President’s Message:
Spring is upon us! Robins are everywhere and the trees are budding. It is time to dust off your bike and get outside! I was happily surprised to see so many folks out at our first Tuesday Afternoon ride at the Hanover Courthouse. There were eighteen folks ready to ride at 5pm that Tuesday. Of course, it didn’t hurt that it was sunny and 70 degrees.

Please help out our ride leaders by volunteering to lead a ride. The most valuable asset we have is all of the rides we sponsor every month. That is the reason I joined this club – to ride my bike! I enjoy riding with and meeting other people. If you are new to the club or have a friend that has just picked up a bike please come out and join us Saturday April 14 for the beginners ride. No one will be left behind. We will have a nice leisurely ten mile ride out to Ashland and 10 more back. If you are an experienced rider please come out and help us give all these new folks a great experience. We want to make sure to have a good ratio of experienced riders to new riders to escort them and work on their bike safety skills while they are riding.

I’d like to thank Bud Vye and Champe Burnley for their help in manning the exhibit and sponsorship table at the Banff Film Festival. Chesterfield Parks and Rec was kind enough to let us put out materials on cycling and promoting RABA. There was a huge turn out and I saw lots of RABA members.

I need your help in encouraging riders to join RABA. Please pick up the phone and call an old cycling friend and encourage them to get out on their bike and become a RABA member. It seems like some of our past core members have fallen off the radar screen in recent years. Spring is a great time for a new start!

U.S. Open Cycling Championships Coming to Town
The U.S. Open Cycling Championships is bringing the excitement and speed of international bicycle racing to Central Virginia on Saturday, April 7. The UCI-sanctioned men’s race (UCI, 1.1), part of the USA Cycling Pro Tour, will start in Williamsburg at 8:10 a.m. in front of the colonial Powder Magazine. After a circuit around the colonial area, the course heads past Jamestown and then heads up the Virginia Route 5 corridor toward Richmond. Along the way the cyclists will pass the James River Plantations, the Charles City County Courthouse, and the Malvern Hill Battlefield.

Upon entering Richmond at about 10:30 a.m., the racers will begin a 7.1 mile circuit, including a steep climb over cobblestones in Libby Hill Park, and passage through both Jackson Ward and Shockoe Bottom. The men will finish around 12:00 noon in front of The Library of Virginia. Live Jumbotrons will be set up both at the finish line and in Libby Hill Park.

The women’s circuit race starts at 9:00 a.m. in Richmond in front of The Library of Virginia, and will finish at about 10:15 a.m.

After watching the race in person, you can watch it in a same-day national broadcast on NBC Sports, from 2:30-5:00 p.m. Visit www.usopencycling.com for more information.

Volunteers Needed for U.S. Open Bicycling Race
Please see the details on page 2 of this month’s Pedaler.
Volunteers Needed for U.S. Open Bicycling Race

Last fall, big news for professional cycling racing in Richmond was announced: the U.S. Open Bicycling Race from Williamsburg to Richmond on Saturday, April 7, 2007. The race will begin in Williamsburg, go onto Rt 5 and eventually end up with a circuit around the City of Richmond, incorporating some of the steep hills and cobblestones of downtown Richmond and Church Hill. The RABA Board has been excitedly waiting for news on whether or not the event is still on and it is! But as with any major sporting event, the need for volunteers is very great. The organizers of the race need course marshals for the Richmond Circuit; the racers will probably appear around lunchtime or early afternoon. If you or anyone you know can volunteer to be a course marshal or any other position, like event set-up, office help, etc, please contact ASAP Kim Moore 358-0935 luvs2cycle@yahoo.com

RABA April Meeting

Club Digital Slide Show
Wednesday, April 4, 6:45 p.m.
At Virginia Housing Development Authority (VHDA), 601 S Belvidere St

This is a new meeting idea proposed by Social Ride Captain Jeanne Minnix. We’re showing bicycling-related pictures sent by club members to show how much fun bicyclists have! Each member who has pictures in the show will be asked to give a short presentation about the context in which the picture is taken. We’re also inviting new members to come and meet seasoned club riders at every level. Interested in finding out more about riding in groups? Want to know what races are being planned for the upcoming season? Just want to meet people or talk about bicycling? This is the meeting for you! There will also be light refreshments served during and after the digital picture show.

VHDA is located in between Ethyl Corporation and the Virginia War Memorial. VHDA will be on the left as you head southbound, before you cross the Lee Bridge. If you have crossed the James River, you have gone too far! Free parking is available in front of the building; please enter through the front glass doors. You will be asked to sign in when entering the building, and sign out when you leave. The meeting room is on the main floor, to the left of the guard desk, down the hall on the right.

May 9 meeting – Let’s celebrate the return of warmer weather and lots of rides on the RABA calendar with a Pedal & Pizza ride at Laurel Park Shopping Center. More details to follow in the May Pedaler.
Richmond Area Bicycling Association  
Operations (excl. special activities)  

<table>
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<tr>
<th>Source of Funds - all activities</th>
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<th>2007</th>
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<td>RABA Dues</td>
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<td>Investment Income</td>
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<td>Misc. income</td>
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<td>Pedaler</td>
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<tr>
<td>Advocacy</td>
<td>Donations</td>
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<tr>
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<tr>
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**Operating Income (Loss)**  
$ (2,513.00)  
$ 691.75

Note: In 2006, annual renewal fees were pro-rated in order to transition all members to a January 1 renewal date; so most fees were for partial year. 2007 is the first full year of member dues at the new rates.

The Richmond Area Bicycling Association (RABA) is an organization with a tax-exempt status of 501(c)(4) and operates exclusively for the promotion of social welfare. “Social welfare” means that an organization should promote the common good and general welfare of the people of the community as a whole.

2006 - Source of Funds - all activities

- RABA Dues
- Investment Income
- Jerseys *
- Heart of Virginia
- Misc.

Sources = $15,010  

* purchased in prior years

2006 - Use of Funds/Savings - all activities

- Savings
- Pedaler
- Advocacy
- Insurance
- Rideline
- Donations
- Other
- Uses = $11,834
Heard & Seen Around the Club
by Bud Vye

Some Club members noted in the Times Dispatch, as Ike & Judith Koziol are pictured doing the Tango during a “Dancing with the Healing Stars: The Dancing Doctors of Bon Secours” exhibition that was part of a health expo at RIR that attracted more than 3,200.

Also pleased to see the review of the opera “Agrippina” (particularly since my wife and I had just seen the opera) carrying the by line of Martha Erwin. I always enjoy reading the reviews of the performances I attend, although there are times when I think the reviewer and I have seen two different plays. In this case I thought Martha had done an excellent job of describing the opera, which was one of the most theatrically staged, and interesting, operas I had ever seen.

Since we ride by there frequently, I noted with interest that the Pryor’s Dover Hall on Rt. 621 near the Deep Run Hunt Club in Goochland county has been listed for sale at $11.5 million. (and for an extra $2.5 million the owners will throw in most of the house’s exquisite furnishings.) The 32,000 sq. ft. main house, with 15 full baths, and 16 half baths, on 55 acres, was built back in 98 & 99, and moved into in Y2K. At that time, reports were that it had cost around $5 million. Since the family consisted of a man, wife, and a teen aged son, it seemed like a lot of house and bathrooms. The Pryors are not commenting on why they are selling, but their architect hinted that they have been thinking about their next house, and hoping that he gets a chance to design it. It’ll be interesting to see how quickly they are able to sell it, and to whom.

Also out in Goochland, but a little closer in, problems are cropping up for the cyclists who have been riding in West Creek ever since the nice roads were first put in, and the very nice street lighting installed. Since Capital One’s campus now has 9 buildings, and CarMax has joined the other companies that were there earlier, the office park is not the semi-deserted place it once was. As a result, complaints about the cyclists are starting to mount up, and the firm responsible for security at the Capital One campus is cracking down on non-employees who are found on their property. As the non-smiling man in charge of security told me, when I asked him about the policy change, “This is not a public park we’re running out here.” If you are one of those used to riding out there, be advised. Taking your bike around the Capital One semaphore gates and short cutting through their property on your circuit is now frowned upon.

Lots of events coming up, as we get into the nice weather season. Although there are some who insist the race won’t come off, the organizers of the U.S. Open Cycling Championship insist that it will. April 7th is close at hand, so it won’t be long before we’ll see for ourselves. If it does, it should be a neat event, starting at Williamsburg at 8:00 a.m. and wending its way west on and off Rt. 5 to a circuit race finish in downtown Richmond around 11:00 a.m. that will feature some really tough climbs up Church Hill down in the Tobacco Row area. As always, these events need lots of course marshals, so look for the call for volunteers very shortly. Two weeks later, on April 21st, we’ve got our Earth Day Ride down to Old Manchester, which figures to have better weather than the rain we had last year.

Queen Elizabeth has let it be known that she will be attending the Kentucky Derby on May 5th, so she will not be in Jamestown that day, which is when we are participating in the Capital to Capital Trail Ride. Gary Faison once again is heading up our end of that event, and really needs some help with registration at Dorey Park, as well as with parking at that venue and staffing one of the rest stops. As we did last year, let’s get a big RABA turnout out there for this event, and if you can give Gary a hand with staffing it, it will be deeply appreciated. Another event that will add some spice to the Cap2Cap is that Governor Kaine will cut the ribbon for the second segment of the trail (5 miles from Jamestown H.S. west to the Chickahominy River bridge, alongside Rt. 5) that morning, so the eastern 8 miles of the trail will be in use for the ride that day. I have heard that the Governor will also issue his proclamation of May as Bicycling Month in Virginia at that time, rather than doing it on the Capitol grounds as has been done in the past.

Also a number of National and International Duathlon events (where the competitors run, cycle, and then run again) scheduled for this area starting in April of next year, with the World Championships following in October of ‘08. These events also will be held here in ‘09 and ‘10. You’ll be hearing much more about these events as we get closer.

As we see Bill Whitworth, Cam Hoggan, and Sandy Norman back on the road, the injured list was down to just one, and then we learn that Dee Nuckols has prostate cancer. Hopefully, its in the early stages and can be treated readily, without curtailing his riding too severely. For now, he joins Mark Forte on “The List”, as Mark is improving but still disabled with blood clots in his legs. He’s hoping the improvement continues and that he will be able to get back out with us by June. Not disabled, but very busy with the construction of their new house (near the ABC route, just west of the RR tracks in Elmont) is Jeff Ault, so I don’t expect that we will be seeing much of Jeff or Dawn on Saturday mornings until the house is completed.

And just learned that we will be losing David Patton, who has done such a great job as VDOT’s Bicycle and Pedestrian Coordinator since taking that post about two years ago. He has only his thesis to complete in finishing up his Ph.D, so has decided to return to Oxford to do so before any more time elapses. VDOT is advertising now for his replacement, and we wish David well as he goes back to England to finish his doctorate.

One other Advocacy item to report, as VDOT comes through again and installs the missing U.S. Bike Route signs on Rt. 1 in Hanover county south of Ashland (you’ll notice them the next time you do the ABC ride, if you haven’t already) and on Rt. 76 in Hanover east of Ashland, in both cases all the way to the Henrico border. Now we’re waiting for VDOT to do Chesterfield, and the Town of Ashland, and the City of Richmond to do their parts, after which the routes will be 100% in this region.
Ride Ratings: (Distance-Pace-Stops-Hills)

**Distance:** may be several options - **Pace** V (variable) or given in mph—**Stops:** F (Frequent); S (Some); N (None); R (Rare) - **Hills:** F/G (Few/Gentle); S/M (Some/Mild); M (Moderate); S/S (Some/Steep); M/S (Many/Steep)

Ride times listed are departure times.

***check your RABA email distribution list or ridefinder email for latest updates***

Weekly Rides
Coordinator: Jeanne Minnix 804-594-0842
jminnix@comcast.net

**Ride leader note:** Please submit ride sheets to Statisticians Al and Lois Farrell, 4202 Hickory Nut Place; Midlothian, VA 23112. Members interested in taking a turn as leader of these rides should contact Jeanne Minnix at 594-0842 or jminnix@comcast.net.

**April Rides**

**Sunday 9:00 a.m.**
**Powhatan Court House**
(35 to 60-14 mph and up-S-F/G)
Leaders: Barry and Martha Pullen, 561-3950

Meet at the Powhatan County Court House on Route 13. There are many nice rides from the Court House, mostly with good scenery and low traffic. The ride leaders will select a route that will vary between about 35-60 miles with a shorter option usually available. There may be no store stops on the shorter options. Maps and cue sheets will be available for those wishing to ride at their own pace. If the weather is doubtful, call the leaders to confirm if they will be riding.

**Sunday 2:00 p.m.**
**East End Excursion—last ride for the season is Apr 15**
(30 to 60-15 mph and up-S-S/M)
Leaders: Katy and Randy Rosemond, (804) 966-5472 or velosalsaman@aol.com

Meet at Dorey Park (Darbytown Road, 1 mile East of South Laburnum Avenue) for a fast spin through Eastern Henrico County and sometimes including Charles City County. The route varies to match the mood of the group and the weather. Can you say colder equals slower and shorter? Maps and cue sheets will be available for those wishing to ride at their own pace.

**Tuesday 5:40, 5:50 & 6 p.m.**
**Innsbrook Options**
Leaders: Mike & Kim Moore 358-0935

This is the 12th year that the Moores have led this intermediate to advanced level ride in and around Rockville. Riders should have a strong fitness level, paceline riding skills and good bicycle handling before attempting this ride. There are three start times to keep packs of riders smaller and more manageable - the earlier the start time, the faster the group. Because this area of town has exploded with housing growth and traffic, obeying traffic laws and riding single file are a must!

To get to the start, take I-64 West to I-295; take the Nuckols Road North Exit. Go approx. one mile, turn right on Concourse Blvd. Park in rear right parking lot.

**Wednesday 10:30 a.m.**
**Retiree’s Midweek Ride and Lunch**
Meets at a different location each week for a ride of 25 to 40 miles, followed by lunch. All riders invited. With Rideline discontinued, each week's location will be announced to the Ridefinder and the RABA E Lists. If you are not on either, call Bud Vye, 262-9544 or Barry Pullen, 561-3950.

**Wednesday, 6:15 p.m.**
**Chesterfield County Ride**
Leaders: Al & Lois Farrell, 744-9306 afarrell3@verizon.net

This ride combines some smooth, flat sections and some rolling hills. There are typically two groups –
one that averages about 17 and a faster group that averages around 20. Maps will be available to those wishing to ride at their own pace. The ride leaves from the Bethia Methodist Church at the corner of Winterpock and Beach. Take Hull Street 2.2 miles west of 288. Turn left at the light just past Lowes onto Winterpock. The church is 2.8 miles on the right just before the Stop sign at Beach. Be sure to allow time for traffic congestion on Hull Street on your way to the ride.

Thursday 5:40, 5:50 & 6 p.m.
Glen Allen Elem School Options
[23/26/36/38-19 to 23-N-S/S]
Leaders: Mike & Kim Moore 358-0935

There are three start times to keep packs of riders smaller and more manageable. The route will include such favorite hills as Animal Shelter, the Three Sisters, Rocket’s Mill and Horseshoe. Riders who ride at a more social pace are welcome to come out – cue sheets are available. Obeying traffic laws and riding single file are a must. To get to the start, take Staples Mill Rd/Rt 33 West. Turn right onto Mountain Rd, then turn left onto Mill Rd (fire station at this corner). The school will be on the right.

Thursday 6:00 p.m., starting April 12
(note parking change & earlier start from last year)
East End Ride [28/22/15-V-S-M]
Leaders: Eleanor & Wayne Shipley 737.7176; cell 350.2529

Meet at the Black Creek Baptist Church on Route 628/McClellan Road; use the parking area beside the brick church on the north side. The short option is for new riders and stays together so no one is left behind, while experienced and faster riders may take off on the longer options. Many riders will arrive by 5:45 pm in order to complete the longest ride before dark. I will leave the sign up sheet and ride maps out for anyone who can't make the earlier time. After the ride join the group for dinner at Nine Mile Grill, formerly Stuart’s Restaurant in Highland Springs. We need to be at the restaurant by 8:00 pm.

From Richmond, take I-64 east to Exit 197B Highland Springs; continue north on Airport Road/156, crossing Nine Mile Road, I-295 and the Chickahominy River before turning right on 630/Market Road. After 0.8 of a mile take the right fork on 613/Fox Hunter Lane at the Black Creek Store. Continue 0.75 of a mile to a left turn at 628/McClellan Road. Then two miles to the church on the left side.

Thursday 7:00 p.m.
Ashland Dinner Club [20/13-15-V-N-M]
Leader: Champe Burnley, 358-6697, champe_burnley@hotmail.com

This evening ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. We will ride to Ashland, and stop for dinner at a selected restaurant. The group retraces the route back to Laurel Park for a twenty miles total. The pace is generally relaxed so any type of bike is appropriate. Remember to:
- bring at least one headlight which provides enough light to illuminate the road in front of you
- at least one bright-red blinkie for the rear of your bike
- spare batteries for all lights,
- lots of reflective clothing/ vests/ legbands/ armbands.

CHECK ALL LIGHTS AND BATTERIES BEFORE YOU GET TO LAUREL PARK!!!

Friday, 2:00 p.m.
Fridays at Hylas [25 to 40-16 to 18 mph, S-S/M]
Leader: Dave Bloor, 285-6177

The ride will start and end at the Berea Baptist Church at the intersection of 623 (Ashland Road) and 271 (Pouncey Tract). To get there take 64 West to exit 173 (Rockville, Manakin), go right (north) on 623 and travel 2.5 miles to the Berea Baptist Church (on your right just before the intersection with 271). The ride will vary each week. Maps and cue sheets will be available for those wishing to ride at their own pace.

Saturday 8:00-8:30 a.m.
EARLIER START TIME
The Ashland Breakfast Club (ABC)
(Mileage varies – all speeds- S-S-M)

This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. The basic ride is ten almost flat miles to Ashland, where riders stop at Hardees or Ashland Coffee & Tea for breakfast or a hot or cold drink. Groups split, with some retracing the route back to Laurel Park for a 20 mile ride while others do various extensions for additional miles before returning to the starting point. Riders may join the ride leader’s group or form a group of their own based on preferred pace and distance. Maps and cue sheets will be available for those wishing to ride at their own pace. Riders arriving after the ride leader has left will find the sign-up sheet and route maps on the ride leader’s car.

Thanks to March ABC ride leaders: Hugh Aaron, Bill Whitworth, Stan Goldman, Gene Golden and Rickey Davis. Your help in leading the rides makes for a more enjoyable ride experience. Thanks for all that you guys do.

April ABC Ride Leaders are:
07 Mark Hoerath, 560-1788
14 Jerry Hefele, 746-7155
21 Bill Whitworth, 285-9193
28 Jim Holgate, 672-6532

The Ashland Lunch Club (ALC) has ended for the winter season. It will start up again in the colder, winter weather. Take advantage of one of the many
mid-week rides that have started up this month. Thanks to ALC March ride leaders: Greg Brown, MaryAnn Kaveski, Hugh Aaron, Dorian Kidd, and Joe Hazel.

Social Rides
Coordinator: Jeanne Minnix 804-594-0842 jminnix@comcast.net

Please submit ride sheets to Statisticians Al and Lois Farrell, 4202 Hickory Nut Place; Midlothian, VA 23112. If you wish to lead a ride, please contact Jeanne via email and send in a complete ride description no later than the 12th of the month.

April 1 (Sunday) 9:30 am
Mount Vernon Trail
(38-12-S-S/M)
Leader: Bud Vye, 262-9544

Here's our annual quest to catch the cherry blossoms in full bloom. Meet at the Mount Vernon parking lot (approx. 1 hr. 40 min. driving time from the north side of Richmond --- N on I-95 to Ft. Belvoir/Mt. Vernon exit, [do not get on the HOV lanes, since they have no exit for Ft. Belvoir/Mt. Vernon], N on Rt. 1 thru Ft. Belvoir to a right on Mt. Vernon Parkway) to ride the famed Mount Vernon Trail. We'll stop at the Gourmet Deli in Alexandria to get sandwiches and drinks to take with us, so no need to bring your lunch from home, but better have a pannier or knapsack to carry it in. As usual, we'll have lunch in front of the Lincoln Memorial, and will stop at the Viet Nam Wall, the Einstein statue, the Korean War, World War II, FDR, George Mason, and Jefferson Memorials, plus whatever special event may be taking place that day. We'll also check out the location of the Martin Luther King Memorial, and see what progress has been made there.

Bring your camera! Road bikes, hybrids, and mountain bikes are all OK on this one, but I wouldn't try it with a tandem. If you are interested in carpooling, call Bud prior to the ride, since he may be able to take you in his car, or hook you up with someone else.

April 8 (Sunday) 9:30 am
Caroline County Cruise
(61-15-18-S-S/M)
Leader: Champe Burnley, 358-6697

Ready to start picking up the miles for the summer? Join us for a great metric century cruise. The terrain is relatively flat so if you are looking for an early season metric, this is the ride! We'll meet at the Ruritan building (an old school house located on Route 648 at Doggetts Fork, VA.)

There are NO store stops on this route, but there are two water stops where water bottles can be filled. One stop will be at the fire station in Newtown where there is a spigot. Come prepared with extra power gel and provisions. There will be no place to purchase food or sports drinks.

Directions to the start: from Richmond, take I-95 north to Route 30 (Exit 98), east on Route 30 to 301 at Dawn, north on 301 approx. 4.5 miles to Rt. 647, right on 647 approx. .2 miles to Rt. 648, left on 648 and park at the Ruritan building (former Pendleton School House). The Ruritan building (school house) is about fifty or seventy five feet down the road (648) on the left. One can't miss it. I will arrive early so riders will see me.

April 14 (Saturday) 8:00-8:30 a.m.
Group Rides for New Riders
(20/30 miles – 12-20 mph- S-S-M)
Leader: Champe Burnley, 358-6697

Please join us to assist with the Group Ride for New Riders. This ride is aimed at attracting new cyclists to RABA. We are expecting all levels of cyclists; those who are new to the Richmond area as well as those new to cycling. This ride will depart from Laurel Park and follow the normal ABC route with a stopover at Ashland Coffee and Tea. For stronger riders, we'll offer a 30 mile extension. If you would like to assist with this ride, please contact Champe Burnley 358-6697. champe_burnley@hotmail.com

MEMBERS: PLEASE GO OUT OF YOUR WAY TO MAKE THESE RIDERS FEEL WELCOME AND THEIR RIDE ENJOYABLE!

April 14 (Saturday) 9:30 a.m.
Waverly to Spring Grove
(48 miles-15 mph –S-F/G)
Leader: Jack Huber, 282-3872

Meet at the parking lot behind the former Coppahaunk Tavern in Waverly (intersection of Rts. 460 and 40). The route will head north into Surry County to a rest stop at the country store Jack's grandparents operated from 1938 to 1965.

To get to Waverly take I-95 or I-295 south from Richmond to Route 460 east (toward Norfolk). After the ride participants are welcome to eat lunch together at a restaurant in Waverly.

April 15, 2006 (Sunday) 9:30 am
Halifax History Ride and Meander
(69/54/24-14-S-S/M)
Leader: Dave Strickland, 434-594-5371, skimo_dave@yahoo.com

Meet Dave for one of his rides in Halifax County with level and smooth roads with low traffic and a tour of Halifax County. The participants on the October ride last year really enjoyed the countryside and this ride is more rural and traffic free than the last one. Starting at the Boat Landing at Weldon, North Carolina, the tour goes to Enfield, Scotland Neck and Halifax, where there are store stops, each about 20 miles apart. The Williamsburg and the Greenville NC(EC Velo) Bicycle clubs are also invited. This is a social ride but faster riders are welcome. Cue sheets will be available to those who wish to ride at their own pace. After the ride those who wish may join the group for lunch at Ralph’s Barbeque or Mayflower Sea-
To get to the Boat Landing, take Interstate 95 South to Exit 173 at Roanoke Rapids. Follow 158 East for 2 to 3 miles and you will see the boat landing on your right. The drive is about an hour and a half from Richmond and about the same from Greenville, NC.

April 21 (Saturday) 10:15 am, April 22 (Sunday) 9:00 am
The C&O and W&OD Loop
(www.bikewashington.org/routes/wodco/wodco.htm)
(40 on Saturday, 35 on Sunday - All Speeds - S - S/M)
Leaders: Hugh Aaron, 804-690-9720 or hugh@theaarons.com
Joe Hazel, 804-746-9248 or JLHazel@comcast.net

This is a 2 day loop ride. We will meet in Leesburg, VA at the Town Municipal Garage
(www.leesburgva.com/pdfs/Community_outreach_parking_map2.pdf) at 10:15 am Saturday morning. Leesburg is approximately 125 miles from Richmond. Weekend parking in the garage is free.

On Saturday we will ride from Leesburg to Georgetown via the C&O Towpath (about 40 miles). Saturday night we will spend the night at a hotel in Georgetown. Sunday morning we will all meet at a designated spot in Georgetown at 9:00 am for the return ride to Leesburg via the W&OD (about 35 miles). Please let Hugh or Joe know if you plan to join us so that we can be sure to look for you at the garage in Leesburg.

April 21 (Saturday) 8:30 a.m.
Mayor's Walk & Roll and Earth Day Ride
[approx. 25 miles @ 13 mph]
Leader: Bud Vye, 262-9544

As we've done in past years, RABA riders will ride from Laurel Park shopping center downtown to take part in the Mayor's Walk & Roll festivities, which again have been combined with the Earth Day events. Wear your RABA jersey and join Bud for the ride down to Old Manchester, which is on Hull St., just on the south side of the Mayo/14th St. Bridge. Once there, we will ride down the Floodwall/Slave Trail to the Old Manchester landing and back before taking in the festivities which will include music and entertainment from two stages, an art exhibit at Art Works, exhibits and food vendors. Last year our group followed all of this with a pleasant lunch at Plant Zero before riding back to Laurel Park. If you haven't seen all the restoration in this area yet, here's a great chance to do so. You'll be impressed and will help RABA make a good showing on Earth Day.

April 29 (Sunday) 9:00 am
Frog Level Metric Century
[62/55/30 miles - 14 to 18 mph-S-S/S]
Leader: Bobby Weitzel, 484-0054

Meet Bobby at the Hanover Courthouse on Rt. 301, 10 miles north of I-295 to do a long time club favorite ride up into Caroline county and through Milford. Shorter options available of 55 and 30 miles. Store stops available.

May 5 (Saturday) Century 7:00-8:00 a.m.
All others 8:30-9:30 a.m.
Cap-to-Cap Century
Leader: Gary Faison, 794-6365

Join us for the 4th annual Capital-to-Capital Century & Half-Century between our colonial and modern capitals, Jamestown-Williamsburg-Richmond along Scenic Byway, Route 5 - the TransAm route and home to historic plantations, battlefields and future site of the Virginia Capital Trail. There will be simultaneous starts in Richmond (Dorey Park) and Jamestown. Follow signs to registration! Home-style barbecue lunch served at Charles City Courthouse. Proceeds benefit the Virginia Capital Trail Foundation. The registration fee is $25 single, $40 tandem, less 10% for RABA members. For more information and to register go to www.virginiacapitaltrail.org. You may also register on-site.

From Richmond, travel I-64 east to Exit 192 Laburnum. Go right on Laburnum and travel about three miles to the intersection with Darbytown Road. Go left on Darbytown for about one mile to the Dorey Park entrance on the right.

Volunteers needed for registration, parking, covering rest stops, set up, and SAG!!!!!!!!!

May 19 and 20 (Saturday and Sunday) 10:00 am
Scoot Along The Skyline Drive 2
[51 on Saturday, 54 on Sunday]
 Leaders: Mark & Karen Hoerath, 560-1788
Join Mark & Karen for a 2 day bike ride along The Skyline Drive. We tried this last year riding around rain and through clouds. This year’s date is 4 weeks later so we predict perfect sunny skies.

Transportation to Front Royal and back from Rockfish Gap is your responsibility. The ride will start at the Shenandoah Valley Overlook at MP 2.8 (1st southbound pull-off inside Front Royal Entrance Station). Ride start is 10 AM.

We bike 51 miles (and almost 5,000 vertical feet) to our overnight stop at Big Meadows. Big Meadows has a lodge, camping and restaurant. Food was pretty good and the lodge is comfortable and rustic. You can call 1-800-778-2851 or go to http://www.visitshenandoah.com/rates.shtml to make reservations. On Sunday we bike 54 miles (and 4,430 vertical feet) to Rockfish Gap and I-64 for the return drive to Richmond.

The views are spectacular. Car traffic is minimal & friendly. The road surface is in great shape and the climbs only average 4-6%, “easier than the Blue Ridge Parkway”. The route is a no-brainer…just ride on Skyline Drive, no turns and no way to get lost. There are numerous water and food stops along Skyline Drive, and we will carry food and snacks for all to share – your snack contribution is welcome.
June 3 (Sunday) 8:00 a.m. and 9:00 a.m.
Mileage Mavens Surry Centuries
[62/100-15-S/F/G]
Leaders: Jack and Thomas Huber, 804-282-3872
(or 757-866-0609 the evening/morning before the ride)
Meet at the Surry County Government Center (Route1002 just off Route 10 in Surry) for a summer challenge. The 100 mile ride will start at 8:00 a.m. and the metric at 9:00 a.m. Both routes pass through parts of Surry, Isle of Wight, Southampton and Sussex Counties. There will be a few store stops and Thomas will be on the route with limited sag service. There will be an opportunity for lunch on both routes in Wakefield.
From the Richmond area, take I-95 or I-295 south (or 757-866-0609 the evening/morning before the ride)
leaders: Jack and Thomas Huber, 804-282-3872
Meet at the Surry County Government Center (Route1002 just off Route 10 in Surry) for a summer challenge. The 100 mile ride will start at 8:00 a.m. and the metric at 9:00 a.m. Both routes pass through parts of Surry, Isle of Wight, Southampton and Sussex Counties. There will be a few store stops and Thomas will be on the route with limited sag service. There will be an opportunity for lunch on both routes in Wakefield.

Fast Rides
Coordinator Mike Moore 358-0935
luvs2cycle@yahoo.com

April 8 (Sunday)
As of press time, no ride has been scheduled.
Please check either www.raba.org. Ride Calendar section or the RABA email distribution list for a possible last minute addition. If you are not on the distribution list for the RABA email, you may join by writing to Kim Moore, luvs2cycle@yahoo.com.

April 15 (Sunday) – 9 a.m.
Dorey Park [50-18-S-S/M]
Leaders: Mike & Kim Moore 358-0935
Come out and ride the eastern area of Richmond in preparation for the upcoming Capital-to-Capital Century in May. Social riders are welcome to attend. Meet at Dorey Park, at the back picnic shelters. Please bring extra fluid/food in case stores are closed. Take I-64 East until you reach the Laburnum Ave exit. Take a right at the stoplight onto Laburnum Ave. Continue on Laburnum Ave, crossing Williamsburg Rd, then Charles City Rd, and then pass Nabisco manufacturing plant. Continue on to Darbytown Rd. Take a left onto Darbytown Rd and stay on it for approximately 1.5 miles. Dorey Park will be on your right.

April 22 (Sunday) – 9:30 a.m.
Gum Spring to Columbia [55ish-16 to 18-S-S/S]
Leaders: Mike & Kim Moore 358-0935
While the hilly terrain may be a little more challenging, the scenery makes the effort worth it. Plus riders will have many chances to practice their hill climbing skills. Please bring extra fluid and food in case stores may not be open. To get to the start, take I-64 West to the Gum Spring exit. Take a left turn at the end of the exit. Drive approximately ½ mile and park at the gravel lot on the right (former Park & Ride).

April 29 (Sunday) – 9:00 a.m
Frog Level Metric [38/62-18-S-S/S]
Leaders: Mike & Kim Moore 358-0935
This is a joint social/fast ride. Please see the social ride calendar for details.

Introduction to Mountain Biking
Want to start mountain biking? Not sure how to get started? Take this opportunity to join us for the Introduction to Mountain Biking class! When: Class will be held on the first Saturday of the month April — August, 2007. 10:00 AM
Where: Poor Farm Park near Ashland, VA.
Cost: Free Requirements: Requirements include a mountain bike and bicycle helmet. A limited number of loaner bikes and helmets will be available on a first come first serve basis. This course is intended to instruct beginners on the basic skill needed to participate in the sport of mountain biking. Topics covered include but are not limited to: basic bicycle and helmet fit, cornering, shifting, braking, and riding roots, logs, ascending, descending, and other trail features. Class dates: April 7, May 5, June 2, July 7, and Aug 4. Directions: From Ashland take 54 West to Liberty School Rd. (Look for brown "Poor Farm Park" sign). Left on Liberty School Rd., pass the school on the left and the park is straight ahead. Park in the last lot on the right. Contact Joel Street: Tel: 752-4851, email: joel@cobblestonebikes.com

Frostbite Tour Recap
The Frostbite Tour, just east of Raleigh NC last night was a wonderful ride. They had well planned routes over a rolling, sometimes challenging route. The routes were well supported and the sponsors were very friendly and helpful. The weather was cool but not unbearable or uncomfortable. I look forward to doing this ride again next year.
Come join me and the few Richmond souls that joined me this year for next years ride. Riding in support of Cancer research is a worthy cause.

The Fringe
Saturday March 31, 2p.m. Belle Isle
The Cutthroats present, "Evil Fools Day - CYCLE SLAUGHTERAMA3"
Fringe cycling at it's best. A look at today's youth and what they do on bikes. (You may want to leave your bike at home!)
Events include: Bike Jousting, Chicken Fight Races, Mutant/ Tallbikes, Bumper Bikes, Worlds Smallest Race, Whiplash. Is this the future of cycling? You should visit their website before you come to this event: www.cutthroatsrva.org <http://www.cutthroatsrva.org>

Round 1 Bike — An entire day of bike races at Southside Speedway. Admission is free. Come out and watch or sign up and race! Races from 9a-4:30p Directions: From I-195: Merge onto VA 76/Powhite Parkway. Go approx. 12.5 mi. and turn left on Charter Colony Pkwy. Go 0.8 mi. and turn left at Genito Rd. Go 1.1 mi. Speedwebway is on the left. For additional information visit: http://www.sprintclubrva.org/gofast.html
Ride Around Hainan Island
Ron Corio (correspondent from Shanghai, China)

Hainan Island lies off the southern coast of China, southwest of Hong Kong and Macao, to the east of Vietnam, to the west of The Philippines, and to the north of Malaysia. China eventually claimed the island over Japan, Vietnam, and Taiwan, and in the 1980’s conferred Hainan provincial status.

Tropical climes, palm trees, beaches, and cleaner air are reasons enough to leave Shanghai in February and head southward to Hainan Island, but it was the Haikou Bike Club’s annual Ride Around the Island that clinched the decision.

Thanks to Marian Rosenberg’s helpful assistance and equipment from Laobanniang’s Bike Shop, I was in place and ready to go at 8:00 a.m. on Tuesday, February 21, the fourth day of the 2007 Chinese New Year. The tour, a circuit on the northern half of the island, would cover 430 kilometers (258 miles) in four stages.

Day 1: Haikou to Danzhou, 136 kilometers. Mountain and road bike riders set out from the bike shop and wound through Old Town’s narrow and congested streets then to avenues with wide bike lanes and eventually to the city outskirts heading south on the west side of the island. Wide smooth roads with little traffic passed along beachfront, where racing sailboats bobbed just offshore.

Good roads, balmy weather and a slight tailwind made for an auspicious start. That party ended after twenty kilometers with a stretch of narrow, rough, heavily trafficked roads that lasted until Chengmai, the lunch stop, and the first clue to the detailed organization of this ride. Laobanniang, the bike shop owner and Ad Zhi, the bike shop manager, are the principal organizers, and their attention to detail was evident when we pulled up to a restaurant that was ready for us with tables set with hot pots in the center ready to cook pork, chicken, and vegetables. Ready you must be when thirty hungry bike riders and support crew appear at mealtime.

Properly refueled, we took off for the second half of the day’s ride. Marian’s forewarning about the dirt road portion of this leg kept disappointment at bay. It was not until we reached it that she informed that it was about 22 kilometers in length. Ugh! The reddish sand had a solid base, but a soft top layer provided enough resistance to recommend low gears and a slow pace. Small rollers that would be good out-of-the-saddle workouts on hard-suraced roads were more difficult on this road. It was a long time until we reached a small town and a hard road.

Unfortunately, the hard surface only lasted to the other side of the town.

By late afternoon we were on hard roads again and a short ride to Danzhou, the first overnight stop. The organizational efficiency was again evidenced as Laobanniang and Ad Zhi greeted riders at the hotel and doled out room keys.

After dinner, some of us treated ourselves to a foot massage, a real misnomer since the only part of the body not worked over was the chest, stomach, and lower back. It is a mystery why it has taken so long to discover this one-hour sensual repast, a real bargain at $3.00.

Body tingling, it was off to dreamland with the glow of having completed the 136 kilometer ride after a six-month hiatus from road biking.

Day 2: Danzhou to Qiongzhong, 125 kilometers. There was ample forewarning that this stage was the most difficult. Last year saw riders walking their bikes up the mountain or getting in the sag truck. After a breakfast of hard boiled eggs, rice porridge, and dumplings we were on the road again.

Wong was one of the two Chinese members of the group who spoke English. His bi-lingual skills will be put to use in the Beijing Olympics, where he will be a cycling judge. As we rode along at the start of today’s ride he pointed out China’s Botanical University in this heavily forested area. Soon we were making short climbs that passed by orderly rows of rubber trees on terraced hillsides.

The hills came regularly and were enough of a workout to make arrival at Baishi, the lunch stop, a welcome sight. Again, the restaurant was ready for us with tables set in an adjoining alleyway. The ravenous riders sat down to a hearty lunch, which for this stranger was highlighted by watching two people eat chicken heads.

Girded with food and an hour and one-half off the saddle, the group forged on toward the big climb. The road out of Baishi was smooth and rolling, which made for a good start with speedy rewards after each climb. By 3:00 p.m. we were at the base of Yingeling (Brother Eagle’s Ridge). The elevation of 1831 meters or 6007 feet does not make this a monster mountain, but high enough to challenge most riders. Fortunately, the average grade was not severe, much like grades on the Blue Ridge Parkway in Virginia.

The thing about going up a mountain on a bike is that pedaling is relentless. There is no let-up, no coasting. This never-ending pedaling melts bravado quickly as
one uses the granny gear with pleasure. The ascent of Yingeling was about ten kilometers (six miles) long. Fortunately, the grade allowed for stops and restarts along the way. The climb was grueling, but nothing like climbing Wintergreen up to Virginia’s Blue Ridge Parkway.

About half way up the mountain it began to mist then drizzle. While the cooling effect was welcome, the thought of descending on wet roads was scary. At the summit emotions were in conflict--exhilaration for completing the climb and dread of the ensuing descent of fifteen kilometers (nine miles).

Hands firmly on and alternately squeezing the brake levers, the joy ride began. Regular braking kept speeds between 30 and 50 kilometers per hour. Switchback turns were taken with caution. As relentless as pedaling is on an ascent, so is gravity on the descent. The heat generated in the climb turned into a chill on the descent in the rain. The waiting sag truck at the bottom was a welcome sight.

With 25 kilometers remaining to get to Qiongzhong, chilled and damp riders set out in hopes of generating some heat and getting to the end. The climbing was not over yet, as the road to Qiongzhong went up and down and up and down with no flats in between. At 6:30 p.m. Marian yelled from an approaching car “Get off the bike and into the car. “No, no, I can finish.” It was not an option, it was an order. There is little twilight around the equator, and darkness sets in quickly, thus with ten kilometers to go the ride ended.

Day Three. Qiongzhong to Dingan: 125 kilometers. This stage began at the southernmost point of the circuit, and took a northeasterly direction toward Dingan. It was fitting that this ride featured good roads and mostly flat and rolling terrain after the previous day’s mountain stage. Overall it was an elevation drop from the central mountain range toward the coastal flats.

Passing through farming areas that featured rice paddies, vegetable plots, and arched trellises for growing squash reminded of riding in Virginia’s Tidewater farming areas. The big chain ring was put to use today as we cruised along smooth, flat and rolling roads. Hooking on to a pace line for a five-mile interval raised the heart rate.

In Dingan we were rewarded with the nicest hotel of the trip, featuring an enclosed shower, western toilet, and a bright spacious room. On the down side, this hotel, like the previous one, has no elevator, making the after ride climb up four floors with luggage and ride gear a chore.

Shower, dinner, another foot massage, and off to bed.

Day Four. Dingan to Haikou: 60 kilometers. After breakfast we assembled for group photos before starting off for what promised to be an easy 60 kilometer flat ride to Haikou. That promise was soon dispelled with 40 kilometers of the road from hell, a deteriorating rural macadam road whose indented base was punctuated with spot tarred repairs. It was a bone-jarring stretch that elicited all the blue language one could muster.

By noon the group was assembled in the pavilion of a road restaurant on the outskirts of Haikou for the celebratory final meal. The main entree was goose, whose freshness was demonstrated when a young lad carried three geese into the kitchen by their wingtips as riders straggled in. The drinks flowed and toasts were made to mark the closing of this year’s Ride Around Hainan Island.

Photos of the Ride Around the Island can be seen at http://photo.163.com/photos/wangbinghai789/116206681/
Hi Bikers, John Wray needs 3 more riders to sign for my Bike Va Team 2007. It saves $20 for each rider. If you know of anyone that may be planning to do Bike Va this year. You can call or e-mail me and I will e-mail you the details.
John Wray  (H) 804-275-0159 or e-mail: wrayjww@netzero.net
Thanks (4/2007)


8295 or mwgrey@comcast.net. (4/2007)

New pair of Mavic Ksyrium Elite wheels, taken of a recently purchased Giant TCR C1. Not used for any rides. Will accept 8, 9 or 10 speed Shimano cassettes. $375.00 Contact Bobby Wetzal at 804 484-0054 (3/2007)

MOTOBECANE Grand Sprint 54cm yellow aluminium frame with carbon stays and fork. Shimano Ultegra 20 speed. $1185 Barry Pullen (804)561-3950

MOTOBECANE Super Mirage blue lugged steel 55cm frame and fork, blue. (3/2007)

Continental Ultra Gatorskin 700 x 28c - Duraskin+Kevlar - black tread w/ gatorskin walls; brand new - never mounted! $50 for the pair - local delivery/meet you half way. Linwood 804 349 3432 or Ishines@comcast.net. (2/2007)

New pair of Mavic Ksyrium Elite wheels, taken of a recently purchased Giant TCR C1. Not used for any rides. Will accept 8, 9 or 10 speed Shimano cassettes. $375.00 Contact Bobby Wetzal at 804 484-0054 (3/2007)

Performance Travel Trac 2000, folding, portable trainer. Comes with a front wheel riser and VHS Spinervals training tape. $125. Dawn Ault H (804) 288-1195 or twoplus2@comcast.net. (2/2007)