Hello 2018!

The weather is cold, and the Holidays are ending. I hope that everyone enjoyed some time with family and friends. 2017 was a great year and a sad year for RABA. We had many ups, from Bikes for Kids having over 400 bikes this year, to a successful Heart of Virginia.

We had many rides to offer this past year on a weekly and monthly schedule. The delays in zoning allowed us to continue using Laurel Park Shopping center for the whole year. No plans have been submitted as yet to change anything there. We had a large turn out again for both the Ride with the Board and the Annual Picnic.

We also lost several of our members this year. A couple of them I knew well. Jim Denoon was a constant companion for the Sunrise Rides with Chuck and I. There were many Saturdays he would ride with us, then go out again with the ABC ride. Jim loved being on a bike, and I am sure that where ever he is he is still on one. Charlie Thomas was a good friend and the person that got me involved with the board. He gave a lot (Continued on page 5)

Mileage Recognition for 2017 Social

**When:** Wednesday, January 24, 6 PM to 8 PM
**Where:** Urban Farmhouse Cafe @ Rocketts Landing, 4821 Old Main St
**Free parking in the lot beside Urban Farmhouse**

**What:** It's time to celebrate those club members who marked their mileage in Bike Journal and have ridden 1000 miles or more. We will also recognize the top male and female club rider! There will be some light refreshments and non-alcoholic drinks provided by the club, alcoholic drinks are available for purchase from the bar. If you are one of those riders and would like to attend, please register by Monday, January 22, so the headcount can be provided to the Café. Registration link: [https://www.viethconsulting.com/members/evr/reg_event.php?orgcode=RABA&evid=18225809](https://www.viethconsulting.com/members/evr/reg_event.php?orgcode=RABA&evid=18225809)

If there is inclement weather or bad road driving conditions on January 24, the event will be rescheduled for a later date. Attendees will be notified by email and a general announcement made to the club when new details have been finalized.

2017 Harvey Award
Winner– Gregg Hillmar

“Gregg Hillmar joined RABA in 2010, and as a League of American Bicyclists Certified Instructor soon got involved in teaching courses that offered knowledge and skills to cyclists. He also became a regular leader of RABA's New Riders Rides.

Elected Vice President for 2014, then President for 2015, he then chaired the 2016 & 2017 centuries. He was instrumental in establishing, and working with, a Training Team for riders to build their skill and endurance to successfully ride the event's Metric or Century rides. This program became (Continued on page 3)
Congratulations to the 2018 RABA Board of Directors

At the December Annual Meeting the following members were elected to serve on the club’s Board of Directors for 2018. Congratulations and thanks for offering to serve.

Board of Directors
President ........................................... Wes Surina
Vice President/Programs ......................... Kim Moore
Treasurer .......................................... Cindy Evans
Secretary .......................................... Deanna Weiler
Ride Director – Monthly ......................... John Johnson
Ride Director – Weekly .......................... Konrad Orta
Public Relations ................................... Fran Smith
Communications ................................. Richard Halle
Bicycling Advocacy ............................... Bud Vye
Membership ....................................... Kristen Swanson
Century ............................................ Gregg Hillmar
Past President .................................... Andrew Mann

Below are the committee chairs for groups that help with the club’s functions.

Committee Chairs and Others
RABA / Bike Journal Administrator ............... Ron Corio
Safety Chair ....................................... Eric Martin
New Rider Recruitment / Retention .................. Chuck Jajesnica
RABA Grants Committee Chair .................... Ron Corio
RABA Apparel Chair ............................. Keith VanInwegen
Web Site Administrator .......................... Richard Halle

Table of Contents
Club News ........................................... 1, 2, 4, 5, 9
Heard and Seen Around the Club ................... 3
Get More Kids on Bikes ........................... 4
Advocacy Report .................................... 4
Pedal Power News .................................. 5
In the Public Eye ..................................... 5
2017 Bikes for Kids Pickup Pictures ............... 6
2017 RABA Holiday Party Pictures ............... 7
2017 Heart of Virginia Sponsors .................... 8
BikeJournal Report .................................. 9
Classifieds and Info ................................ 10
January, 2018 Monthly Rides ...................... 11
January, 2018 Weekly Rides ....................... 12
RABA Standard Road Ride Paces ................ 15
Ride Calendar ..................................... On RABA Web Site

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

2018 Board of Directors
President: Wes Surina, wessurina@gmail.com 804-687-3117
Vice President: Kim Moore lwes2cycle@yahoo.com 804-358-0935
Treasurer: Cindy Evans, cnevans@comcast.net 804-789-0511
Secretary: Deanna Weiler, dfiebanana@gmail.com 804-752-5988
Ride Director (Monthly Road Rides):
John Johnson, konrad.ormtb.org 804-814-1066
Ride Director (Weekly Road Rides):
Konrad Orta, konrad.ormtb.org 804-386-7120
Public Relations Director: - Fran Smith, frennie5@gmail.com 804-357-7009
Membership Communications Director:
Richard Halle, rrichhalle@verizon.net 804-744-1760
Bicycling Advocacy Director: Bud Vye bdy@comcast.net 804-262-9544
Membership Director: Kristen Swanson, swansonka@gmail.com 804-399-7672
Century Chair: Gregg Hillmar, bike@hillmardesign.com 804-683-2503
Past President: Andrew Mann rabamann@aol.com 804 266-9048

Committee Chairs
Web Administrator: Richard Halle rrichhalle@verizon.net 804-744-1760
E-Mail List Moderator: Kim Moore lwes2cycle@yahoo.com 804-358-0935
Safety: Eric Martin martin4bike@gmail.com 804-402-3471
RABA/BikeJournal Administrator: Ron Corio, rcorio@vcu.edu 804-332-9906
New Rider Recruitment & Retention:
Chuck Jajesnica, cervelo55@verizon.net 804-543-8967
RABA Grants Committee Chair: Ron Corio, rcorio@vcu.edu 804-332-9906
RABA Apparel Chair – Keith VanInwegen, keithvaninwegen@gmail.com 804-339-2820

Submissions for The Pedaler:
The Pedaler welcomes submissions in any form, email preferred. All become property of The Pedaler. E-Mail: rrichhalle@verizon.net.
Submission Deadline: 15th of Month at midnight.

Membership Information
Annual RABA Membership Dues are $20 per person (25 years of age or older), $25 per family consisting of one or two adults and all dependents under 18, or $10 per person (under 25 years of age) . The term of membership is 12 months from the enrollment date. The Pedaler subscription is included.
Submit membership application or renewals online (http://www.raba.org/membership-information) .
Sad start to the Holiday season, as Charlie Thomas succumbs to his brain tumor on 12/4, after battling the cancer for 17 months. If you missed it, the link to his obituary is http://www.richmond.com/obituaries/thomas-charles/article_45a75b98-826d-529e-8b9b-3d3108378fe9.html. Interesting timing, as he died almost exactly a year after the presentation of his 2016 Harvey Award, on the day the 2017 award was being presented to Gregg Hillmar. Although none of us at the Annual Meeting yet knew it, Charlie had passed on earlier in the day.

As always, the Annual Meeting & Holiday Party was well attended (this year back at Westminster Presbyterian church on Monument Ave. near Malvern). A great assortment of covered dish contributions brought by the attendees guaranteed ample food for all, with the usual variety of gifts entered into the exchange making that event as much fun as always, with lots of stealing of the more popular items taking place. If you haven’t seen Alan Cooper’s pictures of the event, the link to them is here https://www.flickr.com/photos/alanhcooper/sets/72157690569170145

Gregg’s Harvey Award, beautifully designed by Jeanne Minnix, described his contributions to RABA and is included on the first and this page of the newsletter.

Shortly after the Annual Meeting, on the Thursday ride that week, Ray Reed and Pen Shifflett got tangled up and went down. Fortunately for them, Dr. Dave Elliott & RN Karen Murphy attended to them until both were transported by ambulance to the ER. Ray was the most seriously injured with a concussion, a cracked rib and a sore shoulder and was kept in the hospital a couple of days for observation. Pen suffered a broken bone in his hand and a sore shoulder but was treated and released from the ER. Sounds like both are healing nicely, but not yet back to riding. Many thanks to Dave Elliott & Karen Murphy for their first responding!

Charlie Thomas’ memorial service was held on the same day as this incident at Trinity Methodist Church on Forest Ave. and a RABA contingent of about 20 was on hand to pay their respects. A very nice, traditional service, with Don Collins’ wife Sandy rendering an absolutely beautiful solo, as she has a lovely voice. A nice reception followed, during which I learned that Michele Faison had taken a fall face first, and broke some front teeth. Kudos to her dentist, who did an excellent job of putting her smile back together so you wouldn’t know she had gone through such an incident. Although she reported that she was still sore and probably will be for a while.

Following up on a couple of problems I had reported on last month, I learned that Bill Creekmore was slowly recovering from the surgery to remove the benign brain tumor he had been diagnosed with. Sandy Norman’s ailment, which had had his doctors stumped for some time, as they were treating him with various antibiotics, turned out to be an unusual lung infection they finally started calling BOOP. Treating it with prednisone seemed to be the answer, and now he’s getting back to normal, working out in the gym but not doing any riding yet.

As all this was going on, Deanna Weiler (just elected as RABA’s Secretary) learns that husband Scott has a serious case of prostate cancer and is getting ready to start a program of treatment as son Mark’s mid-year graduation at VCU is fast approaching. The entire family, including her father in Illinois, is making plans to attend. Abruptly, her father unexpectedly dies prior to making the trip, which changes the mood of the family significantly. The graduation goes on as scheduled and Deanna has a lot of additional details to attend to as her father’s executor, but she is moving forward on an even keel in remarkably steady fashion, as we are used to seeing from her. Keep everything going, Dee, and let us know if we can help!

And Rickey Davis keeps plugging along and racking up the miles prior to going back to work for tax season beginning about January 10. He reports that he is over 10,000 for 2017 (No, he’s not on Bike Journal) and over 395,000 lifetime. Keep it going, Rickey! Looks like I’ll have to get the champagne ready for the 400,000 mile celebration sometime in August.
Get More Kids on Bikes
By Pete Fagan

The Richmond area now has another opportunity to get more kids on the bike, especially girls. In 2017, the Henrico Interscholastic Cycling Team was created as a 501c3 non-profit organization focusing on youth mountain biking. Being a part of the team will get them on bikes, a lot. It is a great opportunity for kids to learn the skills of mountain biking, improve confidence, fitness, and giving back to the community.

Our primary goal is to teach a life long appreciation of safe mountain biking in a competitive environment, where nobody sits on the bench. Another goal is to demonstrate what it takes to support the mountain biking infrastructure locally and help those that may be less fortunate. We try to support RVA MORE with trail building and participated in the amazing RABA Foundation Bike Build this year.

We also provide opportunities to understand the mechanics and maintenance of the equipment and have clinics to help build skills for the athletes and adult volunteers throughout the year.

The non-profit supports two teams racing in separate leagues each spring and fall. We are actively recruiting for the team and need adult volunteers to be ride chaperones and coaches or helping in other ways. It takes the adult volunteers to make it work and keep the kids safe - 2 to 8 ratio.

How does it work?

Boys and girls, 5th - 12th grade, living in Henrico County, City of Richmond or Hanover can participate. There are more teams in the other counties and private, public or home school kids are welcome. Read what is happening in Charlottesville here: Chain Reaction

Over the winter our community Sunday rides create team co-

Advocacy Report
by Bud Vye,
Bicycling Advocacy Director

Trying to get ready for the Advocacy work at the upcoming legislative session but more than the usual amount of confusion, with everyone in temporary quarters in the Pocahontas building, a number of our long time legislator friends not getting re-elected, and everyone waiting to see which party wins the tie breaker so we can see who is on the House Transportation Committee (last session, only two from this region; hopefully a few more this time). Also, the long running challenge of trying to get the donation of the Dahlgren Trail (which runs east from the south side of Fredericksburg 16 miles over to Rt. 301) accepted by the state for inclusion in Caledon State Park. More details next month, on both the Message Board and in the Pedaler, as things fall more clearly into place for the legislative session.

At the Federal level, we’ve been disappointed to see the tax credit for bicycle commuters eliminated and the proposed big increase in admission fees to National Parks, which I would think will act to keep a lot of the less affluent away.

And, at the local level, a very well attended Henrico Meet Up staged by SportsBackers at Final Gravity on Lakeside Ave. on Dec. 6 as a good crowd of mostly RABA folks heard, and had a chance to question, Henrico Public Works Director Steve Yob & Transportation Director Todd Eure on the county’s plans for additional Bike & Pedestrian infrastructure. Here’s a link to their handout: 2017 recap handout.

At about the same time, hearings at the Hanover county Planning Commission where the inclusion of a new chapter in the county’s comprehensive plan titled Active & Healthy Living
Pedal Power (Plus) News and a Special Offer for RABA Members

I recently acquired the assets of Pedal Power Bicycles from long time RABA supporter Randy Bohn. Critical to this investment was a commitment from Travis Throckmorton and David Coccagna to stay on as General Manager and Lead Service Technician respectively.

A new logo and increased signage will be among the early changes to the store. We intend to continue (or even enhance) Pedal Power's support of RABA and other community bicycling initiatives / activities.

Here's an offer of special service pricing for RABA membership!

During January and February, we will provide a substantial tune-up package for two bicycles at a very fair rate of $98 plus parts (cost + 20%). Yes, we will install customer supplied parts! If there is a problem bringing in the bikes - we do offer pick-up and delivery.

This deluxe, multi-gear tune up package contains:
- Adjust - Bearing / Brakes / Shifting / True Wheels
- Lube - Chain / Cables
- Clean - Frame / Wheels

I look forward to meeting you in the near future.

Ride On!

Mark Friedrich
Hop2it,LLC / dba - Pedal Power Plus
cell/txt - 757-234-5662
shop - 804-658-2126

Note from Bud Vye:---- I was pleasantly surprised to learn that Mark had stepped in to keep the Pedal Power (former Rowlett’s) bike shop operating. A long time friend of mine (and of Charlie Thomas’) at Trinity Methodist Church, as well as in my professional association, Mark is a good guy, a good mechanic, a bike rider, who has a brother who owns a bike shop in Asheville, NC, and it will be great to have him involved and running Pedal Power which has been a fixture at Broad & Staples Mill for about a century.

President’s Message...

(Continued from page 1)

back to the cycling community and will be remembered by many of us.

I hope that we will always remember them, and think of them when we join together doing something that they loved as we do, riding a bicycle with friends.

In that spirit I want to thank all of you for giving me the honor of serving as the president of the Richmond Area Bicycling Association for 2018. I look forward to moving our club forward and getting awareness of all the good things we do out to the communities we serve. I want to focus on building up the Heart of Virginia and our enrollment so that we can be in a position to by more Bicycles for Kids bikes. Along with continuing to grow our grants to help efforts such as Sportables, and Groundwork RVA. I hope to continue Kim Moore's efforts to bring great monthly gatherings to educate, and improve the health of our membership.

I also want very much to increase the involvement of the general club with the operation and function of the club. Members are always invited to the board meetings, and asked to participate if they wish. The only way we will grow and improve is if new ideas are brought to the attention of those trying to organize the club.

Our mission is not just to get people on a bicycle, but to make sure they enjoy the ride enough to do it for the rest of their life. I look forward to working for you, and hope to see you out on the roads.

-Wes Surina

In the Public Eye

By Fran Smith, RABA Public Relations Director

As we come to the end of 2017, there are a few last reports to share about the good works of RABA.

The annual RABA Bikes for Kids fundraiser was a big success in 2017. President Andrew Mann, Jan Waldron, and I worked on a press release and several e-communications in late November and sent to a number of area newspapers. On December 8, 2017, we noted that a piece was published in the Henrico Citizen, https://www.henricocitizen.com/articles/raba-donates-bikes-helmets-to-henrico-christmas-mother/?platform=sharethrough

During the weekend of December 8-10th, local K95 Radio held their annual Bikes for Kids Promotion. As the chosen recipient for their efforts this year, RABA received 130 bikes and a cash donation of 244.00. Both of these will add to the resources we’ll have ready for our Bikes for Kids fundraiser in 2018.

As we look to 2018, we are encouraged by several organizations that have reached out to provide donated gift cards, seek our support for upcoming rides, or establish new partnerships. Look to 2018 as just another great year for RABA!
2017 RABA Holiday Party

Photos by Alan Cooper
Thanks to our Sponsors!
Bikejournal Report

On December 14, 220 RABA riders logged 479,351 miles year-to-date on Bikejournal for an average of 2,179 miles per rider. RABA remained in second place, 106,528 miles behind Sumter Landing Bicycle Club of The Villages Florida and 275,592 miles ahead of third place Space City Cycling Club of Houston, Texas.

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<tr>
<th></th>
<th>Sumter Landing Bicycle Club</th>
<th>203 / 284</th>
<th>The Villages, FL</th>
<th>585,879 (+106,528)</th>
<th>2,886</th>
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<tbody>
<tr>
<td>2</td>
<td>Richmond Area Bicycling Association</td>
<td>220 / 234</td>
<td>Richmond, VA</td>
<td>479,351</td>
<td>2,179</td>
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<td>3</td>
<td>Space City Cycling Club</td>
<td>57 / 67</td>
<td>Houston, TX</td>
<td>203,759 (275,592)</td>
<td>3,575</td>
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<td>4</td>
<td>Sacramento Bike Hikers</td>
<td>71 / 174</td>
<td>Sacramento, CA</td>
<td>180,997 (298,354)</td>
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<td>5</td>
<td>Peninsula Bicycling Association</td>
<td>63 / 70</td>
<td>Newport News, VA</td>
<td>144,402 (334,949)</td>
<td>2,292</td>
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RABA Leader Board

(December 15, 2017)

1. Paula Dahl 9963
2. Ray Reed 8741
3. Karl Schmitz 7958
4. John Loughran 7807
5. Matt Fisher 7633
6. Keith VanInwegen 6733
7. Kevin Campbell 6180
8. Bob Keiter 5961
9. Mike Casey 5928
10. Lucille O’Neil 5852

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<td>19,649</td>
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<td>14,243</td>
<td>19,769</td>
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<td>31,143</td>
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<td>44,062</td>
<td>46,492</td>
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<td>44,648</td>
<td>43,080</td>
<td>39,198</td>
<td>26,102</td>
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<td>Dec</td>
<td>55,632</td>
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<td>55,827</td>
<td>54,169</td>
<td>42,833</td>
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<td>Total</td>
<td>465,145</td>
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<td>548,757</td>
<td>593,397</td>
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<td>349,364</td>
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</table>

Advocacy Report...

(Continued from page 4)

and containing a number of references to Bike & Pedestrian infrastructure was being discussed on 12/5 and at a subsequent meeting.

Here’s a link to the draft of the proposed new chapter ----

https://www.hanovercounty.gov/DocumentCenter/View/2343

It’s really great after all these years of inaction to see some progress in this area in both of these counties, as we’ve already seen in Richmond & Chesterfield. Thanks to SportsBackers for their efforts in organizing the local groups in these jurisdictions. Now let’s see if we can keep this positive momentum going!
RABA APPAREL

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

Some popular sizes will be kept in stock but anyone interested in this gear is encouraged to order directly from the web when the store reopens. Keep an eye on your mailbox for notices.

Contact Keith at keithvaninwegen@gmail.com if you have any questions.

Shops and Businesses Offering RABA Member Discounts

- Pedal Power Bicycles, Broad St./Staples Mill Rd (former Rowletts location), 10% discount on parts and accessories with proof of membership.
- Conte’s of Richmond, 4300 Pouncey Tract, Ste H, Glen Allen, VA 23060 10% discount.
- Molly’s Bicycle Shop, 4515 W. Hundred Rd, Chester, VA 23831, 10 percent discount on parts and accessories, 5 percent discount on bikes other than Felt.
- Bikes4UShop, 11000 Three Chopt Road, Suite E, Richmond, VA 23233, 804-447-4460, 20% off any item, sale or retail price.
- Outdoor Adventure Store, 318 N. Main St. Farmville 23901. 434-315-5736. 10% discount.
- Deb Young, Road Tested Bike Tours LLC, Richmond, VA. Also at www.Facebook.com/RoadTestedBikeTours – 10% discount.
- Sweet Spot Cycling is offering RABA members 10% off indoor training classes (drop-in rate and class packages) using the following discount code: RABA2017

Note: If anyone knows of any other bike shops that offer RABA members a discount, please contact Wes Surina at wessurina@gmail.com. Get a membership “card” by following the steps here.

Become a RABA Ride Leader!

For more information or to schedule a ride, contact:

Ride Director (Weekly Road Rides):
Konrad Orta, konrad.orta@gmail.com 804-386-7120

Ride Director (Monthly Road Rides):
John Johnson, mksm1@msn.com 804-814-1066

The deadline for getting February, 2018 rides listed in The Pedaler is January 15

CLASSEEDS NOW EXCLUSIVELY at www.raba.org

Classified ads on the web site are free for RABA members or for paying non-members. Members may have no more than two bicycles for sale on this site at any one time. Ads will run for 90 days unless informed that the items have been sold. The date submitted will be displayed on each. If you want your ad to continue running, you must notify the Editor prior to the expiration. The web site’s Classified page is here.

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
January, 2018

Table of Contents
January, 2018 Monthly Rides

Ride Director (Monthly Road Rides): John Johnson, 804-814-1066, mksm1@msn.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 times listed are departure times. Check RABA E-mail distribution lists and web site for latest updates

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</tr>
<tr>
<td>2</td>
<td>Some/Steep</td>
</tr>
<tr>
<td>3</td>
<td>Moderate</td>
</tr>
<tr>
<td>4</td>
<td>Some/Mild</td>
</tr>
<tr>
<td>5</td>
<td>Few/Gentle</td>
</tr>
<tr>
<td>MB</td>
<td>Mountain bike/off road</td>
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<table>
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<th>Road Ride Pace Key</th>
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<tr>
<td>B+</td>
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<tr>
<td>B</td>
</tr>
<tr>
<td>C</td>
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<td>D</td>
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Note: www.raba.org and here for the complete Pace Key Tables

January 1 (Monday) New Years Day Doughnut Run

**Pace**  **Time**  **Miles**  **Terrain**  **Stops**  **Leader**
C  7:30 am  27  4  Several Wes Surina, 687-3117, wessurina@gmail.com

Description and Directions: Come join me on New Years Day for an early morning ride. This is a casual ride to enjoy being on the bike, being with friends, and...aww, who am I kidding. It's about the DOUGHNUTS and riding "hole"-istically! The ride starts and ends at Laurel Park Shopping Center (Hungary and Woodman).

Ride Information HERE.

January 18 (Thursday) Downtown Happy Hour Ride

**Pace**  **Time**  **Miles**  **Terrain**  **Stops**  **Leader**
B/C  6 pm  20  3  None  Michael Todd, 908.419.7322, mtodd@richmond.edu

Directions: Start Location: 600 East Main Street (Main Street Center Courtyard).

Ride Information HERE.
Ride Director (Weekly Road Rides): Konrad Orta, 804-386-7120, konrad.orta@gmail.com
New Riders: Please call the ride leader ahead of ride time to be sure that the ride will be at your pace and skill level.

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

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**Sunday**

**Sunday Casual Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stop</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>11:30 am</td>
<td>22-26</td>
<td>5</td>
<td>1</td>
<td>Grey Nugent</td>
</tr>
<tr>
<td>D</td>
<td>11:30 am</td>
<td>22</td>
<td>5</td>
<td>1</td>
<td>Wes Surina, (804) 234-4030, <a href="mailto:wessurina@gmail.com">wessurina@gmail.com</a></td>
</tr>
</tbody>
</table>

**Directions:** Start at Four Mile Creek parking area on Rt. 5. (across from the Dairy Queen at I295 and Rt.5). Ride eastward 11 miles along the Capital Trail to the flashing light at Route 5/ Roxbury Rd. Then return back along the same route. This is a great ride for new riders wanting to ride with a group. All paces are welcome.

**Ride Information HERE.**

**Sunday Portabella Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 pm</td>
<td>19-52</td>
<td></td>
<td>Various</td>
<td>Coordinator: Ken Robertson, <a href="mailto:robertson12001@gmail.com">robertson12001@gmail.com</a></td>
</tr>
</tbody>
</table>

**Leaders:**
January 7 Ken Robertson, robertson12001@gmail.com
January 14 John Loughran, kjloughran@aol.com
January 21 David McMillan, mcmillanmail@comcast.net
January 28 John Senn, john.senn@comcast.net

**Directions:** Portabella Ristorante is located at 2627 New Market Road (Route 5 and Strath Road), Henrico, VA 23231. Park in the lot behind the building.

**Ride Information HERE.**

**Powhatan Courthouse**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>1 pm</td>
<td>30 to 45</td>
<td>3 to 4</td>
<td>see below</td>
<td>Barry and Martha Pullen, 561-3950</td>
</tr>
<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 and Directions:** Meet at the Powhatan County Courthouse on Route 13.

**Ride Information HERE.**

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**Monday**

**Mondays with Mary**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>10 am</td>
<td>30-40</td>
<td>Some</td>
<td></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.

**Ride Information HERE.**

**Monday Ashland Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B/C</td>
<td>Varies</td>
<td>Varies</td>
<td></td>
<td>Varies</td>
<td>Trevor Calame, <a href="mailto:trvr.calame@verizon.net">trvr.calame@verizon.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Steve Bolte, <a href="mailto:sebolte@yahoo.com">sebolte@yahoo.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. Distances and routes will be determined by the riders.

Start time varies. Check your email.

**Ride Information HERE.**

(Continued on page 13)
January, 2018 Weekly Rides

(Continued from page 12)

Tuesday

**Tuesdays at Rockville**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>9 am</td>
<td>33 to 62</td>
<td>3</td>
<td>One</td>
<td>Dee Nuckols, 804-749-3400, <a href="mailto:sdnuckols@yahoo.com">sdnuckols@yahoo.com</a></td>
</tr>
</tbody>
</table>

**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.

[Ride Information HERE.](#)

Wednesday

**Retiree’s Midweek Ride and Lunch**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
</table>
| B & C | 10 am | 25 to 40 | Varies | Varies | Barry Pullen, 561-3950  
Brian McCahill, 389-6067  
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 E-mail lists. If you are not on the list, please call Bud Vye, 262-9544 or Barry Pullen, 561-3950.

[Ride Information HERE.](#)

**Stratford Hills Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Various</td>
<td>2 pm</td>
<td>18-32</td>
<td>2</td>
<td>None</td>
<td>Dave McMillan, <a href="mailto:mcmillanmail@comcast.net">mcmillanmail@comcast.net</a></td>
</tr>
</tbody>
</table>

**Description:** This ride begins at the Stratford Hills Shopping Center, located at the corner of Forest Hill Avenue and Hathaway. The route follows Bicycle Route 1 west along Riverside Drive, Cherokee, and Old Gun to Robius Road, a distance of nine miles. Make a U-turn and retrace the route for an 18 mile ride or follow the cues for an 14 mile loop through Salisbury and back to Old Gun for the return and a 32 mile ride. Download the cue sheet here at [http://www.raba.org/map/Stratford-Hills-to-Salisbury-32.pdf](http://www.raba.org/map/Stratford-Hills-to-Salisbury-32.pdf)

[Ride Information HERE.](#)

Thursday

**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>A/B+</td>
<td>10 am</td>
<td>varies</td>
<td>3</td>
<td>Varies</td>
<td>Bob Gore, 804 370-9906, <a href="mailto:gogerm0715@gmail.com">gogerm0715@gmail.com</a></td>
</tr>
</tbody>
</table>

**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.

[Ride Information HERE.](#)

Friday

**Charlie Thomas Memorial Ride (Charlie’s Hylas Ride)**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leaders</th>
</tr>
</thead>
</table>
| B    | 10 am | 25-33 | 2/3     | 1     | Dave Miller, dialdave@aol.com  
Trevor Calame, trvr.calame@verizon.net |

**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.

[Ride Information HERE.](#)

**Fridays Aw Shucks 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/B++</td>
<td>10 am</td>
<td>35-40</td>
<td>3</td>
<td>Some</td>
<td>Ray Reed, 804- 441-4923, <a href="mailto:r.reed02@gmail.com">r.reed02@gmail.com</a></td>
</tr>
</tbody>
</table>

(Continued on page 14)
January, 2018 Weekly Rides

(Continued from page 13)

**Description and Directions:** The ride will start and end at the Aw Shucks Country Store, 6100 Pouncey Tract Rd., Hylas, VA. Please park to the right of the store beside the propane tank. The ride will vary each week. Maps and cue sheets will be available for those wishing to ride at their own pace.

Ride Information HERE.

**Saturday**

**The Ashland Breakfast Club (ABC)**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>9 am-</td>
<td>20-50+</td>
<td>Some</td>
<td></td>
<td>Konrad Orta, 804-386-7120, <a href="mailto:konrad.orta@gmail.com">konrad.orta@gmail.com</a></td>
</tr>
</tbody>
</table>

**Directions:** This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads, which is at the next traffic light north of the intersection of Parham and Woodman Roads.

Ride Information HERE.

**Centerville Saturday Ride—Food Lion**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>10 am</td>
<td>35-45</td>
<td>Some</td>
<td></td>
<td>Robert Mullins, 338-2782, <a href="mailto:rsm.mullins@gmail.com">rsm.mullins@gmail.com</a></td>
</tr>
</tbody>
</table>

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

Ride Information HERE.

**Molly’s Beginner Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>3 pm</td>
<td>Varies</td>
<td>None</td>
<td></td>
<td>Amy Ballard, 214-957-2898, <a href="mailto:Amy@mollysbicycleshop.com">Amy@mollysbicycleshop.com</a></td>
</tr>
</tbody>
</table>

**Directions:** The ride starts at The Bucket Trade, 13131 Rivers Bend Blvd, Chester, VA 23836

Ride Information HERE.
The Ride and Event Calendar later in the Pedaler Plus contains an abbreviated version of the following table. It only includes the information in the first three columns.

The additional information shown in the rest of the table will help you choose the type of ride you would enjoy!

### 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.