

Weekly Rides

Day	Start From	Start Time	Miles	Pace	Leader	Comment
Sunday	Fat Frogs Va Beach	7:30 AM	21	A++	A.J. Sanders, 427-9488	Fast Paced. Slow riders dropped.
Sunday	Fat Frogs Chesapeake	7:30 AM	21	A+, A, B, C	Walt, Ben & Taylor, 410-4930	Easy to moderate. Low traffic.
Sunday	Scat Bikes	8:00 AM	45-50	A	Brian Mowry, 483-2818	20+ Ride through Smithfield
Sunday	Great Bridge Cyclery	8:00 AM	40-100	A	Kim Aldridge, 615-6106 kim@ballanceelectric.com	Call first if riding 100 miles
Sunday	Cycle Classics 427 High St. Portsmouth	4:00 PM	14-20	D	John Maher, 672-1359 classicride@cox.net	Join John for a great beginners ride through the Historical Portsmouth Waterfront.
Monday	East Coast Cycles	6:00 PM	25-30	A	Wes Cheney, 622-0446	Experienced riders. Lights required.
Tuesday	Oakland Christian Church	9:00 AM	30-60	C	Hal Heafner, 484-2501 Lee Kastner, 488-3112	Chuckatuck Riders Weather permitting
Tuesday	Great Bridge Cyclery	6:00 PM	25-45	A+/A	Kim Aldridge, 615-6106 kim@ballanceelectric.com	Fast & Faster. Paceline ride.
Tuesday	Kroger Parking Lot across from SAMS VA Beach Blvd	6:30 PM	12-15	C/C-	Mike Rogers, 650-9767 Mikerogers53@cox.net	Beginner Ride. King's Grant area "Social" ride
Tuesday	Fat Frogs Va Beach	7:30 AM	21	C	Joe Vizi, 427-9488	Rural Va Beach. No drops.
Tuesday	Kempsville Shopping Center on Princess Anne	6:30 PM	18-22	B/C	Kathy Spencer, 478-4089 Sam Brittingham, 408-2111	Taco Ride
Wednesday	Fat Frogs Va Beach	7:30 AM	21	C	Joe Vizi, 427-9488	Rural Va Beach. No drops.
Wednesday	Fat Frogs Chesapeake	7:30 AM	21	B/C	Walt & Ben, 410-4930	Easy to moderate. Low traffic.
Wednesday	Dismal Swamp Trail	9:00 AM	50-60	B	Sharon Castle, 819-3978	Bring cash and water. No ride in rain.
Wednesday	Dismal Swamp Canal Trail	9:00 AM	25-30	C	Becky Walters, 424-4692 Fran Adams, 467-2775 Anthony Cuci 482-5702	YES Group (Senior Cycling)
Wednesday	Teeuwen	4:00 PM	30-40	A	Gerald Teeuwen, 547-7188	A Pace. Paceline ride.

Weekly Rides

Greenhouse

Day	Start From	Start Time	Miles	Pace	Leader	Comment
Thursday	Fat Frogs Va Beach	7:30 AM	21	B	Joe Vizi, 427-9488	Rural Va Beach. No drops.
Thursday	Oakland Christian Church	9:00 AM	30-60	C	Hal Heafner, 484-2501 Lee Kastner, 488-3112	Chuckatuck Riders Weather permitting
Thursday	Great Bridge Cyclery	6:00 PM	25-45	A/B+	Kim Aldridge, 615-6106 kim@ballanceelectric.com	Paceline ride. No drops.
Thursday	Fat Frogs Chesapeake	6:30 PM	21	B/B-	Mike Rogers, 650-9767 Sam Gillette, 652-5774	Great ride in the country.
Friday	Fat Frogs Va Beach	7:30 AM	21	A++	Matt Keane, 427-9488	Fast Paced. Slow riders dropped.
Saturday	Fat Frogs Va Beach	7:30 AM	21	A++, B, C	Matt Keane = A, Joe Vizi -B, John Mckee/Anthony Gartner - C , 427-9488	A- Fast Paced. Slow riders dropped. B&C - Rural Va Beach. No drops.
Saturday	Oakland Christian Church	9:00 AM	30-60	C	Hal Heafner, 484-2501 Lee Kastner, 488-3112	Chuckatuck Riders Weather permitting
Saturday	Fat Frogs Chesapeake	7:30 AM	21	A+, A, B, C	Walt, Ben & Taylor, 410-4930	Easy to moderate. Low traffic.
Saturday	Teeuwen Greenhouse	10:00 AM	35-40	A	Gerald Teeuwen, 547-7188	A Pace. Paceline ride.
Saturday	Va Bch Municipal Ctr	7:30 AM	40-100	A	Kim Aldridge, 615-6106 kim@ballanceelectric.com	Call first if riding 100 miles
Saturday	All About Bikes, Chesapeake	7:30 AM	25/40	A+/A-	All About Bikes, 382-7878	Long and short rides. Fast ride.
Saturday	East Coast Cycles	8:00 AM	25-30	A, B+	Michael & Iesha Shipp 351-2112	If it rains we spin.
Saturday	Cycle Classics 427 High St. Portsmouth	10:00 AM	25	B,C	John Maher, 672-1359 classicsride@cox.net	Tour de Bide-a-Wee