No Matter the Calendar, the Rides Go On...

This is a club that likes to ride.

I’m writing this on a Sunday in mid-November when the temperature didn’t get into the 50s, and we still had at least four rides -- impromptu rides from Laurel Park in addition to the regularly scheduled Powhatan and Portabella’s rides. Club members had already recorded more than half a million miles on Bikejournal with six weeks still left in the year.

The club has lots of activities in addition to the rides -- Bikes for Kids, grants for worthy bike-related projects, the Heart of Virginia century, adopt-a-highway trash pickup, the club picnic and Christmas party -- but rides are the core of the club. A solid core it is with new ride leaders stepping forward on established rides when stalwarts decide to cut back on their riding or their leadership and with more folks taking advantage of the message board to

(Continued on page 9)

Nominees for the 2015 RABA Board of Directors

The 2014 Nominating Committee has drafted the following slate of officers and committee chairs for 2015. We are pleased to have a couple of new faces on the team in addition to a number of long term club leaders! As of this writing, the Century Chair position is still open. We will continue to work to locate a nominee for this position.

(Continued on page 2)

RABA Annual Meeting

Wednesday, December 3, 2014

End of Year Celebration and Gift Swap

Covered Dish Dinner: 6:00 PM;
Meeting and Gift Swap: 7:00 PM

Location:
Westminster Presbyterian Church –Basement
4103 Monument Ave, Richmond, VA 23230
(at the corner of Monument and Malvern)

This year, we return to the format that was used for many years: attendees are asked to bring a dish to share. The club will provide paper products, soft drinks, additional appetizers and extra dessert. **There is no kitchen, so your dish must be ready to serve when you arrive.**

The agenda for the meeting is voting in the slate for the 2015 Board of Directors (see below), giving out club awards to worthy members and hosting the infamous and fun gift "exchange", aka stealing a gift from your neighbor. To participate in the gift exchange, please bring a wrapped, no name tag attached, bicycle-related gift valued between $10 to $20. More gift exchange rules will be provided at the meeting / social.

There is no extra cost to attend, we only ask that you register yourself and select the type of dish you will bring by Monday, Dec 1, so that we can purchase the correct amount of food and drinks: http://www.viethconsulting.com/members/evr/reg_event.php?orgcode=RABA&evid=10367127

The confirmation email will have info like parking, the location of the church entrance and other details. A club member may bring a non-member guest free of

(Continued on page 15)
The Nominating Committee would like to thank all who have agreed to serve next year. We also note that enlisting new leadership is a primary goal to keeping RABA as the active and vibrant cycling club that it is. With almost 1,100 members and multiple rides offered most days of the week, we have a lot of activity. If you haven’t served in a leadership position, we hope you will consider being part of the core team that helps make this happen!

The slate will be presented to the membership during the business portion of the December meeting. If there are any other nominations from the floor, they will be added to the slate.

Charlie Thomas, Kim Moore, Gary Thabet, Nominating Committee
Bikes for Kids Bike Assembly on November 1 really proved the old adage that “Many Hands Make Light Work”! I didn't take time to count the hands (they WERE many) but several of us counted all the assembled bikes (several times, before we agreed on the official count of 209) and the whole process was completed and pizza was being eaten by about 11 a.m. Since I've been at all of them, I would call this one a new record of two hours flat. A big part of this is due to the spacious venue at EnTrust, where there is so much room that we don't have to move the assembled bikes into a different storage location at the end of the process. Many thanks to the folks at EnTrust for their generosity in making this very nice space available! As we've come to expect, President Alan Cooper was there with his camera and took a number of photos of the work in progress, which you can see at ---- https://www.flickr.com/photos/alanhcooper/sets/72157648670894560/.

Subsequently, CarMax had generously purchased 68 additional bikes for our Bikes for Kids program, which a team of their staff assembled in the gymnasium at their West Creek headquarters. Wayne Cox (with his jumbo trailer), Charlie Thomas, & Andrew Mann then transported them over to join the others at EnTrust, making a total of 277 awaiting distribution to the various Christmas Mother locations on 12/6. As usual, we can really use anyone with trucks and/or trailers to make the job easy on that date. Contact Andrew if you can help.

In addition to that, Marc Chimento is purchasing bikes to donate to the Amelia Christmas Mother and is looking for a few teams to assemble them beginning at 8 a.m., Saturday, December 6 at 2929 Hendricks Rd., Midlothian. South siders who are not involved in bike transportation on that date ought to be able to make quick work of this job, also.

Mentioned last month that Cathy Davenport has started the process of getting a Bike Club going at the Crestwood Elementary School in Chesterfield county, where she teaches. Alan Cooper & Barry Pullen answered her call for help in inspecting and getting the school's 30 bikes in shape, so they spent a few hours on a Monday afternoon installing some new chains, repairing brakes, and pumping up the tires so all the bikes were in A-1 shape. Then, blessed with a nice day later in the week, the club had its first ride with 15 kids, Cathy, another teacher, and one parent, and the kids had a blast. That may be it until next Spring, unless they get some more unseasonal days, but it looks like the Crestwood Bike Club is off and riding to a good start. See page 5 for some pictures.

Some progress, and a problem, in the area's biking infrastructure. New bike lanes are in place on Forest Hill Avenue & Brookland Park Blvd (as always, critics complain that they only go a short distance, but you have to start somewhere). The problem is out in West Creek, where VDOT did a crack filling maintenance job that left the surface “bone-jarring”, according to one report. Think it should represent progress for cyclists as well as motor vehicles, as Hanover county plans to install its first roundabout at the intersection of Studley & Rural Point Roads. I'm not a highway engineer, but would think that's a good location for one since the roads intersect at an odd angle, making it a tough intersection for all types of vehicles to get safely across.

Checking on the Disabled List, it looks like Charlie Thomas has recovered from his stress fracture enough to be removed from it; Trevor Calame is still on it with his shoulder still painful, and well enough to drive, but not ride a bike; and Jim Lee's knee replacement probably getting close to being healed enough to get him off the list shortly. Keep it going, Trevor & Jim, and we may be able to close down the list for the winter!

Barry & Martha Pullen down in the Cancun area for the wedding of Barry's son as I write this, and Dick Pitini's latest photography exhibit getting ready to open on 11/28 at Art Works down near Plant Zero just across the Mayo Bridge in Old Manchester.

Found a great place (where Fauquier comes into Brook Rd.) to park close and watch the huge stream of runners come by at Mile 9 of the Half Marathon and Mile 22 of the Marathon on 11/15. The unusual cold didn't seem to be bothering anyone, but did result in a wide variety of outfits being worn.

(Continued on page 4)
Was on the lookout for any RABA types coming by, but didn’t spot any among the thousands that passed my vantage point. I understood that Julie Appleby was among them, and would like to hear who else we had that finished either of the distances.

With mixed emotions, I note that long time VDOT Richmond District Administrator Tom Hawthorne is retiring in December at age 60 after 15 years in that post and will be replaced by Rob Cary, who will be coming in from the Salem District out in the Roanoke area. Tom has been a great friend of cycling, playing a big role in the construction of the Capital Trail & the Huguenot Bridge, and keeping the signage and road surfaces maintained along Bike Rts. 1 & 76, and will be missed. I understand that his successor is also a really good guy, and look forward to meeting, and working with, him on matters across this big district which runs all the way from up near Fredericksburg to the North Carolina border.

As reported earlier by Bruce Walton, excellent progress being made on the Capital Trail in the Varina section, with a lot of it now paved from west of Doran Rd. past Strath and on to the bridge across I-895, which is also taking shape. Further east on the New Market Heights section, not quite as far along, but some progress is noted at the western end of the completed Charles City Courthouse section where over a mile appears to be close to being paved, which will make it continuous almost to the State Game Dept. offices. Also some grading and sub-base work in progress on the north side of Rt. 5 just to the east of I-295, and a few more rails being removed from the spur that went through Rocketts Landing to the Lehigh Cement silos. Not sure why the contractor is taking up the rails a few at a time, rather than all at once, as I had expected, but VDOT is not involved since that section is in the City, and I haven’t yet met who is in charge there.

Hope you are getting your gift ready for the exchange at the Holiday Party on 12/3, and looking forward to seeing many of you there!

Just at press time on November 25, Edward Fornel was arraigned on charges of Reckless Driving and Brandishing a Firearm resulting from his actions in a November 12th incident. As you may have seen from the postings on the RABA E-List, Steve Hancock, Jim Denoon, Dave Talley, Raye Rector, & Jessie Lu were passed very closely by an SUV driven by Fornel while riding on the outskirts of Ashland, upon which he stopped his vehicle. When Hancock approached his vehicle to discuss the incident with him, Fornel produced a pistol, pointed it at Hancock and indicated that he would shoot if he came any closer. A Hanover county Sheriff’s Deputy responded to a 911 call and heard statements from all involved.

Later, upon a complaint to the Magistrate by Hancock, a warrant was issued for Fornel’s arrest and arraignment was scheduled, at which the case was listed for trial at Hanover Courthouse on January 13th. I have been pleased to see that Steve has taken the initiative to pursue these charges, which hopefully will result in Fornel not repeating this type of aggressive behavior toward cyclists, or anyone else.

(Continued from page 3)

Bikes for Kids Update

By Andrew Mann

A big thanks goes out to all the supporters of Bikes for Kids this year. Thanks to the folks who donated money to make this all possible and the volunteers who came out to put all the bikes together.

Special thanks to Russ Starke, Ken Ashton & Dylan (see the picture to the left) for helping me out on the Monday before the big bike build up by hauling all the bikes from Wal-Mart to EnTrust. We have 277 bikes that will be distributed to the Christmas Mothers on Saturday, December 6, 2014.

Please consider volunteering for the Sportsbacker’s Tacky Light run on Saturday December 13. They have sent Bikes for Kids a big check. Go to http://app.volunteer2.com/Public/Organization/c7f976b-37ea-4bd2-b657-89ab4eabf28. The Tacky Light run packet pick-up will be at American Family Fitness on Friday, December 12th from 4-7pm and then again on-site at Mines Park from 4:30 – 9:30pm.
Crestwood Elementary School Bike Club

Read more about the Crestwood Elementary School Bike Club that teacher and RABA member Cathy Davenport is getting started in Bud Vye’s column here.
Bikes for Kids Assembly Volunteers Appreciation
by Kim Moore

On a rainy, somewhat chilly, November 1, Saturday morning, approximately 70 club member volunteers gathered to assembly over 150 bicycles - approximately 100 bicycles were already put together by CarMax associates in a separate effort. In a great show of organization and execution, volunteers put together, reviewed for quality and filled air in tires in under 2 hours! Wow! The RABA Foundation, a separate but closely aligned non-profit 501-c-3 organization to RABA, says a big thank you to the following:

Julie Appleby
Ken Ashworth
Debbie Ashworth
Nick Ashworth
Matt Baltz
Janet Browning
Mike Casey
Adam Casey
Ronald Charest
Anthony Consorte
Alan Cooper
Samuel Cox
Jean Creamer
Colette Creamer
Lela Creamer
Meredith Copley
Dylan Davenport
Jay Davis
Kim Davis
Max Einolf
Andrew Einolf
Jennifer Faas
Andrew Finley
Karl Gordon
Brandon Guilliams
Joe Habbart
Richard Halle
Ed Hellermann
Steven Herzog
David Hightower
Dick Hilliard
Margaret Hilliard
Mark Houriath
John Hunnicutt
Brian Keller
Rebecca Keller
Jamie Ledwith
Andrew Mann
Paul Martin
David McMillan
Norman Melchert
Andrew Melchert
Peggy Merritt
Edward Millner
Paul Moncman
Mary Moncman
Jose Nazur
Paul Nolte
Hanna Nolte
Dee Nuckols
Tim Perkins
Roberto Possumato
Sonya Richeson
Tom Richeson
Karen Riggs
Carl Smith
Russ Starke
Steve Sukonick
Ellyn Sukonick
Edwin Sulc
Wes Surina
Charlie Thomas
Bud Vye
Jan Waldron
Lauren Waldron
Ronald Walton
Lindsey Wetherby
Lee Wiles
Wayne Yoder
Ted Zeh

Please note: as of Pedaler deadline for December publication, I did not the check-in list from the assembly day to put this article together, so if you were added or missed by accident in this recognition article, please contact me at huys2cy. cle@yahoo.com so that I may remove or add names in a corrected listing for another publication. But I have the check-in list and sorry for any worry that you may have been missed on this go-round!

Brain Injury Association of Virginia says thanks to RABA for choosing them to be Heart of Virginia charity partner

Bikes for Kids Delivery

By Andrew Mann

We will distribute the bikes on Saturday, December 6, 2014. Please email me if you can help, rabamann@aol.com. We are delivering to Richmond City (over on Midlothian this year) Henrico, Chesterfield, Powhatan, Goochland & Louisa. I need trucks and trailers.

(Continued on page 7)
Bikejournal Notes
by Ron Corio

As of November 24, RABA remained in first place among Bikejournal clubs with 528,235 miles, almost 250,000 miles ahead of second place Space City Cycling Club of Houston, Texas.

<table>
<thead>
<tr>
<th>Rank</th>
<th>Club</th>
<th>Num of Riders / Members</th>
<th>Location</th>
<th>Distance (miles)</th>
<th>Distance/Rider (miles)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Richmond Area Bicycling Assoc...</td>
<td>273 / 239</td>
<td>Richmond, VA</td>
<td>528,235</td>
<td>1,935</td>
</tr>
<tr>
<td>2</td>
<td>Space City Cycling Club</td>
<td>92 / 147</td>
<td>Houston, TX</td>
<td>280,157 (248,078)</td>
<td>3,045</td>
</tr>
<tr>
<td>3</td>
<td>Sacramento Bike Hikers</td>
<td>100 / 143</td>
<td>Sacramento, CA</td>
<td>237,734 (290,501)</td>
<td>2,377</td>
</tr>
<tr>
<td>4</td>
<td>Phoenix Metro Bicycle Club</td>
<td>51 / 95</td>
<td>Tempe, AZ</td>
<td>231,628 (296,607)</td>
<td>4,542</td>
</tr>
<tr>
<td>5</td>
<td>'BentRider Recumbent Club</td>
<td>90 / 720</td>
<td>International</td>
<td>213,240 (314,995)</td>
<td>2,369</td>
</tr>
<tr>
<td>6</td>
<td>Breakaway Bike &amp; Fitness</td>
<td>123 / 177</td>
<td>Peru, IN</td>
<td>182,509 (345,726)</td>
<td>1,484</td>
</tr>
</tbody>
</table>

RABA Monthly Mileage Comparison for 2012-2014:
The chart below shows a monthly breakdown of miles logged by RABA riders.

<table>
<thead>
<tr>
<th>Month</th>
<th>2014</th>
<th>2013</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan</td>
<td>18,758</td>
<td>25,050</td>
<td>NA</td>
</tr>
<tr>
<td>Feb</td>
<td>19,769</td>
<td>18,880</td>
<td>28,469</td>
</tr>
<tr>
<td>Mar</td>
<td>31,143</td>
<td>23,178</td>
<td>21,728</td>
</tr>
<tr>
<td>Apr</td>
<td>46,492</td>
<td>22,369</td>
<td>32,731</td>
</tr>
<tr>
<td>May</td>
<td>57,267</td>
<td>68,947</td>
<td>35,789</td>
</tr>
<tr>
<td>Jun</td>
<td>68,270</td>
<td>50,094</td>
<td>33,173</td>
</tr>
<tr>
<td>Jul</td>
<td>72,553</td>
<td>71,426</td>
<td>36,485</td>
</tr>
<tr>
<td>Aug</td>
<td>71,537</td>
<td>62,728</td>
<td>35,841</td>
</tr>
<tr>
<td>Sep</td>
<td>63,198</td>
<td>54,165</td>
<td>31,628</td>
</tr>
<tr>
<td>Oct</td>
<td>45,503</td>
<td>39,154</td>
<td>24,585</td>
</tr>
<tr>
<td>Nov</td>
<td>NA</td>
<td>39,198</td>
<td>26,102</td>
</tr>
<tr>
<td>Dec</td>
<td>NA</td>
<td>54,169</td>
<td>42,833</td>
</tr>
<tr>
<td>Total</td>
<td>494,490</td>
<td>529,358</td>
<td>349,364</td>
</tr>
</tbody>
</table>

RABA Leader Board
Paula Dahl, 10,284 miles, remains in first place, and Bob Gore moved into second place with 10,150 miles.

1. Paula Dahl 10,284
2. Bob Gore 10,150
3. Harry Davis 9,798
4. Karl Schmitz 8,415
5. Dee Nuckols 7,157
6. Thomas Wyatt 6,660
7. Jim Dеноon 6,502
8. Dick Hilliard 6,456
9. Jim Lee 6,301
10. Gary Thabet 6,184

Marc Chimento is buying bikes to donate to the Amelia Christmas Mother and is looking for help to put the bikes together. Their assembly party will be on Saturday, December 6 starting at 8am. It will take place at 2929 Hendricks Road, Midlothian.

It is not too late to make a donation to Bikes for Kids:

http://www.raba.org/bikesforkids.html

Or you are welcome to mail a check to
Bikes for Kids
c/o RABA Treasurer
P.O. Box 6565
Ashland VA 23005

We have a total of 277 brand new bikes, now we need a helmet to go with each of them.
2014 Heart of Virginia Bike Festival Sponsors

Presenting Sponsor

BON SECOURS RICHMOND HEALTH SYSTEM

Heart of Virginia Sponsor

Poole & Poole Architecture

Hanover Sponsor

Edward Jones

Bike Sponsor

ASHLAND COFFEE & TEA
schedule spur-of-the-moment rides. With colder weather and shorter days, we'll have fewer rides for the next few months. In fact, I suspect the number of rides on this day had something to do with its distinction of likely being the best weather day, dreary as it was, in a 10-day stretch. But when the weather is good enough, thanks to our ride leaders, the opportunities to ride will be there.

Speaking of opportunities to ride, I hope you'll take advantage of the 28-mile stretch of the Virginia Capital Trail that runs from about seven miles west of the Charles City County Courthouse all the way to Jamestown. Ken Robertson led a ride from the courthouse to Jamestown and back on Veterans Day, and I found the trail to be a blast for almost any level of riding. It’s pleasant to just amble along, but the trail is wide enough that it’s tempting to ride hard or even in a paceline. I suspect that the trail soon will get enough pedestrians and casual cyclists that truly aggressive riding will be discourteous if not downright dangerous. That might be a good reason to try it while it’s still relatively safe to do so.

As for the rest of the trail, a lot of work is being done in the Varina area, but much remains to be completed -- or even started -- close to Richmond and in the stretch between Herrington Creek Road and Interstate 295. I know they keep saying the entire trail will be ready by September, but I share Bud Vye’s skepticism.

I look forward to seeing you Wednesday, December 3, at the fellowship hall of Westminster Presbyterian Church, 4103 Monument Avenue, for the club's annual meeting and holiday party. We'll have a potluck dinner and elect officers for next year before the annual gift exchange.

-Alan

Soapsbox...

(Continued from page 1)

Bike Shops Offering RABA Member Discounts

- Pedal Power Bicycles, Broad St./Staples Mill Rd (former Rowletts location), 10% discount.
- Conte's of Richmond, 4300 Pouncey Tract, Ste H, Glen Allen, VA 23060 - 15% discount.
- 3Sports, 6241 River Road Road, Richmond and at West Broad Village, 10% discount on apparel, bike shoes, parts, but it does not apply to labor. Complete bikes are 5%.
- Molly's Bicycle Shop, 2126 E. Hundred Rd, Chester, VA 23834, 10 percent discount on parts and accessories, 5 percent discount on bikes other than Felt.
- Bikes4UShop, 11000 Three Chopt Road, Suite E, Richmond, VA 23233, 204-447-4460, 20% off any item, sale or retail price.

Note: If anyone knows of any other bike shops that offer RABA members a discount, please contact Alan Cooper at alanhcooper@yahoo.com. Get a membership “card” by following the steps here.

C LASSIFIEDS 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.

Submissions for The Pedaler: The Pedaler welcomes submissions in any form, email preferred. All submissions will be confirmed. All become property of The Pedaler. E-Mail: rrichhalle@verizon.net. Submission Deadline: Midnight the 15th of the Month. Advertising rates: $198 full-page, $99 half-page, $149 2/3 page, $67 1/3 page, $48 1/6 page. Two bicycling classified ads are free to members; non-member rates apply thereafter. Non-Member Classified Rates: $5 for 1 item, $10 for 2-5 items, $15 for 6-9 items and $25 for 10-15 items— all with a reasonable amount of text per item. Send check or money order payable to RABA Treasurer, PO Box 6565, Ashland, VA 23005

The Pedaler December, 2014
December, 2014 Monthly Rides

Ride Director (Monthly Road Rides): Kim Moore, 804-358-0935, luvs2cycle@yahoo.com

New Riders: Please call the ride leader ahead of ride time to be sure that the ride will be at your pace and skill level. 
Ride Leaders: Please submit 2014 Monthly Ride sign-up sheets to Kim Moore, 2007 West Grace Street, Richmond, VA 23220.

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

### 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 and here for the complete Pace Key Tables

### December 12 (Friday) - RABA Christmas Caroling

<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 pm</td>
<td>15</td>
<td>3</td>
<td>1</td>
<td>Edwin Sulc, 804-731-4399, <a href="mailto:Ebj4ever@comcast.net">Ebj4ever@comcast.net</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** Warm up your vocal cords, decorate your bikes and come join us for an evening of cycling and Christmas Caroling followed by a post ride social including hot chocolate, coffee, and sugar cookies!

We will meet at the Warsaw Compound at 1409 Floyd Ave. The Warsaw is a gated community of about 30 condos. One of which one of our members, Jay Davis resides at. It was built in 1832 and rehabbed in the early 80’s as group of condos from its former life as a Convent. There is a party room at the Warsaw Compound which Jay has reserved from 7-10pm for our post ride social. There is an adjacent area to the party room where bikes can be stored during the post ride social. It’s inside a fenced in area inside a gated community, so our precious bikes should be pretty safe.

We will head out towards the Fan district to sing some classic Christmas carols and spread some holiday cheer. Feel free to decorate your bikes or dress up yourself for the festivities! Song books will be provided. Feel free to request songs for the book. The song book will be 5-6 songs.

We will return to the Warsaw Compound’s party room to warm up with some hot chocolate, coffee, cookies, and fellowship.

Edwin will provide more event details on the message board as the event approaches. Please feel free to contact him if you have any questions. His contact information is listed above.

This event will be a no drop ride (unless your singing is REALLY bad) and will occur after the sun has set. Please make sure that you have headlights and rear blinkies.

### December 13 (Saturday) - Pumpkin Pie 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>38</td>
<td>5</td>
<td>One</td>
<td>Jack Huber, 282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
</tbody>
</table>

**Description:** The ride will start in Waverly and head north through the forests, fields and swamps of Sussex and Surry Counties. There will be a special rest stop hosted by Surry County's Watermelon Lady at her home. Don't expect watermelon this time, but something more fitting for December: homemade pumpkin pie and church basement coffee! Maps and cue sheets will be available for those wishing to ride slower or faster than a the C+ pace. This is a joint ride with the Williamsburg Area Cyclists. After the ride all participants are invited to have lunch together at Giuseppe's on Main Street in Waverly.

**Directions:** Meet at the parking lot behind the former La Hacienda restaurant (101 S County Drive, Waverly, VA 23890) at (Continued on page 11)
the corner of Routes 460 and 40 in the town of Waverly. From Richmond take I-95 or I-295 to Route 460 east (toward Norfolk). Please watch your speed as you enter Waverly by car - the speed limits are strictly enforced.

December 13 (Saturday)  

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>All</td>
<td>4 pm</td>
<td>15+/-</td>
<td>4</td>
<td>Many</td>
<td>Champe Burnley, 405.6444, <a href="mailto:champe_burnley@hotmail.com">champe_burnley@hotmail.com</a></td>
</tr>
</tbody>
</table>

**Description:** Each year, hardy cyclists ride from Richmond's Westhampton Theatre to Historic Libby Hill to see the annual James River Parade of Lights. Boaters decorate their vessels and take to the river at dusk in a dazzling spectacle of lights. The James River Parade of Lights, which is sponsored by the James River Advisory Council, is one of the region’s most cherished holiday events. Spectators line the shorelines at several official viewing sites to take in the parade and other festive entertainment. See http://www.jrac-va.org/events/parade/. The cue sheet is here: http://ridewithgps.com/routes/6510083.

After arriving at the Hill, join fellow outdoor enthusiasts for a barbecue while enjoying some of the best views and holiday spirit of Richmond.

**Directions:** Meet at the Westhampton Theatre (5706 Grove Ave, Richmond, VA 23226) at Grove and Libbie Avenues. at 4:00 pm. **Bud will shuttle a cooler to Libby Hill so bring hot dogs, hamburgers, chips, etc. to share.** Please bring appropriate lights, reflectors, spare batteries and blinkies.

December 17 (Wednesday)  

<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>All</td>
<td>6:30 pm</td>
<td>15+/-</td>
<td>4</td>
<td>Many</td>
<td>Champe Burnley, 405.6444, <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. The cue sheet is here: http://ridewithgps.com/routes/6510156.

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

December 18 (Thursday)  

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

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

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

December 31 (Wednesday)  

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C+</td>
<td>12 noon</td>
<td>37</td>
<td>3</td>
<td>1</td>
<td>Bill Britton 804-347-5114, <a href="mailto:billbritton@comcast.net">billbritton@comcast.net</a></td>
</tr>
<tr>
<td>B+</td>
<td>12 noon</td>
<td>42</td>
<td>3</td>
<td>1</td>
<td>Jim Denoon 804-370-6252, <a href="mailto:delaniewdenu@verizon.net">delaniewdenu@verizon.net</a></td>
</tr>
</tbody>
</table>

**Description:** Join Bill & Jim for a RABA favorite, the annual celebration of the outgoing year! Enjoy a scenic ride filled with pastoral settings, milking barns, and the occasional lovely whiff of bovine presence in the Manquin section of Hanover. The longer option is offered for those with knee replacements or fear of a certain hill. All paces are welcome.

**Direction:** The ride starts and finishes at the Government Center Parking Lot at Hanover Court House, 7497 County Complex Road, Hanover, VA 23069, just South of the intersection of routes 301 & 54.
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.

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

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Sunday Spring Run/Beach Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>8 am</td>
<td>47</td>
<td>3</td>
<td>One</td>
<td>Kris Van Allen, <a href="mailto:krislva@hotmail.com">krislva@hotmail.com</a></td>
</tr>
</tbody>
</table>

Description and Directions: Meet at the VDOT parking lot at the intersection of Beach and Spring Run Roads in Chesterfield. The ride will go through the Spring Run, Beach and Woodpecker Road areas of Chesterfield County.

---

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>
<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 07 Ken Robertson robertson12001@comcast.net
- Dec 14 Marshall Brown pedal2themedal@comcast.net
- Dec 21 Chuck Jajesnica cervelo55@verizon.net
- Dec 28 Randy Rosemond velosalmsaman@aol.com

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. 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 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>

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 New Kent Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C+</td>
<td>9:30 am</td>
<td>30-40</td>
<td>3</td>
<td>Varies</td>
<td>Deana Sun, <a href="mailto:MaElDsun@aol.com">MaElDsun@aol.com</a></td>
</tr>
</tbody>
</table>

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

(Continued on page 13)
Tuesdays at Rockville

Tuesday

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
</table>
| B+   | 9 am | 33 to 62| 3       | One   | Dee Nuckols, 804-749-3400, sdnuckols@yahoo.com  
|      |      |         |         |       | Dick Hilliard, 273-6578, rhilliard1@verizon.net |

**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>Varies</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>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

**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>2</td>
<td>None</td>
<td>Dave McMillan, <a href="mailto:mcmillanmail@comcast.net">mcmillanmail@comcast.net</a></td>
</tr>
</tbody>
</table>

**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>5 pm</td>
<td></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 and everyone is welcome to come and hook his or her bike up to one of them. 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.

Wednesday

**Ashland Dinner Club**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>7 pm</td>
<td>20</td>
<td>5</td>
<td>None</td>
<td>Bill Britton, 804-347-5114, <a href="mailto:billbritton@comcast.net">billbritton@comcast.net</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** This nighttime ride leaves from the Laurel Park Shopping Center at the corner of 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.

(Continued from page 12)
### Thursday

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B/B+</td>
<td>10 am</td>
<td>varies</td>
<td>3</td>
<td>Varies</td>
<td>Jerry McGuinn, 291-8468, <a href="mailto:jerrymcguinn@gmail.com">jerrymcguinn@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Bob Gore, 804 370-9906, <a href="mailto:gorerm0715@gmail.com">gorerm0715@gmail.com</a></td>
</tr>
</tbody>
</table>

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

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

### Friday

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A/B++</td>
<td>10 am</td>
<td>35-40</td>
<td>3</td>
<td>Some</td>
<td>Dennis Conrad, 804-366-9317</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Joe Kent, 804-301-4018, <a href="mailto:jfkent3@gmail.com">jfkent3@gmail.com</a></td>
</tr>
</tbody>
</table>

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

### Saturday, 8:30-9:00 AM

<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>8:30-</td>
<td>20 to</td>
<td>5</td>
<td>Some</td>
<td>John Moore</td>
</tr>
<tr>
<td>9:00 am</td>
<td>50+</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Description and Directions:** This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. The basic ride is ten almost flat miles to Ashland where riders stop at Hardees or Ashland Coffee & Tea for breakfast or hot or cold drinks before retracing the route back to Laurel Park. There are a number of variations to this ride with many riders choosing a 30 mile route to the Coffee Shop while others prefer the basic route where they then meet up with other riders interested in doing additional miles before returning to the starting point.

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

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

### Saturday

<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>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 that a mile turn right on Broad St and then the shopping center will be a few hundred feet on the right. Click here to see the shopping center location in Google Maps.

### Saturday

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A/B+</td>
<td>9 am</td>
<td>37</td>
<td>2</td>
<td>None</td>
<td>Gregg Johns</td>
</tr>
</tbody>
</table>

(Continued from page 13)
December, 2014 Weekly Rides

(Continued from page 14)

Description and Directions: Ride starts at the Food Lion in Bottoms Bridge on Route 60 (7300 Market Place Drive, Quinton, Va). From Richmond, take 64 East and get off on Exit 205. Bear right off the exit and go to the stop light. Make a left turn on 60 east. Food Lion is about 1/2 mile on the left. We will meet in the front of the parking lot facing Route 60. There is another Food Lion 1 mile away on 249, don’t get confused. The ride incorporates most of the Black Creek ride, through eastern Hanover and western New Kent counties. It is about 37 miles. There are some hills and no stops. We will have cue sheets if needed. Contact Lee Lamb 804-229-0015 or llamb@greenrock.net.

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</td>
<td>5</td>
<td>Some</td>
<td>Dec 6 John Moore</td>
</tr>
<tr>
<td></td>
<td>12 pm</td>
<td>50+</td>
<td></td>
<td></td>
<td>Dec 13 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.

Saturday

Molly’s Women Beginner Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>3 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>Amy Ballard, 214-957-2898, <a href="mailto:Amy.ballard@mollysbicycleshop.com">Amy.ballard@mollysbicycleshop.com</a></td>
</tr>
</tbody>
</table>

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

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

End of Year Celebration...

(Continued from page 1)

Note about registration: there are types of dishes listed in the registration site with a limit to the number that can be brought to prevent bringing too many of one dish and not enough of another. We have:

- Chips & Dip
- Appetizer
- Meat Dish
- Vegetable Dish
- Gluten Free Dish
- Pasta or Vegetable Salad
- Dessert

If one or more of these categories are not shown by the time you register, that means that the limit has been reached for that type of dish and you must select from what is left showing on the page.

Questions or comments, please contact Gregg Hillmar, VP and Program Chair, at bike@hillmardesign.com.

RABA APPAREL

Want to add to your RABA wardrobe?

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

Go to http://www.raba.org/rabaapparel.php for more information. Contact Bob at rabaapparel@gmail.com to confirm the size you want and how to go about purchasing it.
The Ride and Event Calendar later in the Pedaler Plus contains an abbreviated version of the following table. It only includes the information in the first three columns.

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

### Road Ride Pace Key

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

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