

Rides, local cycling news and more!

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# Tidewater Bicycle Association

November 2014 e-News

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## Inside this issue

- [Arlington Bikes!](#)
- [TBA Cycling Legs For MS \(CLAMS\) Gear Up for MS150](#)
- [Eastern Shore Getaway Wrap Up](#)
- [Cold Weather Tips](#)
- [Spooks on Bikes](#)
- [Upcoming Rides](#)
- [Get Paid While Riding Your Bike](#)
- [TBA Calendar](#)

## Arlington Bikes!

On October 28th, 7 city staff members from Norfolk, Virginia Beach, Portsmouth and Chesapeake and I visited Arlington Department of Transportation during a VDOT sponsored Arlington bike-pedestrian tour.

We started the day with a 30 minute introductory session so we could learn more about Arlington VDOT and how they are organized and function significantly differently from the rest of the state's VDOT offices. Arlington recognized the following challenges (limited land; rapid, high density growth; financial management; and environmental sustainability).

The corner stone to their transformation from an automobile centric design and funding methodology was the adoption of a robust complete streets initiative which includes automobiles, transit (buses, trains, streetcars, etc), bicycling, walking, commuter services and development services. Arlington's transportation departments are organized around the complete street policy and their leaders ensure each improvement or development project is designed or redesigned using complete streets.

Here are some examples of Arlington's facilities and initiatives to encourage bicycling as a means of transportation and recreation.

Arlington has approximately 30 bike share stations in the regional capital bike share program. These stations allow people to rent bikes at very affordable rates increasing bike use and assisting with traveling to transit facilities.



<http://www.capitalbikeshare.com>

This protected bike lane was recently built during a repaving project on South Hayes St in the Pentagon City area of Arlington. The protected bike lane connects a commercial district with residential area. The best features of this project are the protected bike lanes shield cyclists from automobiles in the travel lanes by the parked cars and distance. In this instance, innovative design was applied to this existing street resulting in safer travel for cyclists and change automobile lanes, or automobile parking.



This counter with feedback is used on the Curtis Trail near the Key Bridge in Arlington to both track cyclists use of the trail and encourage participation. Approximately 500,000 cyclists use this trail annually for tourism, recreation and commuting.



An unexpected or at least initially under sold benefit of the bike and walk facilities are increased happiness of the citizens due to improved health and an improved sense of community. So much so that citizens are demanding better bike/walk facilities and are willing to pay to have them built faster so the future of bike/ped is looking good for Arlington.

In conclusion, Arlington VDOT reports that the use of bicycling has doubled as facilities have improved and become much safer as motorists are accustomed to seeing bicyclists on the roads. The complete streets policy Arlington has implemented is more environmentally sustainable, financially sound and improves the happiness (physical, emotional and spiritual) health of citizens as well.

*Travis Davidson*

TBA Vice President

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## TBA Cycling Legs For MS (CLAMS) Gear Up for MS150

Fall is here!

Back to school for some and for others it's back to riding in more favorable conditions than this past summer. Polly and I hope your summer was fun and full of happy adventures. We were in Germany for two weeks and saw first hand some really great bike trails and beautiful riding conditions.

Speaking of happy, we are so proud to be part of this wonderful team. As of August 30th our team has raised \$50,480.00 Fantastic!! We had 24 CLAMS who raised over \$1,200.00 taking them into the "thousandaire" classification and will receive discounts for next year's 150 Bike Tour. CONGRATULATIONS!

The 2015 Bike Tour will be held on May 30 & 31st on the Eastern Shore once again. It will be our 11 th season and the registration fee is discounted through December 31, 2014. After Dec 31 the fee will go up so register early and save some money. Don't forget to register your choice of sleeping accommodations also as the good ones go fast.

The TBA MS 150 CLAMS are always looking for new members for the team so if you are interested in becoming a CLAM please call: Joe or Polly Frease at 481-9474 or e-mail: [pfrease@verizon.net](mailto:pfrease@verizon.net).

Ride fast, Ride strong, Ride safe, so that others may walk,

*Joe and Polly Frease*

Co-Captains

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## Eastern Shore Getaway Wrap Up

The last weekend in September is the time for TBA's Eastern Shore bike weekend at Chincoteague VA. This was the 37th year and this year's group numbered about 26 people including some new faces, some repeaters and some very old friends who came back to join us. Carole Taylor (the originator of the current version of Eastern Shore weekend ) came up from Florida . Chris Hilliard also came back and it was wonderful seeing him.

We had just perfect weather, light winds and mild temperature, as opposed to previous years with fierce winds, high heat and once even some hail.



Interestingly, Sea Gull Century was scheduled for this weekend also , so we saw hundreds of cyclists all over the place - criss-crossing our route in all directions. We saw an ambulance hurrying to an accident and thanked our lucky stars that we have a 100% safety record for this event ! Fran and Fred share SAGing for the day to make sure â€œ not even a flat this year !

Besides riding we had other activities. We started the weekend with Miniature Golf and pizza on Friday.

A new feature thatâ€™s popular with a few early risers was the Early-bird Sunrise ride. We met at 6:30 a.m. for a jaunt to the oceanfront to see the sun come up and each morning was a new and spectacular experience. (see Pic)

And for another non-biking activity, a few of us snuck in some geocaching along the way â€œ a Chincoteague pony came over to help us find one tucked into the fence post, so that was a two-fer â€œ we found a cache and got to pet a famous Chincoteague pony.

But wait â€œ thereâ€™s more ! The Wine and Cheese ! The motel always allows us to use the breakfast room for the Wine and Cheese and we have so much to eat and drink thereâ€™s no room for dinner afterwards. Most of us just go out for ice cream at the Creamery.

The two Visitorâ€™s Centers and Lighthouse on Assateague are added attractions to complete the weekend.

The picture shows most of the group ready to leave from the Pokomoke Canoe Company in Snow Hill going to Berlin MD for lunch. Another picture shows the group surrounding a sign on the beach â€œ Public Nudity Prohibitedâ€ and, as usual, we followed directions ! Actually there were too many mosquitos.



Stay tuned for next yearâ€™s event â€œ the last weekend in September 2015.

Happy Trails,  
*Fran and Fred Adams*

The weather couldn't have been better, the wine and cheese was jolly, and the Early-Bird sun rises were spectacular.

## Cold Weather Tips

Cold weather is nearly upon us. Experienced riders know appropriate clothing is important. They keep layering up stuff in their car. Then, if the weather at the ride's start location dictates more layering up, it's right at hand. Now for you new riders: If in doubt about what to put on, quickly look at the experienced riders and "copy" their attire. Do look for those riders your size (bulk) and gender. If still puzzled, put on a windbreaker. If wrong, you can take it off and stuff it.

Stuffing a windbreaker in your back pocket will have you "covered". Example: You may quickly chill down when fixing a flat. Quickly donning a windbreaker will protect you from your chilled down body sweat, winds and cold rain.

I bag my auto's remote key and cell phone in a freezer quality Zip Lock to protect them from your body sweat (You do sweat in cold weather), rain and water filled ditches. Make very sure you zip it closed, Check for leakage, especially if the bag is getting too worn and wrinkled. If you wore your windbreaker; after the ride check inside and observe the sweat.

From a long time TBA rider,

*John McKee*

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## Spooks on Bikes



The Spooky Halloween Cemetery ride on the last Saturday in October drew about 13 people - including this skeleton on a bike.

We visited about 13 interesting cemeteries along the way where many are over-grown, caving in and definitely spooky. Each site has an interesting history dating back to the Civil and even Revolutionary Wars.

Additionally, a few riders actually tramped into a person's yard to investigate their family plot and the friendly owner came out commenting that this seems to be Cemetery week in Chesapeake! Guess this wasn't the first time they had been invaded. After the 45 mile ride we sought nourishment in the Mexican restaurant for nachos, sangria and margaritas.

But who can guess who this skeleton really is ?

Happy Trails,

Fran Adams

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## Upcoming Rides

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

### **Saturday, November 1st** **"TBA Fall Celebration Ride and Picnic"**

*NOTE: at time of publication this event is still scheduled as it appears the rain will hold off until later in the day. Please consult the TBA website for the latest information before heading out to Smithfield.*

All Paces 9:00 am 25-35 miles Smithfield

Join TBA for this end of season event and ride the beautiful, low traffic roads in Smithfield, VA.

Hot dogs and chili at Windsor Castle Park after the ride. Two routes available - 25 and 35 miles.

The ride and lunch is free for TBA members who register in advance; lunch for non-members and walkups is \$5.00. Register on TBA website.

From: Windsor Castle Park, 301 Jericho Rd, Smithfield

### **Wednesday, November 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, November 7th, 14th, 21st, 28th**

#### **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, November 8th**

#### **"Pierce's BBQ Century Ride"**

#### **B Pace 7:00 am 100 miles Suffolk/Williamsburg**

Looking to squeeze in one last century this year? Or maybe to conquer your first century ever?

This fun and unique TBA century ride breaks up nicely into 4 parts: 35 miles from Suffolk to the Jamestown Ferry, 15 miles from the ferry to Pierce's Pitt Bar-B-Que in Williamsburg (lunch stop), then 15 miles back to the ferry, and 35 miles back to Suffolk. 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

### **Sat. & Sun., November 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 Sykes, 615-6106 or [gobiking@cox.net](mailto:gobiking@cox.net)

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

### **Saturday, November 8th, 15th, 22nd, 29th**

#### **"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, November 15th****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 52-mile point. Cue sheet, map, and directions on 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

**Saturday, November 22nd****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](mailto:blueridgecyclist@gmail.com) and

Robert Shanks, 407-0917 / [rjshanks13@gmail.com](mailto:rjshanks13@gmail.com)

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

**Friday, November 28th****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 37-mile point. Enjoy quiet roads and beautiful scenery with a few hills. 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

## Get Paid While Riding Your Bike

VBT Bicycling and Walking Vacations is hiring seasonal Bike Trip Leaders to lead groups in Virginia during our 2015 season. As a leader in the active travel industry for over 41 years, VBT is growing its family of Trip Leaders.

Find out more about the tour: <http://www.vbt.com/tours/virginia-biking/>

The application deadline is December 31st. If positions remain open, we will continue to accept applications but will give priority consideration to applications submitted by the deadline.

Please email us at [vbtdom@vbt.com](mailto:vbtdom@vbt.com) to receive an application packet or to ask any questions.

We look forward to meeting excellent candidates to join the VBT Team!

*C dric Baele*

Leader Operations Manager

## VBT Bicycling and Walking Vacations

614 Monkton Rd  
Bristol, VT 05443  
(800) 245-3868 x3423  
(802) 453-6223  
Fax: (802) 453-4804

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## 2014/5 TBA Calendar

**Nov 1 Fall ride and picnic @Windsor Castle Park, Smithfield**

**Nov 12 General Membership Meeting - featuring author Kevin Murnane**

**Dec 7th Holiday Dinner and Social @Frankies Kempsville**

**May 2nd TBA Knotts Island Century**

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