Thank You for a Terrific Year!

As 2013 winds down, this is a good time to look at this year's accomplishments. First and foremost, I want to thank everyone who has volunteered in some capacity during the year. We are an all-volunteer organization and our members who lead rides, help organize events, and perform other services to the club make us a great organization.

This year, we had over 180 members volunteer in some capacity. See the list here. Thank you for your service to the club!

As we approach year end, we have almost 300 riders logging mileage approaching a half-million miles in Bike-Journal. This means a lot of rides! As we move into the winter months, we are still sponsoring at least one ride a day, and sometimes two or three. This wouldn't be possible without all of those who organize and lead our rides. These rides support our membership of about 1,100 members.

We also had a very successful "Bikes for Kids" drive this year. With Andrew Mann's leadership, we were able to purchase 240 bikes this year and we had about 70 volunteers work as Santa's Elves this year putting them together. See the article here. As always, it was a great time for RABA members to get together while also sharing with those who are less fortunate. We'll distribute the bikes on December 7 to the area Christmas Mothers, who will distribute to those families needing them. For anyone who hasn't participated in this program, I've found it a very meaningful experience to help deliver the bikes and meet the Christmas Mother teams. I always walk away realizing how fortunate I am and how much need there is for our bikes.

Our Heart of Virginia ride this year featured near perfect weather and over 500 riders. Feedback on the ride was
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2013 Board of Directors

President: Charlie Thomas, c.thomas53@verizon.net 804-747-3428
Vice President: Alan Cooper, alanhcooper@yahoo.com 804-231-1997
Treasurer: Cindy Evans, cnenevans@comcast.net 804-789-0511
Secretary: Julie Appleby, jwa47@hotmail.com 804-282-5123
Ride Director (Monthly Road Rides): Joan Putney, jep1117@gmail.com 804-920-1611
Ride Director (Weekly Road Rides): Jim Venning, julesvenn@gmail.com 804-550-7250
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Century Chair: Cristina Bizzarri, cbizzarri@gmail.com 804-994-2006
Past President: Hugh Aaron, hugh@theaaron.com 804-690-9720

Committee Chairs

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

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

Membership Information
Annual RABA Membership Dues are $20 per person (25 years of age or older), $25 per family consisting of one or two adults and all dependents under 18, or $10 per person (under 25 years of age). The term of membership is 12 months from the enrollment date. The Pedaler subscription is included.
Submit membership application or renewals online (http://www.raba.org/membership-x.html) or 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.

Remember that RABA Apparel is a great gift to yourself or your riding friend for the Holiday’s! A limited supply of Jackets, Jerseys, and socks are in stock and available. Contact Bob at RABAApparel@gmail.com to see if your item is available.

Coming Events!

January Meeting- Andrew Mann is going to tell us about his Corsica/Tour de France trip. Also going to be hearing from those who did the GAPCO/ Erie Canal Ride.
Stay tuned for more details!

Note!
Beginning Jan. 1, 2014 all RABA Membership Applications, Renewals and Dues Payments will be Electronic Only!

Table of Contents

Club News .................................................. 1, 2, 8
Heard and Seen Around the Club ........................................... 3
Bikes for Kids Assembly Party ........................................... 5
Riding the Gettysburg Battlefield ........................................... 6
2013 RABA Volunteers ........................................... 7
Bikejournal Report ........................................... 9
Classifieds and Info .................................................. 10
December, 2013 Monthly Rides ........................................... 11
December, 2013 Weekly Rides ........................................... 13
RABA Standard Road Ride Paces ........................................... 17
Ride Calendar ........................................... On RABA Web Site

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2013 RABA Volunteers ........................................... 7
Bikejournal Report ........................................... 9
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Heard and Seen
Around the Club
by Bud Vye

Only name I have to put on the Disabled List this month is my own, as a routine annual cardio checkup showed that my now 11 year old aortic valve (made of cow tissue) is doing fine, but I now have come down with a case of atrial fibrillation, which periodically causes my heart to flutter for no apparent reason. Until that condition can be gotten under control my cardiologist has told me to “take it easy” which means limited cycling for a while.

Naturally, that cramps my style at hearing and seeing what is going on around the club, so this column may be shorter than usual. I do have to mention the great job done by the Adopt a Highway crew of Rickey Davis, Ellyn Sukonick, Bruce Walton, Don Eiler, Robbie Andrews, Alan Cooper, Tom Robinson, Harry Davis, Roy & Lissa Childrey, Richard Halle, Michael Testerman, and Sonya & Tom Richeson, who really did a job on the 10/26 pick up. A nice cold morning, so everyone moved at a brisk pace with the result that we set a new record of 1 hour 5 minutes for our adopted 2.7 miles before moving on to Ashland Coffee & Tea to enjoy a bagel & coffee on the club. Thanks to all for a job well done, and congratulations on establishing a new record!

Also very impressive was the job done at the Bike Assembly party on 11/2. As we’ve come to expect from club VP Alan Cooper, he captured the event nicely with his photos (http://www.flickr.com/photos/alanhcooper/sets/72157637284190665/). The Rhoadmiller Ave. building was ideal for the activity, and with floor space to line up and leave the assembled bikes until distribution time, it saved us having to shoe horn them into trailers and enabled us to complete the job (and finish eating the pizza) by 12:40 which also was about as good as we have ever done. I’ll add my thanks to that expressed by Chairman Andrew Mann to all who made this phase of the project a success. I think we all had fun, and got a great deal of satisfaction, from working on the project, particularly as we saw the fruits of our labor all lined up and ready for distribution.

The Partnership for Smarter Growth’s 6th Annual River City Saunter on 11/14 took a little different form this year. RABA again was one of the sponsors, and I noted a number of our members in attendance, as more than 125 showed up. Instead of a Saturday event with a bus tour in the daytime, this one was on a Thursday evening, starting with a walking tour along Broad St. prior to going indoors at the downtown Hilton Garden Inn for refreshments, a very interesting talk by Harriet Tregoning, the Director of Planning for Washington, DC followed by comments and discussion by a panel that included Richmond’s Director of Planning and representatives from the business community. Her comparisons and lessons for the Richmond region from her experience in the DC area set up some lively discussion by the panel, so the program seemed to be well received by all, and pointed up the place bike & pedestrian infrastructure play in the vision for the Richmond Region of the future.

The conclusion of the elections (except for that of the Attorney General) has cycling advocates eagerly awaiting the announcement of who the new Secretary of Transportation will be (rumor has it that it will be Aubrey Layne of Virginia Beach, who has been on the Commonwealth Transportation Board representing the Hampton Roads area) and who the new members of the House Transportation Committee might be. A new Administration, plus a new Funding Source (with the State funds coming from the Sales Tax rather than the Gas Tax) gives us hope that we might get a little higher level of funding for Bike and Pedestrian infrastructure. I, for one, will be pleased that I don’t any longer have to hear “You cyclists don’t deserve to get any of that gas tax money for your projects, since you don’t pay any of it”.

Once again, we will be coming back with the “Don’t Follow Too Closely & Pass by at least Three Feet” bill, as well as a “Don’t Open Your Vehicle Door Into Moving Traffic” bill. As always, we are hopeful we can get these passed this time, and will be appealing to you to make your legislative contacts once we get into January.

Some news from the bike shop front as Pibby’s closes their 209 W. Broad location, but sells their showcases to Cyclus which moves to a new location in Church Hill at 2225 E. Clay.

And from Bike Virginia, as they have a party at O’Toole’s on 11/14 to announce their 2014 route, which will be in this area for the first time in more than a decade. 6/20 to 6/25, from Chesterfield to Williamsburg with only two overnight locations, so there will be less packing and moving, not to mention less hill climbing. Haven’t taken a close look at their schedule, but it sounds like it might be similar to 1999, which had a big contingent of RABA types on it, as we went down to Franklin, over to Hampton U., back to Williamsburg and then back to Richmond.

Up in Ashland, the Henry Clay Inn, which the owners closed back in October, after being denied the zoning to sell the hotel to Randolph-Macon, has scheduled a grand reopening for December 9. Renovated, and with some new amenities, the owners are hoping to return it to profitability and then find a buyer other than the college, which will be a tough assignment with a 13 room hotel.

Dave Strickland reported in from down south that he has retired from teaching and doing computer support for the Greensville schools and has been following the work being done on the Tobacco Heritage Trail. According to Dave, they are making good progress on the Trail segments, with a 10 mile segment just now opening making a completed section almost 18 miles long from Lawrenceville to just past LaCrosse. Most of this section is cinder gravel, except 4 miles from Brodnax to LaCrosse which is paved. They have an official website at www.tobaccoheritagetrail.org which appears to be last updated in May and a Facebook page https://www.facebook.com/tobaccoheritagetrail which Dave states is updated more frequently. I checked out the latter and found a number of familiar names had posted on it, but couldn’t really find anything like a construction Progress Report. Give it a try.

(Continued on page 4)
try and see what you can find.

I just checked the Cannon Run Trail and they appear to have recently completed the northern most segment from Forquerean St. (that name still intrigues me, if anyone knows its origin) up to Brookland Park Blvd. (paved, center line painted, ornamental light poles and landscaping installed ---- looks good). On the next block below that, the Trail will run on a quiet side street (Henrico Drive) down to Pelham Drive where it will go off road again for the section down to Dove St. The Bike Route signs have been erected on Henrico Drive, and the sub-base has been installed on the lower section, so it looks like paving might be scheduled very shortly. Shouldn’t be much longer before we can head over there and ride down it. (I must confess, I haven’t ridden UP the trail yet, since I’ve been avoiding that as a couple of sections are pretty steep).

Since its a 100+ mile drive for me, down and back, I’ve been counting on reports from Jack Kauffmann to keep me updated on the progress on the 12 mile Sherwood Forest segment of the Capital Trail between Charles City Courthouse and the Chickahominy Bridge, where they are very slowly making some. Sounds like all the bridges on the Trail are complete, except that they have purposely left some planks out of the middle of each in order to keep people off them before the side rails are installed. As you may have noted, short sections of Trail are complete, then nothing, then another short section, etc. as the design/build contractor reaches agreement with each land owner along the way regarding how the Trail will come through or by their property. I’m assured that it will eventually get done, but it is testing my patience!

Another long running project that looks like its making some progress is Mark Hom’s Fitness Book. Lengthy negotiations with celebrity co-authors Greg LeMond and Glenn Gaesser (one of the world’s top exercise physiologists) and the publisher Elsevier seem to be wrapped up and the printing schedule taking shape. Just another year until “The Science of Fitness” (projected to be a 150 page paperback aimed at people like us for $29.95) should be coming off the presses. Six months later will come the 350 page, hard cover, technical version for the scientific and medical community which will set them back $125. Hang in there and be patient, Mark! Looks like you are going to see the finish line, eventually.

Richmond League of Women Voters have put together a panel on “Transportation Choices” that should be of interest to our membership. Thursday, 12/12, 5 – 7:30. at the Dumbarton Library. Three excellent speakers I can personally recommend in Barbara Nelson, Principal Transportation Planner for the Richmond Metropolitan Planning Organization; Jake Helmboldt, Richmond’s Bike, Ped, and Trails Coordinator who did such a good job as our speaker at the October club meeting at the Cross Ridge Martin’s; & Michael Testerman, a RABA member and regular rider on the ABC Ride who is also the President of the VA Assn. of Railway Patrons and an expert on Passenger Rail. Excellent panel, should be a good program.

And in closing, comes word that a Freshman co-ed from Roanoke at VA Tech was riding her bike along when a car driven by President Charles Steger turned in front of her going into the Drill Field and she hit the car. Fortunately, she wasn’t seriously hurt. The President was solicitous about her well being and later sent her flowers with a note saying “Hope you are okay!” Just goes to show you, its not a good idea for the cyclist to get in a collision with a car, but if you must, the higher the ranking of the driver, the better.
Thank You, Bikes for Kids Volunteers!

by Kim Moore

On an unseasonably warm and sunny Saturday morning, November 2, at EnTrust Records Management warehouse just off of Hermitage Rd, seventy-six club members and their friends gathered to put together 240 children’s bikes. The entire effort from unpacking to sorting to assembly to tire pumping to quality review and fixes was done in a record-setting sub-3 hours! Wow! On behalf of the Bikes for Kids Chair Andrew Mann, we are so grateful to the following individuals for their donation of time, effort and tools:

George Arnold
Michael Arnold
Ken Ashworth
Nick Ashworth
Katie Barta
George Bean
Lynn Beville
Mark Bierly
Rich Borie
Marshall Brown
Mike Casey
Adam Casey
Rob Cheson
Roy Childrey
Lissa Childrey
Alan Cooper
Ron Corio
Chip Coutts
Lela Creamer
Jean Creamer
Harry Davis
John Deeter
Evan Dwyer
Jennifer Faas
Nicholas Friend
Jeffrey Galston
Amy George
Jo Ann Gordon
Karl Gordon
Richard Halle
Dick Hilliard
Maggie Hilliard
Peter Hubbel
John Hunnicutt
Ken Jurman
Jack Kauffman
Lynn Klanchar
Ken Kolb
Walker Lawson
Natalie Love
Jinx Lucas
Thomas Maine
Paul Martin
Athana Martin
Norm Melchert
Andy Melchert
Peggy Merritt
Cheryl Mitchell
Kim Moore
Mike Moore
Dee Nuckols
Suzanne Nuckols
Tom Richeson
Karen Riggs
Tom Robinson
Randy Rosemond
Charles Sadler
Courtney Sadler
Stephen Salpukas
Rick Schoepke
Ron Schropt
Robert Sobecke
Bob South
Rhysa South
Russ Starke
Steve Boyd
Steve Sukonick
Ellyn Sukonick
John Surina
Charles V. Thomas
Keith VanInwegen
Bud Vye
Paul Walaskay
Riding the Gettysburg Battlefield

by Mark Bierly

Having retired from teaching in June I am finding ways to indulge my love of history. A visit in August to see family in Pa. led to spending two days in Gettysburg on the return trip. My last visit to Gettysburg happened over 35 years ago, a family day trip back in my high school days. As a Richmond cyclist it is easy to ride the battlefield at Yorktown. And my one summer of riding Bike Virginia included a day at the Antietam Battlefield. Having grown up in the suburbs of Philadelphia I have ridden the 5 mile path at the Valley Forge encampment many times. A nearby extension leads to the Schuylkill River trail spanning from Valley Forge to The Philadelphia Art Museum. Riding these places gives me a better feel for the visit then touring in an enclosed auto.

For the Gettysburg trip I spent 2 nights at the Gettysburg Hilton Garden Inn, the Hotel was about 1 mile from the center of town on Route 30 (The Lincoln Highway). A wide bike lane leads into the town following route 30. From the traffic circle (town center) it was about a mile to the Gettysburg Battlefield visitor’s center.

Gettysbike (http://www.gettysbike.com/) is a bike tour company that offers bike tours of the town and battlefield. The company is located to the left as you pull into the battlefield visitor’s center. Gettysbike offers rides every day in the summer and weekends the rest of the year. Their web site shows 3 tours. A short ride of the Northern battlefield lines. A town tour and a longer ride combining the town and most of the battlefield. The mileage for the longer ride was about 15 miles with 3 middle size hills on the route. One at the start, the second after the town and near the end, the climb up Little Round Top. Our ride leader was a certified battlefield guide. We made many stops along the tour with stories and information about the 3 days of battle.

Starting from the visitors center a few turns brought us to the bottom right of the fishhook (shape of the northern battlefield lines). A major factor in placement of the Union lines was to prevent access to Lee’s troops from marching towards Baltimore or Washington DC. The southern troops were actually located to the north of town as the battle started. We rode into the town past the local high schools athletic fields. During the first day of the battle the lines moved back and forth through the town itself. Many of the houses that still stand show bullet holes. Some even highlighted in paint to make the damage (bullet holes) more prominent.

We rode through the town heading to the north then turned left/west starting to follow the first day battlefield lines. Then rode through the town’s Lutheran seminary. The battle lines followed Seminary Ridge and we rode 4-5 miles of the southern battlefield line. The battlefield is filled with monuments, many of them placed by surviving soldiers during anniversaries and soldier reunions. Most of the monuments and statues are placed reflecting the positions and troop actions during the battle. Most impressive to me was the statue of General Lee; it was designed by the same sculptor that created the Stonewall Jackson Statue on Monument Avenue. Riding south and west our tour rode through the Peach Orchard and spent a little time at the Devil’s Den. Followed by the last big hill the climb up Little Round Top. Views from the top of the hill let you see most of the battlefield. After Little Round Top a good downhill led to a few miles of flatlands following the Union lines. At one quiet lane a red fox was just hanging out watching people and buses go by.

The last stop made was the site of Pickett’s Charge. On the third day of the battle General Pickett’s charge is one of the turning points of the War. One of my photos includes some re-enactors. Less than one mile brought us back to the visitor’s center. On the battlefield roads/lanes I saw other riders, commercial bus tours, Segway tours and re-enactors. I rode on a Friday. I would guess the weekend traffic would be heavier. This year was also the 150th anniversary of the battle.

Given a chance to return there were more lanes than just the ones my tour rode on. I would welcome a chance to return soon and ride some more. The tour fee was around $60.00 and I gave the guide a tip after the ride. Gettysburg was filled with many hotels and restaurants. There was a great micro-brewery on the western side of town, Appalachian Brewing Company.
This year, we had over 180 members volunteer to lead rides, support our Heart of Virginia Ride, participate in trash pickup, assemble “Bikes for Kids”, and a number of other services to our club too numerous to list here. RABA is an all-volunteer organization and would not be the great club it is without such a wonderful showing of member support. I want to say “Thank You!” to everyone who has helped.

We’ve done our best to make this list all inclusive. However, we may not have listed everyone who has supported us as a volunteer this year. If you have volunteered and are not on this list, we want to thank you and let you know your efforts are appreciated. Please let us know so we can update our list and offer proper recognition to you.

Thank you!!

Charlie Thomas

2013 RABA VOLUNTEERS


very positive. The good turnout raised funds for our Bikes for Kids program and helped us donate an increased number of bikes this year. Cristina Bizzarri and her team hosted a terrific event.

This year, we established a RABA Grants Committee, which has reviewed applications for projects that promote cycling in the Richmond area and provided Grants up to $1,000 each in support. The Grants Committee was established through Ron Corio’s efforts. The team has Ron as its chair and Jesse Archer, Juliellen Sarver, and Mary Lynn White as members. We look forward to their continued efforts in 2014!

We also obtained a 501 C3 status for our RABA Foundation, which will make this group a tax deductible charity for our “Bikes for Kids” program and other similar efforts we may take on in the future.

The next two years will be especially interesting for cycling in RVA. In May, we’ll have the Collegiate Road Nationals here. This leads up to 2015 UCI World Road Championship races. We'll likely have increased interest in cycling and opportunities to volunteer or support these events in other ways.

In closing, I want to thank everyone in the club for your support this year. I’ve enjoyed serving as president and am proud to be part of RABA. I’m looking forward to continuing my support of the club and hopefully riding more next year. I hope to see you on a RABA ride soon!

-Charlie

Soapbox...

(Continued from page 1)

Re-Joining the RABA Message Board
by Kim Moore, Email Admin

If you have clicked on the “Unsubscribe” link at the bottom of every RABA message to stop receiving messages, it not only opts you out of the message board, but also places a block so that an administrator cannot re-add you to the message board as per the provisions in the CAN-SPAM Act of 2003 (http://www.infront.com/blogs/the-infront-blog/2011/12/27/the-can-spam-act-in-plain-english).

If you would now like to receive RABA messages, here is a list of steps to add yourself back to the RABA message service:

1. Go to www.raba.org
2. Go to the upper left hand corner and click on button that says "Login to Member Area"
3. Sign on - if you don't know your password, there are instructions on how to reset it
4. Once you get in, you will be taken to a page that says "Welcome to the Member's Area!"
5. Go down about 2/3 of the page to a section called "Members Area Functions"
6. Within that area, you will see “Message Boards” - click on that link
7. It will show you a page with a table where the "RABA" board is listed, you will also see column headers "Opt-in" and "Daily Digest"
8. To add yourself back to the message board, select the little box inside the "Opt-in" column, beside the "RABA" name
9. You should start receiving messages from RABA members within 24 hours.

If you have difficulty with these steps or you are still not receiving emails after opting-in, please contact me at luvs2cycle@yahoo.com.

Gettysburg...

(Continued from page 6)
On November 18, Club RABA members logged 461,990 miles on Bikejournal, 61,900 miles over the 2013 goal of 400,000 miles. Is a total of one-half million miles in 2013 within reach. Stay tuned. The RABA miles have been logged by 268 of the 293 members in Club RABA for an average of 1724 miles per rider. The number of RABA riders who have logged over 1000 miles this year is 148.

RABA remained in first place 150,540 miles ahead of Australian Cycling Forums, the number two club in Bikejournal miles.

Two riders: Toano and JimL2020 have surpassed the 10,000 mile mark, with 13,957 and 10,501 respectively. Three riders have over 8000 miles, three over 6000, and five over 5000.
Bike Shops Offering RABA Member Discounts

- **Pedal Power Bicycles**, Broad St./Staples Mill Rd (former Rowletts location), 10% discount.
- **Conte’s of Richmond**, 4300 Pouncey Tract, Ste H, Glen Allen, VA 23060 15% discount.
- **3Sports**, 6241 River Road Road, Richmond and at West Broad Village, 10% discount on apparel, bike shoes, parts, but it does not apply to labor. Complete bikes are 5%.

**Note**: If anyone knows of any other bike shops that offer RABA members a discount, please contact Hugh Aaron at hugh@theaaron.com.

Get a membership "card" by following the steps [here](#).

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**CLASSIFIEDS NOW EXCLUSIVELY at**

www.raba.org

Classified ads on the web site are free for RABA members or for paying non-members. Members may have no more than two bicycles for sale on this site at any one time. Ads will run for 90 days unless informed that the items have been sold. The date submitted will be displayed on each. If you want your ad to continue running, you must notify the Editor prior to the expiration. The web site’s Classified page is [here](#).

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**Thanks to our 2013 Heart of Virginia Sponsors!**

- **Bon Secours Richmond Health System**
- **Food Lion**
- **Kroger**
- **Carytown Bicycle Co.**
- **Cycles Ed**
- **Diamond Springs Water**
- **The Fifes and Drums of York Town**
- **Hanover County**
- **Keith Fabry**
- **Sports Backers**

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---

**Become a RABA Ride Leader!**

- **Cue sheet library available**
- **Great way to become more involved in the club**

**For more information or to schedule a ride, contact:**

**Ride Director (Monthly Road Rides)**: Kim Moore, luvs2cycle@yahoo.com 920-1611

**Ride Director (Weekly Road Rides)**: Jim Ven-ning, jalisvenn@gmail.com 550-7250

The deadline for getting January, 2014 rides listed in The Pedaler is December 15.
December, 2013 Monthly Rides

Ride Director (Monthly Road Rides): Joan Putney, 804-920-1611, jep1117@gmail.com
Ride Director (Off-Road Rides): Karl Gordon, 314-7586, kgordon88@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 2013 Monthly Ride sign-up sheets to Joan Putney, 5657 St. James Ct., Richmond, VA 23225.

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

### Road Ride Pace Key

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

### Terrain Key

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

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

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**December 7 (Saturday)**

New Kent Winery Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>9 am</td>
<td>43</td>
<td>4</td>
<td>One</td>
<td>Larry Skalak, 757-871-6198, <a href="mailto:Lskalaks@aol.com">Lskalaks@aol.com</a></td>
</tr>
</tbody>
</table>

**Description:** Other paces welcome. A 35 mile option is available. During the cold season the New Kent Winery serves a seasonal “mulled” wine (warmed wine with spices). Tastings are available. The winery has a “no cleats” policy so please respect that.

**Directions:** To get to the New Kent Winery - exit #211 off I-64 towards Talleysville. Proceed thru three roundabouts across New Kent Hwy. Winery is on the left.

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**December 14 (Saturday)**

4-H Center Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C+</td>
<td>9:30 am</td>
<td>37</td>
<td>4</td>
<td>One</td>
<td>Jack Huber, 282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
<tr>
<td>C</td>
<td>9:30 am</td>
<td>37</td>
<td>4</td>
<td>One</td>
<td>Chuck Jajesnica, 543-8967, <a href="mailto:cervelo55@verizon.net">cervelo55@verizon.net</a> (no one will be dropped)</td>
</tr>
</tbody>
</table>

**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 with restrooms and refreshments available. After the ride all riders are welcome to have lunch together at Giuseppe's on Main Street in Waverly. This is a joint ride for RABA and WAB.

**Directions:** The starting point is the parking lot behind the closed La Hacienda restaurant (101 S County Drive, Waverly, Va. 23890) at the corner of Routes 460 and 40 (Main Street) in the town of Waverly. From Richmond take I-95 or I-295 south to Rt. 460 east in the direction of Norfolk. Please watch you speed in Waverly, the speed limits are strictly enforced.

---

**December 15 (Sunday)**

Cosby to Skinquarter

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C+</td>
<td>1 pm</td>
<td>34</td>
<td>3</td>
<td>1</td>
<td>Sara Page, 804-819-0168, <a href="mailto:saral.gray@gmail.com">saral.gray@gmail.com</a></td>
</tr>
</tbody>
</table>

**Description:** We will track slightly further south in our monthly excursion around Chesterfield County. The group will leave Cosby High School and follow the back roads between the school and Skinquarter Road. Other paces are welcome and will form at the start. The cue sheet will be sent via email prior to the ride.

**Directions:** The ride will leave from Cosby High School off Hull Street Road. The school is located at 14300 Fox Club Parkway

(Continued on page 12)
in Midlothian.

Take Route 288 to the US 360 W/Hull Street Road exit and travel 4.4 miles to the stop light at Fox Club Parkway. Turn right on Fox Club Parkway and the school will be on the left in less than half a mile.

**December 18 (Wednesday)**

**RABA Annual Christmas Ride and Tacky Light Tour**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>6:30 pm</td>
<td>25</td>
<td>4</td>
<td>many</td>
<td>Champe Burnley, 358-5801, <a href="mailto:champe_burnley@hotmail.com">champe_burnley@hotmail.com</a></td>
</tr>
</tbody>
</table>

**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. 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 31 (Tuesday)**

**5th Annual New Year’s Eve Cattle Drive**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B-/C+</td>
<td>1 pm</td>
<td>37/42</td>
<td>3</td>
<td>one</td>
<td>Bill Britton, <a href="mailto:billbritton@comcast.net">billbritton@comcast.net</a></td>
</tr>
</tbody>
</table>

**Description:** Celebrate the outgoing year with a RABA favorite, the Cattle Drive! Enjoy a scenic ride filled with pastoral settings, milking barns, and that lovely occasional whiff of bovine presence in the Manquin section of Hanover. Meet at the Hanover Courthouse parking lot. There are two options, 37 miles and 42 miles. All paces are welcome. Contact Jim if you would like to lead a pace.

**Directions:** The ride starts and finishes at the Hanover County Government Complex (often called the “Hanover Courthouse”). The Hanover County Government Complex (7497 County Complex Road, Hanover, VA 23069) is on US Route 301 just south of the intersection of Routes 54 and 301.
Ride Director (Weekly Road Rides): Jim Venning, 550-7250, jalisvenn@gmail.com

New Riders: Please call the ride leader ahead of ride time to be sure that the ride will be at your pace and skill level.
Ride Leaders: Please submit 2013 Weekly Ride sign-up sheets to Jim Venning, 9136 Fox Hill Race Court, Mechanicsville, VA 23116.

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

---

**Sunday**

**Powhatan Courthouse**

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

---

**Sunday**

**Sunday Portabella Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>1 pm</td>
<td>19-52</td>
<td>4</td>
<td>Various</td>
<td>See below</td>
</tr>
</tbody>
</table>

**Leaders:**
- Dec. 01 Randy Rosemond, velosalsaman@aol.com
- Dec. 08 Ron Corio, rcorio@vcu.edu
- Dec. 15 Chuck Jajesnica, cervelo55@verizon.net
- Dec. 22 David McMillan, memillanmail@comcast.net
- Dec. 29 Ken Robertson, robertson12001@comcast.net

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

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

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

---

**Monday**

**New Kent/Charles City County Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C+</td>
<td>9 am</td>
<td>30+/-</td>
<td>4</td>
<td>None</td>
<td>Larry Skalak, 757-871-6198, <a href="mailto:Lskalaks@aol.com">Lskalaks@aol.com</a> Deana Sun, <a href="mailto:MaEIDsun@aol.com">MaEIDsun@aol.com</a></td>
</tr>
</tbody>
</table>

**Description:** Ride will run from November through the end of March to give moderate riders an opportunity for some miles over the off season. Route and mileage will go out 2 days before the ride date. Because weather is more variable this time of year ride any cancellation notices will be posted on the RABA message board no later than 7:00 am the day of the ride. BE SURE to check if conditions look questionable as most people will need to drive to the start. Ride cancellations will ALWAYS err on the side of caution.

**Directions:**
- **1st and 3rd Monday**- New Kent Visitor Center (just off I-64 exit 211 towards Talleysville - double back on the round about to reach the visitors center)
- **2nd and 4th Monday**- Charles City Courthouse (parking and restrooms across from Call’s Courthouse Grill on Route 5)
- **5th Monday** (if applicable) - Brickshire Owners Clubhouse. (I-64, exit 214 south, turn left on Kentland Trail and left on Villa Green Drive - just inside Brickshire - park around flagpole.)

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**Monday**

**Mondays with Mary**

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

(Continued on page 14)
December, 2013 Weekly Rides

Description: The ride starts at a different location every week. Each week’s location will be announced to the RABA e-mail list. If you are not on the list, please contact one of the leaders.

**Monday**

**Start the Week at West Creek**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>6 pm</td>
<td>6-30</td>
<td></td>
<td>3</td>
<td>many</td>
</tr>
</tbody>
</table>

**Description:** Riders can ride this 6-mile loop for as many miles as they want up to and beyond 30 miles. All ride levels are invited to attend. Be sure to have one white front light and a red blinkie for the rear of your bike.

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

**Tuesday**

**Tuesdays at Rockville**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>9 am</td>
<td>33 to 62</td>
<td></td>
<td>3</td>
<td>One</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.

**Wednesday**

**Retiree’s Midweek Ride and Lunch**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>10 am</td>
<td>25 to 40</td>
<td></td>
<td>Varies</td>
<td>Barry Pullen, 561-3950</td>
</tr>
<tr>
<td>C</td>
<td>10 am</td>
<td>25 to 40</td>
<td></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**

**Stratford Hills Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Various</td>
<td>2 pm</td>
<td>18-32</td>
<td></td>
<td>2</td>
<td>None</td>
</tr>
</tbody>
</table>

**Leaders:**
- Dec 04- Dave McMillan, dmcduke@comcast.net
- Dec 11- Charlie Thomas, c.thomas53@comcast.net
- Dec 18- Jan Waldron, alienaardvark@gmail.com
- Dec 25- Bill Britton, billbritton@comcast.net

**Description:** This ride begins at the Stratford Hills Shopping Center, located at the corner of Forest Hill Avenue and Hathaway. The route follows Bicycle Route 1 west along Riverside Drive, Cherokee, and Old Gun to Robius Road, a distance of nine miles. Make a U-turn and retrace the route for an 18 mile ride or follow the cues for an 14 mile loop through Salisbury and back to Old Gun for the return and a 32 mile ride. Download the cue sheet here at [http://www.raba.org/map/Stratford-Hills-to-Salisbury-32.pdf](http://www.raba.org/map/Stratford-Hills-to-Salisbury-32.pdf).

**Wednesday**

**Endorphin Fitness Wednesday Indoor Training Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>5 pm</td>
<td></td>
<td></td>
<td></td>
<td>Andy Welch (804) 741-1599</td>
</tr>
</tbody>
</table>

**Description:** The Wednesday night ride is going to move indoors to Endorphin Fitness’ cycle studio. There are 40 trainers that anyone and everyone is welcome to come hook their bike up to. The ride will start at 5 pm and go until 7 pm each week. There will be a movie playing on the screen each week as well. These movie rides are free for everyone.

**Directions:** The ride starts at Endorphin Fitness, 8908 Patterson Avenue, Richmond, VA 23229.

**Wednesday**

**Ashland Dinner Club**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>7 pm</td>
<td>20</td>
<td></td>
<td>5</td>
<td>None</td>
</tr>
</tbody>
</table>

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

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

Remember to bring:

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

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

### Thursday

**Unemployed Cyclists Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B/B+</td>
<td>9 am</td>
<td>varies</td>
<td>3</td>
<td>Varies</td>
<td>Jim Denoon, 370-6252</td>
</tr>
</tbody>
</table>

**Description:** This ride covers parts of central Hanover County and the surrounding areas, which offer a lot of beautiful countryside. Most routes include a few good hills. Some routes do not have a store stop, so bring plenty of water. Notwithstanding the name of the ride, everyone is invited to join us, whether employed or not.

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

### Friday

**Fridays at Hylas**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A/B++</td>
<td>10 am</td>
<td>35-40</td>
<td>3</td>
<td>Some</td>
<td>Dennis Conrad, 804-366-9317</td>
</tr>
</tbody>
</table>

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

Maps and cue sheets will be available for those wishing to ride at their own pace.

### Saturday

**Endorphin Fitness Saturday Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Various</td>
<td>8 am</td>
<td>30</td>
<td>3</td>
<td>None</td>
<td>Andy Welch (804) 741-1599</td>
</tr>
</tbody>
</table>

**Description:** The ride starts at Endorphin Fitness and heads out toward River Road and into beautiful Goochland horse country before looping back to the start. All ride paces are welcome. Please bring plenty of fluid and food with you as there are no store stops on the loop. Parking will be in the Endorphin Fitness parking lot. The ride is here.

**Directions:** The ride starts at Endorphin Fitness, 8908 Patterson Avenue, Richmond, VA 23229.

### 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>Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>8:30-</td>
<td>20 to</td>
<td>5</td>
<td>Some</td>
<td>Dec 07- Dave McMillan</td>
</tr>
<tr>
<td>9:00 am</td>
<td>50+</td>
<td></td>
<td></td>
<td></td>
<td>Dec 14- Jim and Lise Venning</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Dec 21- Tom Norton</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Dec 28- Jim and Lise Venning</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 Hardless or Ashland Coffee & Tea for breakfast or hot or cold drinks before retracing the route back to Laurel Park. There are a number of variations to this ride with many riders choosing a 30 mile route to the Coffee Shop while others prefer the basic route where they then meet up with other riders interested in doing additional miles before returning to the starting point.

Riders may join the ride leader’s group or form a group of their own based on preferred pace and distance. Unlike most RABA rides, this ride does not have a group start. Riders may sign the ride sheet and depart anytime. If you are new to this ride, please introduce yourself to the ride leader and he or she will assist you in finding other club members who ride your pace.

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

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

Saturday

### Centerville Saturday Ride – Food Lion

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>9 am</td>
<td>35-45</td>
<td>3</td>
<td>Some</td>
<td>Robert Mullins, 338-2782, <a href="mailto:rsm.mullins@gmail.com">rsm.mullins@gmail.com</a></td>
</tr>
</tbody>
</table>

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

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

### Saturday, 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>Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>11:30 am-</td>
<td>20 to</td>
<td>5</td>
<td>Some</td>
<td>Dec 07- Charlie Thomas</td>
</tr>
<tr>
<td></td>
<td>12 pm</td>
<td>50+</td>
<td></td>
<td></td>
<td>Dec 14- Gregg Hillmar</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Dec 21- Gregg Hillmar</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Dec 28- Gregg Hillmar</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.
The Ride and Event Calendar later in the Pedaler Plus contains an abbreviated version of the following table. It only includes the information in the first three columns.

The additional information shown in the rest of the table will help you choose the type of ride you would enjoy!

<table>
<thead>
<tr>
<th>Pace</th>
<th>Typical Average Riding Speed</th>
<th>Description</th>
<th>Group Dynamics</th>
<th>Rest Stops</th>
<th>Riders Must Have</th>
<th>Repairs</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>20+ mph</td>
<td>Very strenuous</td>
<td>Strict paceline riding with frequent rotations, minimal regrouping, leader rides anywhere within group, riders who fall off the paceline will be dropped</td>
<td>At leader's discretion</td>
<td>Experienced paceline skills, basic bike repair skills</td>
<td>Riders fix their own bikes</td>
</tr>
<tr>
<td>A</td>
<td>18 up to 20 mph</td>
<td>Strenuous</td>
<td>Frequent paceline riding with frequent rotations, limited regrouping, leader rides anywhere within group, riders who fall off the paceline will be dropped</td>
<td>At leader's discretion</td>
<td>Experienced paceline skills, basic bike repair skills</td>
<td>Riders fix their own bikes</td>
</tr>
<tr>
<td>B+</td>
<td>16 up to 18 mph</td>
<td>Fast social with emphasis on riding</td>
<td>Frequent paceline riding, occasional regrouping, leader rides anywhere within group, riders who fall off the paceline and slower riders may be dropped</td>
<td>About every 20-30 miles</td>
<td>Experienced group riding skills, paceline skills, basic bike repair skills</td>
<td>Riders fix their own bikes, leaders may assist</td>
</tr>
<tr>
<td>B</td>
<td>14 up to 16 mph</td>
<td>Moderate social with emphasis on riding</td>
<td>Limited paceline riding, occasional regrouping, leader rides anywhere within group, riders who fall off the paceline and slower riders may be dropped</td>
<td>About every 15-20 miles</td>
<td>Experienced group riding skills, basic understanding of paceline skills, basic bike repair skills</td>
<td>Riders fix their own bikes, leaders may assist</td>
</tr>
<tr>
<td>C</td>
<td>12 up to 14 mph</td>
<td>Brisk social</td>
<td>Riders usually stay together as a group, frequent regrouping, leader rides anywhere within group, slower riders rarely dropped</td>
<td>About every 10 miles and at major intersections</td>
<td>Knowledge of group riding skills and road hand signals</td>
<td>Leader assists or finds assistance</td>
</tr>
<tr>
<td>D</td>
<td>8 up to 12 mph</td>
<td>Relaxed social with emphasis on safety; perfect for new riders; no steep hills</td>
<td>Riders always stay together as a group, leader rides at the rear of the group, no rider will be dropped</td>
<td>About every 5 miles and at most intersections</td>
<td>Basic understanding of bike operation including shifting and braking</td>
<td>Leader assists or finds assistance</td>
</tr>
</tbody>
</table>

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