RABA April Meeting
Wednesday, April 8, 2009
Safety is Everyone’s Responsibility
Presented by Sheryl Finucane, LCI (League of American Bicyclists Cycling Instructor) and Champe Burnley, RABA president.

Dinner: 6:00 PM; Meeting: 7:15 PM
Location: El Toro Loco
1808 Staples Mill Rd, Richmond, VA 23230

Come out and hear the results of the RABA crash survey, learn common causes of crashes and what you can do to avoid being in a crash. Plus, we’ll show pictures and provide information that was presented at first Advanced Group Riding Clinic conducted by the Richmond Pro Cycling Team.

Also: Please keep filling out the Crash Survey at: http://FreeOnlineSurveys.com/rendersurvey.asp

Carl Armstrong Memorial Service Ride—April 11
Please join us as we ride to Carl’s 10 am memorial service at Lewis Ginter Botanical Garden on April 11. The exact details of the ride are still being finalized. Watch your RABA list e-mail for the latest details.

May 1 Club Social

Mark your calendars for the first club social of year! The Bring A Buddy Social is back and will be held on Friday, May 1, from 6 p.m. to 9 p.m. at the Savor Cafe! This year, the Richmond Road Runners Club (RRRC) and RABA will be co-hosting the social as a kick off for the many events for bikers and runners alike. Members will be allowed to bring a spouse or friend to meet others who run and/or bike. There will be cash bar, while light hors d’oeuvres will be provided.

Pedaler Plus Supplement

Check out the Pedaler Plus, a supplement in PDF format, that you can read, download, and/or print from either http://www.raba.org/asp/pplus.asp or http://mystate.verizon.net/rrichhalle/pplus

Look for additional information about upcoming rides, features and pictures as well as an 8 1/2”x11” calendar showing all the RABA rides.

What a Month for RABA
by Champe Burnley

First, let me extend our condolences to Barbara and the Armstrong family with the loss of Carl Armstrong on March 5. Carl really set an example for all, giving of himself and always thinking of others. He will truly be missed by all of us.

On a brighter note, congratulations to Bud Vye, named National Advocate of the Year by the Alliance for Biking and Walking, formerly known as the Thunderhead Alliance. The Alliance is a national coalition of state and local bike and walking organizations and a real powerhouse in the bike world. This is an incredible honor and we are very proud of Bud’s tireless efforts on our behalf. Way to go, Bud!

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Welcome to RABA’s newest members. We hope to meet you and see you on some of our rides!

Leo Boyd  Sara Dillman  John Kelly
Ed Cadieux Jr  John Duval  Tom Knight
Debby Cohen  Robert Frick  Frank Knox
Celeste Cooper  Jeffrey Galston  Steven Watt
Jay Cummins  Chip Goble

2009 Board of Directors & Committee Chairs

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Vice President: Ron Corio  rcorio@vcu.edu  643-6452
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Director at Large: Mike Moore  mike_moore@yahoo.com  358-0935
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Newsletter Editor: Richard Halle  rrichhalle@verizon.net  744-1760
Publicity: Liz Keith  lizzardkeith@gmail.com  337-4459
Statisticians: Steve and Debbie Herzog  sp_herzog@verizon.net  360-3853
Web Administrator: Nick Morgan  hoppocket@msn.com  740-2861

Submissions for The Pedaler:
The Pedaler welcomes submissions in any form, email preferred. All become property of The Pedaler. E-Mail: rrichhalle@verizon.net. Submission Deadline: 15th of Month at midnight.

Membership Information

Annual RABA Membership Dues are $20 per person (18 years and older) or $25 per family consisting of 1 or 2 adults and all dependents under 18. All memberships begin January 1. After July 1, memberships are prorated as follows: $10 per person (18 years and 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.

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.

Fundraising Effort for Bikes for Kids– May 2

The organizers of the Muddy Buddy, a tag-team race of off-road riding and trail running to be held Sunday, May 3, has contacted RABA about the possibility of providing volunteers to help with their event. In return for RABA’s help, the Muddy Buddy organization will donate $1000 to RABA! This is a unique opportunity to fund one of RABA’s most visible and worthwhile charitable efforts at the end of the year during a time where financial sponsorship is difficult to find.

Details are as follows: the Muddy Buddy organizers need RABA members to do packet stuffing and work packet pickup on Saturday, May 2, from 8:30 a.m. to 5:30 p.m. at the Blue Ridge Mountain Sports store, 11500 Mid-

May 1 RABA Club Social...

(Continued from page 1)

by the clubs. Please RSVP to Kim Moore 358-0935 or lu-

ys2cycle@yahoo.com by Tuesday, April 28, to ensure there is adequate amounts of food provided.

Savor is located at 201 West 7th St, Richmond, VA 23224. There is street parking or you are welcome to park at the building’s parking lot a block away, on Bainbridge and West 7th - due East. Savor’s lot is free. For more information on Savor, you may go its website www.savorcompany.com.

As an additional perk to the social, RABA will be leading a 20 mile ride at 5 p.m., to start/finish at Savor. The ride is open to all, and riders will return in time to enjoy the social. Helmets will be required and the ride will be led by Peggy Merritt, 337-8385 or pttsbrghrnva80@comcast.net. Many thanks go to Peggy for volunteering to be the ride leader! In addition, RRRC will be leading a 3-5 mile run from Savor starting at 5:30. The run will be along the Canal and Flood Wall. It will be a social run at a leisurely pace. The run will be lead by Ed Carmines (804-502-9275).

More details about the ride and the social will be sent via the club’s email distribution list and in the May newsletter.

(Continued on page 7)
Heard and Seen
Around the Club
by Bud Vye

Very difficult to know what to say upon the death of a member so highly respected and well liked as Carl Armstrong. The fact that the State reacted to the news by ordering State flags to be flown at half staff is an indication of the level of professional respect he was held in by his employer. As Art Casavant recounts in his touching tribute, in addition to his courageous, and quite clinical, handling of his affliction Carl never failed to be friendly and up-beat to all, even though he knew full well the severity of his cancer, and where it was leading. As Lance Armstrong stated in one of his books, “We have two options, medically and emotionally; to give up, or fight like hell.” It’s pretty obvious which of the two options Carl chose. Personally, I remember him as a regular on the annual Cherry Blossom rides I lead each April from Mount Vernon, and will think of him before we ride out of the parking lot this year, remembering that he was one of the handful that showed up last year on a very “iffy” weather day, which turned out to be cold, clammy and drizzly. Although Rickey Davis rode (naturally), Daniel Cunnane and I decided to take the tour of Mt. Vernon, after which we repaired to the Visitor’s Center restaurant to await Rickey’s return. Who walks in out of the wet and cold but Carl, having parked at Belle Haven and ridden back the 7.5 miles to see if anyone else beside Rickey was on the ride. He joined us for a cup of soup, and to get warmed up, prior to heading back to Belle Haven. We decided to accompany him, until we met Rickey coming back. Fortunately, that occurred after less than 3 miles, so we bid Carl farewell and came back to Mount Vernon.

I’m happy that Carl attained one of his major objectives after he learned of the severity of his cancer (to live long enough to attend the weddings of his daughters), and I’m happy that we were able to recognize him with our award at the December meeting, with him in attendance. I regret that I had a conflict and couldn’t attend his Map & Cue Sheet session recently. We’ve come a long way with the technology for developing these, but Carl still gets my vote for #1 in that area. And the unique rides that he and Barb developed (City rides through neighborhoods I had never been before, and the Scavenger Hunt trying to locate the clue for the next leg of the trip, at various Civil War sites in Varina, also made lasting impressions on me. Thanks, Carl, for being with us as long as you were. Your presence and contributions made us a better club, and we will miss you.

The above mentioned Art Casavant checked in with an explanation of his recent absences from our rides, which was plausible enough that I marked his absences “Excused”. As I had last reported, he got remarried last year. The selling of their houses went pretty well, considering the market, and they bought a house in the Raintree area. Alas, it has turned out to be too small for all of their stuff, so now they are in the process of selling it and buying another, larger, one. On top of that, his wife is about to have knee surgery. Beyond all that, he misses being with us and vows to be back shortly.

Ben Sherron also gets marked excused for his absences after he informs me that his brother had recently died of cancer, prior to which Ben had been on call, in case needed.

Another hard luck story from the Pullen’s as more than two months have now passed since the frozen pipe burst, making a mess of about half of their house. Looks like they’ve finally reached agreement with the adjuster, but while they are doing the repairs they want to also do some improvements they’ve been thinking about for a while, so they are still in the process of selecting materials and locating and discussing with contractors. I’ve been promised that there will be a party held upon completion of the project, to which I will be invited. In return, I vowed to try to live long enough to attend it.

A lot of action on a recent Retiree’s ride, as Dick Pitini shows up and promptly finds that he has a flat tire, upon learning of which he decides to go home rather than to replace the tube and ride. Then at the conclusion of the ride, Newton Todd finds that his van has a flat tire, which he decides to handle by calling AAA to come and put on his spare. I think we could have had it done by the time Newton answered all the questions the Dispatcher (who was in Delaware, not Indiana, as we suspected) was asking. He definitely wasn’t going to budge in his insistence on knowing the street address of the Hanover Courthouse parking lot, and didn’t want to hear Rt. 301, near the intersection of Rt. 54. Although Newton is an ordained Presbyterian minister, I was waiting to hear him say something un-Christian to the Dispatcher, but, though irritated, he refrained from doing so. After a leisurely lunch, the rest of us returned to find the service truck finally on the scene, but there’s no doubt that we could have had him on the road a lot more quickly, if we had just gone ahead and put on the spare.

Another response time we are watching with interest, as the scaffolding over the pedestrian bridge to Belle Isle is erected fairly quickly after the big piece of concrete falls from the vehicular bridge above it, but the repair of the welds on the emergency bridge looks like its going to take several months.

One streak still going, one in jeopardy, as Rickey Davis passes 307,000 miles lifetime and currently is working on more than 700 consecutive days of riding. On the other hand, Holly Smith sounds like she is going to skip the RAGBRAI ride this year, to instead take a course she needs to complete her Master’s.

Amidst all the negative news, I was surprised at being notified that I was the recipient of the Alliance for Biking and Walking’s Advocate of the Year Award, which I then received in Washington, DC at the League of American Bicyclists Bike Summit on March 10. With so much else in this issue, I will do a recap in next month’s issue of the accomplishments we have made over the last decade which I believe were the reason I was selected for the award (rather than anything in particular that happened in the past year). In any case, it is quite an honor, since there is only one such award conferred each year, and I think I have Champe Burnley and

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2009 Legislative Session Report
by Bud Vye, Advocacy Chair

Since we were unable to secure a patron to carry a bill to amend the vehicular code from the present passing distance of 24" to 36", as a number of states now have, (common responses I get from legislators are “How many cyclists have been killed or injured while being passed by 24”?, or “It’s unenforceable since no one has a ruler or yardstick out there anyway”), my #1 priority became the "Motorists to Stop for Pedestrians in Crosswalks" bills.

First up of these was HB2386, patroned by Del. Adam Ebbin of Arlington. Narrowly being reported out of the House Transportation Sub-Committee by a 4-3 vote, its prospects didn’t look too promising. A number of contacts by RABA members to Del. Loupassi must have had some effect, since the bill was reported out in the full House Transportation Committee by a 16-6 vote, as two of the three votes against it in Sub-Committee (Loupassi of Richmond and Oder of Newport News) turned around and voted for it. Looking like it had a chance, it had its first and second reading on the House Floor, only to have it appear that someone realized that this bill was getting close to passage, so they had better de-rail it. On short notice, it was referred back from the floor to the Courts of Justice Committee, and then, promptly, referred to the Civil sub-committee of Courts of Justice, where it quickly was “gently laid on the table” (killed) by a voice vote, so that the individual votes are not recorded. Since the Speaker is the one who makes such decisions to refer a bill back to Committee once it has reached the House floor, one wonders who it is that has such a problem with this type of bill that they subject it (and its patron) to what amounts to “cruel and unusual punishment”. After seeing this type of treatment for similar bills go on for about a decade now, its become a challenge for several of us that have been supporting these bills, and we are encouraged that we seem to be inching closer to the finish line, year by year.

Over on the Senate side, Senator George Barker of Alexandria was having a much easier time with his SB1239. Without having to start in a Sub-Committee, it was reported from the Senate Transportation Committee by an 11-4 vote, and then was passed without any controversy by a 24-16 vote in the full Senate. No high fives yet, as we had already seen what had happened to Del. Ebbin’s bill over on the House side. Sure enough, after its first reading on the House floor, it was referred back to the House Courts of Justice Committee, which after a few days referred it back to its Civil sub-committee (which had earlier killed Del. Ebbin’s bill), and we could see where this was heading. But no, rather than killing the bill, the sub-committee referred it back to the full Courts Committee, and we thought we may still be alive. But no, that Committee promptly referred it to the House Militia, Police and Public Safety Committee, which then put it back in one of its sub-committees, consisting of 3 rural Republicans, and one Democrat from Blacksburg. After Sen. Barker did about as good a job of patrolling the bill as could be done, Del. Shuler of Blacksburg moved to Report, but no second was forthcoming from the other two delegates, so the Chairman, Del. Cline of Lexington, declared that the bill “fails, for lack of a second.” Not the ending I expected, but not a surprising result. Once again, cruel and unusual punishment for the patron, which leaves one to wonder why all the machinations for what is a relatively minor bill in the overall scheme of things. So, we’ll try it again next year, with a somewhat different cast of characters in the House after November’s elections.

While all this was going on, three bills that would prohibit drivers from text messaging were conformed into Del. John Cosgrove’s (of Chesapeake) HB1876. I supported this bill since I feel that anything that will help to discourage actions that distract drivers is a good thing. (To the best of my knowledge, 10 of the 14 bicycle fatalities in Virginia last year were hit from behind by vehicles in broad daylight, and the driver often says “I didn’t see the bicyclist”) As I’ve answered legislators when testifying who have asked “How many of these fatalities resulted from the driver texting a message?”, I don’t know, since there were no witnesses, and the drivers all have the cell phones secured by the time police are on the scene, but cyclists see drivers on the phone and driving erratically on a regular basis. With bi-partisan support, this bill moved through rather easily, clearing House Transportation, 15-1, being referred over to House Courts of Justice (which is customary for any bill that contains a penalty) where it was reported out 18-4, and then passing the full House 88-10. Along the way, it picked up a few amendments, and then moved over to the Senate, where it cleared the Transportation Committee 12-3, and the full Senate 33-6. Sen. McDougle of Hanover (a defense attorney himself, and cyclist) led the opposition since he felt that the Secondary Offense status and the $20 fine would give a motorist who killed a cyclist a minor offense. The majority obviously didn’t agree, and felt that although it was a secondary offense to prohibit drivers from text messaging was a good thing.

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Heard and Seen Around the Club...

(Continued from page 3)

former VDOT Bike & Pedestrian Coordinator David Patton to thank for their nomination and endorsement.

A heavy calendar to look forward to in the month ahead, as April 1 has the Public Hearing on the preliminary plans for the Sherwood Forest segment of the Virginia Capital Trail down at the Charles City County Government Building; the 5th has our annual quest to catch the Cherry Blossoms on the ride from Mount Vernon; Carl Armstrong’s Memorial Service on the 11th; the Easter Parade on the 12th; our Adopt a Highway pickup, ride to Earth Day festivities, and Lewis Ginter Anniversary celebration, all on the 18th; and the National Duathlon Championships on the 25th and 26th. If any of you are motorcycle bikers that I am not aware of, I do need a couple more to carry officials out on the Duathlon Road course on Sunday the 26th. Give me a call if you can help.

The Pedaler 4 April, 2009
TOUGHNESS
Carl Armstrong
by Art Casavant

If I asked a group of people to define what toughness means to them, I probably would get as many different answers as there are people.

When I was a child, I remember going to Fenway Park one day with my father and seeing Ted Williams hit two home runs. Over the years, I followed boxing and the world champions. I remember the day Barry McGuigan, from Ireland, stepped into the ring to take the title away from a 12 year defending champ. The hair still stands up on my arms when I think back to Barry McGuigan’s father, who was also his trainer, standing in the middle of the ring before the fight began singing Danny Boy.

In biking today we have Lance Armstrong who has set the bar higher than most of us ever thought could be done. Lance has also fought his own battle with cancer, continued his biking career and showed the world that through determination, guts and hard work we can all attain things in life that we previously thought were unattainable.

It takes a lot of sacrifice, bodily pain and determination to be a winner and succeed in sports. There is an old saying that winners are not born, they are made and I believe that most of that is true. Yet somehow all of this sacrifice, pain and determination are there to better prepare us for challenges in life that still lay ahead.

As I get older I still respect the champions of my past but I have come to understand that there is more to life than being first in sports. Toughness has now taken on a new meaning and a new champion has emerged in my life. He is Carl Armstrong. As most of us, Carl will never be remembered for the success he achieved in biking but he will never be forgotten for the example he has given to others in his life. Carl, like Lance Armstrong, has set the bar to new heights that we could all learn from him. I hope none of us will be tested with the same challenges in life that Carl had to face. As for myself, I question if I could have ever done as well as Carl.

Along with the daily task we face each new day Carl was given an added task to carry. He carried it well for seven years. Being a physician, Carl knew the challenges he was faced with better than most of us. He fought so well that if you never knew what consumed his thoughts you would think he was just another biker on the ride. He was in and out of the hospital for seven years yet he was still determined to get back on a bicycle, get back into condition and try to get stronger with each ride.

If cancer could be seen as the figure of a person I bet the cancer that Carl had would have been seen with many cuts and bruises. Old man cancer picked the wrong person to take on. In my opinion Carl won that battle with cancer because in the end he never gave up on himself. He went out like the true champion that he was.

Last, but probably the most important gift he left with us was his ability to give to others. I don’t bike as much now as I once did but when I did see him before the ride it was for me the beginning of a good day. I would greet him in the parking lot and talk to him during the ride. My greeting to him was always returned with a smile and words of honest concern about how I was doing. I never heard him complain once about his cancer and the changes it had brought to his life. Yet somehow he always pulled enough from what was in his reserves to be compassionate to me and brighten my day.

In life we are remembered not for what we leave behind but for what we gave to others. I believe we were all touched by the life of Carl Armstrong. He raised the bar a little higher. He showed how to love life and the people in it. He also showed us how tough we need to be to meet the obstacles head on in this journey of life.

I believe Carl left this world a better place for all of us. He was a true champion. He will always be remembered and missed by all those who knew him well. I am sure today that God is holding him in the palm of His hand, stroking his back and telling him “job well done.”

The Pedaler
Cue Sheet and Map Creation Using GPS Technology

by Ron Corio

On Saturday, February 21, seven RABA members listened and watched as Hugh Aaron led them through the steps of creating a cue sheet and map using Garmin map-creation software. The presentation was organized by various tools that Hugh uses to create cue sheets and route maps: City Navigator North American NT map-creation software, VDOT county maps, Google Maps, and Microsoft Excel software. He also demonstrated how to upload the cues and route map to a Garmin Edge 705 GPS cyclo-computer. Hugh provided a helpful handout for participants to use to follow the demonstration.

Using a laptop computer and projector, Hugh, without missing a beat, accepted Bud Vye's offer to use his Hanover Ramble ride, scheduled for the next day, as the example for the presentation. Hugh began with City Navigator North American NT, a software tool used to develop routes and create maps. This tool, available from Garmin at a retail price of $99.95, is designed for use with a GPS device, however, a GPS is not needed to design a route.

First he located the Rockville Library, the start and finish point of the Hanover Ramble ride, on the map. Using a Microsoft Excel spreadsheet template that he created for cue sheets and alternating between it and the map, Hugh filled in the odometer (cumulative miles), turn (cue), route number, road name, and leg distance one row at a time. On the map a click from point to point drew the route line and calculated the total distance traveled. Running the cursor over any road brought up the road name.

Hugh uses VDOT county paper maps to get route numbers and confirm road names. For the Hanover Ramble, this was not necessary as Bud already had the route numbers.

At the end of this process a cue sheet was created, to which Hugh added a map that was produced by the City Navigator software (a copy of this cue sheet and map can be downloaded from the RABA Yahoo Email Group Web page). He was careful to add a note to the cue sheet saying that the route has not been road tested. He then showed how road testing can be done virtually, using Google maps. For this demonstration he located the intersection of Dispatch and Quaker Roads in Henrico County to check on a cue for his New Kent Vineyards ride that he had ridden this day. Using the cursor, Hugh showed how one can ride the route virtually on Google Maps.

As the final step, Hugh uploaded the route to a Garmin Edge 705 GPS cyclo-computer, which he passed around for all to see the route cues and the map. This device, mounted on the bike, gives all the directional information a rider needs as well as the stats that interest riders, e.g., speed, distance, riding time, cadence, and heart rate as well as the averages of those stats for the ride. Routes and ride stats can be uploaded to a Garmin Web site for purposes of sharing and keeping a log.

This was the second cue sheet workshop, the first one a presentation in which Carl Armstrong demonstrated how he uses VDOT digital maps and Excel to create maps and cue sheets. A third cue sheet and map workshop, which will show how to use graphic information system (GIS) tools and software to create route maps is being planned for the near future.

Soapbox...

(Continued from page 1)

Speaking of advocacy, we’ve been busy working on a number of fronts to further the cause of cycling for you. Thanks go to Bud, Sheryl Finucane and Dan Widner who attended a VA Bicycling Federation Summit in Washington DC last month. Many national organizations participated to hear about projects underway in Virginia and I hope we all benefit from their combined efforts.

I need your help! RABA needs a few members who might be interested in working with local community groups to represent the interests of cyclists. It doesn’t take much time and you’ll be surprised at how interesting this really is. This is a great way to get in front of issues in your locality and make a difference. In particular, we need representatives Chesterfield, Goochland and Powhatan so if interested, please drop me a note.

The annual Banff Film Festival was incredible with many RABA members attending. Thanks to Bud and Liz Keith for manning the RABA table. Approximately 1000 people attended and a number of RABA brochures, flyers and applications were distributed.

Please make a note that New Rider Rides are coming up on the first Saturdays of the month, beginning in April. Please make our guests feel welcome. If you are interested in helping, please contact Jim Denoon 804-370-6252 or me.

The Cap to Cap ride which supports our hometown, Virginia Capital Trail is coming up on May 9 and volunteers are needed. If you would like to assist with any aspects, please register at http://captocap.eventbrite.com We have lots of fun jobs and you can still ride, so don’t delay!

Mark your calendars now for National Bike to Work Day on May 15. RABA is working with a number of organizations to host this event in the Richmond area. Try to motivate friends and colleagues to support sustainable transportation. Stay tuned for details in the May Pedaler.

Take advantage of the spring weather and go for a ride! Safe cycling!
We’re continuing our program in partnership with the shops listed below. It’s called Team RABA—Support Our Local Bike Shops! Each month the bike shops will be offering certain items or services at a special price for RABA members for that month only. Just show them your RABA membership card, which is a Pedaler mailed to you with your name, address, and membership expiration date printed on it.

We’re excited about this program as it’s a win-win proposition for both RABA members and the bike shops. Members will get items they need and their savings will quickly exceed their $20 club dues. The bike shops will be able to build new and strengthen old relationships with folks who know and appreciate what they’re offering.

Agee’s Bicycle Co
11020 Midlothian Turnpike, 7439 W. Broad St., & 3116 W. Cary St.
- Accelerade Advanced Sports Drink (60 serv-ings size) While supplies last. MSRP $42.99 to $47.99 APRIL RABA SPECIAL $ 19.99

Rowlett’s
Broad St. and Staples Mill Rd
- Michelin Erilium 2 with Kevlar reinforced casing, 700x23c 15% off Original price of $22.98
- All lights front or back 15% off original price. Prices range from $16.98 up.
  Both discounts apply to in stock items only.

3Sports
445 N. Ridge Rd.
- Start the season off with some fresh new rubber for your ride! Come in to 3Sports and pick out a pair of tires of your choice (at regular price) and we will install them on the spot and give you a free pair of tubes too. Regular Price $15 April TEAM RABA Price = $0!!!

Bikes for Kids Fundraising...

(Continued from page 2)

Bikes for Kids Fundraising...
April, 2009 Monthly Rides

Road Ride Captain: Bill Whitworth, 285-9193, wwhitworth@reynolds.edu

Off-Road Ride Captain: Clark Jones, 527-0480, we3jones@comcast.net

New Riders: Please call the ride leader ahead of ride time to be sure that the ride will be at your pace and skill level.

Ride Leaders: Please submit ride sheets to statisticians Steve & Debbie Herzog, 13204 Forest Light Court, Richmond, VA 23233 no later than 14 days after the ride to ensure that all riders get mileage credit.

Ride times listed are departure times. Check RABA E-mail distribution lists for latest updates

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<td>A</td>
<td>18 up to 20 mph</td>
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<tr>
<td>B+</td>
<td>16 up to 18 mph</td>
<td>Fast social with emphasis on riding</td>
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<td>B</td>
<td>14 up to 16 mph</td>
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Terrain Key

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MTB Mountain bike/off road

Note: See The Pedaler Plus and www.raba.org for the complete Pace Key Tables

April 4 (Saturday)

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<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>8:30 am</td>
<td>32</td>
<td>3</td>
<td>One</td>
<td>Bill Britton, 359-4193, <a href="mailto:billbritton@comcast.net">billbritton@comcast.net</a></td>
</tr>
<tr>
<td>C</td>
<td>8:30 am</td>
<td>20</td>
<td>3</td>
<td>One</td>
<td>Frank Erdt, 730-6793, <a href="mailto:bayhoss@verizon.net">bayhoss@verizon.net</a></td>
</tr>
<tr>
<td>D</td>
<td>8:30 am</td>
<td>20</td>
<td>3</td>
<td>One</td>
<td>Jim Denoon, 370-6252, <a href="mailto:delaniewdeno@verizon.net">delaniewdeno@verizon.net</a></td>
</tr>
</tbody>
</table>

Description: Please join Jim to assist with the Group Ride for New Riders. This ride is aimed at attracting new cyclists to RABA and getting more riders into the sport. We expect to have all levels of cyclists participate, including those who are new to cycling and experienced riders new to the Richmond area. The ride will depart from Laurel Park and follow the normal ABC route with a stopover at Ashland Coffee and Tea. For stronger riders, there will be a 30 mile extension. Three to six volunteers are needed to assist with this ride (help pumping tires, manning sign-up sheets, leading different pace groups, etc.). If you would like to volunteer, please arrive at 8:00. Contact Jim for details.

Directions: The ride leaves from the Laurel Park Shopping Center (9500 Woodman Rd, Richmond, VA 23228) at Hungary and Woodman Roads.

April 5 (Sunday)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>D</td>
<td>9:30 am</td>
<td>38</td>
<td>3</td>
<td>Several</td>
<td>Bud Vye, 262-9544, <a href="mailto:bdvy@comcast.net">bdvy@comcast.net</a></td>
</tr>
</tbody>
</table>

Description: Here’s our annual quest to catch the cherry blossoms in full bloom. We’ll stop at the Gourmet Deli in Alexandria to get sandwiches and drinks to take with us, so no need to bring your lunch from home, but better have a pannier or back pack to carry it in. As usual, we’ll have lunch in front of the Lincoln Memorial, and will stop at the Vietnam Wall, the Einstein statue, the Korean War, World War II, FDR, George Mason, and Jefferson Memorials, plus whatever special event may be taking place that day. We’ll also check out the location of the Martin Luther King Memorial, and see what progress has been made there. Bring your camera! Road bikes, hybrids, and mountain bikes are all OK on this one, but I wouldn’t try it with a tandem. If you are interested in carpooling, call Bud prior to the ride, since he may be able to take you in his car, or hook you up with someone else.

Directions: Meet at the Mount Vernon parking lot: 3200 Mount Vernon Memorial Highway, Mount Vernon, VA 2221 (approx. 1 hr. 40 min. driving time from the north side of Richmond). North on I-95 to Ft. Belvoir/Mt. Vernon exit, (do not get on the HOV lanes, since they have no exit for Ft. Belvoir/Mt. Vernon). North on Route 1 thru Ft. Belvoir to a right on Mt. Vernon Parkway.

(Continued on page 9)
April 11 (Saturday), Time: To Be Determined  

Carl Armstrong Memorial Service Ride  

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Slow</td>
<td>T.B.D</td>
<td>3-4</td>
<td>5</td>
<td>None</td>
<td>Ron Corio, 804-643-6452 or <a href="mailto:rcorio@vcu.edu">rcorio@vcu.edu</a></td>
</tr>
</tbody>
</table>

Description: RABA members who wish to ride to the memorial service for Carl Armstrong are encouraged to join at a location to be determined and ride as a group to Lewis Ginter Botanical Garden for the 10:00 A.M. memorial service. The service will last 90 minutes with light refreshments and informal reminiscing to follow. The gardens will be available to all guests to visit free of charge until 3:00 P.M. The starting point, starting time, route, and other details are being developed at press time and will be sent to members via the RABA email list.

April 12 (Sunday)  

Easter Spring Ride  

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>10:00 am</td>
<td>37</td>
<td>3</td>
<td>Two</td>
<td>Jim Denoon, 804-370-6252 or <a href="mailto:delaniewdeno@verizon.net">delaniewdeno@verizon.net</a></td>
</tr>
<tr>
<td>B</td>
<td>10:00 am</td>
<td>37</td>
<td>3</td>
<td>Two</td>
<td>Dale Peacock, <a href="mailto:older_ape@yahoo.com">older_ape@yahoo.com</a></td>
</tr>
<tr>
<td>C</td>
<td>10:00 am</td>
<td>37</td>
<td>3</td>
<td>Two</td>
<td>Peggy Merritt, <a href="mailto:pttshbrhvnva80@comcast.net">pttshbrhvnva80@comcast.net</a></td>
</tr>
</tbody>
</table>

Description: Join Jim for a scenic ride through eastern Henrico County. Although there are a few hills, the route is mostly flat and quite rural. There is a store stop at 18 miles. Keep in mind, however, that this is Easter Sunday and it is possible that the store will be closed. Please plan accordingly.

Directions: The ride will start from Portabello's Restaurant in the Varina Food Lion Shopping Center on Route 5 in Varina. From I-295, take the Varina Exit on to New Market Road; go approximately 1 mile; the Food Lion shopping center will be on the left. From I-64, take the South Laburnum Ave Exit; go approximately 5.5 miles to New Market Road; turn left and the shopping center will be on the right in 2.3 miles. From I-895, take the Laburnum Ave Exit; turn right on New Market and the shopping center will be on the right in 2.3 miles. Park behind the restaurant, which is located just to the left of the Food Lion.

April 18 (Saturday)  

Adopt-a-Highway Trash Pick Up and Ride to Earth Day  

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>8:15</td>
<td>20</td>
<td>3</td>
<td>Several</td>
<td>Bud Vye, 262-9544</td>
</tr>
</tbody>
</table>

Description: The last pick up was done in November, and this will be the first of 2009, so all hands are needed. Since this date is EARTH DAY, after the job is completed, we will return to Laurel Park Shopping Center and then ride down to the Earth Day festivities in Old Manchester (near Plant Zero on the south side of the mayo or 14th St. bridge), where the club will treat all of the pickers to lunch. On the way back to Laurel Park, we will stop by Lewis Ginter Botanical Garden, which will be having their 25th Anniversary celebration. As always, bring your gloves and wear long trousers over your riding costume.

Directions: Meet at the south end of RABA's adopted highway segment, which is on Rt. 626 just across the RR tracks from the Elmont Market, at the intersection of Old Elmont Rd, Ashland, VA 23005 on the ABC route.

April 18 (Saturday)  

Waverly Ride to Claremont on the James  

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>9:00 am</td>
<td>49</td>
<td>4</td>
<td>One</td>
<td>Jack &amp; Thomas Huber, 804-282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
</tbody>
</table>

Note: The Waverly ride is returning to an earlier start time of 9 am for the warmer months.

Description: Join the Huber brothers 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. Jack and Thomas will host a rest stop at "the bicycling friendly Claremont Public Library" All riders are invited to eat lunch together after the ride at Giuseppe's on Main Street in Waverly.

Directions: Meet at the (now closed) Coppahaunk Tavern parking lot (101 South County Drive, Waverly, VA 23890). From Richmond, take I-95 or I-295 south to Route 460 east (toward Norfolk). The parking lot is behind the former Coppahaunk Tavern at the intersection of Routes 460 and 40 in Waverly.

April 19 (Sunday)  

Frog Level Metric Century  

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>9 am</td>
<td>62</td>
<td>2</td>
<td>One</td>
<td>Kim Moore 358-0935</td>
</tr>
<tr>
<td>B+</td>
<td>9 am</td>
<td>62</td>
<td>2</td>
<td>One</td>
<td>Henry Smith 382-9217 <a href="mailto:hmsmith@comcast.net">hmsmith@comcast.net</a></td>
</tr>
<tr>
<td>B</td>
<td>9 am</td>
<td>62</td>
<td>2</td>
<td>One</td>
<td>Jim Denoon 370-6252 <a href="mailto:delaniewdeno@verizon.net">delaniewdeno@verizon.net</a></td>
</tr>
</tbody>
</table>

(Continued on page 10)
April, 2009 Monthly Rides

(Continued from page 9)

**Description:** Spring is here and what better time to ride through Hanover and Caroline Counties to see the pretty countryside and prepare for future bicycling events. Since the ride goes through some remote areas where open stores may be difficult to find, please bring plenty of food and fluids.

**Directions:** To get to the start, from I-295, take Exit 41 onto Rt 301 North, travel for 10.5 miles and turn right into the Hanover Co government complex. From I-95, take Exit 92-Rt 54 East. Travel approximately 5 miles to the intersection with Rt 301. Turn right onto Rt 301. Go 1/2 mile and turn left onto the government complex.

**April 19 (Sunday)  Ladysmith-Guinea Station Figure 8**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>10:00 am</td>
<td>40</td>
<td>3</td>
<td>None</td>
<td>Meade Anderson, 804-305-9525, <a href="mailto:meade1@erols.com">meade1@erols.com</a></td>
</tr>
</tbody>
</table>

**Description:** This is a ride that Meade has led for a number of years with different groups and in different variations. It will be a fun, casual, social ride with a lunch break at the Stonewall Jackson Shrine at Guinea Station. The ride follows some wonderful rural roads and crosses in a figure 8 at the Stonewall Jackson Shrine operated by the National Park Service (http://www.nps.gov/frsp/js.htm). Water and bathrooms are available there. There may be one store just off the route, if it is not closed, so be sure to bring any food or drink for snacks or lunch. We will be taking a “picnic” lunch break at the Shire. See the route at http://www.bikely.com/maps/bike-path/ladysmith-guinea-loop. If you RSVP to Meade’s e-mail he can send you a queue sheet, route map, and let you know about any weather related changes to the schedule.

**Directions:** The ride starts at 10:00 am, EDT at the Madison Elementary School parking lot which is East of I-95. Take I-95 to the Ladysmith exit (exit 110), take exit and when ramp hits the road, take a turn East. Now go 6/10th of a mile and take a left onto Chance Place and into Madison Elementary School.

**April 25 (Saturday) Urbanna Pizza and Souvlaki Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>10 am</td>
<td>44</td>
<td>4</td>
<td>None</td>
<td>Hugh &amp; Laura Aaron, 804-690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
<tr>
<td>B</td>
<td>10 am</td>
<td>44</td>
<td>4</td>
<td>None</td>
<td>Jack Huber, 804-282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
<tr>
<td>C</td>
<td>10 am</td>
<td>33</td>
<td>4</td>
<td>None</td>
<td>Peggy Merritt, 804-337-8385, <a href="mailto:pttsbrghrnva80@comcast.net">pttsbrghrnva80@comcast.net</a></td>
</tr>
</tbody>
</table>

**Description:** The weather didn’t cooperate in January, so we are going to try again in April. Hopefully, it will be a little warmer than 14 degrees this time. Please join us as we try out a couple of new, relatively flat, routes from Urbanna (home of the famous Oyster Festival) through Middlesex and King & Queen counties. After the ride, we will re-group at Colonial Pizza for a casual lunch. Colonil Pizza is a great little Italian and Greek place overlooking Urbanna Creek just outside of “downtown” Urbanna. Our friends from Northern Neck Cycling have been invited to join us. Cue sheets and maps will be provided. In the event the ride is cancelled due to weather, a cancellation notice will be sent out by 9 pm Friday on the RABA email list.

**Directions:** Urbanna is about 1 hour from the Richmond Airport so make sure you get an early start, especially if you are coming from the West End or the Southside. To reach Urbanna, take Interstate 64 East to exit 220 for Route 33 East to West Point. Continue 17 miles past West Point to the stoplight at the crest of a hill in Glenns and turn left onto Route 33/US 17 North. Stay on Route 33/US 17 North for 2 miles and bear right at the Hardees into Saluda. At the traffic light at the courthouse in Saluda, turn right onto Route 33 and proceed 1.8 miles to the stoplight at the Route 3/Urbanna Road intersection. Proceed 2.4 miles on Urbanna Road (Route 227) into Urbanna (you will cross over Urbanna Creek on a bridge). Take a right on Cross Street, proceed 2 blocks and then turn left onto Virginia Street. Park anywhere along Virginia Street. We will meet up in front of the ABC store on Virginia Street. If you have any trouble finding us, call Hugh on his cell at 804-690-9720.

**April 26 (Sunday) Centerville Excursion**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>10 am</td>
<td>37</td>
<td>2</td>
<td>One</td>
<td>Dee Nuckols 804-749-3400 or <a href="mailto:nnuckolss@aol.com">nnuckolss@aol.com</a></td>
</tr>
</tbody>
</table>

**Description:** We missed the chance to do this ride in March when the weather forced its cancellation. This is a new route designed by Dee and it features varied terrain with a few significant hills. The hills come later in the ride in order to give the group a chance to get their legs warmed up and ready for action!

**Directions:** Headed west from Richmond on I-64, take the Rockville/Manakin exit and turn left onto Rt. 623. Go approximately one mile and turn right onto Broad Street Road. The Broad View Shopping Center will be on your right. Park in the Food Lion lot toward the rear of the building.

www.raba.org
Road Ride Captain: Bill Whitworth, 285-9193, wwhitworth@reynolds.edu

New Riders: Please call the ride leader ahead of ride time to be sure that the ride will be at your pace and skill level.

Ride Leaders: Please submit ride sheets to statisticians Steve & Debbie Herzog, 13204 Forest Light Court, Richmond, VA 23233 no later than 14 days after the ride to ensure that all riders get mileage credit.

**Sunday, 1:00 PM**

**Powhatan Courthouse**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>1:00 PM</td>
<td>30 to 60</td>
<td>3 to 4</td>
<td>See below</td>
<td>Barry and Martha Pullen, 561-3950</td>
</tr>
</tbody>
</table>

**Description:** 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 be about 30 miles with a longer option usually available. There may be no store stops. Maps and cue sheets will be available for those wishing to ride at their own pace. If the weather is doubtful, call the leaders to confirm if they will be riding.

**Sunday, 1:00 PM**

**East End-Dorey Park Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>1:00 PM</td>
<td>30-50</td>
<td>3</td>
<td>1</td>
<td>Randy Rosemond, 966-5472, <a href="mailto:velosalmans@aol.com">velosalmans@aol.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>1:00 PM</td>
<td>30-50</td>
<td>3</td>
<td>1</td>
<td>Ron Corio, 643-6452, <a href="mailto:rcorio@vcu.edu">rcorio@vcu.edu</a></td>
</tr>
</tbody>
</table>

**Description:** This ride has multiple routes and distances. Maps are available for riders who wish to ride at a B pace or less, preferably with a buddy. Distance varies with rides becoming shorter as the daylight hours decrease. If the weather looks unfavorable or you have questions on the distance planned for a given week, please contact one of the ride leaders by 11:00 AM on ride day to confirm status.

**Directions:** Dorey Park is in eastern Henrico County. Take I-64 East from Richmond to Exit I-95 Laburnum Ave. South, turn right at the light and drive to the stoplight at Darbytown Road. Turn left on Darbytown, drive about a mile and turn right into Dorey Park. The group meets in the first parking lot on the left near the Recreation Center (barn-like building) across from the soccer fields.

**Monday, 9:00 AM**

**Mondays with Mary**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>9:00 AM</td>
<td>30-40</td>
<td>3</td>
<td>Some</td>
<td>Mary Falterman, 741-2116, Barry Pullen, 561-3950</td>
</tr>
</tbody>
</table>

**Description:** The ride starts at a different location every week. The meeting place and start times are decided on Sunday evening at about 8:00 PM, depending on Mary, Barry, and Chris Walke's schedules. Please contact one of the ride leaders on Sunday evening to get information about the upcoming ride.

**Tuesday, 12:00 PM**

**Tuesdays at Rockville**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>12:00 PM</td>
<td>32-62</td>
<td>3</td>
<td>One</td>
<td>Bill Whitworth 285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a></td>
</tr>
</tbody>
</table>

**Description:** Come join us for a great ride through western Hanover and eastern Louisa. We leave from the Rockville Little League Fields. Cue sheets will be available. Distance of this ride varies weekly. Please contact Bill the day before the ride if you're interested in knowing the distance of the upcoming ride.

**Directions:** Take the Rockville/Manakin exit off of I-64. Go right (North) at the top of the ramp onto Route 623 toward Ashland. Turn left at the first stoplight onto Pouncey Tract Rd. The Little League Fields are 3.8 miles to the left.

**Tuesday, Note the 6 pm start beginning in April**

**Hanover Courthouse Evening Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>6:00 pm</td>
<td>28</td>
<td>3</td>
<td>None</td>
<td>Wayne Flood, 804-641-0556, <a href="mailto:sept1flood@comcast.net">sept1flood@comcast.net</a></td>
</tr>
<tr>
<td>A</td>
<td>6:00 pm</td>
<td>28</td>
<td>3</td>
<td>None</td>
<td>Andrew Mann, 804-266-9048, <a href="mailto:rabamann@aol.com">rabamann@aol.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>6:00 pm</td>
<td>28</td>
<td>3</td>
<td>None</td>
<td>Hugh &amp; Laura Aaron, 804-690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
<tr>
<td>B</td>
<td>6:00 pm</td>
<td>28</td>
<td>3</td>
<td>None</td>
<td>Dale Peacock, 804-304-6041, older <a href="mailto:ape@yahoo.com">ape@yahoo.com</a></td>
</tr>
<tr>
<td>C</td>
<td>6:00 pm</td>
<td>28</td>
<td>3</td>
<td>None</td>
<td>Charlie Thomas, 804-747-6633, <a href="mailto:c.thomas53@verizon.net">c.thomas53@verizon.net</a></td>
</tr>
<tr>
<td>D</td>
<td>6:00 pm</td>
<td>21 or 23</td>
<td>3</td>
<td>None</td>
<td>John Moore, 804-338-9668, <a href="mailto:JMoore216@comcast.net">JMoore216@comcast.net</a> and Jim Kirchner, 804-512-7950, <a href="mailto:bwkirchner@comcast.net">bwkirchner@comcast.net</a></td>
</tr>
</tbody>
</table>

(Continued on page 12)
**April, 2009 Weekly Rides**

(Continued from page 11)

**Description:** Wayne’s and Andrew’s pace groups will typically be riding a tight pace line with few, if any, stops. Hugh and Laura will typically be riding their tandem at a more moderate pace with at least one stretch stop. Other tandem teams, as well as singles who would like to ride a B+ pace, are welcome to join Hugh and Laura’s pace group. Dale, Charlie, Jim and John invite all B, C and D paced riders to join their pace groups for a more casual tour through the countryside.

The route travels through portions of both Hanover and King William counties (both of which offer a lot of beautiful countryside). Most of the roads are quite rural with relatively light traffic. However, there is a 2.6 mile leg on Route 30 which can be busy with fast moving traffic, including big trucks heading to and from the West Point paper mill. **Riders should exercise extra precaution on Route 30.** Much of the route is surprisingly flat; however, the route climbs both the front and back sides of Bleak Hill. Both climbs are fairly short; however, by Richmond-area standards, they are relatively steep. Alternate cue sheets are available on [www.raba.org](http://www.raba.org) for both longer (37 mile) and shorter (21 and 23 mile) routes. Click on “Ride Calendar” then “Ride Cue Sheets.” Check the RABA email list for the latest updates on this ride, or call one of the ride leaders.

**Directions:** The ride starts and finishes at the Hanover County Government Complex (often called the “Hanover Courthouse”). The Hanover County Government Complex (7497 County Complex Road, Hanover, VA 23069) is on US Route 301 at just south of the intersection of Routes 54 and 301. From I-295, take Exit 41 onto Route 301, travel north for approximately 10.5 miles and turn right onto County Complex Rd. From I-95, take Exit 92 (Route 54 East) towards Hanover. Travel approximately 5 miles to the intersection with Route 301. Turn right onto Route 301. Travel approximately one-half mile and turn left onto County Complex Road.

---

**Tuesday, See Starting Times Below**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A++</td>
<td>5:50 pm</td>
<td>47 miles</td>
<td>2</td>
<td>None</td>
<td>Mike Moore, 358-0935</td>
</tr>
<tr>
<td>A+</td>
<td>5:40 pm</td>
<td>35 miles</td>
<td>2</td>
<td>None</td>
<td>Kim Moore, 358-0935</td>
</tr>
</tbody>
</table>

**Deep Run High School Options**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>9:30 AM</td>
<td>25 to 40</td>
<td>Varies</td>
<td>Varies</td>
<td>Barry Pullen, 561-3950</td>
</tr>
<tr>
<td>C</td>
<td>9:30 AM</td>
<td>25 to 40</td>
<td>Varies</td>
<td>Varies</td>
<td>Bud Vye, 262-9544</td>
</tr>
</tbody>
</table>

**Description and Directions:** Riders should have a strong fitness level, be very comfortable in large and fast pacelines and good bicycle handling before attempting this ride at these fast paces. However, other paces are welcome to ride on their own as maps will be provided. Because this area of town is choked with houses 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 3/4 mile, left turn onto Twin Hickory Rd (traffic light/intersection). Go approx 3/4 mile, high school will be on your right.

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**Wednesday, 9:30 AM**

**Retiree’s Midweek Ride and Lunch**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>9:30 AM</td>
<td>25 to 40</td>
<td>Varies</td>
<td>Varies</td>
<td>Barry Pullen, 561-3950</td>
</tr>
<tr>
<td>C</td>
<td>9:30 AM</td>
<td>25 to 40</td>
<td>Varies</td>
<td>Varies</td>
<td>Bud Vye, 262-9544</td>
</tr>
</tbody>
</table>

**Description:** This ride meets at a different location each week for a ride of 25 to 40 miles, followed by lunch. All riders are invited. Each week’s location will be announced to the RABA E-mail lists. If you are not on the list, please call Bud Vye, 262-9544 or Barry Pullen, 561-3950

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**Wednesday, 6:00 PM**

**Chesterfield County Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>6:00 pm</td>
<td>25</td>
<td>3</td>
<td>None</td>
<td>See below</td>
</tr>
<tr>
<td>B</td>
<td>6:00 pm</td>
<td>25</td>
<td>3</td>
<td>None</td>
<td>Al &amp; Lois Farrell 744-9306 <a href="mailto:afarrell3@verizon.net">afarrell3@verizon.net</a></td>
</tr>
</tbody>
</table>

**Description:** **B Riders Wanted!** Join Lois and Al for this ride on some smooth, scenic, and little traveled back roads in Chesterfield County. One or both of us will be leading a B group pace – we are hoping to build a core group of B riders this year. There is also generally a group of faster (AA+) riders to join if you are so inclined, but currently no designated A pace leader (contact us if interested!). Maps will be available to those wishing to ride at their own pace. Shorter options are available.

**Directions:** 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 on Hull Street on your way to the ride.

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**Wednesday, 7:00 PM**

**Ashland Dinner Club**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>7:00 PM</td>
<td>20</td>
<td>5</td>
<td>None</td>
<td>Champe Burnley, 358-5801, <a href="mailto:champe_burnley@hotmail.com">champe_burnley@hotmail.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** 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. Afterwards, the group retracts the route.

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(Continued on page 13)
back to Laurel Park for a total of 20 miles. 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, and/or armbands.

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

\[\text{(Continued from page 12)}\]

\[\text{(Continued on page 14)}\]
April, 2009 Weekly Rides

(Continued from page 13)

Directions: 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. To get to the start, please take Staples Mill Rd/Rt 33 West. Turn right onto Mountain Rd. Remain on Mountain Rd for approximately 1.3 miles - park entrance will be on the left. Look for bicyclists in the back lot, in the rear of the park.

Friday, 10:00 AM

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>10:00 AM</td>
<td>35-40</td>
<td>3</td>
<td>Some</td>
<td>Dave Bloor, 285-6177</td>
</tr>
<tr>
<td>B</td>
<td>10:00 AM</td>
<td>35-40</td>
<td>3</td>
<td>Some</td>
<td>Jim Denoon, 370-6252</td>
</tr>
</tbody>
</table>

Description and Directions: The ride will start and end at the Berea Baptist Church at the intersection of 623 (Ashland Road) and 271 (Pouncey Tract Road). To get there, take I-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.

Friday, 2:00 PM

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>2:00 PM</td>
<td>30-40</td>
<td>3</td>
<td>Varies</td>
<td>Andy Smith, 804-339-8227, <a href="mailto:asmith2954@yahoo.com">asmith2954@yahoo.com</a></td>
</tr>
<tr>
<td>A</td>
<td>2:00 PM</td>
<td>30-40</td>
<td>3</td>
<td>Varies</td>
<td>Hugh Aaron, 804-690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
</tbody>
</table>

Description: This ride starts and ends at the National Park Service Cold Harbor Battlefield Visitor Center, which is a few miles off I-295 near the Richmond Airport. Starting at the Battlefield Visitor Center provides multiple routes options, all of which offer relatively light traffic. The Visitor Center has both a water fountain and restrooms. Hugh varies the route somewhat from week to week in order to keep things interesting. Most of the routes stay within the Cold Harbor, Old Church and Black Creek areas of rural eastern Hanover County. Due to the rural nature of the area, not all routes include a store stop. Please make sure that you bring enough water to safely complete the ride without a store stop. Cue sheets will be provided. In the event that Hugh has a conflict and cannot find an alternate ride leader, he will send out a cancellation notice on the RABA email list. Also, please contact Hugh if you are interested in leading a slower pace group for this ride.

Directions: The National Park Service Cold Harbor Battlefield Visitor Center is located at 5515 Anderson-Wright Drive, Mechanicsville, VA, which is off of Cold Harbor Road (Route 156) about five miles southeast of Mechanicsville. Get on I-295 and head (North or South) towards the Creighton Road exit (Exit 34). Take the Creighton Road exit (Exit 34) onto Creighton Road (Route 615) heading east. Proceed approximately 1 mile east on Creighton Road. Turn right at the first stoplight (there will be a Fas Mart on your right and a 7-11 on your left as you make the turn) onto Cold Harbor Road (Route 156) heading south towards Old Cold Harbor. Proceed approximately 2 miles to the National Park Visitor Center, which will be on your left. Note: The Park Service has requested that we park in the grassy area across from the parking spaces adjacent to the visitor center building.

Saturday, 8:00-8:30 AM (Note: New Time)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>8:00-</td>
<td>20 to</td>
<td>5</td>
<td>Some</td>
<td></td>
</tr>
<tr>
<td></td>
<td>8:30 AM</td>
<td>50+</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Description and Directions: 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 hot or cold drinks before retracing the route back to Laurel Park. There are a number of variations to this ride with many riders choosing a 30 mile route to the Coffee Shop while others prefer the basic route where they then meet up with other riders interested in doing 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. Unlike most RABA rides, this ride does not have a group start. Riders may sign the ride sheet and depart anytime between 8:30 and 9:00. If you are new to this ride, please introduce yourself to the ride leader and he or she will assist you in finding other club members who ride your pace. Maps and cue sheets are 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.

Billed as the “world’s flattest century,” the fully sagged event features 33 mile as well as metric and English century routes in the Elizabeth City and Edenton area of North Carolina. For information and registration see www.rivercitycyclingclub.com.
offense and minor penalty, it was a start in the right direction. I think we will continue to see progress toward a total ban of cell phone use by drivers (unless hands free) next year, as many other states have done.

Bill Tanger of Roanoke, the Chairman of Friends of the Rivers of Virginia (FORVA) was the point man in supporting HB2088, in an effort to secure cooperation from the railroads in getting access across their tracks at certain points for fishermen and paddlers to get to a river. Bill had gotten his local Delegate, William Fralin, to patron the bill which started out by “Requiring the Va. Dept. of Rail & Public Transportation (DRPT) to consider right-of-way and public access issues as Preconditions to making grants to any publicly held railroad” and to “promulgate regulations governing public comment and consideration when the making of any grant to a publicly held railroad is being considered by the Department.” The timing for this legislation was the result of DRPT being in the process of making $40 million grants to both Norfolk Southern and CSX for a multi-modal transfer center near Roanoke and for improvements to the Virginia Crescent line that roughly parallels the I-81 highway, and a desire to secure some cooperation from the railroads now that they would be receiving public grants. I got involved in supporting the bill since the mountain biking people had an interest in it in connection with trails that crossed railroad tracks, and in the hopes that it might further progress to establishing trails along active railroad lines.

The railroads agreed that access would be granted as long as a culvert would be built at each proposed crossing location, at a budgeted cost of $300,000 per culvert, that would be paid by others, and not out of the grant funds. DRPT chimed in that they would be happy to hold public hearings, at a budgeted cost of $10,000 per hearing, but that they did not presently have funds in their budget to cover them. Since both of these conditions were “deal breakers” and the railroad reps cautioned that if too many strings were attached to these grants they would have to turn down the money, it was back to the drawing board for the language of the bill. This resulted in the substitute language being worked out around the Capitol’s reception desk, and being handwritten by Del. Fralin, while the House Transportation Committee was hearing a controversial bill that would govern tow truck operators. At length, we re-entered the room and Del. Fralin distributed the handwritten bill (which he had hurriedly gotten photo copied) as one of the committee members chuckled and stated, “At least its not on a napkin.” After all that, the committee reported the waived vote. Here’s how it reads in its final version:

1. § 1. No later than December 1, 2009, the Department of Rail and Public Transportation, the Department of Game and Inland Fisheries, and the Department of Conservation and Recreation shall develop a process to coordinate and evaluate public recreational access and safety issues directly related to new railroad projects, if appropriate, that is funded in whole or in part by the Commonwealth, and shall send a report to the Chairmen of the House and Senate Transportation Committees communicating the results.

Not an earth shaking piece of legislation, but representing some progress in establishing an official avenue of communication between the three affected state agencies, the railroads, and the recreational interests involved.

Another bill came along at the request of the State Police, who had written tickets to bicyclists for riding on Interstate Highways in Northern Virginia, only to have cases thrown out in Traffic Court (even though the standard “No Hitch Hiking, No Bicycling, etc.” signs were posted at the entry ramps) on the grounds that such prohibition is not contained in the Virginia Code. Del. Robert Brink of Arlington carried HB2008 at the request of the State Police and I supported it, but wanted to make sure that the blanket prohibition did not diminish the Commonwealth Transportation Board’s authority to prohibit or permit bicyclists on Limited Access or Interstate Highways on a case by case basis. Once VDOT realized that a blanket prohibition would cause problems with bike lanes that they have on the new Woodrow Wilson Bridge (I-95) and along sections of I-66, those exceptions were written into the bill. With the inclusion of this paragraph, the bill breezed through all committees and both Houses without drawing a single opposing vote ---

That the provisions of this act prohibiting the operation of bicycles on Interstate Highway System components shall not apply where the Commonwealth Transportation Board has authorized the use of bicycles provided the operation is limited to bicycle or pedestrian facilities that are barrier separated from the roadway and automobile traffic, and such facilities meet all applicable safety requirements established by federal and state law.

The final bill that I spent any time on was HB2019, patroned by Del. Thomas Rust of Herndon at the request of the Secretary of Transportation, which establishes the Office of Intermodal Planning and Investment of the Secretary of Transportation. My main concern was that bicycling and pedestrian accommodation be represented in the mission of this office. Since the following language ---

To coordinate the adequate accommodation of pedestrian, bicycle, and other forms of nonmotorized transportation in the six-year improvement program and other state and regional transportation plans;

and

The assessment shall consider all modes of transportation. appears in the final version of the bill, I felt that our interests are well represented in the mission of that office, and the bill sailed on through, with no dissenting votes at any level.

Thanks to all who responded to my requests to contact their legislators in support of the various bills. Your efforts did make an impression, and contributed to the success we had in this session.
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: rrichhalle@verizon.net. Submission Deadline: Midnight the 15th of the Month. Advertising rates: $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 for 1 item, $10 for 2-5 items, $15 for 6-9 items and $25 for 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

Cycling Races on TV...

(Continued from page 5)

side, the steep cobbled climbs that often decide the winner, and the millions of spectators along the route, makes every edition of the Tour of Flanders a race to remember.

Paris-Roubaix – April 12 at 4 p.m. ET - Created in 1896, Paris-Roubaix is a reference event, marked by its rigorous criteria and its personality. It tests both man and machine to the bounds of resistance, over a course which is tailored to legendary exploits. Known as the "Hell of The North", this is the most rugged of the spring classics as the race makes its way over the muddy cobbled roads in France.

Liege-Bastogne-Liege – April 26 at 3 p.m. ET - Created in 1892, Liege-Bastogne-Liege is the oldest of cycling races. It is one of the most prestigious and exacting events of the season. It not only covers the hilliest part of Belgium, but the end of this race includes a succession of high-gradient climbs.

La Fleche Wallone – April 26 at 3:30 p.m. ET - La Fleche Wallonne is the first of the Ardennes classics, and is often quite a good predictor for Liege-Bastogne-Liege, although it is rare that the two races are won by the same rider. The two races are less cobbled and hillier than the previous three rounds of the World Cup.