December–

We’re Not Done With 2008 Yet

The year is winding down. However, in addition to the Ride Calendar, which still features at least one ride per day, there are a number of RABA events that always take place this time of year.

First is the delivery of the bikes we assembled in November for the Bikes for Kids project. That’ll take place on December 6. See page 5 for more information.

Second is the December RABA meeting which will feature an End of the Year Celebration. That’s on December 10. The meeting details are on this and the following page. There’ll be a business meeting featuring awards and selection

(Continued on page 12)

Nominees for the 2009 RABA Board of Directors and Volunteers

by Kim Moore

It is with pleasure that I announce that the following slate will be presented for a vote by the club members in attendance at the December RABA meeting (meeting details are published elsewhere in the Pedaler):

President ....................... Champe Burnley
Vice President .................... Ron Corio
Treasurer .......................... Cindy Evans

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Remember to Take a Look at the Pedaler Plus Supplement

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

Look for additional features and color pictures as well as an 8 1/2”x11” calendar for December showing all the RABA rides.
Welcome to RABA’s newest members. We hope to meet you and see you on some of our rides!

David Broadway  
Noah Kaatz  
John Morgan  
Stephen Nolan

Nominees for 2009 RABA Board of Directors and Volunteers

(Continued from page 1)

Secretary ...................... Kim Moore  
Director-at-Large ............. Mike Moore  
Director-at-Large ............. Jim Denoon  
Newsletter Editor .............. Richard Halle  
Social Ride Captain ............ Bill Whitworth  
Fast Ride Captain .............. TBA  
Off-Road Captain .............. Clark Jones  
Membership Chair ............. Sonya Gagnon  
Advocacy Chair ................. Bud Vye  
Century ......................... Bud Vye  
Program Chair ................. Andrew Mann  
Publicity ....................... Liz Keith  
Statisticians ..................... Steve & Debbie Herzog  
Racing ................................ Charlie Comly  
Web Admin ....................... Nick Morgan

Many thanks are given to those who are returning for another year of selfless service and a hearty welcome is extended to those who will be new to the board of directors and volunteers. All club members are encouraged to attend the December meeting!

About those cycling socks… Sometimes cycling clothing just isn’t the best choice.
Lot’s going on in the last month, and I even got a little bicycling in between three trips to Philly to attend all of the Phils playoff and World Series games. Seven games, all wins, waving my towel in the rain, and until 2 a.m., with the rest of them, as the town has its first World Series championship in 28 years. Really sweet to win, especially as an underdog, but I knew they had a real shot at it when Sports Illustrated picked Tampa to win in six games. (They’re never right!)

Back to reality for my annual pilgrimage to the National Zoo, Rock Creek Park, and the Capitol Crescent Trail from the Teddy Roosevelt Memorial on 10/19. A light turnout of 8 made it an easy ride to lead on a nice fall day, though a bit on the cool side. The zoo goes all out to decorate for Halloween, and our timing was perfect to catch the Orangutans walking the overhead cables from one building to the other, which is always a highlight right up there with seeing what the pandas are doing. By bicycle is still the best way to visit the zoo. There’s no admission charge, but auto parking is now up to $20.

Afterwards, it was on up to Bethesda for lunch, where the annual Arts Festival was in full swing and it was warm enough to eat al fresco. Enjoyed getting to know Juan Torres, who lives in Williamsburg and is the Sergeant Major at Fort Monroe. (Those unfamiliar with Army rank should know that he is the top enlisted man on a post with a population of about 550. A prestigious and respected job among both officers and enlisted personnel.) He’s a strong rider who has been riding with us for several months, particularly on rides that are the closest to him like Jack Huber’s Jamestown to Smithfield and Bald Eagle. He was with us in DC since his wife and daughter’s permanent residence is up in that area. Be on the lookout for him on future rides, and give him a big RABA greeting.

Next was the Volunteer Appreciation Party at Savor over in Old Manchester, a couple of blocks from Legend Brewing, on 10/22. The total invited was 134, who had volunteered in one or more ways during the past year. I find that to be a very impressive number, as again and again members turn out to help with the jobs that make this club go. Our tandem folks may not be pleased to know that the Radio club who helped us at the Heart of Virginia (and some of whose members were among the 59 at the Party) are also known as the RATS (Richmond Area Telecommunications Society). The refreshments were nice, the door prizes plentiful, and a good time was had by all. As always, we overlooked at least one on the Invitation List, and this time it was Jerry Hefele. I have to apologize to for the oversight!

Then on 11/1, our 3rd and final Adopt a Highway of the year. On a nice morning, a record turnout of 20 made short work of our 3.7 miles, wrapping it up in a record time of 1 1/4 hrs. It went so quickly, some thought the litter was light, but when it all was consolidated it totaled 19 bags, which was about average. Great job, everyone! Many hands do indeed make light work.

The next Saturday was Bike Assembly at the Nuckols’ garage, where another big turnout did an impressive job of assembling 180 bikes in about 3 hours flat. Granted, we did have fewer bikes than last year, but I was really impressed with how smoothly the operation rolled along. (and how smoothly Dee seemed to be getting around on his new knee.)

The next weekend it was the Marathon, and the Sports Backers, having added a third race (1/2 Marathon) to go along with the 6K and the full Marathon, gave me a call requesting four bike marshals (herders, they called them) to help keep the stragglers from the two shorter races out of the way of the elite runners in the Marathon. With a post to the EList, I had eight volunteers within about six hours, with the first four being Julia Eberle, Mark Pye, Jim Creegan, and Bobby Weitzel. Unfortunately, Mark got hit from behind by a car while riding his bike in Bon Air prior to the Marathon, resulting in Brian Eckert having to move into the lineup. At last report, he’s “not happy, but he’ll live”, with broken collar bone, hand and wrist, some stitches and a concussion, not to mention his nice bike totaled. Sounds bad

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The Pedaler 4 December, 2008

enough, but glad it wasn't worse, and have a quick recovery, Mark!

The next day was the very touching Cookie Lady presentation, where about a dozen RABA members, plus a few from the Mile Post Zero and Blue Ridge bike clubs, a few locals, and one long time ago visitor who came all the way from New York City, assembled at June Curry's house in Afton along with local press and public TV reporters for the 11 a.m. ceremony.

Now 87 years old, she had recently fallen and broken her arm, which she had in a sling. With her home on a very steep road, with a number of steps both inside and out, its not exactly an ideal situation for an elderly, frail person living alone. She has no intention of moving, so I expect she will be hanging in there right where she is now, doing the best she can with occasional help, as long as she is able.

As a first time visitor, I was impressed with the "Bike House" just down the hill, which had been her uncle's home before he died some years ago. It's like a museum, with shirts, post cards, and polaroid pictures of cycling visitors long gone by, hanging from, and tacked on, the walls. Quite a place, and quite a lady. She couldn't be more appreciative of what we have done.

Thanks to Champe for his work in leading this effort and thanks to everyone who contributed. It's great that we could do so. I'm very proud of how RABA came through and at the turnout for the presentation on a cold, windy morning. June loves to talk and visit, and her winters have to be lonely up there, so anyone who has passed her way could do her a favor by staying in touch by phone or post card.

As a Jazz fan, I've been a regular at the VCU Jazz Orchestra concerts for about 25 years, so was there for their fall concert a few days ago. This year's edition is as good as ever (the Jazz Studies Dept. at VCU is one of the top programs in the country), and taking over on piano this year is Sophomore Ben White. As we are leaving, his parents come over and greet me, and are none other than RABA members Peter & Mary Lynn White. I look forward to hearing him for the next three years, as he's very good. (and his parents are very proud, as they have every right to be.) Not quite as big a fan of Blue Grass, but did enjoy hearing Cam & Dixie Hoggan's daughter Rebecca when she played at Ashland Coffee a few years back. Now, the word is that she is expecting in April, so Cam & Dixie will have their first grandchild. May not be nearby, however, since the last I heard Rebecca and husband John were pursuing their musical careers in Nashville.

Volunteer Party Recap

by Kim Moore

On Wednesday, October 22, a special celebration was given to salute RABA volunteers for their tireless service to the club. Volunteers qualified for attendance by working for at least one club event, leading at least one club ride or serving on the board from the period of October 1, 2007, to September 30, 2008. Fifty-eight club members attended to enjoy tasty hors d'oeuvres and one round of bar drinks at the Savor Restaurant, located just across the James River and two blocks away from Legends Brewing Company.

Afterwards, as a surprise for the evening, small gifts were raffled off to all attendees. Those gifts included gift certificates, a children's helmet and pads set, coffee mugs, desk pencil holders, bike socks, waterbottles and bike headlights. The bike gifts were generously donated by the following bicycle shops: Carytown Bicycles, Goodly's Bicycles, Performance Bikes, and Rowlett's Bicycles. Ed Dunn threw in the desk sets at the last minute, which was appreciated as everyone walked away with something in hand.

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Volunteer Party

(Continued from page 4)

It cannot be said enough how lucky the club is to have so many volunteers do the work and spend the time to make RABA as fun and successful an organization as possible. From the charity fundraising to planning scenic/challenging/exciting rides to donating time and effort at charity bicycle events like the Heart of Virginia bike weekend, so many of us benefit from the output of a relatively small legion of people. Many of these volunteers have been donating their time and effort for years and expect nothing in return.

Sincerest appreciation to everyone who volunteered in the past year and years past! And I hope to see YOUR name at next year’s party invitation list!
Big Foot Sighted at Pocahontas State Park by Mountain Biker
by Jack Speed

OK, now that I have your attention (the Big Foot sighting will be discussed later), here is a quick social review of the Twisted Tire Fall Cup Mountain Bike Race at Poor Farm Park on November 9, 2008.

Unfortunately, all awards to the winners were given out after the writer had left the premises; they really need to get their priorities straight. This event was well organized and appeared to run smoothly except for a short delay with the lunch buffet (priorities, folks!). Whoever ordered the weather for race day was right on time though one participant was overheard complaining that the temperature was 3 degrees too hot. All soft drinks were iced down to the proper temperature. Great job, but what is a mountain bike race without beer?

One of the favorite events of the day included a race for the ladies (age class not identified due to respect for the all the ladies and that age thing). It seems that there were some problems with the female registrants and the required number to race, so a few brave men donned dresses and rode with the ladies so as to increase the participation to the appropriate number. Hey, Ed Jones! You should have had a size 8 dress rather than the size 14 that you sported... and check for color coordination prior to the next racing event. A “Nice Job” goes to the Richmond Multisport group and all the volunteers that made the day possible.

Also, a special “Thank You” from the Richmond Chapter of the Mid-Atlantic Outdoor Recreation Enthusiasts (MORE) to Pibby’s Bicycle Repair for the set of beautiful hubs and wheels that were donated for the raffle. The proceeds of the

(Continued on page 9)
December, 2008 Monthly Rides

Social Monthly Ride Captain: Hugh Aaron, 690-9720, hugh@theaarons.com
Weekly Ride Captain: Brenda Hubbard, 740-3678, Brenda_hubbard@yahoo.com
Fast Ride Captain: Kim Moore, 358-0935, luvs2cycle@yahoo.com
Off-Road Ride Captain: Andrew Mann, 266-9048, rabamann@aol.com

New Riders: Please call the ride leader ahead of ride time to be sure that the ride will be at your pace and skill level.
Ride Leaders: Please submit ride sheets to statisticians Al and Lois Farrell, 4202 Hickory Nut Place, Midlothian, VA 23112

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

### Terrain Description

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<th>Description</th>
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<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>
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### Terrain Key

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<tr>
<th>Terrain</th>
<th>Description</th>
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<tr>
<td>MB</td>
<td>Mountain bike/off road</td>
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Note: See The Pedaler Plus and www.raba.org for the complete Pace Key Tables

### Road Ride Pace Key

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<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>
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### December 7 (Sunday) Hanover Courthouse Options

<table>
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<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>9:30 am</td>
<td>46</td>
<td>3</td>
<td>One</td>
<td>Nick Morgan, 804-740-2861, <a href="mailto:mrgn.nick@gmail.com">mrgn.nick@gmail.com</a></td>
</tr>
<tr>
<td>C</td>
<td>9:30 am</td>
<td>28</td>
<td>3</td>
<td>None</td>
<td>Peggy Merritt, 804-337-8385, <a href="mailto:pttsbrghrnrva80@comcast.net">pttsbrghrnrva80@comcast.net</a></td>
</tr>
</tbody>
</table>

Description: This ride offers two route options. The longer route is a loop to Aylett and back. The route includes a really nice 19 mile run down Frog Level Road/West River Road and a store stop at KJ’s Market in Aylett. The shorter route is the traditional RABA Tuesday evening Hanover Courthouse route, a long-time RABA favorite.

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

### December 13 (Saturday) Sussex/Southampton 4-H Center Ride

<table>
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<th>Pace</th>
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<th>Terrain</th>
<th>Store Stops</th>
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</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>9:30 am</td>
<td>37</td>
<td>4</td>
<td>One</td>
<td>Hugh &amp; Laura Aaron, 804-690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
</tbody>
</table>

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December, 2008 Monthly Rides

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B 9:30 am 37 4 One Jack Huber, 804-282-3872, jhuber1111@yahoo.com

**Description:** Meet in Waverly to ride the quiet country roads of Sussex and Southampton Counties. There will be a rest stop at the 4-H Conference Center south of Wakefield. After the ride, the group will reconvene for lunch at Giuseppe’s on Main Street in Waverly.

**Directions:** The starting point is the parking lot behind the former Coppahaunk Tavern (101 S County Drive Waverly, VA 23290) at the corner of Routes 460 and 40 (Main Street) in the town of Waverly. From Richmond take I-95 or I-295 to Route 460 east (toward Norfolk).

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**December 14 (Sunday) Urbanna Crab Cake Ride**

B+ 9:30 am 62 3 One Liz Keith & Kirk Sweeny, 804-337-4459, lizzardkeith@gmail.com

**Description:** Join Liz & Kirk for a scenic country ride through southern King and Queen and Middlesex Counties with a lunch stop at the rather unique “Something Different Country Store” in Urbanna. The route is a basic out and back to Urbanna on very low traffic scenic roads. Cue sheets will be provided. Please make sure you give yourself extra travel time to get to the ride start which is about 26 miles north of Mechanicsville.

**Directions:** Meet in the boat ramp parking lot (around 3000 Walkerton Road, Walkerton, VA 23117) in Walkerton. To reach Walkerton, exit I-295 onto 360 North (Mechanicsville Turnpike). Proceed approximately 17 miles to Highway 30 (a fairly major commercial intersection). Turn right onto Highway 30 (King William Road) towards West Point. Proceed approximately 6.4 miles to Walkerton Road (across from Hamilton Holmes Middle School). Turn left onto Walkerton Road. Proceed approximately 2 miles at which point you will cross the bridge over the Mattaponi River into Walkerton. Park in the boat ramp parking lot on your left just after you cross over the bridge.

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**December 17 (Wednesday) RABA Annual Tacky Lights Tour**

B 6:30 pm 25 3 Many Champe Burnley, 804-358-5801, champe_burnley@hotmail.com

**Description:** Join your fellow RABA members for a RABA holiday tradition – a casual cruise through the city to enjoy all of the spectacular holiday lights. We’ll ride to various locations around the city and take in as many of the tackiest decorations as we can. Appropriate costumes and holiday regalia are encouraged. Grinchs need not attend. At the end of the ride, we will celebrate the spirit and fellowship of the Season with dinner/drinks at Palani Drive Restaurant around the corner from the Westhampton Theatre. Please bring appropriate lights, reflectors, spare batteries and blinkies.

**Directions:** Meet behind the Westhampton Theatre (5706 Grove Ave, Richmond, VA 23226) at Grove and Libbie Avenues.

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**December 28 (Sunday) King William Cattle Drive**

B+ Noon 37 3 One Jim Denoon, 804-370-6252, delaniewdeno@verizon.net

B Noon 37 3 One Bill Britton, 804-347-5114, billbritton@comcast.net

**Description:** Join Bill and Jim for a casual ride through the scenic back roads of Hanover and King William counties, including a nice stretch along Hanover County’s River Road. In general, the hills are moderate, although the route climbs the back side of Bleak Hill on the return. There will be a store stop at the One Stop Market in Manquin on Route 360. Cue sheets will be provided.

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

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December, 2008 Monthly Rides

December 31 (Wednesday) Laurel Park-Ashland-Hanover Courthouse Loop

<table>
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<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>9:30 am</td>
<td>52</td>
<td>3</td>
<td>Two</td>
<td>Ron Corio, 804-643-6452 or <a href="mailto:rcorio@vcu.edu">rcorio@vcu.edu</a></td>
</tr>
<tr>
<td>B</td>
<td>9:30 am</td>
<td>52</td>
<td>3</td>
<td>Two</td>
<td>Jim Denoon, 804-370-6252, <a href="mailto:delaniewdeno@verizon.net">delaniewdeno@verizon.net</a></td>
</tr>
</tbody>
</table>

Description: From Laurel Park, the route takes a nine-mile route to Ashland, crosses Route 1 and heads over to the Hanover Courthouse and the first store stop at the 17 mile mark. Then, up and down Bleak Hill to Nelson's Bridge Road then to River Road and to Route 301 before returning to Ashcake and an Ashland store stop at the 42 mile mark. A 37 mile route can be made by cutting out the Bleak Hill-River Road section.

Directions: Meet in the Laurel Park Shopping Center (9500 Woodman Rd, Richmond, VA 23228) parking lot.

January 1 (Thursday) King William Ride from Zoar State Forest

<table>
<thead>
<tr>
<th>Pace</th>
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<th>Terrain</th>
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<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>10 am</td>
<td>62</td>
<td>3</td>
<td>TBD</td>
<td>Hugh Aaron, 804-690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>10 am</td>
<td>43</td>
<td>3</td>
<td>TBD</td>
<td>Bert Wright, 804-769-8926, <a href="mailto:rt4ft1@c.net">rt4ft1@c.net</a></td>
</tr>
<tr>
<td>B</td>
<td>10 am</td>
<td>43</td>
<td>3</td>
<td>TBD</td>
<td>Jim Denoon, 804-370-6252, <a href="mailto:delaniewdeno@verizon.net">delaniewdeno@verizon.net</a></td>
</tr>
</tbody>
</table>

Description: Bert is once again continuing a RABA tradition by inviting us to come up to his and Linda's neighborhood for a ride through the pretty countryside of rural King William County. This ride hits several segments of some familiar rides like the Frog Level Metric and Beulahville or Bust. Store stops are questionable on all routes given the holiday. Riders are encouraged to carry plenty food and water, especially if planning to ride one of the longer routes. Cue sheets will be provided for all routes.

Directions: Meet at the parking lot of Zoar State Forest (near 9411 West River Road, Aylett, VA). Take Rt. 360 east approximately 20 miles beyond Mechanicsville to Aylett. Turn left at the light onto Rt. 600 (West River Road) and go 1.5 miles to the forest entrance and parking lot on the right.

Big Foot Sighting...

(Continued from page 6)

raffle are to be used towards trail maintenance by MORE.

Now, back to Big Foot: It was about this time last year on a warm afternoon day while I was mountain biking in Pocahontas State Park (PSP) that an unusual event occurred. If one rides the Green (Beginners) Trail at PSP, about half way through the ride there is a hard right turn that goes down a steep hill and crosses a wooden bridge.

As I prepared to take the sharp right turn, watching the bike’s speed, looking for roots and other objects that usually cause one to crash, I noticed an object in the woods moving from my right to my left. The object was about human size, appeared to be black, and was somewhat humped over in appearance. Now, the normal person might have thought that they were seeing a bear, but not me. For some odd reason, the first thing that came to my mind was Big Foot!? Yep, I said Big Foot.

As I turned into the sharp downhill section, someone called out “Hey…..Hey”. After picking myself and my bike up off of the ground, I found that a female runner had gotten herself lost in the woods trying to take a short cut. I picked myself up and tried to regain my composure as I told her that she had (obviously) startled the heck out of me. With this in mind, I assisted her back to her parked vehicle by taking the longest route while she continued to run and follow my bike. No good deed goes unpunished. Ride safe and have fun!
December, 2008 Weekly Rides

**Weekly Ride Captain:** Brenda Hubbard, 740-3678, Brenda_hubbard@yahoo.com

**Fast Ride Captain:** Kim Moore, 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 ride sheets to Statisticians Al and Lois Farrell, 4202 Hickory Nut Place, Midlothian, VA 23112 no later than 14 days after the ride to ensure that all riders get mileage credit.

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**Sunday, 1:00 PM (NOTE THE NEW START TIME)**

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

**Description:** Meet at the Powhatan County Court House on Route 13. There are many nice rides from the Court House, mostly with good scenery and low traffic. The ride leaders will select a route that will be about 30 miles with a longer option usually available. There may be no store stops. Maps and cue sheets will be available for those wishing to ride at their own pace. If the weather is doubtful, call the leaders to confirm if they will be riding.

**Sunday, 1:00 PM**

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

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

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

---

**Monday, 9:00 AM**

**Mondays with Mary**

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

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

---

**Tuesday, 12:00 PM**

**Tuesdays at Rockville**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>12:00 PM</td>
<td>32-50</td>
<td>2</td>
<td>One</td>
<td>Bill Whitworth 285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a></td>
</tr>
</tbody>
</table>

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

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

---

**Wednesday, 9:30 AM**

**Retiree’s Midweek Ride and Lunch**

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

(Continued on page 11)
December, 2008 Weekly Rides

(Continued from page 10)

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 and Ridefinder E-mail lists. If you are not on either, please call Bud Vye, 262-9544 or Barry Pullen, 561-3950.

Wednesday, 7:00 PM

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

Description and Directions: This evening ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. We will ride to Ashland and stop for dinner at a selected restaurant. Afterwards, the group retraces the route back to Laurel Park for a total of 20 miles. The pace is generally relaxed so any type of bike is appropriate.

Remember to bring:
- at least one headlight which provides enough light to illuminate the road in front of you.
- at least one bright-red blinkie for the rear of your bike.
- spare batteries for all lights.
- lots of reflective clothing, vests, legbands, and/or armbands.

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

Thursday, 12:00 PM (Note New Time)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>12:00 PM</td>
<td>33-55</td>
<td>3</td>
<td>Varies</td>
<td>Hugh Aaron, 690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>12:00 PM</td>
<td>33-55</td>
<td>3</td>
<td>Varies</td>
<td>Bill Whitworth 285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a></td>
</tr>
</tbody>
</table>

Description: The route for this ride will vary from week to week. However, all routes will cover some part of Central or Eastern Hanover County and the surrounding areas (which offer a lot of beautiful countryside). Bill or Hugh will announce the route each week on the RABA email list. Cue sheets will be available for all routes.

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

Friday, 10:00 AM

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>10:00 AM</td>
<td>35-40</td>
<td>3</td>
<td>Some</td>
<td>Dave Bloor, 285-6177</td>
</tr>
<tr>
<td>B</td>
<td>10:00 AM</td>
<td>35-40</td>
<td>3</td>
<td>Some</td>
<td>Jim Denoon, 355-0121</td>
</tr>
</tbody>
</table>

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

Friday, 2:00 PM

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

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

(Continued on page 12)
December, 2008 Weekly Rides

(Continued from page 11)

the RABA email list. Also, please contact Hugh if you are interested in leading a slower pace group for this ride.

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

Note: The Park Service has requested that we park in the grassy area across from the parking spaces adjacent to the visitor center building.

Saturday, 8:30-9:00 AM  The Ashland Breakfast Club (ABC)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>8:30-</td>
<td>20</td>
<td>5</td>
<td>Some</td>
<td>Dec. 6 Richard Halle, 744-1760</td>
</tr>
<tr>
<td></td>
<td>9:00 AM</td>
<td></td>
<td></td>
<td></td>
<td>Dec. 13 Emily Kimball, 358-5536</td>
</tr>
<tr>
<td></td>
<td>9:00 AM</td>
<td>50+</td>
<td></td>
<td></td>
<td>Dec. 20 Kim and Mike Moore, 358-0935</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Dec. 27 Tom Norton, 317-0630</td>
</tr>
</tbody>
</table>

Description and Directions: This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. The basic ride is ten almost flat miles to Ashland where riders stop at Hardees or Ashland Coffee & Tea for breakfast or hot or cold drinks before retracing the route back to Laurel Park. There are a number of variations to this ride with many riders choosing a 30 mile route to the Coffee Shop while others prefer the basic route where they then meet up with other riders interested in doing additional miles before returning to the starting point. Riders may join the ride leader’s group or form a group of their own based on preferred pace and distance. Unlike most RABA rides, this ride does not have a group start. Riders may sign the ride sheet and depart anytime between 8:30 and 9:00. If you are new to this ride, please introduce yourself to the ride leader and he or she will assist you in finding other club members who ride your pace.

Maps and cue sheets are available for those wishing to ride at their own pace. Riders arriving after the ride leader has left will find the sign-up sheet and route maps on the ride leader’s car.

Saturday, 11:30 AM-12:00 PM  The Ashland Lunch Club (ALC)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>11:30 AM-</td>
<td>20</td>
<td>5</td>
<td>Some</td>
<td>Dec. 6 Jeanne Minnix, 594-0842</td>
</tr>
<tr>
<td></td>
<td>12:00 PM</td>
<td></td>
<td></td>
<td></td>
<td>Dec. 13 Joe Hazel, 306-4500</td>
</tr>
<tr>
<td></td>
<td>12:00 PM</td>
<td>50+</td>
<td></td>
<td></td>
<td>Dec. 20 Sharon Becker, 852-5282</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Dec. 27 Dale Peacock, 556-6908</td>
</tr>
</tbody>
</table>

Description and Directions: This ride is held in fall/winter months only and is identical to the Ashland Breakfast Club (ABC) ride above except that it starts a little later so temperatures have a chance to warm up.

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.

Make Plans to Attend the "Life is Good" 2008 World Tour Report at RABA’s January Meeting!

Andrew ("Life is Good!") Mann is going to tell us about his 2008 cycling tours of New Zealand and the Pacific Northwest, particularly Oregon. If you’ve heard his presentations the last two years, you know how much fun they are. Plan to be there!

See next month’s Pedaler and watch your E-mail box for more information.

December...  
(Continued from page 1)

of the Board of Directors and Volunteers for next year as well as a gift exchange that’s always hilarious.

And finally there’s the RABA Annual Tacky Lights Tour ride in the evening of December 17 (105th anniversary of the Wright Brothers' first flight, but I digress...). That’s always a lot of fun, seeing the city, decked out in its Christmas finery, at night by bike. The ride description is on page 8 of the Pedaler.

So you’ve got lots of RABA options this month. Hope to see you at some of the events.
Heart of Virginia Riders Survey Results
by Champe Burnley

RABA set a new record this year with 671 riders registered for the 2008 Heart of Virginia Bike Festival. This represented a 66% increase over last year's numbers.

Following this year's ride, we decided to survey participants to get their feedback on what went well and areas needing improvement. 133 of the 671 riders responded to the online survey.

The HOV Steering Committee met in early October to review riders' feedback and determine how we can improve the ride next year.

Here's a summary of some of the results:

- 66% of the respondents were male; 33% female
- Average age 48.39 (median 49)
- Annual mileage ridden by participants:

<table>
<thead>
<tr>
<th>Mileage</th>
<th>Percentage of Respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-250 miles per year</td>
<td>2.3%</td>
</tr>
<tr>
<td>251-500 miles</td>
<td>15.8%</td>
</tr>
<tr>
<td>501-1000 miles</td>
<td>15.8%</td>
</tr>
<tr>
<td>1001-2000 miles</td>
<td>26.3%</td>
</tr>
<tr>
<td>2001-3000 miles</td>
<td>14.3%</td>
</tr>
<tr>
<td>3001-5000 miles</td>
<td>16.5%</td>
</tr>
</tbody>
</table>

- The English Century (100 miles) on Saturday as well as the Historic Ride on Sunday were our most popular rides.

<table>
<thead>
<tr>
<th>Ride</th>
<th>Percentage of Respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday Short Ride (33 miles)</td>
<td>9.8%</td>
</tr>
<tr>
<td>Saturday Metric (62 miles)</td>
<td>23.7%</td>
</tr>
<tr>
<td>Saturday English Century (100 miles)</td>
<td>27.7%</td>
</tr>
<tr>
<td>Sunday Historic Ride (35 miles)</td>
<td>28.3%</td>
</tr>
<tr>
<td>Sunday Metric + (76 miles)</td>
<td>10.4%</td>
</tr>
</tbody>
</table>

- Approximately 10% indicated that they rode with agps.
- Overall Satisfaction:
  - 95% indicated they would recommend the HOV to a friend.
  - On a rating of A through F (Great Ride to Poor) the, “grades” were:
    - A – 50%,
    - B – 30%,
    - C – 14%,
    - D – 5%,
    - F – .76% (one rider! Sorry about that!)

Many of the questions solicited additional comments and a number of great suggestions were submitted. Clearly, good rest stops are important, plenty of drinks and (strong) Gatorade are a must. SAG accommodations, healthy food choices, placement of rest stops, plenty of porta-potties, etc. are also important to riders.

Thanks to all of the riders who participated in the survey. The HOV Steering Committee appreciates the feedback so we can improve the event in 2009. Many of the suggestions were reasonable and can be easily implemented.

Results of the Survey are posted to the RABA Yahoo Group. Feel free to take a look at these for yourself.
Dear June,

On behalf of the Richmond Area Bicycling Association, Mile Post Zero Bike Club, cyclists across America, and riders around the world, we want to take this opportunity to acknowledge and thank you, the “Cookie Lady”, for the never ending warmth and hospitality you have shown to thousands of cyclists over nearly a third of a century. Your generosity has truly touched the lives of people from around the world.

We are humbled by your example; we are grateful for your efforts.

Despite the cold, foggy days of winter for which this mountain, called Afton, is known, you should always be comforted, June, by the knowledge that you – like very few others who pass through this world – are warmed with thoughts of friendship and the love of thousands of people around this big, blue planet. You have lived by example and made a difference, and for this, we thank you.

God bless.

Fondly,

The Richmond Area Bicycling Association

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Cookie Lady Presentation and Ride

The event took place at June Curry’s house in Afton on November 16, a chilly, windy day. See Bud’s “Heard and Seen Around the Club” column on pages 3 and 4 and the Pedaler Plus for more information and pictures about it.

After everyone had looked at the “Bike House,” Tom Powell (see picture to the left) started off by giving her some home baked cookies. Champe Burnley then spoke a few words (see below) while presenting her with the donation that had been raised by RABA and cyclists from 15 states. Her remarks expressing her heartfelt thanks were really touching.

As she, standing on her porch in the chilly wind, thanked us, one observer remarked admiringly how it took a special kind of person to leave Champe speechless….. Just kidding. A nice event for a nice lady! Thanks to everyone who helped.
Cyclo-Cross • 5K Cross Country • Fat Tire Duathlon

VIRGINIA BEACH

Cyclo Cross
Winter Endurance Challenge

Event Dates
January 17-18, 2009

Event Location
Virginia Beach SportsPlex

Featured Events
Cyclo-Cross, 5K Cross Country Run, Fat Tire Duathlon

Registration and event info www.vbchallenge.kalerunning.com
Questions Call 1-800-822-3224
A)

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, $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

MEMBER’S SIGNATURE

C)

LAND RIDER Auto-shift bike, nearly new. Comfortable, good for relatively flat rides. New over $400, now only $125. Norm Melchert, 965-6955 or norm.mel@comcast.net. (11/2008)

Merlin titanium 60 cm road bike. Equipped with Ultegra components and in good, ready to ride condition. $450. Please contact Rick Meili 553-4639 or lmmeili@comcast.net. (12/08)

Tommaso 56 cm road bike. Frame made of Reynolds 531 steel and equipped with mixture of Shimano equipment. It is in fair, ready to ride condition $150. Please contact Rick Meili 553-4639 or lmmeili@comcast.net. (12/08)

Set of Mavic Cosmic Carbon dish wheels. Very low mileage and great for time trialing. Comes equipped with 8 speed cogset. $200. Please contact Rick Meili 553-4639 or lmmeili@comcast.net. (12/08)

2008 Giro Atmos helmet, red/black, size med, 280 grams, 55-59 cm, 21.6-23.2 inches. Worn 3 or 4 times so truly like new. This is a fine lid but it just doesn’t fit me well enough. Bought new in July. Make my purchasing snafu your chance to snag one of the best helmets available. $125. Call Jim, home: 804-752-2943 cell: 804-432-9679 (12/08)

Specialized Toupe Team Saddle, white, patented Body Geometry design for pressure relief, carbon reinforced shell is tuned for the perfect combination of flex and stiffness, ultralight foam padding, hollow titanium rails, tough, water-resistant Micromatrix cover, 175g, length 270mm. Never used. $165 on Specialized website, $125 on Ebay. $110. Call Jim, home: 804-752-2943 cell: 804-432-9679 (12/08)

Selle Italia SLR saddle, black, 30% carbon composite shell dampens vibration and is shaped to eliminate chafing, featherweight EVA padding provides maximum comfort and cushioning in all the right places, full-grain leather, titanium tubular rails for ultra-light weight savings and maximum flex. 135g. Used two weeks, excellent condition. $225 at Performance. $110. Call Jim, home: 804-752-2943 cell: 804-432-9679 (12/08)