2018 Harvey Award Winner—Eric Martin

Knowledge is power. Sharing and passing it along is important and deserving of special recognition. The 2018 Harvey Award winner exemplifies that.

Eric Martin has been a member of, and has then headed, RABA’s Safety Committee since 2012. He has worked with both RABA and non-RABA cyclists, showing them how to ride safely and effectively. All cyclists have been able to enroll in “Smart Cycling” classes, led by him and other League of American Bicyclists certified instructors several times a year. RABA members have had the additional benefits of his safety tips in the Pedaler and on the club’s web site, his presentations at club meetings, and his ride leadership, often aimed at newer riders, helping them get started the right way. With an eye to the future of RABA, he has developed a ride leader training course and was instrumental in this year’s membership survey, attempting to determine what the club’s direction is to be.

Eric Martin is the highly deserving 2018 recipient of RABA’s highest honor, the Ed Harvey Award.

Let’s Make 2019 a Big Year for Volunteering!

Well, another year is done, and a new season of riding is coming. This year I will continue my rants on getting people to volunteer. We have plenty of committees and events that need people to help make the events you love happen. These committees and events vary in their needs, and most of them require only a small time commitment.

Volunteering to help with a committee or to help organize one

(Continued on page 4)

Mileage Leaders for 2018 Awards Social & By-Laws Change Approval Meeting

When: Wednesday, January 30, 6 PM to 8 PM
What: It’s time to celebrate those club members who have ridden 1000 miles or more as tabulated in Bike Journal. We will also recognize the top male and female club rider!

(Continued on page 15)

January Club Program

**Rescheduled from December 10, 2018**

When: Monday, January 14, 6 PM
What: Exercise as Prevention
Who: Erik Lineberry, PT, DPT, InMotion Physical Therapy
Where: InMotion Physical Therapy, 5711 S. Laburnum

(Continued on page 15)
Congratulations to the 2019 Board of Directors

At the December Annual Meeting the following members were elected to serve on the club’s Board of Directors for 2019. Congratulations and thanks for offering to serve.

President – Wes Surina*
VP and Programs – Kim Moore
Treasurer – Cindy Evans
Secretary – Deanna Weiler
Monthly Ride Director – Konrad Orta
Weekly Ride Director – Josh Silverman
Advocacy – Bud Vye
Century – Gregg Hillmar
Communications – Richard Halle
Membership – Kristin Swanson
Public Relations – Ed Hellerman

Paul Silverstein on his electric Trike– a Terratrike Rambler EVO

2019 Board of Directors

President: Wes Surina, wesssurina@gmail.com 804-687-3117
Vice President: Kim Moore luve2cycle@yahoo.com 804-358-0935
Treasurer: Cindy Evans, cnevans@comcast.net 804-789-0511
Secretary: Deanna Weiler, dfiuchanana@gmail.com 804-334-6860

Ride Director (Weekly Road Rides): Josh Silverman, jds17@yahoo.com 804-307-3338
Ride Director (Monthly Road Rides): Konrad Orta, konrad.orta@gmail.com 804-386-7120
Public Relations Director: Ed Hellermann, ed.hellermann@gmail.com 804-550-9391

Membership Communications Director: Richard Halle, rrichhalle@verizon.net 804-744-1760
Bicycling Advocacy Director: Bud Vye bdvye@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: Wes Surina, wesssurina@gmail.com 804-687-3117

Committee Chairs

Web Administrator: Richard Halle rrichhalle@verizon.net 804-744-1760
E-Mail List Moderator: Kim Moore luve2cycle@yahoo.com 804-358-0935
Safety: Eric Martin martin4bike@gmail.com 804-402-3471
RABA/BikeJournal Administrator: Ted Zeh, zeh@cox.net 804-337-6172
New Rider Recruitment & Retention: Chuck Jajesnica, cervelo55@verizon.net 804-543-8967
RABA Grants Committee Chair: Steve Bolte, sebolte@yahoo.com 804-690-0208
RABA Apparel Chair-Keith VanInwegen, keithvaninwegen@gmail.com 804-339-2820

Yearly RABA Membership Dues:
- Youth (under 15 years of age), $10
- Students (under 25 years of age), $20
- Individuals (25 + years of age), $25
- Families (1 + adult and all dependents under 18), $40

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.

Table of Contents

Club News .................................................................1, 2, 4, 15
Heard and Seen Around the Club ........................................ 3
Friendship Led to Partnership ........................................... 4
Proposed RABA By-Laws Changes ................................... 5
Trevor Calame Awarded the President’s Service Award ........ 5
More Bikes for Kids Assembly Pictures ............................ 6
RABA Bikes for Kids Pickup & Distribution ...................... 7
RABA Volunteer Appreciation Party ......................... 8
BikeJournal Report ............................................... 9
Heart of Virginia Bike Festival Sponsors ......................... 10
Classifieds and Info .................................................. 11
January, 2019 Monthly Rides ....................................... 12
January, 2019 Weekly Rides ....................................... 13
RABA Standard Road Ride Paces ................................ 16
Ride Calendar .................................................... On RABA Web Site

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).

January, 2019
Heard and Seen

Around the Club

by Bud Vye

December turned out to be not much of a month for riding, with what appeared to be more cancellations than rides actually ridden. Fairly typical were the Wednesday Retirees rides, with three cancellations out of four days due to the snow storm and persistent cold weather. Since Dave Strickland left the area, I’m hard pressed to think of any really hard core cold weather riders in his class that we still have in the club.

We did have an excellent Holiday Social & Annual Meeting on 12/3. As usual, an outstanding assortment of covered dishes brought in by the members, so no one left hungry. The by-laws changes were discussed and will be voted on in January (See here). The slate of officers for 2019 was unanimously passed. The only hitch there was that President Wes Surina, after writing his farewell column in last month’s Pedaler, is continuing in his post, as the Nominating Committee was unable to come up with a nominee to be his successor in time for the election, so he has agreed to continue until they do. Then came the President’s Service Award which Wes presented to Trevor Calame, followed by the Harvey Award (the club’s highest honor) for which Richard Halle called up all the previous winners to witness his presentation to Eric Martin.

This business properly concluded, Wes & Kim Moore conducted the gift exchange which went pretty quickly as they called two numbers at a time. As normally happens, the first several rounds went without any stealing until enough gifts had been opened to put some attractive ones out in view. After the first theft broke the ice, we had plenty of it, with two pieces of welded wire sculpture in the form of bicycles being very popular along with all of the bottles of wine which changed owners a number of times until they were “frozen”.

Fortunately, Alan Cooper was present with his trusty camera so you can see his record of the event at https://www.flickr.com/photos/alanheopper/sets/72157674175182477

Haven’t seen him in person yet, but know that Dave Elliott got back from his two month tour in South Sudan (I think that makes ten of them he’s done now) with Doctors Without Borders, soon after our Holiday Social. Looking forward to getting his report of how things went.

As he did with an electric bike, Paul Silverstein is again the first one in the club, this time with a Terra Trike E-recumbent so he can now look any dogs that may chase him right in the eye, down at their level. See the picture here.

Heather Barrar, who some of you may have run into at the Chesterfield county Planning Dept., is moving from that post to the Friends of the Lower Appomattox River (FOLAR) where she will be Regional Trails Program Director. FOLAR has just received two substantial grants from Foundations (and is raising additional matching funds) so that Heather will be involved with work that is progressing on park and trail development along the river in Petersburg & Colonial Heights.

Max Hepp-Buchanan, another one you may have run into as he has done work on Bike & Pedestrian projects at Sports Backers that many of us have been involved with, is moving over to Venture Richmond, where he will carry the title of Director of Riverfront & Downtown Placemaking (a term I’m not familiar with). Sounds like he might be a speaker for us at a future meeting, particularly if Stone Brewing ever gets moving on their plans to build their Bistro in, or on the site of, the old Intermediate Terminal. Maybe we could get RABA member Julienne Sarver of the Stone Brewing staff to update us on their plans for the Bistro at the same meeting. Best wishes to both Heather and Max as they take their new posts!

Another long running project in a historic building coming to conclusion as the Ashland Theatre reopened on December 26 with a showing of the first run film “Mary Poppins Returns”. The revival of the theatre will be a welcome addition to downtown Ashland, and will offer some musical performances in addition to movies (which may not thrill the owners of Ashland Coffee) but I cant help but wonder where its patrons are going to park now that the 70 year old venue is back in action.

Another Ashland project about to get underway will provide the town with a new Town Hall on the lot across the street from the present one where the Farmers Market has been operating on Saturdays. It will be a two story, 17,000 sq. ft. building to replace the current one which is severely overcrowded and doesn’t house all of the Town staff.

It’s been quiet in the Scooter sector for a while as Bird and Lime await Richmond City Council’s rules as to how they will operate in this city. Looking like they have learned a lesson from here, both firms have played by the city’s rules as they have started up in Charlottesville, so their launch has been without the controversy they had here and in Norfolk and Charleston, SC where they launched by dropping the scooters on the town’s sidewalks in the middle of the night, only to have them scooped up and impounded shortly thereafter.

There have been notices from Lime that some of their scooters have broken in half, and some have had fires around their batteries, necessitating recalls, which has not been helpful publicity for that firm. These problems have caused word to come out that most of such scooters worldwide are made at one Chinese company in Beijing called Ninebot, which also makes Segways and Hoverboards. Let’s see what happens when Bird gets their scooters back from impoundment and are back on our streets along with those from Lime and perhaps some other competitors. Scooters also should be a hot topic at the upcoming state legislative session, since they are presently banned from the sidewalks in some jurisdictions, forcing them to be on the streets where they are not really wanted.

And those of you who frequent Shockoe Bottom in the day time may have noticed that Glenn Amey, who ran the Shift bike shop at 113 N. 18th St. has closed it and moved next door to 115 N. 18th where he has changed the name to Journeyman’s Adventure in space that previously housed two bars. With a bear on a bike in the front window, and a counter that looks like a Park Ranger Station, he has changed the focus of the shop from commuters, families, and tandem riders to gear for long distance and adventure riders and back packers. We wish him luck and let’s see how he does with that concept.
Friendship Led to Partnership
By Bob Argabright

When Charlie Thomas and I decided to begin collecting gently used bikes we were two friends that wanted to see each child in the Oak Grove-Bellemeade community have the opportunity to become an active bike owner and rider. At that time I was on the Board of GroundworkRVA and Charlie was an active member and past President of RABA.

GroundworkRVA is a 501 (c)3 organization and one of 26 GroundworkUSA Trusts. We work with innercity youth and focus on environmental and green initiatives. This partnership has evolved over the past seven years.

Charlie and I began to collect, repair and distribute bikes to the children and adults in the community. Charlie also encouraged me to apply for a RABA grant for new bikes and RABA was kind enough to award 20 new bikes to our children.

We continued to collect, repair and distribute bikes, and by the end of 2016 we had put 600 bikes in the community. Charlie and I began to discuss opening a bike repair shop to teach the children the joy of fixing their bikes. As Charlie and I were unloading bikes in our storage facility, I noticed a change in Charlie’s behavior and was very concerned because I had witnessed this confused behavior in my son in law who suffered from a glioblastoma. I called Harriet to discuss my observation. Sadly, as we know, this was Charlie’s issue as well.

After the diagnosis my time line to complete the repair shop shortened. I took Charlie to the building site so he could see the progress we were making and took a picture of him with the Bike sign. GroundworkRVA was awarded a $1500.00 grant from RABA that made it possible to have a beginning inventory of tools and parts for the shop. The Shop was dedicated in April 2018. Since the opening GroundworkRVA has awarded 165 bikes to our children when they have participated in a neighborhood cleanup. The children can also access our spare parts by bringing a trash bag filled with recycled materials.

RABA awarded GroundworkRVA a $1500.00 grant to provide a match with GWRVA to purchase a trailer that is utilized to pick up bikes from donors and to transport Bike Club and community families to the Cap Trail.

GWRVA has also provided bikes to adults who use them for transportation to work.

A recreational bike club has been established and RAM Bikes has come aboard as an active partner.

Over the past two years RABA has provided 100 bikes that have been utilized as incentives at the Oak Grove-Bellemeade Elementary School and the Saturday Literacy Academy.

This is a wonderful partnership that was developed as a result of two friends who wanted to provide an opportunity for our innercity children. With this continued partnership, we will change the future of this community and RABA will become a more diverse organization.

THANK YOU RABA and MERRY CHRISTMAS!!!

President’s Message...

(Continued from page 1)

of our annual events, such as the picnic are an excellent opportunity to give back to the club. It also give you the opportunity to learn more about how things are done behind the scenes. This year I hope to inspire more people to invest a small amount of time to improve the club. I will always be begging for ride leaders. However, there is more to RABA than rides.

If you have an idea of how to improve something that RABA does or does not do, act on it. Come to a Board meeting, sit on a committee or chair the committee. If we need to start a committee to fix an issue we can. This club is about cycling, but more importantly, it is about creating an enjoyable and safe cycling community in the Richmond area. We have an amazingly strong volunteer base in RABA. Many of our members help to keep the rides and events that RABA has going strong.

Let’s get more miles and more fun out of 2019.

-Wes Surina
Proposed RABA By-Laws Changes
By Gregg Hillmar

In 2017, then-president Andrew Mann appointed a committee made up of Gregg Hillmar, Paul Johnson, and Wes Surina to look into the wording of several articles in the by-laws of RABA. The committee’s recommendations were approved by the Board at the November 2018 Board meeting. Any change to the by-laws requires approval by the membership. The voting for this change will occur at the January 2019 members meeting and social gathering for the mileage award certificates. This meeting will occur at the Urban Farm House in Rocketts Landing, 4821 Old Main Street, Richmond 23231 on January 30th 2019 at 6 pm. We will hold the vote early in the meeting so those only wishing to vote can leave after the vote.

Details of the change to be voted on:

1: Article VII, Section 4;
Section 4. The Board of Directors shall be elected at the Annual Meeting. Each position shall be voted on individually in serial order as follows. The presiding officer shall call the position. A representative of the nominating committee shall announce the name(s) of the individual(s) nominated for that position. Additional nominations shall be called for from the floor. Upon motion and second to close the nominations, a vote for the position shall be held. Such vote shall be by secret ballot if more than one individual has been placed in nomination. If only one name is placed in nomination, the presiding officer may dispense with the secret ballot. Votes shall be counted separately in the presence of the attending members by at least three (3) members appointed by the president. Once a winner is declared, the presiding officer will move to the next position. Positions will be called in the following order: President, Vice President, Secretary, Treasurer, Advocacy Director, Monthly Ride Director, Weekly Ride Director, Off-Road Ride Director, Member Communications Director, Membership Director, Public Relations Director, and Century Director. The immediate past president of the Association shall serve ex-officio as a voting member of the Board.

Change Proposed:
Strike "Off-Road Ride Director" and replace it with Director At Large.

2: Article VIII, Section 3;
Section 3. COMPOSITION OF THE BOARD OF DIRECTORS:
At the Annual Meeting the members shall elect twelve (12) of the (13) members of the Board of Directors: President, Vice President, Secretary, Treasurer, Advocacy Director, Monthly Ride Director, Weekly Ride Director, Off-Road Ride Director, Member Communications Director, Membership Director; Public Relations Director, and Century Director. The immediate past president of the RABA has not elected an Off-Road Ride leader in many years, as there are other organizations that serve that population of riders. Therefore, the position should be eliminated. The Director At Large position is listed as a Board position in Article VIII, Section 16, but is not mentioned in the other locations cited above and therefore has not been nominated or elected in recent years. These changes would clarify the board positions and duties.

Change Proposed:
Strike "Off-Road Ride Director" and replace it with Director At Large.

3: Article VIII, Section 10.
Section 10. DUTIES OF RIDE DIRECTORS: The Monthly, Weekly, and Off-Road Ride directors shall organize all rides. A ride director or designated representative shall be present at all rides and provide a RABA ride sign-in sheet including a waiver of liability. The ride directors or representatives shall coordinate all organized rides. The ride directors may organize a rides planning committee.

Change Proposed:
Strike "and Off-Road Ride" and insert "and" between Monthly and Weekly”.

Rationale; RABA has not elected an Off-Road Ride leader for many years, as there are other organizations that serve that population of riders. Therefore, the position should be eliminated. The Director At Large position is listed as a Board position in Article VIII, Section 16, but is not mentioned in the other locations cited above and therefore has not been nominated or elected in recent years. These changes would clarify the board positions and duties.

Trevor Calame Awarded the President's Service Award
By Wes Surina

Every year the sitting President of the club has the honor of presenting an award to one member of the club. The weather last year was not friendly for cycling. The Spring was very cold and we had the 2nd wettest year in history. As I watched rides coming and going on the email server, I saw many people working hard to provide rides for our members.

One person stood out to me. Trevor did more than lead a large number of rides. Trevor made sure a person was there to lead a ride when he could not be there. Taking the time to find a replacement leader, and to post the ride goes beyond what is normally expected from a ride leader.

Many of us know Trevor as one of the most upbeat and friendly people in RABA. He gives back to his fellow cyclists, and to RABA by volunteering his time to lead and coordinate rides. Trevor always has a smile and a laugh ready for his fellow riders. He is also quick to give credit to others instead of himself. Please join me in thanking Trevor Calame for his work and his service to RABA.
More RABA Bikes for Kids Assembly
November 3, 2018

Photos by Kim Moore
RABA Bikes for Kids Pickup & Distribution
December 1, 2018

Photos by Gary Thabet
RABA Holiday Party and Gift Exchange
December 3, 2018

Photos by Alan Cooper
Bikejournal Report

By Ted Zeh

As of December 18, 2018, RABA riders logged 426,734 miles year-to-date on Bikejournal for second place among Bikejournal clubs.

<table>
<thead>
<tr>
<th>Rank</th>
<th>Club Name</th>
<th>Miles Logged</th>
<th>City, State</th>
<th>Bikejournal ID</th>
<th>Total Miles Logged</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sumter Landing Bicycle Club</td>
<td>175 / 323</td>
<td>The Villages, FL</td>
<td>517,677 (+90,943)</td>
<td>2,958</td>
</tr>
<tr>
<td>2</td>
<td>Richmond Area Bicycling Associ...</td>
<td>194 / 200</td>
<td>Richmond, VA</td>
<td>426,734</td>
<td>2,200</td>
</tr>
<tr>
<td>3</td>
<td>Sacramento Bike Hikers</td>
<td>79 / 125</td>
<td>Sacramento, CA</td>
<td>231,763 (-194,971)</td>
<td>2,934</td>
</tr>
<tr>
<td>4</td>
<td>Phoenix Metro Bicycle Club</td>
<td>26 / 96</td>
<td>Tempe, AZ</td>
<td>133,763 (-292,971)</td>
<td>5,145</td>
</tr>
<tr>
<td>5</td>
<td>'BentRider Recumbent Club</td>
<td>61 / 730</td>
<td>International</td>
<td>117,847 (-308,887)</td>
<td>1,932</td>
</tr>
</tbody>
</table>

### 2018 RABA Leader Board

#### as of December 18, 2018

1. Steve Rosen 11,798
2. Paula Dahl 10,221
3. Karl Schmitz 7,525
4. Ray Reed 7,249
5. Lucille O'Neil 7,035
6. Eric Weissbart 6,633
7. Harry Davis 6,469
8. Keith VanInwegen 6,263
9. Dick Hilliard 6,248
10. Jan Waldron 6,166

### Miles Logged by Month

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan</td>
<td>15,152</td>
<td>18,900</td>
<td>19,649</td>
<td>20,057</td>
<td>18,758</td>
<td>25,050</td>
<td>NA</td>
</tr>
<tr>
<td>Feb</td>
<td>36,603</td>
<td>33,774</td>
<td>26,698</td>
<td>14,243</td>
<td>19,769</td>
<td>18,880</td>
<td>28,469</td>
</tr>
<tr>
<td>Mar</td>
<td>16,171</td>
<td>30,943</td>
<td>45,213</td>
<td>25,051</td>
<td>31,143</td>
<td>23,178</td>
<td>21,728</td>
</tr>
<tr>
<td>Apr</td>
<td>38,223</td>
<td>42,862</td>
<td>42,138</td>
<td>44,062</td>
<td>46,492</td>
<td>22,369</td>
<td>32,731</td>
</tr>
<tr>
<td>May</td>
<td>49,315</td>
<td>47,599</td>
<td>49,246</td>
<td>61,610</td>
<td>57,267</td>
<td>68,947</td>
<td>35,789</td>
</tr>
<tr>
<td>Jun</td>
<td>47,344</td>
<td>50,375</td>
<td>59,572</td>
<td>60,484</td>
<td>68,270</td>
<td>50,094</td>
<td>33,173</td>
</tr>
<tr>
<td>Jul</td>
<td>48,899</td>
<td>55,303</td>
<td>61,788</td>
<td>62,904</td>
<td>72,553</td>
<td>71,426</td>
<td>36,485</td>
</tr>
<tr>
<td>Aug</td>
<td>70,312</td>
<td>54,377</td>
<td>57,786</td>
<td>62,316</td>
<td>71,537</td>
<td>62,728</td>
<td>35,841</td>
</tr>
<tr>
<td>Sep</td>
<td>27,573</td>
<td>50,209</td>
<td>50,908</td>
<td>48,132</td>
<td>63,198</td>
<td>54,165</td>
<td>31,628</td>
</tr>
<tr>
<td>Oct</td>
<td>37,603</td>
<td>51,344</td>
<td>53,565</td>
<td>50,051</td>
<td>45,503</td>
<td>39,154</td>
<td>24,585</td>
</tr>
<tr>
<td>Nov</td>
<td>31,639</td>
<td>29,459</td>
<td>43,561</td>
<td>44,648</td>
<td>43,080</td>
<td>39,198</td>
<td>26,102</td>
</tr>
<tr>
<td>Dec</td>
<td>48,064</td>
<td>55,632</td>
<td>52,199</td>
<td>55,827</td>
<td>54,169</td>
<td>42,833</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>418,824</td>
<td>513,209</td>
<td>565,756</td>
<td>545,757</td>
<td>593,397</td>
<td>529,358</td>
<td>349,364</td>
</tr>
</tbody>
</table>
Thanks to our Sponsors!
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, 12256 W Broad St, Henrico, VA 23233 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: RABA2018

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

Ride Director (Weekly Road Rides):
Josh Silverman, jds17@yahoo.com 804-307-3338

The deadline for getting February, 2019 rides listed in The Pedaler is January 15

CLASSIFIEDS 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, $97 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
January, 2019 Monthly Rides

Ride Director (Monthly 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.

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>

<table>
<thead>
<tr>
<th>Road Ride Pace Key</th>
<th>Terrain Key</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pace</strong></td>
<td><strong>Typical Average Riding Speed</strong></td>
</tr>
<tr>
<td>A+</td>
<td>20+ mph</td>
</tr>
<tr>
<td>A</td>
<td>18 up to 20 mph</td>
</tr>
<tr>
<td>B+</td>
<td>16 up to 18 mph</td>
</tr>
<tr>
<td>B</td>
<td>14 up to 16 mph</td>
</tr>
<tr>
<td>C</td>
<td>12 up to 14 mph</td>
</tr>
<tr>
<td>D</td>
<td>8 up to 12 mph</td>
</tr>
</tbody>
</table>

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

---

**January 1 (Tuesday)**

New Year’s Day Doughnut Run

<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>All</td>
<td>7:30 am</td>
<td>27 or 38</td>
<td></td>
<td>4</td>
<td>TBD</td>
</tr>
</tbody>
</table>

**Description:** Come and join me on New Year’s 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!

**Directions:** The ride starts and ends at Laurel Park Shopping Center (9530 Woodman Rd, Richmond, VA 23228).

**Cue Sheet and GPX:** I have made a new Cue Sheet and GPX so if you have ridden before you will need the new one.

38 mile - [https://ridewithgps.com/routes/27793463](https://ridewithgps.com/routes/27793463)
27 mile - [https://ridewithgps.com/routes/22715695](https://ridewithgps.com/routes/22715695)
23 mile - [https://ridewithgps.com/routes/23973984](https://ridewithgps.com/routes/23973984)

---

**January 17 (Thursday)**

Capital Trail Lunch 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>D+</td>
<td>10 am</td>
<td>40+/-</td>
<td>Many</td>
<td>4</td>
<td>Len Toledo, (434)996-6918, <a href="mailto:lenlintoledo@gmail.com">lenlintoledo@gmail.com</a></td>
</tr>
</tbody>
</table>

**Description:** Start at the Four Mile Creek parking lot, ride east to Charles City Courthouse, have a delicious lunch at Cul’s Courthouse Grill and return. It’s a no drop ride. At each crossing on the trail that’s controlled by a stop sign or light, we will stop and consolidate the group on the other side of the trail.

**Directions:** Start and end at Four Mile Creek parking area on Rt. 5. (across from the Dairy Queen at I295 and Rt.5).

---

**January 20 (Sunday)**

South Central Hanover Hub and Loop 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>11 am</td>
<td>35+/-</td>
<td>3</td>
<td>2</td>
<td>John Hibbits, 804-366-3160, <a href="mailto:jmhibbits@yahoo.com">jmhibbits@yahoo.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** I’m planning a ride that will start from the shopping center at the intersection of Atlee Station and Sliding Hill Roads. A mix of suburban and rural roads looping out and back from the shopping center. Chickahominy River bottom both ways, Bass Pro Shop, rural Mount Hermon Road (with the grinch on the bike, I hope), the new overpass, and Center of the Universe Brewery are some highlights. Enough hills to avert boredom. About 35 miles, adjustable, about 14 mph pace--at least that’s the goal.

Download cue sheet here: [http://raba.org/map/South_Central_Hanover_Hub_and_Hub.pdf](http://raba.org/map/South_Central_Hanover_Hub_and_Hub.pdf). I’ll supply some, too. The shopping center name may be imprecise, but the intersection is not. Park in the lot behind the dentist's office.
Ride Director (Weekly Road Rides): Josh Silverman, 804-307-3338, jds17@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.

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

Sunday Casual Lunch 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>D</td>
<td>9 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>Varies</td>
<td>1 pm</td>
<td>19-52</td>
<td>Various</td>
<td>4</td>
<td>TBD</td>
</tr>
</tbody>
</table>

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.

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 email 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>3</td>
<td>Varies</td>
<td>Trevor Calame, <a href="mailto:trvr.calame@verizon.net">trvr.calame@verizon.net</a>, 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.

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>10 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>

(Continued on page 14)
### January, 2019 Weekly Rides

(Continued from page 13)

**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>
<tbody>
<tr>
<td>B &amp; C</td>
<td>9:30 am</td>
<td>25-40</td>
<td>Varies</td>
<td>Varies</td>
<td>Barry Pullen, 561-3950</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Brian McCahill, 389-6067</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Bud Vye, 262-9544</td>
</tr>
</tbody>
</table>

**Description:** This ride meets at a different location each week for a ride of 25 to 40 miles, followed by lunch. All riders are invited. Each week’s location and start time 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

**Anything Goes Thursday**

<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>9 am**</td>
<td>varies</td>
<td>3</td>
<td>1</td>
<td>Ray Reed, <a href="mailto:r.reed02@gmail.com">r.reed02@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Karen Murphy, <a href="mailto:murphykaren5@yahoo.com">murphykaren5@yahoo.com</a></td>
</tr>
</tbody>
</table>

**Description:** This ride meets at a different location each week for a 35-40 mile scenic ride through different West End locations. All paces are welcome but may be self led. Each week's start location will be announced via RABA E-mail.

**Note:** The start time is usually 9am but may vary depending on the season. Please email the ride leader for the correct start time.

[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>
<tbody>
<tr>
<td>B</td>
<td>10 am</td>
<td>25-33</td>
<td>2/3</td>
<td>1</td>
<td>Dave Miller, <a href="mailto:dialdave@aol.com">dialdave@aol.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Trevor Calame, <a href="mailto:trvr.calame@verizon.net">trvr.calame@verizon.net</a></td>
</tr>
</tbody>
</table>

**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](#)

#### 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/Coordinator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>9 am- 20-50+</td>
<td>5</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,

(Continued on page 15)
January, 2019 Weekly Rides

Centerville Saturday Ride – Food Lion

Pace: A/B+
Time: 9 am**
Miles: 35-45
Terrain: 3
Stops: One
Leaders: Karen Murphy, murphykaren5@yahoo.com

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

**The start time is usually 9am but may vary depending on the season. Please email the ride leader for the correct start time.

Ride Information HERE.

Molly’s Beginner Ride

Pace: C
Time: 3 pm
Miles: Varies
Terrain: 3
Stops: None
Leader: Amy Ballard, 214-957-2898, Amy@mollysbicycleshop.com

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

Ride Information HERE.

January Club Meeting...

(Continued from page 1)

Ave, Richmond, VA 23231

Erik did a nice job back in October of presenting how a bike fitted properly to a rider helps a rider’s enjoyment and prevention of injuries. As an added bonus to that meeting, InMotion offered all attendees a special low rate of $35 for a full bike fit, for 30 days after the bike meeting’s date! Erik really enjoyed doing the presentation so he’s offered to do another one, this time on preventative exercise, postural modifications, and exercise outside of cycling to improve performance and health. If there is enough attendance, InMotion may provide refreshments too!

This program was originally scheduled for December 10, but had to be cancelled due to snow. Sign ups at that time have been removed from that list so that they would not be expected to attend on a different date. So, if you registered in December and would like to attend this time, please re-register, thank you!

Please register by Saturday, January 12, so that a headcount can be given to InMotion to help them prepare: https://www.viethconsulting.com/members/evr/reg_event.php?orgcode=RABA&evid=20193229

(Continued from page 1)

Mileage Leaders Awards Social...

(Continued from page 1)

Where: Urban Farmhouse Cafe @ Rocketts Landing, 4821 Old Main St.

**Free parking in the lot beside Urban Farmhouse**

Details: There will be some light refreshments and non-alcoholic drinks provided by the club; beer and wine are available for purchase from the bar. If you are one of those riders who has qualified and would like to attend, please register by Monday, January 28, so the headcount can be provided to the Café and awards prepared. Registration link: https://www.viethconsulting.com/members/evr/reg_event.php?orgcode=RABA&evid=20469401

If there is inclement weather or bad road driving conditions on January 30, the event will be rescheduled for a later date. Registered attendees will be notified by email and a general announcement made to the club when new details have been finalized.

Note: For those of you who live in the near West End (around the Willow Lawn Shopping Center area) and points east of there, the GRTC Pulse bus express line may be an option for you to get Rocketts Landing. The Pulse line has a stop within a short walking distance of the café. To learn more about GRTC Pulse express bus line, go to: http://ridegrtc.com/brt

Proposed ByLaws Changes: The proposed minor changes to the RABA bylaws that members attending will be asked to vote on are described 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 and slower riders may 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.