December Meeting/ Potluck Social/ Gift Exchange

If you are on the RABA Message Board, you have seen a few announcements about this end of the year meeting. If not, here are some details:

**When:** Monday, December 3, 5:30 PM to 8 PM

**Where:** Westminster Presbyterian Church, 4103 Monument Ave, Richmond, VA 23230

**Parking:** is on the streets along Monument Ave or Malvern Ave, the cross street closest to the church

**What:** We will be voting in a new board of directors, giving out club awards, having a potluck and then doing our infamous gift exchange (or gift stealing round robin). If you are attending the meeting only, you do not need to register. If you are attending the potluck, please bring a dish to share that feeds 3-4 people and register by **Saturday, December 1**, so the proper amount of paper products, additional food and drinks can be purchased.


(Continued on page 2)

RABA December Meeting

**What:** Exercises as Prevention

**Who:** Erik Lineberry, PT, DPT, InMotion Physical Therapy

**When:** Monday, December 10, 6 PM

**Where:** InMotion PT, 5711 S. Laburnum Ave, Richmond, VA 23231

Erik did a nice job back in October of presenting how a bike fitted properly to a rider helps a rider’s enjoyment and prevention of injuries. As an added bonus to that meeting, InMotion offered all attendees a special low rate of $35 for

(Continued on page 2)

2019 Slate of Prospective Board of Directors

by Kim Moore

President Wes Surina asked me to chair the club Nominating Committee this fall. Before I proceed with the slate, I want to thank committee members Norm Geller, Paul Johnson and Gary Thabet for helping to find candidates for board positions. With that, here are the candidates for election at our club

(Continued on page 15)

Thanks!

This will be my last column in the President’s spot. I have enjoyed the opportunity to help the club. I am also honored that you all gave me the chance to work for you this past year. We worked on a lot of issues this year. After the survey, we started on a plan to increase the presence of RABA in the community. We had several stories about RABA on the news. We had the Bicycle parking at a Richmond Kickers game.

Eric Martin has worked hard to create the first of many future Ride Leader courses. One of the largest issues brought out in the survey was the need for more rides. New rides are only possible with more ride leaders.

After several years of shrinking, we have been able to hold our numbers and even grow again. New blood is what will allow RABA to continue to bring the love of cycling to the people of the community.

Kim Moore worked hard to increase the number of events that were held for the benefit of club members and to expand the list of venues at which we have them.

If you look back at my previous messages over the year you’ll

(Continued on page 5)
RABA December Meeting & Holiday Social...

(Continued from page 1)

Tentative schedule of events:

1. Potluck - 5:35ish to 6:35ish
2. Business meeting - new board of directors vote, awards, club business/updates 6:35ish to 7ish
3. Gift exchange - 7:05ish to 7:45ish
4. Clean-up and returning the fellowship hall to normalcy - 7:50 to 8 PM

Have a safe and wonderful holiday season!

RABA December Meeting: Exercise...

(Continued from page 1)

a full bike fit, for 30 days after the bike meeting’s date! Erik really enjoyed doing the presentation so he’s offered to do another one, this time on preventative exercise, postural modifications, and exercise outside of cycling to improve performance and health. If there is enough attendance, InMotion may provide refreshments too!

Please register by Sunday, December 9, so that a headcount can be given to InMotion to help them prepare: https://www.viethconsulting.com/members/evr/reg_event.php?orgcode=RABA&evid=20193229

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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.

2018 Board of Directors

President: Wes Surina, wessurina@gmail.com  804-687-3117
Vice President: Kim Moore lwe2cycle@yahoo.com  804-358-0935
Treasurer: Cindia Evans, cnevans@comcast.net  804-789-0511
Secretary: Deanna Weiler, dfubanana@gmail.com  804-334-6860
Ride Director (Monthly Road Rides):
open
Ride Director (Weekly Road Rides):
Konrad Orta, konrad.orta@gmail.com  804-386-7120
Public Relations Director: open
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@hillmarcycles.com  804-683-2503
Past President: Andrew Mann
rabamann@aol.com  804-266-9048

Committee Chairs

Web Administrator: Richard Halle
rrichhalle@verizon.net  804-744-1760
E-Mail List Moderator: Kim Moore lwe2cycle@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

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).
A light turnout at The Answer Brewpub on 11/12 for the Volunteer Appreciation event as “twas not a fit night out for man nor beast” with rain pouring down. A nice event nonetheless, with those who braved the elements having an enjoyable time. It was great to see Alan Cooper there with his trusty camera and you can see his pictures from the function at https://www.flickr.com/photos/alanhcooper/sets/72157697657328810

But RABA’s VIP Night at Performance was canceled the next week as their parent company ASE (which has 104 Performance stores nationwide, in addition to the Bike Nashbar internet retailer, along with bike brands Fuji, Kestrel, & Breezer) files for Chapter 11, cutting back on our local store’s promotional programs.

No further word in the last month from Dave Elliott in South Sudan, so am assuming his Doctors Without Borders tour is going well. I expect he will be back in time to celebrate Christmas in this area and look forward to getting his latest report when he returns.

Some other traveling going on, as John Dawson checks in from Iceland, and Gary Faison (who has pretty much given up cycling in favor of regular golfing at the Hollows) from Ireland, while Duane Brown returns from Wisconsin for one of his periodic visits to his old stomping grounds.

While Jan Zoeteman and Brian McCahill return from their holiday at Jan’s house in Irsina, Southern Italy with reports of how enjoyable their time there, the spectacular scenery, and the riding in the area, all were.

And Bob Carlson’s back for a time from his stint volunteering to help people who caught the brunt of Hurricane Michael's full force on their homes down in the Albany, Georgia area.

A short Injured List right now (and I hope it stays that way), as John Loughran gets back to riding some out of Portabella's. I know he thought it was taking him too long to heal, but I thought he did a remarkable job in rehabbing from his incident which took place back on April 20th.

Sheryl Finucane also back on her bike (and back to work in the Physical Therapy Dept. at MCV) after her more recent incident which resulted in an EMS trip to the ER up in Fredericksburg. Still not clear on the details about her spill, as she doesn’t remember, but I was happy to learn that she was certain that she wasn’t involved in getting tangled up with a motor vehicle.

Emily Kimball another who is back on her bike occasionally (after I had thought her riding days were over) as it seems she still has her balance. While Sandy Norman is still rehabbing indoors on the stationary bike after experiencing some heart issues earlier this year.

And our regular Retirees contingent of historians who join me at the Historical Society lectures (Brian McCahill, Deanna Weiler, Bruce Walton, & Carl Smith) have been pleased to also see Vic Hines there regularly, and Ling & Bill Whitworth occasionally. Come down and join us on a Thursday at noon, where the topics and speakers are usually interesting (and sometimes outstanding) and Bruce Walton ALWAYS picks a good spot where we go to lunch afterwards.

ZZ Barbecue, the super popular new place in Scott’s Addition, being the latest. Let me know if you are interested, and I’ll alert you when we are going.

And I missed noting last month how great it was to see local boy Ben King win not one, but two, stages of the Vuelta a Espana, one of the "triple crown" of the world’s most prestigious bicycle races and in Spain.

As we get ready to mount this year’s state legislative campaign to take a further step toward curtailing Distracted Driving with additional restrictions on Virginia drivers using handheld communication devices, we note that the push toward autonomous (self driving) vehicles takes a big step forward as Waymo (Google’s division working on their self driving car) gets the approval to test their cars in California without a back up human driver in the car. While this is going on, our lame duck Congress is being pushed by the manufacturers to go into hurry up mode and vote on the AV START Act which currently does NOT include the language that LAB has been pushing for that would require manufacturers to put better “vision” in these vehicles that would recognize pedestrians and bicycles with riders on them. Hopefully, we can slow the process down enough to get the language right before the bill is voted on.

Pictures from Jan Zoeteman and Brian McCahill’s holiday at Jan’s house in Irsina, Southern Italy
RABA Donates to Charities
by Kim Moore

Despite the big disappointment in being forced to cancel the Heart of Virginia bicycling event this past September 15 due to Hurricane Florence, the club fulfilled a commitment to donate the money from sponsorship dollars and riders who gave permission to donate their registrations to its charity partners.

The club donated $6500 to the Brain Injury Association of Virginia, its charity partner of the last 5 years, to help with its support of and advocacy for brain injury survivors and their caregivers. It donated another $6500 to the RABA Foundation so that it may continue its work with Bikes for Kids.

RABA has a highly regarded reputation in the community for giving back to the community - we continue adding to our reputation with a commitment to donating no matter the outcome of our fundraising event. Note: RABA does not use any revenues from the Heart of Virginia to fund club operations.

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November 26, 2018

Richmond Area Bicycling Association
C/o Cindia N. Evans
P.O. Box 6565
Ashland, VA 23005

Dear Friends:

Thank you for the Richmond Area Bicycling Association’s generous donation of $6,500 to the Brain Injury Association of Virginia (BIAV) dated November 14, 2018 (check #2718). BIAV staff were disappointed when your Heart of Virginia Ride was cancelled this past spring as we enjoy being a part of the day. We were so pleased to hear that your “community ride” had designated funds to BIAV make up for it! BIAV is grateful for being chosen as your Heart of Virginia charity partner in this event for the past four years. What a wonderful way to honor individuals with brain injury and their families! You and all that were involved in this benefit are appreciated by our organization and most importantly, by those we serve.

Thanks to all of you, BIAV will continue to provide help, hope and healing to the Virginia brain injury community.

Sincerely,

Lynn Scott
Program Assistant

Cc:
Kerry C. Moore
200 W. Grace Street
Richmond, VA 23220

1506 Willow Lawn Drive | Suite 212 | Richmond, VA 23230
Phone: (804) 355-5748 | Toll-Free: (800) 444-6443
www.biav.net

THE VOICE OF BRAIN INJURY
We had wonderful weather this year for the Ashland Parade. My wife and I carried the Banner for RABA while Rich Borie, Beverly Shecter, David Hightower, Ron Charest, Chris Reed, John Hibbits, Mitch Ault, and Jeff Ault rode their bicycles.

Jeff once again wowed the crowd with his Penny Farthing, complete with period costume. The rest of us dressed up ourselves and bicycles for the festivities. Riding in the parade is one of the few opportunities we have to be cheered while riding our bicycles through town. We were placed between two motor car groups this year. We were also two spots behind the horses, just to make sure we paid attention while riding.

Next year will be the 50th anniversary of the Ashland Old Time Holiday Parade. I plan to have RABA there once again, I hope that more will be able to make the time to come out for this very fun ride.

President’s Message...

(Continued from page 1)

see that I am broken record about the volunteers and ride leaders.

NO ONE in RABA is paid for what they do. All that we do, all that you see and participate in is made possible by volunteers. We have a great history of providing excellent rides, events, and charity to Central Virginia. None of the work we do would be possible without our members. Those people with a passion for cycling and a willingness to give of themselves to help are what keeps RABA going strong.

The next time you are at a ride and think something could be done better or differently, instead of grumbling or ignoring I challenge you to step up. Offer to ride in the back as a sweeper so no one is left behind. Take a minute to find a volunteer to split a large group into two smaller groups so the ride can be made safely. When the next ride leader course comes, take the plunge. If it is your ride it can be done the way you think it should be done.

-Wes Surina
RABA Volunteer Appreciation Party
November 12, 2018

Photos by Alan Cooper

Left to Right: Roy Childrey, Lissa Childrey, Bud Vye, Bill Battle and Peggy Merritt

Left to Right: David Hightower, Andrew Mann, Debbie Ashworth, Ken Ashworth

Standing back row - Linda Becraft, Josh Silverman, CJ Jackson, Gregg Hillmar, Jim Lee
Kneeling - half standing - Deb Young, Kim Moore, Susan Ann Glass

Left to Right: Mike Moore, Angie Smith, Kim Moore, Deb Young, Henry Smith, Mike Casey

Photos by Susan Glass
Bikejournal Report

As of November 24, 2018, RABA riders logged 405,296 miles year-to-date on Bikejournal for second place among Bikejournal clubs.

<table>
<thead>
<tr>
<th>Place</th>
<th>Club Name</th>
<th>Miles (Year-to-Date)</th>
<th>Location</th>
<th>Total Miles Logged</th>
<th>Rank</th>
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<tbody>
<tr>
<td>1</td>
<td>Sumter Landing Bicycle Club</td>
<td>167 / 318</td>
<td>The Villages, FL</td>
<td>470,029 (+64,733)</td>
<td>2,815</td>
</tr>
<tr>
<td>2</td>
<td>Richmond Area Bicycling Assoc.</td>
<td>191 / 198</td>
<td>Richmond, VA</td>
<td>405,296</td>
<td>2,122</td>
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<tr>
<td>3</td>
<td>Sacramento Bike Hikers</td>
<td>79 / 125</td>
<td>Sacramento, CA</td>
<td>211,715 (-193,581)</td>
<td>2,680</td>
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<tr>
<td>4</td>
<td>Phoenix Metro Bicycle Club</td>
<td>26 / 96</td>
<td>Tempe, AZ</td>
<td>125,926 (-279,370)</td>
<td>4,843</td>
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<tr>
<td>5</td>
<td>'BentRider Recumbent Club</td>
<td>60 / 730</td>
<td>International</td>
<td>113,239 (-292,057)</td>
<td>1,887</td>
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2018 RABA Leader Board
as of November 24, 2018

1. Steve Rosen 11,221
2. Paula Dahl 9,891
3. Karl Schmitz 7,191
4. Ray Reed 6,858
5. Lucille O’Neil 6,535
6. Eric Weissbart 6,439
7. Harry Davis 6,318
8. Keith VanInwegen 6,064
9. Jan Waldron 5,934
10. Dick Hilliard 5,848

Miles Logged by Month

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<tr>
<td>Jan</td>
<td>15,152</td>
<td>18,900</td>
<td>19,649</td>
<td>20,057</td>
<td>18,758</td>
<td>25,050</td>
<td>NA</td>
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<tr>
<td>Feb</td>
<td>36,603</td>
<td>33,774</td>
<td>26,698</td>
<td>14,243</td>
<td>19,769</td>
<td>18,880</td>
<td>28,469</td>
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<tr>
<td>Mar</td>
<td>16,171</td>
<td>30,943</td>
<td>45,213</td>
<td>25,051</td>
<td>31,143</td>
<td>21,728</td>
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<tr>
<td>Apr</td>
<td>38,223</td>
<td>42,862</td>
<td>42,138</td>
<td>44,062</td>
<td>46,492</td>
<td>22,369</td>
<td>32,731</td>
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<td>May</td>
<td>49,315</td>
<td>47,599</td>
<td>49,246</td>
<td>61,610</td>
<td>57,267</td>
<td>68,947</td>
<td>35,789</td>
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<tr>
<td>Jun</td>
<td>47,344</td>
<td>50,375</td>
<td>59,572</td>
<td>60,484</td>
<td>68,270</td>
<td>50,094</td>
<td>33,173</td>
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<tr>
<td>Jul</td>
<td>48,899</td>
<td>55,303</td>
<td>61,788</td>
<td>62,904</td>
<td>72,553</td>
<td>71,426</td>
<td>36,485</td>
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<tr>
<td>Aug</td>
<td>70,312</td>
<td>54,377</td>
<td>57,786</td>
<td>62,316</td>
<td>71,537</td>
<td>62,728</td>
<td>35,841</td>
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<tr>
<td>Sep</td>
<td>27,573</td>
<td>50,209</td>
<td>50,908</td>
<td>48,132</td>
<td>63,198</td>
<td>54,165</td>
<td>31,628</td>
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<tr>
<td>Oct</td>
<td>37,603</td>
<td>51,344</td>
<td>53,565</td>
<td>50,051</td>
<td>45,503</td>
<td>39,154</td>
<td>24,585</td>
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<tr>
<td>Nov</td>
<td>29,459</td>
<td>43,561</td>
<td>44,648</td>
<td>43,080</td>
<td>39,198</td>
<td>26,102</td>
<td></td>
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<tr>
<td>Dec</td>
<td>48,064</td>
<td>55,632</td>
<td>52,199</td>
<td>55,827</td>
<td>54,169</td>
<td>42,833</td>
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<td>Total</td>
<td>387,185</td>
<td>513,209</td>
<td>565,756</td>
<td>545,757</td>
<td>593,397</td>
<td>529,358</td>
<td>349,364</td>
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</tbody>
</table>
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, $44 1/3 page, $22 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

RABA APPAREL

Here is the new design for RABA apparel. We are using Starlight out of Roanoke. They re-open their online store for us occasionally for a limited time. Then, order your gear and have it shipped to your home. You can get a short sleeve jersey (club fit), bibs or shorts, arm warmers and a wind/waterproof jacket. 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, 12256 W Broad St, Henrico, VA 23233 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: RABA2018

Note: If anyone knows of any other bike shops that offer RABA members a discount, please contact Wes Surina at wessurina@gmail.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):
open-open

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): -open-

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

<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>
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</table>

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

December 2 (Sunday)  South Central Hanover Hub and Loop Ride

Pace | Time | Miles | Terrain | Stops | Leader
---|------|-------|---------|-------|-------
B   | 11 am | 35+/- | 3       | 2     | John Hibbits, 804-366-3160, jmhibbits@yahoo.com

Description and Directions: I'm planning a ride that will start from the shopping center at the intersection of Atlee Station and Sliding Hill Roads. A mix of suburban and rural roads looping out and back from the shopping center. Chickahominy River bottom both ways, Bass Pro Shop, rural Mount Hermon Road (with the grinch on the bike, I hope), the new overpass, and Center of the Universe Brewery are some highlights. Enough hills to avert boredom. About 35 miles, adjustable, about 14 mph pace--at least that's the goal.

Weather channel says Sunday is looking OK as of now and will reach the 60s. Download cue sheet here: http://www.raba.org/map/South_Central_Hanover_Loop_and_Hub.pdf. I'll supply some, too. The shopping center name may be imprecise, but the intersection is not. Park in the lot behind the dentist's office.

2 PM - December 9 (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 here for details!

December 12 (Wednesday)  RABA Annual Christmas Ride and Tacky Light Tour

Pace | Time | Miles | Terrain | Stops | Leader
---|------|-------|---------|-------|-------
All  | 6:30 pm | 15+/- | 4       | Many  | 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. Grinchs 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.

(Continued on page 12)
Directions: We're starting at Willow Lawn Shopping Center again. Park near the Union Bank and Trust (North Eastern corner, Broad Street side.)

### January 1 (Tuesday)  
#### New Year's Day Doughnut Run

<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>All</td>
<td>7:30 am</td>
<td>27 or 38</td>
<td>4</td>
<td>Several</td>
<td>TBD</td>
</tr>
</tbody>
</table>

**Description:** Come and join me on New Year’s Day for an early morning ride. This is a casual ride to enjoy being on the bike, being with friends, and...aww, who am I kidding. It's about the DOUGHNUTS and riding "hole"-istically!

**Directions:** The ride starts and ends at Laurel Park Shopping Center (9530 Woodman Rd, Richmond, VA 23228).

**Cue Sheet and GPX:** I have made a new Cue Sheet and GPX so if you have ridden before you will need the new one.

- [38 mile]  - [https://ridewithgps.com/routes/27793463](https://ridewithgps.com/routes/27793463)
- [27 mile]  - [https://ridewithgps.com/routes/22715695](https://ridewithgps.com/routes/22715695)
- [23 mile]  - [https://ridewithgps.com/routes/23973984](https://ridewithgps.com/routes/23973984)
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

---

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

**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 3 to 4</td>
<td>see below</td>
<td>Barry and Martha Pullen, 561-3950</td>
<td></td>
</tr>
<tr>
<td>B</td>
<td>1 pm</td>
<td>30 to 45 3 to 4</td>
<td>see below</td>
<td>Barry and Martha Pullen, 561-3950</td>
<td></td>
</tr>
</tbody>
</table>

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

Ride Information HERE.

**Sunday Casual Lunch 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>D</td>
<td>12:30 pm</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.

---

**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>Some</td>
<td>Mary Falterman, 741-2116, Barry Pullen, 561-3950</td>
<td></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.

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>Varies</td>
<td>Trevore Calame, <a href="mailto:trvr.calame@verizon.net">trvr.calame@verizon.net</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Steve Bolte, <a href="mailto:sebolte@yahoo.com">sebolte@yahoo.com</a></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. Distances and routes will be determined by the riders.

Start time varies. Check your email.

Ride Information HERE.

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**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>3</td>
<td>One</td>
<td>Dee Nuckols, 804-749-3400, <a href="mailto:sdnuckols@yahoo.com">sdnuckols@yahoo.com</a></td>
</tr>
</tbody>
</table>

(Continued on page 14)
December, 2018 Weekly Rides

(Continued from page 13)

**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.

[Links to Ride Information]

---

**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</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Brian McCaill, 389-6067</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></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 and start time 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.

[Links to Ride Information]

**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 a 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)

[Links to Ride Information]

---

**Thursday**

**Anything Goes 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>A/B+</td>
<td>9 am**</td>
<td>varies</td>
<td>3</td>
<td>1</td>
<td>Ray Reed, <a href="mailto:r.reed02@gmail.com">r.reed02@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Karen Murphy, <a href="mailto:murphykaren5@yahoo.com">murphykaren5@yahoo.com</a></td>
</tr>
</tbody>
</table>

**Description:** This ride meets at a different location each week for a 35-40 mile scenic ride through different West End locations. All paces are welcome but may be self led. Each week’s start location will be announced via RABA E-mail.

**Notes:** The start time is usually 9am but may vary depending on the season. Please email the ride leader for the correct start time.

[Links to Ride Information]

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**Friday**

**Charlie Thomas Memorial Ride (Charlie's Hylas 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>25-33</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></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>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.

[Links to Ride Information]

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**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/Coordinator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>9 am-</td>
<td>20-50+</td>
<td>5</td>
<td>Some</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,

(Continued on page 15)
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>A/B+</td>
<td>9 am**</td>
<td>35-45</td>
<td>3</td>
<td>One</td>
<td>Karen Murphy, <a href="mailto:murphykaren5@yahoo.com">murphykaren5@yahoo.com</a></td>
</tr>
</tbody>
</table>

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

**The start time is usually 9am but may vary depending on the season. Please email the ride leader for the correct start time.**

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.

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2019 Board of Directors Nominations...

(Continued from page 1)

meeting on Monday, December 3:

- President – Wes Surina*
- VP and Programs – Kim Moore
- Treasurer – Cindy Evans
- Secretary – Deanna Weiler
- Monthly Ride Director – Konrad Orta
- Weekly Ride Director – Josh Silverman
- Advocacy – Bud Vye
- Century – Gregg Hillmar
- Communications – Richard Halle
- Membership – Kristin Swanson
- Public Relations – Ed Hellerman

You will note that there is an asterisk by Wes Surina’s name – that is because the Nominating Committee has yet to find a suitable candidate to be president next year. Therefore, Wes has very graciously agreed to remain in the role until someone is found. The Nominating Committee will continue to search and if you or someone you know would like to be president, please contact anyone on the Nominating Committee at the following addresses:

- Gary – gethabet@gmail.com
- Kim – luvs2cycle@yahoo.com
- Norm – norman.geller@gmail.com
- Paul – palanjohnson@hotmail.com

(Continued from page 14)
The Ride and Event Calendar later in the Pedaler Plus contains an abbreviated version of the following table. It only includes the information in the first three columns. The additional information shown in the rest of the table will help you choose the type of ride you would enjoy!

<table>
<thead>
<tr>
<th>Pace</th>
<th>Typical Average Riding Speed</th>
<th>Description</th>
<th>Group Dynamics</th>
<th>Rest Stops</th>
<th>Riders Must Have</th>
<th>Repairs</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>20+ mph</td>
<td>Very strenuous</td>
<td>Strict paceline riding with frequent rotations, minimal regrouping, leader rides anywhere within group, riders who fall off the paceline will be dropped</td>
<td>At leader’s discretion</td>
<td>Experienced paceline skills, basic bike repair skills</td>
<td>Riders fix their own bikes</td>
</tr>
<tr>
<td>A</td>
<td>18 up to 20 mph</td>
<td>Strenuous</td>
<td>Frequent paceline riding with frequent rotations, limited regrouping, leader rides anywhere within group, riders who fall off the paceline and slower riders may 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.