RABA March Meeting
Bring a Buddy Social V
Friday, March 23, 2007, 6 p.m. to 9 p.m.
Richbrau Brewing Co
1214 E Cary St
Downtown Richmond, Shockoe Slip

It’s back by popular demand! RABA is co-hosting this social event with the Richmond Triathlon Club and the Richmond Road Runners. Club members are invited to meet and mingle with others who run and swim-bike-run. A member may bring a spouse, significant other or buddy to learn more about the clubs or meet other club members. In previous socials, RABA has been outnumbered by RRRC and RTC, so let’s come out and show that bicyclists are as fun-loving as runners and triathletes! And bring your digital camera to snap some fun pictures to submit them to the Pedaler or to Jeanne Minnix jimminix@comcast.net for the April RABA digital picture meeting!

The event will be held on the second floor of Richbrau, in the back bar room. There will be a cash bar. Light hors d’oeuvres and pool tables are available free of charge. Parking is available on the street, so be mindful of meters and no parking signs. If you have questions about the event, please contact Kim Moore 358-0935 or luvs2cycle@yahoo.com. Hope to see you there!

April Meeting: It’s a new event called Welcome to RABA and will be held on April 4. There will be a digital picture show, and members new to the club or riding in a group are encouraged to attend and meet seasoned RABA riders of every level. Meeting location will be at Virginia Housing Development Authority (VHDA). More details to appear in the April newsletter.

Bicycling Pictures Needed
Please search your digital pictures and pick out no more than five pictures that depict the joys of bicycling and being a club member. These digital pictures 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 send your digital picture files to Jeanne Minnix at jimminix@comcast.net by March 31. In order for them to be used in the April meeting picture show, your pictures must be JPG format and in high resolution.

Farewell to 266-BIKE
Effective March 1, 266-BIKE service will be discontinued. For many years, this service was used to augment the Pedaler by announcing the ride calendar and last minute club updates and news. Now with the advent of the Internet, RABA uses its web site, www.raba.org, and the RABA email distribution list to make those announcements. Many thanks go to Chuck Brodersen, founder and head of Infotel Systems, for setting up and providing the service for the club.

Holgate Smashes 6000 Mileage Barrier
Jim Holgate, only riding 4 months before he started his year long quest to dominate the mileage junkies, is this years high mileage leader with 6,674 RABA club miles. He blasted his competitors away this year, with over 1,577 miles more than this years second place finisher (31%) and 1,189 miles more than last year's top finisher (21.67%). His personal miles are well over 7,000. Jim, you rode your lovely British tush off to receive a champ's congratulatory praise. Well done!

Thank You Ride Leaders
Thanks to all the past year ride leaders for leading the on and off road rides. Your participation ensures great ride experiences for your fellow cyclists and contributes to the vitality and mainstay of the club’s membership. Your help in leading the rides makes for a more enjoyable ride experience for all of us. Thanks for all that you guys and gals do.

Andrew, Jeanne, Mike and Ron
2007 Board of Directors & Committee Chairs

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

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Luvs2cycle@yahoo.com  358-0935

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Submissions for The Pedaler

The Pedaler welcomes submissions in any form; email preferred. All submissions will be confirmed. All become property of The Pedaler. Email: 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.

BANFF

Do your Saturday evenings need a pick-me-up? Are you tired of listening to Prairie Home Companion re-runs? Are those Lawrence Welk episodes just not cutting it? Perhaps those “romantic” Saturday dinners at Bookbinders just don’t have the pizzazz they once did.

Here’s an idea for something different: mark down March 10, 6:30 and plan on attending the Banff Festival of Mountain films at Monacan High School, 11501 Smoketree Drive in Chesterfield.

The Banff Mountain Film Festival is an international competition featuring the world’s best films and videos on mountain and adventure subjects. The festival is held annually during the first weekend in November.

Last year, 319 films from 39 countries were submitted to the competition. From these, a pre-screening committee selected over 56 film finalists and these were screened for audiences during the week of the festival.

These films normally include varied subjects including cycling, skiing, climbing, paddling and mountain culture.

Prizes are ultimately awarded in eight categories: Grand Prize, Climbing, Mountain Sports, Mountain Environment, Mountain Culture, Short Mountain Film and Feature-Length Mountain Film. Festival audiences decide the winner of the People’s Choice Award.

The best of the films are then sent on the road for the world tour over 33 countries. Fortunately for us, Chesterfield Recreation and Parks brings these films to Richmond every year for our viewing pleasure.

The event is always full so be sure to arrive early to get a seat. Admission is free.

Adventure junkies – go for a de-caf before attending this event!

Once you have attended the Banff festival, it will become an annual event. It’s a great way to spend a Saturday evening!
February Meeting Report
by Bud Vye

A respectable turnout of 20 braved the cold weather and found their way to a new venue for our February 7th meeting. The meeting room at the Virginia Housing Development Authority (VHDA) turned out to be very nice, and elicited favorable comments to VP and Program Chair Kim Moore from all in attendance. The location on Belvidere, just south of the VCU academic campus, is central and easy to get to, with ample parking on the Belvidere side of the building. As you are coming south on Belvidere heading for the Lee Bridge, a left turn into the street between the VHDA and the War Memorial gets you right to the entrance to the parking area. With such a nice meeting place available, don't be surprised if Kim books us into there again in the future.

Our guest speaker for the evening, Dr. Allen Turnbull of BikeWalk Virginia, made the trip up from Williamsburg to be with us. After introducing Dave Anderson, who has recently joined BikeWalk's staff as a Program Coordinator based here in Richmond (he's apparently a very strong rider who races Duathlons and other events for the 3Sports team), Allen presented a very nice PowerPoint presentation on this year's Bike Virginia. With the Jamestown 400th Anniversary providing the obvious theme for this year's ride (the 20th Bike Virginia, which has been dubbed the “Captain John Smith Adventure”), registration will be on Friday evening, June 22nd at Hopewell High School. Allen announced that any volunteers from RABA who would be willing to meet the few participants who fly into RIC and shuttle them to Hopewell High on that afternoon would generate a contribution to RABA in return for their efforts. He also mentioned that he needed similar help in getting the same riders back to RIC on Wednesday afternoon the 27th.

Saturday night the 23rd will also be spent in Hopewell, after the participants have their choice of three rides of varying distances plus the opportunity to visit a number of points of interest, including the Crater and other battlefields, Blandford Church, City Point, Grant's headquarters at Weston Manor, and Pamplin Park's Museum of the Civil War Soldier. After all of that, there will be Hopewell's block party with live music and a beer and wine garden.

Sunday the 24th features three riding options through Prince George, Southampton, and Surry counties, including a Century that goes down to Smithfield and then over to take the Jamestown ferry at Scotland, by way of Bacon's Castle and Chippokes Plantation. All the options cross the river on the Ferry and then ride into Williamsburg, where the non-campers will be staying in the dorms at William & Mary, and this will be the Talent Show evening.

Monday and Tuesday nights will also be spent in Williamsburg, with a long list of ride options to choose from, including a ride down the Parkway to visit Yorktown. Other attractions offered include visits to Jamestown Settlement and Jamestown Island, York River State Park and paddling on Taskinas Creek, Colonial Williamsburg, Busch Gardens, and Williamsburg Winery.

After a last night celebration party in Williamsburg, its back to Hopewell on Wednesday, June 27th. This time its on the north side of the river, riding on the two completed sections of the Virginia Capital Trail and along Rt. 5, passing all the plantations before crossing the Benjamin Harrison bridge and back to Hopewell High for a slice of “You Did It” cake. Sounds like another great ride and recognizing that, since its in our home territory, many of us may want to ride only one or two days of it, Allen announced that for the first time, they will offer a one day only registration, on site at the ride, for $60. This will include all of that day's meals, ride options and activities, but no overnight camping, accommodations, or luggage support. For those of us who may be unable to get away for the entire ride, this sounds like an excellent way to take part in a portion of it. Those that have the BikeVirginia brochure will not find this option in there, as Allen is publicizing it only locally, primarily to RABA and the Williamsburg club.

After concluding his presentation and taking a few questions, Allen announced that he would be contributing two such one day registrations to those in attendance. Upon hearing this, Kim announced that the tickets for the 50-50 drawing would also be drawn for the BikeVirginia registrations. This caused a flurry of ticket sales to those who had not already bought them, doubling the size of the 50-50 pot to $40. With everyone in that wanted to be, Dave Anderson drew Cathy Rolfe's number for the $20. Then for the grand prize of the two one day registrations (worth $120) Allen Turnbull was given the honor of drawing and opening the number held by John Wray, sitting right next to Cathy. An exciting end to an interesting meeting, and Kim thanked Allen Turnbull for making the trip to be with us, and for a very professional presentation, and wished him good weather for the event.
Advocacy Report
by Bud Vye, Advocacy Chair

This legislative session was scheduled to be a “Short” session (46 days in the odd numbered years, versus 60 days in the even), but I had no idea how short it would be for the bills I was interested in. The “Drivers to stop (rather than yield) for pedestrians in crosswalks” bill was stricken from the docket at the request of its patron. Since that’s like a batter being taken out of the game before he gets a chance to go into the batter’s box, I asked the patron why he had pulled the bill. He replied that the Secretary of Transportation’s office is working on a “Pedestrian’s Bill of Rights” and had asked the Northern Virginia VDOT office to study the situation and come back with recommendations that will be incorporated in Administration sponsored legislation next year. Learning this, the Northern Virginia jurisdictions who have been pressing for the legislation asked Del. Brian Moran (from Alexandria) to have it stricken and he did so. Since similar bills have been defeated for four years in a row that I know of, it certainly can’t hurt to let it rest for a year, and, with the Governor behind it, it may have a chance of passage next time around. As I mentioned last month, we had 92 pedestrian fatalities in the state last year (many of which were not in crosswalks, it should be noted), so there is a rationale for giving them some additional protection.

The second bill I was supporting did get a chance to bat, but quickly got thrown out at first base. This was the bill to encourage bicycle commuting by offering a State Tax Credit of not more than $5,000 to employers for expenses incurred in providing bike parking and storage facilities, showers and lockers for their employees. This bill, along with 19 others involving Tax Credits of one kind or another, was assigned to a House Finance Subcommittee meeting. As one after another of these bills (some of which I would candidly say had more merit than the one I testified for) were summarily dispatched, until all 20 of them had been “gently laid on the table”, it became obvious that something was up. After the meeting ended, I asked one of the professional lobbyists I have come to know what was happening. His response was that apparently the House Republican leadership had put the word to kill all of the revenue options open for the funding package for Transportation they were trying to put together. Sounds logical, since I had never seen such short shrift made of a long list of bills, some of which had enough merit to warrant a decent hearing.

On the topic of Transportation funding, its hard to see where anything is going to come out of this session, unless a number of the hard core “no new taxes, under any circumstances” Delegates decide to cave in at the 11th hour, and claim that they did the best they could, but had to change their tune in order to get anything passed. This could happen, since we are seeing some of that group change their position, but many of them seem terrified to take a stand that might be unpopular in an election year. There’s no doubt in my mind that we have to see the State Gasoline Tax increased at some point. At 17.5 cents a gallon (where its been for almost 20 years) Virginia is significantly below its neighbors, with Maryland at 23.5 cents, West Virginia at 27 cents, and North Carolina at 30.15 cents. A 10 cent increase to 27.5 would cost most of us about $12 a month. None of us would be thrilled, but I don’t think it would change our life styles. Let’s see what happens.

On a couple of other fronts, not much progress to report in the last month on the 2nd segment of the Virginia Capital Trail (from Jamestown to the bridge over the Chickahominy). The contractor is still very close to finished, and it appears that it could be done in a week if he kicked it into high gear. Contract completion date is May 1, so I think we’ll be riding on it before much longer. We know that the completed segments are being used by local residents walking their dogs, since the local VDOT residency has been rolling their eyes as they have been getting requests to remove the dog droppings from the trail. I don’t know how it works down there, but in my neighborhood, most of the dog walkers carry a “pooper scooper” and a bag, and wouldn’t think of calling the county to clean up after their pet.

Lastly, some real good news, after working on it for 2 1/2 years now, as Bike Rt. 1 signs from the Chickahominy all the way to the Richmond border outside of Bryan Park have been installed by Henrico county. You’ll see them the next time you ride the ABC ride. Henrico is
also 100% with the signage on Rt. 76 from the Chickahominy Bridge on Rt. 156 all the way past Malvern Hill Battlefield onto Rt. 5 to the Charles City county border. Similarly, VDOT has done a nice job on both 1 and 76 north and west of Ashland to the Caroline and Louisa borders.

VDOT still has some work to do on 1 and 76, south and east of Ashland, and the Town of Ashland also has a few signs missing as the combined routes come through the town, but these segments are scheduled to be completed this spring, as is Rt. 1 in Chesterfield. Once these are complete, all attention gets turned on the City of Richmond to see if we can get them to put the signs up on Rt. 1. If we can ever get that done, we'll be able to mark “Complete” to one of the recommendations of the Regional Bike/Ped Study so many of us attended meetings for several years ago. When I selected that out of the list as an item that might be fairly easy to get implemented, little did I know it would take so long. If anyone wants to know what it takes to get things done in this arena, I'd give them Patience and Persistence for starters. It doesn't come easy, but if you keep plugging, sometimes it does come.

Corporate Teams for 2007 Heart of Virginia Ride

New for 2007, The Heart of Virginia Century and Bike Festival, September 15 – 16, 2007, will offer corporate team sponsorship option. In addition to individual registration, the new Corporate Sponsorship Program gives your company visibility in the community as well as free weekend registration for your employees who support cycling.

For a $500 contribution, you and nine other co-workers, customers or friends can ride both days of the H.O.V. Your registration is free! In addition, corporate sponsors will also have their corporate logos displayed on the 2007 T-shirts, all fliers, mailers and publications.

If you would like to generate interest at work, contact your Human Resources or Community Relations Coordinator right away and let them know you would like to participate in an H.O.V corporate team. Many companies are very willing to support charitable programs such as the Heart of Virginia if they know there is employee interest. Be sure to ask if they can promote the H.O.V. in employee bulletins and newsletters.

Please contact Champe Burnley (358-5801) or Bud Vye (262-9544) for details.

Proceeds from the Heart of Virginia support RABA, and the Sunrise House, Hanover Mental Health Association.

Support your bike club and let everyone know your company cares!

Rants and Raves, Tips and Tricks: Great Frame Protection: Park Emergency Tire Boot

Having spent a fortune on that fancy new frame with the custom paint job, the last thing you want to see is bare metal showing through your head tube where the brake or shifter cables have rubbed through. Ouch!

For a quick and inexpensive solution invest around $3.50 for a pack of Park Tire Boots. These clear vinyl strips are 3" X 1.75" and come with an adhesive backing.

First, clean your frame with some rubbing alcohol and allow to dry. Cut some small strips from the tire boot, remove the backing and place these where cables might rub against the frame.

The boots are clear but can yellow a bit so you may replace these after a year or two if you wish. Take the extras and add them to your cycle pack. Should you ever be caught on the road with a slit in your tire casing, they make a good tire boot!

PARK TB-2 Emergency Tire Boot
Available at all local bike shops, $3.50
VERDICT: "thumbs up"
March 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***

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<th>SOCIAL RIDES</th>
<th>historic Sussex Court House with a new option to visit the quiet community of Yale. There will be a rest stop at Thornton's store and there is also a store at Yale. Meet at the parking lot behind the former Coppahaunck Tavern in Waverly at the corner of Routes 460 and 40. From Richmond take I-95 or I-295 south to Route 460 east (toward Norfolk).</th>
<th>Route 522 (approximately 18 miles from the intersection of Patterson and Gaskins). Turn left on 522 and go south approximately one mile to the boat landing entrance on your right after you cross the bridge. Alternatively, if you prefer the interstate, you can get to the landing by taking I-64 to Exit 167 Oilville, where you should go left (south) on Oilville Road (Route 617) for 0.4 miles, then right (west) on Broad Street Road (Route 250) for 0.8 miles, then left (south) on Fairground Road (Route 632) for 3.5 miles, then left (south) on Maidens Road (Route 634) for 2.5 miles, then straight (south) on U.S. 522 for 0.9 miles, looking for the landing off to your right after you cross the bridge over the James.</th>
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<td><strong>March 4 (Sunday) 11:00</strong></td>
<td><strong>March 11 (Sunday) 10:00am</strong> <strong>Maiden’s Adventure</strong> (54/38 miles—14 to 18 mph-S-S/S) Leader: Bobby Weitzel, 484-0054 There are few scenes in the metro area more peacefully pastoral than the western crossings of the James River. In Goochland there are several healthy climbs required to earn these spectacular views, but most cyclists will find their efforts well rewarded. We will also ride in the rolling countryside of Powhatan. To get to Maiden's Boat landing, the starting point, from Richmond, take Route 6 (Patterson Avenue, eventually becomes River Road) west to</td>
<td><strong>March 18 (Sunday) 10:00am</strong> <strong>Brandermill-Powhatan Loop</strong> (37 miles – 14 - S-M) Leader: Richard Halle, 744-1760 Meet at Swift Creek Middle School (Old Hundred Road and Brandermill Parkway) in Brandermill in Chesterfield County. Ride through Brandermill into rural parts of Chesterfield and Powhatan County and</td>
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<td><strong>Goochland/Hanover/Louisa Loop</strong> (38/28 miles-15 mph-S-S/S) <strong>Leader: Dee Nuckols, 749-3400</strong> Meet at the Luck Stone offices in Centerville behind the right (Food Lion) side of the Broad View Shopping Center to ride a loop around Goochland, Hanover and Louisa. From Richmond, take I-64 west to the Rockville/Manakin exit, then south on 623 about a mile, to a right on Route 250 a short distance and you'll see the shopping center on your right. There's a store stop at 20 miles, so no need to bring provisions.</td>
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<td><strong>March 10 (Saturday) 9:30am</strong> <strong>South to Sussex &amp; Beyond</strong> (46/36 miles - 15 - S - F/G) Leader: Jack Huber, 282-3872 This is an old favorite to</td>
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back. There's a store stop approximately 10 miles into the ride.

Take Route 288 and exit at Hull Street Road (Route 360 West). Stay right and turn at the first light, which is Old Hundred Road. Continue about 1.25 miles. The school and Brander mill Parkway are on the left.

March 24 (Saturday) – 9 a.m. Adopt-a-Highway Trash Pick-up
Contacts: Bud Vye 262-9544 and Mike & Kim Moore 358-0935

With the return of warmer weather and more daylight comes the commitment of RABA to clean the two mile stretch along the ABC route. All hands are needed for this important and community-enhancing endeavor. It’s been a long fall and winter and there will be lots to pick-up – please wear long pants, sturdy shoes and work gloves. Trash bags and reflective vests will be provided. Afterwards, the club will cover the cost of a light breakfast at Ashland Coffee & Tea and, if you wish, you can do a ride from there.

March 25 (Sunday) 1:00 p.m. RATS ride in Montpelier (36 miles -13-15 mph-S-S/M)
Leaders: Bill and Susan Church, 264-8293

Come join the RATS for a pleasant ride from Montpelier Arts Center (park in rear). The Arts Center is in Montpelier at the intersection of routes 33 and 715, 15 miles west of where route 33 crosses I-295.

There are plenty of store stops along the way. Please call the ride leaders if the weather is iffy. We won't ride if temperatures are forecast to be below 40 degrees or if it is raining.

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

Here’s our annual quest to catch the cherry blossoms in full bloom.

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

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

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

Ride leader note: Please submit ride sheets to Statisticians Al and Lois Farrell, 4202 Hickory Nut Place; Midlothian, VA 23112. Members interested in taking a turn as leader of these rides should contact Jeanne Minnix at 804-594-0842 or jminnix@comcast.net.

Sunday 10:00 a.m. Riverside Drive - Old Gun Road loop (30 miles-15 mph - S-S/M)
Leader: Champe Burnley, 358-6697, champe.burnley@hotmail.com

This in-town ride offers great views of the James River as well as several nice climbs. 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

After the ride, join us for brunch at Positive Vibe Cafe. What, you ask, is the Positive Vibe Cafe? 's unique mission is, "to promote employment and self confidence in people with disabilities by providing jobs and excellent training in basic food service skills. We are just trying to make it a little harder for an employer to say no. See http://www.positivevibecafe.com for details. food, great mission.

Be sure to bring a lock to secure your bike after the ride!

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
(30to60-15to20 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 Laburnum Avenue) for a fast spin through Eastern Henrico County and sometimes including Charles City County. The route varies to match the mood of the group and the weather. Can you say colder equals slower and shorter? Maps and cue sheets will be available for those wishing to ride at their own pace.

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.

Tuesday 5:00 p.m.
(earlier departure time for March only) Starts March 13

Hanover Courthouse Ride
[28/22-V-N-M]
Leaders: Andrew Mann, 266-9048, rabamann@aol.com
Hugh Aaron, 690-9720, hugh@theaarons.com

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, & a couple of hills that will get you out of your seat.

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

Wednesday 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. group re-
traces 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/ armbands.

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

Friday, 2:00 p.m.
Fridays at Hylas
(25to40-16to18 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 February ABC ride leaders: Dee Nuckols, Paul Silverstein, Dave Strickland and Mark Gregory. Your help in leading the rides makes for a more enjoyable ride experience.

Thanks for all that you guys do.

March ABC Ride Leaders are:
03 Hugh Aaron, 690-9720
10 Bill Whitworth, 285-9193
17 Stan Goldman, 740-0504
24 Gene Golden, 266-3635
31 Rickey Davis, 755-6336

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 ABC ride description) but with a later start time during cold months. The ALC rides will end after March for the winter season.

Thanks to February ALC ride leaders: Dave Talley, Ted Zeh, and Debbie Gleason. Thanks for all that you guys do.

March ALC Ride Leaders are:
03 Greg Brown, 364-8831
10 MaryAnn Kaveski, 330-3786
17 Emily Kimball, 358-4959
24 Dorian Kidd, 819-8710
31 Joe Hazel, 569-1891

FAST RIDES
Coordinator:
Mike Moore, 358-0935
Luvs2cycle@yahoo.com

March 24 (Saturday) – 9 a.m.
Adopt-a-Highway Trash Pick-up
Contacts: Bud Vye 262-9544 and Mike & Kim Moore 358-0935

With the return of warmer weather and more daylight comes the commitment of RABA to clean the two mile stretch along the ABC route. All hands are needed for this important and community-enhancing endeavor. It’s been a long fall and winter and there will be lots to pick-up – please wear long pants, sturdy shoes and work gloves. Trash bags and reflective vests will be provided. After-
wards, the club will cover the cost of a light breakfast at Ashland Coffee & Tea and, if you wish, you can do a ride from there.

**OFF-ROAD RIDES**

Coordinator: Dan Widner
Danwidner@comcast.net
559-7644

March 11 (Sunday) – 9:00 AM
(note the time!)
Freedom Park, 5535 Centerville Road, Williamsburg, VA 23188
Leader: Ted Zeh zeh@cox.net
This 675 acre park has diverse and varied terrain reminiscent of Waller Mill, with some nice and challenging single track good for all levels.

From Richmond, follow Interstate 64E to Exit 234 (Route 199). Follow Route 199 to Longhill Road. Exit on Longhill Road and turn right onto Longhill. Follow Longhill past Lafayette High School to Centerville Road. Cross Centerville from Longhill to enter the park.

March 18 (Sunday) - 9:00 AM
(meet at Rockville Exit I-64W Park & Ride for 90 minute drive) Big Levels/Sherando, George Washington National Forest
Leader: RSVP to Dan Widner 559-7644 dan-widner@comcast.net by Saturday March 17!
This is an ADVANCED level and challenging ride in the Blue Ridge Mountains, with very long climbs and difficult descents on jeep trails and single track.

RIDE IS WEATHER DEPENDENT – BE PREPARED FOR ADVERSE WEATHER CHANGES.

Early spring in the mountains can be unpredictable. Bring plenty of food and water. Please RSVP the ride leader by Saturday March 17 if participating.

March 25 (Sunday) – 10:00 am
York River State Park
Leader: Andrew Mann, 266-9048 rabamann@aol.com
This is a fun, well maintained trail that is a six mile loop and keeps you on your toes. And true to the Tidewater area, this trail is rooty and sandy. The trail has numerous short-duration ascents and descents.

From I-64 E, take the Croaker Exit 231B. Go north on Route 607 (Croaker Rd.) for one mile, then right on Route 606 (Riverview Rd.) about one and a half miles to the park entrance. Take a left turn into the park. State Park entrance fee required.

**UPCOMING RIDES**

April 21 (Saturday) 10:15am,
April 22 (Sunday) 9:00 am
The C&O and W&OD Loop
(www.bikewashington.org/routes/wodco/wodco.htm)
(40 on Saturday, 35 on Sunday - All Speeds - S - S/M)
Leaders: Hugh Aaron, 804-690-9720 or hugh@theaarons.com
Joe Hazel, 804-746-9248 or JLHazel@comcast.net
This is a 2 day loop ride.
We will meet in Leesburg, VA at the Town Municipal Garage

(www.leesburgva.com/pdfs/Community_outreach_parking_map2.pdf)
at 10:15 am Saturday morning. Leesburg is approximately 125 miles from Richmond. Weekend parking in the garage is free. On Saturday we will ride from Leesburg to Georgetown via the C&O Towpath (about 40 miles). Saturday night we will spend the night at a hotel in Georgetown. Sunday morning we will all meet at a designated spot in Georgetown at 9:00 am for the return ride to Leesburg via the WO&D (about 35 miles). Please let Hugh or Joe know if you plan to join us so that we can be sure to look for you at the garage in Leesburg.

14th Annual Tarwheel Century Ride, 33, 62, 100 routes, Saturday. 28 April 2007. Location Elizabeth City, NC. Registration and info, see website: http://www.rivercitycyclingclub.com/
May 19 and 20 (Saturday and Sunday) 10:00 am
Scoot Along The Skyline Drive 2
(51 on Sat., 54 on Sunday)
Leaders: Mark & Karen
Hoerath, 560-1788

Join Mark & Karen for a 2 day bike ride along The Skyline Drive. We tried this last year riding around rain and through clouds. Year’s date is 4 weeks later so we predict perfect sunny skies.

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

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

The views are spectacular and traffic minimal & friendly. The road surface is in great shape and the climbs only average 4-6%, “easier than the Blue Ridge Parkway”. The route is a no-brainer. Just ride on Skyline Drive, no turns and no way to get lost. There are numerous water and food stops along Skyline Drive, and we will carry food and snacks for all to share – your Photos from February’s meeting:

BikeWalk Virginia’s Allen Turnbull addresses the meeting

Allen introduces Dave Anderson, his new program coordinator based in Richmond.
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.

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

MOTOBECANE Grand Sprint 54cm yellow aluminium frame with carbon stays and fork. Shimano Ultegra 20 speed. $1185 Barry Pullen (804)561-3950 (3/2007)


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

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

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