In-Laws, Outlaws and ByLaws
by Ron Corio

Bylaws, unlike in-laws and outlaws, surely never made any top ten reading list. Nonetheless, they are a fact of life for associations like RABA. Thus, what follows is an attempt to provide the skinny on the revised bylaws revision (see pages 16-18) that have been developed over a year of meetings and discussions and that the Board of Directors is presenting to the members with a recommendation that they be approved.

RABA was founded in 1973. The initial Articles of Incorporation were approved on January 31, 1973 and recorded with the State Corporation Commission on February 1, 1973. The initial Board of Directors numbered five: Charlotte A LaRoy, Thomas D. Romeo, Maurice L. Hutzler, Daniel J. Sheehan, and Elizabeth W. Blue. These are the only bylaws that are a matter of record with the State of Virginia.

A second set of bylaws, approved in November of 1994, were found. They call for a thirteen-member Board of Directors. These bylaws were not recorded with the State Corporation Commission.

The current set of bylaws, upon which the club has been operating and which appear on the Web site, has a couple of

Pedaler Plus

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

There are some interesting articles and pictures in there this month as well as an 8 1/2”x11” calendar showing all the RABA rides.

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Welcome

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

Robert Staley & Sharon Amoss
Wayne Walczak
Lisa McKenna
Joseph Wynne
Lee Andrews
Anne McLaughlin
Susan Cromer
Robert Brisley
Beverly Eggleston
Joe Racette & Linda Pierce
George Bean
Anne Chazal
Thomas & Penny Eisenberg
Bob & Maureen Benway
Maureen McKay
Dave Jenkins
William Weber
Gary Williams
Mike Fraughnaugh
Jim Percell

Wanted:
Heart of Virginia Volunteers

The Heart of Virginia bicycle event is RABA’s only event dedicated to raising funds for the club’s treasury. This year, the event will be held on the weekend of September 18-19, 2010, rain or shine, at the Patrick Henry YMCA, Ashland, VA.

With a two-day event of this size and scope, volunteers are crucial to the successful running of the event. Kim Moore is returning as the volunteer coordinator, and there are plenty of duties that need to have happy, smiling, patient people. Jobs being recruited for are registration teams for Friday evening, 9/17, through Sunday morning, 9/19, SAG for Saturday and Sunday, parking marshals for Saturday and Sunday morning, persons who have medical training and route markers.

If you have the time and energy to help in any way, please contact Kim at luvs2cycle@yahoo.com or 358-0935. In your message, please indicate the following:

- What day(s) you can help
- When during the day (e.g., morning or afternoon)
- How long (1, 2, 3 hours etc) you are volunteering
- If you have a job preference
- Your T-Shirt size
- Contact phone and email address

2010 Board of Directors

President: Ron Corio 643-6452
rcorio@vcu.edu
Vice President: Paul Walaskay 358-1155
pwalaskay@union-psce.edu
Treasurer: Cindia Evans 789-0511
cnevan@comcast.net
Secretary: Sheryl Finucane 833-5434
sdgf@vcu.org
Director at Large: Champe Burnley 358-5801
Director at Large: Steve Herzog
sp_herzog@verizon.net
Monthly Road Ride Captain: Noah Kaatz 955-0582
noahk5270@yahoo.com
Weekly Road Ride Captain: John Moore, jmoore216@comcast.net
933-9668
Off-Road Ride Captain: Matthew Bizzarri
mbizzarri@gmail.com
994-2006
Racing Director: Greg Brown
rbrow047@odu.edu
364-8831
Program Director: Cristina Bizzarri
chizzarri@gmail.com
994-2006
Bicycling Advocacy Director: Bud Vye
bduye@comcast.net
262-9544
Membership Director: Liz Keith
lizardbeik@yahoo.com
337-4459
Publications Director: Richard Halle
rrichhalle@verizon.net
744-1760
Publicity Director: Andy Smith
asmith2954@yahoo.com
339-8227

Committee Chairs

Statistician: Steve and Debbie Herzog
sp_herzog@verizon.net
360-3853
Web Administrator: Richard Halle
rrichhalle@verizon.net
744-1760
Century Chair: Bud Vye
bduye@comcast.net
262-9544
Safety: Sheryl Finucane
sdgf@vcu.org
833-5434
E-Mail List Administrator: Kim Moore
luvs2cycle@yahoo.com
358-0935

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, new 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.

RABA On-Line Registration Now Available!
You can join and renew your RABA membership on-line now.
Just go to http://www.raba.org/membership-x.html
Spoke too soon about the rehab list getting shorter, as unusual accidents add two to it. Joyce Knox returns from a motorcycle vacation in northern New York and Vermont without a mishap. Dusting off her bicycle to join a Neighborhood Watch group for a ride around the neighborhood, she turns to go back and help one of the group, hits some gravel, goes down and breaks her leg. She’s out of MCV but won’t be riding again for a while.

Sandy Norman was playing basketball with some boys he is mentoring at Fairfield Elementary School in Church Hill, fell awkwardly and tore his hamstring away from the bone. No surgery, but he is out for the season while it heals. Looks like Mike Moore may be out for the season also, as his hamstring just doesn’t seem to want to heal. He continues to get in plenty of swimming, but no bike riding.

Art Casavant is rehabbing after inguinal hernia surgery, but I haven’t seen him back on his bike yet. Ed Dunn is back on his bike and gradually regaining strength as he gets used to his titanium knee, and Gary Renger is doing the same as he comes back from his kidney surgery. Also back on a bike is Tami Topalu after having cardiac surgery to replace a mitral valve.

Bud Brooks makes his annual appearance up from Florida, accompanying wife Andrea who comes back each summer to help at their former church’s Vacation Bible School, which she was very active with prior to their moving south. As usual, he brought his bike with him and did manage to fit in one ABC Ride, although he couldn’t work out logistics to get to that week’s Retiree’s Mid-Week Ride. He did make a point of reporting to me that he had joined the “Zipper Club”, having had a triple by-pass over the past winter, and inquiring as to how I was doing. Really doesn’t seem like it, but its been seven years since I had my aortic valve replaced with one made of cow tissue, and it’s still working fine. I continue to be amazed when I think about how the surgeons do that procedure, and how smoothly it went for me.

Good news and some not so good news from Chris Tompkins over at the Laurels. The good news is that they have a contract on the sale of their house, with closing on 7/30, after having it listed for more than a year. This allows Ginny to move into a condo with wheelchair access on West Locke Lane. The bad news is that his sacral sore (like Mike Moore’s hamstring) seems to be taking forever to heal which is restricting him from a number of activities. If you haven’t been over to visit him, please try and do so (call Ginny at 690-5574 for the best times). He really enjoys talking to RABA members, even if you don’t know him.

That’s enough medical info for now. How about those paving repairs at Laurel Park Shopping Center! If you haven’t been there for a while you will still recognize the place, but those major league potholes have been filled. As my mother used to say, “Wonders never cease.”

Dick Pitini back from a bonefishing trip to Andros in the Bahamas, and very pleased to report that Johnny Spillane, the 3 time silver medalist in the cross country skiing events at the Vancouver Olympics was also there with him. Dick can’t say enough nice things about Spillane, who gave Dick’s wife Sandi a USA Olympic team jacket.

Al Biddison gets his name in the Sports Section, as he questioned the tabulation of his 9 year old grandson Nick’s scores in the sectional Pitch, Hit & Run Contest at Nationals Park in DC. As a result of the re-tabulation, the grandson was adjudged the winner and won a trip to the All Star Game in Anaheim. Nothing like a grandfather to keep things straight where his grandson’s interests are concerned. Good job, Al!

And Good Job also to Sonya Gagnon who moved into the 40 & up age group at the State Championship Time Trials on Mill Mountain in Roanoke on 7/3 and came away with the Gold Medal. Now that’s impressive.

And to Champe Burnley, and Michele Santhilhanos, the woman on whose support team he was working in the Race Across America. I was on the list for his dispatches along the way, and it was a real adventure (in masochism and sleep deprivation). She rode from Oceanside, CA to Annapolis, MD in 12 days 18 hours 31 min, and she just made it a few hours prior to the cut off time, finishing dead tired through early Monday morning rush hour traffic between DC and Annapolis. Definitely not for the faint of heart. I’m sure we’ll have the chance to hear Champe’s full report at an upcoming Club Meeting.

Even though its summer, we’ve still got plenty of advocacy activity going, as the newly appointed Richmond Pedestrian, Bicycling, and Trails Planning Commission, with lots of familiar names on its roster, has its first two meetings. Ashland Town Council passes a resolution on 7/6 supporting Trails, Bikeways, and Bicycling generally, as they continue (along with New Kent county) to be the most Bike Friendly jurisdiction in the Region. The sculpture just outside the Floodwall on the Capital Trail gets dedicated on 7/10. The series of town meetings to discuss High Speed Passenger Rail between Richmond and Raleigh begins (with our local meeting on 7/20) and a few of us keep beating the drum to include a trail alongside the tracks as the planning goes forward to restore a previously active rail line.

And a couple of reminders as we get closer to Heart of Virginia time, and the YMCA’s 30,000 sq. ft. addition nears completion. Early bird registration ends on August 15th. We’re more than happy to have your registration at full price after that, but if you want the big discount for early RABA members, 8/15 is the deadline. Pleased to announce that Richmond.com has come on board as a Presenting Sponsor, and that we will have both Eagle Point and Horseshoe with us as stops on the Sunday Historic Ride this year. Most of us have ridden by them many times over the years on our rides northwest of Ashland, and now we have a chance to visit them and see how they operate.

(Continued on page 4)
A Chance to Ride at Night—Safely
by Jackie Holt

For long-time RABA member, Jay Paul, riding at night has always been enjoyable, but it’s not something he feels he can do without taking extra caution. Because traffic and visibility are major concerns when riding during the evening hours, sometimes Paul feels safer when he participates in an organized ride like the Anthem Moonlight Ride at 8 p.m. on August 21.

“[Riding at night] is very different from riding during the daylight hours,” said Paul. “You have to be well lit and very cautious because people don’t see you. What makes Anthem Moonlight Ride so special is that it gives riders the opportunity to ride in the evening without as much fear of traffic,” he said.

For Jay and many others, that fear may be reduced when there are hundreds of other riders around. Because the ride is at night, some extra safety precautions are necessary. Helmets are a requirement for all cyclists, and all bikes must be equipped with a front and rear light.

The 2nd annual Anthem Moonlight Ride will be a fun, family bike ride under the full moon. The ride starts and finishes at Sports Backers Stadium. Participants are able to choose between a short course (8 miles) and a long course (17 miles) through Lakeside, Bryan Park, and the near West End of Richmond.

“All levels of ability are out there. You have the people that can really ride fast, and you have people that are riding this distance for the first time,” explains Paul. “The people that are fast have the opportunity to get on the streets and ride relatively quickly, while other people can take their time and ride though the city.”

By participating in an event like Anthem Moonlight Ride, you’re still getting your daily ride in, but you’re avoiding the blazing heat of the summer.

“I enjoy riding at night just because you feel like you’re in a different environment than if you’re riding during the day,” he said. “It tends to be a lot cooler in the evening, which is a big plus.”

According to Jay Paul, the Anthem Moonlight Ride also provides a social opportunity for riders. “It will be full of other RABA members and non-RABA members,” he said. “It’s really a way to socialize with old friends and meet new friends.”

After the ride, participants will enjoy a free concert and a complimentary Blue Moon beer or soft drink. Plus, there will be plenty of exhibitors, food, and interactive activities. So come celebrate the joy of cycling—especially cycling at night.

The Anthem Moonlight Ride is an event of the Sports Backers. For further event information, please visit www.sportsbackers.org.

Heard and Seen...

(Continued from page 3)

In closing, its always been reassuring to me as Chairman of this event to have so many members volunteer in various capacities to make the Heart of Virginia the successful event it has become. Jeanne Minnix has been invaluable in doing our graphic design for several ads, in addition to the brochure and poster. Liz Keith has been a big help in providing the printing of the posters on a pro bono basis by her Keith Fabry firm. Jack Kauffman & Judy Rumble stepped up when we needed graphic design help in putting together our Sponsor Solicitation Packets and did a fine job. Richard Halle is always there with his support on the website, in the Pedaler, in putting together cue sheets, and wherever else he is needed. If you can help us this year, as we head down the home stretch toward September 18 & 19, please check in with Kim Moore at luvs2cycle@yahoo.com

Law Office of Sanford (Sandy) Norman

2222 Monument Avenue
Richmond, Virginia  23220

(O) 804-358-5533
(C) 804-247-4771
sbnpc@verizon.net

- Member and Past President of RABA
- Over 38 years legal experience
- Accident cases
- DUI
- Traffic
- Divorce
- Family
AN EVENT OF THE

Anthem Aug. 21 8 PM
Moonlight Ride

RICHMOND, VIRGINIA • sportsbackers.org

HOWL AT THE FULL MOON and celebrate the joy of cycling at the Anthem Moonlight Ride. Let your wild side show by decorating your bike and winning the best bike costume award. There will also be prizes for the best decorative lights for your bike.

The Anthem Moonlight Ride starts and finishes at Sports Backers Stadium and features a short (9 miles) or a longer (18 miles) route along Hermitage Road and Monument Avenue. A free concert awaits riders as they finish the ride. There will be activities before and after the ride, including live music, exhibitors, food, and interactive activities.

Anthem Health • VCU Medical Center

OFFICIAL EVENT CHARITY:
VCU Pauley Heart Center

Anthem Health Plan of Virginia, Inc., covers on Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Manassas, and the area east of State Route 123. Anthem Blue Cross and Blue Shield is an independent licensee of the Blue Cross and Blue Shield Association. "© AHPM, a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association."
August, 2010 Monthly Rides

Monthly Road Ride Captain: Noah Kaatz, 955-0582, noahk5270@yahoo.com
Off-Road Ride Captain: Matthew Bizzarri, 994-2006, mdbizzarri@gmail.com

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, 13294 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

Terrain Key

<table>
<thead>
<tr>
<th>Terrain</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Many/Steep (knee alert!)</td>
</tr>
<tr>
<td>2</td>
<td>Some/Steep</td>
</tr>
<tr>
<td>3</td>
<td>Moderate</td>
</tr>
<tr>
<td>4</td>
<td>Some/Mild</td>
</tr>
<tr>
<td>5</td>
<td>Few/Gentle</td>
</tr>
<tr>
<td>MB</td>
<td>Mountain bike/off road</td>
</tr>
</tbody>
</table>

Pace Key

<table>
<thead>
<tr>
<th>Pace</th>
<th>Typical Average Riding Speed</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>20+ mph</td>
<td>Very strenuous</td>
</tr>
<tr>
<td>A</td>
<td>18 up to 20 mph</td>
<td>Strenuous</td>
</tr>
<tr>
<td>B+</td>
<td>16 up to 18 mph</td>
<td>Fast social with emphasis on riding</td>
</tr>
<tr>
<td>B</td>
<td>14 up to 16 mph</td>
<td>Moderate social with emphasis on riding</td>
</tr>
<tr>
<td>C</td>
<td>12 up to 14 mph</td>
<td>Brisk social</td>
</tr>
<tr>
<td>D</td>
<td>8 up to 12 mph</td>
<td>Relaxed social with emphasis on safety; perfect for new riders; no steep hills</td>
</tr>
</tbody>
</table>

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

If you do not see your pace group on a ride you want to go on, please inquire with the ride leader about leading one for your pace group.

August 1 (Sunday) Steve’s (and Ken’s and Cherri’s) Training 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>8:30 am</td>
<td>59</td>
<td>2</td>
<td>One</td>
<td>Steven Herzog, <a href="mailto:sp_herzog@verizon.net">sp_herzog@verizon.net</a>, 360-3853</td>
</tr>
<tr>
<td>B+</td>
<td>8:30 am</td>
<td>50</td>
<td>2</td>
<td>One</td>
<td>Ken Kolb, <a href="mailto:kwkolb@verizon.net">kwkolb@verizon.net</a>, 357-6076</td>
</tr>
<tr>
<td>B</td>
<td>8:30 am</td>
<td>50</td>
<td>2</td>
<td>One</td>
<td>Cherri Hankins, <a href="mailto:maidensweaver@earthlink.net">maidensweaver@earthlink.net</a>, 687-0543</td>
</tr>
</tbody>
</table>

Description: You should be comfortable riding with traffic to come on this ride as we will be riding on Patterson Avenue for several miles as we make our way from western Henrico to eastern Goochland and back again. There are lots of rollers in the middle of this ride and a few good hills. After the ride those who would like can have lunch at Vinnie’s together.

Directions: Meet at the Shoppes at Wellesley parking lot (located at the corner of Lauderdale Drive and Park Terrace Drive in western Henrico County at 3434 Lauderdale Drive).

August 1 (Sunday) Chesterfield Loop Around The Zoo

<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>8:30 am</td>
<td>20</td>
<td>3</td>
<td>None</td>
<td>Linda Miles, 639-1788, <a href="mailto:mutlovrlm@aol.com">mutlovrlm@aol.com</a></td>
</tr>
</tbody>
</table>

Description: Lions and Tigers and Bears oh MY! Join RABA member Linda Miles, as she takes a leisurely loop around Chesterfield Zoo. Although Linda is now a veteran ride leader, we must NOT let the tigers get her. If the tigers come after you, out-smart them by doing the loop again or adding some more miles in with your own variation.

Directions: The ride starts at Spring Run Elementary School, at the corner of Spring Run and Springford Road. From the intersection of 288 and Hull Street Road (Rt. 360) Go West. Coming from 288, Spring Run will be on your left, just passed Out-back and also Clover Hill High School. From the West, it is the next right past Winterpock. Take Spring Run a few miles until you reach Springford Rd., the elementary school is at the corner or make a right on Springford and pull into the parking lot.

August 7 (Saturday) Ride To Savor

<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>8 am</td>
<td>62</td>
<td>4</td>
<td>One</td>
<td>Kim Moore 358-0935</td>
</tr>
<tr>
<td>B+</td>
<td>8 am</td>
<td>62</td>
<td>4</td>
<td>Two</td>
<td>Ken Robertson 804-201-6839 <a href="mailto:robertson12001@comcast.net">robertson12001@comcast.net</a></td>
</tr>
<tr>
<td>B</td>
<td>8 am</td>
<td>62</td>
<td>4</td>
<td>Two</td>
<td>John Dawson 804-387-0033 <a href="mailto:sierrapilot@hotmail.com">sierrapilot@hotmail.com</a></td>
</tr>
<tr>
<td>B</td>
<td>8:30 am</td>
<td>50</td>
<td>4</td>
<td>Two</td>
<td>Cathy Davenport 804-393-2261 <a href="mailto:cathydavenport48@yahoo.com">cathydavenport48@yahoo.com</a></td>
</tr>
<tr>
<td>B</td>
<td>8:30 am</td>
<td>30 to 35</td>
<td>4</td>
<td>One</td>
<td>Donna Knight 380-0729 <a href="mailto:dlotito@yahoo.com">dlotito@yahoo.com</a></td>
</tr>
</tbody>
</table>

Description: After missing June and July due to schedule conflicts, the ride returns to the calendar with more route options

(Continued on page 7)
(Continued from page 6) and pace choices. This ride is an alternative to the ABC ride and will feature the flatter roads of the East End and beyond. Though the terrain is a little flatter than the ABC ride, the area usually has some windy sections and there some rollers on way back to town. Afterwards, everyone is invited to eat lunch at Savor. The staggered start times allow for all groups to finish about the same time so that we may eat together. Parking is available on the street or you may park in Savor's free lot on the corner of Bainbridge and 7th Sts.

**Directions:** The address for Savor: 201 West 7th St (corner of Porter and 7th Streets), Richmond, VA 23224, 527-2867. Savor is located in the first floor of the Corrugated Box Building, please go to the restaurant's website [http://savorcompany.com](http://savorcompany.com) for directions and the menu.

**August 7 (Saturday)**

<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>8 am</td>
<td>37</td>
<td>3</td>
<td>One</td>
<td>Jim Denoon, 370-6252, <a href="mailto:delaniewdeno@verizon.net">delaniewdeno@verizon.net</a></td>
</tr>
<tr>
<td>C</td>
<td>8:30 am</td>
<td>20</td>
<td>3</td>
<td>None</td>
<td>Linda Miles, 639-1788, <a href="mailto:mutlovrlm@aol.com">mutlovrlm@aol.com</a></td>
</tr>
</tbody>
</table>

**Description:** Please join Champe 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 am. Contact Champe for details.

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

**August 8 (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>B</td>
<td>8 am</td>
<td>52</td>
<td>3</td>
<td>One</td>
<td>Glenn and Kathy Anderson, 675-1755, <a href="mailto:andogirls@msn.com">andogirls@msn.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>8 am</td>
<td>52</td>
<td>3</td>
<td>One</td>
<td>Sally Tirs, <a href="mailto:saltirs@yahoo.com">saltirs@yahoo.com</a></td>
</tr>
</tbody>
</table>

**Description:** Join RABA members Glenn and Kathy Anderson as they volunteer to lead a ride for their first time. They will take us through the rolling and rural hills of Powhatan and Amelia Counties. These are some beautiful, yet often ignored areas, so if you want something new, here it is! **You are strongly urged to bring plenty of fluids and snacks as there is only one store stop, and it comes within the first 20 miles.** There is also a shorter 30 mile version if anyone would like to lead it. Cue sheets will be available day of ride.

**Directions to Courthouse:** from 288 take Rt 60West into Powhatan. You will go about 10 miles from 288 and then turn left onto Rt 13 and it will be about 2.4 miles down on your right, about 1/2 mile past the traffic circle. Rt. 13 is about 2 miles or so past the Food Lion plaza on RT. 60.

**August 15 (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>A</td>
<td>8:30 am</td>
<td>50</td>
<td>4</td>
<td>One</td>
<td>Noah Kaatz, 955-0582, <a href="mailto:noahk5270@yahoo.com">noahk5270@yahoo.com</a></td>
</tr>
</tbody>
</table>

(Continued on page 8)
(Continued from page 7)

All 9 am 41 4 One RIDE LEADERS WANTED
B 9:30 am 30 4 One John Moore, 338-9668, jmoore216@comcast.net

PLEASE CONTACT NOAH OR JOHN TO LEAD OTHER PACE GROUPS ON THESE RIDES.

Description See picnic notice on page 1 of the Pedaler for more details

Directions: The event will start at Dorey Park, 2999 Darbytown Rd: Take I-64 East. Continue on I-64 East until you reach the Laburnum Ave exit. Take a right at the stoplight onto Laburnum Ave. Continue on Laburnum Ave, crossing Williamsburg Rd, then Charles City Rd, and then pass the Nabisco factory. Continue on to Darbytown Rd. Take a left onto Darbytown Rd and stay on it for approximately 1.5 miles. Dorey Park will be on your right. Drive to the back of the park; shelters are on the right, near a pond.

August 21 (Saturday) Waverly Watermelon Metric

<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 am</td>
<td>63</td>
<td>4</td>
<td>Two</td>
<td>Jack Huber, 804-282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
</tbody>
</table>

Description: Come on down to Waverly for a metric century! The route will pass through Claremont and Surry, two quiet villages in Surry County. The terrain is nearly flat and the traffic volume is very low. There will be a special rest stop hosted by Shirley Cockes, Surry County's "Watermelon Lady." After the ride join members of the group for lunch in Waverly.

Directions: Meet at the parking lot behind La Hacienda (the former Tavern) in Waverly (101 S County Drive, Waverly, VA 23290) at the corner of Routes 460 and 40 in the town of Waverly. From Richmond take I-95 or I-295 to Route 460 east (toward Norfolk). Please remember that the speed limits in Waverly are strictly enforced.

August 22 (Sunday) Gum Spring to Columbia

<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>8:30 am</td>
<td>48</td>
<td>2</td>
<td>One</td>
<td>Jeanne Minnix, 405-6433, <a href="mailto:jminnix@comcast.net">jminnix@comcast.net</a></td>
</tr>
<tr>
<td>B+</td>
<td>8:30 am</td>
<td>48</td>
<td>2</td>
<td>One</td>
<td>Joe Nazur, 919-0199, <a href="mailto:jnanazur@ashland.com">jnanazur@ashland.com</a></td>
</tr>
<tr>
<td>B</td>
<td>8:30 am</td>
<td>48</td>
<td>2</td>
<td>One</td>
<td>Ken Robertson, 201-6839, <a href="mailto:krobertson@varetiere.org">krobertson@varetiere.org</a></td>
</tr>
<tr>
<td>C</td>
<td>8:30 am</td>
<td>38</td>
<td>2</td>
<td>One</td>
<td>Fran Smith, 357-7009, <a href="mailto:fsmith2@verizon.net">fsmith2@verizon.net</a></td>
</tr>
</tbody>
</table>

Description: Riding through Goochland, Louisa, and a bit of Fluvanna counties, it is up one short hill and down the other side a number of times on the way to Columbia, as you cross all the little creeks flowing into the James. Dense woodlands shade the winding roads heading into Columbia. In Columbia, we will rest our legs at the Columbia Corner Market on Route 6 near the James River bridge. After the store stop, it is up to the high ground for the ride along the ridge on the return trip, where the hills are fewer in number, but longer. Overall, this is a pretty route offering a good, but not severe, workout. For those inclined to have lunch after the ride there are a number of excellent choices on the way back to Richmond.

Directions: New start location: Goochland (OLD) Middle School, located at 2748 Dogtown Rd, Goochland, VA 23063. To get to this starting point from Richmond, take Interstate 64 west to the Gum Spring (Rt 522) exit (one exit west of the Oilville exit). Go south (left) on 522, crossing Rt 250, for 2.5 miles, then turn right on Whitehall Rd (Rt 673) for 0.1 miles, then a left on Dogtown Rd for 0.8 miles. This starting point is approximately 22 miles west of the intersection of I-64 and I-295. Give yourself plenty of time. Remember this is the OLD school and is no longer in use. Don't google the location of the middle school because it will take you to the NEW one which isn't the correct ride start.

August 29 (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>8:30 am</td>
<td>62</td>
<td>2</td>
<td>Two</td>
<td>Noah Kaatz, 955-0582, <a href="mailto:noahk5270@yahoo.com">noahk5270@yahoo.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>8:30 am</td>
<td>62</td>
<td>2</td>
<td>Two</td>
<td>Bill Whitworth 285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a></td>
</tr>
<tr>
<td>B</td>
<td>8:30 am</td>
<td>62</td>
<td>2</td>
<td>Two</td>
<td>Ron Corio, 643-6452, <a href="mailto:rcorio@vceu.edu">rcorio@vceu.edu</a></td>
</tr>
</tbody>
</table>

Description: I know we just did this in the spring, but once again, it's time to ride through Hanover and Caroline Counties to see the pretty countryside and prepare for the upcoming bicycling events in September and October. Since the ride goes through some remote areas where open stores may be difficult to find, please bring plenty of food and fluids. If anyone one would like to lead, there is also a 1/2 metric century version of this ride for those not wishing to do the full metric. Please email Noah for more information.

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.

August 29 (Sunday) Midlothian Possum Squash

<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>10:30 am</td>
<td>41</td>
<td>3</td>
<td>One</td>
<td>Steve Carter-Lovejoy, 272-3119, <a href="mailto:scarterlovejoy53@msn.com">scarterlovejoy53@msn.com</a></td>
</tr>
</tbody>
</table>

(Continued on page 9)
(Continued from page 8)

**Description:** Join us for a fun ride through western Chesterfield and eastern Powhatan, with a nice rural feel despite being so close to Chesterfield’s sprawl. We’ll ride a double loop between Huguenot Trail and Hull Street Road, crossing Midlothian Turnpike twice (don’t be the possum!). Park at the Clover Hill Athletic Complex on Genito Road. Shorter alternatives can be provided for anyone interested. Come support southside rides!

**Directions from Rt 288 at Midlothian Rd/Rt 60:** proceed west on Rt 60 for 2 miles, turn left onto Old Hundred Rd; proceed 2.5 miles, turn right onto Otterdale Rd; proceed 2.3 miles, turn right onto Genito Rd; proceed 0.6 miles, turn left into Clover Hill Athletic Complex.

**Directions from Rt 288 at Rt 76/Powhite Pkwy:** proceed west on Rt 76 for 1 mile, turn left onto Charter Colony Pkwy; proceed 0.9 miles, turn right onto Genito Rd; proceed 4.1 miles, turn left into Clover Hill Athletic Complex.

**September 6 (Monday) - Labor Day at the Nuckols**

<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>8:30 am</td>
<td>45</td>
<td>3</td>
<td>One</td>
<td>Dee Nuckols, 804-749-3400, <a href="mailto:sdnuckols@yahoo.com">sdnuckols@yahoo.com</a></td>
</tr>
</tbody>
</table>

**Description:** Join Dee for a Labor Day ride through western Hanover and Goochland counties. He will be doing the 45 mile route, but if you prefer, there is also a 25 mile workout. After the ride, everyone is invited to stay and join Dee and Suzanne for lunch. Bring a lawn chair and a side dish to share. Cold cuts, beverages, etc. will be provided. Please RSVP by Thursday, September 2, so Dee and Suzanne will know how many to expect, and what you’re bringing.

**Directions:** To reach Dee’s and Suzanne’s house (11301 Cedar Glade Lane, Rockville, VA 23146) from Richmond, travel west on I-64 to Oilville (exit 167). Turn right (north) on 617 staying straight when the road number changes to 620. 2.8 miles after leaving I-64, turn right on Cedar Glade Lane and continue approximately .3 miles to the grassy parking area on the left of the drive.

---

**Save the Date!**

**Third Annual RideForJim Richmond Rider Rally Block Party and Yorktown Finale Ride**

Aug. 21-22

Come out and support the third annual RideForJim at the Richmond Rider Rally block party on the 5000 block of Caledonia Road on August 21 from 5 – 10 p.m. This annual fund raising event celebrates the arrival of this year’s cross country riders, Doug Gardner, a UR roommate of Jim’s, and Howard Smith, a Hanover County farmer and neighbor of 2008 rider, Dr. Jack Haar. Doug and Howard are riding from Oregon to Virginia to raise funds for cancer research at the VCU Massey Cancer Center.

The Rider Rally block party includes food, beverages, urban tree climbing by Riverside Outfitters, a “Welcome Back” Bagpipe Parade with the Greater Richmond Pipe and Drum Corp, and the cool tropical sounds of Kevin Davis and Ban Caribe. A spin bike competition, silent auction, and other fun activities are planned for the evening extravaganza. Crowd favorites Q Barbeque and Legend Brewing Company will once again be providing the food and beverages for the evening.

The Rider Rally precedes the last leg of the epic trans-America RideForJim bicycle ride. The following day, fortified local riders can join Doug and Howard on their final 70-mile leg to Yorktown. The half-day ride starts at the Egyptian Building in downtown Richmond and ends at the Waterman’s Museum at the Yorktown waterfront.

Complete details and on-line registration for the block party and the ride can be found on the rideforjim website www.rideforjim.org.

These events help to raise funds to ensure the future of cancer research right here in Richmond at the VCU Massey Cancer Center. Local VCU researcher Dr. Jack Haar established the James D. Popp Student Research fund to support student cancer research last year. In 2008, Jack rode more than 4,000 miles to promote the fund in memory of Jim Popp, his former student and friend.

**About Jim and the Fund**

Jim Popp was a Richmond resident and University of Richmond/VCU School of Medicine graduate who worked in Dr. Haar’s lab in the early eighties. He was a college roommate of Westover Hills resident and event organizer Dave Jenkins. Jim was an outstanding individual and passed away in 2007 at age 45 from a malignant hamstring sarcoma, leaving behind his wife and five young children.

Thanks to Dr. Haar’s efforts, the James D. Popp Student Research Fund honors Jim’s life. It’s an endowed fund that will support a first-year medical student to do cancer-related research, much as Jim did. The intent is to expose bright medical students to the world of cancer research and hopefully inspire them to pursue a career that incorporates both cancer research and an oncology medical practice.

Massey currently has some MD-PhD students who hope that the research they do informs their ability to care for patients, and that their patients will always help to inform their research. We think it’s a great combination, and funding is

(Continued on page 18)
**Weekly Road Ride Captain:** John Moore, 338-9668, jmoore216@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.

### Sunday

**Powhatan Courthouse**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stop</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>9 am</td>
<td>30 to 45</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 Courthouse 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 at least 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.

### Monday

**Mondays with Mary**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stop</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>9 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

**Tuesdays at Rockville**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stop</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>9 am</td>
<td>33 to 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>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Jim Denoon, 370-6252</td>
</tr>
</tbody>
</table>

**Description:** Please join us for a great ride through western Hanover, Goochland, and eastern Louisa. We leave from what is popularly referred to as the "Rockville Little League Fields". Cue sheets are always available. Often, we divide into more than one group as both faster and slower riders attend. The ride varies weekly and on the day before each ride, I send out a message on the club email list announcing the distance and other particulars of the ride.

**Directions:** Headed west from Richmond, take the Rockville/Manakin exit off of I-64. Go right 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. The address is 17347 Pouncey Tract Road.

**Tuesday Portabella Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stop</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>6 pm</td>
<td>25-30</td>
<td>4</td>
<td>None</td>
<td>Marshall Brown 804.328.3823 <a href="mailto:pedal2themedal@comcast.net">pedal2themedal@comcast.net</a></td>
</tr>
<tr>
<td>A</td>
<td>6 pm</td>
<td>25-30</td>
<td>4</td>
<td>None</td>
<td>Randy Rosemond 804.966.5472 <a href="mailto:velosalsaman@aol.com">velosalsaman@aol.com</a></td>
</tr>
<tr>
<td>B</td>
<td>6 pm</td>
<td>25-30</td>
<td>4</td>
<td>None</td>
<td>Ron Corio 804.643.6452 <a href="mailto:rcorio@vcu.edu">rcorio@vcu.edu</a></td>
</tr>
<tr>
<td>C-D</td>
<td>6 pm</td>
<td>??</td>
<td>4</td>
<td>??</td>
<td>Self-directed</td>
</tr>
</tbody>
</table>

**Description:** This ride begins at the parking lot behind Portabella Ristorante at 2627 New Market Road in the Varina Food Lion Shopping Center and follows various routes on a network of relatively flat roads. Cue sheets will be sent via the RABA Email List for download and printing.

**Directions:** From I-64 take Exit 195 Laburnum and turn south (toward the river). Continue approximately 5.5 miles to Route 5 (New Market Road) and turn left. Continue for 2.3 miles to the Varina Food Lion Shopping Center on the right. From I-295 exit on Route 5 (New Market Road) West (toward Richmond) and continue for one mile to the Shopping Center on the left. From I-895, exit at Laburnum Avenue, turn right on Route 5 (New Market Road) and continue for 2.3 miles to the Shopping Center on the right.

### Wednesday

**Hanover Courthouse After Work Ride**

<table>
<thead>
<tr>
<th>Pace</th>
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<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A++</td>
<td>6 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>Matt Satterwhite, 357-7490, <a href="mailto:giantbws@comcast.net">giantbws@comcast.net</a></td>
</tr>
<tr>
<td>A+</td>
<td>6 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>Peter Hubbel, 370-7792, <a href="mailto:peter.hubbel@gmail.com">peter.hubbel@gmail.com</a></td>
</tr>
<tr>
<td>A</td>
<td>6 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>Ken Kolb, 357-6076, <a href="mailto:kwkolb@verizon.net">kwkolb@verizon.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Matthew Bizzarri, 994-2006, <a href="mailto:mdbizzarri@gmail.com">mdbizzarri@gmail.com</a></td>
</tr>
</tbody>
</table>

(Continued on page 11)
**August, 2010 Weekly Rides**

(Continued from page 10)

<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>6 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>Hugh &amp; Laura Aaron, 690-9720, <a href="mailto:hughandlaura@theaarons.com">hughandlaura@theaarons.com</a></td>
</tr>
<tr>
<td>B</td>
<td>6 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>Cristina Bizzarri, 994-2006, <a href="mailto:cbizzarri@gmail.com">cbizzarri@gmail.com</a></td>
</tr>
<tr>
<td>C</td>
<td>6 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>Charlie Thomas, 747-6633, <a href="mailto:c.thomas53@verizon.net">c.thomas53@verizon.net</a></td>
</tr>
<tr>
<td>D</td>
<td>6 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>Nan Ottenritter, 306-1078, <a href="mailto:nottenritter@yahoo.com">nottenritter@yahoo.com</a></td>
</tr>
</tbody>
</table>

**Description:** This is one of RABA's most popular rides. The route varies from week to week with all routes starting and ending at the Hanover Government Center (i.e., Hanover Courthouse) parking lot. All routes include a climb either Bleak Hill or Mount Gideon. Each route offers four mileage options. The slower pace groups will ride one of the shorter options and the faster pace groups will ride one of the longer options so that everyone finishes around the same time. The pace group leaders will announce the mileage for their group at the ride start. The pace groups will be spaced out at the ride start to avoid large groups of cyclists on the road. The routes for this month are:

- August 3– Mt. Gideon Options – 19, 24, 31 or 36
- August 10– Dabneys Mill Options – 21, 22, 28 or 33
- August 17– River Road Options – 18, 24, 29 or 33
- August 24– Mt. Gideon Options – 19, 24, 31 or 36
- August 31– Dabneys Mill Options – 21, 22, 28 or 33

Paper cue sheets will not be available at the ride start. Consequently, you should print your own cue sheet prior to coming to the ride. If you are reading this ride description on the RABA web site, click on the route name above to download and print the cue sheet for each route. If you are reading this ride description in the Pedaler, please visit this ride listing on the RABA web site to obtain the cue sheet for each route.

Last minutes changes, including weather related cancelations, will be announced on the RABA email list. Please make sure that you are signed up for the RABA email list (and make sure you check the email list before coming out for the ride). New members and those just getting started (or re-started) with cycling are encouraged to come out.

After the ride, join your fellow riders for dinner at a local restaurant. The restaurant selection may vary from week to week. Check with one of the ride leaders for the restaurant selection for the week.

**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 just south of the intersection of Routes 54 and 301.

**Tuesday**

<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 pm</td>
<td>35 miles</td>
<td>2</td>
<td>None</td>
<td>Kim Moore, 358-0935</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. Note: there is an A++ group of bicycle racers leaving at 5:40 p.m., for 47 miles, no stops. There is no RABA leader for this pace, so if you join them, it is at your own risk.

**Wednesday**

<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

**Wednesday**

<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>
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<td>25</td>
<td>3</td>
<td>None</td>
<td>See below</td>
</tr>
</tbody>
</table>

(Continued on page 12)

**Chesterfield County Ride**
**August, 2010 Weekly Rides**

(Continued from page 11)

B+ 6 pm 25 3 None Al & Lois Farrell 744-9306 lojafarrell3@verizon.net

**Description:** Join Lois and Al for this ride on some smooth, scenic, and little traveled back roads in Chesterfield County. We will be leading a B+ group pace. There is also nearly always a group of faster (A/A+) riders to join if you are so inclined, but currently no designated A pace leader (contact us if interested!). We seem to mostly be attracting A riders. We would be delighted to get a larger group of riders to join us on a BB+ pace – maybe a midweek cool down ride? Maps will be available to those wishing to ride at their own pace. Shorter options are available. We generally do not ride if there is a high probability of rain.

**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.

---

**Wednesday**

<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 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 nighttime ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. We ride to Ashland and have dinner before returning to Laurel Park. The group will ride at a C or faster pace depending on the pleasure of the group.

**Note:** The ADC is a nighttime ride and is not recommended for novice riders. You must be comfortable with group riding and be confident with your bike handling skills. Adequate lights, blinkies and reflective clothing are absolutely mandatory. Two rear blinkies and a primary plus spare headlight is strongly recommended.

Remember to bring:

- at least one headlight which provides enough light to illuminate the road in front of you. A second, spare light with charged batteries is strongly recommended.
- at least one bright-red blinkie for the rear of your bike. (Two are recommended.)
- fully charged and/or spare batteries for all lights.
- lots of reflective clothing, vests, leg bands, and/or arm bands.

CHECK ALL LIGHTS AND BATTERIES BEFORE YOU GET TO LAUREL PARK. CALL THE RIDE LEADER IF YOU HAVE ANY QUESTIONS.

---

**Thursday**

**Unemployed Cyclists 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>9 am</td>
<td>31 to 46</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>
<tr>
<td>C</td>
<td>9 am</td>
<td>18 to 21</td>
<td>3</td>
<td>Varies</td>
<td>Sheila Palazzolo, 330-312-1204, <a href="mailto:sheilapala@aol.com">sheilapala@aol.com</a></td>
</tr>
</tbody>
</table>

**Description:** The route for this ride varies from week to week. However, all routes cover some part of central Hanover County and the surrounding areas (which offer a lot of beautiful countryside). Many routes do not have a store stop, so bring plenty of water. Notwithstanding the name of the ride, everyone is invited to join us, whether employed or not. This ride is ideal for anyone with a flexible schedule (e.g., retirees, stay at home moms and dads, homemakers, etc.). Separate cue sheets for each pace group are sent out on the RABA email list prior to the ride each week (usually on Wednesday afternoon). If you do not subscribe to the RABA email list, email Hugh prior to the ride for a copy of the cue sheet.

**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 Rd., Hanover, VA 23069) is on US Route 301 just south of the intersection of Routes 54 and 301.

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**Thursday (See varying start times below)**

**Crump Park 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>A++</td>
<td>5:45 pm</td>
<td>41</td>
<td>2</td>
<td>None</td>
<td>Tom Richeson <a href="mailto:tmbk61@gmail.com">tmbk61@gmail.com</a> 691-7678</td>
</tr>
<tr>
<td>A+</td>
<td>5:50 pm</td>
<td>38</td>
<td>2</td>
<td>None</td>
<td>Kim Moore, 358-0935</td>
</tr>
<tr>
<td>A</td>
<td>6 pm</td>
<td>32</td>
<td>3</td>
<td>None</td>
<td>Jeff Nicklas 833-5382, David Murray 240-0891</td>
</tr>
</tbody>
</table>

**Description:** The longer routes will include such favorite hills as Animal Shelter, the Three Sisters, Rocket’s Mill and Horseshoe. Riders of the A pace may have a less hilly route. All paces are welcome as cue sheets are available. Obeying traffic laws and riding single file are a must.

(Continued on page 13)
(Continued from page 12)

**Directions:** 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.

**Thursday (August 5, 12, 19, 26)**

<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>5:45 pm</td>
<td>25-30</td>
<td>2.5</td>
<td>None</td>
<td>Deb Anderson, 412-417-2987, <a href="mailto:dabikeva@gmail.com">dabikeva@gmail.com</a></td>
</tr>
</tbody>
</table>

**Description:** The Third Annual Ride for Jim (www.rideforjim.org), a fund-raising effort to encourage bright medical students to engage in cancer-related research, is Sunday August 22. July’s Thursday night ride is dedicated to those training for the 70 mile ride from Richmond to Yorktown (although all are welcome). We will be riding the hills of western Hanover County to make us strong! Ride end average will be right around 15. Map and cue sheet will be provided. Call ahead or check the RABA email list if the weather is doubtful.

**Directions:** The starting point is the parking lot on South Center Street/Hanover Avenue. From I-95 take exit 92 for Ashland. Merge onto East Patrick Henry Road/Route 54 West. Go 1.4 miles. After you cross the railroad tracks by Ashland Coffee and Tea make a slight left at South Center Street/Hanover Avenue. Take the first left into the parking lot. (Do not park in front of Campbell & Campbell Law Office.) If you pass Southern States or the Ashland Volunteer Fire Department, you’ve gone too far.

**Thursday**

<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 pm</td>
<td>30</td>
<td>3</td>
<td>None</td>
<td>Steven Herzog , 337-1450, <a href="mailto:sp_herzog@verizon.net">sp_herzog@verizon.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Pat Ryan, 240-9382, <a href="mailto:ryanfam11@comcast.net">ryanfam11@comcast.net</a></td>
</tr>
</tbody>
</table>

**Description:** Enjoy a ride with lots of rolling hills, a few climbs, and nice scenery in eastern Goochland and western Hanover. The 30 mile option includes a mile climb on Patterson Avenue at the end of the ride, the 29 mile option avoids this climb. Everyone has the choice of either option on every ride depending on how their legs feel.

**Directions:** Meet at Dover Baptist Church, 635 Manakin Road, Manakin-Sabot, VA. Take Patterson Avenue (Route 6) west. Once you pass the traffic light at Lauderdale Drive in western Henrico, continue west approximately 4.6 miles on Patterson Avenue where you should turn right on Mainkin Road (Route 621) which is just after a fire station. Dover Baptist Church is on the right after about ½ mile. The church has asked us to park on the right hand side of the parking lot, as far away from the church as possible.

**Thursday**

<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 pm</td>
<td>30</td>
<td>3</td>
<td>None</td>
<td>Self directed</td>
</tr>
<tr>
<td>B</td>
<td>6 pm</td>
<td>23</td>
<td>3</td>
<td>None</td>
<td>Wayne Shipley, 441.0664</td>
</tr>
<tr>
<td>D</td>
<td>6 pm</td>
<td>15</td>
<td>4</td>
<td>None</td>
<td>Eleanor Shipley, 572.1791 or 737.7176</td>
</tr>
</tbody>
</table>

**Description:** This evening ride features multiple distances through eastern Hanover and New Kent Counties. Maps are available for riders who wish to ride at their own pace. The D pace ride targets beginners who will stay together. All riders are invited to join the leaders for dinner afterwards at Nine Mile Grill in Highland Springs.

**Directions:** From I-64, take exit 197B (Highland Springs, Rte.156N) onto Airport Drive (Rte. 156N), continue through 2 lights, over Rte 295, bear right at Market Rd.(Rte. 630),continue and bear right again on Fox Hunter Lane at Black Creek Country Store. Next, turn left on McClellan Rd.(Rte. 628). The Church is about 2 miles on the left. Use parking lot on north side of the church. From Rte 295, take exit 31A (Cold Harbor Rte.156N) and follow the directions above.

**Thursday**

<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>6 pm</td>
<td>20 - 30</td>
<td>3</td>
<td>None</td>
<td>Eric Martin, 402-3471, <a href="mailto:emartin@choosethmc.com">emartin@choosethmc.com</a></td>
</tr>
<tr>
<td>C</td>
<td>6 pm</td>
<td>20</td>
<td>4</td>
<td>None</td>
<td>Sheryl Arzuaga, 687-3844, <a href="mailto:snsn32@yahoo.com">snsn32@yahoo.com</a></td>
</tr>
<tr>
<td>D</td>
<td>6 pm</td>
<td>20</td>
<td>4</td>
<td>None</td>
<td>John Moore, 338-9668, <a href="mailto:JMoore216@comcast.net">JMoore216@comcast.net</a></td>
</tr>
</tbody>
</table>

**Description:** This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. The twenty mile route follows the ABC route which is almost flat to Ashland and back to Laurel Park Shopping Center. The thirty mile route has a few hills on Greenwood Road going to Ashland. This ride is open to all cyclists and is generally relaxed pace. Due to the possibility of returning in low light a blinkie for the rear of your bike is suggested. After the ride join your fellow riders for dinner at Marie’s or other local restaurant.

**Directions:** Laurel Park Shopping Center (9500 Woodman Rd, Richmond, VA 23228) at Hungary and Woodman Roads. (Continued on page 14)
August, 2010 Weekly Rides

(Continued from page 13)

**Fridays at Hylas**

<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 am</td>
<td>35-40</td>
<td>3</td>
<td>Some</td>
<td>Dave Bloor, 285-6177, 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.

**East Hanover Ride**

<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>A/A+</td>
<td>9 am</td>
<td>See below</td>
<td>3</td>
<td>Varies</td>
<td>Will organize at ride start</td>
</tr>
<tr>
<td>B+</td>
<td>9 am</td>
<td>See below</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>
<tr>
<td>B</td>
<td>9 am</td>
<td>See below</td>
<td>3</td>
<td>Varies</td>
<td>Will organize at ride start</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 Visitor Center provides multiple routes options. The routes for this month are:

- August 6 Give Peace a Chance (30.2 miles)
- August 13 Black Creek Run (29.6 miles)
- August 20 New Kent Vineyards (35.9 miles)
- August 27 Quinton Short (28.7 miles)

Paper cue sheets are not provided. You should print your own cue sheet prior to coming to the ride. Visit the RABA web site to download and print the cue sheet for each route, or email Hugh to receive a PDF version of any cue sheet.

The Visitor Center has both a water fountain and restrooms. However, due to the rural nature of the area, very few routes include a store stop. Please make sure that you bring enough water to comfortably complete the ride without a store stop.

**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**

**The Ashland Breakfast Club (ABC)**

<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>Aug 7 New Riders ride, see Monthly Ride Calendar listing</td>
</tr>
<tr>
<td></td>
<td>8:30 am</td>
<td>50+</td>
<td></td>
<td></td>
<td>Aug 14 Tom Veazey, 740-0742, <a href="mailto:tveazey@me.com">tveazey@me.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Aug 21 Steve Herzog, 337-1450, <a href="mailto:sp_herzog@verizon.net">sp_herzog@verizon.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Aug 28 Emily Kimball, 358-4959, <a href="mailto:etkimball@aol.com">etkimball@aol.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungry 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 8:00 and 8:30. 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.
changes from the 1994 amended bylaws, most notably a change to a fifteen-member Board of Directors. Again, these bylaws were not recorded with the State and there is no indication that they were approved by the club members. No archive of club minutes can be found in order to determine how and when this change was made.

Last year President Burnley appointed a bylaws committee with the charge to recommend a complete revision of the bylaws. The committee, Laura Aaron, Charles Comly, Becky Tobey, Paul Walaskay, and Ron Corio, presented its recommended revision to the Board in the fall of 2009, too late for the Directors to review and recommend to the members before the December election of officers and directors. That task then fell to the 2010 Board, which began with a motion to approve the recommended amendment and restatement of the bylaws at the February meeting. For each of six monthly Board meetings, directors discussed, debated, and amended the proposed revisions. This process ended at the July Board meeting when the directors approved the motion to accept the amended and restated bylaws.

Before pointing out the major changes in the proposed revision, a few words about what happens next are in order. The process for amending the bylaws is set forth in the 1994 bylaws:

**Article X - Amendments**

These bylaws may be amended only by two-thirds (2/3) of those qualified Members voting at a Special Meeting, provided a quorum [no less than 20 as stated in Article V – Meetings] is present. Such amendments shall have been proposed at a previous meeting and published at least once in a regular PEDALER newsletter preceding the Special Meeting at which the vote is to be taken.

The Special Meeting for voting on the bylaws revision will be in September, at a date to be set later. At the August 15 member meeting, the annual picnic, the proposed revised and amended bylaws will be presented. The publication requirement is satisfied with a copy of the proposed amendments included in this newsletter.

The major changes in the proposed revision are:

- **Articles and Bylaws**, previously in one document, are separated. The reason for separating them is that the Articles are standard and rarely change, whereas the bylaws do change over time. While the Articles must be recorded, the bylaws do not, thus keeping them separate will make the process for future bylaw amendments easier.

- **Article III. Membership.** Honorary and corporate membership categories added. Setting membership fees (dues) now requires approval of the members; in the revision the Board of Directors shall set membership fees.

- **Article VIII, Section 3.** The composition of the Board remains at thirteen members. The racing director and one director-at-large have been dropped and Membership Director and Century Director have been added. The Publications Director is renamed Member Communications Director.

- **Article X. Distribution of Assets Upon Dissolution** has been added. This is the so-called poison pill amendment designed to prevent a rogue board from misdirecting funds and/or a membership conflict over the disposition of any remaining assets in the event of a dissolution of the club. This amendment directs any remaining funds to be conveyed to the League of American Bicyclists.

- In general, language was brought up to date to account for changes, e.g. the Web, email distribution lists, and edited for clarity and specificity.

If members approve the revised bylaws, they will take effect immediately, except for the Board composition, which will take effect on December 31, 2010, and the revised articles will be recorded with the State Corporation Commission.

Officers and directors welcome any questions or comments and invite you to participate in the discussions at the August and September member meetings.
Proposed Amended Articles of Incorporation

THE RICHMOND AREA BICYCLING ASSOCIATION

WITNESSETH

WHEREAS, THE RICHMOND AREA BICYCLING ASSOCIATION ("RABA") was incorporated on January 3, 1973 as a Virginia non-stock corporation under the provisions of Chapter 2 of Title 13.1 of the Code of Virginia, and

WHEREAS, the current membership of RABA and its Board of Directors wish to restate and make certain amendments to the Articles of Incorporation originally filed on January 3, 1973, in accord with Section 13.1-889 of the Code of Virginia; and

WHEREAS, the Board of Directors proposed these Amended and Restated Articles of Incorporation to the membership in accord with the Virginia Non-Stock Corporation Act; and the membership, after notice, and with a quorum present, voted to approve these Amended and Restated Articles of Incorporation;

NOW THEREFORE, the Board of Directors and membership of RABA do hereby AMEND and RESTATE the January 3, 1973 Articles of Incorporation and as evidence of such, ADOPT this Amended and Restated Articles of Incorporation.

AMENDED AND RESTATE ARTICLES OF INCORPORATION

We hereby associate to form a non-stock corporation under the provisions of the Virginia Non-Stock Corporation Act and to that end set forth the following:

(1) NAME. The name of the corporation shall be "The Richmond Area Bicycling Association, Inc."

(2) PURPOSE. The purpose of the Association shall be to organize and conduct bicycle-related activities for its members, and the greater Richmond community, and generally to promote bicycling.

The Association shall not be organized for profit, and no part of the income or capital shall inure to the profit of any individual, except as compensation for specific services rendered.

(3) MEMBERSHIP. Membership categories shall include individual, family and life memberships, and may include corporate, honorary and/or other categories as set out in the Bylaws of the corporation.

(4) GOVERNING BOARD. The corporation shall be governed by a Board of Directors elected by the members at the annual meeting.

(5) QUORUM AND VOTING. Twenty members present at the announced time for any meeting of the membership shall constitute a quorum. Members are qualified to vote at meetings of the corporation when they are personally present, and each member age 18 or older who is personally present at the meeting is entitled to cast one vote. Except for an amendment to the Articles of Incorporation or to the Bylaws, each of which shall require a 2/3 vote of the members constituting a quorum, a vote shall be carried by a simple plurality of all votes cast.

(6) REGISTERED AGENT. The name of the registered agent effective as of the date of this Amended and Restated Articles of Incorporation is

Cindia N. Evans
9341 Barnescrest Dr.
Mechanicsville, VA 23116

IN WITNESS WHEREOF, and in accord with the Virginia Non-Stock Corporation Act, the undersigned has executed this Amended and Restated Articles of Incorporation, effective as of the date set forth below.

RICHMOND AREA BICYCLING ASSOCIATION

By: ____________________________
President, Richmond Area Bicycling Association

Date: ____________________________

Proposed Amended Bylaws

RICHMOND AREA BICYCLING ASSOCIATION
AMENDED AND RESTATE BYLAWS

ARTICLE I - NAME AND PURPOSE

The name of the corporation shall be the Richmond Area Bicycling Association, Incorporated (hereafter “the Association”).

The purpose of the Association shall be to organize and conduct bicycle-related activities for its members, and the greater Richmond community, and generally to promote bicycling.

Toward these objectives, the Association shall provide activities and training that organize and promote bike rides, stress effective and safe cycling, promote the development of bicycle routes and enhancement of highway conditions to better accommodate bicyclists, and to educate its members and the public to the value of bicycling and the rights and responsibilities of cyclists and motorists when sharing the road.

ARTICLE II - NON-PROFIT STATUS

The Association is organized as a 501(c)(4) entity; the Association shall not be operated for profit, and no part of the income or capital shall inure to the profit of any individual, except as compensation for specific services that have been approved by the Board of Directors or by resolution of the Members.

ARTICLE III - MEMBERSHIP

Section 1. Individual Membership shall be open to all adult persons at least eighteen (18) years of age who have an interest in the purpose of the Association, who execute an application form and who tender the appropriate membership fee.

Section 2. Family Membership shall be open to any family (one or two adults) and all minor dependents under eighteen (18) years of age, who execute an application form and who tender the appropriate membership fee.

Section 3. Life Membership shall be conferred by two-thirds (2/3) vote of the Board of Directors present at a scheduled meeting. Life Membership shall be awarded in recognition of outstanding and continuous service to the Association, and shall constitute Association membership for the recipient’s lifetime without payment of membership fees.

Section 4. Honorary Membership shall be conferred by two-thirds (2/3) vote of the Board of Directors present at a scheduled meeting. Honorary Membership shall be awarded to individuals in recognition of public support for the Association or its mission, and shall continue for the duration of the Club membership year without payment of membership fees.

(Continued on page 17)
made from the floor at the Annual Meeting of the Association. The
notice listing all nominations made by the Nominating Committee
members, in writing and/or through electronic communication,
shall be conducted.

ARTICLE VI - SPECIAL MEETINGS

Upon motion of the Board of Directors, or upon petition executed by
not less than twenty (20) members, the Secretary shall set a Special
Meeting of the members of the Association and provide written and/or
electronic notice thereof to all members. The notice shall be given not
less than ten (10) days, nor more than sixty (60) days prior to the date
of the special meeting and the notice shall state specifically the busi-
tness to be transacted at the special meeting.

ARTICLE VII - ELECTIONS

Section 1. The president shall appoint a nominating committee of not
less than three (3) nor more than five (5) members, one of which is a
non-director of the Association no later than September 15. A notice
of the annual meeting, the names of the nominating committee mem-
ers and the general call for nominees shall be published no later
than the November newsletter.

Section 2. The Nominating Committee shall submit to the President
a list of one or more individuals for each position to be filled. Such list
shall be submitted in time to permit publication of the nominees in
the December newsletter.

Section 3. The Member Communications Director shall provide
members, in writing and/or through electronic communication, a
notice listing all nominations made by the Nominating Committee
and a statement that additional nominations for any position can be
made from the floor at the Annual Meeting of the Association. The
December newsletter shall also provide all of the information re-
quired under Article V, Section 3 2 above.

Section 4. The Board of Directors shall be elected at the Annual
Meeting. Each position shall be voted on individually in serial order
as follows. The presiding officer shall call the position. A representa-
tive of the nominating committee shall announce the name(s) of the
individual(s) nominated for that position. Additional nominations
shall be called for from the floor. Upon motion and second to close the
nominations, a vote for the position shall be held. Such vote shall be
by secret ballot if more than one individual has been placed in nomi-
nation. If only one name is placed in nomination, the presiding officer
dispense with the secret ballot. Votes shall be counted separately
by at least three (3) members in the presence of the electors. Once a
winner is declared, the presiding officer will move to the next posi-
tion. Positions will be called in the following order: President, Vice
President, Secretary, Treasurer, Advocacy Director; Monthly Ride
Director, Weekly Ride Director, Off-Road Ride Director, Member
Communications Director, Membership Director; Public Relations
Director, Century Director, and one At-large Director.

ARTICLE VIII - BOARD OF DIRECTORS

Section 1. POWERS AND RESPONSIBILITIES: The Association
shall be governed by the Board of Directors.

Section 2. QUALIFICATION: Members of the Board of Directors
shall be Members of the Association as defined by Article III.

Section 3. COMPOSITION OF THE BOARD OF DIRECTORS:
At the Annual Meeting the Members shall elect a thirteen (13) mem-
ber Board of Directors which shall be composed of the following:
President, Vice President, Secretary, Treasurer, Advocacy Director,
Monthly Ride Director, Weekly Ride Director, Off-Road Ride Director,
Member Communications Director, Membership Director; Public
Relations Director, Century Director, and one At-large Director.

Section 4. TERM OF OFFICE: Officers and directors shall be
elected to hold office for one calendar year or until their successors
are elected, whichever is later.

In the event of a vacancy on the Board of Directors, the President,
with the concurrence of the Board of Directors, shall appoint a re-
placement to fill the unexpired term.

Section 5. MEETINGS AND QUORUM: The Board of Directors
shall meet not less than once each calendar quarter and at such other
times as circumstances require for the purpose of conducting the busi-
ness of the Association. Meetings of the Board of Directors may be
called by the President or by petition of five (5) Directors. At any
meeting of the Board of Directors five (5) or more Directors shall con-
stitute a quorum.

Every meeting of the Board of Directors shall be open to members.
The Board shall go into executive session to discuss real estate nego-
tiations, legal transactions, or disciplinary actions, provided, however,
that all votes shall be taken in public session with members permit-
ted to be present.

At each meeting of the Board of Directors members shall be
given a comment period of up fifteen (15) minutes to bring
issues before the Board.

Section 6. DUTIES OF PRESIDENT: The President shall provide
leadership, coordination, and guidance in all matters of the Associa-
tion. The President shall preside over general membership meetings
of the Association. The President shall have the power to appoint and
dismiss special committees. The President shall preside over general
membership meetings of the Association. The President shall act as
chair of the Board of Directors and carry out all duties and responsi-
bilities contained in the bylaws or assigned by the Board of Directors.

Section 7. DUTIES OF VICE-PRESIDENT: The Vice-President

(Continued on page 18)
(Continued from page 17) shall assume the President’s office and powers in the absence of the President. The Vice-President may also chair specific phases of Association activity as designated by the President or the Board of Directors. The Vice President shall also be responsible for the development and presentation of programs at Member meetings.

Section 8. DUTIES OF SECRETARY: The Secretary shall keep, or cause to be kept, minutes of meetings of the Association and Board of Directors and make them available to the members. The Secretary shall prepare written documents as required for the Association and shall handle correspondence, mailings, and notifications of meetings when required. The Secretary shall assume the President’s office and powers in absence of both the President and Vice-President.

Section 9. DUTIES OF TREASURER: The Treasurer shall, pursuant to the regulations of the Board of Directors, have custody of the funds and securities of the Association, manage the same, deposit and safeguard funds, pay bills and other obligations, file necessary tax forms, including required filings with the State Corporation Commission, and be liaison with the insurance company. The Treasurer shall prescribe the form of records to be kept by any person handling funds of the Association.

Section 10. DUTIES OF RIDE DIRECTORS: The Monthly, Weekly, and Off-Road Ride directors shall organize all rides. A ride director or designated representative shall be present at all rides and provide a RABA ride sign-in sheet including a waiver of liability. The ride directors or representatives shall supervise all organized rides. The ride directors may organize a rides planning committee.

Section 11. DUTIES OF PUBLIC RELATIONS DIRECTOR: The Public Relations Director shall be responsible for bringing the Association and its activities to the attention of the public by coordinating RABA’s participation in community events and coordinating with the media.

Section 12. DUTIES OF MEMBER COMMUNICATIONS DIRECTOR: The Member Communications Director shall be editor of the newsletter and publish such on a regular basis and oversee administration of the Web site and the e-mail list. The Member Communications Director may organize a communications committee and make appointments and staff assignments as necessary.

Section 13. DUTIES OF THE BICYCLING ADVOCACY DIRECTOR: The Bicycling Advocacy Director shall be RABA’s representative to the Regional Citizen’s Transportation Advisory Committee and all governmental or citizen advocacy organizations in which the Advocacy Director deems it appropriate for RABA to participate, and shall act as, or delegate liaisons, with legislative and regulatory bodies and advocacy groups to ensure that the interests of bicyclists are represented and shall act to promote the bicycle as a vehicle for commuting.

Section 14. DUTIES OF THE MEMBERSHIP DIRECTOR: The Membership Director shall be responsible for maintaining the membership roster. The Membership Director will keep up-to-date records of the membership address information and membership expiration dates in coordination with the Treasurer. The Membership Director will provide a mailing list of the membership each month for the distribution of the newsletter and shall coordinate the e-mail list with the Member Communications Director.

Section 15. DUTIES OF THE CENTURY CHAIR. The Century Chair shall organize, promote, and conduct the club’s annual Heart of Virginia Century Ride and Bike Festival

Section 16. DUTIES OF THE DIRECTOR AT LARGE. The Director at large shall have special responsibilities as determined by the Board of Directors.

Section 17. RECALL OF DIRECTORS: Any Director may be removed from office for just cause by a two-thirds (2/3) majority vote of the entire Board of Directors. Just cause shall be defined as failure to maintain membership, malfeasance, and/or failure to perform duties as set forth herein.

ARTICLE IX - AMENDMENTS

These By-Laws may be amended only by two-thirds (2/3) of those qualified Members voting at a Special Meeting, provided a quorum is present. Such amendments shall have been proposed at a previous meeting and published at least once in a regular issue of the newsletter preceding the Special Meeting at which the vote is to be taken.

ARTICLE X - DISTRIBUTION OF ASSETS UPON DISSOLUTION

Upon dissolution of the Association for any reason and to the extent consistent with law, and after satisfaction of all debts and obligations, all remaining assets shall be conveyed to the League of American Bicyclists.

ARTICLE XI – EFFECTIVE DATE

With the exception of Article VII, these Bylaws shall become effective as of the date of their adoption by the members. The provisions of Article VII, which relate to Board composition and descriptions of Board positions shall become effective on December 31 following the date of adoption by the members.

Ride for Jim...

(Continued from page 9) much-needed, as it requires more years of study and bench research to earn both degrees. Massey is our state’s most important cancer resource, and this fund helps to ensure the next-generation of cancer researchers have opportunities for training side-by-side with world-class researchers.

The fund has already awarded one scholarship and hopes to raise enough money to endow a second scholarship this year. You can follow the current riders as they ride across country starting June 1st at the website www.rideforjim.org. They will be posting a blog along the way and new updates regarding the party and ride will be added as the summer progresses.

If you would like more information about either event or would like to be a volunteer or sponsor, contact Dave Jenkins at 232-2744 or jenkinsatg@aol.com.

Become a RABA Ride Leader!

No experience necessary
Cue sheet library available
Great way to become more involved in the club

For more information or to schedule a ride, contact:

Monthly Road Ride Captain: Noah Kaatz, noahk5270@yahoo.com 955-0582
Weekly Road Ride Captain: John Moore, jmooore216@comcast.net 338-9668
Off-Road Ride Captain: Matthew Bizzarri mdbizzarri@gmail.com 994-2006

The deadline for getting September rides listed in The Pedaler is August 15
Wanted:  
Anthem Moonlight Ride Volunteers  
RABA has accepted Richmond Sports Backers offer to partner in the Second Annual Anthem Moonlight Ride, which will be held on Saturday, August 21. In exchange for providing 6-8 people between 6:00 p.m. and 12:00 a.m. to sell non-alcoholic beverages, providing and staffing an exhibit, and promoting the event among members, Sports Backers will provide a $500 donation to RABA and the opportunity for RABA to insert into the participant bags.

RABA accepted a similar role in last year’s Moonlight Ride, which was attended by over 900 people. Andy Smith, Bud Vye, and Champe Burnley will spearhead RABA’s role and will soon make a call for volunteers.

If you’re interested in volunteering, contact Andy Smith at asmith2954@yahoo.com.

Bikes for Kids—Thanksgiving in August
It is again time to give thanks and to give something back to our community.

Every year the Richmond Bicycle Association raises money to buy needy kids bikes. We need your help.

Please take five minutes and send in a donation to help buy those bikes. Please mail it to ‘Bikes for Kids’ c/o RABA, P.O. Box 6565, Ashland, VA 23005. We will take this money and buy the bikes. In November we will gather volunteers to assemble the bikes and in early December they will be distributed to the Christmas Mothers. So please mail us what ever you can. You will have a warm fuzzy feeling and it will have nothing to do with the 100 degree weather. Happy Festivus!

If you have any questioning concerning this project feel free to e-mail Andrew Mann at rabamann@aol.com

Save the Date!
Virginia Creeper Trail  
Oct 1-3 (Friday-Sunday)  
Leaders: Dee and Suzanne Nuckols  
749-3400, sdnuckols@yahoo.com  
Ride Length and Pace: Ride 36 miles each day on Sat & Sun at a D Pace

This beautiful trail in southwest Virginia is a rail-to-trail and is suitable for all levels of riders, on hybrid or mountain bikes. We will arrive in Abingdon, Virginia on Friday.

On Saturday at 9:00AM we'll ride from the trail head to Damascus(18 miles) where we'll have lunch and look around the town before our return to Abingdon.

On Sunday we drive to Damascus for a 9:00AM start to ride the second half (18 miles), out and back to the White Top Mountain Station terminus.

(Continued on page 20)
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

CLASSIFIEDS Classified ads in The Pedaler are free for RABA members or for paying non-members. Members may have no more than two bicycles for sale on this site at any one time. Ads will run for three consecutive months unless informed that the items have been sold. The date submitted will be displayed on each. If you want your ad to continue running, you must notify the Editor prior to the expiration. Pedaler ads are not necessarily included on the website.

Santana Sovereign Tandem. Santana’s most popular high performance tandem. Frame is Easton double butted aluminum with carbon fork. Equipped with premium components and many upgrades. Well maintained and rides great! Frame is a large which will accommodate a captain with a 33 inch or larger inseam (measured to the floor) and a stoker with a 28 inch or larger inseam. See sizing chart at http://santanatandem.com/started/TandemSize.html Frame was repainted midnight blue metallic at the factory. This model sells for $5,300 new - am asking $2,500 obo. Contact Al or Lois Farrell lojafarrell@verizon.net for detailed specs, pictures, questions, etc.. (5/11/2010)

Custom made collapsible bike (SW 2009 OE targ New World Tourist 406 BTO 3.0 NW Sport STI DD27) including travel case. The bike was made by Green Gear Cycling Inc/Bike Friday in Eugene, Or. Slightly used. Price $250.00. Tel 704-3244 (6/15/2010)

DeRosa - 53cm C-C, Columbus TSX frame, complete Shimano Ultegra 18-sp, Mavic Open CD wheels, w/o pedals, VGC, $600. Bob @ 804-271-2241 (8/10)

Landrider - AutoShift women's bike. Sized to inseam 25-28", height to 5'2". Ridden twice, like new. $275. Bob @ 804-271-2241 (8/10)

56cm. road bike in reasonable condition for new rider. Will consider hybrid. Liz Settle @lizbetha@erols.com or 334-9142 (8/10)

Park PCS-10 workstand with Park #104 tool tray and Park HBH-1 handlebar holder. Like new condition. All for $150. Bob @ 804-271-2241 (8/10)

Bikes are available for rent from various outfitters in both towns. Hotel rooms have been blocked at the Quality Inn in Abingdon, I-81, Exit 19, 1(877)676-9090. Mention RABA to get the group rate. They will hold the block of rooms for us until 9/24/10. Camping is also available in the area.

There are a variety of good restaurants in town for your dinner plans; and you might consider taking in a play at Virginia’s historic Barter Theater on Fri or Sat night. For ticket info call 1(276)628-3991.

Please contact the ride leaders if you plan to do this ride.

September 18-19, 2010
Early Registration Discount Ends August 15
Click the link on the RABA home page (www.raba.org) for more information about the event and how to register