RABA February Meeting
Bike Virginia – Captain John Smith Adventure
Wednesday, February 7, 7 p.m.
*New meeting location*
Virginia Housing Development Authority (VHDA)
601 S Belvidere St, in between Ethyl Corporation and the Virginia War Memorial, on the Lee Bridge. 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!

Come hear what Bike Virginia has in store for 2007 – learn about the route, where the layover days are, what events are being planned in conjunction with the route and other information helpful to cyclists who would like do the tour this year.

This is a new meeting venue for the club. Free parking is available in front of the building; please enter through the front glass doors. You will be asked to sign in, to enter 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.

March RABA Meeting – It’s back by popular demand of the other sports clubs in town: Bring a Buddy Social! The March date is still being finalized as of press time, but this promises to be a great event at a local bar to introduce a friend or spouse to and meet members of the Richmond Road Runners and Richmond Triathlon Club. More details to follow in the March Pedaler.

Don’t Forget to Renew!
By now, RABA members should have received membership renewal forms in the mail. If you are reading this article and the form hasn’t arrived in your mailbox, please help RABA save a stamp and go to www.raba.org and print out a membership form from the web site.

If you have received the renewal form and haven’t done so already, please complete the renewal form, including the very important insurance waiver, and return as soon as possible to RABA Treasurer, PO Box 6565, Ashland, VA 23005. This will ensure uninterrupted delivery of the newsletter and continued discounts at area bicycle shops. Any membership renewal forms (with the proper check amount) not received by January 31, 2007, will be dropped from the roll.
page 2 is Word document:
RABA Ride Report 2006 upd tz
Page 3 is continuation of Word document:

RABA Ride Report 2006 upd tz
Page 4 is Word document:

RABA members mileage report
2006 upd tz
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, 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
Cnevans@comcast.net 789-0511
Secretary: Jack Huber
Jhuber111@yahoo.com 282-3872
Director at Large: Debbie Gleason-Morgan
Gleasoncycles@comcast.net 755-3039
Director at Large: Brenda Hubbard
Brenda_hubbard@yahoo.com 740-3678
Social Ride Captain: Jeanne Minnix
Jminnix@comcast.net 594-0842
Fast Ride Captain: Mike Moore
Luvs2cycle@yahoo.com 358-0935
Off-Road Captain: Dan Widner
Danwidner@comcast.net 559-7644
Advocacy and Century Chair: Bad Vye
Bdvye@comcast.net 262-9544
Membership: Sonya Gagnon
Sgagnon@dekaresearch.com 752-1050
Newsletter Editors: Ted and Joy Zeh
Zeh@cox.net 932-4070
Publicity: Champe Burnley
Champe_burnley@hotmail.com 358-6697
Statisticians: Al and Lois Farrell
Lojafarrell@verizon.net 744-9306
Afarrell3@verizon.net
Web Admin: Doug Harrel
Dlharrel@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

Not that much to report this time around. All good news, as Carl Armstrong's surgery to remove the tumor from one lung was successful down at Duke, and the other two tumors have been put on wait and watch status. Carl looks great, says he feels good, and is back to riding regularly.

Beyond that, the rehab contingent is down to three, as Sandy Norman seems to be progressing nicely from his spinal surgery toward his goal of being back out with us in the Spring.

Cam Hoggan also reports good progress in rehabbing from his hip replacement.

Also progressing, but on a much slower pace, is Mark Forte, as he gradually recovers from clots in both legs. The Retiree's group loses one of its regulars, as Denny Revak finally makes good on his long standing possibility and moves to Lynchburg, which I believe is his wife's hometown. We may not have seen the last of him, however, since he fell in love with a local German shepherd before he left, and its owners offered to let Denny have him. Only problem was that the old dog didn't want to move to Lynchburg, so Denny has been coming back every couple of weeks to be with the dog and take him for a walk. Bring your bike with you, Denny, and do it on a Wednesday. Then you can ride with us and walk the dog afterwards.

I'll close with one for those of you who do their ride calendars well in advance. If you had the Capital to Capital Ride on there for May 12th, you'd better change it. When that turned out to be the biggest day of all of the Jamestown 400th Anniversary festivities (and it began to appear that the Queen herself might be making an appearance that day) it was deemed advisable to move the ride up one week to May 5th (for this year only). That will put it on the same date as the annual Pedal the Parkway day, but that event has problems of its own, as they are not certain the Parkway washout just west of Williamsburg will be repaired by then. One thing for certain is that we'll have a lot of action around here in May (cycling and otherwise), and my first impression was to be as far away as possible from Jamestown on May 12th. If it turns out that the Queen is coming, however, I just might try to park on the south side of the river, take the ferry over from Scotland, and come in the back way. Having just seen the movie, The Queen, (which I highly recommend) it would be cool to see her in person.
SOCIAL RIDES
Coordinator: Jeanne Minnix
804-594-0842 jminnix@comcast.net

February 11 (Sunday) 10:30 a.m.
Lake Anna Views
(47/30 miles-all speeds-S-S/M)
Leaders: Carl and Barbara Armstrong, 239-6835 or cb_armstrong@alumni.kenyon.edu

This new ride offers three distance options, each with a store stop along the way, so no need to bring provisions. The longest option reaches into Spotsylvania County and includes a stretch along the shores of Lake Anna, offering some picturesque views of this lake. The mid-distance option explores a bit of Louisa County and passes through Bumpass. The short option goes through the scenic countryside of far northwestern Hanover Co. Meet Carl and Barb in the rear parking lot of the Arts Center in Montpelier, at the intersection of routes 33 and 715, 15 miles west of where route 33 (Staples Mill Road in the city) crosses I-295.

February 18 (Sunday) 1:00 p.m.
Riverside Drive Loop
(30 miles – 15 – S-S/M)
Leader: Champe Burnley, 358-6697

Join us for the 30 mile Riverside Drive - Old Gun Road loop. This downtown ride offers several nice climbs and is a great workout for folks in the city. We will stop just over half-way through at the Lucky Convenience Store on Winterfield Road to refill water bottles.

Meet at the Stratford Hills Shopping Center, corner of Hathaway Road and Forest Hill Ave.

February 19 (Monday) 11:00 a.m.
Amelia County to Crewe
(40 miles/15 to 16 mph, S-S/M)
Leaders: Barry & Martha Pullen 804-561-3950

Meet us in the public parking lot behind Amelia Court House at 11 a.m. Monday, February 19 for a delightful ride to Crewe in Nottoway County. There is little traffic in this rural area. Our store stop is at 22 miles at a large convenience store in Crewe.

Amelia Court House is located southwest of Richmond off route 360. From Richmond, take I-288 to Rt.360 (Hull Street Road) and go west for about 18 miles. In Amelia, continue west on 360 through the traffic light (by the McDonalds). Turn left onto Amelia Avenue at the blinking yellow lights. Take first right onto Court Street and cross railroad tracks and cross US Business 360. Turn right onto Virginia Street. Court House will be on your left. Public parking lot is across the street (Church Street) from the rear of the Court House. NOTE: The McDonalds on 360 may be your last opportunity for a real bathroom until we get to the store stop.

Please call the ride leaders, Barry and Martha Pullen if there are any questions. We cannot respond to email.

February 25 (Sunday) 1:15 p.m.
Hanover Courthouse Leader’s Choice
(35/26 miles - all speeds - S-S/M)
Leader: Bud Vye, 262-9544

Lots of nice routes from this starting point and Bud will select one of them as the date gets closer. Attendees at 11:00 am church services can get to this one, and we should be riding in the warmest part of the day. Whichever route is selected will have a store stop on it, and no one will be left behind.

Hanover Courthouse is on the east side of Rt. 301, 10 miles north of where it crosses I-295.

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

February 4 (Sunday) 10:00 a.m.
Hanover Scenic
(30 miles - 15 - N - S/S)
Leader: Doug Harrel, 368-0689

Enjoy a ride through some familiar roads and some roads less traveled. In Hanover, hills can’t be avoided, but they’re fairly well spread out on this ride, so your legs won’t scream too loudly when you finish. We’ll keep a social pace and plan to enjoy the views.

The ride begins at the Randolph Macon parking lot in Ashland. To get there from Richmond, take I-95 north and exit on route 54 west into Ashland. Cross U.S. Route 1 and, just prior to crossing the railroad tracks turn right onto Railroad Road. Turn almost immediately into the parking lot on the right (across from the Ashland AmTrak station).

February 10 (Saturday) 9:30 a.m.
Leader’s Choice at Waverly
(38 miles - 15 - S-F/G)
Leader: Jack Huber, 282-3872

Meet Jack at the Tavern’s parking lot in Waverly to ride on the quiet country roads of Sussex and Surry Counties. He will select one of his routes and will feature the pretty countryside and flat terrain. All participants are invited to eat lunch after the ride.

From the Richmond area take I-95 or I-295 south to Rt. 460 east (toward Norfolk). The Tavern is at the intersection of Routes 40 and 460 in Waverly.

February 17 (Saturday) 10:30 a.m.
Lake Anna Views
(47/30 miles-all speeds-S-S/M)
Leaders: Carl and Barbara Armstrong, 239-6835 or cb_armstrong@alumni.kenyon.edu

This new ride offers three distance options, each with a store stop along the way, so no need to bring provisions. The longest option reaches into Spotsylvania County and includes a stretch along the shores of Lake Anna, offering some picturesque views of this lake. The mid-distance option explores a bit of Louisa County and passes through Bumpass. The short option goes through the scenic countryside of far northwestern Hanover Co. Meet Carl and Barb in the rear parking lot of the Arts Center in Montpelier, at the intersection of routes 33 and 715, 15 miles west of where route 33 (Staples Mill Road in the city) crosses I-295.

February 18 (Sunday) 1:00 p.m.
Riverside Drive Loop
(30 miles – 15 – S-S/M)
Leader: Champe Burnley, 358-6697

Join us for the 30 mile Riverside Drive - Old Gun Road loop. This downtown ride offers several nice climbs and is a great workout for folks in the city. We will stop just over half-way through at the Lucky Convenience Store on Winterfield Road to refill water bottles.

Meet at the Stratford Hills Shopping Center, corner of Hathaway Road and Forest Hill Ave.

February 19 (Monday) 11:00 a.m.
Amelia County to Crewe
(40 miles/15 to 16 mph, S-S/M)
Leaders: Barry & Martha Pullen 804-561-3950

Meet us in the public parking lot behind Amelia Court House at 11 a.m. Monday, February 19 for a delightful ride to Crewe in Nottoway County. There is little traffic in this rural area.

Our store stop is at 22 miles at a large convenience store in Crewe.

Amelia Court House is located southwest of Richmond off route 360. From Richmond, take I-288 to Rt.360 (Hull Street Road) and go west for about 18 miles. In Amelia, continue west on 360 through the traffic light (by the McDonalds). Turn left onto Amelia Avenue at the blinking yellow lights. Take first right onto Court Street and cross railroad tracks and cross US Business 360. Turn right onto Virginia Street. Court House will be on your left. Public parking lot is across the street (Church Street) from the rear of the Court House. NOTE: The McDonalds on 360 may be your last opportunity for a real bathroom until we get to the store stop.

Please call the ride leaders, Barry and Martha Pullen if there are any questions. We cannot respond to email.

February 25 (Sunday) 1:15 p.m.
Hanover Courthouse Leader’s Choice
(35/26 miles - all speeds - S-S/M)
Leader: Bud Vye, 262-9544

Lots of nice routes from this starting point and Bud will select one of them as the date gets closer. Attendees at 11:00 am church services can get to this one, and we should be riding in the warmest part of the day. Whichever route is selected will have a store stop on it, and no one will be left behind.

Hanover Courthouse is on the east side of Rt. 301, 10 miles north of where it crosses I-295.

WEEKLY 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 there is any question about whether a ride might cancel, call the ride leader. You may also call Rideline at 266-2453, and select option 3 to see if a cancella-
tion notice has been posted.

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

Thanks to all the 2006 ride leaders for the weekly and social rides. Your participation ensures great ride experiences for your fellow cyclists and contributes to the vitality and mainstay of the club’s membership. Thank you!

Sunday 1:00 p.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
(30 to 60-15 to 20 mph-SS-S/M)
Ride Leaders: Katy & Randy Rosemond, 804-966-5472 or velosalsaman@aol.com

Meet at Dorey Park (Darbytown Road, 1 mile East of South Laburnam 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.

Monday 9:00 a.m.
Mondays with Mary
(30 to 40-16 to 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.

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. Each week’s location will be announced on Rideline (266-2453). All riders invited.

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 8:30-9:00 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 the January ABC ride leaders: David and Debra Gardner, Bill Britton, Rickey Davis and Bill Whitworth. Your help in leading the rides makes for a more enjoyable ride experience. Thanks for all that you guys do.

February ABC Ride Leaders are:
03 Dee Nuckols, 749-3400
10 Paul Silverstein, 321-7977
17 Dave Strickland, (434) 594-5371
24 Mark Gregory, 968-4300

Saturday 11:30-12:00 noon
The Ashland Lunch Club (ALC)
(Mileage varies – all speeds- S-S-M)

This ride is a duplicate of the ABC ride, (see above) but with a later start time during cold months.

Thanks to January ALC ride leaders: Joe Hazel, Jim Holgate, Brenda Hubbard, and Bobby Weitzel. Thanks for all that you guys do.

February ALC Ride Leaders are:
03 Chip Ford, 527-0828
10 Dave Talley, 746-9142
17 Ted Zeh, 932-4070
24 Debbie Gleason, 755-3039

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

OFF-ROAD RIDES
Coordinator: Dan Widner 804-559-7644
danwidner@comcast.net

February 11 (Sunday) - 10 a.m.
Dogwood Dell Trail [Several miles of singletrack trail]
Leaders: Mike & Kim Moore 358-0935
luvs2cycle@yahoo.com

It’s been a while since the leaders have been to the best that the City of Richmond has to offer in terms of trail riding. Technically and aerobically challenging in spots, while being scenic, this trail offers something for every level of rider.

Meet at the parking lot of the dog park that is beside the Carillon Tower/Dogwood Dell amphitheater of the Byrd Park area. If you are coming from either I-95 North or South, take the Boulevard Exit. Continue on Boulevard until it comes to a T-stop, take a right (Grant St), follow the road and it will become Blanton Ave. There will be another T-Stop, and the Carillon Tower should be in front of you--take a left and then an immediate right into the park gravel road. Go about 1/4 to 1/2 mile to find the dog park area, on the left.

February 18 (Sunday) – 10:00 AM
Freedom Park, 5535 Centerville Road, Williamsburg, VA 23188
Leader: Dan Widner 559-7644
danwidner@comcast.net

This 675 acre park has diverse
5,000+ RABA Miles Club

Last year we noted that Bill Whitworth had joined Randy Rosemond as the only two club members to exceed 5,000 recorded club miles during the years we kept statistics for the club (1997-2002 and 2005). Note each of the critical qualifiers. This year, two members joined this exclusive group – Jim Holgate and Jeanne Minnix. Congratulations to each of you for this impressive accomplishment! Bill had been on a pace to set a new record with over 3,500 club miles midway through the year when an accident kept him off the bike for most of the rest of the year. Jim rose to the occasion and raised the bar higher this year with his total of 6,674 recorded club miles on 170 rides during the year. This is a club ride almost every two days! We suspect that RABA may need to add more club rides before anyone has a shot at breaking this new record.

Upcoming Events

By Kim Moore

The 2007 Board and Volunteer Chairs have been hard at work to come up with new ideas and events to welcome another year of cycling and energize the membership. In the board’s first meeting of the year, an idea to help orient and welcome cyclists new to the club and group bicycling was put forth and quickly embraced. There will be a RABA social meeting in April specifically targeting new group riders and the board is planning for a special ride on one Saturday in April, May and June, where volunteers from the board will lead them on the ABC ride. More details about the new cyclists ride to follow as we approach the spring months.

Also new for the April meeting, there would be a slideshow of RABA members doing anything bicycling-related! These pictures will flash during the meeting, as a backdrop to the socialization. These slides can be of people riding, eating at the rest stops, getting their bikes ready, showing the great scenery of a bike ride, posing with friends, etc. Please start searching your digital pictures and pick out no more than five pictures that depict the joys of bicycling and being a club member. Please send your picture files to Jeanne Minnix at jminnix@comcast.net by March 31. Jeanne does ask for certain technical rules to be followed when emailing your digital pictures:

1. The pictures should be in JPG format
2. Images should be high resolution

If you would like to see a topic presented or know of someone who might be a good speaker on a bicycling related topic for future meetings, please feel free to contact me at 358-0935 or luvs2cycle@yahoo.com. Your ideas are welcome!

And if you haven’t heard already, Richmond will be hosting the Long Course Duathlon World Championship race in October 2007. This news has ignited the athletic community not only in the Richmond area, but all along the East Coast and U.S. The Duathlon World Championships are usually held outside of North America, making American athletes go through long travel. To add to this excitement, 3Sports announced in December 2006 that they will be organizing a long course race qualifier at West Creek Business Park, in Goochland County, to be held in conjunction with their sprint duathlon race that they have sponsoring for the past few years. The 3Sports Duathlon races will be held on April 7, 2007. If you are interested in competing in either race distance, go to http://64.38.134/index.cfm?fuseaction=events&series=other, go the “Other Events” area, and select either 3Sports Duathlon 4/7 or 3Sports Long Course Duathlon 4/7 using the drop down arrow. If you are interested in volunteering, please watch for notices to appear in the Pedaler or via RABA email distribution.

2007 MS Ride Trainers Needed

The National Multiple Sclerosis Society, Central Virginia Chapter, organizes the very successful charity bicycle event called Virginia Dare MS 150. This year’s edition will be held June 2-3, 2007, and promises to be even more exciting as this event is part of Governor Tim Kaine’s Healthy Virginians Initiative. New to the 75 and 150 mile option is the Family Fun Ride. This ride will be a 5, 10 or 15-mile loop around Richmond and will encourage families to ride together. To help families with young children prepare for the distance and gain skills in handling bicycles on the road, the organizers of the event are asking for volunteers to help lead very short training rides in May. Volunteers can choose road routes of 4 to 12 miles – all that is needed is patience, a sense of humor and willingness to teach beginners the fun and safety of bicycling. If you are interested in any way, please contact Christine Roberts, Director of Development, (804) 591-3034, 1-877-899-4666 Toll free in Virginia or christine.roberts@varnmss.org.
Advocacy Report
by Bud Vye, Advocacy Chair

Before I start on what's happening down at the Legislature, let me alert everyone that VDOT will be having an “outreach” meeting or two in this District to inform the public about the implementation of their new Bicycle and Pedestrian policy that has been established to ensure that bike, ped, and other non-motorized transportation modes are considered in all projects. Although the dates have not been firmly set up yet, it sounds like they will be in March. I'll publicize them as soon as they are announced, since its critical that we get a turnout there to express what bike and ped features we feel need to be "considered" in new transportation projects, and to attempt to ensure that something beyond lip service comes out of this new policy.

Some good news (if there is such a thing) in the Statewide Traffic Fatality stats for 2006. After declining each year from 2001 (17) to 2004 (7), it was really sad to see the Bicycling fatalities spike up to a record high of 21 in 2005. Hoping this was an anomaly, I was curiously awaiting the end of '06, which turned out to be a more normal 13. Again, not good, but a whole lot better than the year before, although one of this number was David Smith, one of our own. Interestingly, the Total Fatalities were exactly the same year to year at 923, as were the Motorcycle Fatalities at 68. The Pedestrian category showed the only increase of +8 (from 84 to 92) to offset the Bicycling decrease of -8. We're all motorists and pedestrians, in addition to being cyclists, and some of us are also motorcyclists, so be safe no matter what category you are operating in and keep yourself out of these stats!

More progress to report on the second segment of the Capital to Capital Trail (from Jamestown H.S. to the Chickahominy Bridge) as it is almost complete. Official contract completion date is May 1, but the contractor is ahead of schedule and close to finished.

Not so happy to report on the widening of Atlee Station Rd. near Atlee H.S. After being told that the project would include Hanover County's first bike lanes, since that segment is part of U.S. Bike Route 76, now I am told that the “bike lane” has been scaled back to a 4' shoulder in one direction. Still a big improvement over the previous situation, but a disappointment none the less.

Now down to the Legislature, where a couple of bills we've seen for at least the last four sessions are being brought back for another try. The “Drivers to stop (rather than yield) for pedestrians in crosswalks” bill is House Bill 2863 this year, and is being patroned by Del. Brian Moran of Alexandria. It got over to the Senate Transportation Committee last year, before it got scuttled by Chairman Marty Williams of Newport News. He's still in the same post, so I'll be there if it gets that far to see if he's mellowed a bit, or still of a feeling, none the less, that this is a threat to the very popular trail.

If any of these bills get out of subcommittee (on which there is no local representation), I'll be throwing out some alerts for legislative contacts. As for now, be advised, and stand by.

Richmond Area-MORE (Mid-Atlantic Off Road Enthusiasts) Program Descriptions & Contacts — Pocahontas Night Rides: Feb 1, 17, 28, Mar 16, 27; Ride Like a Girl: for women only on area trails, Anne Morgan vtcaucus@yahoo.com; Work Like a Girl: Belle Is. woman led trail crew to design/construct new trails. Goal to resolve old trail issues, promote sustainability & less user conflict, Audrey Kane at aekane@gmail.com; Bike Patrol: in James River Park System (JRPC) in Apr for 6 mo. pilot, Nate Ayers nayers@gmail.com; JRPC Trail Maint.: schedule on web site www.richmond-more.org; Pocahontas State Park Trail Maint.: Joel Webber webber78@verizon.net or Eric Cone ericcone@gmail.com; RA-MORE Contact Info: Greg Rollins, President, gregproforma@att.net; Nate Ayers, Vice President; Wayne Goodman, Spec Proj, goodmanw@comcast.net
Specificity: Using Your Mind to Improve

As a cyclist nears a goal event for which he or she has been preparing, be a group ride, century, or race, it is important to adjust the training schedule to the demands of the event. This move from general to specific training allows the athlete to fully prepare for all that will be expected of him at the event. As Endorphin Fitness’ final article in a 5 month training series, I wish to recap the topics we have discussed in prior months while detailing this move to specificity in training.

The whole training program starts within by identifying your current level of fitness, strengths, weaknesses, goals, and time available. This will determine what needs to be done to accomplish your goals. Once you are ready to begin training, start with technique. Technique is the means to improvement without injury. From this solid foundation of technique, you need to establish safe base mileage at a comfortable intensity increasing only as far as your technique can hold. This mileage will cause several physiological adaptations that will in turn prepare your body to safely take on more intensity. This intensity comes in the form of speed work that should be chosen based on your strengths and weaknesses and move from general to specific as you approach your key event.

Let’s now turn our attention to the only stone left uncovered: specificity. There are three components of training that are affected by the principle of specificity: event characteristics, intensity, and strength.

1. Event Characteristics – Knowledge is power! Knowing the unique characteristics and physiological demands of the event is the key to preparing for this event. Thus, do your research! Dig into the information on the event to determine how to best prepare for it. Some things you should seek to determine include terrain, wind conditions, temperature, road conditions, altitude, turns, start and finish characteristics, pivotal points along the course, etc. The learning potential is unlimited so dig until you have a firm understanding of what will be expected of you. Once you have this information, make sure your training parallels it, especially in the one to two months prior to the race.

2. Intensity – The human body is an amazing organism that has the ability to adapt and learn from different stressors placed upon it. As athletes, we want our bodies to learn the proper technique while being able to withstand the intensity that must be achieved come the day of the event to meet our goals. Thus, as the event gets closer, it is essential that the athlete start training his body to endure the goal intensity. Now, the move from general to specific will mean something different for different race distances. A long event will require the athlete to start with a higher intensity than usual and then teach the body to hold a slightly slower pace over the course of the race distance, whereas a short event will require the athlete to start with less intensity maintained over longer intervals before teaching the body to go faster than ever as one approaches the event. With that said, there are exceptions, as well as multiple variations, to this training model based on the strengths and weaknesses of the athlete.

3. Strength – Strength training should also follow the specificity rule, as the athlete moves from general strength development to specific strength development as the event gets closer. The general phase will typically take place in the weight room by first minimizing any muscular imbalances and thus preventing injury before moving to a muscular endurance and/or strength phase based on the athlete’s needs. Once these objectives are achieved, the athlete should move into a maintenance phase in the weight room while developing strength on the bike through increased intensity and loads (harder gear, wind, or hill grade). At this point, we are trying to turn the strength developed in the weight room into functional strength that can be used at the event.

Specificity has the potential to significantly improve your training. If you are willing to do your research and take the time to design a plan that takes into account the demands of the event, you will be giving yourself a significant head start over others. Take every advantage you find and use your mind to accelerate your body in 2007.

Michael Harlow is the owner of Endorphin Fitness, which is a group of professional endurance coaches (swim, cycle, run, multisport) who coach out of The Endorphin Fitness Endurance Center in Richmond, VA. Michael is currently ranked in the top 6% in The Nation for his age group in triathlon and was a member of Team USA at the 2005 World Championships. To learn more about gaining speed this season, you can contact him at michael@endorphinfitness.com or visit www.endorphinfitness.com.
Rants and Raves, Tips and Tricks:
Twofish Lockblock Flashlight Holder
With unseasonably warm weather in the Richmond area this fall, it’s been easy to find excuses to get out and ride. That includes riding at night. As Ride Captain of the Ashland Dinner Club Ride, I have been overwhelmed with the number of riders joining us on this new ride. Feedback has been nearly unanimous; riding at night is a really fun and unique cycling experience.

When speaking to friends who haven’t participated on evening rides, a common excuse is they don’t own fancy or expensive bike lights and don’t want to invest in one if riding at night isn’t their cup of tea. Though most riders find their hooked on the ride, that’s a fair excuse.

If you fit into that category, here’s a way to join in the late night fun. For less than $10 you are in the game with the Twofish Cycleblock.

The Cycleblock is a small rubber block (think of a one inch long, thick, rubber, Pringles potato chip) with two five inch Velcro straps running perpendicular to one another. One of these straps goes around your handlebar, one around your flashlight. Add a flashlight and voila: instant bike headlight.

It takes only seconds to mount the Twofish. Combine the Twofish with a reasonably bright flashlight and you have a great cycling light. (Shown is a Maglite, 3 watt LED MiniMag, available for around $25 at any hardware store. This flashlight provides over three hours of runtime on a new set of alkaline batteries. When not riding your bike, throw the Maglite in the car glove box for those special, unforeseen occasions like flat tires or lost keys!)

Better yet, run two lights for better visibility.

If you’d like try a night ride without making a high dollar investment, give this combination a shot.

Twofish Cycleblock
around $7.00 from local bike shops
www.twofish.biz

VERDICT:

Rants and Raves, Tips and Tricks: Grease that Seat Post with Anti-Seize Compound
If you ride a non-carbon (metal) bike or are a mountain biker who rides through the wind, rain and mud, invest five minutes of your time and five bucks and save yourself the expense of potentially buying a new frame.

Once upon a time, I had a friend who rode a fancy steel mountain bike with all the latest components. This included a then, high-tech, cool, aluminum seat post which was the lightest thing going.

As we all remember from chemistry class, when two unlike metals are next to each other and water intervenes, a galvanic reaction ensues. I’ll defer to our distinguished club chemists for details, but the net result is your seat post will chemically weld itself into the frame.

Though many RABA members are likely past their growing spurts, it’s always nice to have the ability to adjust your seat height. Chemically welded seat posts are hard to adjust. Very hard.

As mentioned earlier, due to lack of forethought, the said seat post was stuck tight and I worked like crazy urgh, I mean my friend and I worked like crazy to try and loosen the stuck seat. It would not budge. We finally took the bike to the local bike shop and though they recommend we go out and have a beer while they performed the operation, we watched as two guys twisted on the frame with all their might (and a three foot pipe wrench) to free the stuck seat. (Wayne Shipley, is this bringing back memories?) Nothing against the mechanics, but this procedure looked like something straight out of Abu Ghrab.

Trust me: this is not something you want to do to your bike, your psyche or your friends.

These days, my friend regularly uses an anti-seize compound to keep that seat post sliding smoothly.

Simply remove the seat post, clean off any dirt and grime, brush on the compound generously, and re-insert seat post. Clean up any excess and sleep with total peace of mind.

(Some folks use grease rather than anti-seize compound. Consult your local bike shop for their opinion.)

VERDICT: “thumbs up”
Anti-seize compound
Around $5 at your local auto parts store
(Thanks to my friend who let me borrow his can of anti-seize compound for the photo.)
CLASSIFIEDS

Classified ads in *The Pedaler* are free for RABA members or for paying non-members. Members may have no more than two bicycles for sale on this site at any one time. Ads will run for three consecutive issues unless informed that the items have been sold. The date submitted will be displayed on each ad. Inclusion in *The Pedaler* does not guarantee your ad will be included on the website. If you want your ad to continue running, you must notify the Editor prior to the expiration.

<table>
<thead>
<tr>
<th>Item Description</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Continental Ultra Gatorskin 700 x 28c - Duraskin+Kevlar - black tread w/ gator-skin walls; brand new - never mounted!</td>
<td>Linwood 804 349 3432 or <a href="mailto:lshines@comcast.net">lshines@comcast.net</a> (2/2007)</td>
</tr>
<tr>
<td>Rivendell All Rounder 55cm in like new condition, 26&quot; wheels, Phil Hubs, wonderful components and ride.</td>
<td>Contact Linwood: 804 349 3432 or <a href="mailto:lshines@comcast.net">lshines@comcast.net</a> for more info. (2/2007)</td>
</tr>
<tr>
<td>Performance Travel Trac 2000, folding, portable trainer. Comes with a front wheel riser and VHS Spinervals training tape.</td>
<td>$125. Dawn Ault H (804) 288-1195 or <a href="mailto:twoplus2@comcast.net">twoplus2@comcast.net</a> (2/2007)</td>
</tr>
</tbody>
</table>

**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:** Midnight the 15th of the Month

**Advertising: Rates are:** $198 full-page, $99 half-page, $149 2/3-page, $67 1/3-page, $48-1/6 page. Two bicycling classified ads are free to members; non-member rates apply thereafter. **Non-member Classified Rates:** $5: 1 item, $10: 2-5 items, $15: 6-9 items, $25: 10-15 items - all with a reasonable amount of text per item. Send check or money order payable to **RABA Treasurer, PO Box 6565, Ashland, VA 23005**