

Rides, local cycling news and more!



Tidewater Bicycle Association

July-August 2017 Newsletter

Coming September 30th - we invite you to join us for the TBA Suffolk Century!

This is a new event and we've laid out three routes to challenge and enjoy: 100, 66 and 43 miles. Experience a fully supported ride including rest stops spaced every 13-17 miles, SAG vehicles and a post ride meal. The starting point is the Bethlehem Ruritan Club which is conveniently located near the end of the US-58/Suffolk Bypass in Suffolk.

Come out to ride and socialize with your fellow cyclists while helping to further TBA's advocacy, safety and education initiatives!

Early registration is now open and costs just \$40 for TBA members and \$50 for our guests. For more information and to register please visit the TBA Suffolk Century event web page (<https://tbarides.org/event-2584672>).

General Membership Meeting - August 9th

Our Guest Speaker will be Delegate Ron Villanueva, Chairman of the Virginia House of Delegates Transportation Committee. He will talk about state level bicycle related legislation followed by a Q&A session. Delegate Villanueva has been very supportive of bicycling. We are honored to have him come and speak to us.

Eastern Shore Getaway - September 22-24



This is a weekend at Chincoteague Island of casual cycling on flat roads.

Accommodations: Best Western Chincoteague at group rate of \$95.24 + tax. Make your own reservations by August 11th 757-336-6557 and tell them you are with TBA. Maddox Campground – about \$26.00/night with 2 tents. With electricity \$34.00 757-336-3111. Tom's

Cove Campground (5 stars- nice view) 757-336-6498. About \$39.00 – 2 tents/one car. \$50.00 with electricity and water.

Weekend Schedule: Friday evening - dinner in town. Sat. 6:30 a.m. Sunrise bike ride to the beach followed by motel breakfast. At 8:30 we carpool to Snow Hill to then cycle to Berlin, MD for lunch (about 42 miles round trip) Cue sheet and SAG. Saturday evening: 5:30 - Pot Luck Wine and Cheese in motel lobby, then dinner in town or just get local ice cream. Sunday 6:30 a.m. Sunrise ride to the beach, Breakfast in motel lobby and bike tour of Assateague Island looking for wild ponies and tour of Lighthouse.

This is a great social event of cycling, eating and sightseeing. Fran and Fred Adams 757-467-2775 Bikalot@Verizon.net

A Quick Story - Spokes? by Aaron Bull

I was riding the Dismal Swamp Canal Trail (DSCT) this morning from my house. I passed a father & son on my way south. On my way back up I saw them again stopped on the side of the road.

I asked if they needed help & stopped to see if I could do anything. What I found was the front wheel of his son's bike (some kind of Trek MTB) with linear pull brakes was rubbing against said brakes. I pulled the brake cable out so that he could continue riding. Then I realized the wheel was bent. I thought maybe we can put the wheel a little off-center so that they could make it back to the trailhead. As I started to loosen the wheel nut, no quick release, I found 2 broken spokes. UH OH! When I moved to the other side of the wheel to loosen that nut I found 5 more broken spokes. If you're keeping up, that's 7 broken spokes. I then realize that several other spokes were loose as well. Why wouldn't they be with 7 broken spokes already?!

I looked at the dad & said I'd strongly recommend you find a ride or something as this wheel won't make it back. He asked me to get the wheel completely out & he'd try bending it back. Being the bike folks that we are, we clearly know with 7 broken spokes there's no bending the wheel back. I tried to dissuade him to no avail. He's a REALLY big dude. Probably over 300lbs. He decided to stand on the wheel and try to bend it back. I could see the hub crying out for mercy. I stated if the spokes weren't broken that might work, but with, again, 7 spokes being broken it's not going to "fix." He continued anyway.

Finally I looked at him and said: "if he were my son & the wheel was doing this I wouldn't let him ride it as more spokes will break & he could get hurt." You know what's coming. He continued to try & bend the wheel. He then asked if I'd try to put the wheel back in the fork so that his son could try & ride it. Thankfully the wheel was so bent at that point that it would not roll in the fork. He did try, however, and succeeded in breaking off the 2 sides of the brake mounts to try and give the bent wheel (well really self-destructing wheel) more space to roll which it wouldn't do.

He finally gave in and decided to walk down to the closest street to get a ride to the trailhead.

Crazy!

2017 TBA Calendar

August 9

General Membership Meeting 6:30 pm, Central Library, Virginia Beach

August 19

Veterans Bridge Dismal Swamp Canal Trail (DSCT) Ride B paced

August 26

Suffolk/Smithfield Ride 65 miles B paced

September 8

11th annual Skyline Drive Weekend

September 16

Suffolk/Smithfield Ride 65 miles B paced

September 22-24

Eastern Shore Getaway

September 23

Williamsburg Ride 55 miles B paced

September 30

TBA Suffolk Century

October 12

General Membership Meeting 6:30 pm, Central Library, Virginia Beach

Looking for more rides? Click [here](#).

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