

Rides, local cycling news and more!



Tidewater Bicycle Association

September 2014 e-News

Inside this issue

- [Complete Streets Gaining Traction in Va Beach](#)
- [Touring the Green Mountain State by Bicycle](#)
- [Viewpoints: Sharing the Road with Traffic](#)
- [Change of Address or Ride Interests? Let TBA Know!](#)
- [Upcoming Rides](#)
- [TBA Calendar](#)

Complete Streets Gaining Traction in Va Beach

"Complete Streets" is best described as a smarter, not harder way of designing a city's system of roads. A basic precept is that when a street or highway is going to be built or significantly improved that all users - motorists, pedestrians, cyclists and transit are taken into account at every step of the way from design through final construction and traffic controls. Accommodations for each mode are provided where needed and where possible in a way that equitably balances competing interests.

Roads designed using Complete Streets principles are substantially safer, more attractive, and efficiently move people along to their chosen destinations. Not every road or street is a candidate and what gets built can vary from location to location depending upon need and context.

Now you would think this would be the way things are done already, but in most cities that has not been the case. Decades of overly car-centric road building have created roads that are at times impossible to use by even the most intrepid walker or biker.

The City of Virginia Beach has for some time been looking at ways that a Complete Streets policy could be adopted there. Recently city staff briefed council on how it could be done and what the city would gain by it.

The city is planning to hold a public information meeting about the new policy on Sep. 18th, at a location to be determined (stay tuned for an announcement). This is a good opportunity to learn more about what Virginia Beach plans to do to improve the transportation choices and mobility options for its residents and guests.

Touring the Green Mountain State by Bicycle



TBA members Paul Gordy and Robert Shanks are back from riding 600 miles in 9 days while touring Vermont. The duo will be our featured speakers at TBA's general membership meeting on September 10th. Highlights of this trip include:

- 9 cyclists from 4 states
- Cycled most of VT with a bit in NH, NY, and along the Canadian border
- Bike ferry, covered bridges, surprise gravel roads, Ben & Jerry's tour, maple syrup farms, and much more!
- Those Green Mountains sure are steep!

The meeting will be at the Virginia Beach Central Library. Come at 6:30 pm to socialize; the meeting starts at 7 pm. The meeting is open to the public.

This is a great opportunity to connect with fellow cyclists, learn about new adventures, and tune in to what is going on with bicycling throughout Tidewater. See you there!

Viewpoints: Sharing the Road with Traffic

As a follow on about August's article by Past President Steve Zeligman; here's some thoughts by a very much Past President (1998-99 and 2001-2002).

I have been nothing but a road cyclist and do know the motorized hazards. I find the majority of vehicle drivers are courteous or at least put up with us but I'm always alert when encountering the courteous type because I'm not certain how they will display their courtesy. Now with the occasional overly aggressive driver, I know what they display

though sometimes at the last instant. With great attention focused on my rear view mirror I put up with them. The eyeglass mounted flat glass mirror is the best, you see then vehicles up close and personal.

In daylight hours I always have on a blinking front white light and a blinking tail red light. You will never know what they prevented because nothing happened. And, on overcast days of drizzle and/or fog (and of course approaching night time) they indeed may be a life saver.

So where do we ride? I ride 12 to 18" left of the white line or road's edge. We have the right to be well on the road. Now with the new passing by 3 ft rule (Effective July 1st this year) 'forces' vehicles to move well left out of your lane into the next or into the oncoming lane. I preach to riders: "Do not ride the white line" as a courtesy to a passing vehicle. Some will take advantage and pass very close to you with out much concern because they now don't have to move into the next lane or oncoming lane. This is especially true of 2 lane roads. Beware of moving to the white line because of a concern for your safety, because you've made yourself unsafe. An impact by a vehicle's mirror will have a discourteous effect.

About riding in 'bike lanes' immediately right of the road's white line, I don't ride there because of vehicle debris or whatever. Because we are allowed to do so, I take my place in traffic on the roadway, period !

When riding in a group, you have a great advantage if struck by a vehicle. Your cyclist witnesses can defeat a motorist's inclination to put the blame on you. If struck while riding alone it's just you 'the careless' cyclist against the motorist. If you are badly injured or unconscious there may be a great temptation by the motorist to 'shade' the story to his advantage for whatever reason. Example: a bad past driving history.

Over 40 years of road riding, brief racing (too darned old) and time trials, all my accidents have been by my error and so far free of vehicles.

Safe riding is by being alert 110% of the time.
John McKee

Change of Address or Ride Interests? Let TBA Know!

When you move, change email addresses or your cycling and volunteer interests change we'd like to know- we don't want to lose touch! With TBA's self-service membership system it is easy to do

and just takes a minute.

When you need to make a change, just log in using your email address and password, access your member profile, edit the changes you want and hit "Save." It's that quick.

Questions or problems? Contact Wayne at membership@tbarides.org

Upcoming Rides

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

Monday, September 1st
B Pace 8:00 am 52 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 and Robert Shanks, 407-0917 / rjshanks13@gmail.com

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

Wednesday, September 3rd, 10th, 17th, 24th
C Pace 8:00 am 30-40 miles Chesapeake

TBA YESS group (Youthful Energetic Seniors) weekly repeat ride along the Dismal Swamp Canal and other country roads.

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

From: varies – contact Fran Adams for location.

Friday, September 5th, 12th, 19th
C Pace 8:00 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

Friday-Sunday, September 5th-7th
**** 9th Annual Skyline Drive Weekend ****

Join us for 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 beginning at 8 a.m. on Saturday from Big Meadows to Luray and back (with a great lunch stop at Artisan's Grill in Luray). Optional shorter rides on Friday afternoon and Sunday morning are planned as well.

Big Meadows is the premier campground on the Skyline Drive and features hot showers, visitor center, hiking trails, large camp store & café, and a nice restaurant in the lodge. No SAG support. The campground may fill up, so making a reservation is a good idea. I have already reserved site A61. Note that there is a \$15 fee for cars on the Skyline Drive (valid for 7 days) and \$8.00 for bicycles (also covered by a car pass). Dining options include eating at restaurants at Big Meadows (my choice) or cooking in camp.

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

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

From: Big Meadows Campground, Skyline Drive

Sat & Sun, Sept. 6, 7, 13, 14, 20, 21, 27, 28
A Pace 7:30 am 40-100 miles Location varies

Weekly repeat TBA ride. Cue sheets provided. Call first to confirm ride location and details.

Leader: Kim Aldridge Sykes, 615-6106 or gobiking@cox.net

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

Saturday, September 6th, 13th, 20th, 27th
"Cindy Lou's Coffee Shop Community TBA Ride"
C/D Pace 9:00 am 8-12 miles Norfolk

Weekly repeat TBA ride along different routes around Norfolk and stop for coffee or breakfast along the way. All ages and any type bicycles. Children with parent. Check Facebook page ("Cindy's Lou's Coffee Shop Community TBA Ride") for additional ride info.

Leader: Cindy Lewis, 622-0446

From: East Coast Bicycles (Ghent), 1910 Colley Ave., Norfolk

Saturday, September 13, 2014 – 8:30 a.m.
All Paces 8:30 am 50 miles Virginia Beach

TBA ANNUAL ALL RIDERS BIRTHDAY RIDE
SPONSORED BY TOM AND NANCY COGHILL

Meet in Red Mill parking lot behind Wendy's at 8:30 a.m. Riders of all paces are welcome. Tom Coghill will lead C Pace riders – cue sheets will

be provided with birthday cake at finish. Scenic ride through Lago Mar, Pungo, Creeds and across Knotts Island Causeway to Knotts Island store. At least 3 refueling stops on ride.

All riders welcome for fun, exercise and comradeship.

For more information call Tom, Nancy or Marcella at 757-422-3425.

Location: Parking Lot of Red Mill Commons behind Wendy's

Saturday, September 20th

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. Call or email for more information.

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

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

Saturday, September 27th

B Pace 7:30 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 7am)

2014 TBA Calendar

Sep 5-7th Skyline Drive Weekend

Sep 10 General Membership Meeting

Sep 27th TBA Eastern Shore Getaway

Nov 1 Fall ride and picnic

Nov 12 General Membership Meeting

Dec TBD Holiday Dinner and Social

Join TBA Find us on [Facebook](#)

Copyright © 2014 Tidewater Bicycle Association
All rights reserved.

Mail:

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

Web:

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

Email:

editor@tbarides.org

[Unsubscribe](#)