May RABA Meeting
Bicycle and Pedestrian Program Meeting
Wednesday, May 9, 5 p.m. to 7 p.m.
Richmond Regional PDC Office
2104 Laburnum Ave Suite 101
Richmond, VA 23227

RABA will hold its monthly meeting in conjunction with the Virginia Department of Transportation’s (VDOT) informal meetings in the Richmond area. The VDOT meeting will provide information about its bicycle and pedestrian program and allow people interested in bicycling and walking to discuss the program with VDOT representatives.

VDOT’s bicycle and pedestrian program was formed to ensure that bicycling, walking and other modes of non-motorized transportation in the planning, design, construction, and operation of Virginia’s transportation network. The meetings will begin with VDOT’s representatives making a presentation about the bicycle and pedestrian policy. Discussion will follow. RABA will try to hold a very short meeting afterwards, as time allows, and provide some light refreshments for members in attendance.

Tour de Chesapeake IX
Mathews County, Virginia – A Great Place to Ride
Celebrate the arrival of spring with a bike tour through the wonderful, scenic & flat Mathews County backroads along the Chesapeake Bay. Mark Saturday, May 19th on your calendar now & join a thousand other riders on the Tour de Chesapeake IX. This tour is perfect as a family’s first biking adventure, or maybe the intermediate rider’s, & even the experienced veteran’s, season warm-up. Mileage options range between 15 to 62 miles.

Riders will especially enjoy the abundant quiet, scenic lanes winding down forgotten coves on the Chesapeake Bay, the East River and the North River. Pedal in and out of bountiful salt marshes instead of traffic.

Club Social and Slide Show Recaps
by Kim Moore

On March 23, RABA, the Richmond Road Runners and the Richmond Triathlon Club joined forces to host a social at Richbrau Brewing in Shockoe Slip. Attendance was higher than usual with 134 people at the popular bar. Most attributed the increased turnout to it being held on a Friday evening when most people are ready to relax without the pressure of going to work the next morning. Lots of talking, sharing tips and no smoking in the bar! There may be another social in the fall, with another social in Spring 2008 being definitely planned. If you missed it, please consider coming to the next one as it is a wonderful way to meet others who share our passion for active lifestyles.

On April 4, we had a new format of the RABA general meeting called the Slide Show. Members were asked to submit digital pictures of bicycle related content to Jeanne Minnix. She then organized all the pictures into a slide presentation. Doug Harrel provided the technical know-how to get them into an electronic show. Thirty members came out to tell a little story on each picture – it proved to be quite enjoyable and fascinating as we watched pictures of beautiful scenery, bike action shots and many smiling bicyclists. We hope to make this an annual event, so get out your digital cameras and snap some pictures for the next show! We also had a show of gratitude for Infotel Systems and founder/owner Chuck Brodersen as his company provided the 266-BIKE service for many years. Hope to see you at our next meetings!

May is National Bike Month!
The League of American Bicyclists is promoting Bike-to-Work Week from May 14-18 and Bike-to-Work Day on Friday May 18.

There are lots of pics in this months issue and even more on the RABA web site: www.raba.org.
Thank You!
Mar 20, 2007

The Hanover Christmas Mother and the Doswell Ruritan Club is extremely grateful for the forty-seven bicycles your organization donated to our 2006 Christmas Mother program. That has been a very significant part of this program for the past several years.

We serve over 1,000 children each year and we strive to distribute those bicycles to the children according to their age and expressed desire for a bike.

The members of RABA should know the children of Hanover County are very thankful for that generosity.

Also, we wish to convey our gratitude to the people that delivered those bikes to the Doswell Community Center.

Sincerely,
Colene Deacon
2006 Hanover Christmas Mother
Jim Vass
Doswell Ruritan Club

Mountain Biking Tidbits
⇒ Douthat State Park Info. The Forest Service is expanding the Alleghany Highlands Trail. This expansion is funded by tax funds earmarked to create loop trails that will be shared use. The Equestrian’s created the momentum to do this by proposing a new trails system. The Forest Service would like mountain biker volunteer assistance. Statistics on mountain bike usage are being collected. If you visit Douthat for mountain biking please fill out the blue “Your Comments Count...” cards that you can get at the park. Be sure to mention how great the mountain biking is in the comment sections. If you never have mountain biked at Douthat you are missing out on one of the most beautiful places in Virginia to mountain bike – it’s worth the drive!
⇒ Local and regional trail conditions are posted online by volunteers. Go to http://cyclingcentralva.org/forums/index.php?showforum=83 for more information
⇒ Year round Richmond area mountain biking info available at Richmond MORE http://www.richmond-more.org/home/
⇒ Rails-to-Trails annual “Greenway Sojourn” will take place this year June 23-30. Ride from Washington, DC to Pittsburgh PA on two Rail Trails – C&O Towpath and the newly opened Great Allegheny Passage. http://www.railstotrails.org/wherewework/northeast/events/Sojourn/index.html

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

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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. 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

Lots of news in the past month, as Barry Pullen has a lady bring her pickup truck over on him (the witnesses felt it was intentional) and force him off the road while he was leading the Sunday morning Powhatan Courthouse ride on March 25th. The driver was ticketed and charged with reckless driving, so we'll see how that works out in court. Barry was scuffed up, and suffered a badly dislocated shoulder, with an initial prognosis of six weeks on the disabled list. To my surprise, he was back on the road in about 10 days, and preparing to go with Martha on their cycling trip to California, which I could tell he didn't want to miss.

That was closely followed by Ed Blank being diagnosed with an atrial fibrillation problem, which he has seemed to get corrected about as quickly as Barry did his, as he, too, was back out with the Retiree's in short order.

Not so quick in getting back to normal is Moira Horne, who had a heart attack late in March. She is recovering well, and is out and about doing some extended fast walking with Graham as she works her way back into shape.

A good report comes from Mark Forte, who has really been laid up from the blood clots in his legs that have caused them to swell up un-naturally. Sounds like his recovery has picked up speed, to the extent that he is talking about being back on the bike by about June 1. Best wishes to Mark, and to all of the above, for full and speedy recoveries.

Saddened to hear of the death of Fran Smith's dad, Clayton Smith, Sr. down in Wilmington, NC on April 8th at the age of 82. I know that all of her many friends in RABA join me in extending her our sympathy and support.

Turning to some more upbeat items, we had a nice turnout for the March 24th Adopt a Highway Trash Pickup as ten stalwarts joined me while Railside Farm's Ranny Robertson brought out his llama, John Henry, to give us moral support and get some training in wearing his saddle baskets out on the road. (see photo elsewhere in this issue) Hopefully, he'll be able to be back out with us on future pickups and carry the heavy stuff, as his predecessor, Zanzibar, did on several occasions.

My sincere thanks to Kim & Mike Moore, Debbie Gleason-Morgan, Doug Harrel, Richard Halle, Susan Kremer, Jim Walsh, Bill Britton, Joe Hazel, and Meade Anderson, who did an excellent job. We got the entire section done in just about 2 hours. While its certainly heart warming to get the thank yous from those of you riding by, a few more hands pitching in to help would really be appreciated, and would cut the time involved to do the job down to about an hour. All of us would rather be riding than picking up trash, but its only three times a year, so give it serious thought and plan to be with us and contribute to the effort when we do it again in the summer.

The next weekend was the Mt. Vernon ride, and the first of the weatherman's three “60% probability of rain” calls that ended up yielding no appreciable precipitation. The ominous forecast did scare a few off, but the turnout totaled a very respectable 28, including a number of first timers. The coolish, overcast day served to keep the traffic on the trail light, so that we moved right along, and the cherry blossoms were at their absolute, 100% height, the first time in about 10 years we've hit them that way. With no mishaps, we hit all of the points of interest, including the always moving “Faces of the Fallen” exhibit at Arlington National Cemetery. Tried, but couldn't locate, the site of the Martin Luther King Memorial, which I thought was under construction. After getting several conflicting reports from Park Rangers, finally found that its site has only been “designated” with a small plaque, and that a campaign is underway to raise money for it before construction will start. It's location is along the Tidal Basin, near the FDR Memorial, and we'll check it out next year.

The following week was the U.S. Open, with everything breaking on short notice, as John Eustice and his Red Five Sports Group really pulled everything together and put on an outstanding event. This contradicted the predictions a number of naysayers were making as late as a month previously to the effect that "It'll never come off". With really strong support from the RABA members, it came off in fine fashion. We had a big turnout to Meet & Greet Floyd Landis at Stool Pigeons on Thursday evening, where everyone that wanted one got his autograph and their picture taken with him. (see mine elsewhere in this issue). He couldn't have been more accommodating, and everyone is rooting for his
suspension to be overturned at the hearing this month.

Then on Saturday morning, we woke up to see an inch of snow on the ground and strong winds. Nonetheless, all the RABA types who had said they were coming to be Course Marshals did make it down to the Library of Virginia to check in and get their yellow Staff shirts and their assignments. (Champe Burnley was proud of himself to get assigned to escort the female cyclists to the area where they had to give their urine sample to doping control; while I had the more mundane assignment of monitoring the corner of 12th & Broad --- where I had the opportunity to have a nice chat with the Governor and First Lady, right behind their mansion; Joe Hazel probably had one of the best jobs, at the bottom of the Libby Hill climb).

After the race was delayed more than an hour (we learned later it was because the helicopter cameraman down at the Williamsburg end could not see the riders from up in the air because of the cloud cover) while a number of us went into the Omni Hotel coffee shop, where they took pity on us and let us get warmed up and provided us with our own coffee urn, all at no charge. An hour later, it was back up the hill for the Women's Race, and then the Men's, all of which went off without a hitch. Thankful for the scheduling of the delayed TV broadcast, we all then hustled home to see the coverage of the entire Men's race, while warming up in our own homes. Despite the tough conditions, it appeared that everyone enjoyed working at the event, and hope that it comes back to Richmond next year, so we can do it again. Thanks again to all of you, too numerous to list here, who did such a nice job, and reflected so favorably on Richmond and RABA.

Rt:The Talley's, Gloria Bazzoli and Frank Thomas on Einstein's lap

Bud giving Floyd some fatherly advice

Railside Farm’s Ranny Robertson & John Henry with RABA trash pickers Joe Hazel, Mike Moore, Debbie Gleason-Morgan, Doug Harrel, & Kim Moore
2007 Virginia IMBA Mountain Bike Festival and Fundraiser

Trek Fisher Lemond Demo Truck will be on site. Shimano Tech Support will be out on Saturday. IMBA's Trail Care Crew will be on site all weekend. Featuring 3 IMBA Wild Ride's in George Washington National Forest Roadless Area's. A fundraiser for Mountain Bike Advocacy in the Mid-Atlantic.

The Stokesville Campground opens at noon on Friday for check-in. Everyone must check in at the pavilion prior to getting a site. If you have a group of 8-10 or more that want to camp together, send an email to Scott Scudamore mtbmore@comcast.net and he will try to arrange a space for you. This is a space available service and is not guaranteed.

Pre-registration from this site is closed at Midnight on Wednesday May 23rd. After that time you will need to register on-site. Friday or Saturday on-site registration will be $75 per person. Sunday on-site will be $30. Harrisonburg area locals coming out for the day can help lead a ride and make a hearty donation.

This is what is included in the fee:

- $50 per person pre-reg covers camping for 3 nights, 4 days of riding, plus two pancake breakfasts on Sat and Sunday morning, one burrito dinner on Sunday night, and other activities throughout the weekend. We will also include a leftover breakfast on Monday Morning. A portion of your fee will go back to your Virginia IMBA Club.

The festival will feature rides for all, fun events, and great company on a glorious weekend at a private campground nestled against the George Washington National Forest. This fun-filled event is brought to you by IMBA, the Virginia Mountain Bike Association and all Virginia mountain bike clubs.

Not really into Mountain Biking? GREAT HIKING right from the Campground on the Wild Oak Trail or bring your ROAD BIKE and enjoy the wonderful road riding the Shenandoah Valley has to offer - we will have county road maps for your use. Bring your family for a fun weekend!

Chris Scott  540.434.2087
MountainTouring.com
Shenandoah Mountain Touring, LLC.
IMBA State Representative - Virginia
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***

**May Rides**

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

**May 6 (Sunday) – 9:30 a.m.**  
**Steve’s West End Ride [52-19-Y-S/S]**  
Leader: Steve Crozier sgec@yahoo.com
Join Steve for a ride that was developed last year and proved to be popular, but different, tour of the Rockville area. Intermediate level cyclists are invited to ride as well. To get to the start, take I-64 West to I-295; take the Nuckols Road North Exit. Go approx. one mile, turn right on Concourse Blvd. Park in the rear right parking lot.

**May 13 (Sunday) – 8 a.m.**  
**Mother’s Day Options [50-19-Y-S/S]**  
Leaders: Mike & Kim Moore 358-0935  
Get your riding done early so that you can spend the rest of the day with your mom and family. To get to the start, take Staples Mill Rd/Rt 33 West. Turn right onto Mountain Rd, then turn left onto Mill Rd (fire station at this corner). The school will be on the right.

**May 20 (Sunday) – 9 a.m.**  
**Trip to Scottsville [62/80-15 to 19-Y-S/S]**  
Leaders: Mike & Kim Moore 358-0935 and Jeanne Minnix 594-0842
This is a joint social/fast ride. This is a new ride to see more of the western reaches of the area. The meeting point for both groups will be Scottsville. Bring extra fluids as temps may be warm by this time of the month. Please plan for longer than usual drive times to get the start. For the social ride start, go to the town of Columbia, which is 36 miles westward on Patterson Ave/Rt 6, past the Parham Rd/Patterson Ave intersection. Park at the Columbia Country Market. For the fast ride start, get on I-64 West, take the Shannon Hill exit, turn left at the end of the exit, park at the parking lot at the intersection of Broad Street Rd and Shannon Hill Rd. The Shannon Hill exit is 29 miles west of the I-295/I-64 West interchange.

**May 27 (Sunday) – 9 a.m.**  
**Beaverdam Ice Cream [54-19-Y-S/S]**  
Leaders: Mike & Kim Moore 358-0935
It’s back and in time to enjoy the warm weather – come out and grab a scoop or two of your favorite Hersey’s ice cream at the Beaverdam Amoco station. To get to the start, take I-64 West to I-295; take the Nuckols Road North Exit. Go approx. one mile, turn right on Concourse Blvd. Park in the rear right parking lot.

**The Fringe**  
May 18-20: Possum Creek: Tin Palace Tour 145-12-S/S/M
We invite you to participate in a three day cycling tour through Tidewater, Virginia, May 18 - 20. The tour departs from Hanover County Friday morning. We will wind our way through the Chickahominy Swamp where we will camp Friday evening. We cross the James River Saturday morning en route to Claremont. Sunday afternoon we return to Hanover County. Mileages each day are 42, 39 and 64 miles. This ride is completely loaded. (No comments, please.) There will be no sags. We will camp each night and sup under the stars. Attendance is strictly limited to twelve, hearty souls. A sense of humor and positive attitude are required of all adventurers.
For details, contact Joe Hazel (JLHazeel@comcast.net), Jack Huber (Jhuber1111@yahoo.com) or Champe Burnley (Champe_Burnley@hotmail.com) for details.

...and Mountain Biking Events Races
May 12 - VA state Downhill NORBA championships at Massanuttin (YEE HA)  
May 27 - Mountains of Misery  
June 3 - MTB XC race at Massanuttin (HOO HA)  
June 10 - MTB race at Hilbert  
June 16 - Urban MTB assault downtown  
August 12 - MTB Race at Camp Hilbert  
Sept 2 - Shenandoah Wild 100  
Sept 30 - MTB race at Poor Farm  
Oct 21 - Paranormal MTB race at Panorama farms Charlottesville  
Oct 28 - Tidewater MTB challenge (near York River)

... and you thought mountain biking was dormant in the warmer months!

The ride calendar continues on the next page.
Weekly Rides
Coordinator: Jeanne Minnix 804-594-0842
jminnix@comcast.net

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

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

Sunday 9:00 a.m.
Powhatan Court House
(35 to 60-14 mph and up-S-F/G)
Leaders: Barry and Martha Pullen, 561-3950
Meet at the Powhatan County Court House on Route 13. There are many nice rides from the Court House, mostly with good scenery and low traffic. The ride leaders will select a route that will vary between about 35-60 miles with a shorter option usually available. There may be no store stops on the shorter options. Maps and cue sheets will be available for those wishing to ride at their own pace. If the weather is doubtful, call the leaders to confirm if they will be riding.

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

Tuesday 5:40, 5:50 & 6 p.m.
Innsbrook Options [29/31/34/38/45-20 to 24-N-S/S]
Leaders: Mike & Kim Moore 358-0935
This is the 12th year that the Moores have led this intermediate to advanced level ride in and around Rockville. Riders should have a strong fitness level, paceline riding skills and good bicycle handling before attempting this ride. There are three start times to keep packs of riders smaller and more manageable - the earlier the start time, the faster the group. Because this area of town has exploded with housing growth and traffic, obeying traffic laws and riding single file are a must! To get to the start, take I-64 West to I-295; take the Nuckols Road North Exit. Go approx. one mile, turn right on Concourse Blvd. Park in the rear right parking lot.

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

Wednesday, 6:15 p.m.
Chesterfield County Ride
[22/25 – 17/20 – M]
Leaders: Al & Lois Farrell, 744-9306 afarrell3@verizon.net
This ride combines some smooth, flat sections and some rolling hills. There are typically two groups – one that averages about 17 and a faster group that averages around 20. Maps will be available to those wishing to ride at their own pace. The ride leaves from the Bethia Methodist Church at the corner of Winterpock and Beach. Take Hull Street 2.2 miles west of 288. Turn left at the light just past Lowes onto Winterpock. The church is 2.8 miles on the right just before the Stop sign at Beach. Be sure to allow time for traffic congestion on Hull Street on your way to the ride.

Thursday 6:00 p.m.
(note parking change and earlier start time from last year)
East End Ride
[28/22/15-V-S-M]
Leaders: Eleanor and Wayne Shipley 737.7176; cell 350.2529
Meet at the Black Creek Baptist Church on Route 628/McClellan Road; use the parking area beside the brick church on the north side. The short option is for new riders and stays together so no one is left behind, while experienced and faster riders may take off on the longer options. Many riders will arrive by 5:45 pm in order to complete the longest ride before dark. I will leave the sign up sheet and ride maps out for anyone who can’t make the earlier time. After the ride join the group for dinner at Nine Mile Grill, formerly Stu-
art’s Restaurant in Highland Springs. We need to be at the restaurant by 8:00 pm.
From Richmond, take I-64 east to Exit 197B Highland Springs; continue north on Airport Road/156, crossing Nine Mile Road, I-295 and the Chickahominy River before turning right on 630/Market Road. After 0.8 of a mile take the right fork on 613/Fox Hunter Lane at the Black Creek Store. Continue 0.75 of a mile to a left turn at 628/McClellan Road. Then two miles to the church on the left side.

Thursday 5:40, 5:50 & 6 p.m.
Glen Allen Elem School Options [23/26/36-38-19 to 23-N-S/S]
Leaders: Mike & Kim Moore 358-0935 and Jim Holgate 672-6532
There are three start times to keep packs of riders smaller and more manageable. The route will include such favorite hills as Animal Shelter, the Three Sisters, Rocket’s Mill and Horseshoe. Riders who ride at a more social pace are welcome to come out — cue sheets are available. Obeying traffic laws and riding single file are a must. To get to the start, take Staples Mill Rd/Rt 33 West. Turn right onto Mountain Rd, then turn left onto Mill Rd (fire station at this corner). The school will be on the right.

Thursday 7:00 p.m.
Ashland Dinner Club [20/13-15-V-N-M]
Leader: Champe Burnley, 358-6697, champe_burnley@hotmail.com
This evening ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. We will ride to Ashland, and stop for dinner at a selected restaurant. The group retraces the route back to Laurel Park for a twenty miles total. The pace is generally relaxed so any type of bike is appropriate. Remember to:
- bring at least one headlight which provides enough light to illuminate the road in front of you
- at least one bright-red blinkie for the rear of your bike
- spare batteries for all lights,
- lots of reflective clothing/ vests/ legbands/ armbands.
CHECK ALL LIGHTS AND BATTERIES BEFORE YOU GET TO LAUREL PARK!!!

Friday, 2:00 p.m.
Fridays at Hylas (25 to 40-16 to 18 mph, S-S/M)
Leader: Dave Bloor, 285-6177
The ride will start and end at the Berea Baptist Church at the intersection of 623 (Ashland Road) and 271 (Pouncey Tract). To get there take 64 West to exit 173 (Rockville, Manakin), go right (north) on 623 and travel 2.5 miles to the Berea Baptist Church (on your right just before the intersection with 271). The ride will vary each week. Maps and cue sheets will be available for those wishing to ride at their own pace.

Saturday 8:00-8:30 a.m.
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 April ABC ride leaders: Mark Hopper, Jerry Hefele, Bill Whitworth, and Jim Holgate. Your help in leading the rides makes for a more enjoyable ride experience. Thanks for all that you guys do.

May ABC Ride Leaders are:
05 Alan Cooper, 231-1997
12 Champe Burnley, 358-6697 or 358-5801
19 Andrea Schuetzinger, 594-3802
26 Paul Silverstein, 321-7977

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

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

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

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

May 5 (Saturday) Century 7:00-8:00 a.m.
All others 8:30-9:30 a.m.
Cap-to-Cap Century
Leader: Gary Faison, 794-6365
Join us for the 4th annual Capital-to-Capital Century & Half-Century between our colonial and modern capitals, Jamestown-Williamsburg-Richmond along Scenic Byway, Route 5 - the TransAm route and home to historic plantations, battlefields and future site of the Virginia Capital Trail. There will be simultaneous starts in Richmond (Dorey Park) and Jamestown. Follow signs to registration! Home-style barbecue lunch served at Charles City Courthouse. Proceeds benefit the Virginia Capital Trail Foundation. The registration fee is $25 single, $40 tandem, less 10% for RABA members. For more information and to register go to www.virginiacapitaltrail.org. You may also register on-site.

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

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

May 6 (Sunday) 10:30 a.m.
Another Birthday Ride
[36/44=<17 mph-S-S/M]
Leader: Ted Zeh, (804)932-4070 zeh@cox.net

It seems I have one of these every year - birthdays that is. (I was going to make this ride longer, but since it’s the day after Cap to Cap, I’ll keep it shorter). This ride starts at the Zeh’s home in Quinton. There will be maps and cue sheets, so faster and slower riders can ride their own pace. There are stores at 19 and 29 miles. After the ride please stay to enjoy cake and pasta in honor of my palindromic birthday (55). You can Google directions to ride start at 7440 Pinehurst Dr, Quinton VA or: From Richmond, take 64 East past the airport to Exit 205 Bottoms Bridge, bear to right onto Rt249 and then left on Route 60 East for one mile and make a left on Longview (1208); go one-half mile and make left on Pinehurst (1240). Our house is one-half mile on the left (number is on mailbox).

May 12 (Saturday) 8:30 a.m.
Prince George Century
[100 (shorter options possible)–18 mph–S–F/G]
Leader: Kathy Wood, 779-3802

Come join us for the annual rite of spring – an intermediate-to-fast, early season English century. The self-supported route, which starts at Prince George High School, is out and back and fairly flat, with several store stops. Start time is 8:30 a.m. and, as always, no sag support will be provided. Although most full century riders average around 18 mph, slower cyclists are welcome to ride on their own, preferably with a buddy. Participants may also elect to ride a shorter option, although this year there is no ride leader for a half-century distance. All riders are asked to be on time at the start and bring spares, water and money for lunch and snacks. If weather looks bad, please check ahead with the ride leader.

From I-95 south: Take Exit 48A, Wagner Road east. Go Straight and cross Route 460. Continue down Courthouse Road (McDonalds on Right=last restroom stop before ride start). Go 3.2 miles, turn right on Laurel Springs Road., drive 1.6 miles to Prince George High School, turn right into parking lot.

From I-295 South: Take Exit 3B to Route 460 west; go 0.4 miles and turn right on Courthouse Road. (McDonalds on Right=last restroom stop before ride start). Go 3.2 miles, turn right on Laurel Springs Road., drive 1.6 miles to Prince George High School, turn right into parking lot.

May 12 (Saturday) 9:00 a.m.
Waverly Ride - Claremont on the James
(49-15-S-F/G)
Leaders: Jack and Thomas Huber 282-3872

Meet at the Tavern parking lot for a ride north on the back roads of Sussex and Surry Counties to Claremont, a sleepy town on the James River that time has almost forgotten. The Huber brothers will host a rest stop at their family cottage overlooking the river. All riders are invited to eat lunch together after the ride at Giuseppe's on Main Street in Waverly.

From Richmond, take I-95 or I-295 south to Route 460 east (toward Norfolk). The parking lot is behind the (now closed) Coppahaunk Tavern at the intersection of Routes 460 and 40 in Waverly.

May 13 (Sunday) 9:00 am
Gum Spring to Columbia
[40-15-S-S/M]
Leaders: Carl and Barbara Armstrong, (804) 239-6835

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

champe_burnley@hotmail.com

May 12 (Saturday) 8:30 a.m.
Prince George Century
[100 (shorter options possible)–18 mph–S–F/G]
Leader: Kathy Wood, 779-3802

May 20 (Saturday) 9:00 a.m.
Another Birthday Ride
[36/44=<17 mph-S-S/M]
Leader: Ted Zeh, (804)932-4070 zeh@cox.net

It seems I have one of these every year - birthdays that is. (I was going to make this ride longer, but since it’s the day after Cap to Cap, I’ll keep it shorter). This ride starts at the Zeh’s home in Quinton. There will be maps and cue sheets, so faster and slower riders can ride their own pace. There are stores at 19 and 29 miles. After the ride please stay to enjoy cake and pasta in honor of my palindromic birthday (55). You can Google directions to ride start at 7440 Pinehurst Dr, Quinton VA or: From Richmond, take 64 East past the airport to Exit 205 Bottoms Bridge, bear to right onto Rt249 and then left on Route 60 East for one mile and make a left on Longview (1208); go one-half mile and make left on Pinehurst (1240). Our house is one-half mile on the left (number is on mailbox).

May 12 (Saturday) 9:00 a.m.
Waverly Ride - Claremont on the James
(49-15-S-F/G)
Leaders: Jack and Thomas Huber 282-3872

Meet at the Tavern parking lot for a ride north on the back roads of Sussex and Surry Counties to Claremont, a sleepy town on the James River that time has almost forgotten. The Huber brothers will host a rest stop at their family cottage overlooking the river. All riders are invited to eat lunch together after the ride at Giuseppe's on Main Street in Waverly.

From Richmond, take I-95 or I-295 south to Route 460 east (toward Norfolk). The parking lot is behind the (now closed) Coppahaunk Tavern at the intersection of Routes 460 and 40 in Waverly.
Riding through Goochland, Louisa, and a bit of Fluvanna counties, it is up one short hill and down the other side a number of times on the way to Columbia, as you cross all the little creeks flowing into the James. Dense woodlands shade the winding roads heading into Columbia. In Columbia, we will rest our legs at the Columbia Corner Market on Route 6 near the James River bridge. After the store stop, it is up to the high ground for the ride along the ridge on the return trip, where the hills are fewer in number, but longer. Overall, this is a pretty route offering a good, but not severe, workout. For those inclined to have lunch after the ride there are a number of excellent choices on the way back to Richmond.

To get to the starting point from Richmond, take Interstate 64 west to the Gum Spring (Rt 522) exit (one exit west of the Olville exit). Go south (left) on 522 to the Park & Ride lot on your right just before Rt 250. This starting point is approximately 19 miles west of the intersection of I-64 and I-295.

May 20 (Sunday) – 9 a.m.
Trip to Scottsville [62/80-15 to 19-Y-S/S]
Leaders: Mike & Kim Moore 358-0935 and Jeanne Minnix 594-0842
This is a joint social/fast ride. See the fast ride calendar for details.

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

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

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

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

June 3 (Sunday) 8:00 a.m. and 9:00 a.m.
Mileage Mavens Surry Centuries
[62/100-15-S-F/G]
Leaders: Jack and Thomas Huber, 804-282-3872 (or 757-866-0609 the evening and morning before the ride)
Meet at the Surry County Government Center (Route1002 just off Route 10 in Surry) for a late spring challenge. The 100 mile ride will start at 8:00 a.m. and the metric at 9:00 a.m. Both routes pass through parts of Surry, Isle of Wight, Southampton and Sussex Counties. There will be a few store stops and Thomas will be on the route with limited sag service. There will be an opportunity for lunch on both routes in Wakefield.

From the Richmond area, take I-95 or I-295 south to Rt.10 east. The town of Surry is about 30 miles east of Hopewell on Routes 10 and 31.
store stops, each about 20 miles apart. The Williamsburg
and the Greenville NC(EC Velo) Bicycle clubs are also
invited. This is a social ride but faster riders are wel-
come. Cue sheets will be available to those who wish to
ride at their own pace. After the ride those who wish
may join the group for lunch at Ralph’s Barbeque or
Mayflower Seafood.

To get to the Boat Landing, take Interstate 95
South to Exit 173 at Roanoke Rapids. Follow 158 East
for 2 to 3 miles and you will see the boat landing on
your right. The drive is about an hour and a half from
Richmond and about the same from Greenville, NC.

Charity Rides

Fan Free Clinic – Ride to Provide June 2 - 3
Riders will make the 130 mile round-trip ride from
Richmond to Camp Friendship in Palmyra, Virginia.
The route will include multiple rest stops.
Relax Saturday afternoon by swimming in the camp’s
pool or lake, or enjoying the many types of entertain-
ment available in the game room. End the evening with
dinner in the camp’s dining hall.

THE GENWORTH FAMILY FUN RIDE is a brand
new addition to Ride to Provide. Children and their
families can ride the 15 mile one-way trip from Rich-
mond to the first rest stop or they can choose a shorter 5
mile option. Children under 12 are welcome if accompa-
nied by an adult. There is no registration fee or fundrais-
ing commitment for the Wentworth Family Fun Ride.
For more details, visit http://www.fanfreeclinic.org/ride/
or contact Connie Hudson (804) 358-6343.

The Fan Free Clinic provides medical treatment, health
education, and social services to those in the Richmond
area with limited access to care. FFC places special
emphasis on welcoming the least served.

National Multiple Sclerosis Society’s
MS 150 June 2 - 3

The Central Virginia Chapter of the National Multiple
Sclerosis Society’s will hold their 22nd Annual Virginia
Credit Union Ride Virginia MS 150 and Family Fun
Ride on June 2nd & 3rd 2007. Formerly the Virginia
Dare, The MS 150 Bike ride is a two-day 150 mile event
traveling from Richmond, to Colonial Williamsburg
area on Saturday and returning to Richmond on Sunday.
Cyclists have a choice of riding the full two-day 150
mile ride or the one-day 25 or 50 mile loop around Rich-
mond on Saturday.

For more details visit: http://www.nationalmssociety.org
or contact Christine Roberts at 804-353-5008 x 3034 or
Christine.Roberts@var.nmss.org

Support your local charities and get out and ride!

More Mountain Biking (non RABA)

Introduction to Mountain Biking Class, sponsored by
Cobblestone Bicycles.
When: Class will be held on the first Saturday of the
month April-August, 2007, 10:00 AM
Where: Poor Farm Park near Ashland, VA.
Class Dates: April 7, May 5, June 2, July 7, and Aug
Contact: Joel Street, 752-4851, email:
joel@cobblestonebikes.com
More info at http://cobblestonebikes.com/Introduction%
20to%20Mountain%20Biking.doc
Tuesdays, Powhite Park (next to Chippenham hospi-
tal). Meet in the parking lot at 5:45 to begin riding at
6:00 PM. Contact Mark & Lynn at
vldteach@comcast.net for more info

Elsewhere

The 4th annual music and bicycling festival will be held
at the Blackmon Amphitheater August 3rd and 4th in
Mount Airy, NC. The 20, 32, and 70
mile rides will leave
the amphitheater at
8:00AM Saturday
August 4th. Riders
may shower at the
Reeves Community
Center three blocks
away. The music
will start at 4PM
with bluegrass by
the Carolina Travel-
ers, then newgrass
with Candlewyck, then legendary songwriter Darrell
Scott. He has had songs recorded by Tim McGraw,
Faith Hill, Brad Paisley, Garth Brooks, Travis Tritt, Sara
Evans, Susy Bogguss and Patty Loveless to name but a
few. Riders registered by July 20th receive the official
event T-shirt. Early packet pick up with music will be
Friday August 3rd starting at 6:00PM at the Blackmon
Amphitheater. The Mediocre Bad Guys will open for
the award winning beach band Billy Scott and the
Prophets. Shelton Vineyards will have wine for sale at
both music events. The Friday concert is $10.00. The
Saturday concert is $20.00. Registration for the ride and
both concerts is $50.00. Proceeds from the bike ride
benefit The Shepherds House. For more information or
to register go to www.bikestockfest.com.
Riding for Michele  
By Richard Tangard

On a recent Saturday I rode in West Creek Corporate Park. One circuit through this complex, cutting over before the end, is six miles long. There are rolling hills and a fast, flat section crossing a small lake. This is not extremely difficult terrain. I had time for five laps, and hoped to complete at least one in 19 minutes or less, since by mathematical coincidence, a 19-minute lap translates into an average speed of 19 mph.

In 1993 Michele was fit, healthy and 34 years old, and her Non-Hodgkin’s Lymphoma diagnosis was a complete surprise. In one sweeping change, a vibrant young woman with so much life ahead, shifted her focus to fighting an often mortal illness.

The first lap was primarily a warm-up, and I finished in 20:30. I leaned forward to cut into the wind and increased my cadence.

After six brutal months of chemotherapy, the tumors in Michele’s abdomen briefly ceased their growth. When they abruptly resumed their malignant march, the doctors concluded that she needed a stem cell transplant. She spent six weeks in isolation, five days of high dosage chemotherapy, followed by five days of full-body radiation. Early in 1995 the doctors performed the transplant. Their intent was to bring her to the death’s edge, then rescue her with her own marrow. For most of the next three days she vomited, expelling blood and tissue that had been burned off during the radiation treatments.

There was no expectation that this would cure her. The goal was to buy time, keeping the savage beasts at bay while research progressed on longer-term treatment alternatives.

Years later, Michele told me that she still sometimes awakens in the middle of the night, momentarily fearful that she is back in the hospital undergoing these painful procedures.

I flew down the hill towards the lake, pushing the pedals hard. As the road flattened I upshifted, glanced over my shoulder and changed lanes to pass a young cyclist in a blue jersey. After a quarter of a mile I stood in the pedals and cranked up an incline, maintaining the momentum achieved with Isaac Newton’s assistance.

As I passed the starting point I glanced at my watch. My time for the second lap was 19:36. I vowed to push harder in lap three.

Shortly after the stem cell procedure, Michele attended a gathering of family and friends. I remember that she was pale and hairless. She even lost her lashes, but her brown eyes twinkled beneath the brim of her baseball cap. She tired quickly and had to rest, but seemed to possess her own internal momentum.

I ripped across the lake again and slowed on the incline that followed. Cresting the hill I picked up speed.

For half a decade after the procedure, Michele’s lymphoma approached and receded. Monoclonal antibody treatments fought off the cancer, but with each cycle the intervals of remission grew shorter. After the fourth relapse she was offered a newly developed non-myeloablative bone marrow transplant, in which a healthy donor’s marrow would destroy her own, and with it the corruption it contained.

“Come in,” Michele called, after my second knock. I opened the door and stepped inside. In the alcove I donned latex gloves and a face mask, before padding into the room.

The shades were drawn and the light was dim. She sat in a chair next to the hospital bed. “Hello there,” she said softly.

“Hello yourself.” The mask muffled my voice, but that precaution was important, even vital. On October 20, 2001, two weeks earlier, Michele had undergone the bone marrow transplant. Her immune system was effectively destroyed and she was therefore highly susceptible to infection.

We talked quietly for an hour. Get well cards and birthday greetings (she turned 42 in the hospital) were scattered around the room. On the wall hung a pair of ruby slippers, symbols of hope, inspiration, courage and perseverance.

I finished the third lap in 19:30, snarled into the wind and pedaled harder. The wind rushed past as once more I tore across the lake. On the next incline I jumped from the saddle, ignoring agony in my quads and calves, and fought to maintain my pace. At the top of the hill I sat down and pushed against resistance.

In 2003 Michele’s oncologist said she should consider herself cured. In 2004 she was diagnosed with breast cancer and underwent double mastectomy. An analysis of the tissue showed conclusively that the breast cancer was caused by the 1995 radiation treatments.

I again overtook the rider wearing bright blue. I can’t recall ever before having lapped another rider.

My watch showed 19:06 for the fourth lap. I rested my arms on the handlebars and coasted, knowing that I could not possibly apply the same level of exertion in lap five. Rounding the time to the nearest quarter minute, however, I achieved the goal.

Michele is now back in action. She works, paints, writes and leads her life with as much courage, strength and determination as anyone I know.

I took it easy in the fifth lap, finishing in 20:15. One does what one can, in life and on a bicycle.
Sincere Thanks for the Help on the US Open

John Eustice, the Race Director of the U.S. Open, was very appreciative and impressed by the turnout of RABA members at the Meet & Greet for Floyd Landis on Thursday evening, and particularly for the turnout of volunteers on the bitterly cold and windy Saturday morning.

He thought the race in Richmond went off without a hitch, had heard good reports about the Race Marshals all around the course, and felt there was a good chance the race will become an annual event in Richmond. I add my thanks to his for all those who donned the yellow shirts. I was proud of the turnout, which reflected very favorably on RABA. If this event does become an annual fixture on the racing schedule, those of us that volunteered helped to make the first event a success which had to happen if the event is to be repeated.

Having been pinned to one corner the entire morning, it was really nice to have the broadcast on delay, so I could go home and watch the rest of the race in the warmth of my living room. I'm sure the rest of you did the same.

Thanks again to all who answered the call.
New Rider Ride A Success

Though the weather was less than cooperative, our first New Rider ride on April 14 was better than we had expected. Riders began rolling into the parking lot at 7:45 for the first of three rides aimed at getting new cyclists into the sport. Nearly thirty hearty riders decided to make a go of it. Old club members as well as new riders enjoyed a great day of camaraderie on the road from Richmond to Ashland.

Though these have been held in years past, discussion arose at the January Board meeting, about how we could attract new riders to RABA and assisting new riders as well as those who had not ridden in a while to get back on the road. We decided that a series of New Rider rides would be the best route so plans were begun.

Thanks to the great artistic efforts by Jeanne Minnix and a lot of leg work on the part of our members (especially Bud Vye), dozens of fantastic flyers were distributed throughout local bike shops, gyms and office buildings. These were the same flyers which were distributed in the April, Pedaler.

RABA was also a co-sponsor of the Banff Film Festival where we had a chance to speak to nearly every one of the five hundred plus attendees. Flyers for the New Rider Ride as well as the Heart of Virginia were distributed. The efforts must have worked; several riders told us that they had come out as a result of seeing us there.

Too, organizers of the MS 150 and Fan Free Clinic charity events were notified of these rides so we hoped to have their riders attend as well.

All in all, around 30 riders showed up at Laurel Park to go for a spin. Several club members assisted in pumping tires, adjusting brakes and assisting all of the riders with preparation. At 8:30 we spent a few minutes reviewing the route, discussing our ride plan and having everyone introduce themselves to the group as an ice breaker. The group departed en masse, with experienced RABA members placing themselves throughout the peloton. As can be imagined, we had quite a group heading up the road to Ashland.

The pace was surprisingly varied with some riders keeping a 15 – 18 mph pace as well as those keeping a more social speed. Though the group quickly spread out, everyone seemed to arrive safely at Ashland Coffee and Tea. A small group of five riders continued on for a thirty mile ride with the bulk of the riders heading back to Laurel Park.

The ride was not free of events; our group did find itself in the middle of Ashland’s annual Fun Run, but the local police and run marshals were quite cooperative and let us through the runners. Just as we left the Ashland town limits, our luck stayed behind as nature decided that it was time for the rain which forecasters had promised.

Despite the cold shower, everyone seemed to make it back intact, a bit damp, but still enthused. Cold Gatorade awaited at Laurel Park, although hot coffee may have been more warmly received.

Thanks to club members who helped make the ride successful. Assisting with the ride were first lieutenants, Ted Zeh, Richard Halle, Charlie Thomas, Barbara Pinter, Debbie and Steve Silbert, Bobby Weitzel, Doug Harrell, Debbie Gleason-Morgan, Paul Silverstein, Jerry Hefley, and Andrew Mann. Thanks, too, to Jeanne Minnix and Bud Vye for work with the flyers.

We are planning to repeat the New Rider rides May 9 and June 12 at 8:30. No matter what type of cyclist you are - new, old, fast or slow - come on out and join the crowd at our next event. Though I can’t guarantee it will be warm and sunny, I can assure a great ride and lots of fun! I hope to see you there.
16th Annual Shenandoah Valley Bike Festival July 28th, 2007
This year, we will offer 25, 50 and 100 mile rides through our beautiful valley over rolling to hilly roads. All proceeds from this ride will go to support the Harrisonburg non-profit organization, Our Community Place and The Free Food For All Soup Kitchen which has been serving a free meal to anyone in the world every Monday at Noon since 1992 and is currently remodeling a building for use as a community center in the poor neighborhood. Registration includes great food, rest stops, ride maps, mechanical support, drinks, and shower facilities. The rides start and finish at Our Community Place on the corner of North Main St. and Johnson St. across from The Little Grill Restaurant. Registration is a suggested donation of $20 and will include a t-shirt. Please go to www.active.com to register online. For a copy of our paper registration or for more information, please go to www.ourcommunityplace.org. Any other questions can be addressed to jonathanschrag@yahoo.com. Thanks!

Above: experienced riders (US Open leaders 2 laps from end) and below new riders (with some experienced RABA riders along for advice and encouragement).
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.


Rans Screamer Recumbent Tandem – 2005 model - black, less than 5 miles of use, 27 speed. Original cost over $4600. Will sacrifice for $3800. Call Dave @ 381-7166 or email: davestoakley@comcast for more info. (5/2007)

Hi Bikers, John Wray needs 3 more riders to sign for my Bike Va Team 2007. It saves $20 for each rider. If you know of anyone that may be planning to do Bike Va this year. You can call or e-mail me and I will e-mail you the details.

John Wray (H) 804-275-0159 or e-mail-wrayjww@netzero.net (4/2007)

New pair of Mavic Ksyrium Elite wheels, taken of a recently purchased Giant TCR C1. Not used for any rides. Will accept 8.9 or 10 speed Shimano cassettes. $375.00 Contact Bobby 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)


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