



The Spokin Word

July 2016

It's Hot! Hydrate!!

Everyone knows you need plenty of water on a ride, but with the temps rising and the humidity high in our area, cyclists need to be extra careful to have more than enough liquids for each ride. For longer routes, be sure to plan stops to refill empty bottles. Take a camelback with cold water if you plan to ride the quiet country roads where markets and stores are not as readily available.



Even if you think "I have enough for the rest of the ride," play it safe and spend that single \$1.00 to get that extra bottle from the mini mart. Heat stroke, heat exhaustion, or dehydration can really take a toll on your muscles. It's better to keep yourself well hydrated instead of having to miss a few days on the bike for recovery.

Remember to drink a sip or two every few minutes when riding. It's easy to get in the groove, zoned out, or super focused on the ride, our stats, or the scenery and forget that our body is thirsty. If you have a long route planned with stops for refills, don't forget to bring along some additives. Hydration tablets or drink powders will help your body absorb the water better. "I promise office, that bag of powder is just Gatorade."

If you are with a group, it doesn't hurt to yell out when you reach for your own bottle. "Hydrate!" It's a good reminder to all that, if they haven't had a sip lately, they should also probably be reaching for it themselves. Enjoy the rest of the summer and drink your water!

Rodeo Report

On Saturday, July 9th, Fran Adams spotted a bike rodeo taking place at the Dismal Swamp Trail. The group turned out to be a Cub Scout troop and had gotten permission to take over the large vehicle parking spots where they had set up. The organizer and leader of the group was a



policeman and father of one of the children participating. Small cones were arranged in a street pattern with cross streets and corners. One exercise featured a person carrying a large mock-up of a car, walking back and forth, teaching the children to look both ways and stop if the car is crossing in front of them. Another exercise was set up with small hindrances in the roads where children had to watch

carefully and swerve to avoid the obstruction. When the children finished a run-through, they returned to the start and lined up for the next exercise. The boys and girls were pretty young, but it looked like some older brothers and sisters also joined in the fun, totaling about 15 participants. It looked like a beautifully run event and all were wearing helmets, of course.

The TBA 2016 Grant Program

Tidewater Bicycle Association recently announced a grant program to the local municipalities for bicycle related improvements. Through this grant opportunity, the funds raised by the TBA can help the local cities to improve the bike-related programs and safety in our area.



The grant offer is adaptable to whatever the localities determine is needed so that it can be used for a variety of bike related improvements. Whether it's for the purchase of bicycle equipment such as bicycle counters and bike racks, or applied toward adult and youth bicycle safety programs, including high risk group intervention, and many other purposes which further the mission of the TBA. We hope to distribute a total of \$28,000 in funds to our local governments under this program.

Feel free to check with your local office and make sure they are sending in an application for these funds. The application deadline is September 1st. For additional information or questions regarding the grant, contact TBA President Bruce Drees (president@tbarides.org).

A New Logo on the Horizon

The Tidewater Bicycle Association has been a community group for many years. We have been using the same logo for a long time and are in the process of a redesign. We look forward to sharing it with you all very soon!

Along with a new look, we will also have new jerseys available for members to purchase. Details will be made available to members once the logo is complete and the jersey designs are finalized.

Upcoming Rides & Events:

- **General Membership meeting:** Currently scheduled for **Wednesday, August 10th** at the **Virginia Beach Central Library** – The board members are working to get together a wonderful presentation with Adventure Cycling via webcast where the attendees will also be able to interact and ask questions to the presenter.
- **The Eastern Shore Getaway:** September 23-25th – Spend a weekend on Chincoteague Island. It's a great social event of cycling, eating and sightseeing. Contact Fran Adams 757-467-2775 or 757-287-6593 with any questions