Cycling Thoughts

Years ago, I mentioned to a regular rider that I hadn’t seen him on his bike in a while.

“Life gets in the way,” was his response. Indeed it does. Frequently in positive ways, as in the recent marriage of my only daughter to a wonderful guy, or in a long-planned and saved-for beach trip with my wife’s extended family.

All too often, though, the interruption is far from positive. An injury, a time- and soul-sucking period at work or a loved one’s serious illness can make time on the bike hard to come by or feel like a trivial pursuit when it does happen.

On the other hand, if you can get past that guilty feeling, the sun on your face and the wind at your back can be an antidote to the tough times, especially if it includes camaraderie with your cycling buds.

Speaking of camaraderie, riding opportunities seem to be proliferating. There are always more scheduled rides in the peak riding season, but the number of impromptu rides and ride leaders also has jumped. I keep saying it. The club can’t have too many rides, especially on weekends. Not only do more rides create more options, they help keep the number of riders on a given ride more manageable and reduce the animosity generated by large packs of riders.

There certainly will be a lot of riders at the club’s annual picnic and ride on August 3 at Dorey Park, but with several different paces leaving at different times, the packs should be reasonably sized. On the picnic side, John Senn is excited about providing the grill and adding gumbo to the menu this year. Look for a guy with a beard, a big grin and something with an LSU logo on it. Lee Andrews will be flipping the burgers and dogs, and Ellyn Sukonick will be helping serve the food provided by the club and by riders bringing an appetizer, a side dish or dessert. If you’re not riding or get back early,

(Continued on page 6)

I know. When there’s a deadline, it’s just human nature to put things off until it’s almost there. The Heart of Virginia is just a little more than 45 days away! Not exactly imminent, but...

At this point we have approximately 110 people signed up to ride and just 5 people signed up to volunteer. Let’s get those numbers up!

This is the third year the event has been held at Hanover Courthouse. We’ve been tweaking the details of the event, keeping what works and smoothing out any rough spots. Probably the biggest change this year is to

(Continued on page 18)

Sunday, August 3
8:30 AM (Rides), Noon-2 PM (Picnic)
RABA Annual Picnic
at Dorey Park, Shelters 1 & 2
located at the back of the Park

Please join us at the Annual RABA Picnic for food, fun, and rides. We will start the day off with rides of various lengths and paces. Ride starts are at staggered times so that all

(Continued on page 18)
Heart of Virginia Cycling Event, Sept 13
by Kim Moore

RABA’s annual club fundraising event will be held on Saturday, September 13, at the Hanover County Administration Complex, 7516 County Complex Rd, Hanover, VA 23069, http://www.heartofvabikefestival.org/. We will have multiple distance options of a family ride 10 miles, 34 miles, 64 miles and 101 miles, marked routes, well-stocked rest stops and catered food and drinks provided at the finish area. Registration has been open since mid-year, but we have had fewer people sign up at this point of the year than last year at this point. We hope that will change quickly! To register to ride, please go to: http://www.heartofvabikefestival.org/

RABA APPAREL

Want to add to your RABA wardrobe? Well, here’s your chance! All of the jerseys and riding jackets are available in most sizes. The wind jackets are available in limited sizes. You can get the socks in SM/MED and LG/XL sizes.

Go to http://www.raba.org/rabaapparel.php for more information. Contact Bob at rabaapparel@gmail.com to confirm the size you want and how to go about purchasing it.

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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.

2014 Board of Directors

President: Alan Cooper, alanhcooper@yahoo.com 804-231-1997
Vice President: Gregg Hillmar, bike@hillmardesign.com 804-683-2503
Treasurer: Cindia Evans, cnevans@comcast.net 804-789-0511
Secretary: Julie Appleby, jwa47@hotmail.com 804-282-5123
Ride Director (Monthly Road Rides): Kim Moore, luvs2cycle@yahoo.com 804-358-0935
Ride Director (Weekly Road Rides): Jim Venning, javiscen@comcast.net 804-550-7250
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Bicycling Advocacy Director: Bud Vye bdcye@comcast.net 804-262-9544
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Century Chair: Keith Van Inwegen, keithvaninwegen@verizon.net 804-339-2820
Past President: Charlie Thomas, c.thomas53@verizon.net 804-763-9646

Committee Chairs

Web Administrator: Richard Halle rrichhalle@verizon.net 804-744-1760
E-Mail List Moderator: Kim Moore luvs2cycle@yahoo.com 804-358-0935
Safety: Eric Martin martin4bike@gmail.com 804-402-3471
RABA/BikeJournal Administrator: Ron Corio, rcorio@vcu.edu 804-643-6452
New Rider Recruitment & Retention: Chuck Jajesnica, cervelo55@verizon.net 804-543-8967
RABA Grants Committee Chair: Ron Corio, rcorio@vcu.edu 804-643-6452
RABA Apparel Chair– Bob Mitchell, rabaapparel@gmail.com 804-640-7029

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 (25 years of age or older), $25 per family consisting of one or two adults and all dependents under 18, or $10 per person (under 25 years of age) The term of membership is 12 months from the enrollment date. The Pedaler subscription is included.
Submit membership application or renewals online (http://www.raba.org/membership-x.html).
 Heard and Seen
Around the Club
by Bud Vye

Big news this month is the going into effect on July 1 of the change in the Passing law from Two Feet to Three Feet. Only took 10 years to get this passed. Some may remember that prior to 2004 the Code stated “Must ride single file at all times” and “Vehicles must pass at a safe distance and reasonable speed”. As we were getting close to final approval of the bill that would permit “May ride not more than two abreast, provided that you must fall into single file formation when being approached by a faster moving vehicle from the rear” as well as a number of less important items, the rep of the State Police was asked if there was anything he would like to see changed in the Code regarding bicycling while we were at it. He stated that he would like to see a specific distance noted, rather than “Safe distance and reasonable speed” and, after some discussion, that’s how we wound up with Two Feet passing in the Code. Now, after ten long years, we get that undone and back to a more commonly used distance, as 23 other states have Three Feet, about the same number still have “Safe Distance and Reasonable Speed”, and only North Carolina remains with “Two Feet”.

Just to prove that no good deed goes unpunished in this Advocacy business, our friends at DMV proceed to print another fiscal year’s supply of Drivers Manuals noting that the Passing Distance is Two Feet. Looks like their top management was aware of the change, but the word didn’t get down the line. Just another problem to be worked on, as we now try to get the word out to everyone as to what the Code says. We did have a press conference, which did result in some press, and the Virginia Bicycling Federation has printed and distributed several thousand bumper stickers containing the message, and our friends at DMV have corrected their electronic version of the Manual, so we are working on it. Do your bit and spread the word, as you have the opportunity.

Another long running project appears to be coming to fruition as the book Mark Hom’s been working on, in association with Greg Lemond, titled “The Science of Fitness: Power, Performance, and Endurance” is being readied for publication around the first of the year and Amazon already has it listed as a pre-order title. Looks like a second book has already been contracted for. This I believe was the one Mark was initially working on titled “Mitochondrial Fitness: the Science of Athletic Energy” which is a longer, text book version with more scientific detail. Well done, Mark! Way to hang with it.

Lots of far away riding going on as Jesse & Cathy Archer are back from riding their loaded tandem in the Upper Peninsula of Michigan and Jesse has kindly shared his report and photos which appear elsewhere in this issue.

No sooner did they return from their Bike and Barge trip in France than Barry & Martha Pullen left for a Bicycle Adventure Club (BAC) trip in the Glacier region of Montana and British Columbia, which I’m looking forward to hearing about. Still out there are our big contingent riding across Iowa on RAGBRAI, as well as Jerry Hefele, currently on a BAC West coast to East coast cross country trip. Before leaving for Iowa, Bruce Walton made himself popular by bringing a basket of tomatoes from his garden to a Retirees ride for everyone to take home a few. I was impressed by how sweet they tasted; far better than those in the super market.

Also, just before heading for Iowa, Holly Smith welcomed one of her daughters back from 2 years in Cameroon with the Peace Corps, and upon returning from Iowa will be taking her right up to U. of Maryland to start grad school.

Hadn’t heard anything about Debbie Gleason for a while since she got her Ph.D from UVA, then learn both good and bad news as she has landed on the faculty at James Madison, but has recently lost her mom. Best wishes on your new job, Debbie, and our sympathy and thoughts on your loss!

Hadn’t seen Emily Kimball, our Aging Adventurer, for a while and thought she might be on another trip. Then I got word that she was recovering from surgery, which I heard unofficially was for removal of her gall bladder. Looking forward to seeing you back on the bike, Emily, ASAP.

Charlie Thomas still hobbling around with his stress fractured foot in a boot, but improved to the point where he can now drive, although some time away from getting back on his bike.

Also, unofficially from a reliable source, that Bobby Wrenn’s 82nd Birthday fell on a very hot day in late June, so he wasn’t able to do a Century, but did do a lengthy ride. I’m impressed, Bobby. Keep it going!

Very big turnout of about 60 for the combined races of the Meet the Board Ride from Legend on 6/29 just about took over the deck, even tho a handful of wimps stayed inside in the air conditioning. Turned out to be a very pleasant social after the ride, as I know I met a number of riders I didn’t know.

And No Drop Chuck reported 92 at the July New Riders Ride on 7/5 despite it being on the Holiday weekend. Speaking of Chuck, I continue to be amazed at his nocturnal schedule, with rides starting at 5:30 a.m. and announcements being sent out around 3. I’ve thought about going on one of those 5:30 rides just to see what it was like, but thinking about it was about as far as I got, before I rolled over and went back to sleep.

Nice write up in the MetroBiz section on Louis Scheer and his Molly’s Bike Shop (used to be Cycle Solutions, til he bought it back in November) down in Chester. Its a bit out of my territory, but I’m looking forward to meeting Louis at our RABA outing at the Diamond.

And Dick Pitini having trouble containing himself as he is asked for his ID to prove he is over 50 when he orders a Senior Drink at Chick-fil-A. Must be that weight loss program he’s on making him look younger.

As I close, looks like Congress has kicked the can down the road til after the election by cobbling up a short term extension to keep funding the Transportation Trust Fund.

(Continued on page 6)
I signed Cathy and I up for an Inn-to-Inn tour with Adventure Cycling back in the spring. I assumed that Inn-to-Inn would mean that your luggage was transported by van for you. Well, as they say, it pays to read the small print. When I went back and read the details of our tour I found that, while we were staying in hotels, we were responsible for carrying our own luggage. To say that I was not looking forward to explaining this to Cathy would be an understatement. But I must say she took the news very well – I was out of the hospital in just a couple of days.

To get ready for our 11 day ride in the Upper Peninsula of Michigan I put a front rack and handlebar bag (with a little help from Cycles Ed) on our tandem. And since I already had Ortlieb panniers for my touring bike, we were all set. I must say Cathy was great about what she packed, or put a better way, what she didn’t pack. No hair dryer, only two pair of cycling shorts, only one pair of shoes and the list could go on and on.

After all the preparations and worries as to whether we were up to such an adventure the ride was almost a little anti-climactic. But we had a great time. Our group included two other couples, a single rider, and Matt, our tour guide. We started from Petoskey, Michigan on June 15 and after crossing the Mackinac Bridge for the next 10 days were considered Yoopers (residents of Upper Michigan). Our tour took us to Trout Lake, Paradise (I understand there is a place called Hell on the UP, but fortunately that was not one of our stops), Sault Ste. Marie, and Cedarville. We also spent one night on Mackinac Island where there is a “Grand Hotel”. If you saw the movie “Somewhere in Time” you have seen the hotel.

We were very fortunate with weather (only one day of rain) and the terrain (the UP is very flat). And we had some excellent meals. Fish is very popular in the UP. So we had Perch, Whitefish, Trout and Walleye We even tried smoked fish. At one of our stops the only restaurant in town was closed by the time we arrived. It seems they buy the amount of fish they think they need for the day and when it runs out they close for the day. But Matt put together a great meal after a visit to a convenience store. Chicken burritos with black beans and rice, salad and, of course, ice cream for dessert.

We did have some steep hills on our last day back to Petoskey but by that time we considered ourselves animals (or maybe that was because of the smell coming from our panniers) and we knew the next ride would be in our car.
Bikejournal Notes
by Ron Corio

As of July 16, 234 RABA riders logged 274,900 miles, an average of 1,175 miles per rider, to keep RABA in first place in total miles logged among Bikejournal clubs.

<table>
<thead>
<tr>
<th>Rank</th>
<th>Club</th>
<th>Num of Riders / Members</th>
<th>Location</th>
<th>Distance (miles)</th>
<th>Distance/ Rider (miles)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Richmond Area Bicycling Assoc...</td>
<td>220 / 229</td>
<td>Richmond, VA</td>
<td>200,581</td>
<td>013</td>
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<tr>
<td>2</td>
<td>Space City Cycling Club</td>
<td>89 / 143</td>
<td>Houston, TX</td>
<td>138,301</td>
<td>1,556</td>
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<tr>
<td>3</td>
<td>Sacramento Bike Riders</td>
<td>100 / 145</td>
<td>Sacramento, CA</td>
<td>126,537</td>
<td>1,265</td>
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<td>4</td>
<td>Phoenix Metro Bicycle Club</td>
<td>49 / 95</td>
<td>Tempe, AZ</td>
<td>118,000</td>
<td>2,410</td>
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<tr>
<td>5</td>
<td>'BertieRider Recumbent Club</td>
<td>85 / 722</td>
<td>International</td>
<td>101,250</td>
<td>1,191</td>
</tr>
<tr>
<td>6</td>
<td>Australian Cycling Forums</td>
<td>62 / 304</td>
<td>Australia</td>
<td>93,136</td>
<td>1,503</td>
</tr>
<tr>
<td>7</td>
<td>Breakaway Bike &amp; Fitness</td>
<td>110 / 186</td>
<td>Peru, IN</td>
<td>58,052</td>
<td>528</td>
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<tr>
<td>8</td>
<td>The Chain Gang</td>
<td>26 / 27</td>
<td>Hiram, GA</td>
<td>47,837</td>
<td>1,816</td>
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<tr>
<td>9</td>
<td>Stockton Bicycle Club</td>
<td>20 / 47</td>
<td>Stockton, CA</td>
<td>46,616</td>
<td>2,331</td>
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<tr>
<td>10</td>
<td>yACF</td>
<td>27 / 168</td>
<td>The Interweb</td>
<td>43,600</td>
<td>1,615</td>
</tr>
</tbody>
</table>

Leader Board – June 15, 2014

1. Harry Davis 5899 6. Dee Nuckols 4209
2. Paula Dahl 5762 7. Lawrence Skalak 3549
5. Karl Schmitz 4842 10. Wesley King 3315

Showing Real Name to Club. To join Club RABA on Bikejournal, your first and last real name must be included in your profile so that your membership in RABA can be verified.

To show your real name to other club members on Bikejournal, it is necessary to check the “Show your real name to club” box in the Member Options section of your profile (see image to the right).

If you withhold your real name from Bikejournal club members, you are not

(Continued on page 12)
Heard and Seen...

(Continued from page 3)

Since this is the fund which pays for the lion’s share of projects we’ve seen around here like the I-95 bridge replacements, I-295/I-64 flyover, and even the Capital Trail, and its revenue (from the 18.4 cents per gallon Federal Gas tax) is falling due to less gas being used, everyone agrees that its critical to keep it funded. But most of the legislators, and the President, are absolutely terrified to be seen as in favor of raising that tax, so are dreaming up some very novel and creative funding sources to propose, many of which have nothing whatever to do with Transportation. We'll see where this leads, probably to an eventual increase in the 18.4 cents, although Oregon has recognized that all road users (electric powered as well as gas burners) should help pay for the roads and has moved to a fee based on mileage driven.

Soapbox...

(Continued from page 1)

give Ellyn a hand with the setup. And be sure to go to the website and register so we'll know how much food to buy and prepare.

And it’s not too early to start thinking about the Heart of Virginia ride, the club’s primary fundraiser, on September 13. We have a new partner this year, the Brain Injury Association of Virginia, but the club is taking on a larger role in the logistics of the event than it has recently and will need more volunteers this year. Look on the message board for a request for volunteers from Kim Moore if you can help. There are opportunities to both ride and help with the event.

- Alan Cooper

Heart of Virginia 2014...

(Continued from page 2)

If you can’t or don’t want to ride, we could use your help as a volunteer. We have many of the usual positions open, like SAG drivers, food servers, event day set up/clean up, registration and transport help. But we have added the need for rest stop volunteers as RABA will be manning at 2-3 rest stops on the routes this year! Anyone, club member or not, cyclists or not, is welcome even for a couple hours, and we appreciate you spreading the word! If you have children in need of volunteer service hours or you know of a group willing to help, please encourage them to volunteer. To do so, please go to: http://www.viethconsulting.com/members/evr/reg_event.php?orgcode=RABA&evid=9173233

Proceeds from this event will fund club operations, RABA Foundation’s Bikes for Kids charity effort and our charity partner for 2014, the Brain Injury Association of Virginia, www.biav.net BIAV has been providing help, hope and healing for over 30 years to Virginians who have survived traumatic brain injury (TBI) and their caregivers. Unfortunately, bicyclists are all too familiar with this type of injury as concussions are one form of TBIs. BIAV will be visible at this year’s event – the organization will be staffing two of the rest stops on the century route with its employees and volunteers.

If you have questions or comments about the event, please contact Heart of Virginia Chair Keith Van Inwegen at keithvaninwegen@verizon.net. If you have questions about volunteering, please contact Kim Moore at luvs2cycle@yahoo.com.

Bikes for Kids 2014

Every year RABA raises money to purchase bicycles to donate to area county Christmas Mothers so they in turn can give them to kids less fortunate in our community.

With your support we can achieve our goal of buying 250 bikes and helmets, putting them together and delivering them to area Christmas Mothers.

You remember how much fun it was to find a bike next to the Christmas tree? Help us make that dream come true for some kids in need.

Any amount you can give helps. Large bikes for teenagers cost about $100, mid-size bikes $75 and small bikes $50.

Please give by going to the web site [http://www.raba.org/bikesforkids.html] and clicking the Pay-Pal button at the bottom of the page.

Remember that contributions (make any checks payable to the RABA Foundation) are tax deductible this year.
Submit 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 Deadlines: 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.

Classifieds: Classifieds now exclusively at www.raba.org. Classified ads on the web site 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 90 days 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. The web site’s Classified page is here.

Bike Shops Offering RABA Member Discounts:
- **Pedal Power Bicycles**, Broad St./Staples Mill Rd (former Rowletts location), 10% discount.
- **Conte’s of Richmond**, 4300 Pouncey Tract, Ste H, Glen Allen, VA 23060. 15% discount.
- **3Sports**, 6241 River Road Road, Richmond and at West Broad Village, 10% discount on apparel, bike shoes, parts, but it does not apply to labor. Complete bikes are 5%.
- **Molly’s Bicycle Shop**, 2126 E. Hundred Rd, Chester, VA 23834. 10 percent discount on parts and accessories, 5 percent discount on bikes other than Felt.

Note: If anyone knows of any other bike shops that offer RABA members a discount, please contact Alan Cooper at alanh cooper@yahoo.com.

Get a membership “card” by following the steps here.

Become a RABA Ride Leader!
- Cue sheet library available
- Great way to become more involved in the club

For more information or to schedule a ride, contact:

**Ride Director (Monthly Road Rides):** Kim Moore, luvs2cycle@yahoo.com 358-0935

**Ride Director (Weekly Road Rides):** Jim Venning, julisvenn@gmail.com 550-7250

The deadline for getting September, 2014 rides listed in The Pedaler is August 15

Registration for the 2014 Heart of Virginia Bike Festival is Open Now!

Register on-line through August 31 and the price is only $40 for RABA members and $45 for others.

Go to www.heartofvabikefestival.org

2014 Heart of Virginia Bike Festival
Saturday September 13, 2014
Hanover County Courthouse, Virginia

Your choice of 101, 62, 35, and 10 mile routes. Info & registration at www.heartofvabikefestival.org

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 Deadlines: 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

The Pedaler August, 2014
August, 2014 Monthly Rides

Ride Director (Monthly Road Rides): Kim Moore, 804-358-0935, luvs2cycle@yahoo.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 2014 Monthly Ride sign-up sheets to Kim Moore, 2007 West Grace Street, Richmond, VA 23220.

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

<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>

Road Ride Pace 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>
</tbody>
</table>

Terrain Key

Note: www.raba.org and here for the complete Pace Key Tables

August 2 (Saturday) Riding Through Dogtown

Pace | Time | Miles | Terrain | Stops | Leader
--- | --- | --- | --- | --- | ---
A   | 8 am | 62  | 4   | one  | Mike & Kim Moore 358-0935
B+  | 8 am | 62  | 4   | one  | Ken Robertson, robertson12001@gmail.com

Description: Join the Moores for their summer season favorite of riding various parts of the East End and then eating at Camden’s Dogtown Market Cafe after the ride. Other paces are welcome to lead the 62 mile or shorter distances like 20-31-40. If interested, please contact the Moores.

Directions: The address is 201 West 7th St (corner of Porter and 7th Streets), Richmond, VA 23224. The restaurant is located south of the James River, in the Old Manchester District, on the first floor of the Corrugated Box building. Free parking is available on the street or directly behind the restaurant. Cue sheets will be provided.

August 2 (Saturday) Group Rides for New Riders

Pace | Time | Miles | Terrain | Stops | Leader
--- | --- | --- | --- | --- | ---
All | 8:30 am | 20-32 | 3   | one  | Chuck Jajesnica, 804-543-8967, cervelo55@verizon.net

Description: This is the fifth of 5 rides for new riders, to be held on the first Saturday in April, May, June, July, and August. This ride is aimed at attracting new cyclists to RABA and getting more riders into the sport. 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 12-mile extension. If you would like to volunteer to help out, please arrive at 8 am. Contact Chuck for details.

From Richmond take I-95 or I-295 to Route 460 East (toward Norfolk). The parking lot is at the intersection of Routes 460 and 40 (Main Street) in the town of Waverly. Please remember that speed limits are strictly enforced in Waverly.

August 2 (Saturday) West Point Ride

Pace | Time | Miles | Terrain | Stops | Leader
--- | --- | --- | --- | --- | ---
B   | 9:30 am | 31/43 | 3   | One  | Rich Thompson, 757-291-2548, LeMondRdr@gmail.com
C   | 9:30 am | 31/43 | 3   | One  | Jack Huber, 804-282-3872, jhuber1111@yahoo.com

Description: Rich Thompson & Jack Huber invite you to join them for a scenic ride through King William County along its rolling country back roads. This ride features rolling terrain and a 12 mile extension for those rides wanting a few extra miles and climbs.

(Continued on page 9)
After the ride, Rich and Jack invite you to join them for lunch at Anna's Italian Restaurant & Pizzeria. To reserve your spot on this scenic ride, please confirm with Rich or Jack by NO LATER THAN 12:00 PM on Friday, Aug. 1.

**Directions:** The ride starts and ends at West Point Elementary/Middle 1040 Thompson Ave, West Point, VA 23181. Meet in the School Parking Lot next to the tennis courts and water tower.

### August 3 (Sunday)  
**Spring Run/Beach Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>7:30 am</td>
<td>42</td>
<td>3</td>
<td>One</td>
<td>Kris Van Allen, <a href="mailto:krislva@hotmail.com">krislva@hotmail.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** We’re doing this ride with an early start to try to beat the heat. Meet at the VDOT parking lot at the intersection of Beach and Spring Run Roads in Chesterfield. The ride will go through the Spring Run, Beach and Woodpecker Road areas of Chesterfield County.

### August 3 (Sunday)  
**RABA Annual Picnic Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>8:30 am</td>
<td>49</td>
<td>4</td>
<td>One</td>
<td>Mike and Kim Moore, 804-358-0935</td>
</tr>
<tr>
<td>B+</td>
<td>8:30 am</td>
<td>49</td>
<td>4</td>
<td>One</td>
<td>Ken Robertson, <a href="mailto:robertson12001@gmail.com">robertson12001@gmail.com</a></td>
</tr>
<tr>
<td>B</td>
<td>8:30 am</td>
<td>49</td>
<td>4</td>
<td>One</td>
<td></td>
</tr>
<tr>
<td>B</td>
<td>9:30 am</td>
<td>34</td>
<td>4</td>
<td>One</td>
<td></td>
</tr>
<tr>
<td>C</td>
<td>9:30 am</td>
<td>27</td>
<td>4</td>
<td>One</td>
<td>Chuck Jajesnica, 804-543-8967, <a href="mailto:cervelo55@verizon.net">cervelo55@verizon.net</a></td>
</tr>
</tbody>
</table>

**Description:** Join us for our annual bike ride and picnic from Dorey Park. Get your appetite charged with a morning ride followed by a tasty picnic at 12 noon. Rides start at staggered times so that riders will finish riding at approximately the same time. Please contact Gregg Hillmar at bike@hillmardesign.com if you are interested in leading a ride. Cue sheets will be provided. See picnic notice on www.raba.org for more information.

**Cue Sheets:**
- 49 Mile Route
- 34 Mile Route
- 27 Mile Route

**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.

### August 9 (Saturday)  
**Waverly Watermelon Metric**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C+</td>
<td>9 am</td>
<td>62</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 another summer ride! This is a joint ride for RABA and Williamsburg Area Bicyclists. The route will pass through Claremont and Surry, two quiet villages in Surry County. The terrain is mostly flat and the traffic volume is very low. There will be a rest stop at Jack’s place on the James river and another hosted by Shirley Cockes, Surry County’s "Watermelon Lady." All pace levels are welcome, please contact Jack if you would like to lead a B or faster group. After the ride join members of the group for lunch in Waverly at Giuseppe’s.

**Directions:** Meet at the parking lot behind (now closed) La Hacienda Mexican restaurant (101 South County Drive, Waverly, VA 23890). From Richmond take I-95 or I-295 to Route 460 East (toward Norfolk). The parking lot is at the intersection of Routes 460 and 40 (Main Street) in the town of Waverly. Please remember that speed limits are strictly enforced in Waverly.

### August 10 (Sunday)  
**Bouncing Dogs Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>9 am</td>
<td>36</td>
<td>3</td>
<td>None</td>
<td>Jan Waldron, 804-938-9181, <a href="mailto:alienaardvark@gmail.com">alienaardvark@gmail.com</a></td>
</tr>
</tbody>
</table>

**Description:** Meet in the Food Lion parking lot (towards the rear) at Broad View Shopping Center for a ride into northern Goochland County horse country. Long ago, club riders encountered some of the area’s friendlier dogs on this route and named the ride in their honor. The route is divided into two distinct halves by Route 250. The terrain consists of rolling hills. There is no store stop so bring water and snacks.

**Directions:** To get to Centerville, take Interstate 64 west of Richmond to the Rockville/Manakin exit, then south on Route 623
about a mile, to a right on Route 250. The shopping center is a short distance on your right. Alternatively, if you come out West Broad Street (Route 250), the shopping center is on your right about 1.5 miles west of the Route 288 interchange.

**August 17 (Sunday)**

**Spring Run/Beach Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>7:30 am</td>
<td>42</td>
<td></td>
<td>3</td>
<td>Kris Van Allen, <a href="mailto:krislva@hotmail.com">krislva@hotmail.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** We’re doing this ride with an early start to try to beat the heat. Meet at the VDOT parking lot at the intersection of Beach and Spring Run Roads in Chesterfield. The ride will go through the Spring Run, Beach and Woodpecker Road areas of Chesterfield County.

**August 17 (Sunday)**

**Blue Ridge Parkway Tour**

Time: 6:15 am for Car Caravan; 8:30am at Inn at Afton Mountain

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>See above</td>
<td>30 to 60+</td>
<td>1</td>
<td>One</td>
<td>Mike &amp; Kim Moore, 804-358-0935</td>
</tr>
</tbody>
</table>

**Description and Directions:** The Moores have gone to the BRP many times over the years to get climbing fit and ready for the centuries coming up in September. You may ride as long as you like, the route is an out and back. Note: you should be physically fit enough to withstand climbing for multiple periods of time, lasting 30 minutes to 1 hour per time. Speed is not a factor, endurance and perservance are. Please make sure that your bicycle is geared for long climbs and is in good working condition as there are no bicycle shops nearby; bringing extra tubes and a small tool set are strongly suggested. Also bring plenty of fluids and food/snacks as rest areas on the Parkway are limited or may be closed. Please contact the Moores by phone or email by Friday, August 15, if you would like to join so that they have a headcount of who will be riding.

For the car caravan, please meet at 6:15 AM at the Einstein Bros Bagels shop at 3320 Pump Rd, in a shopping center near the intersection of W. Broad St and Pump Rd. Car pools can be put together to help save gas money. Otherwise, you may meet at the Inn at Afton, Exit 99, at the junction of I-64 West and U.S. Rt 250. Please arrive in time so that the ride may depart by 8:30 AM. Since this is an out of town trip, please be aware that the ride and drive will take up most of the day.

**August 21 (Thursday)**

**Downtown Happy Hour Ride**

<table>
<thead>
<tr>
<th>Pace</th>
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<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B/C</td>
<td>6 pm</td>
<td>20</td>
<td>3</td>
<td>None</td>
<td>Michael Todd, 908.419.7322 , <a href="mailto:mtodd@richmond.edu">mtodd@richmond.edu</a> -</td>
</tr>
</tbody>
</table>

**Description and Directions:** Start Location: 600 East Main Street (Main Street Center Courtyard). Starting downtown, we'll cross the river on Belvedere/US 301 and head west on Riverside Drive, we'll continue on Riverside after a brief connection point over the Powhite via Forest Hill, we'll cross back over the river via the Huguenot Bridge, take a short excursion through UofR campus before connecting with Grove Avenue, which we'll take all the way back downtown.

**What to Expect:** This ride is meant to be a quick workout after a day in the office. It is an urban route with traffic expected, we'll stay on an easier pace on the heavily trafficked roads to maximize safety and hopefully push ourselves a bit on the stretches of Riverside, UofR's campus and Grove, which are all bike friendly routes. With total mileage of just under 20 miles, it shouldn't take any more than 1.5 hours. (bring a light).

**August 23 (Saturday)**

**Tour of Powhatan**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>8 am</td>
<td>62</td>
<td>3-4</td>
<td>1</td>
<td>David Stuart, (804) 387-9766, <a href="mailto:dabbytoo@hotmail.com">dabbytoo@hotmail.com</a></td>
</tr>
</tbody>
</table>

**Description:** For those who enjoyed the Historic Tour of Powhatan this Spring, here is your chance to ride the route again. If you missed it, here is your chance to experience the beautiful roads and scenery of Powhatan County. Powhatan features some of the best riding in the greater Richmond area. Most of the roads are blissfully smooth and many are tree-lined. There will be 1 store stop at the 26 mile mark. The ride leader will plan on leading a B+ pace. If you are interested in riding [or leading] a different pace, let David know and hopefully we can get several pace groups organized. Cue sheets will be available.

There are two very nice restaurants directly across the street from the Court House for those who would like to have a bite to eat after the ride.

**Directions:** We will meet at the Powhatan County Courthouse on Route 13. If you are using a GPS, use 3880 Old Buckingham Road, Powhatan, VA 23139. Parking is available in front of the courthouse.

(Continued on page 11)
**August 23 (Saturday)**

**RATS Tandem Picnic**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>9 am</td>
<td>38/28</td>
<td></td>
<td>Two</td>
<td>Reed &amp; Karen Nester, 757-869-2949, <a href="mailto:reednester@gmail.com">reednester@gmail.com</a></td>
</tr>
<tr>
<td>C</td>
<td>9 am</td>
<td>38/28</td>
<td></td>
<td>Two</td>
<td>TBD</td>
</tr>
</tbody>
</table>

**Description:** The RATS (Richmond Area Tandem Society) Annual Picnic is on Saturday, August 23. The rides start at Lawrence Lewis, Jr. Park in Charles City County. The rides are open to everyone, and will be on the quiet roads of Charles City County. This is a 38 mile ride with an option to shorten to 28 miles. Riders will start together, separating out into B and C paces as we go along.

The RATS Picnic will begin when the rides end between 12:30 and 1:00. Sizzling grills, utensils and condiments will be provided. Please bring something to grill, something to drink, and a side dish to share. Come out and enjoy a great summer ride, friends and good food. Please call Reed and Karen Nester at 757-869-2949 or email reednester@gmail.com to let them know you are coming.

**Directions:** The ride start, and the picnic, will be at Lawrence Lewis, Jr. Park, 12400 Wilcox Wharf Road, Charles City, VA 23030. The Park is located two miles west of Charles City off of Route 5. From Richmond, turn right on Wilcox Wharf Road, which is just past Charles City Tavern, and follow the road to the Park. Parking is very limited at Lawrence Lewis, Jr. Park, so if you are just coming for the ride we suggest that you park at Charles City Courthouse and ride the Capital Trail to Wilcox Wharf Road and then to the park, which is a 3 mile ride [from Charles City Courthouse, turn left onto Courthouse Road and proceed to the Capital Trail; at mile 2.1 turn left onto Wilcox Wharf Road (Rt. 618) and ride to the Park for the ride start].

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**August 24 (Sunday)**

**Spring Run/Beach Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>7:30 am</td>
<td>42</td>
<td>3</td>
<td>One</td>
<td>Kris Van Allen, <a href="mailto:krislva@hotmail.com">krislva@hotmail.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** We’re doing this ride with an early start to try to beat the heat. Meet at the VDOT parking lot at the intersection of Beach and Spring Run Roads in Chesterfield. The ride will go through the Spring Run, Beach and Woodpecker Road areas of Chesterfield County.

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**August 31 (Sunday)**

**Spring Run/Beach Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>7:30 am</td>
<td>42</td>
<td>3</td>
<td>One</td>
<td>Kris Van Allen, <a href="mailto:krislva@hotmail.com">krislva@hotmail.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** We’re doing this ride with an early start to try to beat the heat. Meet at the VDOT parking lot at the intersection of Beach and Spring Run Roads in Chesterfield. The ride will go through the Spring Run, Beach and Woodpecker Road areas of Chesterfield County.

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**August 31 (Sunday)**

**Frog Level Metric**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>8 am</td>
<td>62</td>
<td>3</td>
<td>One</td>
<td>Mike and Kim Moore, 358-0935</td>
</tr>
</tbody>
</table>

**Description:** The Moores are doing a club classic of riding through relatively light traffic roads and pretty scenery. The route will also go through some of the same roads as the Heart of Virginia routes, so join us if you want to get a preview! As of press time, the Moores are looking for other pace leaders for the metric or shorter options, please contact them if interested in leading. Please bring plenty of food and fluids as stores tend to be closed on a Sunday.

**Directions:** The ride starts and finishes at the Hanover County Government Complex (7497 County Complex Rd., Hanover, VA 23069) on US Route 301 just south of the intersection of Routes 54 and 301.

---

**August 31 (Sunday)**

**Rappahannock River Tour**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>10 am</td>
<td>43/30</td>
<td>3</td>
<td>Three</td>
<td>Hugh and Laura Aaron, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
<tr>
<td>C</td>
<td>10 am</td>
<td>43</td>
<td>3</td>
<td>Three</td>
<td>Jack Huber, 804-282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
<tr>
<td>C (no drop)</td>
<td>10 am</td>
<td>43/30</td>
<td>3</td>
<td>Three</td>
<td>Chuck Jajesnica, 804-543-8967, <a href="mailto:cervelo55@verizon.net">cervelo55@verizon.net</a></td>
</tr>
</tbody>
</table>

**Description:** RABA is once again teaming up with Northern Neck Cycling, (the bike club on Virginia’s Northern Neck) and the Richmond Area Tandem Society (RATS) for a leisurely ride through Lancaster County on Virginia’s Northern Neck. The route starts at the Steamboat Era Museum in Irvington and then heads out to Windmill Point beach for a great view of the mouth of the Rappahannock River. The route then travels around Fleets Bay into downtown Kilmarnock. All pace groups will meet up

(Continued on page 12)
August, 2014 Monthly Rides

(Continued from page 11)

in Kilmarnock for a very casual lunch on the patio at Savannah Joes (formerly Smokin Joes). After lunch, the shorter route returns to Irvington and the longer route travels down to the Corrotoman River, then into the historic village of Weems with two view stops – one on the Carters Creek side of Weems and another on the Corrotoman River side. From Weems, the route heads back to Irvington. Both routes pass historic Christ Church, which is a great stop if you feel like walking the grounds or taking the tour.

Steve Reiss and Juliellen Sarver have once again invited all riders back to Steve’s house on Carter’s Creek in Irvington for an informal post-ride drink and watermelon gathering. As in past years, because of limited parking in Steve’s neighborhood everyone is asked to bike or walk to Steve’s house. To get to Steve’s house from the Steamboat Museum, follow Chesapeake Drive (which is the street on the other side of Commons area from the Steamboat Museum) to the cul-de-sac at the end of the street. Steve’s address is 729 Chesapeake Drive.

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. Click here to download and print the cue sheet (which includes all three routes). If you have any trouble finding the cue sheet on the RABA web site, email one of the ride leaders for a copy.

Directions: Irvington is about 1 hour and 15 minutes 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 Irvington, take Interstate 64 east to exit 220 for Route 33 East to West Point. Continue 17 miles past West Point to a stoplight at the crest of a hill in Glens 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 6.8 miles to the stoplight at the Route 3 intersection. Turn left onto Route 3 West and continue for 7.4 miles over the Rappahannock River (on the Norris Bridge) into White Stone. Turn left at the first traffic signal in White Stone onto Route 200 North (Irvington Rd – might be “Chesapeake Drive” at the turn) and drive 2 miles into Irvington. Turn at the second left on Route 634 (King Carter Drive). The Steamboat Era Museum (156 King Carter Drive, Irvington, VA 22480) will be on your right just past the bank. Find a parking place anywhere you can in the vicinity of the Steamboat Museum. There is some on-street parking along King Carter Drive.

Bikejournal Report...

(Continued from page 5)

eligible to receive an annual mileage certificate from RABA or be included in the Bikejournal Leader Board published in the monthly newsletter.

To edit your profile, go to Riders/edit my profile, make changes, then click “Apply changes.”

Outdoor Rides Only. Make sure that the “Outdoor Only” box in Member Options is checked, so that only outdoor rides are included in the stats comparison table. The personal journal will include indoor miles that have been logged, but they will be filtered out of the comparison table with other riders.
Ride Director (Weekly Road Rides): Jim Venning, 550-7250, jalisvenn@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 2013 Weekly Ride sign-up sheets to Jim Venning, 9136 Fox Hill Race Court, Mechanicsville, VA 23116.

Note: www.raba.org and here for the complete Pace Key Tables

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**Sunday**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>8 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>
<tr>
<td>B</td>
<td>8 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.

**Sunday Portabella Ride**

<table>
<thead>
<tr>
<th>Pace</th>
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<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>9 am</td>
<td>19-52</td>
<td>4</td>
<td>Various</td>
<td>See below</td>
</tr>
</tbody>
</table>

**Leaders:**
- Aug. 03– Ride replaced by RABA Picnic Rides. Details here
- Aug. 10- Chuck Jajesnica, cervelo55@verizon.net
- Aug. 17- Noah Kaatz, Noahk5270@yahoo.com
- Aug. 24- David McMillan, memillanmail@comcast.net
- Aug. 31- Ken Robertson, robertson12001@comcast.net

**Description:** This weekly ride starts at the rear of Portabella Ristorante located in the Varina Food Lion Shopping Center. It is a show and go ride like the Saturday ABC ride. There will be no pace group ride leaders; riders will form their own groups. Ride leaders for each Sunday, listed above, will provide a sign-up sheet and help new riders match up with riders of a similar pace. Riders will choose their own route. Curve sheets and maps for over a dozen rides ranging from 19 to 52 miles are available at http://raba.org/cuemap.php?name=&start=7. Print and bring your own cue sheet as none will be available at the ride.

**Parking:** Please park behind Portabella Ristorante in the rear of the shopping center. If this area is filled, park on the west (Richmond) side of the shopping center. Do not park in front of Portabella Ristorante or other areas in front of the shopping center.

**Directions:** Portabella Ristorante is located at 2627 New Market Road (Route 5 and Strath Road), Henrico, VA 23231. Park in the lot behind the building (see note above).

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**Monday**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</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. Each week’s location will be announced to the RABA e-mail list. If you are not on the list, please contact one of the leaders.

---

**Monday Prince George Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B/B+</td>
<td>5:30 pm</td>
<td>25-35</td>
<td>3</td>
<td>None</td>
<td>Chip England, <a href="mailto:cbe89usma@verizon.net">cbe89usma@verizon.net</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** Ride departs weekly on Mondays at 5:30 pm from the CCAM parking lot (West Quaker and Wells Station Roads). It’s a mostly level rural ride with a few gentle hills. Route option distances average between 25 to 35 miles. It’s currently at a B to B+ pace with other paces welcome to form. Contact Chip England at cbe89usma@verizon.net with questions or just show up.

---

**Monday Start the Week at West Creek**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>6 pm</td>
<td>6-30</td>
<td>many</td>
<td></td>
<td>Chris Cook, 804-512-8207 <a href="mailto:chrisck@aol.com">chrisck@aol.com</a></td>
</tr>
</tbody>
</table>

**Description:** Riders can ride this 6-mile loop for as many miles as they want up to and beyond 30 miles. All ride levels are in-

(Continued on page 14)
vited to attend. Be sure to have one white front light and a red blinkie for the rear of your bike.

**Directions:** Meet at the Virginia Farm Bureau parking lot (the one closest to the parkway) at 12580 West Creek Parkway. Take the Patterson Ave., exit off of Route 288 and head west (away from Richmond) for approximately one mile, turn right on the West Creek Parkway.

**Monday**  
**Chesterfield County Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>6 pm</td>
<td>25</td>
<td>3</td>
<td>None</td>
<td>See below</td>
</tr>
<tr>
<td>B+</td>
<td>6 pm</td>
<td>25</td>
<td>3</td>
<td>None</td>
<td>Douglas Macauley, <a href="mailto:ddmacauley@comcast.net">ddmacauley@comcast.net</a></td>
</tr>
</tbody>
</table>

**Description:** Come ride on some smooth, and scenic back roads in Chesterfield County. Only 4 stop signs. I will be leading an aspiring A-/B+ group pace. We don't have any riders designated other paces (please contact me if interested!) but I will insure that no one is left behind! Maps will be available to those wishing to ride at their own pace. The ride will be cancelled if there is a high probability of rain so check your email if the weather is questionable. Please note that on the first Monday of each month I will not lead but use the cue sheet for self guided ride.

**Directions:** The ride leaves from the Clover Hill Athletic Complex on Gentio Road. The Clover Hill Athletic Complex is on the south side of the road 4.4 miles west of the intersection of Charter Colony and Genito. We will meet in the parking lot.

**Tuesday**  
**Tuesdays at Rockville**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</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>Dee Nuckols, 382-6744, <a href="mailto:sdnuckols@yahoo.com">sdnuckols@yahoo.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Dick Hilliard, 273-6578, <a href="mailto:rhilliard1@verizon.net">rhilliard1@verizon.net</a></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>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Various</td>
<td>5:50 pm</td>
<td>29-32</td>
<td>2</td>
<td>None</td>
<td>Mike &amp; Kim Moore, 358-0935</td>
</tr>
</tbody>
</table>

**Description and Directions:** Riders should have a strong fitness level, be very comfortable in fast pacelines and have good bicycle handling skills before attempting this ride. 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. Please park to the right side of the school, in the parking area furthest away from the football field.

**Leaders:**
- August 5 – John Senn
- August 12 – David McMillian
- August 19 – Randy Rosemond
- August 26 – Ken Robertson

**Description:** This weekly ride starts at the rear of Portabella Ristorante located in the Varina Food Lion Shopping Center. It is a show and go ride like the Saturday ABC ride. There will be no pace group ride leaders; riders will form their own groups. Ride leaders for each Tuesday, listed above, will provide a sign-up sheet and help new riders match up with riders of a similar pace. Riders will choose their own route. Cue sheets and maps for several routes from 19-33 miles are available at [http://raba.org/cuemap.php?rname=&start=7](http://raba.org/cuemap.php?rname=&start=7). Print and bring your own cue sheet as none will be available at the ride.

**Directions:** Portabella Ristorante is located at 2627 New Market Road (Route 5 and Strath Road), Henrico, VA 23231. Park in the lot behind the building.

(Continued on page 15)
(Continued from page 14)

Hanover Courthouse After Work Ride

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Route</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A++</td>
<td>6 pm</td>
<td>Matt Satterwhite, 357-7490, <a href="mailto:giantbiss@comcast.net">giantbiss@comcast.net</a></td>
</tr>
<tr>
<td>A+</td>
<td>6 pm</td>
<td>Wayne Flood, 641-0556, <a href="mailto:sept1flood@comcast.net">sept1flood@comcast.net</a></td>
</tr>
<tr>
<td>A</td>
<td>6 pm</td>
<td>Rick Whittington, 363-4861, <a href="mailto:rick@rickwhittington.com">rick@rickwhittington.com</a></td>
</tr>
<tr>
<td>B+/B</td>
<td>6 pm</td>
<td>Ken Kolb, 357-6076, <a href="mailto:kwkolb@verizon.net">kwkolb@verizon.net</a></td>
</tr>
<tr>
<td>B</td>
<td>6 pm</td>
<td>Andrew Mann, 266-9048, <a href="mailto:rabamann@aol.com">rabamann@aol.com</a></td>
</tr>
</tbody>
</table>

**Description:** The route varies from week to week with routes with multiple mileage options starting and ending at the Hanover Government Center (i.e., Hanover Courthouse) parking lot. 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.

**Important Safety Note:** This ride is often very well attended which creates the potential for large pace groups. Large pace groups tend to yo-yo increasing the likelihood of wheel bumps. Also, large pace groups are frustrating to motorists trying to get home from work on curvy country roads. That can result in frustrated drivers passing in an unsafe manner. Consequently, the ride leaders may group riders into smaller groups at the ride start in order to minimize large pace groups. Please cooperate with the ride leaders if they ask you to break into a smaller group. Also, do not regroup at stops if that will result in a large pace group. Pace groups should be no larger than 6 to 10 riders. Groups of less than 6 are preferred. The pace groups are spaced out at the ride start to avoid large groups of cyclists on the road.

The routes for this month are:

**Date**
- **Aug 5**
- **Aug 12**
- **Aug 19**
- **Aug 26**

**Route**
- **Dabneys Mill Options – 21, 22, 28 or 33 and GPX file**
- **River Road Options – 18, 24, 29 or 33 and GPX file**
- **Mt. Gideon Options – 19, 24, 31 or 36 and GPX file**
- **Dabneys Mill Options – 21, 22, 28 or 33 and GPX file**

**Dinner**
- Marty’s Grill
- Marty’s Grill
- Marty’s Grill
- Marty’s Grill

**Wednesday**

Retiree’s Midweek Ride and Lunch

<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Route</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>10 am</td>
<td>Barry Pullen, 561-3950</td>
</tr>
<tr>
<td>C</td>
<td>10 am</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**

Chesterfield County Ride

<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Route</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>6 pm</td>
<td>Al &amp; Lois Farrell 744-9306 <a href="mailto:lojafarrell@verizon.net">lojafarrell@verizon.net</a></td>
</tr>
<tr>
<td>B/B+</td>
<td>6 pm</td>
<td>See below</td>
</tr>
</tbody>
</table>

**Description:** Join Lois and Al for this ride on some smooth, scenic, and generally little traveled back roads in Chesterfield County. We will be leading an aspiring B+ group pace (i.e., in the low 16s). There is nearly always a group of faster (A/A+) riders to join if you are so inclined, but currently no designated A pace leader (please contact us if interested!). 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 so check your email if the weather is questionable.

**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

(Continued on page 16)
(Continued from page 15)

Stop sign at Beach. Please park in the front parking lot away from the church. 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>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>Bill Britton, 804-347-5114, <a href="mailto:billbritton@comcast.net">billbritton@comcast.net</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.

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.

### Thursday

#### Unemployed Cyclists Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B/B+</td>
<td>9 am</td>
<td>varies</td>
<td>3</td>
<td>Varies</td>
<td>Jerry McGuinn, 291-8468, <a href="mailto:jerrymcguinn@gmail.com">jerrymcguinn@gmail.com</a>, Bob Gore, 804 370-9906, <a href="mailto:gorerm0715@gmail.com">gorerm0715@gmail.com</a></td>
</tr>
</tbody>
</table>

**Description:** This ride covers parts of central Hanover County and the surrounding areas, which offer a lot of beautiful countryside. Most routes include a few good hills. Some 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.

**Directions:** The ride starts and finishes at the Hanover County Government Complex (7497 County Complex Rd., Hanover, VA 23069) on US Route 301 just south of the intersection of Routes 54 and 301.

#### West End Manakin Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B/B+</td>
<td>6 pm</td>
<td>28/30</td>
<td>3</td>
<td>None</td>
<td>Mike Dieter, 804-314-6616; <a href="mailto:Godieter@aol.com">Godieter@aol.com</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. We will start with shorter options until daylight allows us to do the 29 and 30 mile options. The 30 mile option includes a mile climb on Patterson Avenue at the end of the ride, the 29 mile option avoids this climb. This is a great way to get your legs in shape quick! Remember your blinkie.

**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 the intersection of Patterson/Lauderdale in western Henrico, continue west on Patterson approximately 4.6 miles. Turn right on Manakin Road (Route 621) which is just after the fire station. Go about ½ mile on Manakin Road to Dover Baptist Church which is on the right. The church has asked us to park on the right hand side of the parking lot, as far away from the church as possible.

#### BDR (Before Dinner Ride)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B/B+</td>
<td>6 pm</td>
<td>20-30</td>
<td>3</td>
<td>None</td>
<td>Gary Thabet, 402-9105, <a href="mailto:gethabet@gmail.com">gethabet@gmail.com</a>, Gregg Hillmar, 683-2503, <a href="mailto:bike@hillmardesign.com">bike@hillmardesign.com</a>, David McMillan, 337-2710, <a href="mailto:mcmillanmail@comcast.net">mcmillanmail@comcast.net</a></td>
</tr>
<tr>
<td>C</td>
<td>6 pm</td>
<td>20-30</td>
<td>3</td>
<td>None</td>
<td>Chuck Jajesnica, 543-8967, <a href="mailto:cervelo55@verizon.net">cervelo55@verizon.net</a></td>
</tr>
<tr>
<td>D</td>
<td>6 pm</td>
<td>20-30</td>
<td>3</td>
<td>None</td>
<td>John Moore, <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. Longer routes have a few hills. Leaders will make sure that no one is dropped from their group, regrouping as often as needed. This ride is open to all cyclists. Due to the possibility of returning in low light, each rider should have a working headlight and a rear blinkie. After the ride join your fellow riders for dinner at Maria’s or another local restaurant.

(Continued on page 17)
(Continued from page 16)

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

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A++</td>
<td>6 pm</td>
<td>24-38</td>
<td>2-4</td>
<td>None</td>
<td>Mike Moore, 358-0395; <a href="mailto:mike_moore@yahoo.com">mike_moore@yahoo.com</a></td>
</tr>
<tr>
<td>A+</td>
<td>6 pm</td>
<td>24-38</td>
<td>2-4</td>
<td>None</td>
<td>Jeff Nicklas 833-5382; <a href="mailto:jnicklas@shoneysofrichmond.com">jnicklas@shoneysofrichmond.com</a></td>
</tr>
<tr>
<td>A</td>
<td>6 pm</td>
<td>24-38</td>
<td>2-4</td>
<td>None</td>
<td>Jan Waldron; <a href="mailto:alienaardvark@gmail.com">alienaardvark@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Kim Moore, 358-0395; <a href="mailto:luvs2cycle@yahoo.com">luvs2cycle@yahoo.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Andrew Mann; <a href="mailto:rabamann@aol.com">rabamann@aol.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Nick Morgan 912-0363; <a href="mailto:mrgn.nick@gmail.com">mrgn.nick@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Dave Murray; 804-240-0891; <a href="mailto:dmurrayva@gmail.com">dmurrayva@gmail.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>6 pm</td>
<td>24-38</td>
<td>4</td>
<td>None</td>
<td>Self led</td>
</tr>
</tbody>
</table>

**Description:** This evening ride features multiple distances beginning in Henrico county progressing through Ashland and western Hanover County. We have prepared cue sheets of 4 distances on roads familiar to all RABA riders. The shortest ride is 24 miles and basically flat. The longest is 38 miles and ascends 3 Sisters, Rocketts Mill, and Horseshoe. Each week the ride leaders will choose the distance for their group. The cue sheet is [here](#).

**Directions:** To get to the start, 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 parking lot at the rear of the park.

**Thursday**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A++</td>
<td>6 pm</td>
<td>32</td>
<td>3</td>
<td>0</td>
<td>Greg Johns <a href="mailto:g.s.johns@verizon.net">g.s.johns@verizon.net</a></td>
</tr>
<tr>
<td>A+</td>
<td>6 pm</td>
<td>28</td>
<td>3</td>
<td>0</td>
<td>Jerry Beasley <a href="mailto:jndbeasley@comcast.net">jndbeasley@comcast.net</a></td>
</tr>
</tbody>
</table>

**Description:** This Leader led evening ride features an A and B/B+ pace cruise through eastern Hanover and New Kent Counties. The 32 mile cue sheet is here. The 28 mile cue sheet is here.

**Directions** to Black Creek Baptist Church, 6289 McClellan Rd., Mechanicsville, VA 23111.: 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.

**Friday**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A/B++</td>
<td>9 am</td>
<td>35-40</td>
<td>3</td>
<td>Some</td>
<td>Dennis Conrad, 804-366-9317</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.

**Saturday, 8:00-8:30 AM**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>8:00-8:30 am</td>
<td>50+</td>
<td>Some</td>
<td></td>
<td>Aug. 2</td>
</tr>
<tr>
<td></td>
<td>8:30 am</td>
<td>50+</td>
<td>Some</td>
<td></td>
<td>Aug. 9</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. 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.

(Continued on page 18)
(Continued from page 17)

**Saturday**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>8 am</td>
<td>35-45</td>
<td>Some</td>
<td></td>
<td>Robert Mullins, 338-2782, <a href="mailto:rsm.mullins@gmail.com">rsm.mullins@gmail.com</a></td>
</tr>
</tbody>
</table>

**Centerville Saturday Ride– Food Lion**

**Description:** Come out on Saturday mornings and enjoy a ride through the rolling, rural countryside of Goochland, Hanover, and Louisa counties. We ride a variety of routes in the 35 to 45 mile range at an honest B+ pace. We also usually have a few riders who ride a faster pace on their own. A reminder including the cue sheet for the week's ride is typically sent via the mailing list on Thursday or Friday.

**Directions:** The ride leaves from the parking lot of the Food Lion in the Broadview Shopping Center in Centerville. The Food Lion is about 8 or 9 miles west on Broad Street from the Parham Rd intersection. If you're coming via I64 take exit 173 and turn left. In less that a mile turn right on Broad St and then the shopping center will be a few hundred feet on the right. Click [here](#) to see the shopping center location in Google Maps.

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Heart of Virginia- the Clock is Ticking...

(Continued from page 1)

the metric and century routes. They’ve been modified to get rid of the confusion that resulted when the previous routes crossed each other, particularly at rest stops. We’re also planning on using additional signs, markings, and volunteers to make sure riders get where they’re supposed to be going.

Another change will be where riders pick up their information packets on Friday, Sept. 12, afternoon and evening. The location will be at the Bon Secours Washington Redskins Training Center on West Leigh Street. It’s a convenient, central location with lots of parking.

Kim Moore's article [here](#) spells out some of the things you can do when you volunteer to help. If you aren’t going to ride, why not help out a good cause in this way?

Also, spread the word about Heart of Virginia to your in-town and out-of-town friends and family members. Sure, the ride will be fun and you’ll help a great cause like “Bikes for Kids”, but it’s just a one day event. There’ll still be the rest of the weekend to check out what else is going on in Richmond–cycling-wise and Richmond-wise.

So stop putting it off. Please sign up to ride or to volunteer now!

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**RABA Picnic...**

(Continued from page 1)

riders will finish riding at approximately the same time and everyone can eat together. See the monthly ride schedule for more details.

After the rides everyone will regroup back at the Picnic site for refueling with hamburgers, hot dogs, veggie burgers and gumbo to be supplied by RABA. Register [HERE](#) via the web site so we know how much we need. If you choose to join in the festivities, please bring a dish, such as salads, sides, or dessert, to share.

There will also be a silent auction of items (bike clothing from Carytown Bicycle Co. and a new, still-in-the-box bike carrier donated by the Bloors) to raise money for the “Bikes for Kids” program. Bring cash or check. All proceeds (tax deductible) go to the program!

Don’t miss out on this wonderful day of riding and picnicking with RABA!

**Directions to 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 Kraft Foods 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 .9 miles to the back of the park. The shelters are on the right.
The **Road Ride Standardized Paces**

The **Ride and Event Calendar** later in the *Pedaler Plus* contains an abbreviated version of the following table. It only includes the information in the first three columns. The additional information shown in the rest of the table will help you choose the type of ride you would enjoy!

### Road Ride Pace Key

<table>
<thead>
<tr>
<th>Pace</th>
<th>Typical Average Riding Speed</th>
<th>Description</th>
<th>Group Dynamics</th>
<th>Rest Stops</th>
<th>Riders Must Have</th>
<th>Repairs</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>20+ mph</td>
<td>Very strenuous</td>
<td>Strict paceline riding with frequent rotations, minimal regrouping, leader rides anywhere within group, riders who fall off the paceline will be dropped</td>
<td>At leader's discretion</td>
<td>Experienced paceline skills, basic bike repair skills</td>
<td>Riders fix their own bikes</td>
</tr>
<tr>
<td>A</td>
<td>18 up to 20 mph</td>
<td>Strenuous</td>
<td>Frequent paceline riding with frequent rotations, limited regrouping, leader rides anywhere within group, riders who fall off the paceline will be dropped</td>
<td>At leader's discretion</td>
<td>Experienced paceline skills, basic bike repair skills</td>
<td>Riders fix their own bikes</td>
</tr>
<tr>
<td>B+</td>
<td>16 up to 18 mph</td>
<td>Fast social with emphasis on riding</td>
<td>Frequent paceline riding, occasional regrouping, leader rides anywhere within group, riders who fall off the paceline and slower riders may be dropped</td>
<td>About every 20-30 miles</td>
<td>Experienced group riding skills, paceline skills, basic bike repair skills</td>
<td>Riders fix their own bikes, leaders may assist</td>
</tr>
<tr>
<td>B</td>
<td>14 up to 16 mph</td>
<td>Moderate social with emphasis on riding</td>
<td>Limited paceline riding, occasional regrouping, leader rides anywhere within group, riders who fall off the paceline and slower riders may be dropped</td>
<td>About every 15-20 miles</td>
<td>Experienced group riding skills, basic understanding of paceline skills, basic bike repair skills</td>
<td>Riders fix their own bikes, leaders may assist</td>
</tr>
<tr>
<td>C</td>
<td>12 up to 14 mph</td>
<td>Brisk social</td>
<td>Riders usually stay together as a group, frequent regrouping, leader rides anywhere within group, slower riders rarely dropped</td>
<td>About every 10 miles and at major intersections</td>
<td>Knowledge of group riding skills and road hand signals</td>
<td>Leader assists or finds assistance</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>
<td>Riders always stay together as a group, leader rides at the rear of the group, no rider will be dropped</td>
<td>About every 5 miles and at most intersections</td>
<td>Basic understanding of bike operation including shifting and braking</td>
<td>Leader assists or finds assistance</td>
</tr>
</tbody>
</table>

- All riders are welcome to attend any ride although any rider riding slower than the lower range of the advertised average riding speed could be dropped. Consider attending a slower paced ride if you are uncertain of your ability and want to ride with the leader.
- The speeds listed are average speeds over ride distance.
- All riders must have a helmet and water. It is recommended each rider also have a spare tube and pump.