Looking to 2012!
by Hugh Aaron

Happy New Year!  This is, of course, the time when we reflect on last year and ponder the year to come.  On behalf of the 2012 RABA Board, I'd like to again thank our predecessors on the 2011 Board.  Thanks to a lot of great work by the 2011 Board (and numerous other volunteers), 2011 was, by all accounts, a banner year for RABA.  As of press time, Sheryl was still tallying the mileage totals.  However, last I heard, we were on our way (Continued on page 5)

Jeanne Minnix was presented the plaque for RABA's Harvey Award for 2011 at the club's Annual Meeting in December. She was honored for her many contributions to the club. Here is a list of her accomplishments.

- Either the club's highest or 2nd highest mileage female rider in each of the last 6 years.
- A regular leader of club rides.
- From 2007 to present, has designed the Heart of Virginia Brochures, Posters, & Shirts in a highly professional fashion, contributing greatly to the success of RABA's major annual ride and fund raiser.
- Similarly, designed RABA's 2011 club Jersey, which has been very well received by the membership.
- Represented RABA on the City of Richmond's Public Arts Committee that was formed to select the sculpture that was purchased and installed in July of 2010 at the Richmond end of the Virginia Capital Trail.

Jeanne was the unanimous choice of a nominating committee consisting of previous award winners Cindy Evans, Bud Vye and Richard Halle. See previous Harvey Award winners here. Congratulations, Jeanne, and thanks!

RABA January Meeting
Subject: Cycling in Croatia - Andrew Mann
Location: El Toro Loco
1808 Staples Mill Road
Richmond, VA  23230
Date: January 11, 2012
Time: Dinner @ 6:30 PM
Program @ 7:00 PM

The restaurant is 1 block south of Broad Street on Staples Mill Road.  This will be a great time to get together with friends after the holidays and shake off the winter "blahs".

Digital Pedaler Brings Changes
by Richard Halle

This is the first month that The Pedaler is exclusively digital. I know that many members will miss getting a printed copy of the newsletter in their mailboxes but, I believe, the positive aspects of the change outweigh that negative one.

(Continued on page 11)
Congratulations to the 2012 RABA Board of Directors

At the December Annual Meeting the following members were elected to serve on the club’s Board of Directors for 2012. Congratulations and thanks for offering to serve.

President ................................. Hugh Aaron
Vice President/Programs .... Charlie Thomas
Treasurer ................................. Cindy Evans
Secretary ................................. Julie Appleby
Communications ........................ Richard Halle
Membership .............................. Kristen Swanson
Director-at-large ...................... Steven Herzog
Advocacy ................................. Bud Vye
Public Relations ....................... Cristina Bizzarri
Century .................................. Matthew Bizzarri
Ride Director – Monthly ......... Alan Cooper
Ride Director – Weekly ............. Jim Venning
Ride Director – Off-Road ......... Karl Gordon

PROGRAMS FOR 2012
by Charlie Thomas

We’re off to another New Year and calendar for our RABA Meeting programs. I’ve already had a number of great suggestions regarding topics and possible venues. There is a lot of bicycling activity in Richmond now and we have a wealth of possible topics:

- The 2015 Road World Cycling Championships
- Progress on the Cap-To-Cap Trail (To be completed in time for 2015!)
- Making Richmond More Bicycle Friendly (Can we become the next Portland?)
- Tour de France Party

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The Pedaler is a monthly publication of the Richmond Area Bicycling Association (RABA) for its members and the Richmond cycling community. Unless otherwise noted, opinions expressed in The Pedaler are those of the author, and not necessarily those of RABA or its members.

2012 Board of Directors

President: Hugh Aaron, hugh@theaarons.com 690-9720
Vice President: Charlie Thomas, c.thomas53@verizon.net 747-3428
Treasurer: Cindia Evans, cnevans@comcast.net 789-0511
Secretary: Julie Appleby, jwu47@hotmail.com 282-5123
Ride Director (Monthly Road Rides): Alan Cooper, alanhcooper@yahoo.com 231-1997
Ride Director (Weekly Road Rides): Jim Venning, jalisvenn@gmail.com 550-7250
Ride Director (Off-Road Rides): Karl Gordon, kgordon88@yahoo.com 314-7586
Public Relations Director: Cristina Bizzarri, cbizzarri@gmail.com 994-2006
Membership Communications Director: Richard Halle, rrichhalle@verizon.net 744-1760
Bicycling Advocacy Director: Bud Vye bdyve@comcast.net 262-9544
Membership Director: Kristen Swanson, kasswanson@comcast.net 399-7672
Century Chair: Matthew Bizzarri mbizzarri@gmail.com 994-2006
Director at Large: Steve Herzog, sp_herzog@verizon.net 360-3853

Committee Chairs

Statistician:

Web Administrator: Richard Halle rrichhalle@verizon.net 744-1760
E-Mail List Administrator: Kim Moore lukes2cycle@yahoo.com 358-0935
Safety: Sheryl Finucane sdgfin@gmail.com 448-3754

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. The term of membership is 12 months from the enrollment date. The Pedaler subscription is included.
Submit membership application or renewals online (http://www.raba.org/membership-x.html) or 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.

(Continued on page 4)
Finally caught up with Cherri Hankins, as she showed up for a postponed to Thursday Retirees Ride only to find a turnout of three, and she declined to ride stating that her thousands of miles riding fully loaded had slowed her pace down so that now she is only a C rider and would not be able to keep up with the other two, who were B’s. Unfortunately, I was unable to ride that day as I know she would be able to keep up with me, and I would have enjoyed the chance to have a lengthy conversation with her.

Missing in action more often than not has been Cam Hoggan. One of the reasons is that he and wife Dixie are Grandparenting their grandson, while daughter Rebecca and her husband are touring with their “Hit & Run Bluegrass” group. Some will recall that we had a group of us at Ashland Coffee a few years ago to hear Rebecca when she and the group played there, and how impressed we were with her vocals and guitar picking.

Did get a chance to visit with Duane Brown, when he was here for Thanksgiving. Still near his daughter and grandkids in Hudson, Wisconsin (just across the St. Croix River from the Minneapolis area). Not doing much riding, but keeping busy as an all around handyman and set builder for a Theater Company in Hudson.

And finally caught up with Chris Tompkins, who has been out of The Laurels on most Sundays, which has been the day I most often visited him, on my way home from church. The long looked forward to Trike has been assembled by Cy, and now awaits Chris’ visit to Ashland so Ed can fit it for him. Lots of thought and discussion on what rack to use on the van to transport the Trike with, and where to store the Trike at the Tompkins condo, which has a one car garage that is a tight fit for the van. It does have an overhead area, so thought is being given to a hoist and sling arrangement to get it up there. Any of you good mechanics might want to pay him a visit and help him and son Rob solve these problems. Beyond the Trike, depositions are being, and have been, taken from him and a number of witnesses, so it appears that some progress is being made toward either a settlement or a trial on his civil suit.

Turns out I did miss another member when poring through the lists of the Marathon results, in the person of John Loughran, who had a respectable, middle of the pack, finish in the full 26.2. Also learned that he is one of only a very few who has completed every Richmond Marathon that has ever been run. Not sure exactly how many that is, but I can remember being a bicycle marshal at a couple of them back in the early 90’s so its close to 20, and I’m impressed. Keep it going, John!

Also missed spotting Amy George in Style’s “40 Under 40” issue a few weeks back (along with Craig Dodson and Nathan Burrell) so congratulations to all on the nice recognition.

Just caught the Holiday Show of the Henrico Pops Chorus down at the Henrico Theatre in Highland Springs. They had put together a completely different program of holiday numbers from old movies and Broadway shows, and did their usual fine job of presenting it. As usual, the club was well represented in the Chorus, with Mark Bierly and George Kugler up front in the Tenor section, and Georgiana Ball back with the Altos. I think they are finished for the season, but I'll try to get their schedule and publish it in advance, as I know a number of you would also enjoy joining me to hear their future concerts.

Event Chair Ron Corio, and his Committee, also deserves recognition for lining up the newly opened Freedom Hall at the War Memorial as the venue for our combined Volunteer Appreciation Party & Annual Meeting on 12/5. A big turnout enjoyed the tasty Mexican buffet, and the biggest ever gift exchange was a lot of fun, as always. Lots of pictures taken by Alan Cooper (who has fast become our resident photographer) for Richard to select from for this issue.

Outgoing President Steve Herzog presented a Presidential Appreciation Award to Matthew Bizzarri for his willingness to step up and chair the Heart of Virginia on short notice. A most deserving Harvey Award recipient in Jeanne Minnix, presented by Richard Halle (the club’s only two time recipient) and a big cadre of former recipients displaying a collection of her design work on Heart of Virginia brochures, posters, shirts, and the most recent club jersey. (See her nomination tribute elsewhere in this issue). First contested election for club officers in about 20 years saw strong candidates facing off for both President & VP. Hopefully, no hard feelings among the losers, as all nominees are heavy contributors to the club, and I think its great that more than one member is willing to step up and offer to serve. Certainly the nicest Volunteer Appreciation function we’ve ever had, along with the longest turnout ever for an Annual Meeting. Thanks again to Ron Corio and his committee for putting it together!

I know a number of club members support the Rails to Trails Conservancy, as I do, and perhaps some have been in the habit of clipping out the map and description of each month’s featured trail and filing them away for possible future use. Looks like we don’t have to do that anymore, as RTC announces their new trail finder website www.traillink.com Didn’t have much time to check it out, but did find that it helps to know the name of the trail you are looking for, as it seemed to be a little cumbersome to wade through the geographic narrowing down process, in order to find a trail in a certain part of a certain state. Someone who has time to do some poking around on the site, let me know how you make out with it.

Don’t usually pay any attention to the Real Estate ads, but just happened to spot one in Style for Dover Hall, the 30,000 sq. ft. mansion on 55 acres out on Rt. 621 next to the Deep Run Hunt Club and near the Hermitage CC. I recall riding by there and wondering what it was going to be while the Pryors built it back in the late 90’s, at the height of the internet boom. 15 full and 16 half baths, and I think it has a basketball gym they put in since their son was a teen ager at the time. The Charlottesville realtors are listing it for $5,950,000, fully equipped, furnished, and staffed, and stating (Continued on page 4)
Heard and Seen...

(Continued from page 3)

that it has Investment Potential. As what, I wonder. An Inn? I think they had said at the time that it cost around $10 million to build. Let’s see what becomes of it.

And champion mileage recorder Rickey Davis has another strong year turning the crank, with his life time miles going over the 335,000 mark, and logging just over 10,000 in 2011, the year in which he turned 70. Which prompts him to ask, have any other club members logged 10,000 or more in a year after their 70th birthday? Not me, says Barry Pullen. Let’s see what Bob Stiff or Emily Kimball have to say. As Ron Corio keeps sending out messages explaining how the web site logging of mileage will work, non-computerized Rickey just smiles, and keeps on writing them down on his log, the old fashioned way.

(Continued from page 3)

RABA Programs...

(Continued from page 2)

These are just a few of the ideas so far. I would like to hear from you as to what programs would get our members off the bike - at least for a club topic!! I’m also interest in suggestions for venues that will accommodate our fast growing club.

We’ve all enjoyed “Pedal ‘n’ Pizza” during the summer months. Last year, did this once at Dorey Park. I think John Moore was on to something! I’ve had several comments that this event would be more enjoyable in a park setting. This year, I’m proposing “Pedal ‘n’ Pizza in the Park”. We presently have rides starting at Dorey and Crump Parks in Henrico and we can look at reserving shelters at these locations. This will also give us starting points in the East and North-west areas of Richmond. I’m also interested in finding a third location in Chesterfield to be close to those in Southside, bringing these rides to members around the city.

We’ll also have our annual picnic and other events through the year. I hope you’ll take to opportunity to join us. And, as I mentioned above, I’m always interested in your input on meaningful and enjoyable programs for our club.
to a record number of club rides, which, in my view, is the single best (but not the only) indicator of our success as a recreational bike club.

I would also like to extend congratulations to Jeanne Minnix and Matthew Bizzarri. At the December RABA membership meeting, Jeanne was awarded the 2011 Harvey Award and Matthew was awarded the 2011 President’s Award. Way to go Jeanne and Matthew! It is volunteers like you that make RABA one of best bike clubs in the country.

The first meeting of the 2012 RABA Board is scheduled for January 2nd. RABA board meetings are, of course, open to any RABA member that would like to attend. Details will be sent out separately on the RABA email list.

One issue that the Board will be discussing at the January meeting is RABA mileage tracking. For many years, through the efforts of a series of incredible volunteers statisticians including, most recently, Al and Lois Ferrell, Steven Herzog and Sheryl Arzuaga, RABA has maintained a comprehensive database of RABA miles ridden by club members. However, as previously noted in several emails from Ron Corio, we have become a victim of our own success, so to speak. We are now riding so much that no volunteer statistician has the time to enter all of the ride data for all of the club rides. Consequently, the 2011 Board did not think it was appropriate to continue the statistician role for 2012.

In the absence of a club statistician for 2012, Ron Corio has been working very hard to get RABA members set up on Bikejournal.com, a web based ride tracking system. One of the advantages of tracking miles using Bikejournal.com is that no statistician is needed- everyone can enter their own miles. Of course, there will almost certainly be RABA members who do not have the time or interest to enter all of their rides. This means that the mileage totals as accumulated on Bikejournal.com may be somewhat incomplete.

I know that there are wide differences among club members as to whether it is important to maintain a comprehensive database of club miles (as we have in the past). I’ve spoken to some club members who don’t have a lot of interest in the mileage statistics. On the other hand, many club members enjoy reviewing the mileage tracking reports to see how they are doing year-over-year and as compared to their RABA friends.

One way that we might be able to continue comprehensive mileage tracking is to split the statistician job among two volunteer statisticians. For example, one volunteer could enter the ride data for rides held on weekdays and the other statistician could enter the weekend rides. Another, probably more controversial, option would be for RABA to hire someone (perhaps a student) to enter all of the rides. Another interesting idea would be to assign each club member a three or four digit member number that they could record each time they sign in for a ride. I suspect that would make the data entry job a lot easier. Over the years, I often heard from the club statisticians that it was very difficult to read many of the names on the sign in sheets. Presumably, a number would be easier to read and to enter.

While I realize the January Board meeting is only a few days away, I’d be interested in hearing any thoughts anyone may have on the issue of mileage tracking. If you have thoughts on this issue, or any other issue, that you would like me to share with the Board, please email me at hugh@theaarons.com prior to the January 2nd meeting (if possible).

I hope everyone has a safe and happy 2012.
2011 RABA Volunteer Appreciation Party & Annual Meeting

Photos by Alan Cooper
Thanks to all of the 2011 RABA Volunteers!

Quite simply, we couldn’t have done it without you. Whether it’s planning or leading our daily rides, club programs, support for community-wide cycling activities, or the actual work to keep the club running smoothly, those things only get done because lots of members generously volunteer their time and talents. Thanks a lot!

Hugh Aaron  Rickey Davis  Liz Keith  Gary Renger
Laura Aaron  Wayne Davis  Emily Kimball  Tom Rhodes
Ben Aaron  Jane Dejarnette  Lynn Klanchar  Henry Rhone
John Adams  Jim Denoon  Donna Knight  Tom Richeson
Monty Allen  Mike Dieter  Ken Kolb  Ken Robertson
Deb Anderson  Andy Digrys  Kim Kremer  Cathy Rolfe
Kathy Anderson  Sara Dillman  Mike Kremer  Randy Rosemond
Meade Anderson  Ed Dunn  Paul Kugelman  Pat Ryan
Robbie Anderson  Don Eiler  Jinx Lucas  Julielen Sarver
Julie Appleby  Andrew Einolf  Andrew Mann  Matthew Satterwhite
Sheryl Arzuaga  Renae Erskine  Ran Marshall  Seth Schmidt
Ken Ashworth  Warren Estes  Eric Martin  Eleanor Shipley
Eric Ballou  Cindy Evans  Margaret Maslak  Wayne Shipley
John Bennett  Morris Evans  Marvin Mason  Lawrence Skalak
Mark Bierly  Michele Faison  Patty Mason  Andy Smith
Cristina Bizzarri  Mary Faltermnan  Lynn McGuffin  Henry Smith
Matthew Bizzarri  Al Farrell  Jerry McGuinn  Jack Speed
Lisa Blake  Lois Farrell  Maureen McKay  Geoff Stanley
Dave Bloor  Sheryl Finucane  Gayle McMunn  Russell Starke
Erik Bodin  Wayne Flood  Peggy Merritt  Dave Strickland
Richard Borie  Bob Fox  Linda Miles  Ellyn Sukonick
Tim Bowring  Leland Frataccia  Jeanne Minnix  Steve Sukonick
Bill Britton  Cynthia Gaines  Bob Mitchell  Deana Sun
Marshall Brown  Daria Gardynik  John Moore  Kristen Swanson
Sarah Bulley  W.R. Gay  Kim Moore  Kirk Sweeney
Champe Burnley  Mark Ghaly  Mike Moore  Dave Talley
Shannon Bush  Tracie Graf  Nick Morgan  Michael Testerman
Al Calambo  Mark Gregory  Tim Motley  Gary Thabet
Leslie Calambo  Jerry Gross  Robert Mullins  Charlie Thomas
Matt Carpenter  Rhonda Hall  David Murray  Becky Tobey
Evan Carpenter  Richard Halle  Karen Nester  Wally Turbover
Bob Carlson  Doug Harrel  Reed Nester  Tom Veezy
Steve Carter-Lovejoy  Charles Hart  Leslie Newman  Jim Venning
Anne Chazal  Joe Hazel  Jeff Nicklas  Lise Venning
Terri Lumpkin  TR Helsel  Andy Nishida  Bud Vye
Abby Lumpkin  Steven Herzog  Dee Nuckols  Paul Walaskay
Rose Lumpkin  Mark Hoerath  Suzanne Nuckols  Jan Waldron
Bob Clay  Eric Holmes  Sherry Packer  Bruce Walton
Dennis Conrad  Mark Hom  Sara Page  Kirk Warmolts
Alan Cooper  Mary Hom  Dale Peacock  Rick Whittington
Ron Corio  Brenda Hubbard  Jim Peterson  Bill Whitworth
Dan Cosby  Peter Hubbel  Dick Pitini  Gary Williams
Chip Coutts  Jack Huber  Alena Pugacheva  John Wray
Jim Creegan  Mary Jo Hughes  Barry Pullen  Ted Zeh
Tara Crisinati  Chuck Jajesnica  Martha Pullen  Gary Zimmerman
Erin Cross  Noah Kaatz  Joan Putney  Dave Zaras
Steve Crozier  Krishna Karamsetty  Dee Ragland  Tom Witt
Cathy Davenport  John Kauffman  Pat Reddington  Steve Reiss
RABA Miles and Bikejournal
by Ron Corio

January 2012, new month, new year, new method for tracking RABA miles: Bikejournal. The move to a Web-based mileage log is underway as a number of members have registered at Bikejournal and added their 2011 RABA miles. Bikejournal, a Web site for tracking bicycle mileage, allows members to create a journal for logging their riding stats. Basic membership in Bikejournal is free and gives riders six data fields: distance, average speed, average heart rate, bicycle, terrain, and club miles.

While there will be no RABA Statistician to track ride and mileage stats, ride leaders will still provide signup sheets. It is important for all members to sign as this is used for verification in an RABA’s accident insurance coverage.

Instructions for registering with Bikejournal, adding ride stats, and viewing RABA stats follow.

To register with Bikejournal, follow these steps:
2. Click “Sign Up!”
3. Follow the onscreen directions to create your profile. (You can edit your profile at any time by going to Riders/edit profile on the Bikejournal home page.)
4. If you joined bikejournal after the season started, and have already logged some rides, you can use the previous distance box in your profile to add your previous RABA miles for the year in one lump sum to your journal.

To add a ride, follow these steps:
2. Go to Journal/add ride
3. Enter the date
4. Enter ride distance
5. Enter average speed
6. Enter average heart rate (optional)
7. Select bike, if you use more than one bike
8. Select terrain
9. Select “Richmond Area Bicycling Association” for RABA miles or “none” for non-RABA miles.
10. Click “Submit.” (Your Journal will appear showing your ride stats for the month and for the year -to-date.)

To review club stats, go to Clubs/club home and click on “view all club riders and tables. Note the Club News column on the left, where any member can add a news item.

Go to Stats/club to see all Bikejournal Club stats for the year and their mileage rank. On December 12, 2011, RABA is 28th of 825 Bikejournal clubs behind Middle Georgia Cyclists from Cochran, Georgia and ahead of Toledo Area Bicyclists of Toledo, Ohio.

Register at Bikejournal and add your RABA miles. Let’s see how far up the mileage rankings RABA can go.

What it’s Like to be a New Member Joining RABA…
Why would you join a bicycle club if you are nearly 60 years old?
by Jan Michael Waldron,

I have had so much fun this year riding bicycle that I wanted to write a short article on my experience becoming a RABA member.

Having children late in life meant I had 15yrs of fun with motorcycle riding, hiking, ADK trail building, and building a geodesic Dome Home with my wife. Once we had kids (two girls) we moved to Virginia where both our girls went through the same school system, until they graduated and went off to James Madison University. For more than 14yrs I was the soccer coach for both of my girls, and like any good volunteer, ending up President and running James River United Soccer Club. This meant nights and weekends were on the field, until my youngest daughter graduated. Without soccer, I lost the exercise that came with being a coach, so I looked around for some form of exercise that would be fun. I had been swimming for 8 yrs. since my hip bone died, and I had a free-vascularized fibular graph to grow new bone into my hip. Swimming felt more like PT that something I did for fun. I had been mountain-biking, but this had been a solitary sport for me. I decided to buy a road bike and found a nice TREK on Craigslist and started riding around my neighborhood when I was home and the weather obliged. The limitation of riding alone, and in a neighborhood for me was that I’d be lucky to get 10miles in on a ride.

My neighbor loves to ride road bikes and convinced me to join him in riding in the CAP2CAP ride this past spring. The weather was perfect and riding with hundreds of other cyclists proved to be a blast. At that time all the roads were unfamiliar, but rest-stops were well placed, the route was well-marked with support personnel everywhere. After this ride, I determined that I needed to find a group that I could ride with, and a quick Internet search led me to the RABA website. Of the various clubs in the area, RABA seemed the best place for a new rider to start. After paying my dues, I was delighted to find that I could find a ride every day of the week. Since I travel for work, having daily flexibility when I get back from trips was key for me. The RABA site helped me understand what groups to start riding with, and where I could expect challenging elevation.

My first rides were C pace, like the Chesterfield Zoo ride with Linda Miles which led me to meet other new members, and I am still riding with Gary Zimmerman who I met here. Next was the Cap2Cap trail ride with Emily Kimball who (Continued on page 9)
taught me never make assumptions about the age of those you are riding with. Next week was the first Portabella Ride where Ron Corio made sure to learn my name and make me feel welcome. This Tuesday night ride became a regular staple of the summer where I learned that dinner was a regular event after this ride, after Ron asked if I wanted to eat. This ride introduced me to the likes of John & Joan, Jeanne, John, Jeff, Ron, Ted, Gary and the other regulars. This was a great way to learn about items like John & Joan’s trip to Russia, or Paul & Jinx trip to the Erie Canal ride. This was a regular ride for Steve Watt who was often there, but unassuming.

My first 12 club rides were a different ride each time. This was a great way to enter the club. I got to be a new member 12 times on a ride and each ride I found welcoming folks who helped make the rides enjoyable. I tried a Thursday ride where it was just Deb Anderson and myself, and we rode in 103degree temperature, and I was completely comfortable (and surprised). I learned about the three sisters, although only met two on that ride! And I learned climbing hills can separate you from your group.

I got several Friday afternoon rides in with Hugh Aaron, and Hugh is just a great resource for someone new to the club. Hugh understands so many aspects of cycling, and is just a great guy to get to know. While is recumbent is a bit slower than I like to ride, just being able to chat with Hugh is worth the ride.

I’ve since dropped the Friday afternoon, ride in favor of the Friday at Hylas ride if my schedule permits; I enjoy the wisdom of Jim Denoon, and his attention to detail on ride details. Great to ride with Jim, Dan Cosby, Robert Mullins, Jeanne Minnix and others on these rides. This is as good a point as any to recognize that no matter were I ride, I can always count on Bill Whitworth being there with a welcoming smile. My longterm goal should be to ride like Bill J

Next I started Wednesday night rides Chesterfield. These were great rides, but I learned to be careful just what groups I started off with. I quickly learned rides get faster in the second half, and if there were climbs later in the ride I was with the wrong group for my stamina!!! I learned that cellphones don’t work on every ride, and that led to an Edge 305 as my next eBay purchase. I would have been smarter riding with Al & Lois, but I was still learning of what I was and wasn’t capable.

After the June Pedal & Pizza ride @ Dorey Park I talked with Kathy and Glen Anderson about various riding tips. For the remaining “Monday’s in Chesterfield” rides it was nice to have them looking out for me. I had tried the Mondays at West Creek but felt this was a ride best saved for the winter months. (I guess I need to start that one soon)

Later I learned about Thursday nights riding out of Crump Park. I was successfully riding B+ (or weak A) pace rides at this point, and I liked the Ashland roads. This was the ride that I learned that ride leaders who may start the season at one pace are most likely a faster pace as the season progresses. I came to find that everyone riding on this ride was a strong, fast rider. This ride became my stretch ride with both serious hills and serious pace. I feel I built the most muscle from this ride. Christina was great for me with this ride, and her and Andrew Mann really helped me make these rides enjoyable.

By the end of the season as we ran out of daylight and the rides started at 5PM I learned another fact. This fact is that only really fast riders show up for the 5PM ride at Crump. I really have to thank Jeff Nicklas and Les Newman for help on this ride. During the first of these rides when I notice that the small group of 10 riders were ALL much faster riders than I, I advised that maybe I shouldn’t try and ride that night as I would slow the group down. It was great that Les, Jeff, Chris, Ken, etc. all convinced me to ride with the group, but to just stay in the paceline, and not try and pull any section of the ride. I got in about 4 of these rides with these guys, and while every ride was me just barely hanging on, these were my first 21mph average rides, and really built up my stamina.

Ever since the death of Steve Watt, I am on a mission to learn the full names of those I ride with, and a little more about each of my riding companions, special thanks to Jeanne Minnix on this front. Jeanne has been invaluable in understanding the Club, and learning who various folks are. And while I am talking about it, it’s great this is a coed sport, I love the balance that Jeanne, Liz Keith, Mary Hom, Joanne, and others bring to the club. Not only have I learned not to guess the pace of a rider by their age, I have also learned that women can humble me as well.

I have noticed that most people I am riding with now have been involved in the Club for years or decades. Actually I have no idea how old the club is? But I learned at the Annual Meeting that it was formed in 1967. I wanted to thank everyone I have met for making me feel welcome to a sport to which I have become addicted and truly love. There is just nothing like the feeling during a good ride when everything is working well, your body is happy, and it feels like you are in heaven.

Even the clubs charitable activities like the Bikes-for-Kids event gave me a chance to get to know more of the folks I ride with. Andrew Mann not only handles this activity well, but is just a great guy to know & ride with.

As the season winds down, I have bought a new bike, and winter riding gear, so I would say I am hooked.

I know I have missed recognizing many folks here (so let me just say, Thanks to everyone for welcoming a new rider and making them part of the club. I hope that others follow my path.

(Continued from page 8)
Champe Burnley offered to drive, so Emily Kimball, Charlie Thomas, and I rode with him in the Audi down to Charles City Courthouse for the Capital Trail public hearing on 12/6. This one was for the so-called “New Market Heights Phase” of the trail (not sure why its called that by VDOT, since any Civil War buff would know that New Market Heights is about two miles west of Longbridge Rd., which is the western limit of this phase). Be that as it may, that’s what it is called, and I won't raise the point any further.

Lightly attended, with no others than us from RABA except Deana Sun, who lives down by Colonial Downs, in attendance, we were able to meet the new VDOT Project Manager, Kevin Reichert, and had plenty of time to talk to him and all of the VDOT staff that were there. The 10.5 mile segment will pick up where the completed 7.2 mile segment that goes west from Charles City CH ends (Rt. 658/Kimages Rd.) and continue on the south side of Rt. 5 all the way to Longbridge Rd. which is just over the border into Henrico county. A couple of local landowners thought the trail should cross over and be on the north side of 5 where it came by their property, but VDOT staff responded that they had considered that and felt that there would be far less in the way of environmental problems on the south side, so it appears that’s where it will stay. Relatively flat terrain all the way, with only 5 bridges needed where the trail crosses creeks, and one at grade crossing of a major highway (which is Rt. 156 carrying a fairly heavy volume of traffic to and from the Benjamin Harrison Bridge).

As was done with the Sherwood Forest segment to the east of Charles City CH, VDOT intends to award a Design-Build contract. With this arrangement, the contractor picks up the project with the design about 30% complete (major decisions such as what side of Rt. 5 and where any crossovers should be) and takes it from there. Under the anticipated schedule, construction will begin about a year from now and be complete in the Spring of 2014, with a total project cost of about $12 million. Assuming the Sherwood Forest phase is completed prior to this one, this phase’s completion will give us 39.5 continuous miles of trail, from Jamestown to Longbridge Rd. I may yet live to see (or even ride on) the completed trail before I depart this sphere, which has been my goal, but the clock is running!

Having always believed the 2001 VDOT Louisa maps that show Rt. 611/Octagon Church Rd. west of Rt.635.Factory Mill Rd. as unpaved, and therefore avoided using that 2.3 mile segment, Dan Cosby now reports that that segment has been paved and is rideable. I have driven it, and can confirm this, although it has been chip-sealed (rather than paved), so it is a bit rough, not to mention a bit hilly. Ride leaders be aware of this, as it gives us another combination we can work into rides out of either Hickory Notch or the Rockville Little League fields that take us near either Kersey’s or the Owen’s Creek stores.

The draft Management Plan for the Blue Ridge Parkway has been released for public comment recently, and has stirred up a firestorm of concern and criticism across the entire spectrum of cycling organizations (LAB, RTC, Adventure Cycling, and more). Rather than including cycling as a use to be promoted and supported, the lengthy plan appears to ignore it almost completely, instead making the Parkway sound strictly like a sight seeing facility for motorists. Champe Burnley for the Virginia Bicycling Federation (see his letter below), and Tom Bowden for BikeWalk Virginia have made strong and thoughtful comments to Superintendent Phil Francis of the BRP so we will now see if the heavy volume of comments of this type will result in any changes in the next version of the plan.

Still in the process of lining up patrons for cycling related bills at the Legislature, so will launch full scale into that coverage next month, although stand by for EList messages as the session gets underway in mid-January.

Champe Burnley’s Letter Commenting on the Draft Management Plan for the Blue Ridge Parkway

December 15, 2011

Superintendent Phil Francis
Blue Ridge Parkway
National Park Service
via email

Dear Mr. Francis:

On behalf of cyclists across the Commonwealth, I want to express our deep concern with the Draft Management Plan currently open for public comment.

We feel Option C, which, theoretically, integrates the Parkway into the, “larger region’s resources and economy” is the least objectionable option but still requires major revisions and public input before we can endorse it.

We also strongly oppose designation as a National Historic Landmark.

We are very disappointed that the Parkway staff has done little more than acknowledge active recreation opportunities like bicycling and hiking in the plan. Cyclists are some of your greatest supporters and the report leaves us feeling at best marginalized. We find this especially troubling when considering the NPS management’s forward looking directives (the “Call to Action”) to promote active, healthy use of our parks.

(Continued on page 11)
Comment...

(Continued from page 10)

As a cyclist who has biked the Parkway from end to end twice, (and has driven portions dozens of times) you have no bigger advocate than me. I have cycled all over the globe and consider the Parkway one of the finest bike rides there is.

Cyclists come from around the world to ride the Parkway and bike a week or more – while spending a great deal of money at your hotels, restaurants and campgrounds - to experience the fantastic corridor.

We feel the plan should foster partnerships with groups in the community to help promote this epic cycling destination. Instead, we find ourselves at best marginalized, with cycling a virtual footnote to the plan.

None of the options present a bold vision to manage the Parkway in a changing twenty-first century, in a far different context and environment than when the Parkway was built seventy-five years ago. In the thirties, there were few decent roads and amenities in rural, western Virginia and North Carolina; there were no Holiday Inns or Applebee’s; there were no Interstates nearby. In those, “golden” days, the Parkway was the destination for tourists who spent days vacationing there.

The times, communities and the visitors’ needs have changed from the era of the New Deal. Innovative ideas on how address these changing needs seems to have been, for the most part, ignored.

For most visitors today, the Parkway is a brief side trip on their drive to work in Roanoke, a shortcut to their summer home in Blowing Rock or a break from the monotony of the interstate on their winter migration to Florida. The mission and role of the Parkway must grow and respond to meet today’s changing demand and needs.

I realize that funds are extremely scarce in these difficult economic times. Hopefully, this will change in the near future. When they do, we would hope see a new Parkway that encourage people to get out of their cars, eliminates non-touring traffic, creates necessary infrastructure and resources that promotes active, healthy use of this great asset.

Instead, the plan’s goal seems to foster a, “vision” to revert to the, “golden age of driving” in the fifties - when Sunday drives were the norm and gas was $0.20 per gallon. This makes no sense to me.

We believe in the Parkway and want it to thrive. We want to preserve its rural charm. As expressed to Dawn Godwin in a recent phone conversation, the Virginia Bicycling Federation and cyclists across Virginia are committed to working with you and your staff to help try and find the resources you need to get through these difficult times. Unfortunately, the current management plan does little to make my constituents feel as if the Parkway really does not care about the needs and desires of cyclists, much less why we would be motivated to help. This is unfortunate.

I can say with confidence that the cycling community truly values the Blue Ridge Parkway and feels blessed to have a park such as this available to us. We would hope that Parkway staff would encourage and embrace our low impact mode of travel.

I hope we can work together on the plan to make revisions that are more attractive to bicyclists, mountain bikers, equestrians, walkers, etc. and find that common ground to work to preserve an enjoy our great Blue Ridge Parkway.

Thanks for the opportunity to comment on the plan.

With regards, I am

Sincerely,
Champe Burnley,
President

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

### Classifieds

Classified ads in *The Pedaler* are free for RABA members or for paying non-members. Members may have no more than two bicycles for sale on this site at any one time. Ads will run for three consecutive months unless informed that the items have been sold. The date submitted will be displayed on each. If you want your ad to continue running, you must notify the Editor prior to the expiration. *Pedaler* ads are not necessarily included on the website.

<table>
<thead>
<tr>
<th>Tandem for sale: 2000 model Burley Paso Doble, black, medium/medium steel Chromoly frame, Shimano Ultegra components, 25mm Michelins pro race tires, stoker suspension seat post, Handle bar and rear storage bags included.</th>
<th>$1500 OBO. Contact Barbara Armstrong at <a href="mailto:cbarmstrong51@gmail.com">cbarmstrong51@gmail.com</a> (10/2011)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bamboo bike! ORGANIC Bikes Caleb model 53cm aluminum/bamboo road bike with Shimano 27 speed (9x3) components. Details on Craigslist.org The 50 cm seat tube and 52 cm top tube make a stand-over height of 30 inches. The typical retail price about $1,800, now available for $1,050. Call 804-561-3950 to discuss details or to make a purchase. Barry Pullen (11/2011)</td>
<td>2007 Trek Blue Silver Discovery Channel Road Bike 52cm-triple crank-$500-Please Call 360-3997 (12/2011)</td>
</tr>
<tr>
<td>Fuji carbon frame[54cm] and carbon fork[440 model] w/ headset, 2007 Team Pro[ Fujibikes.com-archives-2007 road]. $450. Call Jim at 370-6252. (12/2011)</td>
<td>Bamboo bike! ORGANIC Bikes Caleb model 53cm aluminum/bamboo road bike with Shimano 27 speed (9x3) components. Details on Craigslist.org The 50 cm seat tube and 52 cm top tube make a stand-over height of 30 inches. The typical retail price about $1,800, now available for $1,050. Call 804-561-3950 to discuss details or to make a purchase. Barry Pullen (11/2011)</td>
</tr>
</tbody>
</table>

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**Thanks to our 2011 Heart of Virginia Bike Festival Sponsors!**

<table>
<thead>
<tr>
<th>Hanover Habitat for Humanity</th>
<th>Cycles Ed Diamond Springs Water</th>
</tr>
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<tr>
<td>YMCA of Greater Richmond</td>
<td>Fruit-66 John Talley Motors</td>
</tr>
<tr>
<td>Town of Ashland Agee's Bicycles</td>
<td>Keith Fabry Nutrition 360</td>
</tr>
<tr>
<td>American Family Fitness Ashland Curves</td>
<td>REI</td>
</tr>
<tr>
<td>Buz and Ned's Real Barbecue</td>
<td>Ride Finders Specialty Nutrition and Health</td>
</tr>
<tr>
<td></td>
<td>Sports Backers SuperValu</td>
</tr>
<tr>
<td></td>
<td>Windmill Center</td>
</tr>
</tbody>
</table>
January, 2012 Monthly Rides

Ride Director (Monthly Road Rides): Alan Cooper, 231-1997, alanhcooper@yahoo.com
Ride Director (Off-Road Rides): Karl Gordon, 314-7586, kgordon88@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 2011 ride sheets to statistician Sheryl Arzuaga, 7458 Full View Avenue, Mechanicsville, VA 23111 no later than 14 days after the ride to ensure that all riders get mileage credit.

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

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

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

Road Ride Pace Key

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

New Year's Day Ride

January 1 (Sunday)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>11 am</td>
<td>43</td>
<td>3</td>
<td>TBD</td>
<td>Noah Kaatz, 804-955-0582, <a href="mailto:noahk5270@yahoo.com">noahk5270@yahoo.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>11 am</td>
<td>43</td>
<td>3</td>
<td>TBD</td>
<td>Mary Hom, 804-564-7800, <a href="mailto:mhom2724@yahoo.com">mhom2724@yahoo.com</a></td>
</tr>
</tbody>
</table>

Description: Sleep in and then come out and join us for another RABA tradition – a New Year's Day Ride through the pretty countryside of King William and King & Queen counties. There is a 62 mile option for those choosing to ride a longer distance. Store stops are questionable on both routes given the holiday. Riders are encouraged to carry plenty of food and water, especially if planning to ride the longer route.

All paces are welcome. Please contact Noah or Mary if you would like to lead another pace or distance. Cue sheets will be available on the RABA Yahoo site.

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.

Waverly Figure-8 Ride

January 14 (Saturday)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C+</td>
<td>9:30 am</td>
<td>38 or 25</td>
<td>5</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: Meet in beautiful mid-town Waverly for a winter ride on some flat, lightly traveled roads. The ride is a figure-8 with a rest stop after 25 miles back in Waverly. Those wanted more miles will then head north for an additional 13 mile loop. This is a joint ride for RABA and WAB. After the ride all participants are welcome to join for a group lunch at La Hacienda.

Directions: La Hacienda is located at the intersection of Routes 460 and 40 at 101 South County Drive, Waverly, 23890. From Richmond take I-95 or I-295 to Route 460 east.

Centerville as Flat as it Gets

January 15 (Sunday)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>10 am</td>
<td>38</td>
<td>3</td>
<td>One</td>
<td>Dee Nuckols, 804-749-3400, <a href="mailto:nnuckolss@aol.com">nnuckolss@aol.com</a></td>
</tr>
<tr>
<td>B+/A-</td>
<td>10 am</td>
<td>38</td>
<td>3</td>
<td>One</td>
<td>Mary Hom, 804-564-7800, <a href="mailto:mhom2724@yahoo.com">mhom2724@yahoo.com</a></td>
</tr>
</tbody>
</table>

Description: Dee is well known in the club for enjoying the hills and leading rides featuring some of the most fantastic climbers and rollers! But since it's the off season, Dee plans a ride as flat as possible, or at least as flat as possible for Centerville / Hanover / Goochland area ... which probably isn't too flat! Dee will lead a B+ winter pace, averaging approximately 16 mph.

(Continued on page 14)
January, 2012 Monthly Rides

(Continued from page 13)

Mary will lead a B+/A- pace averaging approximately 18 mph. All paces are welcome. Please contact Dee if you would like to lead another pace. Cue sheets will be available on the RABA Yahoo site.

Directions: The ride will start and finish at the Centerville food Lion in Goochland County. Headed west from Richmond on I-64, take the Rockville/Manakin exit and turn left onto Rt. 623. Go approximately one mile and turn right onto Broad Street Road. The Broad View Shopping Center will be on your right. PARK BESIDE THE FOOD LION IN THE PARKING LOT LOCATED AT THE SIDE/REAR OF THE BUILDING.

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January 21 (Saturday)  
**RATS FYBO (Freeze Your Butt Off) Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>2 pm</td>
<td>45</td>
<td>3</td>
<td>one</td>
<td>TBA</td>
</tr>
<tr>
<td>B+</td>
<td>2 pm</td>
<td>30</td>
<td>3</td>
<td>none</td>
<td>TBA</td>
</tr>
<tr>
<td>B</td>
<td>2 pm</td>
<td>30</td>
<td>3</td>
<td>none</td>
<td>Paul Walaskay, 358-1155, <a href="mailto:jinxl@verizon.net">jinxl@verizon.net</a></td>
</tr>
<tr>
<td>C</td>
<td>2 pm</td>
<td>20</td>
<td>3</td>
<td>none</td>
<td>TBA</td>
</tr>
<tr>
<td>D</td>
<td>2 pm</td>
<td>20</td>
<td>3</td>
<td>none</td>
<td>TBA</td>
</tr>
</tbody>
</table>

Description: Join the Richmond Area Tandem Society (RATS) for our traditional FYBO ride. While this day may be cold, the FYBO ride has been over 70 degrees at least twice. Following the ride will be the annual RATS gathering at the King’s Charter Club House at 5:00. The ride is open to everyone. The meeting is for the RATS and folks who are interested in tandeming. Cue sheets will be provided.

Directions to ride: Meet in the Rural Point Elementary School parking lot at Studley and Rural Point Rds. From 301, at 3 miles north of 295, turn right onto Rural Pt. Rd. Go about 2.5 miles and turn right onto Studley Rd. Turn left into the parking lot after the school sign.

Directions to meeting: Go west on Rural Point Rd. (RT 643). Cross RT 301 (RT 643 now becomes New Ashcake). At the T intersection turn left onto Sliding Hill Rd. Go 1 mile. Turn left onto Kings Charter Dr. (The blue sign with the pineapple). Go approx 0.5 mi. Turn right into the club house parking area at the sign.

---

January 22 (Sunday)  
**Midlothian Madness 41**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>10 am</td>
<td>41</td>
<td>3</td>
<td>two</td>
<td>ride leader wanted, e-mail Ed if willing to lead</td>
</tr>
<tr>
<td>B+</td>
<td>10 am</td>
<td>41</td>
<td>3</td>
<td>two</td>
<td>Mary Hom, 804-564-7800, <a href="mailto:mhom2724@yahoo.com">mhom2724@yahoo.com</a></td>
</tr>
<tr>
<td>B</td>
<td>10 am</td>
<td>41</td>
<td>3</td>
<td>two</td>
<td>Ed Dunn 675-7715, <a href="mailto:eddunn@aol.com">eddunn@aol.com</a></td>
</tr>
<tr>
<td>C</td>
<td>10 am</td>
<td>41</td>
<td>3</td>
<td>two</td>
<td>ride leader wanted, e-mail Ed if willing to lead</td>
</tr>
</tbody>
</table>

Description: Things can get kind of crazy on the basketball courts in March. Here in Midlothian they are out of kilter in January. With Christmas over and done, kids back in school, credit card bills arriving in the mail, and income taxes upcoming, we might just be a bit stressed out. This ride will certainly level your stress as it is 41 miles of challenging climbs, rollers, and flats. You’ll love the relaxed feeling after you finish! CUE SHEETS & MAP WILL BE PROVIDED.

Lunch is optional at Candela’s Ristaurante. They have a room reserved for RABA. Check out their menu here. Ride starts and ends at Midlothian High School. No restrooms are open.

Directions: Take 288 to Woolridge Road exit. Follow Woolridge Road to first stoplight (Charter Colony Parkway) and turn left. Midlothian High School is about ½ mile on your right. Park in the lot closest to the football field and across from Le Gordon Drive.
Ride Director (Weekly Road Rides): Jim Venning, 550-7250, jalisvenn@gmail.com

New Riders: Please call the ride leader ahead of ride time to be sure that the ride will be at your pace and skill level.

Ride Leaders: Please submit 2011 ride sheets to statistician Sheryl Arzuaga, 7458 Full View Avenue, Mechanicsville, VA 23111 no later than 14 days after the ride to ensure that all riders get mileage credit.

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

### Sunday

#### Powhatan Courthouse

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

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

### Sunday

#### Dorey Park Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
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</thead>
<tbody>
<tr>
<td>A</td>
<td>1 pm</td>
<td>30-50</td>
<td>4</td>
<td>1</td>
<td>Randy Rosemond 966.5472; <a href="mailto:velosalsaman@aol.com">velosalsaman@aol.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>1 pm</td>
<td>30-50</td>
<td>4</td>
<td>1</td>
<td>Noah Kaatz, (804) 955-0582 <a href="mailto:noahk5270@yahoo.com">noahk5270@yahoo.com</a></td>
</tr>
<tr>
<td>B</td>
<td>1 pm</td>
<td>30-50</td>
<td>4</td>
<td>1</td>
<td>Ron Corio, 804-643-6452; <a href="mailto:rcorio@veu.edu">rcorio@veu.edu</a></td>
</tr>
<tr>
<td>B-</td>
<td>1 pm</td>
<td>30</td>
<td>4</td>
<td>1</td>
<td>John Moore, 804.338.9668; <a href="mailto:jmoore216@comcast.net">jmoore216@comcast.net</a></td>
</tr>
</tbody>
</table>

**Description:** All rides lead from Dorey Park to Horizon store and back on a network of flat roads. Rides of 14 to 40 miles can be crafted using various route combinations. Additional out-and-back loops from Horizon Store can add 12 to 18 miles for longer rides. Anyone wishing to ride at their own pace and route should bring a cue sheet and map, which are available at this link: http://www.raba.org/map/Dorey%20Park%20Options%20and%20Map.pdf.

**Directions:** The ride begins and ends at Dorey Park (2999 Darbytown Rd, Richmond, VA 23231) in eastern Henrico County. Drive through the park to the parking lot at the end of the road.

### Monday

#### New Kent Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>9 am</td>
<td>24-30</td>
<td>4</td>
<td>0 or 1</td>
<td>Deana Sun, 690-6018, <a href="mailto:MaElDsun@aol.com">MaElDsun@aol.com</a></td>
</tr>
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</table>

**Description:** This ride meets at different locations each week for a ride of 24 – 30 miles on lightly traveled country roads in New Kent County. Many routes do not have store stops, so bring plenty of water. Each week’s location will be announced to the RABA e-mail list. If you are not on the list, please contact Deana by phone, text or email.

### Monday

#### Mondays with Mary

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>10 am</td>
<td>30-40</td>
<td>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. Each week’s location will be announced to the RABA e-mail list. If you are not on the list, please contact one of the leaders.

### Monday

#### Start the Week at West Creek

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C-D</td>
<td>6 pm</td>
<td>6-30</td>
<td>3</td>
<td>None</td>
<td>Jerry Gross, 248-0291, <a href="mailto:jerryg2@hotmail.com">jerryg2@hotmail.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Sherry Packer, 833-6363, <a href="mailto:spacker@ivystone.org">spacker@ivystone.org</a></td>
</tr>
</tbody>
</table>

**Description:** This 6 mile loop is very well lit, but please have at least one bright-red blinkie for the rear of your bike and reflective clothing. It is also a legal requirement to have a headlight, the purpose of which is as much for the rider to see where he is going as it is to alert oncoming motorists. Riders can ride this 6 mile loop for as many miles as they want up to and beyond 30 miles. All ride levels are welcome to attend.

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

*(Continued on page 16)*
January, 2012 Weekly Rides

(Continued from page 15)

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Tuesdays at Rockville</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pace</td>
<td>Time</td>
</tr>
<tr>
<td>B+</td>
<td>10 am</td>
</tr>
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</tbody>
</table>

**Description:** Please join us for a great ride through western Hanover, Goochland, and eastern Louisa. We leave from what is popularly referred to as the "Rockville Little League Fields". Cue sheets are always available. Often, we divide into more than one group as both faster and slower riders attend. The ride varies weekly and on the day before each ride, I send out a message on the club email list announcing the distance and other particulars of the ride.

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

Tuesdays | Tuesday Varina Tour |
<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>Pace</td>
<td>Time</td>
</tr>
<tr>
<td>A</td>
<td>2:30 pm</td>
</tr>
<tr>
<td>B+/B</td>
<td>2:30 pm</td>
</tr>
</tbody>
</table>

**Description:** This is a casual afternoon ride for those who want to get a little mid-week exercise during the off season. Most of the routes offer smooth pavement and relatively flat terrain. Most routes do not list a store stop because the routes are so short. However, there are a lot of stores in the area.

Paper cue sheets are not provided. You should print your own cue sheet prior to coming to the ride. See (or click this link for) the ride listing in the Weekly Ride Schedule on the RABA web site for more info and for the weekly route cue sheets and GPX files.

**Directions:** Meet behind Portabella’s Restaurant located in the Varina Shopping Center at the intersection of Route 5 and Strath Road (2627 New Market Rd, Richmond, VA 23231).

Wednesday | Retiree’s Midweek Ride and Lunch |
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</thead>
<tbody>
<tr>
<td>Pace</td>
<td>Time</td>
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<tr>
<td>B</td>
<td>9:30 am</td>
</tr>
<tr>
<td>C</td>
<td>9:30 am</td>
</tr>
</tbody>
</table>

**Description:** This ride meets at a different location each week for a ride of 25 to 40 miles, followed by lunch. All riders are invited. Each week’s location will be announced to the RABA E-mail lists. If you are not on the list, please call Bud Vye, 262-9544 or Barry Pullen, 561-3950.

Wednesday | Stratford Hills Ride |
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</thead>
<tbody>
<tr>
<td>Pace</td>
<td>Time</td>
</tr>
<tr>
<td>B</td>
<td>2 pm</td>
</tr>
</tbody>
</table>

**Description:** This ride begins at the Stratford Hills Shopping Center, located at the corner of Forest Hill Avenue and Hathaway. The route follows Bicycle Route 1 west along Riverside Drive, Cherokee, and Old Gun to Robius Road, a distance of nine miles. Make a U-turn and retrace the route for an 18 mile ride or follow the cues for an 8.5 mile loop through Salisbury and back to Old Gun for the return and a 27 mile ride. Download the cue sheet here at [http://www.raba.org/map/Wednesday-Stratford-Hills-Ride.pdf](http://www.raba.org/map/Wednesday-Stratford-Hills-Ride.pdf).

**Directions:** The Stratford Hills Shopping Center is located at 6798 Forest Hill Avenue, Richmond, VA 23225, at the corner of Forest Hill Avenue and Hathaway Road.

Wednesday | Ashland Dinner Club |
<table>
<thead>
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<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Pace</td>
<td>Time</td>
</tr>
<tr>
<td>C</td>
<td>7 pm</td>
</tr>
</tbody>
</table>

**Description and Directions:** This nighttime ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. We ride to Ashland and have dinner before returning to Laurel Park. The group will ride at a C or faster pace depending on the pleasure of the group.

**Note:** The ADC is a nighttime ride and is not recommended for novice riders. You must be comfortable with group riding and be confident with your bike handling skills. Adequate lights, blinkies and reflective clothing are absolutely mandatory.

Remember to bring:

- at least one headlight which provides enough light to illuminate the road in front of you. A second, spare light with...

(Continued on page 17)
January, 2012 Weekly Rides

(Continued from page 16)

charged batteries is strongly recommended.
- at least one bright-red blinkie for the rear of your bike. (Two are recommended.)
- fully charged and/or spare batteries for all lights.
- lots of reflective clothing, vests, leg bands, and/or arm bands.

CHECK ALL LIGHTS AND BATTERIES BEFORE YOU GET TO LAUREL PARK. CALL THE RIDE LEADER IF YOU HAVE ANY QUESTIONS.

Thursday (Note: New Start Time!) Unemployed Cyclists Ride

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

Description: This ride covers parts of central Hanover County and the surrounding areas, which offer a lot of beautiful countryside. Most routes include a few good hills. Some routes do not have a store stop, so bring plenty of water. Notwithstanding the name of the ride, everyone is invited to join us, whether employed or not.

Paper cue sheets are not provided. You should print your own cue sheet prior to coming to the ride. See (or click this link for) the ride listing in the Weekly Ride Schedule on the RABA web site for the weekly route cue sheets and GPX files.

Directions: The ride starts and finishes at the Hanover County Government Complex (7497 County Complex Rd., Hanover, VA 23069) on US Route 301 just south of the intersection of Routes 54 and 301.

Friday (Note: New Start Time!) Fridays at Hylas

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>1:30 pm</td>
<td>35-40</td>
<td>3</td>
<td>Some</td>
<td>Dave Bloor, 285-6177, Jim Denoon, 370-6252</td>
</tr>
</tbody>
</table>

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

Friday East Hanover Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>A/A+</td>
<td>2 pm</td>
<td>See below</td>
<td>3</td>
<td>Varies</td>
<td>Geoff Stanley, 229-5164, <a href="mailto:geoff40k@yahoo.com">geoff40k@yahoo.com</a></td>
</tr>
<tr>
<td>B</td>
<td>2 pm</td>
<td>See below</td>
<td>3</td>
<td>Varies</td>
<td>Hugh Aaron, 690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
</tbody>
</table>

Description: This ride starts and ends at the National Park Service Cold Harbor Battlefield Visitor Center, which is a few miles off I-295 near the Richmond Airport. Paper cue sheets are not provided. You should print your own cue sheet prior to coming to the ride. See (or click this link for) the ride listing in the Weekly Ride Schedule on the RABA web site for the weekly route cue sheets and GPX files.

The slower group will ride a 15 to 16 moving average, depending on the weather and the size of the group. The faster group will average at least 19, possibly quite a bit faster. If there are enough riders, the faster group may break into two groups, with one group riding 20/21+ and the other group riding 19/20.

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

Directions: The National Park Service Cold Harbor Battlefield Visitor Center is located at 5515 Anderson-Wright Drive, Mechanicsville, VA, which is off of Cold Harbor Road (Route 156) about five miles southeast of Mechanicsville. 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>Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>8:30-9:00 am</td>
<td>20 to 50+</td>
<td>5</td>
<td>Some</td>
<td>Jan 7- Chuck Jajesnica, <a href="mailto:sailout55@comcast.net">sailout55@comcast.net</a></td>
</tr>
<tr>
<td></td>
<td>9:00 am</td>
<td>50+</td>
<td></td>
<td></td>
<td>Jan 14- TBD</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Jan 21- Chuck Jajesnica, <a href="mailto:sailout55@comcast.net">sailout55@comcast.net</a></td>
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<td></td>
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<td></td>
<td></td>
<td></td>
<td>Jan 28- TBD</td>
</tr>
</tbody>
</table>

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 Hardee’s or Ashland Coffee & Tea for breakfast or hot or cold drinks before retraacing 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 (Continued on page 18)
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)**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>11:30 AM-12:00 PM</td>
<td>20 to 50+</td>
<td>Some</td>
<td>5</td>
<td>Jan. 7- Jim Creegan, <a href="mailto:jim_creegan1@msn.com">jim_creegan1@msn.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Jan 14- Charlie Thomas, <a href="mailto:c.thomas53@verizon.net">c.thomas53@verizon.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Jan. 21- TBD</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Jan 28- Charlie Thomas, <a href="mailto:c.thomas53@verizon.net">c.thomas53@verizon.net</a></td>
</tr>
</tbody>
</table>

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

Maps and cue sheets are available for those wishing to ride at their own pace. Riders arriving after the ride leader has left will find the sign-up sheet and route maps on the ride leader’s car.
The ride paces in the **Ride Calendars** in *The Pedaler* are based on the following information. Use it to help you choose the type of ride you would enjoy!

### Road Ride Pace Key

<table>
<thead>
<tr>
<th>Pace</th>
<th>Typical Average Riding Speed</th>
<th>Description</th>
<th>Group Dynamics</th>
<th>Rest Stops</th>
<th>Riders Must Have</th>
<th>Repairs</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>20+ mph</td>
<td>Very strenuous</td>
<td>Strict paceline riding with frequent rotations, minimal regrouping, leader rides anywhere within group, riders who fall off the paceline will be dropped</td>
<td>At leader’s discretion</td>
<td>Experienced paceline skills, basic bike repair skills</td>
<td>Riders fix their own bikes</td>
</tr>
<tr>
<td>A</td>
<td>18 up to 20 mph</td>
<td>Strenuous</td>
<td>Frequent paceline riding with frequent rotations, limited regrouping, leader rides anywhere within group, riders who fall off the paceline will be dropped</td>
<td>At leader’s discretion</td>
<td>Experienced paceline skills, basic bike repair skills</td>
<td>Riders fix their own bikes</td>
</tr>
<tr>
<td>B+</td>
<td>16 up to 18 mph</td>
<td>Fast social with emphasis on riding</td>
<td>Frequent paceline riding, occasional regrouping, leader rides anywhere within group, riders who fall off the paceline and slower riders may be dropped</td>
<td>About every 20-30 miles</td>
<td>Experienced group riding skills, paceline skills, basic bike repair skills</td>
<td>Riders fix their own bikes, leaders may assist</td>
</tr>
<tr>
<td>B</td>
<td>14 up to 16 mph</td>
<td>Moderate social with emphasis on riding</td>
<td>Limited paceline riding, occasional regrouping, leader rides anywhere within group, riders who fall off the paceline and slower riders may be dropped</td>
<td>About every 15-20 miles</td>
<td>Experienced group riding skills, basic understanding of paceline skills, basic bike repair skills</td>
<td>Riders fix their own bikes, leaders may assist</td>
</tr>
<tr>
<td>C</td>
<td>12 up to 14 mph</td>
<td>Brisk social</td>
<td>Riders usually stay together as a group, frequent regrouping, leader rides anywhere within group, slower riders rarely dropped</td>
<td>About every 10 miles and at major intersections</td>
<td>Knowledge of group riding skills and road hand signals</td>
<td>Leader assists or finds assistance</td>
</tr>
<tr>
<td>D</td>
<td>8 up to 12 mph</td>
<td>Relaxed social with emphasis on safety; perfect for new riders; no steep hills</td>
<td>Riders always stay together as a group, leader rides at the rear of the group, no rider will be dropped</td>
<td>About every 5 miles and at most intersections</td>
<td>Basic understanding of bike operation including shifting and braking</td>
<td>Leader assists or finds assistance</td>
</tr>
</tbody>
</table>

- All riders are welcome to attend any ride although any rider riding slower than the lower range of the advertised average riding speed could be dropped. Consider attending a slower paced ride if you are uncertain of your ability and want to ride with the leader.
- The speeds listed are average speeds over ride distance.
- All riders must have a helmet and water. It is recommended each rider also have a spare tube and pump.
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun</td>
<td>11:00 AM</td>
<td>New Year’s Day Ride</td>
<td>2</td>
<td>9:00 AM</td>
<td>New Kent Ride</td>
<td>10:00 AM</td>
</tr>
<tr>
<td>1</td>
<td>1:00 PM</td>
<td>Powhatan Courthouse East End-Dorey Park</td>
<td>3</td>
<td>10:00 AM</td>
<td>Mondays with Mary</td>
<td>2:30 PM</td>
</tr>
<tr>
<td>2</td>
<td>1:00 PM</td>
<td></td>
<td>4</td>
<td>9:30 AM</td>
<td>Retirees Mid-Week</td>
<td>2:00 PM</td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td>5</td>
<td>1:00 PM</td>
<td>Ride and Lunch</td>
<td>2:00 PM</td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td>6</td>
<td></td>
<td>Stratford Hills Ride</td>
<td>7:00 PM</td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td>7</td>
<td></td>
<td>Ashland Dinner Club</td>
<td></td>
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<tr>
<td>6</td>
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Note: See www.raba.org or The Pedaler for ride descriptions and starting locations.