RABA December Meeting
Wednesday, December 2, 2009

End of Year and Election Meeting
Covered Dish Dinner: 6:00 PM; Meeting and Gift Swap: 7:00 PM
Location: Fan Free Clinic–Basement Conference Room
1010 N. Thompson Street, Richmond, VA 23230

At this meeting, we will be voting in the 2010 slate for the Board of Directors (see list below), presenting awards for volunteer service, and briefly conducting any other club business.

The meeting and election will take place after a covered dish dinner. (Continued on page 4)

Nominees for the 2010 RABA Board of Directors
The Nominating Committee wishes to announce that the following slate will be presented for a vote by the club members in attendance at the December RABA meeting, the details of which are published above:

President: ........................................ Ron Corio
Vice President: .............................. Paul Walaskay
Treasurer: ........................................ Cindia Evans
Secretary: ..................................... Sheryl Finucane
Director at Large: ...................... Champe Burnley
Director at Large: ...................... Steven Herzog
Ride Captain (Monthly Road Rides): ...... Noah Kaatz
Ride Captain (Weekly Road Rides): ...... John Moore
Ride Captain (Off-Road Rides): ........ Matthew Bizzarri
Racing Director: .............................. Greg Brown

(Continued on page 2)

Pedaler Plus
If you're reading the PDF version of the Pedaler and don't see the Pedaler Plus on line yet, check back. It's usually timely to be available when the paper copy of the newsletter arrives.

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

There are some interesting articles and pictures in there this month as well as an 8 1/2" x 11" calendar showing all the RABA rides.

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Reflecting on RABA’s 2009
by Champe Burnley

The end of the year is a time for reflection. Did we accomplish everything we had hoped to during the year? Did the year turn out as expected? What could we have done differently? Was the year productive and did we make a difference?

Though there has been a lot of bad news with a down economy and our country in two wars, when we think about the 2009 in terms of cycling, we have much to be proud of and (Continued on page 5)
Welcome to RABA’s newest members. We hope to meet you and see you on some of our rides!

Jacob & Kristy Dodd  
Ryan Farr  
Karl & Jo Ann Gordon  
Steven Harris  
Larry & Jan Haviland  
Dave Krovetz  
Mark Livick

Martin Miller  
Walter & Allison Patrick  
Mona Tagliaferro  
Edward Tepper  
Judy West  
Dave Zaras

Nominees for 2010 RABA Board of Directors...

(Continued from page 1)

Program Director: Cristina Bizzarri
Bicycling Advocacy Director: Bud Vye
Membership Director: Liz Keith
Publications Director: Richard Halle
Publicity Director: Tom Veasey

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. All club members are encouraged to attend the December meeting!

This Guy Didn’t Renew his RABA Membership...

...and in January he stopped getting the Pedaler and RABA announcements via the E-mail list. No wonder he looks a little grumpy!

So if you haven’t done it yet, please take a few minutes to complete the club membership renewal form and insurance waiver you received in the mail, write a check for membership dues and return it all to the RABA post office box in Ashland.

If you have lost your renewal form, download another one by going to www.raba.org, selecting “Club Info” header, then “Membership Information and Application”. Do it before the end of 2009!

Renewal fees are still a low and very reasonable $20 for individuals and $25 for families. Not a bad deal for a pretty darn valuable bike accessory! Rejoin today!

2009 Board of Directors

President: Champe Burnley  
champe_burnley@hotmail.com  
358-5801

Vice President: Ron Corio  
rcorio@vcu.edu  
643-6452

Treasurer: Cindia Evans  
cnevans@comcast.net  
789-0511

Secretary: Kim Moore  
ltps2cycle@yahoo.com  
358-0935

Director at Large: Mike Moore  
mike_moore@yahoo.com  
358-0935

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

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

Racing Director: Charlie Comly  
chascomly@gmail.com  
432-8542

Program Director: Andrew Mann  
rrichhalle@verizon.net  
744-1760

Bicycling Advocacy Director: Bud Vye  
bdvye@comcast.net  
262-9544

Membership Director: Sonya Gagnon  
sgagnon@dekaresearch.com  
752-1050

Publications Director: Richard Halle  
rrichhalle@verizon.net  
744-1760

Publicity Director: Liz Keith  
lizzardkeith@gmail.com  
337-4459

Committee Chairs

Statisticians: Steve and Debbie Herzog  
sp_herzog@verizon.net  
360-3853

Web Administrator: Nick Morgan  
hoppocket@msn.com  
740-2861

Century Chair: Bud Vye  
bdvye@comcast.net  
262-9544

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

Membership Information

Annual RABA Membership Dues are $20 per person (18 years and older) or $25 per family consisting of 1 or 2 adults and all dependents under 18. All memberships begin January 1. After July 1, memberships are prorated as follows: $10 per person (18 years and older) or $12.50 per family. The Pedaler subscription is included. Submit membership application or renewals to RABA Treasurer, PO Box 6565, Ashland, VA 23005. Note: Membership dues must be accompanied by a completed signed membership application and a waiver of liability.
Thought I might get a quiet month to relax after the conclusion of the Heart of Virginia, but it was not to be. First the Phils won their division (I have a long standing order for Playoff and World Series tickets, in the event that should happen, dating way back to my years as manager of Philadelphia Veterans Stadium, where both they and the Eagles played). Then they proceeded to win their first two series and advance to the World Series for the second successive year (where they performed respectably against a superior Yankees team). That necessitated three trips to Philly for all those games. Then our son treated my wife and I to a week on St. John in the U.S. Virgin Islands, as we celebrated our 50th Wedding Anniversary. Putting the two events together made a very busy, but very enjoyable, month.

Naturally, the rest of the world wasn’t standing still, so let’s talk about what else was going on, starting with my monthly medical report. First I learn that our all-time High Mileage rider, Rickey Davis, while on a bike trip in Maine, notices that his right leg is swelling up and eventually finds out that the swelling is caused by a blood clot. Treatment for which shuts down his riding, and really has him bummed out, as his life time mileage total is stalled around 315,000, and which shuts down his riding, and really has him bummed out, his recovery continues, though a trike, so any of you that own one may want to share some advice with him. He could use some more visitors, and it is not a happy camper.

Also new on the Disabled List is Ed Dunn, who had a total knee replacement on 11/3, and is now doing his PT and looking forward to being back on the road with us in the Spring. And Bob Mitchell, who thought he was recovered, and off the list, after his bike crash in August, learns that his broken collarbone from that mishap is causing a problem with an adjacent blood vessel, so he’s having surgery on 11/30 to put a brace on the collarbone that will put him on the DL for a month or two. And Barry Pullen had a short stay on the list, but now is back in action, as a cyst around one of his finger nails required surgery, and keeping it away from the handle bar for awhile.

While Chris Tompkins continues to reside at The Laurels, on Pemberton near Three Chopt. His recovery continues, but is slow, with his legs showing more strength than his arms and hands at this point. He’s starting to talk about getting himself a trike, so any of you that own one may want to share some advice with him. He could use some more visitors, for any of you that can make it, and don’t give up and leave if you don’t find him in his room, and his room mate and the staff don’t seem to know where he is. He’s pretty mobile around the building, and I’ve found him in the Courtyard if the weather is nice, in the Lounge, in Physical Therapy, and even motoring around in his wheelchair in the street outside.

Some more upbeat news to pass on, as I tracked Jeff & Dawn Ault down at their home off of Cedar Lane in Elmont (just a stone’s throw off our regular ABC route). Real progress has been made on the construction of their new home (much of which is being done by Jeff) and they are shooting for substantial completion by New Year’s Eve. Its going to be a big one, and quite a contrast from the trailer they have been living in while the construction goes on. Despite the pressure of the schedule, it sounds like Jeff is going to take a break and ride his High Wheeler up to Ashland to be with our contingent at the Parade on Sunday, 11/22. It was also good to see John Frederick back riding with us after about a six month hiatus while he was studying for, and taking, his medical exams. He’s now a licensed M.D. and has some time to ride while he waits to see where he gets accepted for his residency. He’s from St. Vincent in the former British Virgin Islands, and a lot of fun to talk, and ride, with.

A number of club related events to comment on, as I represented RABA at the Ground Breaking Ceremony for the 30,000 sq. ft. expansion project at the Patrick Henry Family Y in Ashland on 10/23. We were fortunate at the Heart of Virginia that the start of construction held off until after our event, since you will see if you are in the area that most of the parking at the Y would have been unavailable. We would have had sufficient spaces over at the Social Services complex on Rt. 1, but everyone has gotten used to parking at the Y or at Lance & Bridle. I’m assured that construction should be complete by next year’s Heart of Virginia, so we won’t have that to worry about.

Along with Rickey Davis, represented RABA at the official ribbon cutting for the 7.2 mile segment of the Virginia Capital Trail west of Charles City Courthouse on 10/29. The trail has really been embraced as a big deal by the local citizens, supervisors, and officials, and it was nice that Transportation Secretary Homer and his predecessor Whitt Clement both could be on hand. We all had lunch after the event at the nice little inn that has reopened right across the street from the Courthouse.

The next night (10/30) saw our Volunteer Appreciation Party at Savor. A very nice affair, although rather lightly attended. For my part, THANKS AGAIN again to all who helped make the Heart of Virginia the success that it was, as well as to those who have turned out to do the Adopt a Highway pickups. Although it’s certainly nice that the rest of you thank us as you ride by, MY thanks go to those who give up a part of their Saturday morning in order to get the job done.

And again, my deep appreciation to those 10 faithful pickers (Tom Richeson & son Dylan, Steve & Ellyn Sukonick, Jack Kauffman & Judy Rumble, Mike Testerman, Sara Dillman, Bob Carlson, and Don Eiler) who showed up the next morning(10/31) in the drizzle ready to do the job as scheduled. With the forecast uncertain, I made the proper decision to cancel and repair directly to Ashland Coffee where we watched through the front window, with mugs in hand, as the rain poured down. Thanks again, gang, we’ll do it again next spring.

Lastly, to all who showed up and did such a nice job at

(Continued on page 8)
RABA Volunteer Party Recap  
by Kim Moore

On October 30, a misty Friday evening, approximately 40 RABA members attended a club volunteer appreciation party at Savor Café, just south of the James River. Ellie Basch, fellow RABA member and owner/chef at Savor, did a great job of providing lots of very tasty hors d’oeuvres to please a wide variety of tastes and diet preferences. RABA also treated attendees to the first round of drinks from the bar.

These were gestures of thanks to members who have donated their time and effort to the club from October 1, 2008, to September 30, 2009. Many of the club’s activities, like being ride leaders, participating in fundraising events and working at the Heart of Virginia bicycle event weekend, would and could not happen without the dedication of so many volunteers. This past period through September 2009, was one of the club’s highest volunteer participation levels. Over 150 people qualified for the invitation to the appreciation party!

Without so many volunteers to do all that RABA represents to the public and to its fellow members, the club would not be as successful as it is in offering rides and promoting bicycling and bicyclists in a positive light. Won’t you consider volunteering for at least one activity in the coming year? There are never enough hands to do all that is needed to keep the club running. And we hope to see you at the next volunteer appreciation party!

-Thanks to Ben Madden for sharing his photographs.

Bikes for Kids Delivery Day  
Saturday, Dec. 5, 9:00 AM  
by Dee Nuckols

We wish to say a big “thank you” to the 45 club members and friends who came out last month and helped assemble 158 bikes for needy children! We are so appreciative of all your combined efforts to make the assembly party another success.

Now comes our final stage in this project, the delivery of the bikes and helmets to the area’s county Christmas Mother facilities. Anyone wishing to help in this endeavor please meet us on Saturday, December 5, at 9:00 AM at the bike workshop. After loading the bikes we will divide up into groups, one for each delivery site.

Directions to the workshop located at 867 Seay Rd, Manakin-Sabot, VA 23103 are: Take I-64 W to exit 173 (Rockville/Manakin), left on 623, right on 250, right on 621 (at Bank of Goochland). Go 2.7 miles, then left on 626. Go 1.5 miles and turn left into farm parking area. The yellow bike marks the spot!

RABA’s End of Year and Election Meeting...  
(Continued from page 1)
dish dinner. Bring something to share with your friends. Note that the room where we’re meeting does have a small kitchen facility we can use.

One of the fun parts of the evening will be the RABA Gift Swap – if you wish to participate, please bring a WRAPPED bicycling-related gift valued between $10 to $15. Gifts will be swapped according to very specific rules, which will be explained at the party. Be prepared for a lot of laughter during this portion of the meeting!

The Fan Free Clinic is located at 1010 N. Thompson Street on its west side. It’s 1 block east of Route 195 between Cutshaw Ave. and Grace Street.

Please park in the visitors lot two doors south at 910 N. Thompson. There is a sign on Thompson indicating where it is. DON’T park in the lot NORTH (towards Broad St.) of the building!! You might get towed!

Use the back door entrance and go down the stairs. The conference room is the door on the right after the restrooms.

-Thanks to Ben Madden for sharing his photographs.
Soapbox...
(Continued from page 1)

2009 has been a great year for RABA thanks to a great group of motivated Board members and supportive and involved members who have stepped up to make it happen. To all of you I say thanks and job well done.

Let me first thank our Board and officers for a great deal of hard work, patience and support during 2009. Without their efforts the story would be much different.

What are some of RABA’s accomplishments this year?

- RABA has reached new heights with nearly 925 members. That’s simply incredible.
- We were awarded the League of American Bicyclists, Bike Club of the Year.
- Bud Vye was named national advocate of the year by the Alliance for Biking and Walking.
- RABA was a participant in the Green Infrastructure Group’s regional planning effort. 26 regional groups worked to identify key environmental assets in central Virginia, prioritize and preserve sensitive areas and determine how to connect major ecological nodes in the region.
- RABA volunteers were key in many local events and activities including 2009 Cap to Cap, Sports Backer’s first Anthem Moonlight Ride, National Duathlon and other events in town. RABA volunteers rocked!
- The 2009 Heart of Virginia was a huge success. Nearly 650 riders participated this year and feedback was overwhelmingly positive.
- 158 bikes were purchased and donated to needy children in the area thanks to the efforts of Suzanne and Dee Nuckols and your generous contributions.
- Richard Halle did an outstanding job of getting RABA’s word out by completely redesigning our website and creating one of the best club newsletters around.
- Our bylaws are being completely revised and updated thanks to Ron Corio and his committee. This has taken a lot of work – and isn’t particularly fun - but it will make the club stronger and work better.
- Two Road Skills classes were taught by League Certified Instructor and Safety Chair, Sheryl Finucane. Her efforts are helping make our rides safer and more enjoyable.
- Richmond Pro Cycling helped our club riders with a paceline clinic/advanced skills session.
- Dozens of members attended local county, city, regional planning and, greenway meetings and hearings. These efforts really make a difference.

There are many other examples of members who took time to lead and organize rides, help new riders learn the sport and take an active role in making RABA the great club that it is. Though don’t have the space to name everyone, I sincerely thank you for your efforts. You are the people who make a difference.

It has been a privilege to have served in capacity as president and to have gotten to know many of you both on and after our rides, share experiences, stories, rides and ideas. Thank you.

Let me extend my best wishes to the new Board and officers who will be elected in a few days. I am confident that they will do many great things next year to get people on their bikes, have fun and make a difference in central Virginia. They need your help to make this happen, so please commit to volunteer for an event, work on a committee, lead a ride or pace group.

Best wishes for a safe, happy and peaceful holiday and productive and enjoyable 2010.

Safe cycling,
Champe
December 5 (Saturday) Midlothian Possum Squash

Pace Time Miles Terrain Store Stop Leader
B/B+ 1 pm 41 3 One Steve Carter-Lovejoy, 272-3119, scarterlovejoy53@msn.com

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

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

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

December 6 (Sunday) King William Cattle Drive

Pace Time Miles Terrain Store Stop Leader
B+ 10 am 37 3 One Henry Smith, 382-9217, hmsmith@comcast.net

Description: Ride starts from the Hanover Courthouse complex and rides out to Manquin. There is one store stop at the 21 mile mark. Henry will be riding at a B+ pace but other groups are welcome. Contact Henry if you are interested in leading a different pace group.

Directions: 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.

December 9 (Wednesday) RABA Annual Christmas Ride and Tacky Light Tour

Pace Time Miles Terrain Store Stop Leader
C 6:30 pm 25 4 many Champe Burnley, 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

(Continued on page 7)
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. Grinches 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.

### December 12 (Saturday) - 4-H Center Ride

**Pace** | **Time**  | **Miles** | **Terrain** | **Store Stop** | **Leader**                  
---|---|---|---|---|---
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 lake at the 4-H 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).

### December 12 (Saturday) - James River Parade of Lights Tour

**Pace** | **Time**  | **Miles** | **Terrain** | **Store Stop** | **Leader**                  
---|---|---|---|---|---
C  | 5 pm  | 20  | 3  | Many  | Champe Burnley, 804-358-5801, champe_burnley@hotmail.com

**Description:** Join fellow cyclists as we ride to Libby Hill to enjoy the 18th annual James River Parade of Lights, sponsored by our friends with the James River Advisory Council (see: www.jamesriveradvisorycouncil.com for details).

Bring hot dogs, hamburgers, snacks, etc. We will have a sag vehicle at the start to carry goodies to Libby Hill. We want to bring the parade to the Hill, so don't hold back on the bike decorations and personal accoutrements. As with all evening rides, please bring appropriate lights, reflectors, spare batteries and blinkies. If someone is interested in driving a cooler with snacks to Libby Hill, please contact Champe at 358.5801

**Directions:** We will depart from behind the Westhampton Theatre at 5:00, arriving at the dock at Rocketts at 6:00 to watch the decorated boats as they arrive in Richmond. We will then ride to Libby Hill where we will join our friends from JRAC for a barbecue and holiday cheer.

### December 13 (Sunday) - Urbanna Crab Cake Ride

**Pace** | **Time**  | **Miles** | **Terrain** | **Store Stop** | **Leader**                  
---|---|---|---|---|---
A  | 9:30 am  | 62  | 3  | One  | Kirk Sweeney, 804-370-9121, ksweeney@geoenvironmental.net
B+ | 9:30 am  | 62  | 3  | One  | Hugh Aaron, 804-690-9720, hugh@theaarons.com
B  | 9:30 am  | 62  | 3  | One  | Champe Burnley, 804-358-5801, champe_burnley@hotmail.com

**Description:** Join Kirk, Hugh and Champe for a scenic country ride through southern King and Queen and Middlesex Counties with a lunch stop at Angelo's overlooking the harbor in Urbanna. The route is a basic out and back from Walkerton to Urbanna on scenic county 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.

### December 20 (Sunday) - Portabella Optional

**Pace** | **Time**  | **Miles** | **Terrain** | **Store Stop** | **Leader**                  
---|---|---|---|---|---
B  | 9:30 am  | 37 or 50  | 4  | one  | Jim Denoon, 370-6252, delaniewdeno@verizon.net

**Description:** Jim and the group will decide on whether to do the 37 mile or 50 mile route based on the weather. Of course, all speeds are welcome and if anyone would like to lead a pace group they should contact Jim.

**Directions:** The ride will start from Portabella's Restaurant (2627 New Market Rd, Richmond, VA 23231) in the Varina Food Lion Shopping Center on Route 5 in Varina. From I-295, take exit 22 onto Route 5 (New Market Road) west towards Varina; go
(Continued from page 7)

approximately 1 mile; the Food Lion shopping center will be on the left. From I-64, take the South Laburnum Ave Exit; go approximately 5.5 miles to Route 5 (New Market Road); turn left and the shopping center will be on the right in 2.3 miles. From I-895, take the Laburnum Ave Exit; turn right on Route 5 (New Market Road). The shopping center will be on the right in 2.3 miles.

December 27 (Sunday)  Buckner or Bust

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<tr>
<td>B+</td>
<td>10 am</td>
<td>37</td>
<td>3</td>
<td>Two</td>
<td>Dee Nuckols, 804-749-3400, <a href="mailto:nuckolss@aol.com">nuckolss@aol.com</a></td>
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**Description:** Join Dee for a ride through some of the most scenic areas of western Hanover County. Thirty-seven miles with a few moderate hills thrown in should be just right for a late December ride.

**Directions:** The Montpelier Center (17205 Mountain Road, Montpelier, VA 23192) is located at the intersection of Routes 33 and 715, 15 miles west of where Route 33 (Staples Mill Road in the city) crosses I-295

January 1 (Friday)  New Year’s Day Ride

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<tr>
<td>A</td>
<td>10 am</td>
<td>62 or 43</td>
<td>3</td>
<td>TBD</td>
<td>Andy Smith, 804-339-8227, <a href="mailto:asmith2954@yahoo.com">asmith2954@yahoo.com</a></td>
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<td>Jim Peterson, 804-432-9679, <a href="mailto:jdp789@hotmail.com">jdp789@hotmail.com</a></td>
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<tr>
<td>B+</td>
<td>10 am</td>
<td>43 or 31</td>
<td>3</td>
<td>TBD</td>
<td>Bert Wright, 804-769-8926, <a href="mailto:rt4fb@i-c.net">rt4fb@i-c.net</a></td>
</tr>
<tr>
<td>B</td>
<td>10 am</td>
<td>43 or 31</td>
<td>3</td>
<td>TBD</td>
<td>Jim Denoon, 804-370-6252, <a href="mailto:delaniewdeno@verizon.net">delaniewdeno@verizon.net</a></td>
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**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.

(Continued from page 3)

Heard and Seen Around the Club...

(Continued from page 3)

**Bike Assembly** on 11/7. It’s always impressive to me to see how smoothly everything goes at this event. As tires on two bikes popped some time after they were inflated, I think I might be in line for the booby prize, since the only ones doing the inflating were me & Dee (and I have a hunch he does a better job of reading his compressor’s gauge than I). As always, a great job of organizing the event by Dee & Suzanne.

Check out Alan Cooper’s great photos, which really capture the flavor of the event (as he did at the Heart of Virginia), and let me live dangerously by singling out one person for mention from among so many talented and industrious contributors, but I was really impressed by the job Bob Allen did as quality control mechanic. All the problem bikes landed at his station (and he solved most of them) so that at the end of the morning I think all but two of the bikes were presentable. It’s really great to have Bob back in action with us again, and mechanically, its easy to see why he had such a long and successful career as a Xerox machine service man.

See some pictures of the events on the last page (back cover) of the Pedaler. Look for color versions of these and more in the Pedaler Plus.

Thanks for the Help!

Richmond was host to the Alliance for Biking and Walking’s “Winning Campaigns” bike advocacy training on November 13 - 15. The three day event, hosted by the Virginia Bicycling Federation with the cooperation of RABA, brought 28 cyclists, organizers, government officials and advocates from across the country to town. The training was designed to train bike and pedestrian organizations on how to identify and craft bike and pedestrian campaigns and programs in their communities.

The marathon was the same weekend so many hotels were sold out. RABA members helped a number of the grassroots organizers by offering homestays for those who found accommodations difficult to find.

Special thanks to Debbie and Steven Herzog, Andy Smith, Becky Tobey, Pat Reddington, Doug Wayne, and Sheryl Finucane who graciously opened up their homes to these folks.
December, 2009 Weekly Rides

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

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

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

Sunday

Powhatan Courthouse

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stop</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>1 pm</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.

Dorey Park

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>1 pm</td>
<td>30-50</td>
<td>4</td>
<td>1</td>
<td>Randy Rosemond 966.5472; <a href="mailto:velosalaman@aol.com">velosalaman@aol.com</a></td>
</tr>
<tr>
<td>B</td>
<td>1 pm</td>
<td>30-50</td>
<td>4</td>
<td>1</td>
<td>Ron Corio, 804-643-6452; <a href="mailto:rcorio@vcu.edu">rcorio@vcu.edu</a></td>
</tr>
<tr>
<td>C</td>
<td>1 pm</td>
<td>30</td>
<td>4</td>
<td>1</td>
<td>John Moore, 804.338.9668; <a href="mailto:jmoore216@comcast.net">jmoore216@comcast.net</a></td>
</tr>
</tbody>
</table>

Description: All rides lead from Dorey Park to Horizon store and back on a network of flat roads. Rides of 14 to 40 miles can be crafted using various route combinations. Additional out-and-back loops from Horizon Store can add 12 to 18 miles for longer rides. Cue sheets with maps are available for those who want to ride at their own pace.

Directions: From I-64 take Exit 195 Laburnum south (toward the James River) and continue 3.6 miles to Darbytown Road. Turn left on Darbytown and continue 1.3 miles to the Dorey Park entrance on the right. From I-895 exit at Laburnum and continue for 2.1 miles to Darbytown Road. Turn right on Darbytown and continue for 1.3 miles to the Dorey Park entrance on the right. Meet at the first parking lot on the left.

Monday

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>10 am</td>
<td>30-40</td>
<td>3</td>
<td>Some</td>
<td>Mary Falterman, 741-2116, Barry Pullen, 561-3950</td>
</tr>
</tbody>
</table>

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

Tuesday

Tuesdays at Rockville

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stop</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>10 am</td>
<td>33 to 62</td>
<td>3</td>
<td>one</td>
<td>Bill Whitworth, 285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a></td>
</tr>
</tbody>
</table>

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

Directions: Headed west from Richmond, take the Rockville/Manakin exit off of I-64. Go right at the top of the ramp onto Route 623 toward Ashland. Turn left at the first stoplight onto Pouncey Tract Rd. The little league fields are 3.8 miles to the left. The address is 17347 Pouncey Tract Road.

Tuesday

Tuesday Varina Tour

<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>2:30 pm</td>
<td>30+/-</td>
<td>4</td>
<td>Varies</td>
<td>Hugh Aaron, 804-690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Ron Corio, 804-643-6452, <a href="mailto:rcorio@vcu.edu">rcorio@vcu.edu</a></td>
</tr>
</tbody>
</table>

(Continued on page 10)
**December, 2009 Weekly Rides**

(Continued from page 9)

**Description:** This is a casual afternoon ride for those who want to get a little mid-week exercise during the off season. The route will vary from week to week. Cue sheets will be provided via the RABA email list and/or the RABA web site.

**Directions:** Meet behind Portabella’s Restaurant located in the Varina Shopping Center at the intersection of Route 5 and Strath Road (2627 New Market Rd, Richmond, VA 23231). From I-295, take exit 22 onto Route 5 (New Market Road) west towards Varina; go approximately 1 mile; the Food Lion shopping center will be on the left. From I-64, take the South Laburnum Ave Exit; go approximately 5.5 miles to Route 5 (New Market Road); turn left and the shopping center will be on the right in 2.3 miles. From I-895, take the Laburnum Ave Exit; turn right on Route 5 (New Market Road). The shopping center will be on the right in 2.3 miles.

### Wednesday

**Retiree’s Midweek Ride and Lunch**

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

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

### Wednesday

**Ashland Dinner Club**

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

**Description and Directions:** This evening ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. We will ride to Ashland and stop for dinner at a selected restaurant. Afterwards, the group retracts the route 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

**Unemployed Cyclists Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stop</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>10 am</td>
<td>31 to 53</td>
<td>Varies</td>
<td>Varies</td>
<td>Bill Whitworth, 804-285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a>, Hugh Aaron, 804-690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
</tbody>
</table>

**Description:** The route for this ride varies from week to week. However, all routes cover some part of central Hanover County and the surrounding areas (which offer a lot of beautiful countryside). Some routes do not have a store stop, so bring plenty of water. The cue sheet is sent out on the RABA email list prior to the ride each week (usually on Wednesday). If you do not subscribe to the RABA email list, email Hugh prior to the ride for a copy of the cue sheet.

**Directions:** The ride starts and finishes at the Hanover County Government Complex (often called the “Hanover Courthouse”). The Hanover County Government Complex (7497 County Complex Rd., Hanover, VA 23069) is on US Route 301 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

**Fridays at Hylas**

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

**Description and Directions:** The ride will start and end at the Berea Baptist Church at the intersection of 623 (Ashland Road) and 271 (Pouncy 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.

(Continued on page 11)
December, 2009 Weekly Rides

(Continued from page 10)

Friday

East Hanover Ride

<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+</td>
<td>2:00 pm</td>
<td>30 to 40</td>
<td>Varies</td>
<td>3</td>
<td>Andy Smith, 804-339-8227, <a href="mailto:asmith2954@yahoo.com">asmith2954@yahoo.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Jim Peterson, 804-432-9679, <a href="mailto:jdp789@hotmail.com">jdp789@hotmail.com</a></td>
</tr>
<tr>
<td>B</td>
<td>2:00 pm</td>
<td>30 to 40</td>
<td>Varies</td>
<td>3</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 Visitor Center provides multiple routes options. The routes for December are:

- December 4 New Kent Vineyards (35.9 miles)
- December 11 Hanover (28.2 miles)
- December 18 Give Peace a Chance (30.2 miles)
- December 25 Mt. Prospect Options (38.9 or 44.2 miles)

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

The Visitor Center has both a water fountain and restrooms. However, due to the rural nature of the area, not all routes include a store stop. Please make sure that you bring enough water to comfortably complete the ride without a store stop.

Directions: The National Park Service Cold Harbor Battlefield Visitor Center is located at 5515 Anderson-Wright Drive, Mechanicsville, VA, which is off of Cold Harbor Road (Route 156) about five miles southeast of Mechanicsville. Get on I-295 and head (North or South) towards the Creighton Road exit (Exit 34). Take the Creighton Road exit (Exit 34) onto Creighton Road (Route 615) heading east. Proceed approximately 1 mile east on Creighton Road. Turn right at the first stoplight. There will be a Fas Mart on your right and a 7-11 on your left as you make the turn. Then onto Cold Harbor Road (Route 156) heading south to 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- 9:00 am</td>
<td>20 to 50+</td>
<td>Some</td>
<td></td>
<td>Dec 5, Henry Smith, 382-9217, <a href="mailto:hmsmith@comcast.net">hmsmith@comcast.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Dec 12, Tom Veazey, 804-370-1106</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Dec 19, Ken Kolbe, 357-6076, <a href="mailto:kwkolb@verizon.net">kwkolb@verizon.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Dec 26, Jim Denoon, 370-6252, <a href="mailto:delaniewdeno@verizon.net">delaniewdeno@verizon.net</a></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 where many riders choose 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-12 pm</td>
<td>20 to 50+</td>
<td>Some</td>
<td></td>
<td>Dec 5, Shannon Bush, 564-6992, <a href="mailto:shannon.bush@suntrust.com">shannon.bush@suntrust.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Dec 12, Sheryl Arzuaga, 746-2002, <a href="mailto:snsn32@yahoo.com">snsn32@yahoo.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Dec 19, Jim Creegan, 370-7824, <a href="mailto:jim_creegan@msn.com">jim_creegan@msn.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Dec 26, Jim Denoon, 370-6252, <a href="mailto:delaniewdeno@verizon.net">delaniewdeno@verizon.net</a></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.
On Bikes for Kids Assembly Day
things started looking like this...
...and after members, friends and fami-
lies, got out their tools and put 'em to use...
...the end result was this!

And afterwards, though there's a say-
ing about “virtue being its own re-
ward”, pizza is nice, too!

Thanks to Alan Cooper and Bud Vye for sharing their photographs.

Capital Trail ribbon cutting ceremony near the Charles City County court-
house.

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