



# The Spokin Word

January 2016

Welcome to 2016!

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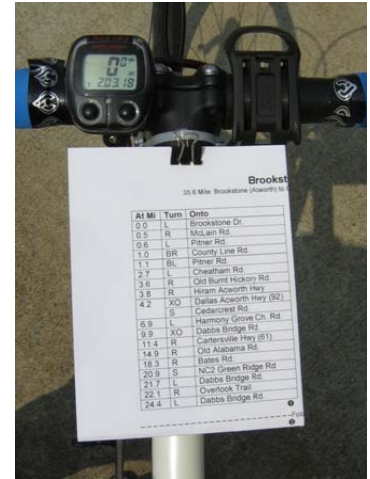
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## Why Should I Take a Cue Sheet?

Safety! We hear it all the time: “I don’t need a cue sheet” or “No thank you”. Some don’t want a cue sheet because they plan to follow someone else or they do not like trying to look down and read it while riding. But the main reason for taking a cue sheet isn’t because you need directions; it’s for your safety.



What if the person you are following takes a wrong turn and gets lost? Have a cue sheet in your pocket can help you get back on track. What if you get dropped by those you planned to follow? The cue sheet is an important back-up so you don’t get lost. It’s much easier to ask a passer-by for help if you have the route list.

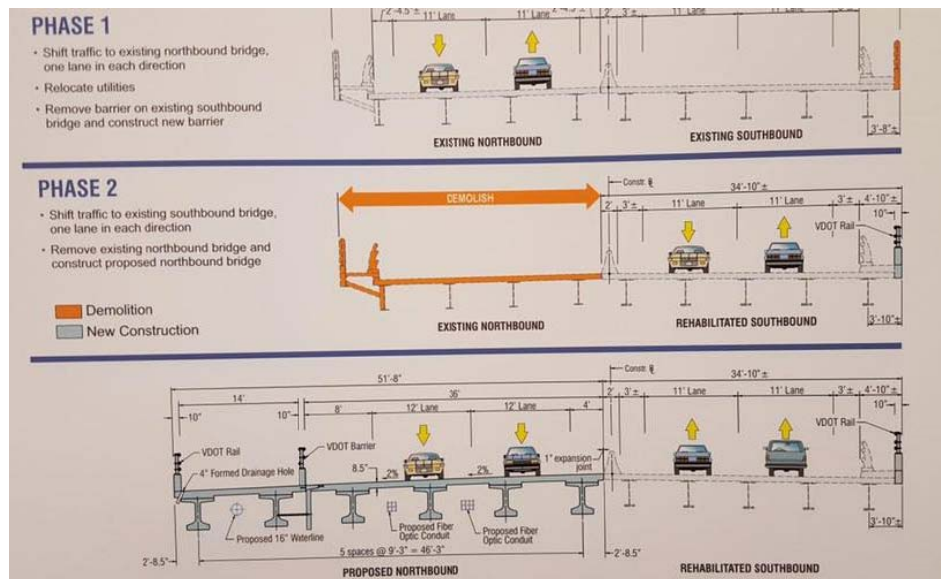
There is also the possibility of a medical issue or a major mechanical problem. The cue sheet has the all-important reference of at least one emergency contact. The ride leaders, SAG support, mechanic, etc. should have their phone number listed. They can easily follow the route on the cue sheet for a rescue.

Road markings and signs can be missed. It’s much easier to accept that little piece of paper as a safety precaution rather than wishing you had taken one when you need it most.

## Advocacy: Churchland Bridge project update:

Replacement of the north bound side of the Churchland Bridge

TBA President Bruce Drees and TBA Board Director for Advocacy Kim Whitley attended the public meeting in Portsmouth on December 17th regarding the replacement of the north bound side of the Churchland Bridge. Construction is scheduled to start in 2017 and the city planners and engineers are about 60% complete with the planning stage of the



project. They were able to provide important written feedback concerning the bridge's inclusion of important amenities for cycling and walking. The need to create a flow for a path onto High Street once the bridge ends was a main topic of concern. Per the preliminary sketches provided above, the plan includes a separate multimodal path and a wide shoulder, somewhat similar to the current setup of the Jordan Bridge.

### ***Good News from Virginia Beach & Suffolk:***

Plans are in motion for improvements to the shoulder for a three mile stretch of Shore Drive in Virginia Beach from Diamond Springs Rd to Greenwell Ave. Construction is expected to follow later this year. TBA is following this closely and will provide further details once they are released by the city.

In response to the positive reviews and use of the 2 miles stretch of the South Hampton Roads Trail in Suffolk, another mile of trail from Shoulders Hill Rd to the Chesapeake City line may coming in the latter half of this year!

### ***Upcoming Events:***

The annual Chili Ride will be scheduled in March. Details and registration will be provided via e-mail, the website, and in the February newsletter once everything for the event is finalized. We look forward to another successful social with our members!



Recurring rides are available on the website here.

The 40<sup>th</sup> Annual Knotts Island Century is scheduled for May 7<sup>th</sup>. Please contact Mary Saburn or Robert Shanks if you are willing to help volunteer. All volunteers are greatly appreciated and we are definitely in need of many helping hands.

Our Next general membership meeting will be held in June. The board of directors has decided to host four meetings a year in order to better focus TBA resources towards providing the necessary leadership and organization for rides, events, education, and advocacy opportunities. Additional details will be provided via e-mail and on the website once the meeting is scheduled and confirmed.

**Be sure to check the website regularly for rides, news, and other helpful information.**

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