

Rides, local cycling news and more!



Tidewater Bicycle Association

September-October 2017 Newsletter

TBA Suffolk Century



Come out for the very first TBA Suffolk Century!

With any century it's all about the ride. Do you like quiet country roads? We got 'em! Minimal turns? We've done that, especially in the first 66 miles. Want fully supported 43, 66 and 100 mile routes? Yes, with rest stops, porta-johns and SAG support.

Our routes are designed so that you don't have to commit to the century until mile 61. Feeling perky? Go for 100! Legs don't have it in them today? The finish is 5 more miles ahead.

For those riding 100 miles and a companion who's going for 43, you can even time your paces to meet along the green loop (mile 62+) and ride the last 30-40 miles together.

But why ride this event? For fitness, for challenge, for fun, for friends! More importantly, the funds raised here directly support better bicycling throughout our area.

Highlights:

- * 43, 66 and 100 mile routes
- * enjoy Starbucks coffee and juice at the start
- * from the Suffolk start the metric century loops down through North Carolina and back. The century option comes near the end (at mile 61).
- * pro bike mechanic (Gonzo Gears) at start

- * SAG support
- * up to six rest stops spaced every 12-17 miles
- * post ride meal and social with fellow cyclists
- * start/finish is conveniently located just off of US-58 near the west end of the Suffolk bypass.
- * terrain is mostly flat, but occasionally spiced up with gentle hills.
- * take advantage of early registration rates until midnight, August 31st.

TBA Blamed for Man's Loss of 30 Pounds by Patrick Benish

Dr. Scott Banks spoke at the membership meeting in June about good nutrition. He explained how our low fat and high carbohydrate diet has led to an obesity epidemic in America. As he spoke I felt he was talking directly to me. As a father and the primary family cook, I realized the unhealthy diet legacy I created for my children. He recommended we read a book by Dr. Mark Hyman entitled, "Eat Fat Get Thin". I like eating fat and I certainly wanted to be thinner. The following day I started reading the book and began my journey to better health.

I started my new nutrition plan, or call it a sugar cleanse, on July 5, 2017. A month later, I had lost 23 pounds. I was 5'9" and weighed 186 pounds, many people might not have thought I was overweight. My belly fat was not appealing to me at all. I had lost interest in running, swimming or biking. I tried to get back into exercise but after a short run it took days to recover. My right leg constantly hurt and was only one of a long list of ailments. My doctor believed it is all part of aging. Today, I am slimmer and feeling great. I exercise daily and am gradually building my endurance back.

Dr. Hyman's book opened my eyes to my sugar laden diet. It finally made sense why I could run 60 to 80 miles a week, training for marathons and still gain weight. By the way, my first week on the new nutrition plan I only ran twice. In fact, the entire first month I only logged 46 miles, an easy week of running, when I was training for marathons.

Do you get it? It was **not** the new exercise that shed the weight, it was definitely the nutrition.

In the book, Dr. Hyman explains how sugar causes inflation and a whole host of issues that arise in our bodies. Amazingly my leg stopped hurting on day two. I was running on day three. It was hard to believe how fast I dropped the weight and started feeling wonderful.

When you read the book, realize that Dr. Hyman is teaching throughout so be prepared to hear the same thing repeated as that's how we learn. Don't be alarmed by the 400 pages. He footnotes everything, so you can fact check him. He also includes 21 days of healthy healing food recipes if you want to start feeling better and learn how tasty preparing your own food can be.

If you are analytical, you will appreciate his depth without making you feel like you are reading a textbook. He provides alternative views to help us understand why we should be eating a high fat low carbohydrate diet. He explains how we took a detour 50 years ago away from the traditional healthy diet and the devastating impact it has had on our population.

Dr. Banks, in his talk that got everything started for me, said that two thirds of the US population is overweight or obese. I thought he was being sensational until I started my informal street survey. I simply look at a person's gut to see if they were carrying a little extra. In fact, Dr. Banks might have been understating things. The truly sad thing is how

many children are overweight, as well. I am not judging. If anything I am more compassionate today for those who struggle with weight problems.

Read the book to learn why counting calories and diets don't work. You may be delighted to hear you can eat butter, eggs, bacon, and beef again without feeling guilty. My favorite quote from the book is "The smartest doctor in the room is your body, listen to it." I could go on but I hope you have decided to read the book and start your journey to better health through nutrition. You will be delighted you did.

Wishing you better health!

2017 TBA Calendar

September 8 11th Annual Skyline Drive Weekend, 3:00pm, Skyline Drive - Big Meadows Campground

September 22 Eastern Shore Getaway, 6:00pm, Chincoteague Island

September 30 TBA Suffolk Century, 7:30am, Bethlehem Ruritan, 140 Manning Road, Suffolk, VA 23434

October 12 General Membership Meeting, 6:30 pm, Central Library, Virginia Beach

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

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Address: P.O. Box 66522, Virginia Beach, VA 23466

Email: editor@tbarides.org

Web: www.tbarides.org

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