A turnout of about 40 brought their gifts and covered dishes to Endorphin on December 6th for the 2006 edition of RABA’s annual meeting and Christmas party. After a period of sampling the tasty assortment of dishes, socializing, and watching five Endorphin members getting a strenuous workout on their stationary bikes, President Brenda Hubbard convened the annual meeting. After Michael Harlow, our host for the evening, greeted us, Brenda conducted the election of officers, during which there were no nominations from the floor and the slate, as presented by the nominating committee, as headed by Andrew Mann for President, was unanimously elected.

Brenda then called upon me, as chair of the Harvey Award selection committee, to announce and present that award, named for Ed Harvey (a beloved member of the club who was hit and killed by a drunk driver while on the club's century ride back in the early 80’s). Announcing that the recipient of the club’s highest honor had joined in the late 90’s; served as Membership Chair in ’02; Public Relations Chair in ’03; Secretary in ’04; and then as RABA’s first-ever two term President in ’05 & ’06, it gradually became apparent to Brenda, and those in attendance, that she was the recipient.

Obviously thrilled at receiving the plaque to hang on her wall for the next year, Brenda turned right around and presented me with a Presidential Service Award in appreciation of my work as Advocacy Chair and Chair of the Heart of Virginia during the past year. She then announced a second such award, to Vice President Kim Moore (who had a school commitment and could not be present) for her tireless efforts in so many areas that contribute heavily to the success we enjoy as an organization.

(continued on page 3)
PRESIDENT’S WELCOME

Welcome to 2007, a whole new year. I had a great 2006 and am impatiently looking forward to a new cycling session. I want to thank Brenda Hubbard for doing an awesome job for not one but two years! Also I want to thank the entire 2006 Board who worked very hard to make it a successful year for RABA.

Please come out January 10, 2007 and join Kristin Andrs and me as we make a presentation on our adventures in Utah. Along with Larry Nelson and two friends from Maryland, Eric Geyer and Brian Berryhill, we went west this past September to ride LAGBRAU. It was the most poorly organized bike tour I have ever done though the most beautiful countryside. If you want to hear about how we snatched victory from the claws of chaos please come out to Maria’s restaurant that second Wed. If you have great stories along with great pictures please submit them to Ted Zeh, our new Pedaler Newsletter Editor. It’s your newsletter and you all will make it interesting and diverse. Special thanks to Bill Varjabedian for publishing The Pedaler for the last three years.

Thanks to Dan Widner for taking over as Off-Road Captain. I can’t multitask like Kim Moore and can only do one thing at a time. So Dan agreed to run the mountain bike rides. Please come and join him out in the woods. Thanks also to Steve Crozier, Greg Brown, Kristin Andrs, Lew Lott & the Moore’s for leading rides this fall.

I would also like to thank Champe Burnley for taking over Public Relations for the club. It is important to RABA that we get the word out to the community of what we are doing.

In closing my new years resolution is to try to get former members back out there on their bikes and back with our club and also get new members to join. I want to increase the communities’ awareness of RABA. Please take time to let me know what the club is doing well and areas that we need to make improvements.

I look forward to a great 2007.

Andrew Mann

CHRISTMAS PROJECT SUMMARY

From Suzanne and Dee Nuckols

RABA’s Bikes For Kids project was a shining success again this year. Your generous donations enabled the club to purchase 300 bikes. We also want to mention the generosity of the Wal-mart on Brook Rd that sold them to us at cost. Then they were assembled by approximately 60 club members in an astonishing 4 hours, a new record! Finally, on Dec 9 they were delivered by holiday spirited caravans to nine Christmas Mother locations. Some of the volunteers who were there to receive our deliveries shared heartwarming stories of parents of children who wished for a bike but were afraid it was too big a request; but with our gift of new bicycles, they are able to fill those requests of some very grateful families. As project coordinators, we wish to extend our gratitude to each and every one of you who gave so charitably of your time and money to help make this endeavor such a success. When called upon, your willingness to step up and help those less fortunate has never failed. Many thanks!

BENEVOLINK

In case you didn't know, Ukrops Super Markets replaced it's charitable matching fund giving program almost two years ago. It is now using a service called Benevolink.

What is Benevolink? It's an innovative new program that enables members to give to the charitable organizations of their choice for FREE. Many of us want to help make a difference, but we simply don't have the time or the money. Benevolink is helping change all that. We make it easy and there's no cost to you!

How do you become a member? All you have to do is register! Benevolink is completely private and secure. Simply direct your browser to:


and in a few minutes you'll be on your way to helping make a positive impact in your community's schools, churches, or other charitable organizations that are meaningful to you. You choose where you want your funds to go!

**RABA is a registered nonprofit with Benevolink!**

NEXT MONTH

Look for Specificity: Using Your Mind to Improve another in a series of articles from Michael Harlow owner of Endorphin Fitness. If you can’t wait you can contact Michael at: michael@endorphinfitness.com or visit:

The business portion of the evening concluded, the meeting was turned over to Jack Huber, who acted as Santa Claus and conducted the always popular gift exchange. With his number drawn early, Wayne Shipley selected and unwrapped a generous sized tube of Butt Balm, which he made certain everyone knew was available to be stolen from him as each succeeding number was drawn throughout the evening. Other highlights included my theft of the prized Sam Adams sampler 12 pack from Mark Bierly (after my bottle of fine wine had been stolen from me), Kathy Wood's joy as she unwrapped the “Santa on a Bicycle” music box and wound it up to hear it play “Jingle Bells” as he pedaled (and no one had the heart to steal it from her). Then came the “All's Well, that End's Well” moment late in the action, as Jim Temple stole the Butt Balm from Wayne, freeing Wayne to steal something of more use to him. (Many of us thought that Wayne would have use for the Butt Balm, with all of the miles he drives delivering and picking up the tuxedos, but apparently his “Cowboy Cadillac” has a nice, comfortable seat.) As always, the Gift Exchange proved to be a real kick, as the members involved continue to outdo themselves in coming up with interesting gifts to enter into the exchange (very few of which were cycling related this year).

WELCOME 2007 BOARD AND VOLUNTEER CHAIRS
By Kim Moore

At the December 6, 2006, RABA meeting, the following individuals were unanimously approved by the members present to serve for 2007:

- President: Andrew Mann
- Vice President: Kim Moore
- Treasurer: Cindy Evans
- Secretary: Jack Huber
- Director-at-Large: Debbie Gleason-Morgan
- Director-at-Large: Brenda Hubbard
- Fast Ride Captain: Mike Moore
- Social Ride Capt.: Jeanne Minnix
- Newsletter Editor: Ted & Joy Zeh
- Membership Chair: Sonya Gagnon
- Advocacy: Bud Vye
- Program Chair: Kim Moore
- Century Chair: Bud Vye
- Statisticians: Al & Lois Farrell
- Web Site: Doug Harrel

Two positions were vacant at the time of the meeting and have since been filled by press deadline: Dan Widner has volunteered to be Off-Road Ride Captain and Champe Burnley has volunteered to be Public Relations. They have been added to board and volunteer contact listing. We welcome these two new volunteers and thank them for their time and efforts in these positions!

NOTE: There are many pictures available associated with the stories in this month's Pedaler, but I did not have room to run. Please see www.raba.org if interested in the pics!

TOUR OF VIRGINIA UPDATE
The Tour of Shenandoah has been renamed and has experienced a host of other changes.

The annual race through the Shenandoah Valley has expanded its scope for 2007. The six-day tour, set to run from April 24-29, will branch out of the Valley into two new cities, Lynchburg and Charlottesville, and into the Allegheny Highlands. It also has been added to the USA Cycling's National Racing Calendar.

Last year's budget for the tour was $95,000. Now, it could be $275,000 if all the sponsorship offerings are sold, or at a minimum budget will be $125,000, including $20,000 in prize money. This will probably increase the field from 90 last year to 150 in 2007.

While the race's new status should attract a larger number of more experienced riders, the Tour of Virginia will retain its youth focus. The race bills itself as a development event, designed for under-25 riders such as last year's winner, 23-year-old Brent Bookwalter of Grand Rapids, Mich. Hence, the tour's tagline: "Showcasing North America's Rising Stars."

In the future, the goal is to get the Tour of Virginia sanctioned by the UCI (Union Cycliste Internationale), the international cycling governing body. That would mean a larger number of international riders competing. Currently, the UCI sanctions no U.S. races. In the near term, the race will hope-
Had the opportunity to attend the Richmond Metropolitan Planning Organization (MPO) meeting on December 14th at which Assistant Transportation Secretary James Carr updated the members on the status of the Virginia Capital Trail project.

As I reported in the Dec. Pedaler, the 3 mile Greensprings segment connecting the Colonial Parkway and Jamestown Island with the Jamestown H.S. trailhead and Rt. 5 is now complete and open to the public. It crosses, and includes, a 40 acre wetlands wildlife preserve that was acquired as part of the $3 million project (30% of which was private and local funds) and will be managed by the James City County Parks Dept.

The next five miles to the west along Rt. 5 is called the Chickahominy Riverfront Phase. Construction on this $5 million segment is well along, and will be complete (or very close to it) by the time you read this. That will bring the trail to the east bank of the Chickahominy, where the existing bridge's replacement is currently being designed to include a 10 ft. wide lane for bicycles and hikers.

The new bridge and the Sherwood Forest Phase, which is the next 13.5 miles, bringing the trail to Charles City Courthouse, and is also in the design phase, are both scheduled to be complete in 2009. The next segment heading west is the Charles City Courthouse Phase, which is an 8 mile, $5 million section, featuring the renovation of the historic Clerk's Office into a Visitor's Center with restroom facilities and a link to VCU's Rice Center. Construction on this section is scheduled to begin next summer.

Next comes the New Market Heights Phase, a 12 mile section whose design will begin in '08 linking VCU's Rice Center and Henrico County's 4 Mile Creek Park, which is currently under construction and will serve as a Trailhead with parking and restroom facilities.

Then we have the Randolph Landing Phase, where Wilton developer H.H.Hunt has proffered to bear the entire $3.5 million cost for design and construction of the 6.7 mile segment that will diverge from Rt. 5 and go along the shore of the James through a new Henrico county park the developer has also proffered. This segment is contingent upon the approval of the update of Henrico's Comprehensive Plan to include the Wilton development, and should be open to the public by '09, bringing the trail to the Richmond city limits.

The next 1.5 mile segment will go through the Village of Rockett's Landing to the Intermediate Terminal, following the route of an abandoned rail line, also being designed and constructed totally at the expense of that developer.

An excellent report by Jimmy Carr, who is the Governor's point man on this project, enthusiastically received by the MPO members, all of whom feel that the trail will be a real tourist attraction for the region. When I first attended meetings on this project about 10 years ago, I doubted that I would live long enough to ride on it. The way the various segments are falling into place now, and with the push we're getting from the Governor (who continues to pledge that all segments of the trail will either be open or under construction by the time his term concludes in 2010), I think I'm going to make it. If you have a chance to talk with any of the Region's elected officials (particularly those from Henrico or the City), make sure you mention how interested you are in the
HEARD & SEEN AROUND the CLUB

by Bud Vye

Bill Whitworth continues to look fully healed from his broken hip and is cranking out a lot of miles, but not making up much ground on either Jim Holgate or Dee Nuckols, both of whom appear to be out of Bill's reach in the race for '06 club mileage leader. All the interested parties will be eagerly awaiting the official word from Al & Lois sometime in January. Bill is also pleased that wife Ling has taken a position at Longwood in Farmville. Although she hasn't found a route to drive there that is less than 64 miles, both she and Bill still like that situation better than her working in Charlotte and coming home only on weekends. While we're on the subject of mileage, Rickey Davis keeps grinding it out, as he passes the 284,000 mark on the way to his next major goal of 300K, lifetime.

Also looking good is Carl Armstrong who, from the looks of him at both the Christmas party and Bike Distribution, appears to have come through the first of his three surgeries in good shape.

Not looking so good, but improving, is Mark Forte, who has been seriously laid up for a while by blood clots in his legs.

Also on the mend is Cam Hoggan, who quietly went and had a hip replacement right after Thanksgiving, with most of his retiree's riding buddies not even knowing he was having problems, but thinking he was away on another of his lengthy trips to exotic locales. Best wishes to all three for speedy recoveries!

I'd been to Bike Assemblies at the Nuckols' previously, but never had been able to make it to a Bike Delivery. A very impressive operation, as a long list of club members showed up with a motley fleet of vehicles, some pulling trailers, many with racks, at the Nuckols farm to get their assignments. Lo and behold, eventually all 340 bikes were on their way to a total of nine Christmas Mother locations. Art Casavant, Mark Gregory, and I handled the delivery to an appreciative Powhatan county operation, which I am quite sure was a reaction very similar to that experienced by the other delivery details. Part II of a great job done by Dee & Suzanne as they very coolly called the signals until all of the bikes were on their way.
January 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.
***call 266-BIKE for the latest ride information***

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

January 1 (Monday) 10:30 a.m.
King William Ride from Zoar State Forest
[43/31/25-all speeds-S-S/M]
Leader: Bert Wright, 804-769-8926
Bert is once again inviting us to come up to his and Linda's neighborhood for a ride through the pretty countryside of rural King William county. This ride hits several segments of some familiar rides like the Frog Level Metric and Beulahville or Bust. Meet at the parking lot of Zoar State Forest. Take Rt. 360 east approximately 20 miles beyond Mechanicsville to Aylett. Turn left at the light onto Rt. 600 (River Road) and go 1.5 miles to the forest entrance and parking lot on the right.

January 7 (Saturday) 1 pm
Cold Harbor Ride
[43 - 16 to 18 - S - S/M]
Leader: Hugh Aaron, 804-690-9720
or hugh@theaarons.com
Join Hugh for a ride through the Cold Harbor and Old Church sections of eastern Hanover County. There will be one store stop at West’s Store on 360. The ride will start and end at Hugh’s house. Get on I-295 and head (North or South) towards the Creighton Road exit (Exit 34). Take the Creighton Road exit (Exit 34) onto Creighton Road (Route 615) East. Proceed approximately 1 mile on Creighton Road East. Turn right at the first stoplight (there will be a Fasmart/Valero on your right and a 7-11 on your left as you make the turn) onto Cold Harbor Road (156 South) towards Old Cold Harbor. Proceed approximately 8/10 of a mile on Cold Harbor Road. Turn left into the Gaines Mill subdivision (look for the brick entranceway) onto Old Millstone Drive. Hugh’s house is the Third House on the Right – 7020 Old Millstone Drive (look for the wooded front yard). Park on the street.

January 13 (Saturday) 9:30 a.m.
Leader’s Choice at Waverly (38-15-S/F/G)
Leader: Jack Huber, 282-3872
Meet Jack at the Tavern’s parking lot in Waverly to ride to 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 Rt. 40 and 460 in Waverly.

Jan. 21 (Sunday), 10:00 a.m.
Hanover/King William Co. Ride
[34/28/22 - 14 - S - S/M]
Leader: Richard Halle, 744-1760
Take in the rural scenery of northeastern Hanover and western King William Counties. The different length routes will give riders some options if the mid-January weather is seasonal. The routes are rolling with an occasional hill to get your attention. Meet at Hanover Courthouse, just south of the intersection of Route 54 and Rt 301 (east of Ashland). The courthouse complex is on the east side of Route 301.

January 28 (Sunday) 10:00 a.m.
Montpelier Meander
[43/27-15-17 mph]
Leader: Jeanne Minnix, 594-0842
Meet Jack at the Tavern’s parking lot in Ashland. The Tavern is at the intersection of Rt. 40 and 460 in Waverly. From Ashland, where riders stop at Har-
dees or Ashland Coffee & Tea for breakfast or a hot or cold drink. Groups split, with some re-tracing the route back to Laurel Park for a twenty-mile (20) ride while others do various extensions for additional miles before returning to the starting point.

Riders arriving after the ride leader has left will find the sign-up sheet and route maps on the ride leader’s car.

Members interested in taking a turn as leader of this ride should contact Jeanne Minnix at 594.0842 or jminnix@comcast.net.

Thanks to December ABC ride leaders: Wayne Cox, Bud Vye, Ricky Davis, Gene Golden, and Debbie Siebert.

January ABC Ride Leaders are:
06 David and Debra Gardner, 740-6811
13 Bill Britton, 359-4193.
20 Ricky Davis, 755-6336
27 Bill Whitworth, 285-9193

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. Riders may join the ride leader’s group or form a group of their own based on preferred pace and distance. A cue sheet for the basic ride will be available. Riders arriving after the ride leader has left will find a sign-up sheet and route maps on the ride leader’s car.

Thanks to December ALC ride leaders: Ted Zeh, Dave Talley, Ed Zack, and Hugh Aaron.

January ALC Ride Leaders are:
06 Joe Hazel, 569-1891
13 Jim Holgate, 672-6332
20 Brenda Hubbard, 740-3678
27 Bobby Wetzel, 484-0054

Friday, 2:00 p.m., starting January 5
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 Track). 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 will be available so that riders of different speeds can find their way.

Sunday 2:00 p.m., starting Jan. 14 Wintertime return of the "East End Excursion" [30 to 60-15 to 20 mph-SS-S/M] Ride Leaders: Katy and Randy Rosemond, 804-966-5472 or velosalsaman@aol.com Meet at Dorey Park (Darbytown Road, 1 mile East of South Labumam 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? Slower riders are welcome. Maps will be provided if you are on time.

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

January 7 (Sunday) – 10 a.m. Louisa Trail Walk, Run or Ride [5 mile groomed trail] Leaders: Mike & Kim Moore 358-0935 and Cliff Pleasants 543-4051 This trail is great for beginners as it has been maintained with great care by owner Cliff Pleasants. Come out to his beautiful property out in Louisa County for a fun day of trail activity. Bring your bike or your trail shoes. To get to Cliff’s house: Take I-64 West to the Gum Springs Exit (Rt 522). At the end of the exit ramp, turn right. Go about 2 ½ miles to Owens Creek Rd, make a hard right. Go past the Owens Creek store, look for 1162 Owens Creek Rd. Turn left, go about ¼ mile down the driveway.

Jan. 13 (Saturday) 1 pm Leader: Jim Temple, 389-1053 jimateus@yahoo.com Pocahontas State Park Meet Jim at the gravel parking lot by the Heritage Center. Take Iron Bridge road to Chesterfield Courthouse complex turn right onto Beach road & follow the signs out to the park, pay the entrance fee & follow the road & turn left at the sign for the parking lot for the Hermitage Center. There are several single track trails of varying degree of difficulty.

Jan. 14 (Sunday) 10 am Leader: Ted Zeh Freedom Park From Interstate 64 take exit 234A to Route 199. From Route 199 take the Longhill Rd exit and turn right (Rt 612). Follow Longhill Rd until it ends at the park gates. Once inside the park gates, follow road to the parking lot.

Jan 20 (Saturday) Leader: Ed Jones 804.798.7046 cylee@earthlink.net Boy Scout Camp Come out and join people from Richmond MORE, the Ride Finders group, and CyCor group at the Boy Scout Camp out on route 6. You will have to contact Cycles Ed for time and exact location. This will be an intermediate ride.

Jan 21 (Sunday) 1 pm Leader: Andrew Mann, 266-9048 e-mail: rabamann@aol.com Poor Farm Park Lots of single track and lots of choices. There is a maze of single track to choose from. There are lots of technical challenges. This is an intermediate trail. We will probably break up into several groups it is hard to keep a big group together at this place. Take 95 North to the Ashland exit and go thru the town on Rt. 54 keep going west till you come across signs for the park and Liberty middle school. If you get to Patrick Henry H.S. you’ve gone too far. Go all the way to the back you’ll see the parking lot with bikers.

Jan. 28 (Sunday) 10am Leader: Dan Widner, 559-7644 York River State Park This is a great single track trail but it is more technical than it appears at first glance. This trail is also fast so it cuts down on your margin of error. Meet the gang at the park at 10am. It does cost a couple of dollars to enjoy this fine state park. Take Interstate 64 east & take the Croaker exit for the Park & follow the brown signs to the state park.
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.

Burley Rock ‘n Roll Soft Ride Tandem (11/06) - $600. Tandem has less than 2500 miles of use. Call Jon 804-560-6965 or contact jmsturman@aol.com

Thule swivel tandem carrier (11/06) - $125, has been well maintained and is in very good condition. Contact Jon (above).

Scott Summitt mountain bike (11/06), Shimano 27 speed, Rock Shox Indy C, a $1000 bike for $500. Like New. Barry Pullen 561-3950

Mavic Ksyrium Elite wheelset (11/06) for sale. New original equipment on recently purchased bicycle. Perfect condition. Website put this wheelset on sale for $450. You can sometimes buy on Ebay for $350 plus shipping. Asking $375 for these perfect wheels. All original Mavic documentation provided and is unopened. Contact Bobby Weitzel at Bobby23227@gmail.com or 804-484-0054

Official Membership Card
(Expires on date shown below)

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