As I start to write this, I’m sitting at a horse show. I’ve been to a few - my wife and both daughters ride horses, and have been competing for some years. What I am most struck by in this case is how poorly this show is being handled. Midway through the afternoon, they are not even halfway through the competitions planned. We, and our horses, are broiling out in this hot sun because of a lack of organization and lack of assistance to get things done in a timely and efficient manner. Not-nice words are kicking around in my head as I think about this event.

What does that have to do with RABA, you might ask…

Well, imagine if a participant was saying that about our Heart of Virginia Bicycle Festival?

The good news is that I can assure you that the organization part of things is well under control! I attended a meeting of the HoVA committee last week, and they have matters well in hand. Sponsors are lined up. Posters are going up all over the city, and indeed all over the state (though if you travel and can visit some bike shops or other sorts of places, Andrew Mann wants to talk to you!). Our postcards have been in registration packets for several other cycling events around the area, with more to come. Pre-registration numbers look very good, though if you are planning to ride, you should register now! As prices will be going up after August 15 Don’t wait!

The missing element right now is -you-! Not as a rider, but as a volunteer to help make sure all the other riders have as great a time as possible! As I pointed out in last month’s PEDALER, there are lots of opportunities to both ride and help out. Go to heartofvabikefestival.org and look for the Volunteer tab. It’ll take you to a page where you can see the various jobs needing to be filled. Volunteer to help! We don’t want cyclists having the same sort of unkind thoughts about us that are swirling in my head today as I sit through another interminable pause in this horse show.

If you really want to ride HoVA and just enjoy the ride, you are in luck! Do it! (register now!) There are actually lots of other opportunities for you to give back some time to this club that provides you with so much. Everyone from Ride Leaders to Board Members are volunteers. Find a place where you can do some good and do it.

There are other places that your participation could help RABA. Sports Backers is a major RABA supporter, and has been for many years. RABA members of course ride in many of their events such as the Anthem Moonlight Ride and the Martin’s Tour of Richmond, and participate in many others. Sports Backers also created Bike Walk RVA, a regional program to support bike and pedestrian infrastructure projects. But did you know that Sports Backers is a donor to our Bikes For Kids Programs? Or that they donate to support our Heart of Virginia Bicycle Festival? They are a great partner of ours in the region both for advocacy and for mutual support.

Lets say that you want to ride HoVA, but have the evening of August 22nd free. That’s the date of the Anthem Moonlight Ride. You could volunteer with Sports Backers, say, at the beer truck, or as a course marshal, or any of the (Continued on page 18)

Recycling Bike Tires and Tubes
by Ron Corio

The RABA Board, at their July meeting, approved a joint project with Necessary Recycling to collect and recycle bike tubes and tires that are no longer usable. Angela Greene and Vanessa Fore of Necessary Recycling, described how Necessary Recycling converts used tire tubes into high-end bags. The company was recently the subject of a Richmond Times-Dispatch article. Some of their products can be seen here.

As an incentive for RABA riders to recycle their unus-
Sunday, August 9  
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 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 jambalaya to be supplied by RABA. Register HERE via the website 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

(Continued on page 6)

Craft Brew & Bikes for Kids Fundraiser Too!
When: Saturday, August 15, 4pm-7pm  
Where: Center of the Universe Brewery  
11293 Air Park Rd, Ashland, VA 23005

Join Richmond Area Bicycling Association at the Center of the Universe for pints, food truck eats, and live music! This event will support RABA's charity, Bikes for Kids. The event is free to attend. No RSVP required. Cash/ Check Donations will be accepted (and greatly appreciated) at the door. Silent Auction with great RVA items! Prefer to donate online or can't attend? Donate HERE.

More details will be sent via the club message board as we approach this date, so be on the lookout. Hope to see you there!

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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.

2015 Board of Directors
President: Gregg Hillmar, bike@hillmardesign.com  
Vice President: Paul Johnson, Palanjohnson@hotmail.com  
Treasurer: Cindia Evans, cen Evans@comcast.net  
Secretary: Julie Appleby, jwa47@hotmail.com  
Ride Director (Monthly Road Rides): Kim Moore, luvs2cycle@yahoo.com  
Ride Director (Weekly Road Rides): Charlie Thomas, charliethomas@gmail.com  
Public Relations Director: Coleen Moore, coleenmoore4@msn.com  
Membership Communications Director: Richard Halle, rrichhalle@verizon.net  
Bicycling Advocacy Director: Bud Vye, bdvy@comcast.net  
Membership Director: Kristen Swanson, svansonka@gmail.com  
Century Chair: Andrew Mann, rabamann@aol.com  
Past President: Alan Cooper, alanhcopper@yahoo.com  
Committee Chairs
Web Administrator: Richard Halle, rrichhalle@verizon.net  
E-Mail List Moderator: Kim Moore, luvs2cycle@yahoo.com  
Safety: Eric Martin, martin4bike@gmail.com  
RABA/BikeJournal Administrator: Ron Corio, rcorio@vcu.edu  
New Rider Recruitment & Retention: Chuck Jajesnica, jjajesnica@gmail.com  
RABA Grants Committee Chair: Ron Corio, rcorio@vcu.edu  
RABA Apparel Chair: Bob Mitchell, rabaapparel@gmail.com

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) .
Hear and Seen
Around the Club
by Bud Vye

Still on a bit of a personal high after receiving the Governor's Lifetime Achievement Award for Transportation Safety, followed by a couple of flattering Times Dispatch articles, RABA members really put me over the top as the date of my birthday became known. Celebrations at Holly & Don Smith's beautiful place in Powhatan after a Mondays with Mary Ride; at the County Seat after a Retirees MidWeek Ride, and then I knew something else was cooking when several people were checking to see if I was going to be at the ABC Ride on 7/25. Sure enough, a big group milling around in the Laurel Park parking lot as though it was a New Riders Ride morning. I’m immediately ordered to change from my RABA jersey into a T Shirt I’m handed with “BUD 82” on the back and “Kiss Me It’s My Birthday” on the front, followed by a box with donuts with candles burning that I have to blow out. Doing so, the shirt is promptly signed with well wishes by a number of the riders, and more so, up at Ashland Coffee. Thanks to all who made my Birthday memorable! I appreciate it very much, and am highly honored as I’ve never seen such a ceremony in the more than 30 years I’ve been in the club.

Unfortunately, some bad news to go along with the good, as we have three spills during the same time frame, none involving motor vehicles. Chris Nuckols falling and breaking his femur right outside of Ashland Coffee as he has difficulty getting unclipped. Brenda Garnet (not a club member, but a rider a number of our members have ridden with) who somehow has her front wheel come off after hitting a bump on Old Gun Rd, causing her to go down face first with what sounds like serious consequences. And Rick Schoepke on a Retirees MidWeek Ride out of Portabellas, who managed to let his front wheel slip off the edge of the pavement, putting him down hard into the ditch. Aside from significant road rash, his main injury was a broken left thumb, so his accident, though painful, could have been worse, and his cracked helmet gives the band got it going around 10 p.m. The band is very good, although one set was enough to get a respectable audience by the time the band got it going around 10 p.m. The band is very good, although one set was enough for our little group and we called it a night at about 11. If you don’t have to go to work on a Tuesday morning (or ride on one of those 5 a.m. rides), I recommend this group to you. You’ll be impressed with them, and with the number of people there with you in the audience.

With August just about on us, I’m reminded that this is the month of the Bluemont Concerts on Sunday evenings at 7, again at their new location in the center of the Randolph-Macon campus. Always a big RABA contingent there, so bring your lawn chair and join us for a pleasant evening of music. Google “Bluemont Concerts Ashland” to get a listing of the groups and the type of music they play.

And don’t forget our RABA Picnic at Dorey Park on the 9th (wondering if the Park Segment of the Capital Trail will be finished enough for us to ride on by then); our 2nd Bikes for Kids fundraiser at Center of the Universe brewery on 8/15; the Anthem Moonlight Ride on the 22nd; and our outings to the Diamond for the Squirrels vs Harrisburg on 8/25; & to City Stadium for the Kickers vs Rochester on Sept. 5. There are links above and on the website to register for the latter two events, which should be a lot of fun.
Bikejournal Notes
by Ron Corio

As of July 15, RABA riders logged 254,115 miles on Bikejournal to remain the first place club in miles logged, 93,307 miles ahead of second place Space City Cycling Club of Houston, Texas.

The 60,484 miles that RABA riders logged this June is the second highest June mileage since 2012, but 1126 fewer miles than logged this May (see chart to the right). The February riding this year was a victim of the weather with the 14,243 miles logged the lowest of any February in the past four years.

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RABA Leader Board
(July 15, 2015)

2. Ken Puryear 4956 7. Wes Surina 4215
4. Harry Davis 4597 9. Dee Nuckols 3667
5. Dick Hilliard 4472 10. Jan Waldron 3225

Recycling Bike Tires and Tubes...
(Continued from page 1)

able bike tires and tubes, Necessary Recycling will donate a portion of the profits from the sale of products made from them to a RABA charity.

On announced occasions, Greene and Fore will at Laurel Park on Saturday for the start of the ABC ride to collect used bike tires and tubes. Collection of tires and tubes will also be done at the Heart of Virginia Ride in September and the Bikes for Kids assembly in November.

Save your damaged bike tires and tubes for Necessary Recycling and help support a RABA charity while being kind to the environment.
A very interesting, and educational, meeting July 9 in the Foxfire Clubhouse, where officers from that association, plus Woodlake and several other associations, heard for the first time the plans presented for the widening of Otterdale (from Rt. 360 to Woolridge) and Woolridge (from Otterdale to the south end of the causeway over a finger of the Swift Creek reservoir) where it intersects with Genito, which is US Bike Rt. 1.

The county was represented by Jesse Smith of Transportation; Dr. Wallin, a Planning Commissioner; Brent Epps, of Public Works; plus Kevin Reichardt & Butch Sirry of VDOT.

Turns out that this project is funded by a Community Development Authority (CDA) which the developer of Magnolia Green chose to use instead of proffers when his zoning was approved a number of years ago. Under this arrangement, a $25 million bond issue was to be sold, the proceeds of which were to be used for these road improvements, since the huge development would add a large number of vehicles to the volume on these roads.

A condition of this arrangement was that the funds were to be used strictly for the road's motor vehicle lane improvements (no bike lanes or sidewalks); it was to be built by Chesterfield county (no VDOT or Federal Highway funds or involvement other than that the roads would be turned over to VDOT for maintenance upon completion, so VDOT is paying attention to insure that the construction quality is up to their standards)

The Magnolia Green developer then went bankrupt back in 2008, then the project came out of bankruptcy with a new developer, but the CDA still in effect. Since the financial market did not seem receptive to selling the bonds for several years, this CDA did not go forward and everyone who knew about it thought the road widening project was years away in the future.

Then, all of a sudden, this Spring the bond issue sold, and Chesterfield dusted off the project and now is presenting it to the affected homeowners associations for their information (not so much asking for input or approval) before the acquisition of right of way proceeds and the project goes forward.

The 3.5 mile widening will result in a four 10' lane highway with a 10' wide grass median, curbs and gutters along each side, with a projected speed limit of 45 mph, as at present. As per the conditions of the CDA, no bike lanes or sidewalks, and no shoulder. This will clearly be a roadway as it is recognized by all as the main shortcut from Rt.360 over to Rt.288 and the Powhite Extension. For the bicyclists, I expressed serious concern about the 10 ft. lane width, with curb and no shoulder, on what will be a high speed road. When I asked "why the curb?" I was told primarily for drainage.

The Associations affected want bike lanes, sidewalks, and are particularly unhappy that the expansion of the right of way to 90 ft. will result in the tree buffer zones of most back yards along the road being cut down. They have asked for, and received, a meeting with their District Supervisor Steve Elswick which will be on July 27.

The Association officers involved are adamant about trying to get the conditions of the CDA modified (or the County to put in some additional funds) to enable sidewalks and bike lanes or shoulders. I told them I would help get the Cycling community to support their position whenever they request it, as RABA has 226 members in Chesterfield county.

Another meeting of interest, this time in Hanover county, as their Board of Supervisors met on 7/22 to rule on recommendations for Zoning variances that had been approved by the Planning Commission. I had been contacted by opponents of the Industrial Park project at Rt. 1 & Rt. 623/Cedar Lane seeking the support of the cycling community in opposing the

(Continued on page 6)
project on the basis that it would increase the tractor trailer traffic to the west on that road which is heavily used by cyclists as it is on the ABC Route and Bike Rt. 1. After sitting through the hearing, where the project was approved, with proffers, by a 6-1 vote, I came to the conclusion that, as I had suspected, the problem will NOT be with increased large truck traffic going west on Cedar Lane (although a major industrial development in that location will certainly result in additional traffic on Cedar Lane and in the area) and it should not affect cycling conditions on U.S. Bike Rt. 1 and the ABC route.

Rather the problems will be felt by the homes in Elmont Woods who now will back up to this industrial development, as well as the homes across from the development on the South side of Cedar Lane, both of whom presently are facing open space.

Both groups are clamoring for additional buffering (and the ones in Elmont Woods will be receiving some) and have been enlisting our support in opposing the project. Although the additional truck traffic to the west was included as an argument in opposition, most in attendance (including several of the Supervisors) feel that this will be highly unlikely, and that virtually all of the tractor trailers entering or leaving this development will be coming from, or going to, Rt.1, even if they use one of the exits onto Cedar Lane.

With that situation being rather obvious, I did not speak either for or against the project, which is an economic development priority the county obviously is very anxious to see go forward.

The second major project on the agenda that evening was the big, mixed residential and commercial project to be anchored by a large Kroger store on the west side of Rt. 301, just south of New Ashcake Rd. This project is billed as a “walkable” community and received a lot speakers in favor, including RABA member Michele Faison and SportsBackers Max Hepp-Buchanan. The only opposition was from long time residents in the area, who would like to see the property remain Agricultural and open space as it always had been. Sadly for them, the variances were approved by a 5-2 vote and we will see a big development on this site.

(Continued from page 5)

RABA Picnic...

(Continued from page 2)

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 Mondalez 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.

Bikes for Kids 2015

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/2015-bikes-for-kids/) and clicking the PayPal “Donate” button at the bottom of the page.

Remember that contributions (make any checks payable to the RABA Foundation) are tax deductible this year. Also check if your employer has a donation matching program.
RABA APPAREL

Want to add to your RABA wardrobe? Well, here's your chance! Go to http://www.raba.org/raba-apparel/ and pick from the items there.

All of the jerseys and riding jackets are available in most sizes. The wind jackets are available in limited sizes and have been discontinued by Primal. You can get the socks in SM/MED and LG/XL sizes.

Contact Bob at rabaapparel@gmail.com to confirm the size you want. Once he has verified that your size is available, you will need to send him a check made out to RABA Apparel for the total cost of your items. Once he receives your check, your items will be shipped to you on the next business day. There is no hassle of trying to coordinate a time and place to meet to obtain your purchase.

Shops and Businesses Offering RABA Member Discounts

- **Pedal Power Bicycles**, Broad St./Staples Mill Rd (former Rowletts location), 10% discount on parts and accessories with proof of membership.
- **Conte’s of Richmond**, 4300 Pouncey Tract, Ste H, Glen Allen, VA 23060 10% 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.
- **Bikes4UShop**, 11000 Three Chopt Road, Suite E, Richmond, VA 23233, 804-447-4460, 20% off any item, sale or retail price.
- **Outdoor Adventure Store**, 318 N. Main St. Farmville 23901. 434-315-5736. 10% discount.
- **Deb Young, Road Tested Bike Tours LLC**, Richmond, VA. Also at www.Facebook.com/RoadTestedBikeTours 10% discount

Note: If anyone knows of any other bike shops that offer RABA members a discount, please contact Gregg Hillmar at bike@hillmardesign.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):** Charlie Thomas, charliethomas@gmail.com 747-3428

The deadline for getting September, 2015 rides listed in The Pedaler is August 15

CLASSIFIEDS NOW EXCLUSIVELY at www.raba.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 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

The Pedaler August, 2015
August, 2015 Monthly Rides

Ride Director (Monthly Road Rides): Kim Moore, 804-358-0935, luve2cycle@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>
<th>Terrain Key</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>20+ mph</td>
<td>Very strenuous</td>
<td>1 Many/Steep (knee alert!)</td>
</tr>
<tr>
<td>A</td>
<td>18 up to 20 mph</td>
<td>Strenuous</td>
<td>2 Some/Steep</td>
</tr>
<tr>
<td>B+</td>
<td>16 up to 18 mph</td>
<td>Fast social with emphasis on riding</td>
<td>3 Moderate</td>
</tr>
<tr>
<td>B</td>
<td>14 up to 16 mph</td>
<td>Moderate social with emphasis on riding</td>
<td>4 Some/Mild</td>
</tr>
<tr>
<td>C</td>
<td>12 up to 14 mph</td>
<td>Brisk social</td>
<td>5 Few/Gentle</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>MB Mountain bike/off road</td>
</tr>
</tbody>
</table>

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

August 1 (Saturday)
Riding Through Dogtown

**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 20-31-40-50. 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, however that area is under construction so be mindful as you drive south of the James River. A parking garage is available on the street or directly behind the restaurant. If this area is filled, park on the west side of the street on the south side of the James River, near the restaurant. Please call the ride leader ahead of ride time to be sure that the ride will be at your pace and skill level.

**Time:** 8:30 am - 9:00 am
**Miles:** 32
**Terrain:** Few/Gentle
**Stops:** One
**Leader:** Chuck Jajesnica, 804-543-8367, cervelo55@verizon.net

August 1 (Saturday)
Group Rides for New Riders

**Description:** This is the last of our New Rider series for 2015. 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.

**Directions:** This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads.

August 2 (Sunday)
Heart of Virginia Training Ride One

**Description:** This is the first of five training rides Chuck and John are doing for riders interested in completing the Heart of Virginia Metric Century ride (September 12th). The intent of these rides is to increase your weekly mileage to a level where the HOV Metric Century is obtainable. This is a NO DROP ride. All paces are welcome but John and Chuck will be doing a lower pace. This ride will leave Portabella’s for a 32 mile ride around Varina.

Cue sheets will be sent out in advance on the RABA email lists. Please print a cue sheet and bring it with you.

**Parking:** Please park behind Portabella Ristorante in the rear of the shopping center. If this area is filled, park on the west

(Continued on page 9)
August, 2015 Monthly Rides

(Continued from page 8)

(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).

August 8 (Saturday)  Heart of Virginia Training Ride Two

<table>
<thead>
<tr>
<th>Pace</th>
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<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>8:30 am</td>
<td>32</td>
<td>4</td>
<td>One</td>
<td>Chuck Jajesnica, 804-543-8367, <a href="mailto:cervelo55@verizon.net">cervelo55@verizon.net</a></td>
</tr>
<tr>
<td>C</td>
<td>8:30 am</td>
<td>32</td>
<td>4</td>
<td>One</td>
<td>John Moore, 804-338-9668, <a href="mailto:JMoore216@comcast.net">JMoore216@comcast.net</a></td>
</tr>
</tbody>
</table>

Description: This is the second of five training rides Chuck and John are doing for riders interested in completing the Heart of Virginia Metric Century ride (September 12th). These rides are designed to increase your weekly mileage to a level where the HOV Metric Century is obtainable. This is a NO DROP ride. All paces are welcome but John and Chuck will be doing a lower C pace. This ride will leave Laurel Park Shopping Center for a 35 mile ride Ashland and back. This ride will be occurring at the same time and location as the weekly ABC ride (Saturday Ride so we can all attend the RABA Picnic on Sunday).

Cue sheets will be sent out in advance on the RABA email lists. Please print a cue sheet and bring it with you.

Directions: This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads.

August 8 (Saturday)  Waverly Watermelon Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Distance</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>9 am</td>
<td>48</td>
<td>4</td>
<td>One</td>
<td>Sara Page</td>
</tr>
<tr>
<td>C+</td>
<td>9 am</td>
<td>48</td>
<td>4</td>
<td>One</td>
<td>Jack Huber, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
</tbody>
</table>

Description: Come down to Waverly for a summer ride to Claremont, a sleepy little town on the James River. This is a joint ride for RABA and the Williamsburg Area Bicyclists. As usual, the route will feature mostly quiet country roads with little car traffic. There will be a special rest stop at the Claremont Public Library. Watermelon and other refreshments will be provided. After the ride all participants are invited to have lunch at Giuseppe's in Waverly.

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 park on the paved portion of the parking lot and remember that speed limits are strictly enforced in Waverly.

August 9 (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>TBD</td>
</tr>
<tr>
<td>B+</td>
<td>8:30 am</td>
<td>49</td>
<td>4</td>
<td>One</td>
<td>Gregg Hillmar, bike@hillmardesign</td>
</tr>
<tr>
<td>B</td>
<td>8:30 am</td>
<td>49</td>
<td>4</td>
<td>One</td>
<td>Jim Lee, 804-332-1274, <a href="mailto:jamesmleeone@gmail.com">jamesmleeone@gmail.com</a></td>
</tr>
<tr>
<td>B</td>
<td>9:30 am</td>
<td>34</td>
<td>4</td>
<td>One</td>
<td>Charlie Thomas, 804-747-3428, <a href="mailto:charliethomas@gmail.com">charliethomas@gmail.com</a></td>
</tr>
<tr>
<td>B/B-</td>
<td>9:30 am</td>
<td>27</td>
<td>4</td>
<td>One</td>
<td>Dave Miller, <a href="mailto:dialdave@aol.com">dialdave@aol.com</a></td>
</tr>
<tr>
<td>C</td>
<td>9:30 am</td>
<td>27</td>
<td>4</td>
<td>One</td>
<td>Chuck Jajesnica, 804-543-8367, <a href="mailto:cervelo55@verizon.net">cervelo55@verizon.net</a></td>
</tr>
<tr>
<td>D</td>
<td>10 am</td>
<td>15.5</td>
<td>4</td>
<td>One</td>
<td>Wes Surina, <a href="mailto:wessurina@gmail.com">wessurina@gmail.com</a>, 804-687-3117</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. Cue sheets will be provided. See picnic notice on http://www.raba.org/2015-raba-picnic-august-9/ for more information.

Cue Sheets:
- 49 Mile Route
- 34 Mile Route
- 27 Mile Route
- 15.5 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 Mondalez 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.

(Continued on page 10)
August, 2015 Monthly Rides

(Continued from page 9)

August 16 (Sunday) Heart of Virginia Training Ride Three

<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>8:30 am</td>
<td>40</td>
<td>3</td>
<td>One</td>
<td>Chuck Jajesnica, 804-543-8367, <a href="mailto:cervelo55@verizon.net">cervelo55@verizon.net</a></td>
</tr>
<tr>
<td>C</td>
<td>8:30 am</td>
<td>40</td>
<td>3</td>
<td>One</td>
<td>John Moore, 804-338-9668, <a href="mailto:JMoore216@comcast.net">JMoore216@comcast.net</a></td>
</tr>
</tbody>
</table>

**Description:** This is the third of five training rides Chuck and John are doing for riders interested in completing the Heart of Virginia Metric Century ride (September 12th). These rides are designed to increase your weekly mileage to a level where the HOV Metric Century is obtainable. This is a NO DROP ride. All paces are welcome but John and Chuck will be doing a lower C pace. This ride will leave Ashland for a 40 mile ride to Hanover Courthouse and back (Camp Town Road Option).

Cue sheets will be sent out in advance on the RABA email lists. Please print a cue sheet and bring it with you.

**Directions:** This ride will leave from the Ashland Municipal Building Parking Lot (101 Thompson St, Ashland, VA 23005) just down the street from Ashland Coffee and Tea. Please park in the ample public lots around Ashland and not at Ashland Coffee and Tea.

August 20 (Thursday) Downtown Happy Hour 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/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 (Sunday) New Kent 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>A</td>
<td>7:30 am</td>
<td>75</td>
<td>3</td>
<td>2 or 3</td>
<td>Mike &amp; Kim Moore 358-0935</td>
</tr>
</tbody>
</table>

**Description and Directions:** The ride leaders are hoping to ride some extra miles to train for some centuries coming up in September, including the club's Heart of Virginia event. If you have never ridden on these routes, they are marked with signs and go through some pretty areas. The extra early start is to take advantage of the cooler morning temperature and also finish earlier. There are also other marked routes for 15, 25, 50, 62 and 100 miles - if you would like to co-lead another pace and/or distance, please contact the ride leaders so that it may be broadcast to the club. Please bring extra fluids and food in case stores are not open.

The start / finish is at the New Kent Co. Visitors and Commerce Center, 7324 Vineyards Parkway, New Kent, VA, Exit 211 off of I-64 East.

Cue sheets can be found on RV Parks, Camping, Golf Resorts in Virginia | Visit New Kent, Virginia - Horse Races, Golf, Wineries, Historic Sites, scroll down to "A Great Place to Cycle", PDF file versions of the cue sheets will be found there. Note: the Interstate exit number shown on this page is incorrect, it is Exit 211.

August 23 (Sunday) Heart of Virginia Training Ride Four

<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>08:30 am</td>
<td>47</td>
<td>3</td>
<td>One</td>
<td>Chuck Jajesnica, 804-543-8367, <a href="mailto:cervelo55@verizon.net">cervelo55@verizon.net</a></td>
</tr>
<tr>
<td>C</td>
<td>08:30 am</td>
<td>47</td>
<td>3</td>
<td>One</td>
<td>John Moore, 804-338-9668, <a href="mailto:JMoore216@comcast.net">JMoore216@comcast.net</a></td>
</tr>
</tbody>
</table>

**Description:** This is the fourth of five training rides Chuck and John are doing for riders interested in completing the Heart of Virginia Metric Century ride (September 12th). These rides are designed to increase your weekly mileage to a level where the HOV Metric Century is obtainable. This is a NO DROP ride. All paces are welcome but John and Chuck will be doing a lower C pace. This ride will leave Hanover Courthouse for a 47 mile ride and return to Hanover Courthouse.

Cue sheet is available on RABA website listed as the Manquin Store Options - Clockwise. Please print a cue sheet and and bring it with you.

(Continued on page 11)
August, 2015 Monthly Rides

(Continued from page 10)

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

**August 29 (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 &amp; C</td>
<td>9 am</td>
<td>38/28</td>
<td>4</td>
<td>Two</td>
<td>Reed &amp; Karen Nester, 757-869-2949, <a href="mailto:reednester@gmail.com">reednester@gmail.com</a></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.

**August 30 (Sunday) - Heart of Virginia Training Ride Five**

<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>08:30 am</td>
<td>55</td>
<td>3</td>
<td>Two</td>
<td>Chuck Jajesnica, 804-543-8367, <a href="mailto:cervelo55@verizon.net">cervelo55@verizon.net</a></td>
</tr>
<tr>
<td>C</td>
<td>08:30 am</td>
<td>55</td>
<td>3</td>
<td>Two</td>
<td>John Moore, 804-338-9668, <a href="mailto:JMoore216@comcast.net">JMoore216@comcast.net</a></td>
</tr>
</tbody>
</table>

**Description:** This is the fifth and final training ride Chuck and John are doing for riders interested in completing the Heart of Virginia Metric Century ride (September 12th). These rides are designed to increase your weekly mileage to a level where the HOV Metric Century is obtainable. This is a NO DROP ride. All paces are welcome but John and Chuck will be doing a lower C pace. This ride will leave Laurel Park Shopping Center for a 55 mile ride to Hanover Courthouse and return to LPSC.

Cue sheets will be sent out in advance on the RABA email lists. Please print a cue sheet and bring it with you.

**Directions:** This ride leaves from the Laurel Park Shopping Center (9500 Woodman Rd, Richmond, VA 23228) at Hungary and Woodman Roads.
Ride Director (Weekly Road Rides): Charlie Thomas, 804-747-3428, charlievthomas@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 Weekly Ride sign-up sheets to Charlie Thomas, 11901 Hunton Crossing Ct, Glen Allen, VA 23059

Note: [www.raba.org](http://www.raba.org) and here for the complete Pace Key Tables

### Sunday 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>Varies</td>
<td>9 am</td>
<td>19-52</td>
<td>4</td>
<td>Various</td>
<td>See below</td>
</tr>
</tbody>
</table>

**Leaders:**
- August 02: Randy Rosemond
- August 09: John Senn
- August 16: Ron Corio
- August 23: Jan Waldron
- August 30: 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 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. Go to [http://www.raba.org/raba-cue-sheets-and-maps/](http://www.raba.org/raba-cue-sheets-and-maps/). Pick “Portabella” from the drop down box with the “Any Start Location” prompt at the top of the page. 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).

### Powhatan Courthouse

<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 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>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.

### Mondays with Mary

<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.

### New Kent 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>C+</td>
<td>9:30 am</td>
<td>30-40</td>
<td>3</td>
<td>Varies</td>
<td>Deana Sun, <a href="mailto:MaElDsun@aol.com">MaElDsun@aol.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** This ride meets at a different location each week for a ride of 30-40 miles, often followed by lunch. Each week's location will be announced on the RABA message board on the preceding Friday or Saturday.

### 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>22-34</td>
<td>4</td>
<td>None</td>
<td>Chip England, <a href="mailto:cbe89usma@verizon.net">cbe89usma@verizon.net</a>, Edwin Sulc, <a href="mailto:edwin.sulc@dynexcapital.com">edwin.sulc@dynexcapital.com</a></td>
</tr>
</tbody>
</table>

(Continued on page 13)
**August, 2015 Weekly Rides**

(Continued from page 12)

**Description and Directions:** Ride departs weekly on Mondays at 5:30 pm from the Prince George Courthouse parking lot (Laurel Springs Road & Courts Drive). It’s a mostly level rural ride with a few gentle hills. Route option distances average between 22 to 34 miles. It’s currently at a B to B+ pace with other paces welcome to form. Contact Chip England at che89usma@verizon.net with questions or just show up.

The route varies from week to week with routes with multiple mileage options starting and ending at the Prince George Courthouse parking lot. The slower pace groups may 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. Pace groups will be spaced out at the ride start to avoid large groups of cyclists on the road.

Paper cue sheets are not provided. You should print your own cue sheet prior to coming to the ride. GPX files and cue sheets are available on the RABA website. Go to the ride listing on http://www.raba.org/ride-calendar/ for each week’s ride and links.

New members and those just getting started (or re-started) with cycling are encouraged to come out. You will not be dropped and left behind.

### 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>Varies</td>
<td>6 pm</td>
<td>6-30</td>
<td>3</td>
<td>many</td>
<td>Chris Cook, 804-512-8207 <a href="mailto:chriseck@aol.com">chriseck@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 invited 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 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>Varies</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. I will insure that no one is left behind! Maps will be available to those wishing to ride at their own pace.

**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

<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, 804-749-3400, <a href="mailto:sdnuckols@yahoo.com">sdnuckols@yahoo.com</a> Dick Hilliard, 273-6578, <a href="mailto:rhillard1@verizon.net">rhillard1@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.

### Deep Run High School Options

<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+ (20-21 mph)</td>
<td>5:50 pm</td>
<td>32-42</td>
<td>2</td>
<td>None</td>
<td>Mike &amp; Kim Moore 358-0935</td>
</tr>
<tr>
<td>A++ (22-23 mph)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Description and Directions:** Riders should have a strong fitness level, be very comfortable riding in a group, have experience in fast pace lines and have good bicycle handling skills 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.

(Continued on page 14)
August, 2015 Weekly Rides

(Continued from page 13)

Please park on the right side of the school, as you face the entrance of the school.

Tuesday

<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>Varies</td>
<td>3</td>
<td>None</td>
<td>Matt Satterwhite, 357-7490, giantbkescomcast.net</td>
</tr>
<tr>
<td>A</td>
<td>6 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>Wayne Flood, 804-297-5040, <a href="mailto:sept1flood@comcast.net">sept1flood@comcast.net</a></td>
</tr>
<tr>
<td>B+</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>C</td>
<td>6 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>Andrew Mann, 266-9048, <a href="mailto:rabamann@aol.com">rabamann@aol.com</a></td>
</tr>
</tbody>
</table>

Leader: Various groups vary 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 start of the ride. 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 Route Dinner
August 4 Dabneys Mill Options – 21, 22, 28 or 33 and GPX file Marty’s Grill
August 11 River Road Options – 18, 24, 29 or 33 and GPX file Marty’s Grill
August 18 Mt. Gideon Options – 19, 24, 31 or 36 and GPX file Marty’s Grill
August 25 Dabneys Mill Options – 21, 22, 28 or 33 and GPX file Marty’s Grill

Paper cue sheets are not provided. You should print your own cue sheet prior to coming to the ride. New members and those just getting started (or re-started) with cycling are encouraged to come out. After the ride, everyone who is interested has dinner at a local restaurant (cycling clothes are fine for dinner).

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

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>6 pm</td>
<td>Various</td>
<td>4</td>
<td>None</td>
<td>Ken Robertson, <a href="mailto:robertson12001@gmail.com">robertson12001@gmail.com</a></td>
</tr>
</tbody>
</table>

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 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 on the RABA website. Go to http://www.raba.org/raba-cue-sheets-and-maps/. Pick “Portabella” from the drop down box with the "Any Start Location" prompt at the top of the page. 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.

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>B</td>
<td>9 am</td>
<td>25 to 40</td>
<td>Varies</td>
<td>Varies</td>
<td>Barry Pullen, 561-3950</td>
</tr>
</tbody>
</table>

Retiree’s Midweek Ride and Lunch

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

C 9 am 25 to 40 Varies Varies Bud Vye, 262-9544

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

Endorphin Fitness Wednesday 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>6 pm</td>
<td>30</td>
<td>3</td>
<td>None</td>
<td>Andy Welch (804) 741-1599</td>
</tr>
</tbody>
</table>

Description: The ride starts at Endorphin Fitness and heads out toward River Road and into beautiful Goochland horse country before looping back to the start. Total distance approx 30 miles. All ride paces are welcome. Please bring plenty of fluid and food with you as there are no store stops on the loop. Parking will be in the Endorphin Fitness parking lot. The route is here. Be sure to bring your blinkies this month as we’re going to be racing a quickly setting sun!

Directions: Ride start is from Endorphin Fitness, 8908 Patterson Avenue, Richmond, VA 23229

Wednesday

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>Al &amp; Lois Farrell 744-9306 <a href="mailto:lojafarrell@verizon.net">lojafarrell@verizon.net</a></td>
</tr>
<tr>
<td>B+</td>
<td>6 pm</td>
<td>25</td>
<td>3</td>
<td>None</td>
<td>Jesse Archer, 739-6952, <a href="mailto:jcare91@gmail.com">jcare91@gmail.com</a></td>
</tr>
</tbody>
</table>

Description: Join us for this ride on some smooth, scenic, and generally little traveled back roads in Chesterfield County. This year we have both a B+ and B pace ride leader. 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. We are looking for volunteers to lead faster or slower paces (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 or look out the window 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 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

Rockets Landing

<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+/A</td>
<td>6 pm</td>
<td>26-38</td>
<td>3 to 4</td>
<td>None</td>
<td>Edwin Sule - 731-4399 - <a href="mailto:ebj4ever@comcast.net">ebj4ever@comcast.net</a></td>
</tr>
<tr>
<td>B</td>
<td>6 pm</td>
<td>26-38</td>
<td>3 to 4</td>
<td>None</td>
<td>Dave Stuart - 387-9766 - <a href="mailto:dbbytoo@hotmail.com">dbbytoo@hotmail.com</a></td>
</tr>
</tbody>
</table>

Description: This ride departs weekly out of Rockets Landing parking lot at the corner of Main Street and Orleans Street at 6pm. Currently we ride at a B to an A pace, but other paces are welcome to form. Please contact either Edwin Sule or Dave Stuart with questions, or just show up. Pace groups will be spaced out at the ride start to avoid large groups of cyclists on the road. Cue sheets are available on the RABA website under Rockets Landing - 26, Rockets Landing - 32, and Rockets Landing - 38. Limited cue sheets will be available but you are encouraged to print out your own.

Parking: Please park on Orleans Street between Williamsburg Road and Route 5.

Wednesday

Ashland Dinner Club

<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 Woodland 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.

(Continued on page 16)
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.

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></td>
<td>3</td>
<td>Varies 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.

Thursday

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></td>
<td>None</td>
<td>John Moore, 804-338-9668, <a href="mailto:jmoore216@comcast.net">jmoore216@comcast.net</a></td>
</tr>
<tr>
<td>B</td>
<td>6 pm</td>
<td>20-30</td>
<td></td>
<td>None</td>
<td>Leslie Salvo, 804-240-4273, <a href="mailto:lsalvo1012@gmail.com">lsalvo1012@gmail.com</a></td>
</tr>
<tr>
<td>C</td>
<td>6 pm</td>
<td>20-30</td>
<td></td>
<td>None</td>
<td>Chuck Jajesnica, 804-543-8367, <a href="mailto:cervelo55@verizon.net">cervelo55@verizon.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 generally 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, usually at Franco's on Staple's Mill Rd or another local restaurant.

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

Thursday

Crump Park Options

<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></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Jan Waldron; 938-9181; <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>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.

Download the cue sheet here.

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

Thursday

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>A/B+</td>
<td>6 pm</td>
<td>28/30</td>
<td></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 1/2 mile on Ma-
nakin 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.

**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 / B+</td>
<td>6 pm</td>
<td>28 - 32</td>
<td>3</td>
<td>None</td>
<td>Lee Lamb, <a href="mailto:llamb@greenrock.net">llamb@greenrock.net</a></td>
</tr>
</tbody>
</table>

**East End Black Creek Ride**

**Description:** This Leader led evening ride features an A and B/B+ pace cruise through eastern Hanover and New Kent Counties.

**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.

**Fridays at Hylas**

<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>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>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Joe Kent, 804-301-4018, <a href="mailto:jfkent3@gmail.com">jfkent3@gmail.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** The ride will start and end at the Berea Baptist Church at the intersection of 623 (Ashland Road) and 271 (Pouncey Tract Road). To get there, take I-64 West to Exit 173 (Rockville/Manakin), go right (north) on 623 and travel 2.5 miles to the Berea Baptist Church on your right just before the intersection with 271. The ride will vary each week. Maps and cue sheets will be available for those wishing to ride at their own pace.

**Friday**

<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>9:30 am</td>
<td>24-29</td>
<td>2/3</td>
<td>1</td>
<td>Dave Miller, <a href="mailto:dialdave@aol.com">dialdave@aol.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Charlie Thomas, <a href="mailto:charlievthomas@gmail.com">charlievthomas@gmail.com</a></td>
</tr>
</tbody>
</table>

**Hylas “Casual B” Ride**

**Description and Directions:** This ride is at a “casual B” pace averaging 14 to 15 MPH. Our departure time is at 9:30 AM, giving the faster paced ride time to depart. The route varies each week and distance is determined by the group at the start of the ride. Depending on attendance, we may break the ride into different pace groups.

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.

**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>8-8:30 am</td>
<td>20 to 50+</td>
<td>5</td>
<td>Some</td>
<td>August 1, Chuck Jajesnica / New Rider Ride Team</td>
</tr>
<tr>
<td></td>
<td>8:30 am</td>
<td></td>
<td></td>
<td></td>
<td>August 8, Charlie Thomas</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>August 15, Charlie Thomas</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>August 22, Charlie Thomas</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>August 29, Charlie Thomas</td>
</tr>
</tbody>
</table>

**The Ashland Breakfast Club (ABC)**

**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.

**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>8:30 am</td>
<td>35-45</td>
<td>3</td>
<td>Some</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.

### Saturday  
**Moseley Champions**

<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>9:30 am</td>
<td>33/41/51</td>
<td>3</td>
<td>1</td>
<td>Tony Pantoni, <a href="mailto:tpantoni31@verizon.net">tpantoni31@verizon.net</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** Meet at the Dorset Market Store at the intersection of Dorset Rd and Genito Rd in Powhatan County. The group will decide on the pace and the distance of the day’s route. There are 33, 41, and 51 mile routes with options to cut the ride short at numerous locations. The store stop is located at the 21 mile point.

### Saturday  
**Molly’s Women Beginner 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>C</td>
<td>10 am</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>Amy Ballard, 214-957-2898, <a href="mailto:Amy@mollysbicycleshop.com">Amy@mollysbicycleshop.com</a></td>
</tr>
</tbody>
</table>

**Description:** This is a beginner C paced ride in Chester. Great for women who are training for triathlons and learning to ride in a group setting or anyone who starting riding and wants to get better at it. We can also use help from experienced riders who want to support more women getting out there and enjoying a group ride.

**Directions:** The ride starts at The Bucket Trade, 13131 Rivers Bend Blvd, Chester, VA 23836

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**Soapbox...**

(Continued from page 1)

other volunteer jobs needing to be filled. If you identify yourself as a RABA member when you register as a volunteer, Sports Backers makes an additional donation to RABA!

Or maybe you want to volunteer during the CarMax Tacky Lights Run on December 12th. Let them know you are a member of RABA. You get that warm-all-over feeling from volunteering, and your work also supports RABA. If you can’t volunteer with us, support some of our partners, especially when they support us back!

We are of course in the middle of the Bikes For Kids campaign, working to put hundreds of bikes into the hands of kids this Christmas season. Even tho we have events like the silent auction last week (we’ll be having another one on August 15th, mark your calendar!), and get donations from sponsors like Sports Backers, tax-deductible donations from you form the backbone of our effort! So please go to the Bikes for Kids tab on our website and make a tax deductible donation. And guess what? Volunteers will be needed to help pick up those bikes, move them in and out of storage, put them all together, and deliver them to various places around the area. Many hands make light work, as they say. ...as they say. We want people saying good things about RABA, whether it is on a ride, at HoVA, because some kid got a bike, or because of our interaction with the community. The volunteers that make events happen are the face of RABA. Please become part of that face!

I hope to see you all at the annual picnic, August 9th. Volunteers needed!

-Gregg
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.