RABA January Meeting
Wednesday, January 14, 2009

Cycling New Zealand and Oregon
Dinner: 6:00 PM; Meeting: 7:15 PM
Location: El Toro Loco
1808 Staples Mill Rd, Richmond, VA 23230

Come early to make sure you have a good seat! For the third year in a row, Andrew Mann will be giving a travelogue of his cycling adventures. This time it'll be of his rides in New Zealand and Oregon. Don't miss it!

Wet your appetites for some of the things you'll see by looking at color versions of a few of the pictures he took in this month's Pedaler Plus.

Pedaler Plus Supplement
Check out the Pedaler Plus, a supplement in PDF format, that you can read, download, and/or print from either http://www.raba.org/asp/pplus.asp or http://mysite.verizon.net/rrichhalle/pplus

Look for additional features and color pictures as well as an 8 1/2"x11" calendar showing all the RABA rides.

2009 Goals
by Champe Burnley

On behalf of the new officers, Board and members of the RABA, let me wish you a happy and fun filled 2009.

Happy New Year! Can you believe another year has come and gone?

Despite all of the economic and political uncertainty we recently experienced, I can assure you with complete certainty, 2009 will be a year filled with fun activities and overflowing with great cycling, guaranteed!

Looking back for a moment, I do want to thank the outgoing Officers, Board members and to many of you who made 2008 a great year.

(Continued on page 5)

Congratulations to the 2009 RABA Board of Directors and Volunteers!

On December 10, the club members present at the business meeting preceding the End of the Year Celebration party approved the following slate of officers to serve in 2009. There's a great mixture of folks who have served before and those doing it for the first time. This promises great things for 2009!

President .................... Champe Burnley
Vice President .................. Ron Corio

(Continued on page 2)

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

Roy Toman
David Thurber
Sharon Darby
Carrie Parker
Barbara New
Stephen Salpukas
David Schmidt

2009 RABA Board of Directors and Volunteers

(Continued from page 1)

Treasurer: Cindy Evans
Secretary: Kim Moore
Director-at-Large: Mike Moore
Director-at-Large: Jim Denoon
Newsletter Editor: Richard Halle
Social Ride Captain: Bill Whitworth
Fast Ride Captain: TBA
Off-Road Captain: Clark Jones
Membership Chair: Sonya Gagnon
Advocacy Chair: Bud Vye
Century: Bud Vye
Program Chair: Andrew Mann
Publicity: Liz Keith
Statisticians: Steve & Debbie Herzog
Racing: Charlie Comly
Web Administrator: Nick Morgan

Many thanks are given to those who are returning for another year of service and a hearty welcome is extended to those who will be new to the board of directors and volunteers.

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:

Social Ride Captain:
Bill Whitworth
wwhitworth@reynolds.edu, (804) 285-9193

The deadline for getting February rides listed in The Pedaler is January 15

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.

2009 Board of Directors & Committee Chairs

President: Champe Burnley
champe_burnley@hotmail.com 358-5801
Vice President: Ron Corio
rcorio@vcu.edu 643-6452
Treasurer: Cindia Evans
cneevans@comcast.net 789-0511
Secretary: Kim Moore
luvs2cycle@yahoo.com 358-0935
Director at Large: Mike Moore
mike_moore@yahoo.com 358-0935
Director at Large: Jim Denoon
355-0121

Social Ride Captain:
Bill Whitworth, wwhitworth@reynolds.edu 285-9193
Fast Ride Captain:

Off-Road Ride Captain: Clark Jones
we3jones@comcast.net 527-0480
Racing Coordinator: Charlie Comly
chascomly@gmail.com 432-8542
Program Chair: Andrew Mann
rabamann@aol.com 266-9048
Advocacy & Century Chair: Bud Vye
bdvye@comcast.net 262-9544

Membership: Sonya Gagnon
sgagnon@dekaresearch.com 752-1050
Newsletter Editor: Richard Halle
rrichhalle@verizon.net 744-1760
Publicity: Liz Keith
lizzardkeith@gmail.com 337-4459
Statisticians: Steve and Debbie Herzog
sp_herzog@verizon.net 360-3853

Web Administrator: Nick Morgan
hoppocket@msn.com 740-2861

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 Christmas Party on the 10th was as much fun as always, as more than 40 members packed into Maria’s back room for the Election of Officers for ‘09 (the vote for the slate was unanimous and Champe is now our President, with the other officers and chairs as listed on pg. 2), Awards Presentation and Gift Swap.

Carl Armstrong and I were the recipients of the President’s Service Awards from President Mike Moore.

It was great to see Carl recognized for continuing to develop and lead unique rides (such as the Historic Scavenger Hunt and rides to various points around the city), with the most detailed cue sheets any of us ride leaders make up (he says he copied the program from someone, but a number of us would like to get our hands on it), as he continues his ongoing battle with colon cancer. He’s truly an inspiration to all of us, as we pull for him to keep it going.

I believe my award was primarily due to the great success we had with the Heart of Virginia, and I wasn’t trying to be modest when I stated my appreciation for the more than 50 volunteers from the club whose efforts made the event successful. With their continued help (and continued good luck with the weather) we can do even better in ’09, when the event will again be on the 2nd weekend after Labor Day, which is the 19th and 20th.

I’m looking forward to having Hanover Habitat for Humanity take over from the Hanover Mental Health Association as our lead charitable partner. The Mental Health Association folks, who have been great to work with over the years, will still be involved, but in a lesser role.

While we’re on the topic of rides in September, Bobby Wrenn assures me that the Peanut Rides will be back in full force, on the 12th and 13th, so get that on your calendar, also.

Getting back to the Christmas Party, we were unable to confer the Harvey Award due to the recipient(s) being unable to attend. The winner was announced to those in attendance, but will not be publicized until a presentation can be made in proper fashion, hopefully at the January meeting. The Gift Swap was as much fun as always, as capably conducted by new PR chair Liz Keith. The high percentage of stealing being a tribute to the number of attractive gifts entered by the participants. If you had the misfortune to select one of the attractive gifts, you could virtually be certain that you would not go home with it, since most of the later participants called stole an already opened gift, rather than opening one themselves.

Still some riding going on, as a RABA contingent of about 15 stole the show by riding in with lights ablaze to the Libby Hill Park viewing site of the James River Parade of Lights on Saturday evening, the 13th. The weather was not bitterly cold, the James River Advisory Council folks were offering grilled hot dogs and hot cider, some of the RABA folks also brought food to share, and Ralph White and Nathan Burrell of the James River Park system had the fire burning and the music playing. After a time the parade of lighted boats moved on down stream toward the Osborne Boat Landing and Champe rounded up the riders for their ride back to the Westhampton Theater parking lot. Libby Hill is a great vantage point to view the city’s lights at night, as well as the boat parade, and most of us who were there for the first time plan to be back next year to do it again.

Again, I must express my amazement at how quickly Dee Nuckols has gotten back into action after his knee replacement. Eight weeks after surgery, and he appears to be back to where he was, pre-surgery (and without the pain). Very impressive, Dee. Keep it going!

Was part way there, so took a drive on down Rt. 5 recently to see what progress is being made on the Capital Trail. Contractor is making progress on the 7 mile section west of Charles City Courthouse, (past Westover and Evelynston and almost to Shirley Plantation) although not as quickly as I had hoped. About 3 miles is paved and appears to be ready to ride on. Another 3 miles has had the compacted sub-base installed, and looks to be ready to pave. Various gaps totaling about a mile remain to be started, or await the instal-
A 2006 Virginia law provides for the registration of dangerous dogs and establishes penalties for owners of dangerous dogs who do not comply with registration and confinement requirements. The Virginia Bicycling Federation (VBF) urges bicyclists to report dangerous dogs to law enforcement authorities to make our roads safer for everyone.

This law is relatively new, so bicyclists must know the law to effectively coach police, animal control officers, and judges through the steps needed to have a dangerous dog registration as such. Thus, VBF encourages all bicyclists to print the act [http://tinyurl.com/3wprxe or http://www vdacs virginia gov animals dogs shtml] and read it closely.

The law defines a “dangerous dog” as a dog that “has bitten, attacked, or inflicted injury on a person”, whereas a “vicious dog” is a dog that “has killed a person, inflicted serious injury, or continued to exhibit behavior that resulted in a previous finding that it is a dangerous dog”.

There are serious consequences for a dog owner when a dog is declared “dangerous”, including registering the dog with the Dangerous Dog Registry; paying the registration fee; maintaining $100,000 in liability insurance coverage; and conforming to confinement, leashing and muzzling requirements. Should the dog repeat the dangerous behavior or should a dog be declared vicious, the court may order the dog euthanized.

If you are bitten by a dog, the law requires that a law-enforcement or animal control officer “… apply to a magistrate of the jurisdiction for the issuance of a summons requiring the owner … to appear before court, etc.”

Because it is often difficult to contact animal control officers, VBF suggests that bicyclists who encounter a dangerous dog call 911 to report an “attack” to the responding law enforcement officer(s) and ask them to contact the animal control officer. A cyclist who has been bitten can certainly make a case for a dog to be declared “dangerous”; and a cyclist whose bike has been run into, or under, by a dog, and caused to fall, could make a good case that they have been “attacked”. If, however, the dog has run at your bike, but not bitten or caused you to fall, enforcement officials are unlikely to declare a dog “dangerous”.

Please notify Bud Vye [bdvye@comcast net] if you contact law enforcement officials about a dog attack, so that VBF can document dog attacks against bicyclists.

There may be some effort and inconvenience involved in waiting for police and/or animal control to arrive at the scene, and appearing in court later. However, if we, the bicycling community, can track and publicize these judgments, we hope owners of these dogs will better control their animals, resulting in fewer dogs interfering with, chasing, and attacking bicyclists.

The Pedaler 4 January, 2009

www.raba.org

Heard and Seen Around the Club (Continued from page 3)

(Continued from page 3)

lation of several bridges over small creeks before they can be finished. Although it looks as though it could be completed sooner, the schedule says next summer, so I guess that’s when it will be.

The bridge over the Chickahominy on Rt. 5, (15 miles east of Charles City CH) is very close to completion, and is scheduled to be open in January. A little different situation here, as VDOT staff have their fingers crossed every time the existing pivot bridge opens to allow a boat through. If it hangs up when being closed, as has happened in the past, its 61 miles by road to get to the other side of the bridge, hence the urgency in getting the new bridge open. At 55 feet above water level, the new bridge is not a draw, or pivot, bridge so all but the very big boats will be able to go under it at any time, without holding up the vehicles on the road. The Capital Trail will go across it on a 10’ wide side path that will be shared with pedestrians (no fishing allowed), so bridge completion will add about a mile and a half of trail coming west of Jamestown to the eight miles already completed.

More progress up in Hanover county as Washington Lacy Park (approved as part of the 2005 bond referendum) opened in early December. Said to include four miles of horse, bike riding and hiking trails, its located about 1 mile east of I-95 on Rt. 54 (heading toward Hanover CH), and then one mile south into the Taylor Complex area. I haven’t had a chance to check it out yet, but will give you a report when I do.

In closing, I’m a little concerned at not getting any recent word from SSgt. Daniel Ortiz, who RABA (and a number of us individually) has been supporting with help from Ben Johnson at 3Sports. He had set up a bike shop on the big base outside of Kirkuk, Iraq and was repairing bikes for the troops in his spare time, using parts and tools that we have been providing. I noted in recent news dispatches that some elements of his outfit (the 10th Mountain Division) are now in Afghanistan, and am wondering if his unit has been transferred there also. As soon as I hear anything I’ll pass it along, particularly to the individual contributors.

That’s it for ’08. Everybody ride safely, and let’s have another good year in 2009!
In particular, congratulations go to our friend, Carl Armstrong, who received the President’s Award for his outstanding rides, cue sheets and club spirit as well as to our Advocacy Chair, Bud Vye, who is known to everyone at the Virginia General Assembly as, “Mr. Bicycle”.

I also want to thank Bud Vye and Sheryl Finucane for their contribution with the VA Bicycling Federation to create a Dangerous Dog hang tag which was inserted in your copy of the Pedaler. Take a moment, now, to fold this hang tag and place it in your saddle bag. If you are ever attacked by a dog while riding, use this tag to notify the owner of the situation. As you can read in more detail in the accompanying article, there are some serious ramifications for the dog’s owner and hopefully notifying them about a prior incident may save a future rider’s well being.

Looking into the new year let me first thank you for your vote of confidence in electing our new slate of officers. I am thrilled with the level of enthusiasm and great ideas expressed by our new Board members. I think you will see some truly amazing things from the Club this year.

I am quite thrilled to be your President. I want this to be a fun organization to belong to as well as an organization who gives to and has a positive impact on the Greater Richmond Community. I want RABA to continue to be THE group representing the interest and concerns of bicyclists in Central Virginia. I truly believe that RABA can have a real impact on turning Central Virginia into a bike friendly region that is recognized on a national level. I want Richmond to rival cities like Portland and Boulder by calling for and building bike and pedestrian facilities as a viable and sustainable form of transportation for our citizens.

We saw gas hit $4.50 per gallon last summer and something tells me we will see it happen again. With your help contacting and speaking with our Boards of Supervisors, Council Members and Legislators, we can implement bike accommodations and facilities, and be prepared before the next wave of oil hikes and shortages. I need your help, though, to make these changes a reality.

Look at the folks you ride with on a weekly basis; we are precisely the people that politicians listen to when we ask for change. Let’s not squander this valuable opportunity!

Along those lines, let me ask you to add a few resolutions to your list for the coming year. (I’m calling these resolutions, “You Can’t Do TOO Much for the Club in 2009.”). Here are some sample resolutions for you to consider:

- commit to lead two RABA rides this year
- bring two friends to a RABA ride
- ride on at least two club rides each month
- participate in two charity rides (perhaps the Heart of VA, Cap to Cap, MS 150 or Peanut?)
- increase your average speed by two miles per hour!

I can’t wait to hear some of the ideas you might come up with instead!

In closing, let me remind everyone, this is your club; get involved! Whether you are an A+ pro or a D pace, new rider, I invite you to attend Board meetings, planning sessions and committees. Your input and ideas are welcome.

I look forward to working with all of you to make this a great year for you and RABA in 2009.

Best regards, and safe riding,

Champe

(Continued from page 1)

Soapbox

Bikes For Kids Wrap Up

By Dee Nuckols

Another year’s charity project has come to an end, and I wanted to send thanks to all of you who helped make it a success. All your donations of money and time given to help pick up, assemble and deliver the bikes was greatly appreciated.

I especially want to thank Dan Cosby for volunteering to order the bikes from Walmart while I was recovering from knee surgery. Many smiling children and their grateful parents had a happier Christmas because of your generosity.
The Richmond area has a lot of resources of which cyclists can take advantage. One of them is the abundance of local bike shops that offer just about anything a cyclist might need, whether it’s a new bike, service or the latest gizmo.

This month we’re kicking off a new program in partnership with the shops listed below. It’s called Team RABA—Support Our Local Bike Shops! Each month the bike shops will be offering certain items or services at a special price for RABA members for that month only. All you have to do to take advantage of the savings is to visit them and show them your RABA membership card, which is a Pedaler mailed to you with your name, address, and membership expiration date printed on it.

We’re excited about this program as it’s a win-win proposition for both RABA members and the bike shops. Members will get items they need and their savings will quickly exceed their $20 club dues. The bike shops will be able to build new and strengthen old relationships with folks who know and appreciate what they’re offering.

Thanks to the shops and Champe Burnley for organizing this!

### Agee’s Bicycle Co
11020 Midlothian Turnpike, 7439 W. Broad St., & 3116 W. Cary St.
- Specialized Air Tool Comp Floor Pump with Switch Hitter head technology an oversize gauge. MSRP $40.00. **Team RABA January 2009 Special $19.99**

### Carytown Cycles
3224 W. Cary St
- **Deluxe Tuneup.** (Reg. $95). Includes complete cleaning and detailing of bike. (Does not include parts). **50% off for Team Raba members.**
- **Lights and helmets.** Safety first! 25% off for Team Raba members.
- **In stock winter jerseys and jackets.** 25% off for Team Raba members.

### Conte’s Bicycle & Fitness Equipment
8818 W. Broad St.
- Blackburn Trak Stand Ultra trainer, retail $299.99. **Team RABA Price for January:** $222.99

### Goodly Bicycle Shop
10829 W. Broad St.
- **Ultracycle Tubes** (All Sizes). Reg Price: $5.00. **Team RABA Price:** $2.00
- **Tifosi Sunglasses** Reg Price: $30.00-$60.00. **Team RABA Price:** $15.00-$30.00

### Pedal Power Bicycle Co.
7034 Lee Park Road, Mechanicsville
- **Winter glove from Rav-x.** The “Wind X” cold and damp weather glove. Water resistant back and gussets, silicon grip palm with “Sensory” gel pad insert. Thinner, lighter material allows easy hand movement without compromising insulation. Reflective tubing improves visibility. Fully washable. Regular $34.95. **Team RABA Price $21.00.**

### Rowlett’s
Broad St. and Staples Mill Rd
- Blackburn Air Tower 2 Floor Pump MSRP 36.98 Team RABA Price $27.98.
- **Bike Tune-up** in January and February. Reg. Price: $49.98. **Team RABA Price $39.98.**

### 3Sports
445 N. Ridge Rd.
3Sports is working on electronically mapping all the local rides and creating a database for all to use and we need your help. For the month of January we are offering a special deal on the Garmin 705 Computer. Come by the shop and we will give you a full tutorial on how to use it and how you can help to map the area.
- **Garmin 705 (heart rate & cadence) GPS Bike Computer - MSRP $550 –Reg. RABA price $495 – Team RABA price $450**

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And you thought he was grumpy looking last month... You see, in January he stopped getting the Pedaler and RABA announcements via the E-mail list. But not only that, he found that he wasn’t eligible for the great TEAM RABA deals, like the ones above, that were only available to RABA members. It’s all about the benjamins...

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](http://www.raba.org), selecting "Club Info" header, then “Membership Information”. Renewal fees are still $20 for individuals and $25 for families. Not a bad deal for what is now an even more valuable bike accessory! Please rejoin today!
January, 2009 Monthly Rides

Social Ride Captain: Bill Whitworth, 285-9193, wwhitworth@reynolds.edu
Fast Ride Captain:
Off-Road Ride Captain: Clark Jones, 527-0480, we3jones@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.

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

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

Road Ride Pace Key

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>

Terrain Description

1 Many/Steep (knee alert!)
2 Some/Steep
3 Moderate
4 Some/Mild
5 Few/Gentle
MB Mountain bike/off road

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

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, Clark Jones 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.

**January 1 (Thursday)**

Annual New Years Day 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>A</td>
<td>10 am</td>
<td>50</td>
<td>3</td>
<td>TBD</td>
<td>Hugh Aaron, 804-690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
<tr>
<td>B</td>
<td>10 am</td>
<td>50</td>
<td>3</td>
<td>TBD</td>
<td>Jeanne Minnix, 804-594-0842, <a href="mailto:jminnix@comcast.net">jminnix@comcast.net</a></td>
</tr>
<tr>
<td>B</td>
<td>10 am</td>
<td>31</td>
<td>3</td>
<td>TBD</td>
<td>Jim Denoon, 804-370-6252, delaniewdено@verizon.net</td>
</tr>
</tbody>
</table>

Description: Although Bert Wright is going to be out of town this year, we are continuing Bert’s New Years Day tradition with a ride through the pretty countryside of rural King William County. The routes include several segments from some familiar RABA rides including the Frog Level Metric and Beulahville or Bust. Please be sure to bring plenty water and nutrition in case the stores along the route are closed for the holiday. Cue sheets will be provided for all routes.

Directions: Meet at the parking lot of Zoar State Forest (near 9411 West River Road, Aylett, VA). Take Rt. 360 east approximately 20 miles beyond Mechanicsville to Aylett. Turn left at the light onto Rt. 600 (West River Road) and go 1.5 miles to the forest entrance and parking lot on the right.

**January 3 (Saturday)**

Stay in Shape Ride #1

<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>33</td>
<td>3</td>
<td>One</td>
<td>Andy Smith, 804-339-8227, <a href="mailto:asmith2954@yahoo.com">asmith2954@yahoo.com</a></td>
</tr>
<tr>
<td>C</td>
<td>10 am</td>
<td>33</td>
<td>3</td>
<td>One</td>
<td>Jim Denoon, 804-370-6252, delaniewdено@verizon.net</td>
</tr>
</tbody>
</table>

(Continued on page 8)
January, 2009 Monthly Rides

(Continued from page 7)

**Description:** This is the first of a series of six winter “Stay in Shape” rides that Jim Denoon will be coordinating on the first and third Saturday of each month through March. Jim’s goal is to provide moderate pace riders with an opportunity get in some winter miles. However, for this first ride, Andy Smith is also offering an opportunity for faster paced riders to participate. If the weather is good, Andy’s pace group will be on the faster end of the A pace scale. Cue sheets will be available for all routes.

**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.

**January 4 (Sunday) Dim Sum Sunday 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>9:00 am</td>
<td>30</td>
<td>3</td>
<td>One</td>
<td>Champe Burnley, 804-358-5801, <a href="mailto:champe_burnley@hotmail.com">champe_burnley@hotmail.com</a></td>
</tr>
</tbody>
</table>

**Description:** 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, Richmond, VA. Please park in the very back of the parking lot.

**January 10 (Saturday) Sussex and Surry Swamp Tour**

<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>38 or 46</td>
<td>4</td>
<td>One</td>
<td>Hugh &amp; Laura Aaron, 804-690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
<tr>
<td>B</td>
<td>9:30 am</td>
<td>38 or 46</td>
<td>4</td>
<td>One</td>
<td>Jack Huber, 804-282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
</tbody>
</table>

**Description:** This ride will start in Waverly and head north on 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 38 miles long but if the weather is good some riders might extend the route to 46 miles. Maps and cue sheets will be available.

**Directions:** The starting point is the parking lot behind the former Coppahaunk Tavern (101 S County Drive Waverly, VA 23290) at the corner of Routes 460 and 40 (Main Street) in the town of Waverly. From Richmond take I-95 or I-295 to Route 460 east (toward Norfolk).

**January 11 (Sunday) Maiden’s Adventure**

<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>11:00 am</td>
<td>38</td>
<td>2</td>
<td>One</td>
<td>Jeanne Minnix, 804-594-0842, <a href="mailto:jmnixx@comcast.net">jmnixx@comcast.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Nick Morgan, 804-740-2861, <a href="mailto:mrgn.nick@gmail.com">mrgn.nick@gmail.com</a></td>
</tr>
</tbody>
</table>

**Description:** There are few scenes in the metro area more peacefully pastoral than the western crossings of the James River. In Goochland there are several healthy climbs required to earn these spectacular views, but most cyclists will find their efforts well rewarded. We will also ride in the rolling countryside of Powhatan. Cue sheets will be provided. Weather can be iffy this time of year. Keep a look out for an email notice if weather is questionable.

**Directions:** The starting point is the Maiden’s Boat Landing on Route 522 (Maidens Road). From Richmond, take Route 6 (Patterson Avenue, eventually becomes River Road) west to Route 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 Exit 167 Oilville, where (Continued on page 9)
you should go left (south) on Oilville Road (Route 617) for 0.4 miles, then right (west) on Broad Street Road (Route 250) for 0.8 miles, then left (south) on Fairground Road (Route 632) for 3.5 miles, then left (south) on Maidens Road (Route 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. If you have any trouble finding the boat landing, call Jeanne’s cell at 804-405-6433.

**January 17 (Saturday)**

Stay in Shape Ride #2

<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>10 am</td>
<td>28</td>
<td>3</td>
<td>None</td>
<td>Jim Denoon, 804-370-6252, <a href="mailto:delaniewdeno@verizon.net">delaniewdeno@verizon.net</a></td>
</tr>
<tr>
<td>D</td>
<td>10 am</td>
<td>28</td>
<td>3</td>
<td>None</td>
<td>Susan Curtis, 973-886-0029, <a href="mailto:susan.curtis@att.net">susan.curtis@att.net</a></td>
</tr>
</tbody>
</table>

Description: This is the second in the series of six winter “Stay in Shape” rides that Jim will be leading on the first and third (with Susan’s help) Saturday of each month through March. The goal is to provide moderate pace riders with an opportunity to get in some winter miles. However, riders of all paces are welcome. Cue sheets will be available for all routes.

Directions: The ride starts and finishes at the Hanover County Government Complex (often called the “Hanover Courthouse” or “Hanover Court”). 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.

**January 17 (Saturday)**

Urbanna Pizza and Souvlaki 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>10 am</td>
<td>44</td>
<td>4</td>
<td>None</td>
<td>Hugh &amp; Laura Aaron, 804-690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
<tr>
<td>B</td>
<td>10 am</td>
<td>44</td>
<td>4</td>
<td>None</td>
<td>Jack Huber, 804-282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
<tr>
<td>C</td>
<td>10 am</td>
<td>33</td>
<td>4</td>
<td>None</td>
<td>Peggy Merritt, 804-337-8385, <a href="mailto:pttsbrghrnva80@comcast.net">pttsbrghrnva80@comcast.net</a></td>
</tr>
</tbody>
</table>

Description: Join us as we try out a couple of new, relatively flat, routes from Urbanna (home of the famous Oyster Festival) through Middlesex and King & Queen counties. After the ride, everyone is invited to re-group at Colonial Pizza for a casual lunch. Colonial Pizza is a great little Italian and Greek place overlooking Urbanna Creek just outside of “downtown” Urbanna. Our friends from Northern Neck Cycling have been invited to join us. Cue sheets and maps will be provided. In the event the ride is cancelled due to weather, a cancellation notice will be sent out by 9 pm Friday on the RABA email list.

Directions: Urbanna is about 1 hour from the Richmond Airport so make sure you get an early start, especially if you are coming from the West End or the Southside. To reach Urbanna, take Interstate 64 East to exit 220 for Route 33 East to West Point. Continue 17 miles past West Point to the stoplight at the crest of a hill in Glenns and turn left onto Route 33/US 17 North. Stay on Route 33/US 17 North for 2 miles and bear right at the Hardée into Saluda. At the traffic light at the courthouse in Saluda, turn right onto Route 33 and proceed 1.8 miles to the stoplight at the Route 3/ Urbanna Road intersection. Proceed 2.4 miles on Urbanna Road (Route 227) into Urbanna (you will cross over Urbanna Creek on a bridge). Take a right on Cross Street, proceed 2 blocks and then turn left onto Virginia Street. Park anywhere along Virginia Street. We will meet up in front of the ABC store on Virginia Street. If you have any trouble finding us, call Hugh on his cell at 804-690-9720.

**January 18 (Sunday)**

Border Recon Patrol

<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>11:00</td>
<td>33</td>
<td>3</td>
<td>One</td>
<td>Dee Nuckols, 804-749-3400, <a href="mailto:nuckolss@aol.com">nuckolss@aol.com</a></td>
</tr>
</tbody>
</table>

Description: Here’s an old club favorite, through some very pretty country we haven't done in a while (getting its name because it goes along the border between Hanover and Louisa counties). Meet Dee at the Montpelier Center for Arts and Education in Western Hanover County. There will be one store stop at the McQueen Store. Cue sheets and maps will be provided.

Directions: The Montpelier Center (17205 Mountain Road, Montpelier, VA 23192) is located at the intersection of Routes 33 and 715, 15 miles west of where Route 33 (Staples Mill Road in the city) crosses I-295.

(Continued on page 10)
January 19 (Monday - Martin Luther King Day) The Mamma ‘Zu 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>9:30 am</td>
<td>40</td>
<td>3</td>
<td>One</td>
<td>Ron Corio, 804-643-6452, <a href="mailto:rcorio@vcu.edu">rcorio@vcu.edu</a></td>
</tr>
</tbody>
</table>

**Description:** Meet at Mamma ‘Zu restaurant in Oregon Hill for an out and back ride along Riverside Drive. There are two route options. 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 (501 S Pine St, Richmond, VA 23220) is located at Pine and Spring Streets 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.

January 24 (Saturday) Chimborazo Challenge

<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>10:00 am</td>
<td>45</td>
<td>3</td>
<td>One</td>
<td>Andy Smith, 804-339-8227, <a href="mailto:asmith2954@yahoo.com">asmith2954@yahoo.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>10:00 am</td>
<td>45</td>
<td>3</td>
<td>One</td>
<td>Ron Corio, 804-643-6452, <a href="mailto:rcorio@vcu.edu">rcorio@vcu.edu</a></td>
</tr>
</tbody>
</table>

**Description:** This ride begins in Chimborazo Park, created in 1874 and named after the highest peak in Ecuador. Chimborazo Hospital, established here during the Civil War, cared for thousands of Confederate wounded and was one of the world’s largest military hospitals. Surrounding the park are houses in a variety of styles that reflect the neighborhood’s growth and expansion. There is a miniature Statue of Liberty in the park. The route starts down Chimborazo Hill, one of the so-called seven hills of Richmond, then goes through the Varina area to Horizon Store and loops back. The finish includes two thigh-burning hills on the climb back up to Chimborazo. Refuel after the ride with fire-roasted pizza at Sette at 7 North 23rd Street, off of East Main and across from the Tobacco Row Apartments. Note that Andy’s pace group will be on the faster end of the A pace scale if the weather is conducive to a faster ride.

**Directions:** Chimborazo Park is located on East Broad Street (3215 East Broad Street, Richmond, Virginia, 23223) between 32nd and 36th Streets. From I-95, take Exit 74, Broad Street then continue to Broad Street East.

January 25 (Sunday) Hickory Notch to Hadensville

<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>11:00 am</td>
<td>37</td>
<td>3</td>
<td>Two</td>
<td>Dee Nuckols, 804-749-3400, <a href="mailto:nuckolss@aol.com">nuckolss@aol.com</a></td>
</tr>
</tbody>
</table>

**Description:** Meet at the Hickory Notch Grill for a ride through the countryside to Hadensville. The first store stop will be in Hadensville and the second store stop will be at Prices Pantry. Cue sheets and maps will be provided.

**Directions:** The Hickory Notch Grill (2031 Broad Street Road, Maidens, VA 23102) is about 15 miles west of the Short Pump Town Center. From Richmond, take Interstate 64 west to exit 167 (Oilville exit). Turn left at the first stop sign off the exit ramp onto Oilville Road. At Broad Street (250), turn right and proceed about 3 miles. The Hickory Notch Grill is on the left. Cars should park as far back in lot as possible.

### Coming Up at the February 11 RABA Meeting

Be sure to keep that date open. The speaker is going to be Kimberly Perry, EdD, Executive Director of BikeWalk Virginia. Their events include Bicycle Virginia, Tour de Chesapeake, and the Northern Neck RiverRide. Hear what’s planned for 2009. See next month’s Pedaler for more info.

### Bike Touring Companion Wanted...

Is anyone interested in riding the 225 mile [Katy Trail in Missouri](http://www.katytrail.org) sometime this spring? I am looking for companion(s) to drive out and ride it on loaded bicycles camping along the way. We would need to pay for a shuttle to bring us back to our cars. Contact me at 358-4959 or etkimball@aol.com before January 28th or after February 20th.

Emily Kimball
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, 1:00 PM (NOTE THE NEW START TIME)**

**Powhatan Courthouse**

<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>1:00 PM</td>
<td>30 to 60</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 Court House 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 about 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, 1:00 PM**

**East End-Dorey Park 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>A</td>
<td>1:00 PM</td>
<td>30-50</td>
<td>3</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>1:00 PM</td>
<td>30-50</td>
<td>3</td>
<td>1</td>
<td>Ron Corio, 643-6452, <a href="mailto:rcorio@vcu.edu">rcorio@vcu.edu</a></td>
</tr>
</tbody>
</table>

**Description:** This ride has multiple routes and distances. Maps are available for riders who wish to ride at a B pace or less, preferably with a buddy. Distance varies weekly with rides becoming shorter as the daylight hours decrease. If the weather looks unfavorable or you have questions on the distance planned for a given week, 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 I-95 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>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>9:00 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, 12:00 PM**

**Tuesdays at Rockville**

<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>12:00 PM</td>
<td>32-50</td>
<td>2</td>
<td>One</td>
<td>Bill Whitworth 285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a></td>
</tr>
</tbody>
</table>

**Description:** Come join us for a great ride through western Hanover and eastern Louisa. We leave from the Rockville Little League Fields. Cue sheets will be available. Distance of this ride varies weekly. Please contact Bill the day before the ride if you’re interested in knowing the distance of the upcoming ride.

**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.

**Wednesday, 9:30 AM**

**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>
</tbody>
</table>

(Continued on page 12)
January, 2009 Weekly Rides

(Continued from page 11)

C  9:30 AM 25 to 40  Varies  Varies  Bud Vye, 262-9544

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

Pace  Time  Miles  Terrain  Store Stops  Leader
C  7:00 PM  20  5  None  Champe Burnley, 358-5801, champe_burnley@hotmail.com

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.

Thursday, 12:00 PM (Note New Time)  Unemployed Cyclists' Lunch Ride

Pace  Time  Miles  Terrain  Store Stops  Leader
A  12:00 PM  33-55  3  Varies  Hugh Aaron, 690-9720, hugh@theaarons.com
B+  12:00 PM  33-55  3  Varies  Bill Whitworth 285-9193, wwhitworth@reynolds.edu

Description: The route for this ride will vary from week to week. However, all routes will cover some part of Central or Eastern Hanover County and the surrounding areas (which offer a lot of beautiful countryside). Bill or Hugh will announce the route each week on the RABA email list. Cue sheets will be available for all routes.

Directions: The ride will start/finish 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, 10:00 AM  Fridays at Hylas

Pace  Time  Miles  Terrain  Store Stops  Leader
B+  10:00 AM  35-40  3  Some  Dave Bloor, 285-6177
B  10:00 AM  35-40  3  Some  Jim Denoon, 355-0121

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, 2:00 PM  East Hanover Ride

Pace  Time  Miles  Terrain  Store Stops  Leader
A  2:00 PM  30-40  3  Varies  Hugh Aaron, 804-690-9720, hugh@theaarons.com

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 Battlefield Visitor Center provides multiple routes options, all of which offer relatively light traffic. The Visitor Center has both a water fountain and restrooms. Hugh varies the route somewhat from week to week in order to keep things interesting. Most of the routes stay within the Cold Harbor, Old Church and Black Creek areas of rural eastern Hanover County. Due to the rural nature of the area, not all routes include a store

(Continued on page 13)
January, 2009 Weekly Rides

(Continued from page 12)

stop. Please make sure that you bring enough water to safely complete the ride without a store stop. Cue sheets will be provided. In the event that Hugh has a conflict and cannot find an alternate ride leader, he will send out a cancellation notice on the RABA email list. Also, please contact Hugh if you are interested in leading a slower pace group for this ride.

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  The Ashland Breakfast Club (ABC)

<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>8:30-9:00 AM</td>
<td>20 to 5</td>
<td>Some</td>
<td></td>
</tr>
</tbody>
</table>

Leader
Jan 3 Jeff Nicklas, 833-5382 & Dave Murray, 240-0891
Jan 10 Paul Silverstein, 690-7017
Jan 17 Rickey Davis, 755-6336
Jan 24 Richard Halle, 744-1760
Jan 31 Debra and David Gardner, 740-6811

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 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 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)

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Leader
Jan 3 Ron Corio 643-6452
Jan 10 Jim Creegan, 370-7824
Jan 17 Dave Talley, 746-9142
Jan 24 Lynn Klanchar and Chip Coutts, 672-3016
Jan 31 Ron Corio, 643-6452

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.

Attention Tandem Riders and Others Interesting in Tandeming

The Richmond Area Tandem Society (RATS) is holding its annual meeting on Saturday January 10 at 7 pm at the Kings Charter Club House. The purpose of this meeting will be to meet others with an interest in tandems and to plan the 2009 RATS ride schedule (please bring your calendar). Anyone who has an interest in tandeming is invited regardless of whether you are an official RATS member. If you plan to attend please RSVP to Chris or Steve Brodsky at tandem4us@erols.com or (804) 301-0792 no later than Wednesday, January 7th.

Directions: Take I-95 to Exit 86 towards Atlee. Proceed through the intersection of Leadbetter and Sliding Hill Roads (there are Sheetz and Valero gas stations at this intersection). At the Kings Charter entrance (a blue sign with a pineapple), turn right into the development. Proceed approximately 1/4 mile and turn right at the marquee. The club house is on the left.
Proposed architectural plans and renderings for the Virginia Capital Trail starting place, or trailhead, were unveiled on a November Thursday at an event at The Corner Pocket restaurant. The designer, Mason Hearn of Richmond-area design/builder HomeMasons, Inc., was tasked with reflecting that “The Trail will be a world-class facility…” per the vision statement of the Virginia Capital Trail.

The design intent for the Jamestown Trailhead is to clearly mark this destination and point of departure as special; to have reverence for the environment and to reinforce the Trail experience. “Although modest in stature, the trailhead is a special place. Intended to be a prototype for at least three future locations along the Trail, a good deal of thought should be applied to the development of every aspect of the design,” said Mr. Hearn.

The structure and landscape is planned to use “green” or “earth-friendly” materials and systems, including recycled-content materials from local sources. Lighting and an electric-powered kiosk will be “off the grid”, powered by a solar system engineered with the assistance of Dominion Virginia Power.

“What better way to announce our 55-miles of Trail that meanders through many different ecosystems and natural wonders, than with a green trailhead design? Mason should be applauded for his thoughtful and creative design of such an amenity for the Virginia Capital Trail. It’s hip. It’s stunning. It’s green!” commented Beth Weisbrod, Executive Director of the Virginia Capital Trail Foundation.

Mr. Hearn added, “Particularly given the nature of the Trail and the interests of its users, it seemed obvious that sustainability should be a fundamental consideration for this facility.”

The Virginia Capital Trail is a pedestrian and bicycle trail that connects the Commonwealth’s past and present capitals of Jamestown, Williamsburg and Richmond along the Scenic Route 5 corridor. The Capital Trail traverses five jurisdictions and 400 years rich in history along one of the first inland routes in North America.

Several trail sections are presently completed and in-use; the entirety is anticipated to be completed in 2012. The first trailhead facility, adjacent to the Jamestown Settlement, is expected to open next year.

More information about the Virginia Capital Trail can be found at www.virginiacapitaltrail.org.

Founded in 1993, HomeMasons serves the Central Virginia and Northern Neck / Middle Peninsula areas from their office in Manakin-Sabot, VA. The award-winning company provides a full range of architectural design and construction services. For more information about HomeMasons, visit their website at www.homemasons.com.
RABA Volunteers Needed For Cannon Run Greenway Clean-Up on January 24

So you want more bike trails and paths in Richmond? Come out and show that you really want it!

We are calling on RABA volunteers to assist in the first phase of development of the Cannon Run Greenway Project. The clean-up will be held January 24 from 8:30 to 2:00.

RABA will be working alongside volunteers from the Sierra Club, the Chesapeake Bay Alliance, the Virginia National Guard and community groups to help get this worthy project underway. Construction of the trail will officially begin in the Fall of 2009.

Parking is available at the Dove Street Armory, 500 Dove St, Richmond, VA 23222. Be sure to bring warm clothes, gloves, some water and snacks.

This is the first phase in developing a bike/pedestrian facility which we hope will ultimately connect Interstate Bike Route 76 to Northside and downtown Richmond and the Virginia Capital Trail.

We hope this is the first of many new bike paths in the Richmond Area. Come out and show your support with a bit of sweat equity for this worthy project!

Please RSVP here: http://www.eventbrite.com/event/229367043

For additional information, contact:

Charles Price
Cannon Creek Greenway Project
Phone: 358-0256
E-mail: fewmit@comcast.net

3Sports ENDURE

Sloppy, or inconsistent shifting. Odd creaking and clanking noises. A foul odor emanating from your handlebars. Your beloved machine not looking as visually appealing as it was the day you brought it home... These are all signs that your bike is in need of serious attention and now is the time to have some professional maintenance performed on it because a dirty bicycle might be well loved but a clean bicycle will love you back.

The importance of regular bicycle maintenance cannot be overstated and an annual service of its major operating systems is a must in order to keep your bicycle and equipment operating like the high precision machine that it is designed to be. Chainrings, cassettes and chains wear out, cables and housing corrode, tires wear down and dry-rot, handlebar tape unrolls and framesets get covered with grease, dirt, tar, energy drinks and worst of all sweat. Thus, if you love your bike as much as you or at least as much as all of your friends and your significant other think you do, then show it! From now until then end of February, 3Sports will bring your bike back to life with our Elite Bicycle Service for ONLY $135 (regularly $185).

Here’s what is included in 3Sports’ “Elite Level Service”

Complete Frame/Fork Cleaning, Inspection & Detailing, Drivetrain Disassembly, Cleaning**, Inspection & Adjustment (Chain, Crankset, Chainrings, Cassette, Derailleurs) **3Sports utilizes the power of the CREST Ultrasonic Cleaning System to thoroughly clean and lubricate your bicycle's components and bring them back to out-of-the-box condition! www.crest-ultrasasonics.com, Bottom Bracket Removal Inspection & Adjustment, Front Brake Inspection & Adjustment, Rear Brake Inspection & Adjustment, Headset Inspection & Adjustment, Front Hub Inspection & Adjustment, Rear Hub Inspection & Adjustment, Front & Rear Wheel Truing (Radial & Lateral), New Stainless Steel Cables & Jagwire L3 Teflon Housing Included, New Handlebar Tape/ or MTB Grips Included

And... If you bring your bicycle before January 1, 2009 for our Elite Service Special, you can add a pair of Vittoria Rubino Pro tires for $65 (regularly $90) or a pair of Panaracer Fire XC Pro 2.1 tires for $65 (regularly $90).

Checkout our website or give us a call / email for more information about how we can revive your ride. www.threesports.com - 804.288.4000 - info@threesports.com
MEMBER'S SIGNATURE

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.

TREK 5200 OCLV carbon fiber 56cm road bike. There are no chips and the blue paint all looks like new. The Ultega components have hardly been used. Rolf Vector Comp red wheels. Aero bars included. It is a good size for someone 5’8’’ to 6’0’. For sale for $1200. Call for details. 804-561-3950 email for pics: pulled_39@yahoo.com Barry Pullen (11/2008)

FIRENZE 57 cm steel road bike set up with flat bars, triple cranks and 5 speed freewheel, 27 inch wheels. Many new parts. $145. Call for details: 804-561-3950 email for pics: pulled_39@yahoo.com Barry Pullen (11/2008)


LAND RIDER Auto-shift bike, nearly new. Comfortable, good for relatively flat rides. New over $400, now only $125. Norm Melchert, 965-6955 or norm.mel@comcast.net. (11/2008)

MERLIN titanium 60 cm road bike. Equipped with Ultega components and in good, ready to ride condition. $450. Please contact Rick Meili 553-4639 or lrmeili@comcast.net (12/08)

TOMASSO 56 cm road bike. Frame made of Reynolds 531 steel and equipped with mixture of Shimano equipment. It is in fair, ready to ride condition $150. Please contact Rick Meili 553-4639 or lrmeili@comcast.net (12/08)

Set of MAVIC Carbon dish wheels. Very low mileage and great for time trialing. Comes equipped with 8 speed cogset. $200. Please contact Rick Meili 553-4639 or lrmeili@comcast.net (12/08)

2008 GIRO ATMOS helmet, red/black, size med, 280 grams, 55-59 cm, 21.6-23.2 inches. Worn 3 or 4 times so truly like new. This is a fine lid but it just doesn’t fit me well enough. Bought new in July. Make my purchasing snafu your chance to snag one of the best helmets available. $125. Call Jim, home: 804-752-2943 cell: 804-432-9679 (12/08)

SPECIALIZED TOUPE Team Saddle, white, patented Body Geometry design for pressure relief, carbon reinforced shell is tuned for the perfect combination of flex and stiffness, ultralight foam padding, hollow titanium rails, tough, water-resistant Micromatrix cover, 175g, length 270mm. Never used. $165 on Specialized website, $125 on Ebay. $110. Call Jim, home: 804-752-2943 cell: 804-432-9679 (12/08)

SERLE ITALIA SLR saddle, black, 30% carbon composite shell damps vibration and is shaped to eliminate chafing, featherweight EVA padding provides maximum comfort and cushioning in all the right places, full-grain leather, titanium tubular rails for ultra-light savings and maximum flex. 155g. Used two weeks, excellent condition. $225 at Performance. $110. Call Jim, home: 804-752-2943 cell: 804-432-9679 (12/08)

TREK Lime coaster with automatic gears. 17.5” (44.5 cm). White with pink trim. Ridden once. $400 with matching Trek Vapor helmet. Karen Nelson: 804-740-3312

James River Odyssey Tour
Be a part of the inaugural tour to highlight the James River Heritage Trail. The JRHT is one of five designated conceptual trails being developed through the Virginia Outdoors Plan http://www.dcr.virginia.gov/recreational_planning/vog.shtml. This seven day tour will start Sunday, August 16 at the headwaters of the James in Botetourt County and end Saturday, August 22 in Williamsburg. It is a fully supported on-road bike tour with accommodations in inns and hotels. Contact Allen Tumbull at 757-229-4046 or aturmbull@verizon.net.

International Tours
Allen and Mary Tumbull will lead the following international tours in 2009: Scotland, July 16-23; Tuscany, July 27- August 3; Vienna to Budapest, September 10-18

All tours are fully supported, including quality rental bikes, most meals and accommodations in quaint small inns. Contact Allen at 757-229-4046 or email aturmbull@verizon.net for more details. An international bike tour is a fantastic way to experience a culture, explore the countryside, and make new friends. We hope RABA members can join us.

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

The Pedaler