And what happened at the Christmas Party?

Well, the printing and mailing “elves” also wanted to celebrate Christmas so this month’s printing deadline came before the pictures and write ups came in for the Christmas Party and for the Christmas Light Bike Ride.

But have no fear, you’ll see them featured in next month’s Pedaler!

RABA January Meeting
Wednesday, January 9, 2008

Sierra to the Sea Tour
6 p.m. for dinner, 6:30 p.m. for meeting
El Toro Loco
1808 Staples Mill Rd
Richmond, VA 23230
(804) 353-2391

The restaurant is near the corner of Staples Mill Rd and West Broad St.

Andrew Mann and Kristin Andrs will be doing a slide presentation of their 2007 summer bicycle adventure: the Sierra to the Sea Tour. The evening promises to be filled with beautiful pictures and great commentary, so you won't want to miss any of it. See page 4 for a few of the pictures.

Meeting places tend to go quickly this time of the year, and our usual spots were already filled by the time the date was set. So we are trying out a relatively new Mexican restaurant, El Toro Loco. We will be in a separate meeting room so that we can enjoy the slide show without disrupting other patrons. Hope to see you there!

RABA’s 2008 Board of Directors and Volunteers

Congratulations to the following individuals who have been elected at the December 2007 RABA meeting to serve in the following positions:

- President: Mike Moore
- Vice President: Kim Moore
- Treasurer: Cindy Evans
- Secretary: Jack Huber
- Director-at-Large: Brenda Hubbard
- Director-at-Large: Debbie Gleason-Morgan
- Director-at-Large: Hugh Aaron
- Social Ride Captains: Brenda Hubbard, Kim Moore
- Fast Ride Captain: Andrew Mann
- Off-Road Captain: Debbie Gleason-Morgan
- Newsletter Editor: Richard Halle
- Membership Chair: Sonya Gagnon
- Publicity: Champe Burnley
- Advocacy Chair: Bud Vye
- Program Chair: Mark Hoerath
- Century Chair: Bud Vye
- Racing Chair: Susan Curtis
- Statisticians: Al & Lois Farrell
- Web site Administrator: Doug Harrel

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Welcome to RABA’s newest members. We hope to meet you and see you on some of our rides!

John Barden
Thomas & Kathryn Bryan
Tess Sherzey

Digital Reminders

If you have digital pictures of club members at RABA rides and events, please think about sending them to Doug Harrel (dharrel@comcast.net), our web administrator, for posting on RABA’s web site, www.raba.org. It’s a great way to show the world how much fun it is to be a RABA member.

If you have an impromptu ride or ride reminder that you would like to send out to the club, please send it to Kim Moore (luvs2cycle@yahoo.com). She is the administrator of the RABA E-mail distribution list. Remember that rides posted in The Pedaler or on the RABA E-mail list are the only ones eligible for RABA insurance coverage and mileage counts by our statisticians, Al and Lois Farrell.

Finally, don’t forget to check the web site for late breaking news or changes to the ride calendar! While the newsletter is the source that most members rely on for club rides and news, the web site is the only place where changes are posted.

Pardon the dust….

The Pedaler looks a little different this month and it'll probably change a bit next month, too.

The biggest change is in the format of the monthly Ride and Event Calendar. The idea is to make it a little easier for you to see what is going on each day. Believe it or not, there are rides scheduled for each day of the week, even in the winter.

So if you’re looking for information about a ride of any type, the monthly meeting, or special events like the Bikes for Kids assembly or volunteer Trash Pickup, look for it in the Ride and Event Calendar.

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 6565, Ashland, VA 23005. Note: Membership dues must be accompanied by a completed signed membership application and a waiver of liability.

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.
Reportedly excellent turnouts on both the Bike Assembly and Distribution dates. (I had Advocacy conflicts so missed both activities.) Most of the bikes go to the Christmas Mothers organizations in the jurisdictions around the region. Not so well known was the fact that Cathy Davenport's church, Crestwood Presbyterian, on Jahnke Rd., not far from Chippenham Hospital, had recently adopted a group of refugees from the Rwanda/Burundi ethnic cleansing genocide who had recently arrived in our area and were living near the church after spending several years in camps in Tanzania. (As I had to, get out a World Atlas and see where these countries are in eastern Central Africa.) As a RABA member who was familiar with our Bikes for Kids program, Cathy requested bikes from the program for these kids, and was allocated 16.

The weather was decent on December 8th for distribution day at the Church, and Sheryl Finucane and I answered Cathy's call for help, along with Cathy's husband Jim and a number of members of the church, since she had gotten advance word that a number of the kids didn't know how to ride. Her info turned out to be accurate, and not only did most of them not know how to ride, very few spoke any English (as I quickly learned when I asked one boy how old he was, and got a response in an African dialect that I didn't understand, but it was clear that he didn't know what I had said). Spending quite a bit of time in getting helmets fitted, and seat heights adjusted, we eventually got to riding in the church's empty parking lot, which is an ideal training area.

After a strenuous two hours (with a lot of running alongside the weakest riders to keep them from falling), all but two of the kids had soloed, and were whizzing around the parking lot, almost under control, and having the time of their life, using the language barrier to ignore the instructions they weren't interested in (like “slow it down a little”, or “stay up here at this end of the lot”). All in all, a very satisfying experience for those of us who helped, as we observed the joy these kids (who appear to have very little in the way of material possessions) expressed in now having bikes and helmets of their own, and particularly the way back, which they quickly realized, doubled back, and got back on course. It was really great to see Dwight Lowe back on a ride up in this area again (he has been on a few of Jack Huber's down in the Waverly area) for the first time after almost losing his arm in a machinery accident. I hadn't realized that his father HAD lost one in a similar accident, so some of his locals down there had been giving him the business for trying to follow in his daddy's footsteps. He's not ready to do any arm wrestling yet, but he's riding pretty well, which is good to see.

Got word from Jerry McDonough that he has taken a job in Denver, and that they have moved into an apartment in Lakewood (a western suburb) while still trying to sell their townhouse here in Richmond. They have a daughter in Colorado Springs, which helped to clinch the move that he has been wanting to make for a long time. He's already been enjoying the good riding conditions out there, which Meade Anderson had also brought to my attention after he took his bike out there with him, while attending a conference earlier in the fall.

The 12/12 Retiree's Mid-Week ride proved to be memorable in several ways, on a really glorious, high 60's- low 70's December day, which brought a number of hooky players out to augment the retiree regulars. First of all, we saw Newton Todd out with us for his first ride since he came down with polymyositis back in the late summer. Having seen Newton in very poor condition in intensive care back on Labor Day weekend, I can attest that his recovery has been truly remarkable. He's not back at full strength yet, but he's getting there, and its really great to have him back with us.

Then, at lunch, we had Moira Horne with us for the first time since her heart attack and surgery. She's been hitting it pretty hard in rehab and is aiming for riding with us, come Spring, as she and Graham finally dust off that new Fuji tandem. Then, we said goodbye to Susan & Ed Blank, who sold their house shortly after I mentioned that

(Continued on page 4)
Virginia Capital Trail Foundation

News

On November 13, The Virginia Capital Trail Foundation (VCTF) tried out a new concept in raising visibility and support for the Trail. Palani Drive, a restaurant in the near West end hosted Virginia Capital Trail night, with attendees urged to make a donation to the VCTF. Free appetizers, beer and wine drew a crowd of 60 supporters. Among them were recently elected Delegate Manoli Loupassi, and Secretary of Natural Resources L. Preston Bryant, Jr. RABA was well represented with notables Andrew Mann, Bud Vye and Champe Burnley among others joining the crowd. Foundation Board Chairman Jay Paul presented a construction update, as well as fielded questions from the group on everything from the Foundation’s mission, to questions about the Trail’s alignment.

This event was the idea of VCTF Board member Jim Beamer who thought an informal, word-of-mouth fundraiser could work. Invitations were sent via email and phone calls, and as expected, they reached a large audience. “We got a small group of sponsors who were happy to financially support the event, and spread the word. As the date neared, we heard from different folks who received the invitation from many different people urging them to join. That’s what we hoped would happen.”

“It was a great event,” said Beth Weisbrod, Executive Director of the VCTF. “Seeing the level of enthusiasm for the Trail, and counting the number of people who were happy to give, was a beautiful thing. There’s work to do, but with this kind of support, we’ll reach our goals. And thank you RABA, for sending the invitation to your membership!”

Plans are in the works to do this again in the coming months. Stay tuned!

Heard and Seen Around the Club

(Continued from page 3)
they were trying to in last month's column. This was their last ride with us, since they are moving to East Fishkill, Dutchess county, NY on 12/17. They've been regulars with us for the last several years, and will be missed. Lastly, Art Casavant surprised some of us by announcing that he is engaged to be married (to a very nice woman some of us have met when she joined us for lunch after one of the rides). No date set yet, and it might be a while, since it sounds like they've got two houses to sell, and one to buy, before they are going to tie the knot. Maybe mentioning it here will speed up the process, as it did for the Blanks.

Everybody stay healthy, keep your bike right side up, and let's have another big cycling year in '08! (the year that Rickey Davis finally hits the 300,000 mile mark, and forces me to bring the champagne along for the ceremony out on the road)
Bikes for Kids Delivery

On December 1 a number of volunteer “elves” came out to help deliver the 340 bikes had been assembled a few weeks earlier. They loaded up their vehicles and delivered the bikes to the various Christmas Mother distribution centers.

Thanks to everyone who helped!

Second from the right is Kathy Hall, Hanover’s Christmas Mother 2007. Here’s a message she sent Andrew and RABA:

“Thank you so much for the pictures. It was so nice meeting you and the “elves”. It is such a great thing that you all do. There will be a lot of happy children this Christmas. Have a Merry Christmas and a Happy New Year! And thank you for all that you and everyone from your club does for the Christmas Mother Program.”

One for the Road

Five members of the RABA Touring Group managed to squeeze in a final weekend tour for 2007 on the first weekend in November. It was the same trip to Bear Creek Lake State Park in Cumberland County that they did in July.

The vivid fall colors of the trees, the campsite on the edge of the lake, and the comfortable riding temperatures made it a trip to remember.

One of the characteristics of the “new urbanism” is higher density. We brought a version of it to Cumberland County by squeezing five tents on one campsite.

Jack Huber, Joe Hazel, Champe Burnley, and Dale Peacock prepare coffee and breakfast on a chilly morning.
Looking to improve your cycling skills?
Looking for some fun, adventure and an opportunity to meet new friends with your same cycling skills?
Looking for a way to support a worthwhile cause?

Well, The Leukemia & Lymphoma Society has an opportunity for you!

The Leukemia & Lymphoma Society’s Team In Training program is the nation’s largest endurance training program. Team In Training has prepared over 340,000 athletes during the past 20 years to participate in various cycling events up to and including 100 mile (century) rides. They have raised over $800 million as the primary purpose of the Team In Training program is to raise funds to find a cure for blood cancers.

Don’t think of yourself as an athlete? Well, you are if you are doing any kind of cycling. Participation in the Team In Training program will provide you with the opportunity to improve your cycling skills and improve your ability to ride longer distance which will improve your overall physical well being. The Team In Training cycling program will progressively assist you through regularly scheduled group training rides. The cycling program is coached by a USA Cycling licensed coach who will help you become a better rider.

The Spring 2008 Team In Training program is preparing cyclists to participate in two events – Fletchers Flyer, a 100 mile ride in Asheville, NC on May 18th and America’s Most Beautiful Ride, a 100 mile ride around Lake Tahoe, Nevada on June 1st.

To participate in the program, all you need do is sign up and commit to raise funds for The Leukemia & Lymphoma Society. We will provide you with a fund raising mentor who will guide you with your fund raising. In addition, will provide you with a fund raising clinic and a website to facilitate fundraising. For raising funds, the Society will cover your travel expenses to the event of your choice and will support you every step of the way!

It is not often that you are provided the opportunity to participate in a program where everyone is a Winner! You are the winner because you will have improved your cycling skills and physical condition. And the community is a winner because you will have raised fund to find a cure for blood cancers.

Do yourself a favor, sign up today and be a winner!

For more information about the Team in Training program contact Amber Williams at Amber.Williams@lls.org or 804-627-0400.

Become a RABA Ride Leader!
- No experience necessary
- Cue sheet library available
- Great way to become more involved in the club

For more information or to schedule a ride contact, contact:
Hugh Aaron  Brenda Hubbard
Social Ride Captain – Monthly Rides  Social Ride Captain – Weekly Rides
hugh@theaarons.com  Brenda_hubbard@yahoo.com
(804) 690-9720  (804) 740-3678

The deadline for getting February rides listed in The Pedaler is January 15
January, 2008 Ride and Event Calendar

Social Ride Captain- Monthly Rides: Hugh Aaron, 690-9720, hugh@theaarons.com
Social Ride Captain- Weekly Rides: Brenda Hubbard, 740-3678, brenda_hubbard@yahoo.com
Fast Ride Captain: Kim Moore, 358-0935, luvs2cycle@yahoo.com
Off-Road Ride Captain: Andrew Mann, 266-9048, rabamann@aol.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 Al and Lois Farrell, 4202 Hickory Nut Place, Midlothian, VA 23112 no later than 14 days after the ride to ensure that all riders get mileage credit.

Rides offering a casually paced group/leader are indicated by the icon

Ride times listed are departure times.

**Check RABA or Ridefinder E-mail distribution lists for latest updates**

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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, Andrew Mann 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 to via the RABA and Ridefinder E-mail distribution lists. Be on the lookout for that.

Get in touch with Andrew Mann at 266-9048 or rabamann@aol.com if you have any questions.

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Jan. 1 (Tuesday), 10:00 AM King William Ride from Zoar State Forest

Miles | Pace | Hills | Store Stops | Leader
---|---|---|---|---
43/31/25 | Varies | Some/Moderate | Possible | Bert Wright, 804-769-8926
100/62 | 17-19 | Some/Moderate | Possible | Hugh Aaron, hugh@theaarons.com or 804-690-9720

Description: Bert is once again inviting us to come up to his and Linda's neighborhood for a ride through the pretty countryside of rural King William County. This ride hits several segments of some familiar rides like the Frog Level Metric and Beulahville or Bust. Hugh and Randy plan to lead Bert’s usual metric century route or, if the weather is decent, an English century. The English century route is designed so that riders who are getting cold can bail out at the metric point and be fairly close to the ride start (i.e., their car). Store stops are questionable on all routes given the holiday. Riders are encouraged to carry plenty food and water, especially if planning to ride one of the longer routes. Cue sheets will be provided for all routes.

Directions: Meet at the parking lot of Zoar State Forest. Take Rt. 360 east approximately 20 miles beyond Mechanicsville to Aylett. Turn left at the light onto Rt. 600 (River Road) and go 1.5 miles to the forest entrance and parking lot on the right.

Jan. 5 (Saturday), 8:30-9:00 AM The Ashland Breakfast Club (ABC)

Miles | Pace | Hills | Store Stops | Leader
---|---|---|---|---
Varies | All speeds | Few/Gentle | Some | Dee Nuckols, 749-3400

Description: This is RABA’s basic Saturday ride. The route goes from Laurel Park Shopping Center at the intersection of Hungary and Woodman Roads to Ashland but offers a wide variety of options to suit riders of all interests and skill levels. See the Weekly Ride Descriptions section following the Ride and Event Calendar for more for information about this repeating weekly ride.

Jan. 5 (Saturday), 11:00 AM The Ashland Lunch Club (ALC)

Miles | Pace | Hills | Store Stops | Leader
---|---|---|---|---
Varies | All speeds | Few/Gentle | Some | Jeff Nicklas, 833-5382

(Continued on page 8)
Description: It’s the same as the ABC above but it starts a little later so the temperatures can warm up. See the Weekly Ride Descriptions section following the Ride and Event Calendar for more for information about this repeating weekly ride.

Jan. 6 (Sunday), 9:00 AM  Dim Sum Sunday Ride

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>13-18</td>
<td>Few/Gentle</td>
<td>1</td>
<td>Champe Burnley, 358-5801 or <a href="mailto:champe_burnley@hotmail.com">champe_burnley@hotmail.com</a></td>
</tr>
</tbody>
</table>

Description: Due the success of the December Dim Sum Sunday ride, Champe has decided to repeat this ride for January (we may have the start of a new RABA tradition here). This is a social paced ride to Ashland followed by a return to the Full Kee Restaurant for lunch, enjoying the best Dim Sums and Chinese soups in town.

If you aren’t familiar with Dim Sum, this is the name for a Chinese cuisine which involves a wide range of light dishes served alongside Chinese Tea. It can include dishes based on meat, seafood, vegetables, as well as desserts and fruit. Travelers on the ancient Silk road needed a place to take a nap, so teahouses were established along the roadside. Rural farmers, exhausted after working hard in the fields, would also go to teahouses for a relaxing afternoon of tea so the teahouse owners began adding various snacks and the tradition of dim sum evolved.

No napping will be allowed, but eating, drinking (tea, of course) and revelry welcome! Please bring a bike lock to secure your bike during lunch.

Directions: Meet at Full Kee Restaurant at 6400 Horsepen Road. Please park in the very back of the parking lot.

Jan. 6-Jan. 9 Weekly Rides

- Sunday, 1:00 PM  Powhatan Courthouse
- Sunday, 2:00 PM  East End-Dorey Park Ride
- Monday, 9:00 AM  Mondays with Mary
- Tuesday, 2:00 PM  Tuesdays at Rockville
- Wednesday, 9:30 AM  Retiree’s Midweek Ride and Lunch
- Wednesday, 7:00 PM  Ashland Dinner Club (See E-mail notice for rescheduled date/time)

See the Weekly Ride Descriptions section following the Ride and Event Calendar for more for information about these repeating weekly rides.

Jan. 9 (Wednesday), 6:00 PM (Dinner), 6:30 (Meeting)  RABA Meeting

Come to El Toro Loco at 1808 Staples Mill Rd for a RABA business meeting as well as Kristin Andrs’ and Andrew Mann’s slide show of their summer “Sierra to the Sea” bike tour. See pages 1 and 4 for additional information.

Jan. 10-Jan. 11 Weekly Rides

- Thursday, 1:00 PM  Hanover Courthouse Lunch Ride
- Friday, 2:00 PM  Fridays at Hylas

See the Weekly Ride Descriptions section following the Ride and Event Calendar for more for information about these repeating weekly rides.

Jan. 12 (Saturday), 8:30-9:00 AM  The Ashland Breakfast Club (ABC)

<table>
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<tr>
<th>Miles</th>
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<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>All speeds</td>
<td>Few/Gentle</td>
<td>Some</td>
<td>Bill Whitworth, 285-9193</td>
</tr>
</tbody>
</table>

Description: This is RABA’s basic Saturday ride. The route goes from Laurel Park Shopping Center at the intersection of Hungary and Woodman Roads to Ashland but offers a wide variety of options to suit riders of all interests and skill levels. See the Weekly Ride Descriptions section following the Ride and Event Calendar for more for information about this repeating weekly ride.

(Continued on page 9)
Jan. 12 (Saturday), 9:30 AM Sussex and Surry Swamp Tour

Miles Pace Hills Store Stops Leader
39/47 15 Few/Gentle 1 Jack Huber, 804-282-3872
31 12 Few/Gentle 1 Susan Curtis, 973-886-0029 or susan.curtis@att.net

Description: This ride will start in Waverly and head north on the quiet country roads into Surry County. The terrain is flat and there will be a store stop in the middle of the ride. The basic ride is 39 miles long but if the weather is good some riders might extend the route to 47 miles. Maps and cue sheets will be provided.

Directions: From Richmond, take 1-95 or I-295 south to Route 460 east (toward Norfolk). Meet at the parking lot behind the former Coppahaunk Tavern at the intersection of Routes 460 and 40 in Waverly.

Jan. 12 (Saturday), 11:00 AM The Ashland Lunch Club (ALC)

Miles Pace Hills Store Stops Leader
Varies All speeds Few/Gentle Some David Murray, 240-0891

Description: It’s the same as the ABC above but it starts a little later so the temperatures can warm up. See the Weekly Ride Descriptions section following the Ride and Event Calendar for more for information about this repeating weekly ride.

Jan. 13 (Sunday), 10:00 AM River City Byways Ride

Miles Pace Hills Store Stops Leader
22 12 Few/Gentle 1 Carl & Barbara Armstrong, 747-1847 or cb_armstrong@verizon.net

Description: This new ride connects several parks, monuments, and bicycle-friendly neighborhoods in our capital at a leisurely, social pace. Sites include some history, stately homes, and commanding views of the James River. The route is suitable for all bicycle styles—road, mountain, and hybrid; all surfaces are paved. There will be a store stop in Carytown. Cue sheets and maps will be provided.

Directions: From points west or north: take I-95 southbound to exit number 76B towards US-1/Belvidere St/US-301. Turn left onto W Leigh St. Turn right onto N Belvidere St/US-1/US-301 southbound. Continue to 621 S. Belvidere St and turn left at Rowe St. From points south or east of Richmond: take I-64 W towards Richmond. Take the Chamberlayne Ave exit number 76A. Turn left at the light and proceed to Leigh St. Turn right onto Leigh St. Turn left onto Belvidere St. Proceed south on Belvidere St./US-1, continue to 621 S. Belvidere St and turn left at Rowe St where there is ample free parking at the Memorial.

Jan. 13-Jan. 18 Weekly Rides

- Sunday, 1:00 PM Powhatan Courthouse
- Sunday, 2:00 PM East End-Dorey Park Ride
- Monday, 9:00 AM Mondays with Mary
- Tuesday, 2:00 PM Tuesdays at Rockville
- Wednesday, 9:30 AM Retiree’s Midweek Ride and Lunch
- Wednesday, 7:00 PM Ashland Dinner Club
- Thursday, 1:00 PM Hanover Courthouse Lunch Ride
- Friday, 2:00 PM Fridays at Hylas

See the Weekly Ride Descriptions section following the Ride and Event Calendar for more for information about these repeating weekly rides.

Jan. 19 (Saturday), 8:30-9:00 AM The Ashland Breakfast Club (ABC)

Miles Pace Hills Store Stops Leader
Varies All speeds Few/Gentle Some Ricky Davis, 755-6336

Description: This is RABA’s basic Saturday ride. The route goes from Laurel Park Shopping Center at the intersection of...
Hungary and Woodman Roads to Ashland but offers a wide variety of options to suit riders of all interests and skill levels.

See the Weekly Ride Descriptions section following the Ride and Event Calendar for more information about this repeating weekly ride.

Jan. 19 (Saturday), 11:00 AM

The Ashland Lunch Club (ALC)

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</thead>
<tbody>
<tr>
<td>Varies</td>
<td>All speeds</td>
<td>Few/Gentle</td>
<td>Some</td>
<td>Ron Corio, 643-6452</td>
</tr>
</tbody>
</table>

Description: It’s the same as the ABC above but it starts a little later so the temperatures can warm up. See the Weekly Ride Descriptions section following the Ride and Event Calendar for more information about this repeating weekly ride.

Jan. 20 (Sunday), 10:00 AM

Maidens Landing Adventure Ride

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<tr>
<td>38.7</td>
<td>17-19</td>
<td>Some/Steep</td>
<td>1</td>
<td>Bobby Weitzel, <a href="mailto:bobby23227@gmail.com">bobby23227@gmail.com</a></td>
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<tr>
<td>33.6</td>
<td>12-13</td>
<td>Some/Steep</td>
<td>1</td>
<td>Susan Curtis, 973-886-0029 or <a href="mailto:susan.curtis@att.net">susan.curtis@att.net</a></td>
</tr>
</tbody>
</table>

Description: This ride features beautiful country roads and two crossings of the James River. The hill after you cross over the James River for the first time is a real leg buster. There will be one stop at the Country Corner Grocery Store at 18.3 miles. Cue sheets will be provided.

Directions: To get to the Maidens Boat Landing starting point from Richmond, take Rt. 6 (Patterson Avenue, eventually becomes River Road) west to Rt. 522 (approximately 18 miles from the intersection of Patterson and Gaskins). Turn left on 522 and go south approximately one mile to the boat landing entrance on your right after you cross the bridge. Alternatively, if you prefer the Interstate, you can get to the landing by taking I-64 to the Oilville exit (#167) where you should go left (south) on Oilville Rd (Rte 617) for 0.4 miles, then right (west) on Broad St Road (Rte 250) for 0.8 miles, then left (south) on Fairground Rd (Rte 632) for 3.5 miles (“Are we there yet?” - Ed.), then left (south) on Maidens Rd (Rte 634) for 2.5 miles, then straight (south) on U.S. 522 for 0.9 miles, looking for the landing off to your right after you cross the bridge over the James.

Jan. 20 Weekly Rides

- Sunday, 1:00 PM  
  Powhatan Courthouse
- Sunday, 2:00 PM  
  East End-Dorey Park Ride

See the Weekly Ride Descriptions section following the Ride and Event Calendar for more information about these repeating weekly rides.

Jan. 21 (Monday), 9:30 AM

The Mamma ’Zu Ride

<table>
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<tr>
<td>40</td>
<td>14-16</td>
<td>Some/Steep</td>
<td>1</td>
<td>Ron Corio, 643-6452 or <a href="mailto:rcorio@vcu.edu">rcorio@vcu.edu</a></td>
</tr>
<tr>
<td>30</td>
<td>12-13</td>
<td>Some/Steep</td>
<td>1</td>
<td>Susan Curtis, 973-886-0029 or <a href="mailto:susan.curtis@att.net">susan.curtis@att.net</a></td>
</tr>
</tbody>
</table>

Description: Meet at Mamma ‘Zu restaurant located at Pine and Spring Streets in Oregon Hill for an out and back ride along Riverside Drive. The 30 mile option turns back at Robius Road; the 40 mile option continues for a loop around the Salisbury neighborhood before returning. Bracing January temperatures and plenty of hill workouts will build an appetite that can be satisfied with southern Italian cuisine.

Directions: Mamma ‘Zu is located one block west of the traffic light at the intersection of Belvidere and Spring Streets. From I-95 south (Exit 76B) or north (Exit 76A), go to Belvidere and turn south (toward the river) to the intersection with Spring Street, then turn right. Coming from the south via the Lee Bridge, turn left at the first traffic light after the bridge.

Jan. 21-Jan. 25 Weekly Rides

- Monday, 9:00 AM  
  Mondays with Mary
- Tuesday, 2:00 PM  
  Tuesdays at Rockville
- Wednesday, 9:30 AM  
  Retiree’s Midweek Ride and Lunch
- Wednesday, 7:00 PM  
  Ashland Dinner Club

(Continued on page 11)
January, 2008 Ride and Event Calendar

Jan. 26 (Saturday), 8:30-9:00 AM
The Ashland Breakfast Club (ABC)
Miles: Varies  Pace: All speeds  Hills: F/G  Store Stops: Some  Leader: Emily Kimball, 358-4959

Description: This is RABA’s basic Saturday ride. The route goes from Laurel Park Shopping Center at the intersection of Hungary and Woodman Roads to Ashland but offers a wide variety of options to suit riders of all interests and skill levels. See the Weekly Ride Descriptions section following the Ride and Event Calendar for more information about this repeating weekly ride.

Jan. 26 (Saturday), 11:00 AM
The Ashland Lunch Club (ALC)
Miles: Varies  Pace: All speeds  Hills: F/G  Store Stops: Some  Leader: Hugh Aaron, 755-6336

Description: It’s the same as the ABC above but it starts a little later so the temperatures can warm up. See the Weekly Ride Descriptions section following the Ride and Event Calendar for more information about this repeating weekly ride.

Jan. 27 (Sunday), 10:00 AM
Edgar’s Bleak and Forlorn(e) Ride
Miles: 36  Pace: 15  Hills: Moderate  Store Stops: 1  Leader: Richard Halle, 744-1760
Miles: 33.6  Pace: 12  Hills: Moderate  Store Stops: 1  Leader: Susan Curtis, 973-886-0029 or susan.curtis@att.net

Description: Does the ride title sound like something you really want to do on a morning in late January? Oh, c’mon...it’s not that bad. We’ll leave Hanover Courthouse, climb Bleak Hill, ride along Edgar Road, and later pass through the crossroads at Lorne. It’s a nice route with little traffic through parts of Hanover, King William, and Caroline counties.

Directions: The ride starts at Hanover Courthouse on US Route 301, approximately 10.5 miles north of the 301/295 intersection.

Jan. 27-Feb. 1 Weekly Rides
- Sunday, 1:00 PM  Powhatan Courthouse
- Sunday, 2:00 PM  East End-Dorey Park Ride
- Monday, 9:00 AM  Mondays with Mary
- Tuesday, 2:00 PM  Tuesdays at Rockville
- Wednesday, 9:30 AM  Retiree’s Midweek Ride and Lunch
- Wednesday, 7:00 PM  Ashland Dinner Club
- Thursday, 1:00 PM  Hanover Courthouse Lunch Ride
- Friday, 2:00 PM  Fridays at Hylas

See the Weekly Ride Descriptions section following the Ride and Event Calendar for more information about these repeating weekly rides.

Weekly Ride Descriptions
Social Ride Captain- Weekly Rides: Brenda Hubbard, 740-3678, brenda_hubbard@yahoo.com.
NEW RIDERS: Please call the ride leader ahead of ride time to be sure that the ride will be at your pace and skill level.
RIDE LEADERS: Please submit ride sheets to Statisticians Al and Lois Farrell, 4202 Hickory Nut Place, Midlothian, VA 23112 no later than 14 days after the ride to ensure that all riders get mileage credit.

(Continued on page 12)
### Weekly Ride Descriptions

(Continued from page 11)

#### Sunday, 1:00 PM  
**Powhatan Courthouse**

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>35 to 60</td>
<td>14+</td>
<td>Flat</td>
<td>Some</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 Courthouse, mostly with good scenery and low traffic. The ride leaders will select a route that will vary between 35 and 60 miles. Usually there will be shorter options available, though they may not have any store stops along them. Maps and cue sheets will be available for those wishing to ride their own pace. If the weather is doubtful, call the ride leaders to confirm that they will be riding.

#### Sunday, 2:00 PM  
**East End-Dorey Park Ride**

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>16-19+</td>
<td>Some/Moderate</td>
<td>Some</td>
<td>Randy and Katy Rosemond, 966-5472 , <a href="mailto:velosalsaman@aol.com">velosalsaman@aol.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Ron Corio, 643-6452, <a href="mailto:rcorio@vcu.edu">rcorio@vcu.edu</a></td>
</tr>
</tbody>
</table>

**Description:** This ride has routes and distances for intermediate and fast groups. Maps are available for riders who wish to ride a slower pace, preferably with a buddy. If the weather looks unfavorable, please contact one of the ride leaders by 11:00 AM on ride day to confirm status.

**Directions:** Dorey Park is in eastern Henrico County. Take I-64 East from Richmond to Exit 195-Laburnum Ave. South, turn right at the light and drive to the stoplight at Darbytown Road. Turn left on Darbytown, drive about a mile and turn right into Dorey Park. The group meets in the first parking lot on the left near the Recreation Center (barn-like building) across from the soccer fields.

#### Monday, 9:00 AM  
**Mondays with Mary**

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 to 40</td>
<td>16-18</td>
<td>Some/Moderate</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, 2:00 PM  
**Tuesdays at Rockville**

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>32/40</td>
<td>16-18</td>
<td>Many/Moderate/Steep</td>
<td>1</td>
<td>Bill Whitworth 285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Charlie Comly, 432-8542</td>
</tr>
</tbody>
</table>

**Description:** Come join us for a great ride through western Hanover and eastern Louisa. We leave from the Rockville Library (please park together all the way in the back). Cue sheets will be available.

**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 library is 2.8 miles on the right.

#### Wednesday, 9:30 AM  
**Retiree’s Midweek Ride and Lunch**

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 to 40</td>
<td>Varies</td>
<td>Varies</td>
<td>Some</td>
<td>Bud Vye, 262-9544 or Barry Pullen, 561-3950</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 and Ridefinder E-mail lists. If you are not on either, please call Bud Vye, 262-9544 or Barry Pullen, 561-3950.

#### Wednesday, 7:00 PM  
**Ashland Dinner Club**

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>20</td>
<td>13-15</td>
<td>Few/Gentle</td>
<td>None</td>
<td>Champe Burnley, 358-6697, <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.

(Continued on page 13)
Weekly Ride Descriptions

(Continued from page 12)

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.

Thursday, 1:00 PM  
Hanover Courthouse Lunch Ride

Miles  Pace  Hills  Store Stops  Leader
23 or 28  17-20  S/M  None  Hugh Aaron, 690-9720, hugh@theaarons.com
        Bill Whitworth, 285-9193, wwhitworth@reynolds.edu

Description: This is an off-season version of RABA’s well known Tuesday evening Hanover Courthouse ride. The pace may vary depending on who shows up and how hard everyone feels like riding. There may also be an opportunity for add-on miles for those that are interested and have the time. Although Hugh and Bill plan to ride the posted speed of 17 to 20 mph (moving average), both slower and faster riders are welcome to ride at their own pace. Cue sheets will be available.

Directions: Meet in the Hanover Courthouse parking lot on the east side of Route 301, 10 miles north of where it crosses I-295.

Friday, 2:00 PM  
Fridays at Hylas

Miles  Pace  Hills  Store Stops  Leader
25 to 40  16-18  S/M  Some  Dave Bloor, 285-6177

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

Saturday, 8:30-9:00 AM  
The Ashland Breakfast Club (ABC)

Miles  Pace  Hills  Store Stops  Leader
Varies  All speeds  F/G  Some  See Ride and Event Calendar for weekly leader

Description and Directions: This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. The basic ride is ten almost flat miles to Ashland, where riders stop at Hardees or Ashland Coffee & Tea for breakfast or hot or cold drinks. Afterwards the groups split, with some retreading the route back to Laurel Park for a 20 mile ride while others do various extensions for additional miles before returning to the starting point. Riders may join the ride leader’s group or form a group of their own based on preferred pace and distance.

Maps and cue sheets will be 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.

Thanks to December ABC ride leaders: Nan Ottenritter, Susan Curtis, Richard Halle, Charlie Thomas and Fran Smith.

Saturday, 11:00 AM-12:00 PM  
The Ashland Lunch Club (ALC)

Miles  Pace  Hills  Store Stops  Leader
Varies  All speeds  F/G  Some  See Ride and Event Calendar for weekly leader

Description and Directions: This winter month ride 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. It also leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. Ride to Ashland, stop for refreshments and return by a choice of routes. Riders may join the ride leader’s group or form a group of their own based on preferred pace and distance.

Maps and cue sheets will be 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.

Thanks to December ALC ride leaders: Bobby Weitzel, Dale Peacock, and Ron Corrio.
RACING 101

by Matt Marchal

First, let me say thanks to Andrew, Susan, and Champagne for extending the invitation and desire to bring RABA and the Richmond racing community together. Over a couple of beers we had some great ideas about synergies between the two groups and a monthly note about racing in the newsletter was one of them. Our hope over the next few months is to introduce you to the local racing scene and provide a calendar of events so that if you want to watch a race you can.

My background in cycling goes back to my first bike 32 years ago and I have not stopped since. Over the past 14 years I have raced hundreds of races in a variety of different disciplines. I’m far from a great racer, but I love the sport. There’s nothing like the buzz of pushing your body and your bike to their limit to see if you can handle it.

As I write this, I am preparing to go to Cyclocross Nationals in Kansas City with a few other Richmonders. It is supposed to snow and sleet a few days before and high temps of 40 while the races are going on. The event should be a blast. Cyclocross is one of 5 sanctioned forms of racing that falls under USA Cycling (www.usacycling.org). Based out of Colorado Springs, USAC is the governing body for racing in Road, Track, Cyclocross, Mountain Bike, and BMX. They sanction races, train the refs, make the rules, license the riders and most anything else that goes with racing.

If you are just getting into racing, you will need a license. Fortunately you can usually get a one day license to allow you to get your toes wet without buying an annual license. Those of us that are hooked on racing however carry a license that tells everything about us that a race promoter would want to know – age, sex, USAC license number, and race category. In racing, we are placed in categories depending on our accomplishments.

For road racers, we fall into what we call “Cats,” short for categories Cat 5 is a beginner for men and Cat 4 is a beginner for women through Cat 1 which is the step right before professional. Moving from one cat to another is based on specific race results. When you wish to move up categories, you have to reapply to USAC for an upgrade and they determine if you can move up based on the strength of your results.

Once you hit 30 years old, you can also start racing “masters” category. This is nice since most of us have jobs to go back to on Mondays and aren’t willing to take the same chances as the 20 year olds. These are often just as fast as the other races but tend to be a little safer. The other disciplines of racing also have their own categories with some subtle variations.

Richmond is one of the few cities of its size with accomplished riders in all 5 disciplines. There are numerous racing teams making up the local racing community and over the next few issues we will try to give you a little flavor from these. As this goes to press the roadies are starting to come out of the off season (November and December) and gathering base miles. These are the long slow rides we do in the winter to build our capacity for later in the spring.

3 plus hours at a 15-17 mph pace are pretty normal this time of year. Some intensity is done, but not much. We are saving our legs for later in the year. Road racers plan their season around several big races and work to peak at those times of the year. The rest of the year is either building or recovering but it is impossible to stay at a peak all the time for a season that runs from February to September. As for the races, in road racing there are essentially 4 types - criteriums (or crits), circuit races, road races, and time trials. The first 3 are based on the length of the course. Crits (800 m- 5K per lap) are the mainstay of US racing. The main reason for this is due to the logistics of closing roads. Crits can often be run in office parks with little disruption to traffic (and therefore less hostility.) There are usually a predetermined number of laps to do and a lot of corners to take. It is a little like NASCAR on bikes. There is a little blur between a circuit and road race. Essentially if we are doing laps but each is over 5 k then it is a circuit race. If there is one big loop then that is a road race.

Also this time of year we start to work with our teammates. As most of you know from watching Lance, he was always quick to complement his team and that is because a good team is always better than a strong individual. Teamwork and tactics are discussed and refined this time of year so that everyone is on the same page when racing starts. Road racing is a very cerebral sport and reading a race is like a quarterback reading a defense. The big difference in cycling however is that there may be 20 defenses you have to read at once. Future articles will touch on race tactics as well.

Hopefully I haven’t put you to sleep but the club’s race knowledge is so broad that I thought I would start with the basics. Tune in next month for more race news. More to come on road races, circuit races, and time trials later.

Matt Marchal (mmarchal@altiusfsm.com) is owner of Altius Family Sports and Medicine (www.altiusfsm.com) and president of Altius Cycling Team
Rants and Raves, Tips and Tricks: We Need a Brake  
by Champe Burnley

One of the most important subsystems of our bike is probably the most neglected. When your derailleur cable breaks you may lose a few minutes while you perform a quick fix but getting back on the road is fairly easy. If your chain breaks, grab a chain tool you should be back on the road in ten minutes, max. Tires will flatten.

Though certainly not convenient, when these systems break we can normally get along without too much worry. That isn’t the case when you have a problem with your brakes. When brakes fail, things can get ugly, fast.

When was the last time you checked the condition of your brakes?

If your brakes aren’t stopping very well take a couple of minutes to perform the following quick checks.

Visually inspect the brakes. Do the pads look thin and worn-out? Are your rims dirty and covered with dust and grime?

Do your brakes squeal? Rub your fingernail across the brake pad. The pad should be soft and compliant, not hard. If they are hard, the pads should be replaced.

Are the brake cables stretched? When you apply the brakes do the handles nearly touch the handlebar? Are the adjustment knobs at the top of the caliper out as far as they can go?

Are exposed areas of your brake cables showing fray-ing, rust or corrosion? (When was the last time you changed your brake cables?)

To restore braking power after wet rides, I clean my metal rims (don’t do this on ceramic or carbon wheels!) with a Scotchbrite pad and Softscrub detergent. I rinse the rims and tires very thoroughly to remove any remaining soap. This quickly removes road grime from the surface and restores braking power.

I then take a small piece of fine-grit emery cloth and lightly sand the surface of the brake shoe.

Next, take a small knife or razor blade to remove tiny metal fragments which may be imbedded in the surface of the brake shoe. Not only do these shards impede braking power; they wear your rims out prematurely.

If this doesn’t seem to help, it may be time for some new brake shoes. My personal favorites are the Kool-Stop pads. Though certainly not the cheapest option, I haven’t found any pads which come close to matching their braking power.

Kool-Stops Black compound give you a choice of a black, general purpose compound shoe; a red compound, for wet riding conditions, and a mixed red and black version for general riding. On my road bike I use the mixed compound pads and find they really stop well.

If you’re not familiar with installing brake pads, consult a good shop manual or take a trip to your local bike shop for assistance. While you’re at it, spend an extra five and replace the cables at the same time.

Once you finish, always take a moment to check and double-check the brakes a few times before you blast down Old Gun Road doing 35 miles per hour. Finding out that you forgot to tighten cable clamp thirty feet before the sharp curve at the bottom can really ruin your day!

Good brakes may not insure a good ride every ride but bad brakes are a guaranteed ticket to trouble.

Old Stuff  
by Richard Halle

I started cycling again in the Summer of 2005 and rejoined RABA a year later in June, 2006 after not having touched a bike, other than moving it around in the basement, for more than 20 years. One day I found a box containing numerous patches, similar to the one shown below.

Through at least the early 1980’s, it was fairly common for there to be colorful, embroidered patches available for purchase for $1 or $2 at special cycling events, holiday rides, and century and fractions of century rides. The League of American Wheelman, predecessor of today’s League of American Bicyclists, offered national patches that any affiliated club could order. However, clubs could design and have custom patches made, too.

So when I opened that box and thumbed through the pile of patches, a lot of pleasant memories came back. I thought about the places I had seen and the people I had met and figured I’d have another go at cycling. Good decision.

Nowadays I guess we can digitally remember via our cameras, scanners and other fancy gizmos, but I’m happy I saved those low-tech patches.
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. Inclusion in The Pedaler does not guarantee your ad will be included on the website. If you want your ad to continue running, you must notify the Editor prior to the expiration.

DeRosa Merak, Compact frame fits sizes 53 and under, Dedacciai U107 Tubing, carbon fork, Campagnolo Record BB, Campagnolo hidden set head-set, Campagnolo Record carbon seat post, Deda Newton stem & bars. Beautiful translucent red and blue Team Alesio paint. DeRosa craftsmanship and the classic DeRosa ride. Purchased new, ridden very little and is wrapped in bubble wrap to protect frame and finish. $950.00 Contact Jim Bush 804-320-7793 (12/2007)

RALEIGH International - new 2004 model Zona 56cm steel frame & aluminium fork, nearly unused Campagnolo Veloce 27 speed components from 2001. Weight is 22.6 pounds with pedals. Saddle by Selle Italia. Pedals are not included. $750 Barry Pullen pullen_39@yahoo or call (804)561-3950 (12/2007)

RALEIGH 57cm coaster brake bike with fenders and chain guard $25. Barry Pullen pullen_39@yahoo or call (804)561-3950 (12/2007).

2005 Specialized - Epic Full Suspension Mountain Bike, Red w/white lettering, size medium, EC, Shimano hydraulic disk brakes, rear Brain Shock automatically unlocks and relocks. Fox front fork (fully adjustable with lockout switch), raced but never ridden in mud. The Specialized – Epic models are noted for being able to go faster and handle better with less effort. Upgrades include: handle bars, protectors for headset, front and rear shocks, Ritchie SPD – MTN Bike pedals. New brake pads, rear tire and drive-train. $925 or OBO. Call Tom Doyle @ 804-901-0670 for a test ride. (11/2007)

Cannondale CAADS7/R2000 road bike 54cm (fits a 5’8” rider with a 30” inseam), Mavic Ksyrium wheel-set, 9 speed Ultegra hub, carbon fork and Shimano SPD pedals. Has about 5,000 miles on it. Black with red, orange and yellow details. A few scuffs and scratches, but generally in excellent condition. Originally cost $2,400. Will sell for $950.00 OBO. Contact Jack Kauffman at rumkauf@verizon.net or 804-231-3767. (11/2007)


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