RABA October Meeting
Wednesday, October 10
Performance Bicycle Shop Talk
9015 W. Broad St,
6 p.m. for pizza & soda, 6:30 p.m. for meeting

It’s been over a year since we’ve visited Performance, so we’ve been invited back to learn more basics about bicycle maintenance. We will focus on a particular skill that is so important to bicycle riders: how to fix a flat tire! So bring a chair, your front wheel, some tire changing tools and your pump for this very important how-to session. If you are eating pizza, cost is $3. Please RSVP to Kim Moore 358-0935 luvs2cycle@yahoo.com by Tuesday evening, October 9, so that she can ensure there is enough food and drinks for everyone.

November Meeting: With the approach of the holidays, what better time to understand the basics about nutrition and good eating habits. Our speaker will be Dr. Patti Rittling, who spoke to RABA over two years ago and gave a great presentation linking food choices to athletic performance. Watch for more details in the November Pedaler.

Bikes for Kids Christmas Project
By Suzanne Nuckols

Just wanted to update everyone on our club's annual charity event. We greatly appreciate all of the donations received to date, including those sent in memory of our friend and fellow cyclist, Ray Fearnow. By the time you read this article we will have the helmets and bikes ordered, picked up and waiting to be assembled. Our big bike assembly party is scheduled for Sat, Nov 10, starting at 9:00am.

For any club members who haven't been before, let me explain. On our farm there's a big empty workshop. Outside will be a somewhat enormous stacking of boxes containing the bikes. (Basically, to assemble a bike we attach the wheels, handlebars and seat.) We, hopefully, will have a big turnout of Santa's helpers working and laughing together; and before you know it, that huge stack of boxes has turned into row after row of gleaming new bicycles, waiting to be ridden by a wide-eyed child on Christmas morning! Knowing that your efforts have brought so much joy to a needy child makes it all worth it.

And of course Santa's helpers do get hungry, so we'll be having pizza and drinks after we're done. We really do have a lot of fun, so please come out and join us on Nov 10. Look for more info and directions to the bike assembly in next month's Pedaler.

To the Editor:
I would like to publicly acknowledge and thank members of RABA Tourists / Ashland Dinner Club for their outstanding efforts in making the Heart of Virginia Bike Wash and Lube an overwhelming success. In particular, thanks go to Jack Huber, Richard Halle, Ted Zeh, Bobby Weitzel, Jim Creegan, Larry Peaslee, Jim Holgate and Hugh Aaron for their efforts cleaning and detailing bikes. Through their hard work, we grossed over $500 with all proceeds being contributed Bikes for Kids Christmas Fund.

The fact that these gentlemen spent four hours Saturday afternoon working on others' bikes after having just ridden centuries says a lot about their character and motivation. I hope others in the Club are as proud and appreciative of their efforts as I am. My sincere thanks for an effort above and beyond the call of duty. These gentlemen set an example which I hope other Club members may acknowledge and achieve in their own efforts.

Sincerely, Champe Burnley

P.S.— thank you Champe for this event & all you do for RABA! — t(ed)
Volunteer Appreciation Party—October 24

By Kim Moore

Without the many volunteers to lead rides, assist with events and perform board tasks, RABA would not be the strong club that it is today. These names in this article have volunteered for more than one event or function, providing much needed leadership, time, effort, finances and general goodwill.

As a thank you for their service, President Andrew Mann will be hosting a special event on Wednesday, October 24, from 6:30 p.m. to 8:30 p.m. to honor these club members. The event will be held at the downtown Capital Ale House downstairs game room, 623 East Main St (6th and Main St.), Richmond, VA 23219, 804-780-ALES. There will be free hors d’oeuvres for the following volunteers; $5 for guests. Cash bar will be available. Please check to see if your name appears and RSVP to me at 358-0935 or luvs2cycle@yahoo.com by Wednesday, October 17. Note: This list may not have all names, so if you have volunteered between Sept 2006 through Sept 2007 and you do not see your name in the list, please contact me!

Al Farrell  Dick Pitini  Mark Betterson
Alan Cooper  Dorian Kidd  Mark Bierly
Andy Kepcke  Doug Harrel  Mark Forte
Barbara Armstrong  Doug Wayne  Mark Francis
Barbara Stiff  Ed Blank  Mark Gregory
Barry Pullen  Ed Jones  Mark Hoerath
Becky Tobey  Ed Zack  Martha Pullen
Bert Wright  Eleanor Shipley  Mary Falterman
Bill Britton  Emily Kimball  Mary-Ann Kaveski
Bill Church  Fran Smith  Meade Anderson
Bill Varjabedian  Frank Thomas  Mike Moore
Bill Whitworth  Gary Faison  Morris Evans
Bob Carlson  Gene Golden  Nan Ottenritter
Bob Scott  George Tirs  Nick Kaveski
Bob Stiff  Gloria Bazzoli  Pat Ryan
Bobby Weitzel  Hugh Aaron  Paul Keefer
Brenda Hubbard  Jack Huber  Paul Silverstein
Bud Vye  Jack Huber  Paul Walaskey
Cam Hoggan  Jack Speed  Randy Rosemond
Carl Armstrong  Jeanne Minnix  Reed Nester
Cathy Archer  Jerry Hefele  Richard Chandler
Cathy Davenport  Jerry McGuinn  Richard Halle
Cathy Rolfe  Jesse Archer  Rickey Davis
Champe Burnley  Jim Holgate  Ron Corio
Charlie Comly  Jim Motley  Rosemary Tyson
Charliie Thomas  Jim Walsh  Sally Tirs
Chip Ford  Jinx Lucas  Sheryl Finucane
Chris Brodsky  Joe Hazel  Sonya Gagnon
Chris Tompkins  John Knox  Stan Goldman
Chris Walke  John Wray  Steve Crozier
Cindy Evans  Jonathan Shouse  Steve Silbert
Criss Faison  Joyce Knox  Susan Church
Dan Gagnon  Karen Goldman  Susan Douglass
Dan Widner  Karen Hanson  Susan Kremer
Dave Bloor  Karen Hoerath  Suzanne Nuckols
Dave Strickland  Karen Nester  Ted Zeh
Dave Talley  Kathy Gammon  Thomas Huber
David Gardner  Kathy Wood  Tim Cordrey
Debbie Gleason-Morgan  Katy Rosemond  Tom Foster
Debbie Silbert  Kim Moore  Wayne Cox
Debra Gardner  Kristin Andrs  Wayne Davis
Dee Nuckols  Larry Nelson  Wayne Shipley
Lois Farrell  Wendy Conner

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

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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.
Heart of Virginia
Preliminary Report by Bud Vye, Chairman

Some preliminary impressions on the Heart of Virginia, where we had a record attendance in the vicinity of 380. RABA member support was heartwarming to me, with more than 40 members volunteering to help in various ways, while more than 90 (some of them the same people) also registered and rode on the ride. After rain overnight on Friday, and for about five minutes early on Saturday morning, the fog burned off, and the rest of the two days were beautiful, although a little on the cool side.

Mostly favorable comments from the riders, as the lunch stops on both days featured very nice sandwiches with fresh picked local tomatoes, and Champe Burnley's idea of serving a generous portion of Ben & Jerry's ice cream to each rider as they finished was a huge hit on both days. The bike cleaning tent, staffed by the Ashland Dinner Club gang (another idea of Champe's) also went over big, and had all the work they could handle. Only one mishap on Saturday, as Carol Via from Roanoke was bitten on the leg by a Labrador Retriever while she was riding alone on Cady's Mill Rd. about 7 miles into the Metric route. Soon we had an impressive assemblage of vehicles responding and parked along that farm's drive, with the Sheriff's Deputy, the Animal Control Officer, the East Hanover Rescue Squad, and my SAG vehicle. At length, the dog left with the Animal Control Officer to go into quarantine as the dog's owners were unable to produce the required record of the most recent rabies shot, while I took Carol to the emergency room at Memorial Regional, where they promptly cleaned and dressed her wound so she was able to ride on Sunday. As always, the owners stated "I don't know what got into him. He's never done anything like that before."

Sunday's rides appeared to be completely without mishap, with a much bigger turnout than we've ever had on the Historic Ride, all being very laudatory of Frank Hargrove's graciousness and hospitality as he showed them through his Cool Water home, and many taking advantage of the opportunity to visit and tour Scotchtown. They too enjoyed the ice cream at the finish and gave us many nice compliments on running an excellent event. Again, my gratitude for all of the RABA members who helped put it on, and who supported the event by riding in it. And to Champe for his many new ideas that we implemented in promoting the event and in adding some new twists to it. A full report will be forthcoming in next month's issue.

Lake Anna State Park Weekend Wrap Up by Richard Halle

The operative word for the August 25 and 26 Lake Anna State Park Weekend loaded tour was “HOT!” We had reserved the camp sites at the park about a month earlier. Any contingency plans focused on rain dates. Surely the worst of the summer's “dog days” would have been gone by the end of the month. Wrong.

The weather forecast of 100 degree temperatures had the effect of “thinning the herd.” There were just four of us—Joe Hazel, Jack Huber, Bobby Weitzel, and me. We started at Laurel Park Shopping Center with the ABC Ride and signed up for the ever popular 2 day, 100 mile extension option- have to max out those RABA miles...

We rode through Ashland where some sort of running event was taking place. The looks on the faces of the runners we encountered suggested we weren't the only ones who had been planning on more comfortable temperatures for the weekend.

The miles through familiar territory came and went. We rolled up and down the Three Sisters and past Fork Church...and after a while we saw the big city lights of Coatesville and Beaverdam in our rear view mirrors.

We finally arrived at Lake Anna at about 1:30 PM and picked out our camp site. We pitched our tents and cooled off in Lake Anna- along with a few hundred other park visitors. We also got some much appreciated sag support when Champe Burnley drove up bearing gifts- snacks and an ice chest full of cold, liquid refreshment. Champe had had a non-biking accident and couldn't do the ride, but he drove up and camped with us.

The post-dinner telling of tall tales session was truncated by a memorable thunderstorm- lots of thunder, lightning, and rain! The only casualty turned out to be Jack’s cell phone. Left in a pack or pannier outside the tent, it died of exposure. The storm was nice in that it did cool things off a bit.

We got an early start the next morning to beat the heat. As we approached Beaverdam, we heard the drone of an approaching vehicle and a moped, with its rider in an aero position, sped by. Bobby decided to uphold the honor of human powered two wheeled vehicles everywhere and gave chase on his fully loaded bike with rack and panniers. Guess he had more in his tank than the moped did as he quickly caught up to and passed it.

After having some outstanding sandwiches at the Beaverdam store, we continued back home, trading Saturday's Three Sisters climbs for those near Chicken House. The temperature climbed, too, but we made it to Laurel Park by about 1:00 PM.

I got home that steamy afternoon, spoke with a neighbor, and told her about our trip. She gave me a funny look and said, “…but you could have cancelled.” I guess she was right, but look at all the fun we would have missed out on.
Heard & Seen Around the Club by Bud Vye

A big correction to an item I mentioned in last month's report of the Capital Trail. Groundbreaking as Allen Turnbull has NOT been replaced by Doug Ellis and Allen is still the Executive Director of BikeWalk Virginia. Seems that it almost happened, and the word was pretty widely out, but something killed the deal at the last minute.

Lots of hospital visiting going on, as Newton Todd comes down with a serious case of polymyositis while out in Colorado so his wife hurriedly drives him back here to get admitted to the Intensive Care Unit at St. Mary's. After a couple of weeks in there, he's making good improvement and it looks as though he'll be moving to a regular room by the time you read this, and hopefully, out of the hospital altogether before much longer.

Didn't see him personally, but heard that Dwight Love got pretty seriously tangled up with some heavy machinery he was working on, badly injuring one arm. He's out of the hospital but still has some surgery to undergo in order to reattach some severed tendons.

Seems to be a lot of disk fusions going on, as Gary Faison has one done, prior to which I ran into John Dawson at a recent ABC Ride. Turned out he was up here from Charlotte to see how ex-wife Leesa was recuperating after her fusion. Sounds like both patients are making good recoveries, but John, who not long ago accepted a transfer with Philip Morris from here down to Charlotte, got blindsided when the company decided to close the unit down there. Now he's scrambling trying to land a spot back up here, along with a bunch of others who have the same objective. Hope he's able to do so, and that we have him back up here and riding with us again.

Haven't gotten all the details on the situation, but learned that Rosemary Tyson is no longer with us, but has moved down to Greensboro. Surprised to see someone out of the past on a recent Retiree's Ride, as none other than Carolyn Goble rode with us from the Hickory Notch Grill, close to 15 years after the last time I'd seen her on a ride. She was riding well, with no apparent effects from her earlier aches and pains, and it was good to see her back.

And another, as I was able to get together with John Clarke for an afternoon of visiting and showing him around to his boyhood home up in Church Hill and his teenage home in the Fan, both of which were in very good condition. John was back here with wife Bernie for a reunion at Camp Hanover, where she had been the Camp Nurse for 10 seasons. John is now 84, and still riding almost every day out in Lacey, Washington (near Olympia) where they moved several years ago and have a major bike trail go right by their door. As one who has some Confederate branches in his family tree, John was concerned recently when he showed his grandsons the picture of Robert E. Lee on the cover of a recent U.S. News & World Report and asked them if they knew who it was, only to have one of them answer U.S. Grant. We spent a little time after that discussing how he might work a little Civil War history into their curriculum. Just heard from him after his return home, and he is now recovering from inguinal hernia surgery, reporting that he expects to be back on his bike in about a month.

And another out of the past will be back with us shortly, as Duane Brown is scheduled to be back from the north woods of Wisconsin for a brief visit and a couple of rides with the Retiree's.

And Jerry Hefele is back from his Alaskan trip, having flown to Anchorage and then cycled with a group from there east on the Glenn Highway, then up past Denali to Fairbanks, then back down to Valdez, and the ferry back to Whittier past the Columbia Glacier. Since I'd done that route in a car, I had awaited his report, and he found it to be as vast and interesting as I had predicted, plus he had some excellent halibut along the way. That's a tour I'd like to do, on a bicycle.

Good Club Meeting on September 5th, as three of the four owners of the Carytown Bicycle Co. (Braden Govoni, Tim Mullins, and John Hessian) hosted about 25 of us, showed us through the store, and shared with us how they got together (along with fourth owner Thom Suddeth) to buy the store, and what their philosophy and objectives are in running a bike shop. It's certainly a tough way to make a living in this day and age, but we got the impression that these guys might make it. They've done a very nice job in laying out the store, have a nice selection of merchandise in stock, are featuring their mechanical service and custom bike fitting (@ $100 per hour, which caused a little sticker shock among some, but was allayed by some who had done it, testifying that it was well worthwhile, and generally took less than an hour). Another interesting and enjoyable meeting, with the area's newest bike shop making a good impression on all those in attendance.
Search for 2008 Board
Looking for fun, excitement, an opportunity to work with others and a way to learn leadership skills? Want to find ways to make a positive and lasting impact on the bicycling community? Do you have organizational and problem-solving skills lying dormant? If you answered “yes” to any of these questions, please consider joining the club’s board of directors and volunteers for 2008. People with diverse backgrounds and strengths make for a strong and active board. With RABA doing more with rides, events and initiatives, our need for energetic people is greater than ever. If you, or someone you know, have an interest in serving, please contact Andrew Mann rabamann@aol.com or Kim Moore luvs2cycle@yahoo.com by November 15.

Welcome To Our Newest Members

Allen Bridwell
Gordon Brostrom
John & Susan Davis
Christopher & Kristin Deckert
Eulys & Joan Dyer
John & Sarah Dyer
Max Elfman & Margaret Barre
Wayne & Lisa Flood
Rickie George
Romain Lheritier
Jennifer Rota
Henry Smith
Stephen Stahl
Jill Vonderhaar
David Watson
Judy Williams

The Virginia Police Chiefs Foundation is proud to sponsor a 45K Bicycle Ride to benefit the Commonwealth Youth Conference for Leadership Effectiveness (CYCLE).

Registration and check-in begin at 9:00 a.m. The ride starts at 10:00 a.m. on October 20th.

Details: The ride will take place over some of the most scenic roadways of eastern Henrico County. Riders depart from the lake at Dorey Park. From there, they will pedal to the banks of the historic James River. After an uphill climb, riders will coast through winding roadways and fall foliage to the National Battlefield Parkway and enjoy the sights of the Civil War embankments. Riders will complete the route by returning to Dorey Park. The ride is open to bicycle riders of all ages, but keep in mind that the course is up and down hill. Riders will be sharing the roadway with motor vehicles. Ride participants must obey all traffic laws and wear a bicycle helmet.

Numerous water stations & bathroom facilities are provided throughout the route. Support and Gear carriers (SAG wagons) will ride the route and pick up riders who experience mechanical difficulties or who choose to ride only part of the course.

The Yellow Race Leader Jersey: The purpose of this event is to raise awareness of the CYCLE program while also raising money to send students to the CYCLE program. We encourage all participants to solicit pledges of monetary support for the program. All donations are due the morning of the event, and must be turned in at the registration/check-in table. The person who collects the largest dollar amount of donations will be awarded the “Yellow Race Leader” jersey and have their name posted on the VPCF website.

Directions: Dorey Park is located on Darbytown Road, easily accessible from I-64. Take exit 195 off of I-64 to Laburnum Avenue. Travel south on Laburnum Avenue and cross Willamsburg Road (Rt. 60). Stay on Laburnum Avenue through Charles City Road and continue until coming to Darbytown Road. Turn left on Darbytown Road. Go 1.5 miles and turn right into Dorey Park. Follow the road to the lake and Ride Check-In.

Registration Fee: The registration fee includes lunch, water stations and a “Cycle 4 CYCLE” t-shirt. Early registration is $25 per participant and must be received before October 6, 2007. After that date, the registration fee is $35 per participant. Please make checks payable to “VPCF”.

To Register: Mail your completed registration form along with the registration fee to Virginia Police Chiefs Foundation; 1606 Santa Rosa Road, Suite 134; Richmond, Virginia 23288.

Questions: If you have any questions, please call (804) 285-8227 or email cycle4cycle@vapolicefoundation.org.
October 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***

Fast Rides
Coordinator Mike Moore 358-0935 mike_moore@yahoo.com
There are no fast rides for October

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.

October 7 (Sunday) 9:00 a.m. — Rockville to Orchid and Back — (39-13-S-S/M)
Leader: Brenda Hubbard, 740-3678
Meet Brenda at the Library in downtown Rockville for this circuit through the pretty country of western Hanover and eastern Louisa with a store stop at the "Bicycing Friendly" Orchid store (officially known as Price's Pantry) at about the mid-point of the circuit.
If for some reason you've never been to Rockville, from Richmond go west on I-64 to the Rockville/Manakin Exit and go south on Rt. 623 about a mile to a right on Rt. 622/Rockville Rd where five miles will bring you to Rockville.

October 13 (Saturday) 9:00 a.m. — South to Sussex and Beyond — (47/36 miles - 15 - S - F/G)
Leader: Jack Huber, 282-3872
This is an old favorite to historic Sussex Court House with a new option to visit the quiet community of Yale. There will be a rest stop at Bike Friendly Thornton's Store. For those who did this ride in March, please know that Jack has corrected the cue sheet - no screw-ups this time!
Meet at the parking lot behind the former Coppahaunk 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). After the ride all participants are invited to have lunch at Giuseppi's in Waverly.

October 14 (Sunday) 9:00 a.m. — Jamestown Ferry to Lunch at Smithfield Station — (48 - 14 - S - S/M)
Leader: Jack Huber (282-3872)
Meet at the Jamestown Settlement Park parking lot for the fall version of this popular ride. We'll cross the James River on the Jamestown Ferry then ride 24 miles through the quiet Surry and Isle of Wight County countryside to Smithfield for lunch. The return route will pass Bacon's Castle and Chippokes State Park to Scotland Wharf for the return trip on the ferry.
Take I-64 to the Route 199 exit and travel south to Route 31. Turn right (south) on Route 31 and the parking lot is about four miles on the left. Allow about 1 hour 10 minutes driving time from Richmond.
October 21 (Sunday) 9:00 a.m. — Hickory Notch Excursion — [29/37-14-15-15-17 mph-S-F/G]
Ride Leader: Jim Denoon, 370-6252
Join us at the start/stop location at Hickory Notch Grill, 2031 Broad Street Rd, Maidens, VA 23102; about 15 miles west of the Short Pump Town Center. Cue sheets will be provided for those who wish to ride at a pace other than what is posted. There are no store stops, so be sure to bring provisions. Directions to Start: 64 West to the Oilville exit. Turn left at the first stop sign off the exit ramp. At Broad Street (250), turn Right. Go about 3 miles and Hickory Notch Grill is on the left. Cars should park as far back in lot as possible.

October 28, (Sunday) 10:00 a.m. — Washington’s Rock Creek Park & Capitol Crescent Trail — [34-13-S-S/M]
Leader: Bud Vye, 262-9544
Meeting at the parking lot of the Teddy Roosevelt Memorial, we’ll take a quick ride over to catch a glimpse of the WW II Memorial, then up Rock Creek Park to the National Zoo, then on up Beach Rd. to the top of Rock Creek Park where we will pick up the Capitol Crescent Trail in Silver Spring, ride it to lunch in Bethesda, continuing to a brief stretch along the Potomac and C & O Towpath into Georgetown, and then back to the start with a stop at the very moving “Faces of the Fallen” exhibit at Arlington National Cemetery. As with the Mt. Vernon ride, hybrids and mountain bikes, as well as road bikes, are OK on this one, but I don’t think I’d bring a tandem.

October 28, (Sunday) 10:00 a.m. — Richmond Ramble and Scavenger Hunt
Mileage will vary but probably 10-25 miles, all speeds and abilities encouraged to join us!
Champe Burnley, 358-5801 and Charlie Comly, 432-8542
Think you know Richmond? Here’s your chance to prove it or maybe even learn something new! Riders of any and all abilities are invited to come out and have some fun with us as RABA descends on downtown Richmond. We’ll meet up around Legend Brewpub, divide up into teams, and hand out the scavenger hunt checklists. Teams will then ramble throughout the city, looking for clues, answering questions, and taking pictures. We’ll award points for performing various tasks and correctly answering questions about Richmond. Bragging rights and prizes to the winning team! Afterwards, we can hang out on the patio at Legend and “rehydrate.” Riders are asked to bring a digital camera if they have one and something to carry small scavenger hunt items in. Also, since this is an urban ride, you may want to bring your old bike or a mountain bike. Who knows where your hunt may take you! This ride is for RABA members and guests only.

Start location: Legend Brewery, 321 West 7th Street Richmond, VA
Legend Brewing is right across the Manchester Bridge from downtown. After coming across the bridge toward the Sun Trust buildings, stay to the left onto Commerce St., take the first left one block to 7th St. and then left one block where Legend is on the right.

December 19, (Wednesday) 6:30 P.M. — Second Annual RABA Tacky Light by Bike Christmas Tour
[10 to 15 miles – 14 to16 mph –Frequent Stops]
Join us for a casual Christmas cruise around the city and enjoy all of the spectacular holiday lights by bike. This is one ride you won’t want to miss!
We will meet behind the Westhampton Theatre at Grove and Libbie Avenues for a 6:30 departure. We’ll ride to various locations around the city and take in as many of the tackiest decorations as we can. Costumes and tacky bike decorations are encouraged. When we return, plan to celebrate the Spirit and fellowship of the Season afterwards at Phillips Continental Lounge, next door to the Westhampton Theatre. Please bring appropriate lights, reflectors, spare batteries and blinkies. Too, bring a bike lock so you can join us for some Holiday Cheer at Phils. Questions: call Champe Burnley, 358-5801 / champe_burnley@hotmail.com
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 Court House on Route 13. There are many nice rides from the Court House, mostly with good scenery and low traffic. The ride leaders will select a route that will vary between about 35-60 miles with a shorter option usually available. There may be no store stops on the shorter options. Maps and cue sheets will be available for those wishing to ride at their own pace. If the weather is doubtful, call the leaders to confirm if they will be riding.

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

**Tuesday 9:15 a.m. - NEW START TIME — Tuesdays at Rockville — (30 to 50-16-19 mph-S-S/M)**
Leader: Charlie Comly, 432-8542
Nights and weekend aren't the only times to ride! Come join us for a weekday ramble through beautiful western Hanover and the surrounding areas. We'll be starting from the Rockville Library and riding the scenic and rolling countryside. Routes will vary weekly and cue sheets will be available for those that wish to ride at their own pace. Possible extensions are available for those that want longer rides. Directions to start: Take the Rockville/Manakin exit off of 64. Go right (north) at top of ramp onto rte 623 towards Ashland. Turn left at the first stoplight onto Pouncey Tract Rd. Library is 2.8 miles on your right. Park in the rear.

**Tuesday 5:00 p.m. EARLIER START TIME — Hanover Courthouse Ride — [28/22-V-N/M]**
Leaders: Hugh Aaron, 690-9720 and Andrew Mann, 266-9048
Meet at the Hanover Courthouse on the east side of Route 301, 10 miles north of where it crosses I-295. Cue sheets and maps provided. This ride remains a beautiful ride with lots of farmland, little traffic, and a couple of hills that will get you up out of your seat.

**Wednesday 9:30 a.m. — Retiree’s Midweek Ride and Lunch**
Meets at a different location each week for a ride of 25 to 40 miles, followed by lunch. All riders invited. With Rideline discontinued, each week's location will be announced to the Ridefinder and the RABA E Lists. If you are not on either, call Bud Vye, 262-9544 or Barry Pullen, 561-3950.

**Wednesday 7:00 p.m. — Ashland Dinner Club — [20/13-15-V-N/M]**
Leader: Champe Burnley, 358-6697, champe_burnley@hotmail.com
This evening ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. We will ride to Ashland, and stop for dinner at a selected restaurant. The group retraces the route back to Laurel Park for a twenty miles total. The pace is generally relaxed so any type of bike is appropriate.

Remember to:
- bring at least one headlight which provides enough light to illuminate the road in front of you
- at least one bright-red blinkie for the rear of your bike
- spare batteries for all lights,
- lots of reflective clothing/ vests/ legbands/ armbands.

CHECK ALL LIGHTS AND BATTERIES BEFORE YOU GET TO LAUREL PARK!!!
Thursday 5:00 p.m. Last ride for the season is October 25 — East End Ride
[32/28/22/15-V-S-F/G]
Leaders: Hugh and Laura Aaron 690-9720 or hugh@theaarons.com
Hugh and Laura are continuing Eleanor’s and Wayne’s ride for October. Meet at the Black Creek Baptist Church on Route 628/McClellan Road. This ride typically breaks into different groups depending on the riders’ desired distance and pace. Depending on the turnout and the riders’ desired distance and pace, it is possible that riders may end up riding some or all of the ride by themselves. However, the cue sheets are easy to follow and all of the routes are quite nice. Most weeks, Hugh will ride the 32 mile route at a pace of 18.5 to 20.5 (moving average). Anyone desiring to ride that distance and pace is welcome to join him.

Lights are highly recommended, although the early start times and multiple route options should allow everyone to finish the ride in the daylight. There are no stores or bathroom facilities on any of the routes.

Meet at the Black Creek Baptist Church on Route 628/McClellan Road; use the parking area beside the brick church on the north side. 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.

Many thanks to Eleanor and Wayne for doing such a great job leading this ride during the regular season.

Glen Allen Elem School Options (The last official ride of the season is October 25)
Call the ride leaders or look out for ride finder notices for ride times
[28-17 to 19-N/S/S]
Leaders: Jim Holgate 672-6532 and Bill Whitworth 285-9193
As the days shorten with the approach of fall, the start times have moved earlier and rides will begin promptly. Call the ride leaders or look out for ride finder notices for ride times. Departure times will vary weekly as each week shortens with daylight.

Obeying traffic laws and riding single file are a must. To get to the start, take Staples Mill Rd/Rt 33 West. Turn right onto Mountain Rd, then turn left onto Mill Rd (fire station at this corner). The school will be on the right.

Friday, 9:00 a.m. — Fridays at Hylas — (25 to 40-16 to 18 mph, S-S/M)
Leader: Dave Bloor, 285-6177
The ride will start and end at the Berea Baptist Church at the intersection of 623 (Ashland Road) and 271 (Pouncey Tract). To get there take 64 West to exit 173 (Rockville, Manakin), go right (north) on 623 and travel 2.5 miles to the Berea Baptist Church (on your right just before the intersection with 271). Please note: The ride will vary each week. Maps and cue sheets will be available for those wishing to ride at their own pace.

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 September ABC ride leaders: Andrew Mann, Champe Burnley, Nan Ottenritter, Richard Halle, and Susan Douglas. Your help in leading the rides makes for a more enjoyable ride experience. Special thanks to folks helping out with the newbies ride too. Thanks for all that you guys do.

October ABC Ride Leaders are:
06, Charlie Beall, 291-7022
13, Bobby Weitzel, 484-0054
20, Ron Corrio, 643-6452
27, Tom Norton, 317-0630
Registration in the fog as the sun comes up. Right: Jack enjoying the ride.

Below: Bike Detailing by the Ashland Dinner Club gang back at the "Y"

Right: Delicious sandwiches are made at the Old Church lunch stop on the Metric and English rides at Heart of VA on Saturday

Left: Ron enjoys a short break on Saturday

Above: Braden Govoni explains store policy, while his co-owners look on during Sept meeting
The RABA Tourists enjoying some cylindrical objects after riding from Laurel Park to Lake Anna State Park

My dog is a nuisance. He chases everyone on a bicycle. What can I do? Take his bike away.

Unfortunately, there was one mishap (known to editor) on Saturday’s Heart of VA — a dog bite. If you want to see the pics, email me or Bud Vye and he or I will send to you.

Participant (exhibit) from the first annual Bike Tacky Tour

Debbie Silbert Photography
Left: Suzanne and Champe talking with rider before Saturday’s Heart of Virginia. Above: Group of cyclists heading into rest stop.

MANY more pictures by Debbie Silbert (and in color) can be viewed at the following link: http://www.pbase.com/cyclefitness/hov2007 — thanks Debbie!
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. 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.

For Sale 2005 Trek Pilot 5.0 Great condition 56cm OCLV 120 carbon frame w/OCLV carbon seat stays road bike. Bought in late 2006. Ridden approximately 4500 miles and has Bontrager: Satellite Plus Fork, Race Wheels, Race X Lite tires, Race Lite 52/42/30 crankset, Race Luxe saddle, Race X Lite, carbon seatpost, Race Flattop, 26.0, Race, 26.0 stem; also Shimano: Dura-Ace rear derailleur, 105 STI shifters, 105T front Derailleur, PD 1056 pedals, long reach w/STI brakeset, SRAM 970 12-26, 9 speed cassette and Slimstack headset. A great bike for only $1,500. Call David Magnant @ 757.870.1557, DMagnant@vppsa.org (9/2007)

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


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

A tired cyclist stuck his thumb out for a lift: After 3 hours, hadn’t got anyone to stop. Finally, a guy in a sports car pulled over and offered him a ride. But the bike wouldn’t fit in the car. The driver got some rope out of the trunk and tied it to his bumper. He tied the other end to the bike and told the rider: "If I go too fast, ring your bell and I’ll slow down.” Everything went well until another sports car blew past them. The driver forgot all about the cyclist and put his foot down. A short distance down the road, they hammered through a speed trap. The cop with the radar gun and radioed ahead that he had 2 sports cars heading his way at over 150 mph. He then relayed, "and you’re not going to believe this, but there’s a cyclist behind them ringing his bell to pass!”

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