Putting a Wrap on 2017

The days are getting shorter and the evening rides are a distant memory. Another year is about to come to an end. It has been a pleasure to be president for 2017.

I thank you for your membership and for all you do to make RABA for all that it is. Please take a moment to renew your membership for 2018. You the RABA members are the foundation of the club. The club has put on many events and rides this year. There are many benefits to your membership; I hope that you are taking advantage of many of them. For only $20 you can’t beat it. Just a click away: http://www.raba.org/membership-information/ to renew for 2018.

My vision has been to make RABA the premier voice for cycling in the metro area. We have successfully created a cycling community for collaboration, education and growth for all our members through these events and rides. I hope that you feel you are an engaged and valued member of this community. I enjoy the weekly evening rides and the annual picnic and the Bikes for Kids events. I have enjoyed meeting new members on the new rider ride and catching up to old friends at the Heart of Va. ride and the annual picnic.

Nominees for the 2018 RABA Board of Directors

This year’s Nominating Committee has drafted the following slate of officers for 2018. 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 ............................................. Wes Surina
Vice President/Programs ............... Kim Moore
Treasurer ................................. Cindy Evans
Secretary ................................. Deanna Weiler
Ride Director – Monthly ................. John Johnson
Ride Director – Weekly .................. Konrad Orta
Public Relations .......................... Fran Smith
Communications ....................... Richard Halle
Bicycling Advocacy ..................... Bud Vye
Membership .......................... Kristen Swanson
Century ................................. Gregg Hillmar
Past President ......................... Andrew Mann

The slate will be presented to the membership during the business portion of the December 4 meeting (See information on this page!). If there are any other nominations from the floor, they will be added to the slate.

Nominating Committee: Paul Johnson, Gregg Hillmar,
RABA Annual Meeting...

of charge.

There will be a brief club meeting in which members will vote in a new board for 2018, club awards presented and any other business conducted from the floor. **This is a members only event due to the vote taking place for a new board.**

Then we will proceed immediately to a no-name tag gift exchange. If you wish to participate, you will need to bring a wrapped, NO name tag affixed bicycling-related gift valued between $10 to $20. Gift bearers will be given a ticket to hold onto and their gift will be placed on a table. More rules will be explained at the social, but it's fun and a long-time club tradition to close out the year.

If you would like to participate in the potluck and/or gift exchange, please register by Saturday, Dec 2, so that we know a headcount for drinks and the appetizer: https://www.viethconsulting.com/members/evr/reg_event.php?orgcode=RABA&evid=17978965

The registration link also helps ensure that we don’t have too many of one type of dish and not enough of another.

If you wish only to attend the meeting (no interest in the potluck or gift exchange), there is no need to register at the link. Please arrive around 6:45 when we anticipate that the meeting will start.

Questions or comments about the event? Contact Kim Moore at luvs2cycle@yahoo.com

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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.

**2017 Board of Directors**

President: Andrew Mann
rabamann@aol.com 804-266-9048

Vice President: Kim Moore
luvs2cycle@yahoo.com 804-358-0935

Treasurer: Cindy Evans,
cnevans@comcast.net 804-789-0511

Secretary: Peggy Merritt,
pttsbrghrva804@verizon.net 804-337-8385

Ride Director (Monthly Road Rides):
Wes Surina, wesurina@gmail.com 804-687-3117

Ride Director (Weekly Road Rides):
Konrad Orta, konrad.orta@gmail.com 804-386-7120

Public Relations Director: -Fran Smith,
frennie5@gmail.com 804-357-7009

Public Relations Director: -Cristina
Mooney, cristinamooney72@gmail.com 804-690-1005

Membership Communications Director:
Richard Halle, rrichhalle@verizon.net 804-744-1760

Bicycling Advocacy Director: Bud Vye
bdvye@comcast.net 804-262-9544

Membership Director: Kristen Swanson,
swansonka@gmail.com 804-399-7672

Century Chair: Gregg Hillmar,
bike@hillmardesign.com 804-683-2503

Past President: Paul Johnson,
Palanjohnson@hotmail.com 804-432-4010

**Committee Chairs**

Web Administrator: Richard Halle
rrichhalle@verizon.net 804-744-1760

E-Mail List Moderator: Kim Moore
luvs2cycle@yahoo.com 804-358-0935

Safety: Eric Martin
martin4bike@gmail.com 804-402-3471

RABA/BikeJournal Administrator: Ron
Corio, rcorio@vcu.edu 804-332-9906

New Rider Recruitment & Retention:
Chuck Jajesnica, cervelo55@verizon.net 804-543-8967

RABA Grants Committee Chair: Ron
Corio, rcorio@vcu.edu 804-332-9906

RABA Apparel Chair– Keith VanInwegen,
keithvaninwegen@gmail.com 804-339-2820

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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-information).
Heard and Seen
Around the Club
by Bud Vye

Some sadness around Thanksgiving as Chris Tompkins’ wife Ginny dies on 11/14 at the age of 65 from complications that developed from the Chemo-Therapy she had started after being diagnosed with Stage 2 Breast Cancer last summer. This is a real blow to Chris, as Ginny has been such a rock of support to him since his accident on the ABC Ride (eight years ago now) left him a quadraplegic. Fortunately, he is happy in his situation at the Virginia Home (near Byrd Park) and also gets great support from son Rob and sister Anne, but is always happy to have visits from his RABA friends.

Another one to remember on our visitation list is Charlie Thomas, at the Hermitage, as he continues to receive Hospice Care there. As with Chris, he is pleased with the care he is receiving and is also happy to see his RABA friends when they stop in to visit.

In addition, Bill Creekmore got a bad surprise when he was diagnosed with a brain tumor (thankfully turned out to be benign) and fortunately sounds like he is making good progress after undergoing surgery.

Past club President (1997) Sandy Norman also reported to be seriously ill, but still haven’t heard exactly what with.

And, Jan Waldron is shut down for a while, after having shoulder surgery to correct a problem that was lingering after the spill he had when riding with Ben King, as I had previously reported.

Some good news to report, as RABA Past President (in 1995) Dave Bloor is elected to St. Catherine’s Sports Hall of Fame, with induction to take place in January. In 24 years as the Saints cross country and track coach, Dave led the team to 35 LJS championships (19 cross country, eight indoor track and eight outdoor track) and 16 state titles (six cross country, two indoor track and eight outdoor track). He is the all-time winningest coach at St. Catherine’s and the School’s annual Coach of the Year award is dedicated in his honor. Well Done, Dave! A nice recognition of your 50 years in coaching.

Another Hall of Famer many of us have worked with on various events in her capacity as Event Coordinator for Sports Backers as Megan Schultz is elected to the Virginia Sports Hall of Fame with induction scheduled for next Spring. Not everyone has been aware of her meritorious basketball career, under her maiden name of Megan Silva, as one of the top all time scorers at both Hermitage High School and Randolph-Macon College. A high honor, Megan, and well deserved! We’re proud of both you and Dave.

Keith Van Inwegen comes in with a report on the RABA contingent to the Shenandoah Fall Foliage Festival on 10/20-22 ------

On Friday, Ken Ashworth, Jan Waldron, Henry Smith, Mick Howard, Andy Koepeke, Keith Van Inwegen and Rob Wright did a 76 mile ride from Staunton south and climbed the infamous Vesuvius climb to the Blue Ridge Parkway, north along the parkway to Love Gap and back to Staunton as a warm up for the Shenandoah Foliage Festival. Saturday morning, most of the same group headed out for the metric century, followed by live music, food and drink in Staunton followed by a little more drink at the event camp site. Sunday’s ride was a hilly 57 miler which included stopping twice for breakfast. This is an event I encourage all RABA members to try at least once. It’s a great casual event with rides for everyone.

Am’Trak began its “Roll on, Roll off” train service (with train level platforms, unlike Staples Mill station) to Roanoke on 10/31. Those of us on the Virginia Bicycle Federation Board (particularly President Champe Burnley and previous member Barbara Duerk, from Roanoke) had been working on this for several years and were very pleased to see the service instituted. Also, if you regularly drive on Staples Mill Rd., you’ve seen the work progressing on the much needed addition to the Am’Trak station’s parking lot, converting the land which formerly held Anthony & George’s (our club meeting place for a time) and several other properties into additional parking. Shouldn’t be very long now until the project is completed.

Bike Assembly on 11/4 looked as though it was going to be short handed. Then Kim Moore’s call for “All Hands” yielded such a last minute response that she had to turn down a few volunteers for lack of space. Here’s Alan Cooper’s photos from the event: https://www.flickr.com/photos/alancooper/sets/72157688004022451

A nice turnout on 11/9 at the West Tower theater on West Broad St. as someone sponsored a 2nd showing of Le Ride, the excellent documentary film about an Australian/New Zealand team’s effort to come to France and ride the 1928 Tour de France. Looked like about the same size crowd, but in a much larger theater, as the showing on 8/7 way out at West Chester, as folks who had missed the first showing were joined by some of us who came to see it a second time. A big Thank You to whoever it was who sponsored this showing. Again, all who attended found it most enjoyable, and recommend it to any of you who haven’t yet seen it, should it be shown again in this area.

Then, on 11/10 a nice photo of John Loughran and his wife as part of a feature about the next day’s Richmond Marathon, as John is one of the “Young Lions” who had run every Richmond Marathon up until this one. Sadly, an injury caused his streak to be broken as he was unable to run this year. Still, a pretty impressive achievement, John, and we’re all proud of you.

Also a good turnout at The Answer Brew Pub on 11/13 for Volunteer Appreciation Night, giving all of us a chance to renew acquaintances with members from other places and rides we don’t regularly see. Didn’t take my camera, assuming Alan Cooper would be there, but he had tickets to the VCU – N. Florida basketball game and wasn’t with us, so you’ll have to take my word for it that a good time was had by all, and many prizes were distributed.

And a ten person RABA contingent led by Wes Surina & Gregg Hillmar, and featuring the always popular father and

(Continued on page 4)
Heard and Seen...

(Continued from page 3)

Son duo of Jeff & Mitch Ault, in period costume and on their Penny Farthings, did a nice job of representing the club in the Ashland Old Time Parade on a very windy 11/19.

The Piedmont Smokehouse (whose inhospitable owner had two of our Retirees Riders’ cars towed from his property some time ago, as we had more cars for a ride than the Hickory Notch could accommodate across the road) is now open across Rt. 250 from the Hickory Notch Grill. Since we have been told in writing that “flabby ass senior cyclists are not welcome on that property”, we have been abiding by that directive, so are unable to report on the food or the ambiance at that establishment. Needless to say, we have not nominated the location for “Bike Friendly” certification.

Hadn’t previously reported that Dick Pitini had recently visited Thailand, where he has a brother living. And Rickey Davis continues to grind out his lifetime miles (now in the vicinity of 394,000) as he heads for his current goal of 400,000. Keep it going, Rickey! Just give me a couple of days notice, so I can bring the champagne and glasses for the toast when you hit that milestone, as we did at 300,000.

Bike Walk Hanover
Awarded RABA Grant
By Ron Corio

Bike Walk Hanover (BWH), an advocacy group made up of local citizens passionate about biking, running, walking and active transport in Hanover County, was awarded a RABA Grant in the amount of $1,500 for the purpose of holding events in neighborhoods around Hanover County, that will introduce Bike Walk Hanover to the community, educate local citizens about bike and pedestrian safety, and promote the health and lifestyle benefits of these activities.

BWH will also staff tables at events in the greater Richmond region such as bike and running events, (e.g. Ashland Train Day, Heart of Virginia Ride, Ashland Christmas Parade, Mechanicsville Parade) with the same above-stated goals.

At these events, BWH representatives will speak with attendees and collect email addresses to build a community for advocating to the county for safe bike and pedestrian routes, trails, and connections between communities.

BWH was formed after the members attended an eight-week Bike Walk RVA Academy-Hanover sponsored by Sportsbackers.

The group’s mission is to create a safer, inclusive, connected community, and support active lifestyles across Hanover through the following actions:

- Seeking to enhance alternative transportation options within the County, educate citizens about the health and lifestyle benefits of a viable pedestrian and bicycle circulation system, and identify opportunities to improve the pedestrian and bicycle routes within Hanover County.
- Building community and political support for a network of separated bike and pedestrian infrastructure by engaging local decision makers in our vision to connect people from where they live to where they work, play, learn, and shop
- Adopting recommendations of the Bicycle and Pedestrian Engagement Committee which was formed by the Hanover County Board of Supervisors
- Supporting other local advocacy programs such as Sports Backer’s Bike Walk RVA

The Bike Walk Hanover website is at https://bikewalkhanover.com/.

The Ashland Old Time Holiday Parade
By Wes Surina

The Ashland Old Time Holiday Parade was a lot of fun this year. We had more than 10 riders come out to brave the windy conditions. Lucky to be near the front of the parade, we launched at 2:15 for a blistering pace of 3.3 miles per hours through the town.

Jeff & Mitch Ault came with their Penny Farthings, much to the delight of the crowd. David Hightower rode a fat tire bike, that had a lot of the kids along the route talking as well. Our other riders were Beverly, Heather, Ron, Rich, Chris, Gregg with bikes and helmets decorated rode with joy in their hearts.

This is my second year participating in the Ashland Parade. My wife and I carried the RABA Banner this year. It was a different perspective being on foot. I was better able to hear and see the reactions of people to the bikes riding down the street. I heard several comments of
In the Public Eye
By Fran Smith, RABA Public Relations Director

As we soon end the eleventh month of 2017, it is hard to imagine all the many cycling opportunities that have been a part of RABA across this entire year. Visibility in cycling events throughout the summer, a very successful Heart of Virginia, large turnouts of riders at organized events, and recognition of the good works RABA continues to offer the RVA community. November has certainly been just another example of how eager our members are to be out on their bikes, sharing their talents as volunteers, gathering to connect with other cycling friends, and continuing to pave the way for more excitement.

The month kicked off with over 95 RABA volunteers working together in assembling 450 bicycles for the Bikes for Kids charity. There seemed to be no lack of enthusiasm as all could be found tightening a screw, pumping tires, checking alignments, and making sure bikes were loaded for distribution. This is an annual event for RABA and bikes will be distributed on Saturday December 2 to area Christmas Mothers for needy children. Thanks to Alan Cooper for the great photos!

Speaking of our cycling charity, an unexpected windfall came our way in early November through a generous donation from the local K95 country radio station. An email from their promotions director, Jessie Carroll, resulted in RABA becoming the designated 2017 charity recipient of their annual December bike drive. They will be outside the Target on Midlothian Turnpike on Friday, December 8 until Sunday, December 10 encouraging patrons to donate bikes, equipment, and money. So, what that means is that RABA will be gaining more bikes and monetary donations for our good works. Thank you K95!!

Our very own RABA member Deb Young was recently featured in Richmond Outside for her wonderful contribution on the beauty of viewing the fall foliage on a bicycle – https://www.richmondoutside.com/2017/11/peep-show-an-experts-favorite-places-to-take-in-fall-foliage-on-the-va-capital-trail/. Many of us know Deb for her great bike tours that she coordinates for weekend and weeklong adventures. But she is also appreciated for her keen eye in arranging scheduled (and impromptu) bike rides around the metro Richmond area, her passion for cycling, awareness of scenic routes, and eye for photographic beauty just add to how much fun a ride with Deb can be. Kudos Deb!

Finally, on November 19, Wes Surina had 10 RABA riders join he and his wife at the annual Ashland Old Time Holiday Parade. As he notes, “We had more than 10 riders come out to brave the windy conditions. Lucky to be near the front of the parade, we launched at 2:15 for a blistering pace of 3.3 miles per hours through the town.” Clearly RABA had some great visibility at this annual event!

As December quickly begins, we also know that our Girl Scout Claire Bonney is busy working now on the final touches to her bike safety helmet video. We are looking forward to having that as a feature on our website in 2018. Look for more exciting news to share in December as RABA continues to roll!!
2017 Bikes for Kids Assembly Party

Thanks to Alan Cooper and Kim Moore for the pictures
2017 Heart of Virginia Bike Festival

Gold Sponsors

Silver Sponsors

Bronze Sponsors

Other Contributors

Thanks to our Sponsors!
Bikejournal Report

On November 15, 219 RABA riders logged 447,160 miles year-to-date on Bikejournal for an average of 2,042 miles per RABA rider. RABA remained in second place, 82,465 miles behind Sumter Landing Bicycle Club of The Villages Florida.

<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>
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<tr>
<td>1</td>
<td>Sumter Landing Bicycle Club</td>
<td>194 / 278</td>
<td>The Villages, FL</td>
<td>529,625 (+82,465)</td>
<td>2,730</td>
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<tr>
<td>2</td>
<td>Richmond Area Bicycling Associ...</td>
<td>219 / 233</td>
<td>Richmond, VA</td>
<td>447,160</td>
<td>2,042</td>
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<tr>
<td>3</td>
<td>Space City Cycling Club</td>
<td>57 / 67</td>
<td>Houston, TX</td>
<td>195,941 (-251,219)</td>
<td>3,438</td>
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<tr>
<td>4</td>
<td>Sacramento Bike Hikers</td>
<td>68 / 173</td>
<td>Sacramento, CA</td>
<td>156,965 (-290,204)</td>
<td>2,308</td>
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<td>5</td>
<td>'BentRider Recumbent Club</td>
<td>60 / 727</td>
<td>International</td>
<td>134,298 (-312,862)</td>
<td>2,238</td>
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RABA Leader Board
(November 15, 2017)

1. Paula Dahl 9166
2. Ray Reed 8399
3. Karl Schmitz 7453
4. John Loughran 7173
5. Matt Fisher 6904
6. Keith VanInwegen 6268
7. Kevin Campbell 5955
8. John Jenks 5800
9. Lucille O'Neil 5694
10. Harry Davis 5445

Miles Logged by Month

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<td>Jan</td>
<td>18,900</td>
<td>19,649</td>
<td>20,057</td>
<td>18,758</td>
<td>25,050</td>
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<td>14,243</td>
<td>19,769</td>
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<td>Mar</td>
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<td>31,143</td>
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<td>44,062</td>
<td>46,492</td>
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<td>50,908</td>
<td>48,132</td>
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<td>54,165</td>
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<td>Oct</td>
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<td>45,503</td>
<td>39,154</td>
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<td>44,648</td>
<td>43,080</td>
<td>39,198</td>
<td>26,102</td>
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<td>55,632</td>
<td>52,199</td>
<td>55,827</td>
<td>54,169</td>
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Total 435,686 565,756 545,757 593,397 529,358 349,364

Ashland Holiday Parade...

(Continued from page 4)

'Look a bicycle club'. It is not often that we as cyclists get the opportunity to ride, taking up the entire road, and get cheered at for it.

After the ride several of us had lunch at the Pie Hole in Ashland. While eating some delicious pizza, and imbibing some local spirits, we made plans for next year. I hope that we will have an even larger group in the next parade.

Ashland Holiday Parade...
RABA APPAREL

Here is the new design for RABA apparel. We are using Starlight out of Roanoke. They set up an online store for us that was open until April 30. and, later, for two weeks in July. Members ordered the items they wanted directly on the web and had them shipped to their homes. We offered and will be offering a short sleeve jersey (club fit), bibs or shorts, arm warmers and a wind/rain jacket.

Depending on demand, the online store may reopen again. Some popular sizes will be kept in stock but anyone interested in this gear is encouraged to order directly from the web when the store reopens. Keep an eye on your mailbox for notices.

Contact Keith at keithvaninwegen@gmail.com if you have any questions.

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.
- Molly’s Bicycle Shop, 4515 W. Hundred Rd, Chester, VA 23831, 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 – 10% discount.
- Sweet Spot Cycling is offering RABA members 10% off indoor training classes (drop-in rate and class packages) using the following discount code: RABA2017

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

Become a RABA Ride Leader!

For more information or to schedule a ride, contact:

Ride Director (Weekly Road Rides):
Konrad Orta, konrad.orta@gmail.com 804-386-7120

Ride Director (Monthly Road Rides):
Wes Surina, wessurina@gmail.com 804-687-3117

The deadline for getting January, 2018 rides listed in The Pedaler is December 15

CLASSIFIEDS NOW EXCLUSIVELY at www.raba.org

Classified ads on the web site are free for RABA members or for paying non-members. Members may have no more than two bicycles for sale on this site at any one time. Ads will run for 90 days unless informed that the items have been sold. The date submitted will be displayed on each. If you want your ad to continue running, you must notify the Editor prior to the expiration. The web site’s Classified page is here.
Ride Director (Monthly Road Rides): Wes Surina, 804-687-3117, wessurina@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 times listed are departure times.
Check RABA E-mail distribution lists and web site for latest updates

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

<table>
<thead>
<tr>
<th>Terrain</th>
<th>Description</th>
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<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 Noon - December 10 (Sunday)

SantaCon Organizer: Deb Young
Location: Canal Walk Murals at Haxall Point 1201 Haxall Point Richmond, VA 23219

Description: What is SantaCon? SantaCon is FREE to attend event where people dress in Santa Claus costumes or as other Christmas / Holiday characters and parade throughout many cities around the world. This SantaCon is unique because it is a bike, run or hike SantaCon! Yes, Santa's elves have been working diligently to plan your sleigh ride around RVA with a road bike, a mountain bike, and a run or hike option. Wear your red Santa attire and spread holiday cheer in the RVA! See here and the event for details!

Ride Information HERE.

December 13 (Wednesday)

RABA Annual Christmas Ride and Tacky Light Tour Pace | Time | Miles | Terrain | Stops | Leader |
--- | --- | --- | --- | --- | --- |
All | 6:30 pm | 15+/- | Many | 4 | Champe Burnley, 405.6444, champe_burnley@hotmail.com |

Description: Join your fellow RABA members for a RABA holiday tradition, a casual cruise through the city to enjoy all of the spectacular holiday lights. We'll ride to various locations around the city and take in as many of the tackiest decorations as we can. Appropriate costumes and holiday regalia are encouraged. Grinches need not attend. At the end of the ride, we will celebrate the spirit and fellowship of the season with dinner/drinks at one of the restaurants in the vicinity. Please bring appropriate lights, reflectors, spare batteries and blinkies. The cue sheet is here: http://www.raba.org/map/2015 Tacky Light Ride Cue Sheet.pdf.

Directions: We're starting at Willow Lawn Shopping Center again. We're starting at Willow Lawn Shopping Center again. Park near the Union Bank and Trust (North Eastern corner, Broad Street side.)

December 21 (Thursday)

Downtown Happy Hour Ride Pace | Time | Miles | Terrain | Stops | Leader |
--- | --- | --- | --- | --- | --- |
B/C | 6 pm | 20 | 3 | None | Michael Todd, 908.419.7322 , mtodd@richmond.edu |

Directions: Start Location: 600 East Main Street (Main Street Center Courtyard).

Ride Information HERE.
Ride Director (Weekly Road Rides): Konrad Orta, 804-386-7120, konrad.orta@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.

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

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### Sunday

**Sunday Casual Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stop</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>11:30 am</td>
<td>22-26</td>
<td>5</td>
<td>1</td>
<td>Grey Nugent</td>
</tr>
<tr>
<td>D</td>
<td>11:30 am</td>
<td>22</td>
<td>5</td>
<td>1</td>
<td>Wes Surina, (804) 234-4030, <a href="mailto:wessurina@gmail.com">wessurina@gmail.com</a></td>
</tr>
</tbody>
</table>

**Directions:** Start at Four Mile Creek parking area on Rt. 5. (across from the Dairy Queen at I295 and Rt. 5). Ride eastward 11 miles along the Capital Trail to the flashing light at Route 5/Roxbury Rd. Then return back along the same route. This is a great ride for new riders wanting to ride with a group. All paces are welcome.

Ride Information HERE.

**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>Various</td>
<td>4</td>
<td>Various</td>
</tr>
</tbody>
</table>

**Leaders:**

- December 3 John Senn, john.senn@comcast.net
- December 10 Ken Robertson, robertson12001@gmail.com
- December 17 John Loughran, kjloughran@aol.com
- December 24 David McMillan, mcmillanmail@comcast.net
- December 31 John Senn, john.senn@comcast.net

**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.

Ride Information HERE.

**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 and Directions:** Meet at the Powhatan County Courthouse on Route 13.

Ride Information HERE.

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### Monday

**Mondays with Mary**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>9 am</td>
<td>30-40</td>
<td>Some</td>
<td>3</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 email list. If you are not on the list, please contact one of the leaders.

Ride Information HERE.

**Monday Ashland 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/C</td>
<td>Varies</td>
<td>Varies</td>
<td>3</td>
<td>Varies</td>
<td>Trevor Calame, <a href="mailto:trvr.calame@verizon.net">trvr.calame@verizon.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Steve Bolte, <a href="mailto:sebolte@yahoo.com">sebolte@yahoo.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. Distances and routes will be determined by the riders.

Start time varies. Check your email.

Ride Information HERE.

(Continued on page 12)
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>One</td>
<td>Dee Nuckols, 804-749-3400, <a href="mailto:sdnuckols@yahoo.com">sdnuckols@yahoo.com</a></td>
</tr>
</tbody>
</table>

**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.

[Ride Information HERE.]

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 &amp; C</td>
<td>9:30 am</td>
<td>25 to 40</td>
<td>Varies</td>
<td>Varies</td>
<td>Barry Pullen, 561-3950, Brian McCahill, 389-6067, 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.

[Ride Information HERE.]

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)

[Ride Information HERE.]

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>A/B+</td>
<td>10 am</td>
<td>varies</td>
<td>3</td>
<td>Varies</td>
<td>Bob Gore, 804 370-9906, <a href="mailto:gorerm0715@gmail.com">gorerm0715@gmail.com</a></td>
</tr>
</tbody>
</table>

**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.

[Ride Information HERE.]

Friday

Friday Hylas "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>9:30 am</td>
<td>25-33</td>
<td>2/3</td>
<td>1</td>
<td>Dave Miller, <a href="mailto:dialdave@aol.com">dialdave@aol.com</a>, Trevor Calame, <a href="mailto:trvr.calame@verizon.net">trvr.calame@verizon.net</a></td>
</tr>
</tbody>
</table>

**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.

[Ride Information HERE.]

Fritions Aw Shucks 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>A/B++</td>
<td>10 am</td>
<td>35-40</td>
<td>3</td>
<td>Some</td>
<td>Ray Reed, 804- 441-4923, <a href="mailto:r.reed02@gmail.com">r.reed02@gmail.com</a></td>
</tr>
</tbody>
</table>

(Continued on page 13)
Description and Directions: The ride will start and end at the Aw Shucks Country Store, 6100 Pouncey Tract Rd., Hylas, VA. Please park to the right of the store beside the propane tank. The ride will vary each week. Maps and cue sheets will be available for those wishing to ride at their own pace.

Ride Information HERE.

Saturday

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>Varies</td>
<td>9 am-20-50+</td>
<td>5</td>
<td>Some</td>
<td></td>
<td>Konrad Orta, 804-386-7120, <a href="mailto:konrad.orta@gmail.com">konrad.orta@gmail.com</a></td>
</tr>
</tbody>
</table>

Directions: 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.

Ride Information HERE.

Centerville Saturday Ride—Food Lion

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

Directions: The ride leaves from the parking lot of the Food Lion in the Broadview Shopping Center in Centerville (30 Broad Street Rd, Manakin-Sabot, VA 23103).

Ride Information HERE.

Molly’s 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>

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

Ride Information HERE.
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.