote outdoor recreation and healthy living activities.

Please bring your bike helmets and sign up at the free registration upon entry at either of the entry points, Jamestown or Williamsburg.

Info/Contact: Nancy Carter, 757-229-4907 / njcarter@starpower.net or pedaltheparkway@gmail.com or www.facebook.com/pages/Pedal-the-Parkway/117268508285310

From: Colonial Parkway (Jamestown or Williamsburg)

Saturday, May 3rd, 10th, 17th, 24th, 31st

"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-pace group (50 mi.) and a B-pace NO DROP group (~37 mi.). 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, May 3, 4, 10, 11, 17, 18, 24, 25, 31

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 gobiking@cox.net

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

Saturday, May 3rd, 10th, 17th, 24th, 31st

"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

Sunday, May 4th

Chesapeake BikeFest 2014

All Paces 1–4 pm variable miles Chesapeake

Come celebrate Bike Month with the Chesapeake Bicycle/Trails Committee, the Tidewater Bicycle Association (TBA), and Safe Routes to School Chesapeake. Bring your bike and enjoy 8.5 miles of paved trails and great family friendly bike activities including a bike rodeo, bike safety demos, and visit with a bike mechanic. Parking & restrooms available.

TBA contact: Rob Anderson, 646-0246 /

bobeche2003@yahoo.com

From: Dismal Swamp Canal Trail. See the Parks and Rec website for directions: www.cityofchesapeake.net

Wednesday, May 7th, 14th, 21st, 28th

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.

Saturday, May 17th

38th Annual Knotts Island Century

All Paces 7:00 am 36–100 miles Chesapeake

The Tidewater Bicycle Association proudly presents our signature event, the 38th Annual Knotts Island Century ride. One of the ride's highlights is that the English and Metric Centuries both cross the Currituck Sound on the NC Ferry, from opposite sides. 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 op-

May Touring Schedule

(Helmets are required for all advertised rides)

tional commemorative T-Shirt is also available. 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)

Info/Registration: Go to the TBA website www.tbarides.org to register, or for additional info.

Wednesday, May 21st

Ride of Silence

D Pace 7:00 pm 10–12 miles Virginia Beach

The Ride of Silence will begin in North America and roll across the globe. Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. Although cyclists have a legal right to share the road with motorists, the motoring public often isn't aware of these rights, and sometimes not aware of the cyclists themselves. Come out for this TBA ride to help raise awareness.

Leader(s): T.B.D.

From: Check the TBA website www.tbarides.org for ride start location.

Saturday, May 24th

A/B Pace 6:00 am 250 miles Suffolk

250-mile Randonneuring ride. Flat ride with some rolling hills, from Suffolk to Lake Gaston, then returning via Ahoskie.

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

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

Saturday, May 24th

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 / blueridgecyclist@gmail.com and Robert Shanks, 407-0917 / rjshanks13@gmail.com

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

Saturday, May 24th

Lynnhaven River NOW "Ride to the River"

Bicycle Tour

D Pace 10am–2pm ~14 miles Virginia Beach

We will leave from the new First Landing State Park Visitors Center, use the great new bike lane on Shore Drive and return to the Visitor's Center on the bike trail through First Landing State Park from the 64th Street entrance. There will be many opportunities to enjoy the flora and fauna of our watershed and views of the river on this TBA-guided ride. A box lunch and drinks will be provided and we will have a short talk on oyster restoration in the Lynnhaven during our lunch break.

The total length of the trip will be ~14 miles and our pace will be casual for all levels of riders, including families. Some riding surfaces will be unpaved. Cost of the tour is \$15 and covers your lunch and drinks. Rain date for event is June TBD.

Cost: \$15 cost for lunch – advance registration required. \$5 parking fee will be collected per car at park entrance day of the event. Ride your bike into the park and pay no fee. Carpool to share the cost with your riding partners. To register for the bike tour, please contact trista@lrnow.org or 757-962-5398.

Leader: contact trista@lrnow.org / 757-962-5398.

From: First Landing State Park NEW Trail Center, 2500 Shore Drive, Virginia Beach, VA

Monday, May 26th

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 and Robert Shanks, 407-0917 / rjshanks13@gmail.com

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

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

HAMPTON ROADS BIKE SUMMIT MAY 31ST

May is National Bike Month, sponsored by the League of American Bicyclists. Bicycle commuting is booming nationwide, with more than 60% growth since 2000. Already more than 1 in 5 Americans live in a Bicycle Friendly Community and more than 1 million workers are employed by a Bicycle Friendly Business.



Old Dominion University is celebrating National Bike Month this year with the Hampton Roads first regional bicycle summit May 31st. Celebrating an over 100-year sustainable mode of transportation and lifestyle, the bronze level **Bicycle Friendly University** will be hosting the Hampton Roads Bicycle Summit on Saturday May 31st from 9am -5pm at 4700 Powhatan Ave. Norfolk, VA 23529 (see <http://HRBS.eventbrite.com> for more information).

The event will have a vendor exhibition room, adult commuter & youth skills/safety rodeos, educational presentations, bicycle film & fashion show, workshops for all ages, group panel discussions, a "PassPORT" lunch tour with CARRY NORFOLK, a group bicycle ride sponsored by the City of Norfolk and more.

Who Should Attend

The Summit is created for people of all ages, and experience levels from beginner to advanced. Everyone from teachers, students, non-profit leaders, business leaders, and families interested in creating healthier, more physically active and better connected community. The schedule will accommodate participants who have organized events in the past and those that are new to bicycling and want to simply learn how to get from A to B safely. *No prior knowledge about cycling is required to attend the Summit.*

Bicycle Friendly Business Certification

Advocating and cultivating a bicycle culture in Hampton Roads is a primary focus of TBA. In celebration of National Bike Month, Carry Norfolk, the region's only dedicated bicycle courier service, will be working to assist local businesses apply for their national Bicycle Friendly Business certification by the League of American Bicyclists (<http://bikeleague.org/content/businesses>).

Carry Norfolk (www.carrynorfolk.com) has a goal of 31 applications during May 1-31. They need your help in locating potential Bicycle Friendly Businesses. This certification not only helps our community thrive, it develops stronger cycling networks and boosts our economy.

If you're a business owner or you know of one who may want to learn more about how they can provide transportation alternatives to their employees or about the program & process itself please contact Carry Norfolk's bicycle ambassador Jon@carrynorfolk.com. Carry Norfolk will be guiding the lunch break PassPORT between 12-1:30 pm on May 31 during the Hampton Roads Bike Summit through the Bicycle Friendly ODU campus.

Local Events During National Bike Month

TBA and the cities of Norfolk and Chesapeake are sponsoring the following events during May to celebrate National Bike Month:

- May 3rd 10:00am Norfolk Ocean View Community Ride
- May 4th 1:00 – 4:00pm BikeFest Chesapeake at Dismal Swamp Canal Trail
- May 17th 7:00am TBA's 38th Annual Knotts Island Century
- May 17th 11:00am Norfolk Family Bike Safety Rodeo
- May 30th 5:30pm ODU/ERT Community Ride

Please see the TBA and city websites for more information:

- TBA - www.tbaries.org
- Norfolk - www.norfolk bikemonth.com
- Chesapeake - <http://tinyurl.com/qcfp9bq>



NORFOLK'S ELIZABETH RIVER TRAIL

The Elizabeth River Trail (ERT), Norfolk's premier bike and pedestrian facility, is a work in progress. Construction on the trail started in 2000 with an easement provided by Norfolk Southern referred to as the Atlantic City Spur. The trail has extended north and south along the river for a distance of 10.5 miles. Mile post zero is located on the Otter Birth promenade at Town Point Park, which is also coincidentally mile post zero on the Intercostal Waterway. The HRT Ferry also provides a link to the developing 41-mile South Hampton Roads Trail, which will span from downtown Suffolk to the Virginia Beach oceanfront.

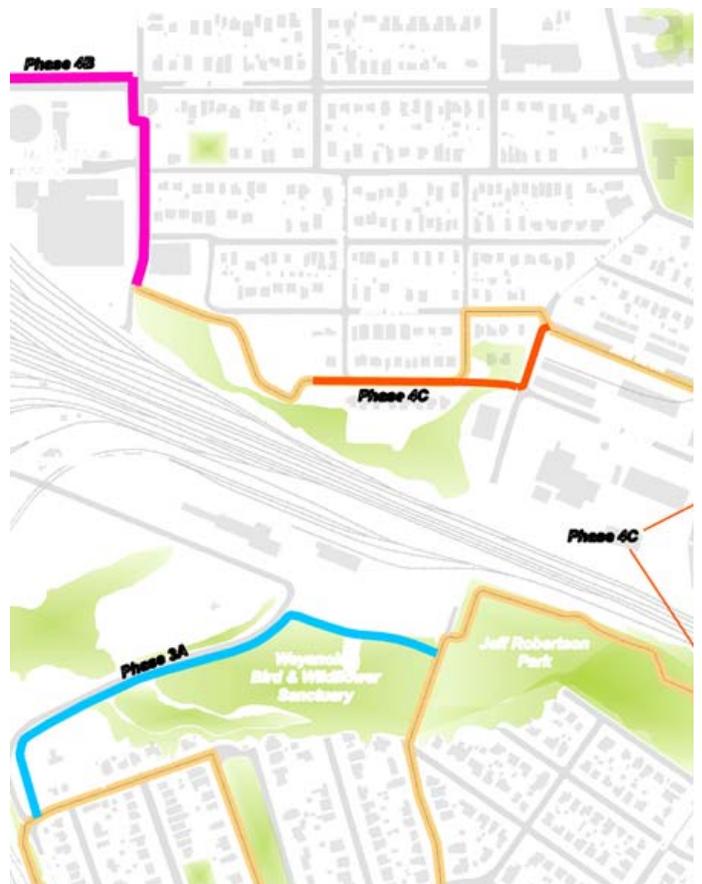
Norfolk City Councilman Barclay Winn and the intrepid ERT Committee have championed the trail and worked with Norfolk Public Works and Recreation, Parks & Open Space staff to secure a string of VDOT funding grants through the Transportation Alternatives Program, totaling \$2.7 million. Designed to highlight Norfolk's historic links to the Elizabeth River, the trail weaves its way along a combination of separated paths (2 miles), wide sidewalk (4 miles), and shared street (4.5 miles).

The trail spans a vibrant cross section of the city and links neighborhoods to downtown businesses, cultural attractions, historical sites, and educational institutes. Future aspirations push the trail northward toward Naval Station Norfolk at Admiral Taussig Blvd and southward, along the TIDE/LRT corridor, ultimately linking to the eastward extension of transit facilities at Newtown Road in Virginia Beach. A current study is determining the feasibility of creating a path along Terminal Blvd that will connect the current ERT northern terminus at Hampton Blvd and Cloncurry eastward to Granby St at Wards Corner.

The attached map shows sections of expansion for the ERT, some already under construction. The first to be completed later this summer will be a connection from the Lamberts Point Community Gardens, around the 38th St Water Treatment Plant, to Powhatan St at Old Dominion University (ODU). This section will be followed closely with the construction (late summer/fall) of an off-road path from the Mallory Swim Club to Jeff Robertson Park. This section will include a bridge, and will follow the perimeter of the Weyanoke Bird and Wildflower Sanctuary of the Cape Henry Audubon Society.

A grant application is underway to improve the connection of Jeff Robertson Park to the Lamberts Point Community Gardens at 25th Street. An additional proposal involves a staff study to improve the trail from the northern foot of the Brambleton/Hague Bridge northward across 2nd St to Southampton Avenue and up to Colley Avenue.

Paul Forehand



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



“Multiple Sclerosis Stops Motion... We Exist to see that it Doesn't”

Hey CLAMS!

In just a few short weeks we will be riding 150 miles on the beautiful Eastern Shore. There are still training rides to take advantage of to get in shape and build up those muscles for our big day. Please check online at www.tbarides.org for dates and times under “Charity Rides”.

On Saturday, May 31 we will meet at 6:30 am at Cape Charles for the start of the ride and a group picture. This is our 10th anniversary of riding for a cure as CLAMS and we would like to ride across the finish line at Silver Beach as a team. To do this we will plan on meeting at the last rest stop before Silver Beach at 1:30 pm on Saturday to re-group and ride together across the finish line.

Our team numbers 40 riders and is growing larger every day. Please welcome new CLAMS: Tony Redd & John Coleman.

Do something nice for someone you may never meet. Help support the research to “solve the puzzle of MS.” You can do this by participating/riding with us in the MS 150 mile Bike Tour or support/continue to support the CLAM of your choice.

Are you interested in becoming a CLAM? If so contact Joe or Polly Frease at 481-9474, or pfrease@cox.net. Thanks, and God Bless all who help. **Any riders, any pace, are welcome! We ride so others may walk...**

*Joe and Polly Frease
Co-captains*

BE SO EVER ALERT!

Recently I was driving behind a cyclist who was smoothly riding on the white shoulder line in heavy homebound traffic. Thoughts came to mind. I do not ride the white line any longer because drifting right onto a shoulder or gutter may become an instant calamity. I did once and crashed back into the through lane. I didn't realize the gutter was 1.5 inches lower than the lane. I was 'carefully' riding the white line and watching traffic through my rear view mirror and trying not to impede traffic.

By riding the white shoulder line, I unwittingly allowed traffic to 'safely' sneak past me without steering onto a solid single or double yellow line into oncoming traffic. I now ride 12 to 18" from the white line so passing motorists will not attempt it. When traffic conditions dictate, I protect myself by riding in the middle of my lane until the problem has gone away.

On group rides, we stay in a single file/pace line. In

neighborhoods where a curved street impairs seeing “Car Back” traffic, we will signal our intention to turn left by first having the rearmost riders with left arm out move to the centerline. The remaining riders then move left until all are near the centerline. Cautious drivers will realize they can eventually pass us on the right. Careless drivers still attempting to pass on our left will be dissuaded by the rearmost bikers carefully moving into the oncoming lane, so as to make our intentions clear. Otherwise we loudly announce “Car Back passing” so all of us will continue straight then stop and wait until the darned ‘hazard’ squeezes through. Fortunately, we have very few careless drivers do that.

Be alert 110% of the time. Changing situations instantly happen all the time!

Leaders calling “Clear Left or Clear Right” are sometimes ‘proven wrong’ only nanoseconds later.

You are your own safety guard, but it only happens if you look first, fast and act!

John McKee

2014 TBA Officers and Committee Chairs

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President	Bruce Drees	president@tbarides.org
Vice President	Travis Davidson	vp@tbarides.org
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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

THE BACK PAGE

300K RANDONNEURING RIDE

Ten riders left Suffolk just before sunrise on Saturday April 19th for a 190-mile (300 km) unsupported ride to Lake Gaston and back. They would face some challenging winds the whole way westward but pleasant temperatures.

Their bikes had to carry supplies for any surprises along the way and



enough food and water to get them to the next available facility where they could resupply. Additionally, with sunset at 7:30 pm, cyclists rode in the dark for part of the time and were required to have adequate front and rear lights as well as reflective clothing. Since they had until 2AM to finish, some were riding in the dark for quite some time. Navigating unfamiliar, dark rural roads can be a challenge after a long ride. With only a cue sheet for directions, many riders used helmet lights for reading and seeing the street signs.

The route took them through quiet farmland along the Southeastern border of Virginia. The terrain ranged from flat terrain east of Emporia to more rolling roads as they made their way west.

All that riding is celebrated along the way with brief rest stops and a sit-down meal. A quaint coffee shop in Boykins has become a favorite on these routes for that purpose.

We were able to have volunteers at the 65-mile stop in Skippers, VA and at the 95-mile turn-around to check people through. Riders trickled back in at the Suffolk finish through the evening with all of them completing their ride before midnight with the good conditions we had for the event.

We ran a 200k (125-mile) event in March and we are planning a 250-mile ride on May 24th. We will follow the same route, but will loop to Littleton and Ahoskie before returning through Franklin.

Keith Sutton

OR CURRENT RESIDENT

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

