At the first meeting of the 2010 Board of Directors, members took a look at the year ahead and developed a wish list for this RABA year. Here are some items that resulted:

- revision of the bylaws
- electronic newsletter option
- capability to join and renew membership online
- continued emphasis on safety
- increased attendance at member meetings
- more off-road cycling
- continued efforts at bicycling advocacy
- more rides with C and D pace options
- another year of lots of riding and having fun

(Continued on page 11)

Pedaler Plus

Check out the Pedaler Plus, a supplement in PDF format, that you can read, download, and/or print from http://www.raba.org/pplus.html.

There are some interesting articles and pictures in there this month as well as an 8 1/2”x11” calendar showing all the RABA rides.
Welcome to RABA’s newest members. We hope to meet you and see you on some of our rides!

John Timko & Lori Wood
Teresa Ford
Douglas & Amy Swartz
Steve Spence
Paul & Janet Woody
Jim & Kim Johnson
J Bullock & G Kiel-Bullock
Clarke Tanner & Tara Cattaneo
Steven Gooch
Terri Lumpkin
Alexandre Faria
David Fellowes
Brad & Rachel Chittick

NAHBS 2010...
(Continued from page 1)

RABA is an annual event held in different cities to celebrate the North American Handmade Bicycle Show at Capital Ale House in downtown Richmond. Proceeds from the event, featuring live music, videos, raffles and bike displays, will benefit trail building efforts in Richmond’s Forest Hill Park. Admission is $10. For more information about how to buy tickets, go to the RABA website.

NAHBS is a major international cycling event that features some of the finest bikes and frame builders in the world. The Richmond event will host frame builders from over a dozen countries. The 2009 NAHBS event held in Indianapolis drew over 6000 people and it appears the Richmond event could be even larger.

For information on NAHBS see: http://www.handmadebicycleshow.com/

This Guy Didn’t Renew his RABA Membership...
...and in January he stopped getting the Pedaler and RABA announcements via the E-mail list. No wonder he looks a little grumpy!

So if you haven’t done it yet, please take a few minutes to complete the club membership renewal form and insurance waiver you received in the mail, write a check for membership dues and return it all to the RABA post office box in Ashland.

If you have lost your renewal form, download another one by going to www.raba.org, selecting “Club Info” header, then “Membership Information and Application”. Do it now while you’re thinking about it!

Renewal fees are still a low and very reasonable $20 for individuals and $25 for families. Not a bad deal for a pretty darn valuable bike accessory! Rejoin today!

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.

2010 Board of Directors
President: Ron Corio
rcorio@ecu.edu
Vice President: Paul Walaskay
pwalaskay@union-psee.edu
Treasurer: Cindia Evans
cnevans@comcast.net
Secretary: Sheryl Finucane
sdgf@vcu.org
Director at Large: Champe Burnley
champe_burnley@hotmail.com
Director at Large: Steve Herzog
sp_herzog@verizon.net
Monthly Road Ride Captain: Noah Kaatz,
noahk527@yahoo.com
Weekly Road Ride Captain: John Moore,
jmoore21@comcast.net
Off-Road Ride Captain: Matthew Bizzarri
mbizzarri@gmail.com
Racing Director: Greg Brown
rbrow047@odu.edu
Program Director: Cristina Bizzarri
cbizzarri@gmail.com
Bicycling Advocacy Director: Bud Vye
bdvye@comcast.net
Membership Director: Liz Keith
lizziebard@gmail.com
Publications Director: Richard Halle
rrichhalle@verizon.net
Publicity Director: Tom Veazey
tveazey@ccanewyork.com

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Statisticians: Steve and Debbie Herzog
sp_herzog@verizon.net
Web Administrator: Richard Halle
rrichhalle@verizon.net
Century Chair: Bud Vye
bdvye@comcast.net
Safety: Sheryl Finucane
sdgf@vcu.org
E-Mail List Administrator: Kim Moore
luvs2cycle@yahoo.com

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 (18 years and older) or $25 per family consisting of 1 or 2 adults and all dependents under 18. All memberships begin January 1. After July 1, memberships are prorated as follows: $10 per person (18 years and older) or $12.50 per family. The Pedaler subscription is included.
Submit membership application or renewals to RABA Treasurer, PO Box 5665, Ashland, VA 23005. Note: Membership dues must be accompanied by a completed signed membership application and a waiver of liability.
End of December move of Chris Tompkins from the Laurels to the Maguire VA Hospital did NOT come to pass as Chris was battling a persistent gastric infection that they wanted to see him clear of before admitting him. At press deadline, he appears to be getting it under control and might be moving to Maguire on 1/18. When he does get there, he will be in the Spinal Cord Injury (SCI) unit, whose entry is at the far right end of the huge complex, and where he will be happy to have you visit him.

With the limited amount of riding we've been having due to the unseasonably cold month, our injured have been getting healed, but Dave Bloor managed to get himself on the list by falling off his attic, pull-down stairs, although he too seems to be healing pretty quickly. We have also added Charlie Thomas's wife Harriet to the list, as she has joined the "by-pass club" with a quadruple. Get well quickly, Harriet, I'm looking forward to seeing you back in church!

We've got a few hard core VCU fans in the club, but none more so than Bob Carlson. He's a season ticket holder for their men's basketball home games (but so am I, and I have no connection to the school). But he drives his car to the away games, thinking nothing of going to Florida or Birmingham to cheer the Rams on. This year, against my advice, he drove alone all the way to New Orleans to see the Tulane game. When I heard that he was planning to do so, I said, "Bob, that's a thousand miles, one way." His reply was, "that's what it says on Google." So much for my advice.

Seeing the ads in Style for the Cooper Vineyards Mardi Gras Festival on Saturday, 2/20 and their Wine & Chocolate Day on Saturday, 3/27 jogged my memory back to when RABA members Geoff Cooper & Jacque Hogge hosted us out there for a ride in the Spring. Then some of us accepted their invitation to come back a weekend or two later to plant vines (I think we made 25 cents for the club for each vine planted) and then again in October for a ride and our club picnic, where we had over 50, most of whom sampled their wines (then made from grapes from other vineyards) along with our covered dish food and bought a bottle or two to take home. Looking back through my records, I was stunned to see that a decade had passed since then, and that the year was Y2K. Over that period they're now making award winning wines (with their own grapes), and hosting some fairly big events like these, at their winery out in Louisa off of Shannon Hill Rd. I'll try to make one of these afternoon events and see how much progress they've made.

Hadn't gotten any word that it had been completed, so I took advantage of a nice weather day and took a drive down to look at the bridge across the Chickahominy on the Virginia Capital Trail. Sure enough, the ramps up to the bike lane on each end of the bridge had been recently completed, so that extends the east end of the Trail by about 1.3 miles. Haven't ridden it westward all the way from Jamestown Settlement yet, but I think this will make it close to 12 miles completed at the east end.

The ribbon cutting for the western most mile of the Trail (from Great Shiplock Park to the Floodwall) took place on 12/17, just too late to be reported on in the January Pedaler, but covered extensively in the Pedaler Plus. I had expected that by now the portion under the trestle would have the protective screen completed, and the trusses to hold it are installed, but no screen yet. Having seen some of the items that have fallen on the Trail from above, I am now a believer in the necessity of having the screen, and think we'll see it installed before much longer.

Transportation Secretary Homer, who those of us from the statewide Virginia Bicycling Federation presented with a well deserved Bicycling Friendly recognition right after the ribbon cutting, is gone now along with the rest of the Kaine Administration. We're now looking forward to meeting Sean Connaughton, the new Secretary, and hoping that we will be... (Continued on page 5)
WHEREAS, Carl William Armstrong, M.D., of Henrico County, a respected and beloved public health physician and leader at the Virginia Department of Health, died on March 5, 2009; and

WHEREAS, Carl Armstrong was born on February 25, 1950, in Geneva, Switzerland, where his father worked for the World Health Organization; and

WHEREAS, Carl Armstrong graduated from Kenyon College in 1971 and Case Western Reserve Medical School, both in Ohio, in 1975, and he received his training in Internal Medicine at Tufts New England Medical Center; and

WHEREAS, Carl Armstrong chose to commit his life’s work to protect and improve the public’s health and was selected by the Federal Centers for Disease Control and Prevention to serve as an Epidemic Intelligence Service Officer with the Virginia Department of Health from 1978 to 1980; subsequently, he completed a fellowship in infectious diseases at Virginia Commonwealth University in 1982; and

WHEREAS, Carl Armstrong had a distinguished career in public health that spanned four decades, during which he held many leadership positions in the Virginia Department of Health and also served with distinction as a vice president and senior medical advisor with the Virginia Hospital and Healthcare Association; and

WHEREAS, Carl Armstrong made significant contributions to the field of public health as a talented epidemiologist and a founding member of Virginians Improving Patient Care and Safety, which works to prevent medical errors, measure ways to improve the clinical quality of patient care, and enhance emergency preparedness by linking hospitals and public health leaders; his excellent and insightful writing about end-of-life care has been invaluable to others; and

WHEREAS, Carl Armstrong was a lifelong athlete who competed in triathlons and enjoyed long bicycle rides with friends and family, and he was a role model for the benefits of exercise and good nutrition; and

WHEREAS, Carl Armstrong will be fondly remembered for his love of life and his wonderful family, his strong dedication to his profession of public health, and being a gifted storyteller; and

WHEREAS, Carl Armstrong displayed tremendous courage in battling cancer for seven years, and he will be greatly missed by his wife, Barbara; his three children, Charis, Amelia, and Matthew; and his many devoted colleagues and friends; now, therefore, be it

RESOLVED by the House of Delegates, the Senate concurring, That the General Assembly mourn the passing of a fine physician and an outstanding Virginian, Dr. Carl William Armstrong; and, be it

RESOLVED FURTHER, That the Clerk of the House of Delegates prepare a copy of this resolution for presentation to the family of Dr. Carl William Armstrong as an expression of the General Assembly’s respect for his memory.
As I write this, the 2010 Legislative session is just getting underway, and it looks like most of the Virginia Bicycling Federation (VBF) wish list has received patrons, been put into the form of a Bill, and filed.

- Change minimum passing distance from 2 feet to 3 feet. HB 1048 & SB 566
- Request new legislation providing penalties for injuring or killing “Vulnerable Road Users”
- Request new legislation making “Careless Driving” a legal offense SB 566
- Support “Stop for Pedestrians in Marked Crosswalks” HB 459
- Support all bills restricting or banning use of hand held cell phones while operating a motor vehicle SB 566
- Expand Virginia’s Land Owner Liability law to specifically save Railroads harmless when they permit the public to cross their tracks to gain access to recreational activities such as bicycling, boating, and fishing SB 546

Since things move very quickly at the legislature, and the first hearings these bills receive are critical, since they can be killed right at that point, you may have heard from me via the RABA E-List before you receive this issue.

In closing, a couple of items of interest as the motor vehicle fatality stats for 2009 are reported by DMV, showing all categories down from the previous year. Those involving bicyclists (involved in collisions with motor vehicles) totaled 11 in ‘09, down from 14 in ‘08. Similarly pedestrian fatalities came down to 68 from 88 in the previous year.

And the road rage case in the Los Angeles area where the doctor drove in front of the two cyclists who were irritating him and then slammed on his brakes causing them to crash into the back of his sedan finally came to trial after generating a lot of world wide interest in the cycling community. Prosecutors had sought 8 years in prison; the defense attorney argued for probation. The Judge, stating that he felt that the defendant had shown no remorse during the case, and that he had been involved in previous anti-cyclist incidents, sentenced him to five years in state prison on the charges of assault with a deadly weapon, battery with serious bodily injury, reckless driving and mayhem. That’s pretty heavy, by Virginia standards, but the doctor obviously did it on purpose, and had done other cyclist baiting previously. Doesn’t look like he’ll doing any more, for a while at least.

Just at deadline, I learn that the State Senior Games will again be in Richmond, and I have again agreed to chair the Cycling races, as we conducted last year at Bryan Park. This year we will be back at West Creek, where we had the races some years ago before the Games moved down to Virginia Beach.

As with last year’s events, I again need the solid assistance I received from our over-55 contingent. And, since the Games are in our area, I also expect to see more of our RABA oldsters entered in the races, as well as helping to conduct them. Seniors, get it on your calendars for May 9, which is Mother’s Day and the day after the Cap2Cap. As we did last year, the 5K first as a warm up, and then the 20K.

Older timers than me will note the passing of Howe Todd at the age of 87 on January 12. He was one of the founders of RABA in the late 60’s, and one of its early officers, who had a long career as Planning Director and Assistant City Manager of the City of Richmond.

Since I will be calling upon you to make calls and send Emails in support of these bills (all have not yet been assigned numbers), please bookmark the Legislative website http://legis.state.va.us/ and click on the “Who is my Legislator” to refresh your knowledge as to who your Delegate and Senator is. Then you can key any bill numbers (which I will try to keep you updated on) into the box at the left and follow their progress.

Heard and Seen...

(Continued from page 3)

able to continue to make progress as we have in the last two administrations.

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February, 2010 Monthly Rides

Monthly Road Ride Captain: Noah Kaatz, 955-0582, noahk5270@yahoo.com
Off-Road Ride Captain: Matthew Bizzarri, 994-2006, mdbizzarri@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 ride sheets to statisticians Steve & Debbie Herzog, 13204 Forest Light Court, Richmond, VA 23233 no later than 14 days after the ride to ensure that all riders get mileage credit.

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

### Road Ride Pace Key

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

### Terrain Key

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

Note: See The Pedaler Plus and www.raba.org for the complete Pace Key Tables

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### Off Road Rides

No off-road rides are listed in The Pedaler this month but this doesn’t mean that there aren’t going to be any. Because of the variable weather this time of year, Matthew Bizzarri and the ride leaders are going to wait until Wednesday or Thursday of each week and then decide whether Saturday or Sunday would be the best day for a ride.

At that point a message will be sent out via the RABA and Ridefinder E-mail distribution lists. Be on the lookout for that.

The Pedaler

---

If you do not see your pace group on a ride you want to go on, please inquire with the ride leader about leading one for your pace group.

### Frog Level Half Metric

February 7 (Sunday)  
**Pace**: B  
**Time**: 10 am  
**Miles**: 33  
**Terrain**: 3  
**Store Stops**: One  
**Leader**: Jim Denoon, 370-6252, delaniewdeno@veizon.net  

**Description**: Join Jim on a portion of a very popular RABA ride through the beautiful country side of Hanover and King William Counties. This includes a portion of rural and scenic River Road with its gentle rolling hills. Feel free to contact Jim to lead a different pace.

**Directions**: The ride starts and finishes at the Hanover County Government Complex (often called the “Hanover Courthouse”). The Hanover County Government Complex (7497 County Complex Road, Hanover, VA 23069) is on US Route 301 at just south of the intersection of Routes 54 and 301. From I-295, take Exit 41 onto Route 301, travel north for approximately 10.5 miles and turn right onto County Complex Rd. From I-95, take Exit 92 (Route 54 East) towards Hanover. Travel approximately 5 miles to the intersection with Route 301. Turn right onto Route 301. Travel approximately one-half mile and turn left onto County Complex Road.

### Waverly Figure 8 Ride

February 13 (Saturday)  
**Pace**: B  
**Time**: 9:30 am  
**Miles**: 38  
**Terrain**: 5  
**Store Stops**: One  
**Leader**: Jack Huber, 282-3872, JHuber1111@Yahoo.com  

**Description**: Meet at the parking lot behind the former Coppahaunk Tavern in Waverly for a mid-winter adventure. There will be a store stop with rest rooms at the 26 mile point on the longer ride.

(Continued on page 7)
February 14 (Sunday)  The Rockville "37 again" at 40

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>10 am</td>
<td>37</td>
<td>3</td>
<td>One</td>
<td>Andy Smith, 339-8227, <a href="mailto:asmith2954@yahoo.com">asmith2954@yahoo.com</a></td>
</tr>
</tbody>
</table>

Description: Join Andy and other pace leaders to be named later for a 37 mile jaunt out of the Rockville Little League fields. Aside from a 37 mile ride just being a generally good idea, it's Andy's 40th birthday, and he's feeling a little bitter about this symbolic entry to the slow descent into decrepitude. He shouldn't be left alone to brood. Come join me for a great ride through western Hanover and eastern Louisa. We leave from the Rockville Little League Fields.

Directions: Take the Rockville-Manakin exit off of I-64. Go right (North) 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.

February 21 (Sunday)  Ashland Crazy Eight

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>2 pm</td>
<td>25</td>
<td>3</td>
<td>None</td>
<td>Deb and Howard Anderson, 412-417-2987, <a href="mailto:dya0624@gmail.com">dya0624@gmail.com</a></td>
</tr>
</tbody>
</table>

Description: Only someone crazy would plan a ride for February! Join new RABA ride leaders, Deb and Howard, on a jaunt around scenic and rural Hanover County. Cue sheet and map will be provided. Call ahead or check the RABA email list if the weather is doubtful. No go in rain, sleet or snow or if the temperature is below 45.

Directions: The starting point is the parking lot on South Center Street/Hanover Avenue by Campbell & Campbell Law Office. From I-95 take exit 92 for Ashland. Merge onto East Patrick Henry Road/Route 54 West. Go 1.4 miles. After you cross the railroad tracks by Ashland Coffee and Tea make a slight left at South Center Street/Hanover Avenue. Take the first left into the parking lot. If you pass Southern States or the Ashland Volunteer Fire Department, you've gone too far.

February 27 (Saturday)  NAHBS Tour du Richmond (Joint Ride with VBF)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>4 pm</td>
<td>12</td>
<td>3</td>
<td>None</td>
<td>Champe Burnley, 358-3801, <a href="mailto:champe_burnley@hotmail.com">champe_burnley@hotmail.com</a></td>
</tr>
</tbody>
</table>

Description and Directions: Meet downtown at the convention center at the corner of 5th and Marshall for a tour taking in many of the historical sites of downtown Richmond. Let's be good hosts to the folks from all over the country attending the North American Handmade Bicycle Show that weekend. We'll give them a chance to see Belle Isle, Rocketts, the Capital Trail, the state Capitol and others. Richmond MORE will also be hosting tours of James River Park singletrack trails leaving from the Tredegar Parking Lot at 10 am and 1 pm. See www.richmond-more.org for details.

February 28 (Sunday)  Wine Tasting Ride (Joint Ride with RATS)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>10 am</td>
<td>43</td>
<td>3</td>
<td>One</td>
<td>Larry Skalaks, 757-566-1224, <a href="mailto:lskalaks@aim.com">lskalaks@aim.com</a></td>
</tr>
<tr>
<td>B</td>
<td>10 am</td>
<td>35</td>
<td>3</td>
<td>One</td>
<td>Hugh Aaron, 804-690-9720, <a href="mailto:hugh@theaaron.com">hugh@theaaron.com</a></td>
</tr>
<tr>
<td>C</td>
<td>10 am</td>
<td>31</td>
<td>3</td>
<td>One</td>
<td>Joyce &amp; John Knox, <a href="mailto:knox_8@msn.com">knox_8@msn.com</a></td>
</tr>
</tbody>
</table>

Description: While we often ride out to the New Kent Winery, this ride will be a little different in that all routes start and end at the Winery. These routes also cover territory that we do not often ride including the area around Dismacd Creek Reservoir. At the end of the ride, anyone who is interested can join their fellow riders in the Winery tasting room for a tasting and tour. The $7 tasting and tour fee includes a New Kent Winery etched souvenir glass and entitles you to a tasting of any of the Winery's wines in current production along with a fresh baguette to cleanse your palate. The Winery also has cheese available for purchase. For more information on the tasting and tour, see http://www.newkentwinery.com/tasting-tour/. Please change, or at least take off your riding shoes, before entering the Winery building. They have a strict “no cleats” policy. In the event we need to cancel due to weather, we will send out a cancellation notice on the RABA email list.

Directions: Meet in the New Kent Winery parking lot (8400 Old Church Road, New Kent, Virginia 23124), which is about 15 minutes east of the intersection of I-295 and I-64 on the east end of town. To reach the Winery from points west, take I-64 (east) or I-295 (south) to I-64 exit 211 for Route 106 towards Talleyesville. At the end of the exit ramp, turn left onto Emmaus Church Rd, Route 106 which turns into Old Church Road, Route 609. Continue 1.7 miles on to the Winery entrance on the left.
February, 2010 Weekly Rides

Weekly Road Ride Captain: John Moore, 338-9668, jmoore216@comcast.net

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 ride sheets to statisticians Steve & Debbie Herzog, 13204 Forest Light Court, Richmond, VA 23233 no later than 14 days after the ride to ensure that all riders get mileage credit.

Sunday

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stop</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>1 pm</td>
<td>30 to 45</td>
<td>3 to 4</td>
<td>see below</td>
<td>Barry and Martha Pullen, 561-3950</td>
</tr>
</tbody>
</table>

Description: Meet at the Powhatan County Courthouse on Route 13. There are many nice rides from the Court House, mostly with good scenery and low traffic. The ride leaders will select a route that will be at least 30 miles with a longer option usually available. There may be no store stops. Maps and cue sheets will be available for those wishing to ride at their own pace. If the weather is doubtful, call the leaders to confirm if they will be riding.

Sunday

<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</td>
<td>1 pm</td>
<td>30-50</td>
<td>4</td>
<td>1</td>
<td>Randy Rosemond 966.5472; <a href="mailto:velosalsaman@aol.com">velosalsaman@aol.com</a></td>
</tr>
<tr>
<td>B</td>
<td>1 pm</td>
<td>30-50</td>
<td>4</td>
<td>1</td>
<td>Ron Corio, 804-643-6452; <a href="mailto:rcorio@vcu.edu">rcorio@vcu.edu</a></td>
</tr>
<tr>
<td>C</td>
<td>1 pm</td>
<td>30</td>
<td>4</td>
<td>1</td>
<td>John Moore, 804.338.9668; <a href="mailto:jmoore216@comcast.net">jmoore216@comcast.net</a></td>
</tr>
</tbody>
</table>

Description: All rides lead from Dorey Park to Horizon store and back on a network of flat roads. Rides of 14 to 40 miles can be crafted using various route combinations. Additional out-and-back loops from Horizon Store can add 12 to 18 miles for longer rides. Cue sheets with maps are available for those who want to ride at their own pace.

Directions: From I-64 take Exit 195 Laburnum south (toward the James River) and continue 3.6 miles to Darbytown Road. Turn left on Darbytown and continue 1.3 miles to the Dorey Park entrance on the right. From I-895 exit at Laburnum and continue for 2.1 miles to Darbytown Road. Turn right on Darbytown and continue for 1.3 miles to the Dorey Park entrance on the right. Meet at the first parking lot on the left.

Monday

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>10 am</td>
<td>30-40</td>
<td>3</td>
<td>Some</td>
<td>Mary Falterman, 741-2116, Barry Pullen, 561-3950</td>
</tr>
</tbody>
</table>

Description: The ride starts at a different location every week. The meeting place and start times are decided on Sunday evening at about 8:00 PM, depending on Mary, Barry, and Chris Walke’s schedules. Please contact one of the ride leaders on Sunday evening to get information about the upcoming ride.

Tuesday

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stop</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>10 am</td>
<td>33 to 62</td>
<td>3</td>
<td>one</td>
<td>Bill Whitworth, 285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</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, I send out a message on the club email list announcing the distance and other particulars of the ride.

Directions: Headed west from Richmond, take the Rockville/Manakin exit off of I-64. Go right at the top of the ramp onto Route 623 toward Ashland. Turn left at the first stoplight onto Pouncey Tract Rd. The little league fields are 3.8 miles to the left. The address is 17347 Pouncey Tract Road.

Tuesday (Note: New B+ Pace for February)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>2:30 pm</td>
<td>26 to 30</td>
<td>4</td>
<td>None</td>
<td>Mary Hom, 804-786-4274, <a href="mailto:Mary.Hom@dgs.virginia.gov">Mary.Hom@dgs.virginia.gov</a></td>
</tr>
<tr>
<td>B</td>
<td>2:30 pm</td>
<td>26 to 30</td>
<td>4</td>
<td>None</td>
<td>Hugh Aaron, 804-690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
</tbody>
</table>

(Continued on page 9)
Ron Corio, 804-643-6452, rcorio@vcu.edu

**Description:** This is a casual afternoon ride for those who want to get a little mid-week exercise during the off season. The route varies from week to week and is announced on the RABA email list. Most of the Varina roads have relatively smooth pavement and light hills. Ron and Hugh typically average about 15 to 15.5 mph; however, both faster and slower riders are welcome to ride at your own pace. Cue sheets are provided with the weekly ride announcement on the RABA email list. Please bring a copy of the cue sheet with you. If you do not subscribe to the RABA email list, email Hugh to obtain a copy of the cue sheet.

**Directions:** Meet behind Portabella’s Restaurant located in the Varina Shopping Center at the intersection of Route 5 and Strath Road (2627 New Market Rd, Richmond, VA 23231). From I-295, take exit 22 onto Route 5 (New Market Road) west towards Varina; go approximately 1 mile; the Food Lion shopping center will be on the left. From I-64, take the South Laburnum Ave Exit; go approximately 5.5 miles to Route 5 (New Market Road); turn left and the shopping center will be on the right in 2.3 miles. From I-895, take the Laburnum Ave Exit; turn right on Route 5 (New Market Road). The shopping center will be on the right in 2.3 miles.

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**Retiree's Midweek Ride and Lunch**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</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>C</td>
<td>9:30 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

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**Under the Lights at West Creek**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stop</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>All</td>
<td>6 pm</td>
<td>variable</td>
<td>4</td>
<td>None</td>
<td>Peter Hubbel, 370-7792, <a href="mailto:peter.hubbel@gmail.com">peter.hubbel@gmail.com</a></td>
</tr>
</tbody>
</table>

**Description:** This 6 mile loop is very well lit, but please have at least one bright-red blinkie for the rear of your bike and reflective clothing. It is also a legal requirement to have a headlight (the purpose of which is as much for the rider to see where he is going as it is to alert oncoming motorists). Riders can tailor the ride to meet their personal objectives or time constraints around this 6 mile loop. Maps will be available for those wishing to ride at their own pace. If the weather is doubtful or the temperature is below 40 degrees, call the leader to confirm that the group will be riding.

**Directions:** Meet at the Direct Buy parking lot at 12830 West Creek Parkway. Take the Patterson Ave., exit off of Route 288 and head west (away from Richmond) for approximately one mile, turn right into the West Creek office park.

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**Ashland Dinner Club**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store 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>Champe Burnley, 358-5801, <a href="mailto:champe_burnley@hotmail.com">champe_burnley@hotmail.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** This evening ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. We will ride to Ashland and stop for dinner at a selected restaurant. Afterwards, the group retraces the route back to Laurel Park for a total of 20 miles. The pace is generally relaxed so any type of bike is appropriate.

Remember to bring:

- at least one headlight which provides enough light to illuminate the road in front of you.
- at least one bright-red blinkie for the rear of your bike.
- spare batteries for all lights.
- lots of reflective clothing, vests, legbands, and/or armbands.

CHECK ALL LIGHTS AND BATTERIES BEFORE YOU GET TO LAUREL PARK.

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**Unemployed Cyclists Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>1 pm</td>
<td>31 to 46</td>
<td>3</td>
<td>Varies</td>
<td>Bill Whitworth, 804-285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a></td>
</tr>
<tr>
<td>B</td>
<td>1 pm</td>
<td>31 to 46</td>
<td>3</td>
<td>Varies</td>
<td>Hugh Aaron, 804-690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
</tbody>
</table>

**Description:** The route for this ride varies from week to week. However, all routes cover some part of central Hanover County...
and the surrounding areas (which offer a lot of beautiful countryside). Some routes do not have a store stop, so bring plenty of water. The cue sheet is sent out on the RABA email list prior to the ride each week (usually on Wednesday). If you do not subscribe to the RABA email list, email Hugh prior to the ride for a copy of the cue sheet.

**Directions**: The ride starts and finishes at the Hanover County Government Complex (often called the “Hanover Courthouse”). The Hanover County Government Complex (7497 County Complex Rd., Hanover, VA 23069) is on US Route 301 at just south of the intersection of Routes 54 and 301. From I-295, take Exit 41 onto Route 301, travel north for approximately 10.5 miles and turn right onto County Complex Rd. From I-95, take Exit 92 (Rt. 54 East) towards Hanover. Travel approximately 5 miles to the intersection with Rt. 301. Turn right onto Rt. 301. Travel approximately one-half mile and turn left onto County Complex Rd.

**Friday**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>10 am</td>
<td>35-40</td>
<td>3</td>
<td>Some</td>
<td>Dave Bloor, 285-6177, Jim Denoon, 370-6252</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**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>2 pm</td>
<td>27 to 35</td>
<td>3</td>
<td>Varies</td>
<td>Andy Smith, 804-339-8227, <a href="mailto:asmith2954@yahoo.com">asmith2954@yahoo.com</a></td>
</tr>
<tr>
<td>B</td>
<td>2 pm</td>
<td>27 to 35</td>
<td>3</td>
<td>Varies</td>
<td>Hugh Aaron, 804-690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
</tbody>
</table>

**Description**: This ride starts and ends at the National Park Service Cold Harbor Battlefield Visitor Center, which is a few miles off I-295 near the Richmond Airport. Starting at the Visitor Center provides multiple routes options. The routes for this month are:

- **February 5**: Hanovertown (28.2 miles)
- **February 12**: Give Peace a Chance (30.2 miles)
- **February 19**: Piping Tree Ferry Options (27.2 or 34.4)
- **February 26**: Old Church Run (29.6 miles)

Paper cue sheets are not provided. You should print your own cue sheet prior to coming to the ride. Visit the RABA web site to download and print the cue sheet for each route, or email Hugh to receive a PDF version of any cue sheet.

The Visitor Center has both a water fountain and restrooms. However, due to the rural nature of the area, very few routes include a store stop. Please make sure that you bring enough water to comfortably complete the ride without a store stop.

**Directions**: The National Park Service Cold Harbor Battlefield Visitor Center is located at 5515 Anderson-Wright Drive, Mechanicsville, VA, which is off of Cold Harbor Road (Route 156) about five miles southeast of Mechanicsville. Get on I-295 and head (North or South) towards the Creighton Road exit (Exit 34). Take the Creighton Road exit (Exit 34) onto Creighton Road (Route 615) heading east. Proceed approximately 1 mile east on Creighton Road. Turn right at the first stoplight (there will be a Fas Mart on your right and a 7-11 on your left as you make the turn) onto Cold Harbor Road (Route 156) heading south towards Old Cold Harbor. Proceed approximately 2 miles to the National Park Visitor Center, which will be on your left. **Note**: The Park Service has requested that we park in the grassy area across from the parking spaces adjacent to the visitor center building.

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

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>8:30-9:00 am</td>
<td>20 to 50+</td>
<td>5</td>
<td>Some</td>
<td>Feb. 6 Tom Veazey, 740-5260 <a href="mailto:tveazey@ccanewyork.com">tveazey@ccanewyork.com</a></td>
</tr>
<tr>
<td></td>
<td>9:00 am</td>
<td>50+</td>
<td></td>
<td></td>
<td>Feb. 13 Bill Whitworth, 285-9193 <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a></td>
</tr>
</tbody>
</table>

**Description and Directions**: This ride leaves from the Woodman Park Shopping Center at the corner of Woodman and Hungary Roads. The basic ride is ten almost flat miles to Ashland where riders stop at Hardees or Ashland Coffee & Tea for breakfast or hot or cold drinks before retracing the route back to Laurel Park. There are a number of variations to this ride with many riders choosing a 30 mile route to the Coffee Shop while others prefer the basic route where they then meet up with other riders interested in doing additional miles before returning to the starting point. Riders may join the ride leader's group or form a group of their own based on preference.
preferred pace and distance. Unlike most RABA rides, this ride does not have a group start. Riders may sign the ride sheet and depart anytime between 8:30 and 9:00. If you are new to this ride, please introduce yourself to the ride leader and he or she will assist you in finding other club members who ride your pace. Maps and cue sheets are available for those wishing to ride at their own pace. Riders arriving after the ride leader has left will find the sign-up sheet and route maps on the ride leader’s car.

Saturday, 11:30 AM-12:00 PM

The Ashland Lunch Club (ALC)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>11:30 am-</td>
<td>20 to</td>
<td>5</td>
<td>Some</td>
</tr>
<tr>
<td></td>
<td>12 pm</td>
<td>50+</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Description and Directions:** This ride is held in fall/winter months only and is identical to the Ashland Breakfast Club (ABC) ride above except that it starts a little later so temperatures have a chance to warm up.

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

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Soapbox...

(Continued from page 1)

- liaison with the racing community

Also on the list was a study to determine what level of financial reserves should be maintained to cover income shortfalls and thereby know what funds are available to support cyclists and cycling.

A RABA wish list, roadmap, cue sheet all rolled into one. What would you like to see the club accomplish this year? Let your voice be heard. Speak to Board members, write a letter to the Editor of The Pedaler, speak up at member meetings.

Standing Committee Chairs were named and fortunately Steve and Debbie Herzog and Bud Vye have agreed to continue as Statisticians and Century Chair, respectively. Richard Halle will be Web Site Administrator. Bud Vye, whose five years of stellar leadership of the Heart of Virginia has seen this signature event grow, has announced that this will be his last year in that role. A search for a new Century Chair has begun so that a successor can apprentice with Bud this year. If you know someone who might be interested in leading this event, let Bud or any Board member know.

Two new Standing Committees, Safety and Email List Administrator were approved by the Board and chairs named. Sheryl Finucane will be the Safety Chair, a position that she filled last year, and Kim Moore, who has managed the Email List since its inception, continues in that role.

Bicycle builders and enthusiasts will descend on Richmond by the thousands on February 26-28 for the 6th Annual North American Handmade Bicycle Show (NAHBS) and RABA will play a role in showing Richmond hospitality to these visitors, with Champe Burnley coordinating RABA’s role. RABA will join the Richmond Area Mid-Atlantic Off-Road Enthusiasts (RA-MORE) and the Virginia Bicycle Federation (VBF) in co-hosting a party at the Capital Ale House downtown for NAHBS visitors (see page 1 for more details). This show is a great opportunity for members to visit the exhibits in the Convention Center and schmooze with visiting cyclists at the party at the Capital Ale House.

Publicity Director Tom Veazey will see if there is interest in creating a new club jersey and Program Director Cristina Bizzarri will look into creating a club t-shirt. Please let Tom and Cristina know if you have any ideas, thoughts, or interest in helping with these two initiatives.

It was a productive Board meeting in which a compass was set for the year. The next Board meeting will be held at 6:30 p.m. on Monday, February 1 at Maria’s Restaurant at the Laurel Park Shopping Center. Members are welcome to observe and may request, in advance, to address the Board at the beginning of the meeting. You will find minutes of Board meetings in the Files section of the RABA Yahoo Web site.

May February bring more bike-friendly weather.

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

**CLASSIFIEDS** Classified ads in *The Pedaler* 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 three consecutive months 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. *Pedaler* ads are not necessarily included on the website.

**AIRLINE/SHIPPING CASE FOR RENT** Hard-sided Performance 'Cargo Case' available for rent. $25 per trip. Holds frame, handlebars, wheels securely with room for lots of other stuff. Brian Eckert, brian_eckert@juno.com (11/23/2009)

**TACX i-magic T1900 Virtual Reality Trainer** Rarely used, excellent condition. List MSRP $700, price negotiable. TACX i-magic T1900 Virtual Reality Trainer with Steering Frame and Software. Used one winter, excellent condition. List MSRP $200, price negotiable. Contact Howard Anderson at dya.misc@gmail.com (11/23/2009)


**Fizi:k Airone saddle, new - still in box, never mounted.** Black-on-black. usual retail, $150 - will sell for $95. Contact Paul Germain, GermainArt@aol.com for photos (12/18/2009)

**Campy Chorus front derailleur** - New, still in box. 10 speed, 32 mm clip-on. Compatible with 9 or 10-speed. 54-tooth max. large chaining. 15t capacity. 102 grams. Black & silver. Contact Paul Germain, GermainArt@aol.com for photos. (12/18/2009)

**2001 Bianchi Veloce 49 cm Campagnolo Reparto Corse, Chromolite steel, 53/39, 18spd. Unusual compact geometry, 29.5" standover but only 20" top tube ridden by avid female for century rides and tri events. $550 OBO.** Pictures/details write to Smallelvis@aol.com. (1/16/2010)

**MEMBER’S SIGNATURE**