Heart Of Virginia On Your Calendar?
We've made drastic reductions to the early registration rates for RABA members, so register by August 15th. Champe is working on a number of new features for this year's event, won't want to miss.
Brochures are in all of the bike shops, as well as on the website, or you can spend a couple of extra bucks and register on-line at Active.com.
Looking forward to having you with us on September 15 & 16! -- Bud Vye, HoVA Chair

Wanted: Volunteers for Heart of Virginia Bike Festival--Sep. 14-16.
Your club needs YOU for another successful fundraiser for RABA and Hanover Mental Health! There are many opportunities to help before the ride, during the ride, and after the ride.
Call Wayne or Eleanor Shipley for more information on how you can contribute.

jwshipley@mindspring.com, or 737.7176, or 350.0597.

RABA Picnic & Rides
When: Sunday, August 12 — 8:30 a.m. to 10 a.m. for rides, 12 Noon for the picnic
Where: Dorey Park, Shelters 4 and 5
What to Bring: Yourself, a friend or spouse, a dish to share, your bike and a helmet (if you wish to ride earlier in the morning)
RABA Provides: Paper products, soft drinks, small amt of charcoal in case you would like to use the grills at the shelters.
Directions to Dorey Park: 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. 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. Drive approx 1 mile, shelters will be on the right.

This is about rides, great food and fun people! Come out to see old friends and meet new members at the club’s annual tasty food fest. The picnic will begin around noon, with Kathy Wood providing onsite coordination. If you would like to help in any way with the set up of the picnic area or can lend a cooler with ice, please contact Kim Moore 358-0935 or luvs2cycle@yahoo.com by Thursday, August 9. The picnic shelters are reserved from 9 a.m. until 2 p.m., so attendees are encouraged to arrive by 12:30 p.m. so that they have time to eat and socialize before the club must vacate the shelters.

If you are interested in riding before the picnic, there will 30, 41 and 50 mile routes. There will be maps, cue sheets and a RABA sign up sheet in the parking lot of the shelters. The 50 miler will begin at 8:30 a.m., the 41 miler will begin at 9:30 a.m. and the 30 miler will begin at 10 a.m. The staggered starts give everyone a chance to finish around the same time. There is no formal ride leader for any of these options, so form your own group or ride on your own. The rides are also advertised on the Social and Fast Ride calendars of this month’s Pedaler.

Note: If there is inclement weather, this event will be cancelled and we’ll see you in the summer of 2008!

No RABA August Meeting
Due to the RABA Picnic, the August meeting is cancelled. The meeting schedule will resume in September.
My Memories of Ray Fearnow — By Kim Moore

Ray Fearnow, a long time member of the club, passed away on Saturday, July 7, due to cancer. I will remember Ray with special fondness because he was one of the first members I met when I started bicycling with RABA in the spring of 1993. I jumped right into the sport in April 1993 and by May, I had signed up for the Virginia Dare MS 150 ride and Bike Virginia tour, held that year in Southwest Virginia (Abingdon to Floyd). I have done much more difficult rides since then, but that Bike Virginia Tour will always be the most difficult ride I’ve ever done because I was in such poor physical shape to ride over 300 miles in hilly terrain. But the tour was memorable for many of the tough terrain: I got to know Ray Fearnow during that week, and he was one of the gentlest souls on this planet. He and Ted Zeh were always in some sort of line, waiting to get their food or their bikes fixed or whatever. Ray would always say hello in his soft voice and be so humble about his riding skill and strength. But in the paceline, he always gave everything he had and worked hard to be a steady and predictable rider.

By 1996, I had some harebrained ideas like having financial sponsorship for club jerseys and the club’s annual century. I approached Ray, since his family was the same family who made Mrs. Fearnow’s Brunswick Stew, about sponsoring both ideas. He didn’t hesitate at all. He sent me the logo of the Brunswick Stew can for the jersey, plus made a generous financial donation. For the century, he brought out the stew trailer and passed out samples at the finish line to all the cyclists who participated in the club century. Then over the years, when I would see the stew truck at other events or places, like Ukrops, Ray would always stop and speak warmly to me, even though he was pretty busy. He would also hold rides and then invite people to his house for food and a pool swim. He shared ride leader duties with Kathy Wood at the Tuesday Hanover Courthouse ride, when the concept of co-ride leaders at our weekend rides was just getting started with the club.

When Ray was diagnosed with multiple myeloma some years ago, I didn’t see Ray as much. He was giving all he had to fight this cancer, so the riding had to stop. Then he came back out to ride for a brief time, when his cancer was in remission. All the while, he never lost that gentleness, kindness and humbleness.

Even when the body is gone, the spirit of a person lives on if the people that remain keep that person in their hearts and emulate the best qualities that person had in their daily lives. I will do my best to honor Ray by being kind and gentle to strangers and friends alike.

Welcome our newest members!

Bob Clay & Linda Miles
Charlie & Carron Comly
Brad & Susan Curtis
Ginny Diersen
Marx Eisenman
Barb Ellington
Steve Foster

Jim Foudriet
Frederick Gerson
Vince Lovejoy
Sharon Marshall
Margaret Maslak
Kim Michael
Jerry Netherland
Tom Norton
Stephanie Peters
Tom Richeson
Scott Rohr
Carlton & Teresa Stabler
David Stuart
Russell Uzzle
Tom & Betsy Veasey
James Vernier
Mark & Beth Weisbrod
David Williams
Matthew Williams
Diane Woolard
Jim Zelenak

The Pedaler is a monthly publication of the Richmond Area Bicycling Association (RABA) for its members and the Richmond cycling community. Unless otherwise noted, opinions expressed in The Pedaler are those of the author, and not necessarily those of RABA or its members.

2007 Board of Directors & Committee Chairs

President: Andrew Mann
Rabamann@aol.com
266-9048

Vice President and Program Chair: Kim Moore
Luvs2cycle@yahoo.com
358-0935

Treasurer: Cindia Evans
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Director at Large: Debbie Gleason-Morgan
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755-3039

Director at Large: Brenda Hubbard
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740-3678

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Jminnix@comcast.net
594-0842

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Luvs2cycle@yahoo.com
358-0935

Off-Road Captain: Dan Widner
Danwidner@comcast.net
559-7644

Advocacy and Century Chair: Bud Vye
Bdyve@comcast.net
262-9544

Membership: Sonya Gagnon
Sgagnon@dekareresearch.com
752-1050

Newsletter Editors: Ted and Joy Zeh
Zeh@cox.net
932-4070

Publicity: Champe Burnley
Champe_burnley@hotmail.com
358-6697

Statistics: Al and Lois Farrell
Lojafarrell@verizon.net
744-9306
Afarrell3@verizon.net

Web Admin: Doug Harrel
Dharrel@comcast.net
368-0689

Submissions for The Pedaler

The Pedaler welcomes submissions in any form; email preferred. All submissions will be confirmed. All become property of The Pedaler. E-mail: zeh@cox.net

Submission Deadline: 15th of month at midnight

Membership Information

Annual RABA membership dues are: $20 per person (18 years and older) or $25 family consisting of 1 or 2 adults and all dependents under 18. All memberships begin January 1. If after July 1, membership fees are prorated as follows: $10 per person (18 years & older) or $12.50 per family. The Pedaler subscription is included.

Submit membership application or renewals to RABA Treasurer, PO Box 6565, Ashland, VA 23005 Note: Membership dues must be accompanied by a completed signed membership application and a waiver of liability.
HEARD & SEEN AROUND THE CLUB by Bud Vye

Sad to learn that Ray Fearnow died peacefully at home on July 7th at the age of 66, but I was personally pleased that he was spared a more lengthy period of declining health. Many in the club were not aware that Ray was an ordained Methodist minister, having graduated from U of R, then Duke Divinity School, and Union Theological Seminary. After serving Centenary Methodist in Norfolk as its pastor for two years, Ray decided to leave the ministry and joined his family business, the Fearnow Brothers Cannery, where we knew him as the Mrs. Fearnow's Brunswick Stew guy. I don't have precise records, but Ray was a RABA member since about 1990, and served as one of the standing leaders of the Tuesday Night Ride from Hanover Courthouse for 9 years from 1995 to 2003, until the onset of his leukemia forced him to relinquish those duties. A soft spoken guy, and a strong and very determined rider, who really enjoyed riding out in the country, Ray will be missed. Although he was disappointed at not being strong enough to ride Bike Virginia this year, particularly since his close friend Norm Melchert had a contingent of four riders from New Zealand (friends of Norm's son, who lives down there) who rode with us on the June 20th Retirees Ride and then did Bike Virginia, Ray contributed to that group's successful trip by lending them two of his bikes, which spared two of them the hassle of shipping their bikes here from Kiwi-land.

And Bill Whitworth is back on the injured list again, as he fell west of Ashland while on the Thursday evening Glen Allen Elementary School ride, breaking his collar bone and several ribs. Have a speedy recovery, Bill, after which, we hope to see you once again out on your bike.

On a more upbeat note, I can report that we had two of our members competing in the Cycling events at the National Senior Games in Louisville last month. As he usually does, Larry Nelson competed in every event he could squeeze into his schedule. Competing in the very tough 60 - 65 age group, Larry finished 20th and 18th in the 5K and 10K Time Trials; 15th and 16th in the 20K and 40K Road Races; and 12th in the Triathlon (where he had the 2nd best time in Cycling, but was held back by slower times in the swim and run). Focusing on only three events, in the slightly easier 70 - 74 division, Dave Bloor finished 18th in the 20K Road Race; 13th in the 5K Time Trial; and made the podium (where the top 8 are recognized) by placing 6th in the 10K Time Trial. Don't be put off by those finishes in the double figures. There were very long lists of participants in all of the cycling events, and both Larry and Dave's performances were quite respectable. The every other year National Seniors moves to San Francisco in '09, and Dave (and Margaret) already have the dates on their calendars, and I expect Larry will be there also.

Got the word just after last month's deadline that the Chickahominy Volunteer Fire Dept. Station 10 located out by the Hanover Air Park won the Grand Prize in Circuit City's "Firedog Across America" by getting 21,402 on line votes, which earned them a whopping check for $141,402. Not sure how many of those votes came from RABA members in response to my appeal to our E List, but I know that some of them did, and thanks to all of you who took the trouble to vote for the local entrant. Its always nice to see our efforts rewarded.

Tami Topalu and Eva Mann took their bikes up to the Big Apple on AmTrak again this year to ride in the Five Boro's Tour, as they've done in the past. They report that it was another well organized and enjoyable event, with 32,000 officially registered riders (plus a few thousand additional bootleggers). They had a photo contest in connection with the event, and Tami won the $100 first prize, with a photo of a child on her bike, riding among the throng.

Having reported last year that Brenda Hubbard rode for one day on the James River on the Virginia Creeper bateau, and that it was NOT the one that sank, MaryAnn Kaveski checked in this year to report that she WAS on the one that sank (the Lady's Slipper). She continued however, that its replacement handled very nicely this year for the only all woman crew on the eight day journey from Lyndhurst to Maidens. This marked her sixth time on this annual event and any females interested in joining that crew for next year's trip should contact MaryAnn at MJKATCPW@aol.com

Moving a whole lot faster through the water was the yacht that Cam Hoggan crewed on that sailed from Copenhagen last month and made calls in a number of the ports around the Baltic Sea. This is the same boat that Cam helped sail over to Ireland from Amsterdam, where he took a barge trip (with flat land bicycling at the stops, on bikes provided by the tour operator) conducted by Bikes and the Like. Sounds like a nice, low key, trip, but with the Euro up around $1.37, it also sounds like things are getting expensive over there.

The Retiree's are pleased to have Holly Smith out with us on Wednesdays now that school is out at Collegiate. By the time this issue prints, she will have been out to do RAGBRAI (the ride across Iowa), which she does every year since she's a native of that state and her parents are still out there. We'll get a report upon her return.

It looks like Bobby Wrenn is going to be able to keep the Peanut Rides going by moving into town from the Cat Tail Creek Campground and having the event based at the Emporia H.S. Bobby's day job is as Clerk of Court for the City of Emporia, and you may have noticed that he has recently been appointed by Governor Kaine to the Board of Trustees of the Foundation for Virginia's Natural Resources.

And it was good to see Michael Smith among the throng outside Ashland Coffee on July 14, as Champe Burnley drew another turnout of over 100 for the New Rider's Group Rides, which have proved to be successful beyond anyone's expectations. Back to Michael, he is still working up at the Walters Museum in Baltimore, and was just down here for a weekend visit and brought his bike along.
August Rides

**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***

**NEW RIDERS:** Please call the ride leader ahead of ride time to ensure the ride will be at your pace and skill level.

**RIDE LEADERS:** Please submit ride sheets to Statisticians Al and Lois Farrell, 4202 Hickory Nut Place; Midlothian, VA 23112.

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

Members interested in taking a turn as ride leader should contact Jeanne Minnix at 594-0842 or jminnix@comcast.net.

**August 5 (Sunday) 9:00 a.m. — Battle Field Park**

[37 miles –10-14 mph- S-S-M] — Leader: Emily Kimball. 358-4959

A 37 mile ride around the Varina Area done at a moderate pace with an extension for those who want more. There is one store stop This is a different and longer version of the Battle Field Park ride I usually lead. Come out and explore this area in new ways.

Meet at Portabella’s which is located in the Varina Food Lion shopping center at New Market and Strath Road. Park in the rear of the restaurant which is just left of the Food Lion Store. From I-295 take the Varina Exit on to New Market Road. Go approximately 1 mile. The Food Lion shopping center will be on your left.

From I-64 take South Laburnum Ave. Exit: go approximately 5.5 miles to New Market Road (Route 5) turn left and the Food Lion will be on the right in 2.3 miles.

**August 11 (Saturday) 8:00-8:30 a.m. — Group Rides for New Riders**

[30/20 miles –12-20 mph- S-S-M] — Leader: Champe Burnley, 358-5801

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 358-5801.

**August 11 (Saturday) 9:00 a.m. — Waverly Metric**

(62 miles -15 MPH -S-S/M) — Leader: Jack Huber, 282-3872

This route will pass through Claremont and Surry, two quiet villages in Surry County. There will be two stops with restrooms, water and snacks available. The terrain is mostly flat with very light traffic. The starting point will be in Waverly at the parking lot behind the former Tavern at the intersection of Routes 460 and 40.

From Richmond, take I-95 or I-295 to Route 460 east (toward Norfolk) to the town of Waverly. After the ride all participants are invited to have lunch at Giuseppe’s in Waverly.

**August 12 (Sunday) — RABA Picnic Rides**

50 miles – 8:30 a.m.; 41 miles – 9:30 a.m.; 30 miles – 10 a.m.: Start/Finish at Dorey Park, Shelters 4 and 5

This is the club’s annual summertime picnic, so come out to ride and eat with old and new faces. Maps and cue sheets will be provided, helmets are required. Ride starts are staggered according to the distances so that everyone finishes at approximately the same time. If you would like to participate in the picnic, please bring a small dish to share. More details on the picnic are published elsewhere in the Pedaler. To get to the start, 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. 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.
August 19 (Sunday) 8:45 a.m. — To the Caroline County Jail (and beyond)
[36-13 & up-S-S/M] — Leader: Bud Vye, 262-9544 or bdvye@comcast.net
Meet Bud at Hanover Courthouse (on Rt. 301, 10 miles north of its interchange with I-295) for this variation on the usual routes we ride from this starting point. We’ll check and see if all is quiet at the jail and then head north, through some pretty country, with very little traffic. There’s a store stop at the Bicycle Friendly 600 Market at the 23 mile mark, so bring enough provisions to get yourself that far. No one will be left behind, and this will be a good ride for graduates of the New Rider’s Rides to step up to.

August 26 (Sunday) 9:00 a.m. — Louisa Lollygag
[80/60/31—all speeds-S-S/S] — Leaders: Carl and Barbara Armstrong, (804) 239-6835 or cb_armstrong@alumni.kenyon.edu
Carl and Barb are offering three distance options through scenic Louisa County. The short option (31 mi) traverses the rolling farmland of eastern Louisa, passes through Bumpass and gives riders a glimpse of Lake Anna before looping south and west to complete the circle. The intermediate option (60 mi) continues on up through Mineral before heading southwest across the South Anna River below Cuckoo. This option is hillier than the short option, and includes several good climbs at river and stream crossings. The long option (80 mi) goes even further north to take in glimpses of the upper lake before looping southwest through the town of Louisa. The terrain varies from flat in the north to several robust climbs on the return south.

Riders on the intermediate route may stop for lunch at Sweet Creations in Mineral. Riders on the long route may stop for lunch at Joe’s Place in Louisa. All three options have store stops, but bring plenty of water and a snack just in case.

To get to the starting point at Jouett Elementary School from Richmond, take Interstate 64 west to the Gum Spring (Rt 522) exit #159 (one exit west of the Oilville exit), approximately 19 miles west of the intersection of I-64 and I-295. Turn right (north) at US-522 and go 4.8 mi; turn right at Paynes Mill Rd (Rt 601) and go 5.7 mi; turn left at US-33 and go 2.4 mi; turn right at Jouett School Rd and go about 0.3 mi and turn into the parking lot for the school (315 Jouett School Road, Mineral, Va).

September 2 (Sunday) 9:30 am — Ride to Belle Isle State Park
[53 - 16 to 18 - S - S/M] — Leaders: Hugh and Laura Aaron, 804-690-9720 (cell) or hugh@theaaron.com
Join Hugh and Laura for a pre-labor day social ride to Belle Isle State Park, a 733 acre park with seven miles of frontage on the north shore of the Rappahannock River. The ride will begin and end in Irvington, VA at the Tides Inn, with store stops at the Lively Market and Brown’s Store.

The Tides Inn is about 1 hour and 20 minutes from the Richmond Airport so make sure you get an early start, especially if you are coming from the West End or the Southside. To reach the Tides Inn, take Interstate 64 East to exit 220 for Route 33 East to West Point. Continue 17 miles past West Point to a stoplight at the crest of a hill in Glenns and turn left onto Route 33/US 17 North. Stay on Route 33/US 17 North for 2 miles and bear right at the Hardies into Saluda. At the traffic light at the courthouse in Saluda, turn right onto Route 33 and proceed 6.8 miles to the stoplight at the Route 3 intersection. Turn left onto Route 3 West and continue for 7.4 miles over the Rappahannock River (on the Norris Bridge) into White Stone. Turn left at the first traffic signal in White Stone onto Route 200 North and drive 2 miles into Irvington. Turn at the second left on Route 634 (King Carter Drive) and continue 1/2 mile through the gates of the Tides Inn. Park in the first parking lot on your right (near the tennis courts).

Note: Slower paced riders will be provided cue sheets so that they may ride their own pace. However, we plan to ride at the posted ride speed. As always, tandems are welcome.

September 3, Monday 8:30 a.m. — Labor Day at the Nuckols'
[60 to 25 - 14 to 19 - S - S/M] — Leader: Dee Nuckols, 749-3400
Join us for a Labor Day ride through western Hanover and Goochland counties, with distances and speeds for all. After the ride, all are invited to stay for lunch. Bring a lawn chair and a side dish to share. Cold cuts, beverages, etc. will be provided. PLEASE RSVP by Sat 9/2, so we will know how many to expect, and what you’re bringing.

From Richmond - West on I-64 to Oilville (exit 167). Right (north) on 617 staying straight when the road number changes to 620. 2.8 miles after leaving I-64 turn right on Cedar Glade Lane and continue approx .3 mile to the grassy parking area on the left of the drive.
Weekly Rides

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

NEW RIDERS: Please call the ride leader ahead of ride time to ensure the ride will be at your pace and skill level.

RIDE LEADERS: Please submit ride sheets to Statisticians Al and Lois Farrell, 4202 Hickory Nut Place; Midlothian, VA 23112.

Sunday 8:00 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.

Monday 9:00 a.m. -- Mondays with Mary
(30 to 40-16-18 mph-S-S/M) -- Leaders: Mary Falterman, 741-2116 and Barry Pullen, 561-3950
The ride starts at a different location each week, and the meeting place and time are decided on Sunday evening at about 8:00 p.m. depending on Mary, Barry, and Chris Walke’s schedules. For meeting point, time, and any other information, please contact one of the ride leaders on Sunday evening.

Tuesday 5:40, 5:50 & 6 p.m. — Innsbrook Options [31/34/45-20 to 24-N-S/S]
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 the rear right parking lot.

Tuesday 6:00 p.m. -- Hanover Courthouse Ride
[28/22-V-N/M] -- Leaders: Kathy Wood, 779-3802 and Dee Nuckols, 749-3400
Meet at the Hanover Courthouse on the east side of Route 301, 10 miles north of where it crosses I-295. Cue sheets and maps provided. This ride remains a beautiful ride with lots of farmland, little traffic, and a couple of hills that will get you up out of your seat.

Wednesday 9:30 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
[22/25 – 17-20 – M] -- 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.
Wednesday 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!!!

Thursday 6:00 p.m. -- East End Ride
[28/22/15-V-S/M] -- Leaders: Eleanor and 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 5:40, 5:50 & 6 p.m. — Glen Allen Elem School Options [34/36/38-17 to 23-N-S/S]
Leaders: Mike & Kim Moore 358-0935, Jim Holgate 672-6532 and Bill Whitworth 285-9193
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 or ride less distance 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.

Friday, 9:00 a.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). Please note: The ride will vary each week. Maps and cue sheets will be available for those wishing to ride at their own pace.

Friday, 2:00 p.m. -- Goochland County
(32 to 38 - 16/19mph, V,R,S/S) -- Leader: Pat Ryan 240-9382 ryanfaml1@comcast.net
Ride out Shallow Well, Sheppards Town, and back on Pony Farm. Scenic areas of Goochand Co. Maps with directions provided. Ride leader will wait at intersections for slower riders. To get there take 288 to Patterson Av (hwy 6), then west on Patterson to 621 approximately for 2 miles. Meet at Dover Baptist Church on 621 (Manakin Road) near corner of 621 and Patterson Ave. Park off to the right church.

Saturday 8:00-8:30 a.m. — 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 July ABC ride leaders: Richard Halle, Champe Burnley, Richard Chandler, Kim Moore, and Cathy Davenport. Your help in leading the rides makes for a more enjoyable ride experience. Special thanks to folks helping out with the newbies ride too. Thanks for all that you guys do.

**August ABC Ride Leaders are:**
04 Fran Smith. 967-9244  
11 Champe Burnley, 358-6697 and Cindy and Moe Evans, 789-0511  
18 Chris Thompkins, 288-1717  
26 Jerry McGuinn, 683-9448

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

**August 5 (Sunday) — 8:30 a.m. — Trip to Walkerton [80-19-Y-S/S] — Leaders: Mike & Kim Moore 358-0935**
The Moores love the town of Walkerton and hope that others will join them on this ride. There will be plenty of pretty scenery along the way. The start of the ride is Hanover Courthouse – get on Rt 301 North. Go approximately 10 miles past where I-295 crosses Rt 301, the courthouse will be on right. Bring extra fluids and food to prepare in case stores are closed and for the heat.

**August 12 (Sunday) — RABA Picnic Rides**
50 miles – 8:30 a.m.; 41 miles – 9:30 a.m.; 30 miles – 10 a.m.: Start/Finish at Dorey Park, Shelters 4 and 5  
This is the club’s annual summertime picnic, so come out to ride and eat with old and new faces. Maps and cue sheets will be provided, helmets are required. Ride starts are staggered according to the distances so that everyone finishes at approximately the same time. If you would like to participate in the picnic, please bring a small dish to share. More details on the picnic are published elsewhere in the Pedaler. To get to the start, 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. 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.

**August 19 (Sunday) — 8:30 a.m. — Great Shiplock Park Tour [60-19-Y-S/M]**
Leaders: Mike & Kim Moore 358-0935  
This is a brand new ride for the ride leaders as they will be leading a ride from the East End of the city, just past the downtown area. The start/finish is at Great Shiplock Park, 2600 Dock St, at the Dock and Pear Streets intersection. Dock Street runs along the James River – go through Shockoe Ship, stay on East Cary St. Turn right onto Pear St, continue 1 block to the entrance of the Park. Bring extra food and water to prepare for the ever-present heat and humidity.

**August 26 (Sunday) — 7:30 a.m. — Blue Ridge Extreme [Mountainous]**
Mike & Kim Moore are hoping for good weather to try their legs at this event. This ride does not qualify for RABA miles, however the Moores would welcome others to come along. Give them a call at 804-358-0935 if you would like to go. Distances are 36.6, 62.4 and 100 miles, for more info go to http://www.blueridgeextreme.com/. Online registration on bikereg.com, costs are $45 to $55 before 8/12. Ride start at the Inn at Afton, Exit 99 off I-64 West, Waynesboro.

**Volunteers Needed for Patrick Henry Half Marathon**
The Richmond Road Runners Club (RRRC) and Richmond Sports Backers are putting on a new foot race on Saturday, August 25 in Ashland. This race replaces the Battlefield and Proscracinators Half Marathons held on Labor Day weekend and were incredibly popular with the running crowd. RRRC has asked for RABA’s help since the running route is on some of the same familiar roads in and around Ashland that RABA members ride (Blanton Rd, Yowell Rd, Blunts Bridge Rd, for example). RRRC needs course marshals, water stop volunteers and a bicyclist to ride alongside the male leader. The race will start at 7:30 a.m. from Poor Farm Park and should be over by 10 a.m. RABA volunteers could work part of the race and continue with their riding plans –or– ride to Ashland, help with the race and finish their ride. If you can help, please email Michael George, Race Director, at phhalf@comcast.net.
Ride Loaded

Have you ever dreamed of selling the house, throwing away the keys and riding your bike into the sunset, never looking back? Do you feel drawn to ride your bike in exotic lands; traversing the Alps, pedaling through New Zealand, riding across the America? Do you love the outdoors and enjoy hiking or backpacking as well as the time you spend on your bike?

For many, cycling for days at a time is a dream, but we never take the first step to make these dreams come true. Where do I start? How would I do it? Could this really be fun?

Cycling touring is a great way to add to your cycling experience. Though many speed demons can’t imagine riding a bike with thirty pounds of gear on their bike, touring the right way makes your trip a truly wonderful endeavor for those who love their time in the outdoors. Loaded touring will also broaden your cycling experience; route planning, packing, organizing as well as riding at a relaxed pace and enjoying the sights and sounds along the way are some of the pleasures you’ll experience. Best of all, after riding for days at a time, there’s no guilt about having too much for dinner each night!

RABA Tourists will be planning a number of rides over the next few months including simple Saturday - Sunday overnighters, as well as more extensive, multi-day trips. Look for announcements in the Pedaler for details.

If you would like to learn more or have questions about how to get started, contact Champe Burnley champe_burnley@hotmail.com or Jack Huber (jhuber1111@yahoo.com) to help you get started.

Stop dreaming and ride with the RABA Tourists on a loaded tour we can help you take the steps necessary to make your cycling dreams come true!

A loaded postscript

On June 12,13 there was a two day ride to Gwynn’s Island in Mathews Va hosted by your Pedaler editors. On the ride, at a rest stop in Glenns, the loaded group (Champe, Richard, Babs, Tom, Bobby…) stopped at the 7-11 where they met a guy fully loaded on a mountain bike. Well, after chatting with Brandon for awhile and finding out he was riding his bike from Florida to Maine and later going to school in Boston, the group invited Brandon to camp out with them at Gwynn’s Island. He gladly accepted as this was the first time in his travels he had run across other loaded bicyclists and in many places the campgrounds he was planning on staying were closed (he was using an old tour guide). He joined us for dinner at The Seabreeze and at the American Legion hall Sunday morning for breakfast and rode with the group for the first 10 miles back to the Quinton start where he went his separate way with a tear in his eye. Joy and I had hooked him up with a friend who has a cabin on the Potomac River and just a few miles from the tour boat. Tour boat, you ask? Brandon’s plans were somewhat fluid and he had recently decided to take the boat to Tangier Island and then catch another boat to the Eastern shore where he would continue his trip North.

We haven’t heard from Brandon yet, but hope his trip continues well. A couple of members on the Gwynn’s Island tour got his contact information and vice versa and we hope to hear how things went.
Jim
Bobby
Brandon
Tom
Babs
Ted
Champe
Richard
Dave
Jeanne
(on Gwynn’s
Island)

*Photo by Debbie Silbert*

TransAmerica veteran Tom Powell, with his "cruise control" engaged

RABA members (l to r) Tom Powell, Richard Halle and Joe Hazel cruising along on the recent, "Possum Creek - Tin Palace" tour.

Club members (l to r) Debbie Silbert, Joe Hazel and Jack Huber eating away the miles on their November, 2006 ride to Westmoreland State Park

The Burnley Cocoon
Cannondale CAADS7/R2000 road bike 54cm (fits a 5’8” rider with a 30” inseam). Mavic Ksyrium wheelset, 9 speed Ultegra hub, carbon fork and Shimano SPD pedals. Black with red, orange & yellow details. A few scuffs & scratches, but generally in excellent condition. Originally cost $2,400. Will sell for $1,400 OBO. Contact Jack Kauffman at rumkauf@verizon.net or 804-231-3767. (8/2007)

Torelli road bike, 53 cm, steel frame with carbon fiber fork. Shimano 105/Sora derailleur, double chain ring, Sachs brakes & New Success hubs, Shimano Dura-Ace crankset, 8 spd rear cassette. Needs saddle and pedals. Asking $750 obo. Call David in evening, 740-6811, or e-mail djiangher@mcvh-vcu.edu. (8/2007)

Trek 5200 road bike FULL CARBON: $750.00 55 cm, Sora shifters, double chain ring, new cables, new chain, recently tuned up and power washed, color purple, spd pedals, Shimano components, a Smooth ride. Call Jeanne 594-0842 or jminnix@comcast.net (7/2007)

For Sale: Woman's Landrider Bike, EC (Like new), with all accessories. Used less than 50 miles. For Ladies’ inseam measure of 25” - 28” or up to 5” 2” height. Purchased for $439. Will sell for $350. 1 year warranty remaining. Bob, 804-271-2241 after 6 pm or L/M. Also: mondziel@comcast.net (6/2007)


Bianchi Daytona - 53cm, carbon fork, carbon frame, Bianchi Levitation wheels, Campagnolo Daytona 30-speed group. Comfortable ride with nice power transfer. $650. Becky at 674-9802 or tobeyb@earthlink.net. (6/2007)