

October 2013

COME RIDE WITH US



Team Portsmouth Mission

The purpose Team Portsmouth is Simple: "Promote SAFE, SUPPORTIVE & SOCIAL cycling in South Hampton Roads for all levels of cyclists."



TEAM CAPTAIN & RIDE LEADER'S MESSAGE

Want to join our Safe, Supportive, and Social Team? Simply show up for one of our weekend rides! We have NO membership dues, and as long as you abide by our riding rules stated on our website—www.teamporlmouthusa.com, you are more than welcome.

From weekly rides to

area events, we are involved in a wide range of cycling activities and have a "pace" to fit your cycling capability—B, C, and D. We are a great way to meet other cyclists and enjoy regional rides. **NO ONE GETS LEFT BEHIND, DROPPED or RIDES ALONE!**

Afterwards, we always stop at a nearby eatery for food and fellowship. So,

contact us at teamporlmouth@cox.net, 757-393-4498, or 757-672-1359 (cell). We'll add you to our ride list!



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SUPPORT OUR PORTSMOUTH BIKE SHOPS!



www.scatbikes.com - 757-483-2818



www.cycleclassicsva.com - 757-393-4498

GEAR UP FOR FALL

Cool weather conditions can offer some of the best riding you'll find. The scenery is good with changing colors and bugs are not a problem. You can go at it hard if you want for longer periods of time and not worry about getting overheated. For maximum comfort and personal safety, not to mention to provide your body with the ideal conditions for best performance, it's important to dress appropriately for the weather.

Here are some cool weather pointers to consider:

1. Wear Layers - Dressing in several light layers allows you to add and remove clothes as the temperature changes and as your body heats up or cools off.
2. Control Perspiration - You don't want to be soaked in sweat, so start out lighter, with the option to add additional layers if necessary.
3. Use Leg/Arm Warmers to Manage Temperature Swings - nothing more to say about this.
4. Cover Your Head - that's where you lose a lot of heat and like arm and leg warmers, these are easy to put on, take off, and store in your pocket or pack.

These aren't complicated tips or particularly sophisticated, but there is no doubt that remembering and using these simple concepts when you are picking out your cycling clothes will help you enjoy those great rides that cooler weather can offer, and make you a smarter cyclist all around. **BEAT THE CHILL!**

OCT 5TH HEROES FUND CENTURY CAMDEN, NC



Join

Team Portsmouth for the first annual "Heroes Fund Challenge – Metric Century & Half Metric Century – in Camden, NC. Proceeds benefit men and women, or their families, who are currently serving or have recently served in the US Armed Forces and are enduring financial hardships. SAG and mechanical support. Lunch will be provided to all participants following the ride. More info at <http://beta.active.com/camden-nc/cycling/north-carolina-heroes-fund-cycle->

camden-county-2013

The start and finish is from Camden Intermediate School located at 123 Noblitt Drive, Camden , NC.

There is a \$30 Registration and registration ends October 3rd.

For more info contact Tim White, Camden Parks & Recreation, 252-338-1919 ext 239; twhite@camdencountync.gov

OCTOBER 26TH BETWEEN THE WATERS BIKE TOUR

Explore the Eastern Shore of Virginia this fall when the Between the Waters Bike Tour begins in the historic, waterfront town of Nassawadox in Northampton County. This event, sponsored by Citizens for a Better Eastern Shore (CBES), is held on Saturday, October 26, 2013 and winds through interesting historic towns and communities and along back roads to scenic rest stops that overlook the Atlantic seaside and the Chesapeake Bay. With very little vehicle traffic, the ride is sure to be relaxed and peaceful as well as easygoing because of its flat terrain.



This bike tour is an ecotourism event for CBES, a non-profit organization serving Northampton and Accomack counties. Our Mission is to promote balanced growth while enhancing our quality of life and preserving our natural resources. The Between the Waters Bike

Tour is a major fundraiser to help us accomplish our mission.

We invite you to join CBES and membership forms are available at www.cbes.org

HOW TO GET A FREE BIKE FIT—JOIN TEAM PORTSMOUTH TOUR DE CURE AND BIKE MS RIDERS

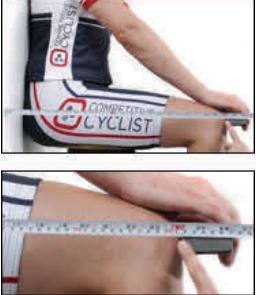
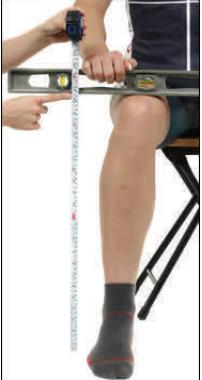
Each year, Cycle Classic's Owner—Gordon Freedman—helps Team Portsmouth build its charity ride team by offering free bike fitting services. All that is required is for that cyclist to join Team Portsmouth for either the Tour de Cure or Bike MS ride and commit to raise the minimum amount to participate in the ride. Links to join are:

- TdC — <http://main.diabetes.org/goto/TeamPortsmouthCGCity> (**scroll down to team list and click “Join”**)
- Bike MS — http://main.nationalmssociety.org/site/TR/Bike/VAXBikeEvents/84104888?pg=team&fr_id=22316&team_id=349871 (**scroll mid-way down and click on “blue” Join Our Team button**)

Once that is done, here are the remaining steps to obtaining this free bike fit:

1. Use the online fit calculator at http://www.competitivcyclist.com/za/CCY?PAGE=FIT_CALCULATOR_INTRO
2. Complete the 8 simple body measurements – inseam, trunk, forearm, arm, thigh, lower leg, sternal notch, and total body height. Once you enter the calculations, this fit calculator will provide three sets of measurements describing a range of bike frames appropriate for you. The online system also allows you to send those calculations to your email address. Attached is an example of what these calculations look like (I prefer using “Centimeters” as the fit calculator unit of measure).
3. Emailing those fit calculation measurement results to teamportsmouth@cox.net
4. We'll identify a mutually convenient date for you to come into Cycle Classic for a personal fit session. As you know, none of our team members are employed by the bike shop, so either after 5:30 pm on weekdays or after our Saturday ride or before our Sunday ride work best for us.

Bike Fit - Measurements & Results Using Competitive Cyclist Online System—Example

Inseam	Trunk	Forearm	Arm
			 
Thigh	Lower Leg	Sternal Notch	Total Body Ht
			

Bottom Line—You Will Always Be Tweaking Your Bike

OCTOBER 2013 RIDES

Non-Reoccurring Rides

Saturday, October 5th

Various 8:00 am Heroes Fund Century Camden, NC
 Join Team Portsmouth for the first annual "Heroes Fund Challenge – Metric Century & Half Metric Century – in Camden, NC. Proceeds benefit men and women, or their families, who are currently serving or have recently served in the US Armed Forces and are enduring financial hardships. SAG and mechanical support. Lunch will be provided to all participants following the ride. More info at <http://beta.active.com/camden-nc/cycling/north-carolina-heroes-fund-cycle-camden-county-2013>

From: Start & Finish: Camden Intermediate School
 123 Noblitt Drive, Camden , NC. \$30 Registration
Leader: Tim White, Camden Parks & Recreation, 252-338-1919 ext 239; twhite@camdencountync.gov

Sunday, October 6th

B/C/D Pace 3:00 pm 25 miles Portsmouth, VA
 "Tour de Cancun" ride through Historical Portsmouth Waterfront! Fun, easy-paced ride with stop mid-way along waterfront followed by Mexican feast at Cancun Fiesta!

From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 757-672-1359 or teamportsmouth@cox.net

Saturday, October 12th

B/C 7:30 am 75 miles Sunbury to Edenton, NC Loop
 One of the nicest long distance Team Portsmouth training rides. Route available at – www.teamportsmouthusa.com. Tandems welcome! In Edenton we get to enjoy a nice lunch break and watch their annual peanut festival parade. Multiple stops with SAG support and the famous chocolate brownies.

From: Sunbury, NC
Leader: John Maher, 757-672-1359 or teamportsmouth@cox.net

Sunday, October 13th

B/C/D Pace 3:00 pm 25 miles Portsmouth, VA
 "Tour de City Park" ride through Historical Portsmouth Waterfront! Fun, easy-paced ride with stop mid-way along the waterfront followed by dinner in Portsmouth!

From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 757-672-1359, teamportsmouth@cox.net

Saturday, October 19th

B/C Pace 8:00 am 36 miles Portsmouth, VA
 "Tour de Golf" Courses ride. Two stops. All Portsmouth rides are designed to prepare cyclists for upcoming Eastern Shore and other future long distance rides. Brunch stop after ride

From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 757-672-1359, teamportsmouth@cox.net

Sunday, October 20th

B/C/D Pace 3:00 pm 24 miles Portsmouth, VA
 "Tour de Joliff" – one of the nicest Portsmouth rides. All rides prepare cyclists for upcoming Eastern Shore CBES ride. One stop mid-way, SAG support & dinner at the end.

From: Cycle Classics, Old Town, 427 High St.
Leader: John Maher, 757-672-1359 or teamportsmouth@cox.net

Saturday, October 26th

Various 7:30 25, 50, 66, 100 Nassawadox, VA
Citizens for a Better Eastern Shore (CBES) – Join team Portsmouth and explore the Eastern Shore of Virginia this fall when the Between the Waters Bike Tour begins in the beautiful seaside village of Nassawadox. Choice of 20, 40, 60 or 100-mile routes. Online and Mail-in registrations end October 21 (Walk-up registration available too). More at http://www.cbess.org/events/events_biketour.asp

From: Nassawadox, VA
Leader: CBES, 757-678-7157, info@cbess.org

Sunday, October 27th

B/C/D Pace 3:00 pm 25 miles Portsmouth, VA
 "Tour de City Park" ride through Historical Portsmouth Waterfront! Fun, easy-paced ride with stop mid-way along the waterfront followed by dinner in Portsmouth!

From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 757-672-1359 or teamportsmouth@cox.net

Reoccurring Rides

Sunday October 6th, 13th, 20th, 27th

D Pace 3:00 pm 14-20 miles Portsmouth, VA
 Join Team Portsmouth for our great "MAX RELAX" beginner's ride through Historical Portsmouth Waterfront! Fun, easy-paced ride. Slow as the slowest rider! Similar route as B & C pace, but shorter. All B, C, and D pace riders return about same time for dinner downtown.

From: Cycle Classics, Olde Town, 427 High St.
Leader: John Maher, 757-672-1359 or teamportsmouth@cox.net