



March 2016

## Cycling and Pedestrians

What can we do to prevent crashes? Always err on the side of caution giving both parties ample space for passing in order to avoid unnecessary collisions. Pedestrians should face oncoming traffic to avoid surprises especially when wearing head phones and may not hear something from behind. Cyclists should ride with traffic to ensure visibility. Cyclists should also give a loud verbal warning when passing a pedestrian with plenty of time for the person to hear and respond accordingly.

In the event of a crash, state law requires the cyclist to stick around to offer aid or provide information to any law enforcement that may arrive. Hit and run laws will apply since the cyclist will be treated as a vehicle. For additional information or insight, review the full article [here](#).



Join your fellow Tidewater Bicycle Association members April 30th and ride to help stop Diabetes. This is our opportunity as cyclists to change the future and make a positive impact in the lives of those who are affected by diabetes.

An estimated 29.1 million children and adults in the United States have diabetes. 86 million Americans are pre-diabetic. Those are some scary numbers. You may have a family member, friend, or be diabetic yourself. We all have our own reasons why we feel we should support this great cause.

By riding in the Tour de Cure (TDC) our hopes are that we can help prevent, cure, and to improve the lives of all those affected by diabetes. So you ask how? Ride your bike or support a TBA team member riding. All types of cyclists are welcome whether you ride a beach cruiser, recumbent, mountain, or road bike. The tour offers something for all cyclists. Routes include 10, 25, 65 miles and those who want to challenge themselves a 100 mile route.

Team Tidewater Bicycle Association has had a team in the Tour de Cure for 18 years. Let's rally up the team and continue for years to come. "It's not how fast or how far you ride" But that you ride in the fight against diabetes. It's a great and fun day to be with your friends and fellow cyclists. For any questions or additional information, e-mail Mike Rogers at [mikerogers53@cox.net](mailto:mikerogers53@cox.net) or check out the official page: [diabetes.org/hamptonroadsvatour](http://diabetes.org/hamptonroadsvatour). Let Mike put a Tour de Cure brochure in your hand and tell you why we ride in the tour. See you there!



Come join TBA's Cycling Legs Against Multiple Sclerosis (CLAMS) team on the inaugural *Bike MS: Colonial Crossroads*, June 4-5. Over the past 10 years, you may have heard of or participated in Bike MS: Virginia's Ocean to Bay Ride on the Eastern Shore. This year the ride will be combining routes originating in Smithfield and Richmond, taking you through historic sites and beautiful farmland to conclude Day 1 in Colonial Williamsburg. There are multiple route options, all of which are well supported with rest stops every 10-12 miles.

The Virginia-West Virginia Chapter's Bike MS committee has a goal of 1,000 riders for this event. TBA's team is led by Polly and Joe Frease, and they invite you to join the 32 individuals who have signed up to ride with the CLAMS. The Bike MS series is the largest fundraising bike event in the world. Help us raise funds that support research to end

multiple sclerosis. We Ride So That Others May Walk. E-mail Polly Frease for any question or additional information at [pfrease@verizon.net](mailto:pfrease@verizon.net)

#### Upcoming Rides & Events:

- Skyline Drive, 2 Day Loaded Tour - **April 8-10**
  - Enjoy a scenic ride in the Blue Ridge Mountains on Saturday, camping overnight at Big Meadows Campground, and the ride back Sunday. [Click here for details.](#)
- The Tour De Cure presented by The American Diabetes Association – **Saturday, April 30**
  - The TBA already has a team so sign up today and ride with us if you wish!
- The 40<sup>th</sup> Annual Knotts Island Century – **Saturday, May 7th**
  - Enjoy the scenic routes through Chesapeake, Virginia Beach, Currituck and take the ferry to Knott's Island for a beautiful ride. This is our 40<sup>th</sup> year and we hope you can join us! Registration is open.
- VCU Health Cap2Cap Ride – **Saturday, May 14<sup>th</sup>**
  - Registration is available with the Virginia Capital Trail Foundation
- Bike MS Colonial Crossroads 2016 – Saturday, June 4<sup>th</sup> – 5<sup>th</sup>

