Looking Back

It’s hard to believe that this marks my last Soapbox as 2015 President of RABA. It has been a distinct honor to represent all of the hardworking members of this club over the past year. It has been a singularly good year to be a cyclist!

Certainly the World Championships were the big event of the year. And even tho the report on the economic impact painted a less than rosy picture, anyone out in the crowd on any of the days of the races knew that something rather amazing was happening in our fair city. I hope that the good vibes and the strides made in recognition of cycling continue to reverberate for some time to come.

RABA member John Johnson stepped up and offered use of his house as “RABA central” for the last four days of the Races. RABA members, for a fee, could use JJ’s house as a place to leave their bike, eat lunch, and otherwise enjoy the races. JJ’s generosity, and that of several volunteers who helped park bikes, sign people in, and assisted in cooking, etc. raised more than $4500 for the RABA Foundation and the Bikes For Kids Program. We all owe JJ and the volunteers a big thanks.

(Continued on page 10)

Nominees for the 2016 RABA Board of Directors

The 2015 Nominating Committee has recruited 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!

Board of Directors
President ................................. Paul Johnson
Vice President/Programs ......... Kim Moore

(Continued on page 2)
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.

Nominating Committee
Chair Alan Cooper, CJ Jackson, David McMillan, Beth Norton, and Edwin Sulc

Table of Contents
Club News ........................................ 1, 2, 4, 5, 6, 10
Heard and Seen Around the Club ................. 3
Bikejournal Report ........................................ 6
2015 Heart of Virginia Sponsors ......................... 7
Classifieds and Info ........................................ 8
December, 2015 Monthly Rides ................. 9
December, 2015 Weekly Rides ......................... 11
RABA Standard Road Ride Paces ................. 15
Ride Calendar ........................................ On RABA Web Site

The Pedaler is a monthly publication of the Richmond Area Bicycling Association (RABA) for its members and the Richmond cycling community. Unless otherwise noted, opinions expressed in The Pedaler are those of the author, and not necessarily those of RABA or its members.

2015 Board of Directors
President: Gregg Hillmar, bike@hillmardesign.com 804-683-2503
Vice President: Paul Johnson, Palanjohnson@hotmail.com 804-432-4010
Treasurer: Cindia Evans, cnevans@comcast.net 804-789-0511
Secretary: Julie Appleby, jwa47@hotmail.com 804-282-5123
Ride Director (Monthly Road Rides): Kim Moore, luvz2cycle@yahoo.com 804-358-0935
Ride Director (Weekly Road Rides): Charlie Thomas, charliethomas@gmail.com 804-747-3428
Public Relations Director: Coleen Moore, coleenmoore4@msn.com 804-379-9880
Membership Communications Director: Richard Halle, rrichhalle@verizon.net 804-744-1760
Bicycling Advocacy Director: Bud Vye bdyce@comcast.net 804-262-9544
Membership Director: Kristen Swanson, swansonka@gmail.com 804-399-7672
Century Chair: Andrew Mann, rabamann@aol.com 804-266-9048
Past President: Alan Cooper, alanhooper@yahoo.com 804-381-7731

Committee Chairs
Web Administrator: Richard Halle rrichhalle@verizon.net 804-744-1760
E-Mail List Moderator: Kim Moore luvz2cycle@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
RABA Apparel Chair – Gregg Hillmar, bike@hillmardesign.com 804-683-2503

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).

2016 RABA Board Nominations..
(Continued from page 1)
Treasurer ........................................ Cindy Evans
Secretary ........................................ Peggy Merritt
Ride Director – Monthly .......................... open
Ride Director – Weekly .......................... Wes Surina
Public Relations ................................. Coleen Moore
Communications .............................. Richard Halle
Bicycling Advocacy ............................. Bud Vye
Membership .................................... Kristen Swanson
Century ............................................ Gregg Hillmar
Past President ................................. Gregg Hillmar

Committee Chairs and Others
RABA / Bike Journal
Administrator ................................. Ron Corio
Safety Chair ................................. Eric Martin
New Rider Recruitment / Retention .......................... Chuck Jajesnica
RABA Grants Committee Chair Ron Corio
RABA Apparel Chair .......................... Keith VanInwegen
Web Site Administrator .......................... Richard Halle
Two members in one week featured as Correspondent of the Day for their Letters to the Editor in the Times Dispatch. First came Ken Robertson's in support of the Chesterfield Bikeways and Trails Plan, then Dave Elliott's on the subject of admitting Syrian refugees, a topic he's well suited to comment on, having not long ago completed a tour as a surgeon with Doctors Without Borders in a camp for Syrian refugees in Jordan. Also noted on that page from time to time are letters from Ike Koziol and Emily Kimball, who regularly share their opinions in that forum.

Some bad news came my way recently, as I learned that Bob Stiff, our President back in 1994, was now in hospice care, having been diagnosed with lung cancer on top of Parkinson's Disease, which I had previously been aware of. I know the club old timers join me in remembering Bob in our prayers, and extend our support to both him and Barbara in these difficult times for them.

I neglected to mention last month that while at RABA Central on the Sunday of the Worlds someone came and got me, stating “There's a guy outside who says he's a former President of RABA, but he doubts if there is anyone here who will remember him.” As soon as I saw him, I proved him wrong, and impressed him with my powers of recall, stating “That's Rich Hunt, and his wife, who used to be Pat Ryan.” Turns out they are now living down in North Carolina, and had driven up for the day to see the race. I had to look it up later to see that he was President in '93, the year before Bob Stiff.

Another piece of bad news as I received an Email from Dave Strickland down in Edenton, NC reporting that he had had an infection that started from a cracked callous on his right foot and was spreading up his leg to the point that his leg had to be amputated below the knee. He was to be fitted with a prosthesis on 11/15 but hasn't reported how it went. I told him to get up here with his bike as soon as he had that leg working so we could show him what the completed Cap Trail looks like. Typically Dave replied “I hope they can fit my cleat onto my new foot so I won't have to get new cleats, also.” Knowing him, we'll be able to ride with him on the Trail next Spring.

Very impressive turnout of about 90 volunteers on 11/7 at EnTrust to assemble the bikes. Lots of folks I hadn't seen for some time and everyone really did a job to get the project done by shortly after noon. I think the rainy morning helped with the turnout by eliminating the temptation to ride. If you haven't seen Alan Cooper's photos of the event, the link is https://www.flickr.com/photos/alanhc/cooper/albums/7215766926791132

Among the people I know but hadn't seen for a time was John Hunnicutt, who I knew had been doing Triathlons and Ironman competitions, but hadn't realized he had done the one over in Kona on the Big Island. Well done, John, I'm definitely impressed!

Also impressed when I heard that Debbie Trainer, the volunteer supervisor of SAG vehicles at the Gran Fondo, was just back from running the New York City Marathon, in a respectable 4:12, and then turned around two weeks later and ran the Richmond Marathon in 4:05, best in her age group. And again impressed, when I saw the election returns from down in Emporia showing Bobby Wrenn, who many of us remember as the long time Chairman of the Peanut Ride, now in his mid-80's and winning another term as Clerk of Courts. Last I heard, he's still been riding a Century on his birthday each year. Keep it going, Bobby!

Volunteer Appreciation Party on 11/16 at The Answer Brewpub was a very nice affair, and a big WELL DONE to Kim Moore for putting it together. I was somewhat surprised that the turnout was lighter than I was expecting, given the lengthy list of invitees, but we had enough there (and plenty of tasty food) to insure a good time. Alan Cooper was there with his camera and again, if you haven't checked them out, the link to his pictures is https://www.flickr.com/photos/alanhc/cooper_sets/72157660926791132

Since Monday at The Answer is the night the band plays downstairs starting at 9:30, Bill Britton & Greg Hillmarg hung around with me to hear the first set by the Mekong Express, which is still featuring Ben White on piano (the son of RABA members Mary Lynn & Peter White, who were also in attendance). A very strong group, which I recommend to any of you jazz fans who are not averse to some late night music.

Two nights later on the 18th, the Chesterfield Board of Supervisors heard the proposal to adopt a revised Bikeways and Trails Plan, which would replace the existing plan in one section of the county’s Comprehensive 50 Year Plan. Listed for 6:30 p.m., it was not taken up until about 9:20, following some routine business and a somewhat contentious District Plan for Bon Air, which passed by a unanimous 5-0 vote. After a seemingly endless line of speakers all were heard (the majority FOR, but a well organized contingent of anti-spending Tea Party types, who prefer to call themselves “Patriots”, in opposition) the plan was adopted by a 3-2 vote. A number of RABA members, some with their children there to testify, spoke in favor of the plan, with Ken Robertson and Terry Troxell making particularly strong statements. Heather Barrar of the Chesterfield Planning Dept. did an excellent job of drafting and presenting the plan at both the Planning Commission and this meeting. Max Hepp-Buchanan of the Sports-Backers and his Bike Walk group also deserve our commendation for organizing much of the strong supporting turnout at the meeting, most of whom were wearing yellow bands on their wrists.

A tough fight over 18 months to get this plan adopted, but its a good platform to have Bike & Pedestrian facilities included as future projects are planned. Now perhaps Henrico can eventually be shamed into developing a similar plan, which is badly needed. Thanks to all of our Chesterfield members who stayed with it and spoke out along the way!

Got a chance to view the current thinking on the proposed bike trail which will connect into the Park Phase of the
Capital Trail from Dorey Park. Was surprised to see that it will extend along the east side of the Park Drive all the way in from Darbytown Rd. Then, from the end of the Drive, some paved parking spaces will be added and the trail will continue .42 miles (I had no idea it was that close to the Cap Trail) around the east side of the lake, through the Disk Golf Course, and into the already opened Park Phase. Sounds like the project will go out for bids in the early Spring, with construction complete during the Summer. Should be a very nice addition of parking spaces for those wanting to ride the Cap Trail, which I foresee being in short supply when the City begins construction on the Riverside Park, and particularly after it and the Stone Brewing Restaurant in the Intermediate Terminal are completed.

And a new bike shop in the works, at the intersection of Forest Hill Ave. & Westover Hills Blvd. (about a mile from Coqui) as Carytown Bikes’ Braden Govoni and partners plan to call it Outpost Richmond. In a new twist, sounds like they also are going to have a small market (convenience store size) there where bike commuters and others can pick up bread, milk, beer, wine, etc. on their way home. Should be open shortly, so we’ll see what it looks like.

(Continued from page 3)

Heard and Seen...

Presentation of RABA’s 2015 Heart of Virginia check of $6,730.84 to charity partner the Brain Injury Association of Virginia. Middle left is Heart of Virginia Chair Andrew Mann and middle right is BIAV Executive Director Anne McDonnell.

Bikes for Kids Assembly Party

Thank you to everyone who helped on Bikes for Kids.

Folks who contributed money to buy the bikes. Folks who picked up the bikes and delivered them and all the folks who came out on November 7 to put the bikes together.

THANK YOU!!!

Andrew Mann
RABA Foundation Chair
Bikes for Kids Assembly Party–Bikes and Faces

See more HERE
Bikejournal Notes
by Ron Corio

As of November 19, RABA riders logged 474,492 miles on Bikejournal (BJ). Nearly one-half million miles! RABA riders continued their hold on first place among BJ clubs, 212,579 miles ahead of second place Space City Cycling Club of Houston, Texas. RABA’s average miles per rider is 2,100.

The 50,051 miles logged in October is a four-year RABA high, but with two months remaining, the 2014 record of 593,397 miles logged is not in danger.

RABA Leader Board
(November 19, 2015)

1. Ken Puryear 9139 6. Dick Hilliard 7181
2. Paula Dahl 9004 7. Wes Surina 6733
3. Harry Davis 8586 8. Ken Kolb 6099
5. Karl Schmitz 8020 10. Bill Whitworth 5830

Miles Logged by Month

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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 Paul Johnson, VP and Program Chair, at Palanjohnson@hotmail.com
2015 Heart of Virginia Bike Festival

Presenting Partner
BON SECOUS ORTHOPAEDIC INSTITUTE

Heart of Virginia Sponsors
Airgas, Edward Jones, POOLE & POOLE ARCHITECTURE, VCU Alumni

Bike Sponsors
Enland Coffee & Tea, Hilton Garden Inn, Keiter, Morgan Stanley, TSRC, Inc., WILLIAMS MULLEN

Other Contributors
Promotional Considerations, The Fifes and Drums of York Town (Established 1776), EnTrust Records Management, Sports Backers, keithfabry, Diamond Springs Performance Bicycle

Thanks to our Sponsors!
RABA APPAREL

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

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

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

Shops and Businesses Offering RABA Member Discounts

- **Pedal Power Bicycles**, Broad St./Staples Mill Rd (former Rowletts location), 10% discount on parts and accessories with proof of membership.
- **Conte’s of Richmond**, 4300 Pouncey Tract, Ste H, Glen Allen, VA 23060 10% discount.
- **3Sports**, 6241 River Road Road, Richmond and at West Broad Village, 10% discount on apparel, bike shoes, parts, but it does not apply to labor. Complete bikes are 5%.
- **Molly’s Bicycle Shop**, 2126 E. Hundred Rd, Chester, VA 23834, 10 percent discount on parts and accessories, 5 percent discount on bikes other than Felt.
- **Bikes4UShop**, 11000 Three Chopt Road, Suite E, Richmond, VA 23233, 804-447-4460, 20% off any item, sale or retail price.
- **Outdoor Adventure Store**, 318 N. Main St. Farmville 23901. 434-315-5736. 10% discount.
- **Deb Young, Road Tested Bike Tours LLC**, Richmond, VA. Also at [www.FaceBook.com/RoadTestedBikeTours](http://www.FaceBook.com/RoadTestedBikeTours) – 10% discount

Note: If anyone knows of any other bike shops that offer RABA members a discount, please contact Gregg Hillmar at bike@hillmardesign.com. Get a membership “card” by following the steps [here](http://www.raba.org/).
December, 2015 Monthly Rides

Ride Director (Monthly Road Rides): Kim Moore, 804-358-0935, luve2cycle@yahoo.com

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

Ride Leaders: Please submit 2014 Monthly Ride sign up sheets to Kim Moore, 2007 West Grace Street, Richmond, VA 23220.

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

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<th>Road Ride Pace Key</th>
<th>Terrain Key</th>
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<tr>
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<td>C</td>
<td>5</td>
</tr>
<tr>
<td>D</td>
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Note: www.raba.org and here for the complete Pace Key Tables

December 5 (Saturday) at 9 AM

Bikes for Kids Delivery

We will distribute the bikes on Saturday, December 5, 2015. Please e-mail Andrew Mann if you can help- rabamann@aol.com. We are delivering to Richmond City (over on Midlothian this year) Henrico, Chesterfield, Powhatan, Goochland & Louisa. He needs trucks and trailers!

It is not too late to make a donation to Bikes for Kids. Do it here: http://www.raba.org/2015-bikes-for-kids/. Or you are welcome to mail a check made out to the RABA Foundation to: Bikes for Kids (c/o RABA Treasurer), P.O. Box 6565, Ashland VA 2300

December 12 (Saturday)

4-Center Ride

Bike key:
B: 4-9 mph
C: 9-14 mph
D: 14-18 mph
A: 18+ mph

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<th>Terrain</th>
<th>Stops</th>
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<td>37</td>
<td>4</td>
<td>one</td>
<td>Sara Gray, <a href="mailto:saral.gray@gmail.com">saral.gray@gmail.com</a></td>
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<tr>
<td>C</td>
<td>9:30 am</td>
<td>37</td>
<td>4</td>
<td>one</td>
<td>Jack Huber, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
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</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 Dr., 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 to Rt. 460 east in the direction of Norfolk. Please remember to watch your speed on 460 and in the town of Waverly, speed limits are strictly enforced.

December 12 (Saturday)

James River Parade of Lights Ride and Feast on Libby Hill

Bike key:
B: 4-9 mph
C: 9-14 mph
D: 14-18 mph
E: 18+ mph

<table>
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<th>Pace</th>
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<td>All</td>
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<td>15+/-</td>
<td>Many</td>
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<td>Champe Burnley, 405.6444, <a href="mailto:champe_burnley@hotmail.com">champe_burnley@hotmail.com</a></td>
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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. 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 4:30 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.

(Continued on page 10)
Soapbox...

(Continued from page 1)

Maybe because of the Worlds, our Heart of Virginia Bike Festival had a record year. Over 500 registrations is far above any past year. And while the weather at the start of the day may have kept some people from riding, and soaked some who did, the rest of the day and the ride were really wonderful. We also had great donations from our sponsors. The RABA Foundation, and our charity partner, The Brain Injury Association of Virginia, have shared the proceeds— at more than twice last year's totals.

Both of these events feed into the RABA Foundation that supports the Bikes For Kids Program, among other things. And you might see this coming— the Bikes for Kids Program is putting more bikes in the hands of needy kids than ever before.

A year ago when I was elected, I had a few ideas of things I wanted to do— you can go back and look at my Soapbox from January to see what I was thinking. Briefly, I wanted to support the multitude of members of different ability, speeds, and riding habits. I wanted to support creation of more rides, especially in less-served areas, and I wanted to ride in more rides outside my usual sphere to meet a wider range of our membership. And I wanted to continue to push for more skills training and remind folks that on-the-road etiquette is important.

I won't bore you with listing the “proof,” but I think WE have done those things, all year long. So we've done the big things well, we've done my “…if elected…” list well, and, well, perhaps more importantly, we've ridden a lot of miles together as a group of friends and companions. That, after all, is what we are all here to do. Let's do that well, and with knowledge, safety, and compassion.

I could not be more proud to have been your president in this year.

Now we just need to do the same for 2016!

-gregg
Ride Director (Weekly Road Rides): Charlie Thomas, 804-747-3428, charlievthomas@gmail.com

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

Ride Leaders: Please submit Weekly Ride sign-up sheets to Charlie Thomas, 11901 Hunton Crossing Ct, Glen Allen, VA 23059

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

Sunday (Note: Changed Start Time) | Sunday Portabella Ride
---|---
**Pace** | **Leaders:**
Varies | Dec 06 John Senn
Dec 13 Ron Corio
Dec 20 David McMillan
Dec 27 Jan Waldron

**Description:** This weekly ride starts at the rear of Portabella Ristorante located in the Varina Food Lion Shopping Center. It is a show and go ride like the Saturday ABC ride. There will be no pace group ride leaders; riders will form their own groups. Ride leaders for each Sunday, listed above, will provide a sign-up sheet and help new riders match up with riders of a similar pace. Riders will choose their own route.

Go to [http://www.raba.org/raba-cue-sheets-and-maps/](http://www.raba.org/raba-cue-sheets-and-maps/) and pick “Portabella” from the drop down box with the “Any Start Location” prompt at the top of the page. Print and bring your own cue sheet as none will be available at the ride.

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

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

---

**Sunday Portabella Ride**

| Leader | Barry and Martha Pullen, 561-3950
| Leader | Barry and Martha Pullen, 561-3950

**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.

**Parking:** Please park behind Powhatan Courthouse in the rear of the shopping center. If this area is filled, park on the west (Richmond) side of the shopping center.

**Directions:** Powhatan Courthouse 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).

**Sunday** | **Mondays with Mary**
---|---
B+ | Barry and Martha Pullen, 561-3950
B | Barry and Martha Pullen, 561-3950

**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** | **Monday Ashland Ride**
---|---
B/C | Trevor Calame, badpikney@verizon.net
| Steve Bolte, sebolte@yahoo.com

**Description and Directions:** This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. Distances and routes will be determined by the riders. AC&T is closed on Monday but Monique's Crepe truck ([http://www.moniquescrepes.com/](http://www.moniquescrepes.com/)) is there most Mondays with serving starting at 11:30. Cross Bros Grocery across the tracks is also open. Ashland Visitor's Center (Train Station) has restrooms.

(Continued on page 12)
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>1 pm</td>
<td>30-40</td>
<td></td>
<td>3</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. Each week’s location will be announced on the RABA message board on the preceding Friday or Saturday.

---

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></td>
<td>6 pm</td>
<td>6-30</td>
<td></td>
<td>3</td>
<td>Chris Cook, 804-512-8207 <a href="mailto:chrisck@aol.com">chrisck@aol.com</a></td>
</tr>
</tbody>
</table>

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

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

---

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>Dee Nuckols, 804-749-3400, <a href="mailto:sdnuckols@yahoo.com">sdnuckols@yahoo.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Dick Hilliard, 273-6578, <a href="mailto:rhilliard1@verizon.net">rhilliard1@verizon.net</a></td>
</tr>
</tbody>
</table>

**Description:** Please join us for a great ride through western Hanover, Goochland, and eastern Louisa. We leave from what is popularly referred to as the "Rockville Little League Fields". Cue sheets are always available. Often, we divide into more than one group as both faster and slower riders attend. The ride varies weekly and on the day before each ride, Dee or Dick sends 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>1:30 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.

---

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 (Continued on page 13)
(Continued from page 12)
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.

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>10 am</td>
<td>varies</td>
<td></td>
<td>3</td>
<td>Varies</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Bob Gore, 804 370-9906, <a href="mailto:gorem0715@gmail.com">gorem0715@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

Fridays at Hylas

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>A/B++</td>
<td>10 am</td>
<td>35-40</td>
<td></td>
<td>3</td>
<td>Dick Hilliard, 804-337-1217, <a href="mailto:dlhilliard43@gmail.com">dlhilliard43@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

Friday

Hylas “Casual B” Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>10 am</td>
<td>24-29</td>
<td>2/3</td>
<td>1</td>
<td>Dave Miller, <a href="mailto:dialdave@aol.com">dialdave@aol.com</a></td>
</tr>
<tr>
<td>C+</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Charlie Thomas, <a href="mailto:charlievthomas@gmail.com">charlievthomas@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Trevor Calame, <a href="mailto:badpikney@verizon.net">badpikney@verizon.net</a></td>
</tr>
</tbody>
</table>

Description and Directions: This ride is at a B pace averaging 15 (+/-) MPH. We also have a C+ group starting on this ride. Our departure time is will move to 10 AM, for December. We will give the faster paced Hylas ride time to depart before we leave the parking lot. The route varies each week and distance is determined by the group at the start of the ride. Depending on attendance, we may break the ride into different pace groups.

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

Saturday, 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>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Varies</td>
<td>20-50+</td>
<td></td>
<td>Some</td>
<td>Wes Surina, <a href="mailto:wessurina@gmail.com">wessurina@gmail.com</a>, 804-687-3117,Coordinator</td>
</tr>
</tbody>
</table>

Description and Directions: The Ashland Breakfast Club (ABC) ride is one of the more popular RABA rides and is one of the best opportunities for riders new to group riding to experience this form of road cycling.

Most groups depart Laurel Park Shopping Center at the posted ride time. Riders may join the ride leader's groups or form a group of their own based on preferred pace and distance. Riders may also sign the ride sheet and depart anytime after the posted ride time. 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.

The basic ride is ten almost flat miles to Ashland where riders stop at Ashland Coffee & Tea for refreshments and socializing before retracing the route back to Laurel Park. There are a number of variations to this ride with many riders choosing longer routes at the discretion of the ride groups with distances of up to 35 to 40 miles for faster paces.

This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads, which is at the next traffic light north of the intersection of Parham and Woodman Roads.

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></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(Continued on page 14)
**December, 2015 Weekly Rides**

(Continued from page 13)

**B+**

<table>
<thead>
<tr>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 am</td>
<td>35-45</td>
<td>Some</td>
<td></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, Moseley Champions**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B/B+</td>
<td>8:30, 9 or 33/41/51</td>
<td>3</td>
<td></td>
<td>1</td>
<td>Tony Pantoni, <a href="mailto:tpantoni31@verizon.net">tpantoni31@verizon.net</a></td>
</tr>
<tr>
<td>9:30 am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Description and Directions:** Meet at the Dorset Market Store at the intersection of Dorset Rd and Genito Rd in Powhatan County. Depending on the weather, the ride will start at 8:30, 9:00 or 9:30 am. The official time will be listed in the weekly email thread posted on Fridays for the ride.

The group will decide on the pace and the distance of the day's route. There are 33, 41, and 51 mile routes with options to cut the ride short at numerous locations. The store stop is located at the 21 mile point.

**Saturday, 11:30 AM**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>11:30 am- 20-50+</td>
<td>5</td>
<td>Some</td>
<td></td>
<td>Coordinator: Charlie Thomas</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.

Most groups depart Laurel Park Shopping Center at the posted ride time. Riders may join the ride leader's groups or form a group of their own based on preferred pace and distance. Riders may also sign the ride sheet and depart anytime after the posted ride time. 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.

The basic ride is ten almost flat miles to Ashland where riders stop at Ashland Coffee & Tea for refreshments and socializing before retracing the route back to Laurel Park. There are a number of variations to this ride with many riders choosing longer routes at the discretion of the ride groups with distances of up to 35 to 40 miles for faster paces.

This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads, which is at the next traffic light north of the intersection of Parham and Woodman Roads.

**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@mollysbicycleshop.com">Amy@mollysbicycleshop.com</a></td>
</tr>
</tbody>
</table>

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

**Directions:** The ride starts at The Bucket Trade, 13131 Rivers Bend Blvd, Chester, VA 23836.
The **Road Ride Pace Key** 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 re-grouping, 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 re-grouping, 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.

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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.