Remembering Dennis Beierschmitt
by Emily Kimball

Long time RABA member Dennis Beierschmitt was an avid biker. He was out every weekend riding all over Chesterfield County with his buddies. He also was an advocate and worked with the Chesterfield Bicycling Committee to get the county to draw up a bike plan and then implement it. It was this group that got the marked bike lanes on Route 10 (much to the amazement of the transportation planner) and who dreamed of an off-road bike trail around the entire circumference of Pocahontas State Park (still in the plan but not yet executed).

When I worked for Chesterfield County Parks and Recreation Dennis led many bicycle tours for us and also taught bike maintenance classes along with Phil Eckman. In his classes he transmitted his love of biking to his students, many of whom became serious bikers.

Dennis helped me disassemble and box my bike for my first bicycle tour with Adventure Cyclists from Maine to PA. He patiently showed me each maneuver, and wrote out the steps it would take to reassemble my bike. Low and behold I arrived at the bus station in Maine, and reading Dennis’ carefully worded directions and drawings I slowly and carefully put my bicycle back together and rode confidently off to the start of the Tour. It was a miracle and when I called Dennis to report operation “success” he didn’t seemed surprised at all but merely said, “I knew you could do it.’ That’s the kind of guy Dennis was. He gave you confidence and helped you conquer your fears.

Dennis taught German at Thomas Dale High School. He also was the advisor to the German Club and chaperoned many club trips during the school year. I am sure he will be greatly missed by his students.

I last saw Dennis at the triathlon gathering in the slip. I hadn’t seen him in years and we had a grand reunion catching up on each others lives. He was planning to retire soon and do some work with computers and of course ride his bike like mad all over the place. It is such a tragedy that he was struck down with a heart attack just as he was to embark on this next stage of life.

We send our condolences to his wife and daughter, and want them to know that we bikers loved and admired Dennis and that he lives on in our hearts.

Fan Free Clinic Ride to Provide
June 4-5, 2005

This June, riders and volunteers will kick off the first annual Fan Free Clinic Ride to Provide! Over the course of two days, riders will make the 150 mile round-trip ride to Longwood University.

The Ride to Provide is the brainchild of dedicated supporters of Fan Free Clinic who have participated in many fundraisers and are now determined to pull off one of their own! This ride will raise crucial funds to support the many programs of the clinic and will allow Fan Free Clinic to continue meeting the needs of the uninsured and underinsured in the community.

Fan Free Clinic is looking for interested riders as well as volunteers willing to donate time or money to help make this event successful. Riders will soon be able to register online and should contact Cat Hulburt at chulburt@fanfreeclinic.org to join our brand new listserv dedicated to ride news and events.

Information is also available on our website at http://www.fanfreeclinic.org.

Volunteers can also contact Cat to become involved in various activities including: driving a sweep...


**Heard & Seen Around the Club**

\textbf{RABA/Social Ride Captain & Advocate}

\textit{Bud Vye}

Injury report is too lengthy this month as \textbf{Les Newman} and three of his co-workers tangled with a car while doing a lunch time ride on Mountain Rd., just east of the railroad tracks on March 29th. The cyclists were riding east on Mountain, while the car, coming west, did an unexpected left turn onto Purcell, hitting Les (the lead rider), while the next two riders slammed into the side of the car, and the fourth rider was able to avoid the collision. Les had both knee caps broken, while the other two riders had arm fractures. The driver of the car, as is common in car and bicycling accidents, said she didn’t see the cyclists, and was charged with failure to yield.

\textbf{Mike Gleason}, recently recovered from the injuries suffered in a November 6th collision (reported in the February issue of The Pedaler). Mike had the misfortune of getting run into by a dog on the first Hanover Courthouse evening ride of the season on April 5th. The resulting spill left him with a badly broken right arm near the elbow that required two surgical sessions.

Also on the injured list is \textbf{Al Calambro}, as he rehabs from rotator cuff surgery on his shoulder. I know you join me in wishing a quick recovery to all!

BikeWalk Virginia’s Allen Turnbull reports that the number of license plate applicants still needed to make the 350 minimum is now down in the teens, so there’s still time to get your application in if you want to be part of the group.

I noticed at least 17 RABA names among the 16,000 who ran the Monument Avenue 10k on April 9th. Among them were \textbf{Mike & Kim Moore} (Kim also ran in the 2005 Boston Marathon with a time of 3:41:31), \textit{The Pedaler} Editor \textbf{Bill Varjabedian} (who also participated in the 3Sports Duathlon at West Creek and will run the Broad St. 10 Miler in Philadelphia on May 1st.), \textbf{Barb Garazo}, \textbf{Dorothy Broderson}, \textbf{Karen Hanson}, \textbf{Duane Brown}, \textbf{George Talley}, \textbf{Bolling Lewis}, \textbf{Rene Cote}, \textbf{Henry Hewitt}, \textbf{John Dawson}, \textbf{Carl Armstrong}, \textbf{Louis Delavault}, \textbf{Chuck McBride}, and \textbf{Terry & Chuck Miffleton}. If I missed anybody, please let me know and I’ll recognize them next month.

I got a kick out of hearing \textbf{Rosemary & Tom Tyson’s} 29th wedding anniversary announced on public radio as I was driving around on April 15th, and I’ll add my congrats here in print.

It was a very windy day (and the cherry blossoms were a few days short of being out) for the Mount Vernon Trail ride on April 3rd, but 17 showed up, and the high spot of the ride was the recently opened “Faces of the Fallen” exhibit in the Women’s in the Military Hall at Arlington National Cemetery. All of us were touched by it, and we recommend it to you if you are in the area.

It was a beautiful day, but a small turnout, for \textbf{Dave Strickland’s} Roanoke Rapids to Halifax ride on April 10th, although we did record a RABA first. Recently joined member \textbf{John Dawson} showed up at the starting point on his bicycle, and when asked how he got there he reported that he had flown his Beechcraft plane down from Chesterfield County airport to the Halifax County airport and ridden his bike the five miles over to the ride’s start. After the ride some of us went over to the airport with him and saw him off. He offered to give \textbf{Rickey Davis} a ride, and I offered to stop by Chesterfield to pick him up and take him home, but non-flyer Rickey said absolutely not, and took the surface route.

A big thank you to the six in addition to myself who showed up and completed the Adopt a Highway cleanup on April 16th, filling 25 bags of trash in the process—\textbf{Jack Huber}, \textbf{Bob Carlson}, \textbf{Rickey Davis}, \textbf{Mark Bierly}, and particularly \textbf{Don Eller} and \textbf{Thomas Jennings}, who by themselves finished the entire mile along the RR tracks on S. Center St. Rd. We all know that “Many hands make light work.” This was not light work, but the few stuck with it and got it completed. Thanks again, men!

Club members continue to do a lot of traveling, as \textbf{Emily Kimball} reports that \textbf{Marie Hertzler} should be added to the previously reported contingent who went down to Bike Florida, while \textbf{Ike Kozio} reports that \textbf{Judith} is presently in Arizona, prior to she and Ike joining \textbf{Debra & David Gardner} for a cycling tour along the coast of Tuscany in May.

The Pedaler.

The Pedaler is 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 the Richmond Area Bicycling Association or its members.

**2005 Board of Directors and Volunteers**
The following individuals were approved unanimously at the December RABA general meeting to serve as the club’s officers and volunteer directors for 2005.

\textbf{President} \textbf{Brenda Hubbard}  
\texttt{brenda_hubbard@yahoo.com} \hspace{1cm} 740-3678

\textbf{Vice President} \textbf{Kim Moore}  
\texttt{luvs2cycle@yahoo.com} \hspace{1cm} 358-0935

\textbf{Treasurer} \textbf{Cindia Evans}  
\texttt{cnevans@comcast.net} \hspace{1cm} 789-0511

\textbf{Secretary} \textbf{Jack Huber}  
\texttt{jhuber1111@Yahoo.com} \hspace{1cm} 282-3872

\textbf{Director-at-Large} \textbf{Becky Tobey}  
\texttt{tobeyb@erols.com} \hspace{1cm} 674-9802

\textbf{Director-at-Large} \textbf{Gary Faison}  
\texttt{garyfaison@comcast.net} \hspace{1cm} 794-6365

\textbf{Fast Ride Captain} \textbf{Mike Moore}  
\texttt{luvs2cycle@yahoo.com} \hspace{1cm} 358-0935

\textbf{Off-Road Captain} \textbf{Jim Temple}  
\texttt{jimmat2@excite.com} \hspace{1cm} 266-8894

\textbf{Social Ride Captain} \textbf{Bud Vye}  
\texttt{bdvye@comcast.net} \hspace{1cm} 282-9544

\textbf{News Letter Editor} \textbf{Bill Varjabedian}  
\texttt{idzn@comcast.net} \hspace{1cm} 247-1654

\textbf{Membership Chair} \textbf{Kristin Andr"{s}}  
\texttt{kandrs@comcast.net} \hspace{1cm} 590-9467

\textbf{Advocacy} \textbf{Bud Vye}

\textbf{Program Chair} \textbf{Kim Moore}

\textbf{Committee Chairs}

\textbf{Web Site} \textbf{Doug Harrel}  
\texttt{diharrel@comcast.net} \hspace{1cm} 386-0689

\textbf{Statistician} \textbf{Al & Lois Farrell}  
\texttt{afarrell3@comcast.net} \hspace{1cm} 744-9306

\textbf{Century Chair} \textbf{George Talley}  
\texttt{gtalley@widomaker.com} \hspace{1cm} 328-4979

\textbf{Publicity} \textbf{Andrew Mann}  
\texttt{rabamann@aol.com} \hspace{1cm} 266-9048

**Submissions for The Pedaler**
The Pedaler welcomes submissions in any form; email preferred. All submissions will be confirmed. All become property 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 the Richmond Area Bicycling Association or its members.

**Membership Information**
Annual RABA membership dues are: $15, individual, $18 family. Subscription to The Pedaler is included. Submit membership applications or renewals to: RABA Treasurer, PO Box 6565, Ashland, VA 23005

**Note:** Membership dues must be accompanied by a completed, signed membership application and waiver of liability.

**Advertising:** SEE BACK PAGE
6th Annual FREE Celebration of Life Ride
Saturday, May 14, 2005 at 8:00 a.m. at the Virginia Beach Sportsplex
by Tom Coghill

What would be a great way to celebrate the wonderful lives we have experienced since we started riding bicycles? By participating in the largest bicycle event held in the State of Virginia. Make the short drive to Virginia Beach and come on down and join me as I celebrate the great life I have had through cycling as I ride the 75-mile route on my 73rd birthday.

Please remember this ride is the only FREE fully organized and supported bicycle ride held in the entire United States of America and possibly in the whole world. This is a ride for everyone, all ages and speeds and your choice of distances of 25, 50 or 75-miles. Although this ride is free, you must be registered and receive a rider number in order to participate. You can register on-line at www.tbarides.org or call ride headquarters at (757) 422-3425 for information or a register form.

In 2004, we had more than 700 riders who ranged in age from 8 to 80 and speeds from 8 to 10 mph and up to 30 plus mph. About 40 of them came from RABA and/or the Richmond area. Please remember that even though the ride is free, we do ride for a cause, the Jimmy V Foundation for Cancer Research. So any and all voluntary contributions to that wonderful charity will be greatly appreciated. All donations do go to the charity as all costs of this event are paid by the City of Virginia Beach and the Coghill family.

Plan to join us on May 14th at 8:00 a.m. as we ride up Dam Neck Road with a police escort, making all automobiles wait for us at each intersection. So make your plans to come to Virginia Beach on Friday and then come early Saturday morning to the Virginia Beach Sportsplex to socialize and fortify yourself with bicycle friendly food and beverages prior to the ride and then just enjoy a great day. You might even find that you have won a prize when you check in after your ride.

A Bicyclist in Runner’s Clothes
By Kim Moore

About 5 years ago, my husband Mike and I started incorporating running into our bicycle riding. We were afraid of not having enough weight-bearing exercise in our lives. So, we run in the fall and winter and participate in local races as we can.

In the running world, running a marathon is similar to riding a century. It’s a feat not easily accomplished without dedicated training and focus. Over a year ago, fellow RABA member and friend Debbie Fagan suggested that I run a marathon for fun. I mulled the idea in my head for several months, not sure if I could cut back on my beloved bicycling. Then I turned 40 and I wanted to mark the milestone by doing my first marathon, with the goal of using that event to qualify for the Boston Marathon. For a woman at my age, that equates to running 26.2 miles in 3 hours and 50 minutes or less. I started training like mad at the end of July 2004.

Fast forward to almost 9 months later. I ran the Richmond Marathon in November 2004 in 3 hours 40 minutes and qualified for Boston. I took the month of December off and started seriously training for Boston with a hilly six miler on New Year’s morning.

January 1, 2005. I ran sprints, I ran tempo, I ran slow and long, I ran on the treadmill on bad weather days, I ran at the crack of dawn, I ran in bitter cold. I ran over 600 miles from January to race day, which was Monday, April 18, 2005. My exercise routine changed from pedaling to pounding.

The experience of being in Boston, for the race, with over 20,000 of some of the best long distance runners in the country is unlike anything else. The Boston Marathon is like the Holy Grail of running. Many have searched for it only to find it elusive. Plus I had heard from veteran Boston marathon qualifiers that the course was difficult: the first 10K (6.2 miles) is downhill, the last 9 miles includes the infamous Heartbreak Hill. I prayed for cool weather and got warm, sunny weather instead. Mid-60’s to mid-70’s are great for the spectators and bicyclists, deadly for the runners.

Boston is also full of traditions: Noon start, point to point finish (Hopkinton to Boston), always held on Patriot’s Day, a Massachusetts-only holiday, fantastic organization and tremendous number of volunteers, hugely supportive fans, the screaming and

cont’d on page 9

Richmond Multisports Events
www.richmondmultisports.com

April 24, 2005 - Sunday
Poor Farm Spring Cub Mountain Bike Race in Ashland, VA

May 28, 2005 - Saturday
PowerKids Tri at the Shady Grove YMCA in Glen Allen, VA

May 29, 2005 - Sunday
Shady Grove YMCA Sprint Triathlon in Glen Allen, VA

August 28, 2005 - Sunday
Naylor’s Beach Olympic Triathlon in Warsaw, VA (on the Rappahannock River near Tappahannock)

September 11, 2005 - Sunday
Poor Farm Spring Cup Mountain Bike Race in Ashland, VA

October 16, 2005 - Sunday
Riverside Sprint Triathlon at the Riverside Wellness & Fitness Center in Midlothian, VA
The Virginia Capital Trail Update

by Doug Ellis

It is no secret that Secretary of Transportation, Whitt Clement was among this project’s biggest supporters. When he announced his resignation a few weeks ago, many people were concerned about the status of the Trail, and the state’s commitment. The Virginia Capital Trail Foundation was formed for just this purpose—to provide a private advocate amidst the changing political climate.

Incorporated in October last year, the Foundation was formed as a public-private partnership to assist with outreach and capital fundraising, and to use its tax exempt status to attract matching funds from the private sector. The Foundation has actively assisted in community outreach and is currently negotiating additional easements between private property owners and VDOT, the agency responsible for design and construction of the Trail.

When complete, the Virginia Capital Trail (VCT) will link our past and present capitals of Jamestown, Williamsburg and Richmond, a distance of over 50 miles. The 10-foot, paved trail will be built within existing state right-of-way and designed to complement the scenic character of the corridor. The VCT will feature interpretive stations, bathroom facilities and bicycling and pedestrian amenities to accommodate all users.

The first phase of the Trail between Jamestown Road and Route 5 along Greensprings Road is scheduled to begin by July and completed before the end of the year.

The next phase at Charles City County will begin and end in 2006, with Richmond phase beginning soon after. Five phases have been identified for construction, but funding must be identified before VDOT will assign a project schedule. So far, almost $9 million of the estimated $20 million has been secured, a majority from federal enhancement grants.

The Richmond Riverfront section presents some land use challenges, and the Foundation is involved with negotiating an easement to provide for perpetual Trail access adjacent to the current rail line. The host counties of James City, Charles City and Henrico have officially endorsed the project and committed discretionary funds. The VCT Foundation’s task is to attract private investment within the corporate community, private foundations and other sources. Current Board members have provided startup operating funds until other grants become available in the Fall.

One upcoming event that the Foundation hopes will produce operating revenue is “Virginia Capital Trail Night” June 21st at Colonial Downs in New Kent. The facility has donated sky suites, which will be available for sponsorship, complete with an abundant catering package and a Silent Auction. Individual tickets for the event are $75 each or $125 per couple and will be available through the club.

The Foundation has received its tax-exempt nonprofit status, and is eligible to receive tax deductible contributions, grants and gifts—including easement donations. The Foundation is also working with both WAB and RABA to host the annual “Capital-to-Capital” century and half-century rides, Saturday, May 14th.

The $25 (10% discount for club members) registration fee includes a barbecue lunch and all ride support, with proceeds benefiting the Foundation. (To volunteer for rest stops or SAG contact Gary Faison.)

Kudo’s to RABA members Gary Faison and Bud Vye, and WAB member Reed Nester for developing the route, brochure distribution and organizing support. In response to suggestions, this year’s route is largely circuitous, with three distinct loops between the simultaneous starts at Dorey Park and Jamestown. Century cyclists are advised to start between 7:00-8:00 a.m., half-century riders between 8:30-9:30 am.

Rest stops will be located along the route. Charles City Courthouse is still the midpoint, and venue for a hot homestyle barbecue lunch. For more information see the club website, or active.com, or contact Doug at doug07@cox.net for more information or to receive a brochure (also at area bike shops). Cue sheets will be available at sign-in at both start points.

If we build it you will ride... Come out and support the VCT, Saturday, May 14th!
**Bring a Buddy Social**

**Hosted by RABA, Richmond Road Runners and Richmond Triathlon Clubs**

**Wednesday, May 18, from 6:00 p.m. to 9:00 p.m.**

**Richbrau Brewing Co, 1214 E Cary St.**

**In Shockoe Slip, Downtown Richmond**

The general RABA club meeting has been suspended this month—RRRC and RTC clubs have asked RABA to co-host another social at the popular downtown watering hole. Just like the two previous socials held in 2004, this is a cash bar and light snacks will be provided free of charge. Bring a friend, your spouse or a significant other to meet other active people who swim, bike and run in the Richmond area. This is one of the only social occasions that no smoking is the norm, not the exception.

In order to ensure that we have the proper amount of snacks,
please RSVP by Tuesday, May 17, to Kim Moore at 358-0935 or luvs2cycle@yahoo.com.

**Hope to see you there!**

• **Ukrops Golden Gift Certificates**

Ukrops will be mailing out certificates to its Valued Customer cardholders sometime in May. The certificates will have the total amount spent by your household from the end of January through end of March 2005. Nonprofits, like RABA, and other charitable organizations collect those certificates to be submitted to Ukrops, which will then donate a percentage of the total amount of all certificates collected back to participating organizations. RABA has benefited from this program and will use these funds for the end of year charitable project. If you do not have another organization earmarked for your certificate, please consider donating it to RABA and mail it by Thursday, June 9, to Kim Moore, 2007 W. Grace St, Richmond, VA 23220-2003. We have had outstanding participating in the past three years, let’s do it again!

• **June Meeting: the Return of Pedal & Pizza Series!**

**Your first wheels. The freedom, the fresh air, the spokes going thwak, thwak, thwak. RideFinders challenges you to ride your bike. Again.**

RideFinders is challenging Central Virginia citizens to take the RideFinders Bike Challenge. It’s easy to participate and the first 250 people to register will receive a free bike and helmet to use for the challenge!

Participants pledge to ride their bikes (whether it’s to work, to run errands, to lose weight, to develop or maintain a healthy lifestyle) at least one day a week for any two months between May and September and document their biking activities with a rider log as part of the 2005 Clean Air Campaign.

“Biking offers great health and environmental benefits, like helping to reduce traffic congestion and pollution,” says Von Tisdale, Executive Director of RideFinders. “Biking one day a week is a practical and easy choice to help air quality.”

Share in the excitement! Take the Bike Challenge and be registered to win the Grand Prize - a Bike Weekend Trip for 4 at The Homestead, a Golf and Spa resort located in Virginia’s picturesque Allegheny Mountains!

Join RideFinders’ Clean Air Campaign today! For more information, visit ridefinders.com, call 643-RIDE, or stop by the RideFinders Commuter Store in downtown Richmond.
May 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/gen-tle); S/M (some/mild); M (moderate); S/S (some steep); M/S (many Steep)  

Ride times listed are departure times

SOCIAL RIDES
Coordinator: Bud Vye 262-9544  
bdvye@comcast.net

PLEASE NOTE—If there is any question in your mind about whether the ride might be canceled, call the ride leader the night before, or the morning of, the ride. If you can not reach the ride leader, call RideLine (266-2453), option 3, since Social Ride cancellations are usually posted on there by 8:00 a.m. on the morning of the ride.

April 30 (Saturday) 8:30 a.m.  
6

SOCIAL RIDES
Coordinator: Bud Vye 262-9544  
bdvye@comcast.net

PLEASE NOTE—If there is any question in your mind about whether the ride might be canceled, call the ride leader the night before, or the morning of, the ride. If you can not reach the ride leader, call RideLine (266-2453), option 3, since Social Ride cancellations are usually posted on there by 8:00 a.m. on the morning of the ride.

May 1 (Saturday) 9:00 a.m.  
King William Ride from Zoar State Forest
[31/25-all speeds-S-S/M]
Leader: Bert Wright, 804 769-8926

Very well received, on a very nice day, when we rode this one on New Year’s Day, so Bert once again is inviting us to come up to his and Linda’s new neighborhood for a ride through the pretty country of rural King William county. We’ll meet at the parking lot of the Zoar State Forest, which you can reach by taking Rt. 360 east approx. 20 miles from Mechanicsville to Aylett. Turn left at the blinking light onto Rt. 600 (River Road) and go 1.5 miles to the forest entrance and parking lot on the right.

May 1 (Sunday) 9:00 a.m.  
Downtown Historic and Scenic Richmond
Leaders: Joyce and John Knox, 737-8125

The Knox’s have agreed to lead this ride for the participants in the Governor’s Conference on Greenways, Blueways and Trails, which convenes the next morning in the Omni Hotel, and have invited RABA members to join them. This 10 to 15 mile tour showcasing some of the most historic and scenic sites in downtown and nearby Richmond neighborhoods will leave from the main entrance of the Omni

May 1 (Sunday) 1:00 p.m.  
I-64 Criss Cross
[36-14-S-S/M]
Leaders: Carl & Barbara Armstrong, 934-9784

Carl & Barb are repeating one they led back in early December. Meet them at the Luck Stone offices behind the right (Food Lion) side of the Broad View Shopping Center in Centerville to see how many times you can cross over I-64 as you wend your way through western Hanover and Goochland counties before returning. If you haven’t been to Centerville, its I-64 west of Richmond to the Rockville/Manakin exit, then south on 623 about a mile, to a right on Rt. 250 a short distance and you’ll see the shopping center on your right. There’s a store stop on this route, so you won’t have to bring provisions.

May 14 (Saturday)  
Capital to Capital Century and Half Century Rides
See the announcement elsewhere in this issue.
May Rides

May 15 (Sunday) 9:30 a.m. Montpelier to Bumpass Loop [36-14-S-S/M] Leaders: Susan and Bill Church, 264-8293 Meet Susan and Bill at the Arts Center in Montpelier (Rts. 33 and 715, 15 miles west of where 33 [Staples Mill Road in the city] crosses I-295) to ride this route through the pretty countryside of far northwestern Hanover county. There will be a store stop along the way, so no need to bring provisions.

May 21 (Saturday) 9:00 a.m. Waverly to Spring Grove [40-15-S-F/G] Leader: Jack Huber, 282-3872 For this month only, the Waverly Ride moves to the third Saturday in order not to conflict with the Capital to Capital, so meet Jack at The Tavern’s parking lot in Waverly to ride over the quiet country roads of Sussex and Surry counties to Spring Grove and a store stop at the country store his grandparents ran from 1938 to 1965. As always, plan to have lunch after the ride at The Tavern.

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

May 22 (Sunday) 7:30 a.m. (both routes) Prince George Century [100 or 50/60-18 or V-S-F/G] Leaders: Kathy Wood, 779-3802; Mark and Kasi Drumheller, 550-9778 Come join us for the annual RABA and RATS rite of spring - a fast, early season century or shorter distance, multi-pace social ride. The self-supported routes, which start at Prince George High School, are out and back and fairly flat, with several store stops.

Start time for both rides is 7:30 a.m. and, as always, no sag support will be provided. Although most English century riders average around 18 mph, slower cyclists may ride the longer route on their own, preferably with a buddy. The 50-60 mile option will be self paced. All riders are requested to be on time and bring spares, water, and money for lunch and snacks. If weather looks bad, please check ahead with the ride leaders.

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

May 22 (Sunday) 9:30 a.m. Tunstall Tour [50-32-13-S-S/M] Leader: Bud Vye, 262-9544 Here’s an old club favorite we do about once a year, so if you’re not doing the PG Century meet Bud at the Seven Pines Elementary School on Beulah Rd., south of Rt. 60 (Williamsburg Rd.) in Sandston. (If this is unfamiliar territory for you, think just on the east side of Richmond airport) It’s a nice ride through the pretty country of far eastern Henrico, a bit of Charles City, and quite a bit of western New Kent county. There’s a store stop on the route, so no need to bring provisions.

May 26 (Thursday) 5:00 p.m. Captech Classic Richmond’s only pro cycling race moves to a downtown, after work format this year, and RABA is certain to be well represented among the spectators along the route.

See you there!

May 29 (Sunday) 9:30 a.m. North and West from Rockville [40-14-S-S/M] Leader: Bill Whitworth, 285-9193 Bill has a nice circuit through the pretty country of far western Hanover and eastern Louisa counties, with a nicely placed store stop, so meet him at the Rockville Little League fields, 1.2 miles west of Rockville. From Richmond, my preferred route is west on I-64 to the Rockville/Manakin exit, south on Rt. 623 a half mile to a right on Rt.622/Rockville Rd. where 5 miles will bring you to the heart of Rockville, and a left on Rt. 620. After a mile, 620 goes left, but you go straight on 676 for another 2 mile to the parking lot on your left.

May 30 (Monday) 9:00 a.m. Jamestown Ferry to Lunch at Smithfield Station [50-14-S-S/M] Leader: Jack Huber, 282-3872 This is one of the club’s most popular rides, so observe Memorial Day by meeting Jack at the Jamestown Settlement Park parking lot, where the group will ride the 9:30 ferry across the James to Scotland, then ride 25 miles through Surry Courthouse and across the sparsely populated, rural terrain of Surry county to the pretty little town of Smithfield, where we will have a very pleasant lunch at Smithfield Station. We’ll then return by a different route (passing Bacon’s Castle and Chippokes Plantation) to Scotland for the ferry ride back.

The fastest route to Jamestown from the north side of the river is I-64 east to the Lightfoot exit. South on 199 about a mile to a West on Rt. 60 a short distance, to a Left on Rt. 614 about 10 miles to Jamestown. From the north side of Richmond, 62 miles and approx. 1 hr. 10 minutes driving time.

June 3 - 5 (Friday-Sunday) Virginia Creeper Trail 36 miles each day on Sat. & Sun., slow pace Leaders: Dee and Suzanne Nuckols, 749-3400, nuckolss@aol.com The trail is suitable for all levels of riders, on hybrid or mountain bikes. We will arrive in Abingdon Friday evening, and some may want to attend a performance at the historic Barter Theater. For tickets or info call 276 628-3981. Some are planning to ride the New River Trail on Friday. If you are interested, call Dee for directions prior to making the trip.

On Sat. at 9:00 a.m. the group will ride from the trail head in Abingdon to Damascus (18 miles), where we’ll have lunch and a town visit before our return to Abingdon. A group dinner is planned for Sat. night, for which a head count is needed. On Sun. we will all meet in Damascus for a 9:00 a.m. ride of 18 miles to the trail’s end at White Top Mountain Station, with lunch along the return trip. A shuttle to the top is available for those who wish to ride downhill only. Bikes are also available for rent from various bike shops in the area.

Hotel rooms have been blocked at the Quality Inn

MS 150
June 4th & 5th, 2005
RABA members get a reduced Registration fee of only $10
Please use the coupon code of: RABA

The event will kick off at the National MS Society offices at: 2112 W. Laburnum Ave. and head from Richmond to Williamsburg. Enjoy plantations and beautiful scenery as you follow the James River. We will have 400 cyclists join together and celebrate at the overnight festivities. You have a choice of riding in the 2-day 150 mile tour, with a century loop option on Saturday, or the 1-day 25 or 50 mile loop on Sunday. The MS Bike Tour combines the fun and physical challenge of a bike tour with critical fundraising efforts that make a difference in the lives of hundreds of thousands of people living with MS. It’s a great way to show that you care. Minimum pledge is $200 to be turned in before the ride.

Register online at www.nmss-centralva.org or call Linda Hamilton at (804) 353-5008 x 18
Linda Hamilton-Director of Development
National Multiple Sclerosis Society
Central Virginia Chapter
2112 W. Laburnum Ave. # 204
Richmond, VA 23227
P: (804) 353-5008 x 18 • F: (804) 353-5595
www.nmss-centralva.org
May Rides

Sunday 9:00 a.m.  
Powhatan Courthouse  
(46-14 and up-S-F/G)  
Meet at Powhatan on Rt. 13. Ride west on 13 and return.  
Maps available. Call to confirm that the leaders are riding that weekend.

Sunday 2:00 p.m.  
East End Excursion  
(30 to 60-17/20-S-S/M)  
Meet at Dorey Park on Darbytown Road, one mile east of Laburnum Avenue, for a fast spin. Slower riders welcome to ride in their group; maps provided.

Mondays w/Mary 9:00 a.m.  
(30 to 40-16/18-S-S/M)  
Meet at Powhatan on Rt. 13. Ride west on 13 and return.  
Maps available. Call to confirm that the leaders are riding that weekend.

Tuesday 6:00 p.m.  
Hanover Courthouse Ride  
(28/22-V-N-S/S)  
Leaders:  
Kathy Wood 779-3802  
Dee Nuckols 749-3400  
As in previous years, this ride is intended for riders of all speeds, but will be run as a group ride (or several group rides, if different pace riders are present) so you don't have to bring a rider of your speed with you, or worry about being left behind. Maps are available, if you want to start before or after the group, and it remains a beautiful ride, with lots of farmland, little traffic, and a couple of hills that will get you up out of your seat. The courthouse complex is on the east side of Route 301, 10 miles north of where it crosses I-295.

Wednesday 9:30 a.m.  
Retiree's Mid-Week Ride and Lunch  
Meet at a different location each week for a ride of 25-40 miles, followed by lunch. Each week's location will be announced on Rideline (266-2453). All riders invited.

Wednesday – 6:00 p.m.  
Girls Night Out  
(10/17/22/33-?-N-S/S)  
Leader:  
Karen Hanson 784-2909  
khanson@vmlins.org  
Hey fast chicks and wanna be fast chicks, this ride is specifically for you. The roads are good, the company is wonderful and the rides are designed to develop skills. There will be guest riders from time to time, some potential classes for bike maintenance, bike skills and other fun stuff designed to develop you into an awesome rider. Courtesy and respect are key words for this ride and we won't be buzzing thru stop signs and will have meet-up locations. Karen requests that no one rides on her aerobars on the ride for safety reasons. Directions are I-64 West to the Rockville/Manakin exit. Turn left and go to Broad St, turn right and head out to Shallow Well Rd-about 4 miles past Centerville. Right on Shallow Well and about 1/3 mile to 2030 Shallow Well, on the left. Take the side drive and park in the backfield.

Thursday 6:00 p.m.  
Glen Allen Elem School Options  
(22/26/36/18 to 23-N-S/S)  
Leaders:  
Mike & Kim Moore 358-9335 and Jack Huber 282-3872

Mike & Kim welcome Jack Huber as a co-ride leader and hope that more social paced cyclists will join Jack on varying routes around Hanover County. The faster paced cyclists will ride such favorites as the Three Sisters, Chicken House and Horseshoe hills. Past year editions have enjoyed great turnouts, so the ride leaders may stagger the start times slightly so that the riding pack is smaller and less disruptive to car traffic. Obedying traffic laws and riding single file are stressed. Take Staples Mill Rd/Rt 33 West, right turn onto Mountain Rd, left turn onto Mill Rd, right turn into Glen Allen Elementary School parking lot.

Thursday 6:30 p.m.  
East End Ride  
(28/22/15-V-S-F/G)  
Leader:  
Eleanor Shipley 737-7176  
This popular ride continues to start at the Black Creek Baptist Church on Rt. 628 (McClellan Rd.). As always, the short option targets new riders and stays together so no one gets left behind, while experienced, faster riders may take off on the longer options. Some faster riders have been unhappy in the past to arrive just before 6:30 and find that the faster group has left earlier, and only the slower group remains. If you would like to ride with the faster group, you probably ought to be ready to go by 6:10.

From I-64 east of Richmond, take exit 197B (Airport/Highland Springs) and travel north on Airport Drive/Rt.156, crossing Nine Mile Rd., I-295, and the Chickahominy River, turning right on Rt. 830 (Market Rd.). After .8 miles take the right fork onto Rt. 613 (Fox Hunter Lane) at the Black Creek Country Store, where .75 miles will bring you
May Rides

May 22 (Sunday) 7:30 a.m. (both routes)
Prince George Century
[100 or 50-60 – 18 or V – S – F/G]
Leaders: Kathy Wood, 779-3802; Mark and Kasi Drumheller, 550-9778

Come join us for the annual RABA and RATS rite of spring—a fast, early season century or shorter distance, multi-pace social ride. The self-supported routes, which start at Prince George High School, are out-and-back and fairly flat, with several store stops. NOTE: no sag support will be provided. Although most English century riders average around 18 mph, slower cyclists may ride the longer route on their own, preferably with a buddy. The 50-60 mile option will be self-paced. All riders are requested to be on time and bring spares, water and money for lunch and snacks. If weather looks bad, please check ahead with the ride leaders.

Directions from I-295 South: Take Exit 38 to Rt. 460 West; go 0.4 miles and turn Right on Courthouse Rd. (McDonalds on Right-last restroom stop before ride start). Go 3.2 miles, turn right on Laurel Springs Rd., drive 1.6 miles to Prince George High School, turn right into parking lot.

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

Cobbledstone循环

Meet at the Ashland Cobblestone store for a nice and steady recovery ride that would stay closer to the 18 mph average. Mark plans to stop at the Coatesville store and return via through Horseshoe Hill and through Yowell Road. Bring an extra water bottle or two as summer temps may be in force this time of the year. To get to Cobblestone Bicycles, take I-95 North, take the Ashland/92B exit, go through town approx 2 miles. Cross railroad tracks and take an immediate left turn. Cobblestone will be on the right, about 3 storefronts down from the turn. Park in the lot beside the store.

OFF-ROAD RIDES

Coordinator: Jim Temple jimmt2@excite.com 266-8694
No off-road rides are scheduled

cont’d from page 3

Runner

hyper Wellesley College girls at mile 12.5 and meeting people from all over the world. I will never forget those things.

I will also never forget my own run. I did not hear the crowds. I did not feel elation when I crossed the finish line. I kept running to the finish even though I knew I would not make my time goal of 3:30 and I was suffering from the heat. I had stopped sweating around mile 21, just I was approaching Heartbreak Hill, and didn’t realize the physical danger I was in. It was about 75 degrees and full sun at 4 p.m. on race day, perfect in every respect but not for this race. Those weather conditions coupled with my lack of experience with hydration needs under such high temperatures caused me to collapse at the finish line.

The medical volunteers at the Boston Marathon are the best in the country, dedicated to the race participants in every way. I was immediately put on one liter of IV fluid and made to lie down for about an hour. After I was released, I walked painfully to the family waiting area where my husband Mike had been waiting anxiously for almost 2 hours.

I could not contact him while I was in the medical tent, so he was completely unaware of my physical distress. I could not walk or go up and down stairs without great pain for 2 ½ days.

I finished the race in 3:41:31, one minute slower than my Richmond marathon time. But I had trained so hard, for so long, that I thought I should have done better than 3:41. But after a couple of days of reflection, I was glad to have run the marathon and know that I had the drive to finish the race under terrible conditions. Being a bicyclist and having done some brutal rides in the past, I understand the mental focus it takes to perform past pain and exhaustion. I have no regrets and maybe I’ll go back in the next year or so to redeem myself in some way. My Boston time qualifies me again for another try.
CapTech Classic

total purse, and the 1.2 national ranking given to the event by USA Cycling. As of April 15, twelve men’s teams already had registered, including MG Xpower – BigPond (AUS), Navigator’s Insurance, HealthNet presented by Maxxis, Colavita/Sutter Home, Jittery Joe’s/Kalahari, Kodak-Easy Share/Sierra Nevada, Jelly Belly-Poolgel, Symmetrics (CAN), Team TIAA-Cref, McGuire/Langdale, ABG-Endeavour, and local favorite Nature’s Path/Cobblestone. The international racing community is reflected not only in the Australian MG Xpower - Big Pond team, and in the Canadian Symmetrics team, but also in the international backgrounds of the many individual athletes who’ll be racing for the win.

The Advil Men’s Invitational will continue to have a special local flavor as hometown favorites Erik Saunders and Jon Wirsing both are expected to compete in the race again. Saunders got narrowly nosed out of the win last year in the sprint, finishing third behind New Zealand’s Gordon Mc Cauley and Argentina’s Juan Jose Haedo.

The Women’s Open, with a $7,500 purse, also is expected to draw many top competitors again, although it’s yet to be seen whether another showdown between 2004 champion Lynn Gaggioli of Team Monex and 2005 victor Laura Van Gilder of Team Quark will materialize.

The CapTech Classic has gained the pro cycling world’s favorable attention, with the event’s challenging city hills, its prominent 1.2 ranking, and its strategic placement just ten days before the USPRO Championships in Philadelphia on June 5. One reflection of the respect earned by the event is the active involvement of three non-racing stars of the sport -- Kent Gordis, Dave Towle, and Frankie Andreu.

Kent Gordis is in charge of putting together the television production of the CapTech Classic which will appear in a 30-minute taped show nationally broadcast on FSN (formerly Fox Sports Net) and regionally on Comcast Sports Net. Gordis is the co-author of “Greg LeMond’s Complete Book of Bicycle Racing” and nation’s premier cycling television producer, with several Emmys and other awards in his portfolio.

Towle and Andreu will share announcer responsibilities at the event. Towle is perhaps American cycling’s best known and most successful announcer, and the creator of the popular web journal, the Towle Files. Andreu is a two-time Olympian and former U. S. Postal Service team captain who was instrumental in sending Lance to two of his Tour de France wins. Andreu will also make a special presentation of his “Behind the Scenes at the Tour de France” at 7:00 p.m. the night before the CapTech Classic, at the Bull and Bear Club in the James Center. Tickets are available at Rowlett’s and on-line at www.captechclassic.com.

For more information about the CapTech Classic, visit www.captechclassic.com, or call Tim Miller at 804-545-8760.
Announcing the 7th Annual COUNTRY ROADS BIKE TOUR

Benefiting SIGHT AND HEARING

JUNE 12, 2005
Featuring a METRIC CENTURY RIDE

SPONSORED BY THE MECHANICSVILLE LIONS CLUB

How to enter

For Individual Riders:
contact person is Rick Hamlett, 804-769-0812.
Fill out, sign and mail an entry form along with a check in the amount of $40.00 representing the minimum pledge to the Mechanicsville Lions Club, c/o Lion Sherri Friedhoff, 8303 Cornith Dr., Richmond, VA 23227. Late registrations received after May 25, 2005, will require a $50 fee. Checks should be made payable to the MECHANICSVILLE LIONS CLUB.

For Tandem Riders:
Registration fee for a tandem pair is $75.

For Corporate Challenge Riders:
For a $300 entry fee per team, your corporation or business can compete in a timed race. The lowest 5 times of the team will count. Teams may have between 5 and 10 riders. Show off your company in competition and raise money for a good charity at the same time! Team captains should contact Lion Rick Hamlett at 769-0812.

Awards and Prizes
To be eligible for any of the prizes, the rider must, at the time of registration state in writing or with sponsor sheets, the amount of pledge money he or she expects to turn in. Then each rider must collect the pledge money and mail that amount (less the entry fee) to the Mechanicsville Lions club. This must be postmarked no later than June 30, 2005 to qualify for prizes. The first 100 registrants will receive a special Tee-Shirt signifying their participation in the event. The prizes and the criteria for determining winners are as follows:

About our club .......
The Mechanicsville Lions Club donates over $90,000 a year to many worthy community services and projects including DARE program, Camp Easter Seals, Hanover ARC, Old Dominion Eye Bank, Leader Dogs for the Blind, and eye exams, glasses and hearing aids for the needy. Thank you for supporting our members’ efforts!!!!
Richmond Area Bicycling Association  
PO Box 6565, Ashland, VA 23005

Ride to Provide

Sponsors can support this ride by: donating funds to cover a meal on one or both ride days, donating the funds to cover a pit stop, and by designating a donation to “Ride to Provide” when donating to Fan Free Clinic.

Thank you for your interest and support in this endeavor. We look forward to the “ride” ahead!

For more information contact:  
Cat Hulburt, (804) 358-6343 ext 103  
chulburt@fanfreeclinic.org.

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 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.

Tandem for Sale: Burley tandem, medium size, yellow, White Industries wheels, Ultegra shifters and crank, XTR rear derailleur, $2500 OBO. Contact Dee Nuckols, 749-3400 or nuckolss@aol.com. 5/05


52 cm Eddy Merckx special edition, made during early 90’s retro reproduction of Molteni Team Bake of the early 1970’s the color is orange and is equipped with 100 percent Campy Record, 8 spd with downtube shifters, Mavic sup rims, Flite saddle. ABSOLUTELY MINT CONDITION! Asking $2500—OBO Call (804)598-2895. 05/05.

Yakima roof rack. 48” bars; Towers (with locks) for vehicles with gutters; no bike attachments. $40.00 obo—10% goes to RABA. Call Linwood Hines at 748-5611 or email lshines@comcast.net. 05/05.

Are there any slow riders (10-12 mph) planning to ride Bike Virginia. I am thinking about going but it would be much more fun with a riding buddy. Emily Kimball, etkimball@aol.com, 804-358-4959. 5/05.