

September 2018

# COME RIDE WITH US



## Team Portsmouth Mission

Team Portsmouth's mission is Simple: "Promote Safe, Supportive & Social cycling in South Hampton Roads for all levels of cyclists."

## LOCAL BIKE SHOPS!



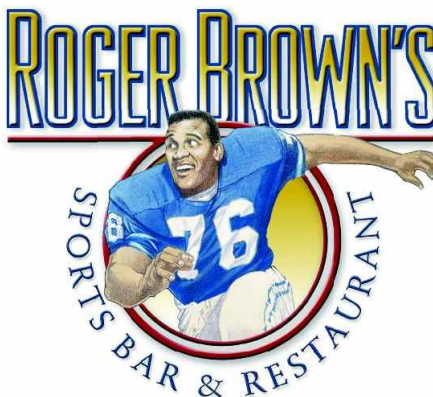
## 2019 TOUR DE CURE SIGN UP IS ALIVE & FALL 2018 RIDES

The 2019 Tour de Cure Suffolk ride is alive and you can register at - <http://main.diabetes.org/goto/TeamPortsmouth2019> with FREE registration using "THANKS2019"

There is still time to register for the Team Portsmouth 2nd year ride of the New Bern MS 150 and an asterisk indicates a team involved ride (please wear team apparel):

- \*Sept 8/9 - MS 150 New Bern, NC - join team at <http://main.nationalmssociety.org/goto/Teamportsmouth2018>
- \*Sept 8 - Surry Century - <http://pbabicycling.org/event-2926225>
- Sept 8 - Civil War Century - <http://www.civilwarcentury.com/>
- \*Sept 9 - Women's Wild Goose Chase - <http://www.friendsofblackwater.org/wild-goose-chase.html>
- \*Sept 30 - Fredericksburg Cannonball Century - <https://bikefred.com/event-2820905>
- \*Oct 6 - Culpepper Century - <http://culpepercyclingcentury.com/>
- Oct 6 - Seagull Century - <http://seagullcentury.org/>
- \*Oct 20 - Team Portsmouth Sunbury to Edenton 75 Mile ride - [teamportsmouthusa.com](http://teamportsmouthusa.com)
- \*Oct 27 - CBES Century - <http://www.cbes.org/events.html> - Almost FULL, so get signed up NOW
- **We're still working on a possible FREE Nov 3rd Tour de Cure Surprise Ride to Motivate Early Registration, so stay tuned**

## PORTSMOUTH TEAM SPONSORS - GREAT FOOD!!!



## SEPTEMBER 2018 RIDES

### Non-Reoccurring Rides & Events

**Saturday, September 1<sup>st</sup>**

**B/C Pace 7:30 am 63 miles Portsmouth, VA**  
 "Tour de Portsmouth, Suffolk & Chesapeake" – new metric route with 3 stops at the Harborview Starbucks, Bower Hills Gas Station and Bide-a-Wee golf course, then back downtown Portsmouth for lunch. Last big training ride for Sept 8 and 9 New Bern MS 150 and Sept 8 Surry Century. Lots of waterfront views in Portsmouth & Suffolk residential back roads with little car traffic. Route is <https://ridewithgps.com/routes/28485241>

**From:** Cycle Classics, Olde Town, 427 High St.

**Leader:** John Maher, 757-672-1359, [teamportsmouth@cox.net](mailto:teamportsmouth@cox.net)

**Sunday, September 2<sup>nd</sup>**

**B/C/D Pace 4:00 pm 25 miles Portsmouth, VA**  
 "Tour de Bide-a-Wee" ride through Historical Portsmouth Waterfront! Fun, easy-paced ride with stop mid-way at city golf course followed by dinner in Portsmouth!  
**From:** Cycle Classics, Olde Town, 427 High St.  
**Leader:** John Maher, 757-672-1359 or [teamportsmouth@cox.net](mailto:teamportsmouth@cox.net)

**Saturday, September 8<sup>th</sup> & 9<sup>th</sup>**

**New Bern MS 150** - <http://www.bikemsnewbern.org/> and join team at <http://main.nationalmssociety.org/goto/Teamportsmouth2018>

**Surry Century Ride** - <http://pbabicycling.org/event-2926225>

**Saturday, September 15<sup>th</sup>**

**B/C Pace 8:00 am 36 to 50 miles Portsmouth, VA**  
 "Tour de Harborview" – one of the nicest rides in Portsmouth designed to prepare cyclists for 2018 long distance rides. Two stops w/SAG support.

**From:** Cycle Classics, Olde Town, 427 High St.

**Leader:** John Maher, 757-672-1359, [teamportsmouth@cox.net](mailto:teamportsmouth@cox.net)

**Sunday, September 16<sup>th</sup>**

**B/C/D Pace 4:00 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](mailto:teamportsmouth@cox.net)

**Saturday, September 22<sup>nd</sup>**

**B/C Pace 8:00 am 40 miles Portsmouth, VA**  
 "Tour de Bowers Hill" – Portsmouth's enjoyable ride to out the Bowers Hill area and back. One stop with SAG support, and lunch afterwards

**From:** Cycle Classics, Olde Town, 427 High St.

**Leader:** John Maher, 757-672-1359 or [teamportsmouth@cox.net](mailto:teamportsmouth@cox.net)

**Sunday, September 23<sup>rd</sup>**

**B/C/D Pace 4:00 pm 25 miles Portsmouth, VA**  
 "Tour de Bide-a-Wee" – Scenic ride in Portsmouth. All rides prepare cyclists for Eastern Shore CBES ride. One stop, SAG support followed by dinner downtown.

**From:** Cycle Classics, Olde Town, 427 High St.

**Leader:** John Maher, 757-672-1359 or [teamportsmouth@cox.net](mailto:teamportsmouth@cox.net)

**Saturday, September 30<sup>th</sup>**

**B/C Pace 7:30 am 50 miles Portsmouth, VA**  
 "Tour de Sleepy Hole" – half century route with 2 stops, then back downtown Portsmouth for lunch. Last big training ride for Oct 6<sup>th</sup> Culpepper Century. Lots of rural and waterfront views in Portsmouth & Suffolk with little car traffic.

**From:** Cycle Classics, Olde Town, 427 High St.

**Leader:** John Maher, 757-672-1359, [teamportsmouth@cox.net](mailto:teamportsmouth@cox.net)

**Also – some of us are riding in Sept 30 - Fredericksburg Cannonball Century -**

<https://bikefred.com/event-2820905>

**Leader:** John Maher, 757-672-1359, [teamportsmouth@cox.net](mailto:teamportsmouth@cox.net)

### Reoccurring Rides

**4 pm Sunday September 2<sup>nd</sup>, 16<sup>th</sup>, 23<sup>rd</sup>**

**D Pace 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](mailto:teamportsmouth@cox.net)