Cue Sheets and Maps

The club has a tremendous resource in its Cue Sheets & Map Files page on our website. The page has more than 125 listings, many of them rides with several options and even GPX files for the more technologically adept among us (I'm not in that group unfortunately). That represents a tremendous increase over the last few years, and I seldom go to a ride without having in hand a cue sheet printed from the website or from an attachment to a message from the ride leader.

So I was a little taken aback recently when I received a message from a rider who had a general complaint about a lack of cue sheets on the website. She ran into difficulty when a health issue caused her to lose contact with a group on a ride she's probably done at least a dozen times. She had a cue sheet that likely goes back at least a decade. She had always been with a group in which someone knew the way, so she just followed along. But when she was by herself, she discovered that the cue sheet was inaccurate.

She had reviewed the website by the time I got back to her and had calmed down a bit after noting the increase in the number of cue sheets. But she was still annoyed enough to note that many rides that we do routinely, such as some of the Retiree's rides and the rides out of Powhatan are not on the website. The cue sheets that are handed out at the rides are so old that they often have only state highway numbers when many of us know those roads only by the names that were assigned to them for 911 purposes. And at least a few of them are inaccurate or incomplete. Moreover, some of the newer routes, such as the rides out of Manchester from the former Savor and current Camden's Dogtown Market were not on the website until I recently sent a 40, 50 and 60 mile routes to

Bikes for Kids Fundraiser & Tour de France Social
July 23, 6 pm to 8 pm

It's back! The RABA Foundation, the 501-c-3 arm of RABA, will be hosting a social and silent auction at

Haxall Point by F.W. Sullivan’s,
Downtown Richmond,
1001 Haxall Point, Richmond, VA 23219.
Wednesday, July 23, 6 p.m. to 8 p.m.

The event is to raise awareness and funds for the annual Bikes for Kids charity effort. In keeping with the spirit of bicycling and the month of July, Tour de France Stage 17, Saint Gudens to Saint Lary Pla d’Adet, coverage will be shown at the restaurant's TV screens so that you may enjoy the company of friends AND watch all the action of the world's top cyclists! Haxall Point also offers two hour validated parking in a nearby garage, so this

Save the Date!
RABA Picnic
August 3 at Dorey Park

Watch the web site and your email box for more information!
Heart of Virginia Cycling Event, Sept 13
by Kim Moore

RABA’s annual club fundraising event will be held on Saturday, September 13, at the Hanover County Administration Complex, 7516 County Complex Rd, Hanover, VA 23069, http://www.heartofvabikefestival.org/. We will have multiple distance options of a family ride 10 miles, 34 miles, 64 miles and 101 miles, marked routes, well-stocked rest stops and catered food and drinks provided at the finish area. Registration has been open since mid-March, but we have had fewer people sign up at this point of the year than last year at this point. We hope that will change quickly! To register to ride, please go to: http://www.heartofvabikefestival.org/

If you can’t or don’t want to ride, we could use your help as a volunteer. We have many of the usual positions open, like SAG drivers, food servers, event day set up/clean up, registration and transport help. But we have added the need for rest stop volunteers as RABA will be manning at 2-3 rest stops on the routes this year! Anyone, club member or not, cyclists or not, is welcome even for a
(Continued on page 7)

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.

2014 Board of Directors
President: Alan Cooper, alanhcooper@yahoo.com 804-231-1997
Vice President: Gregg Hillmar, bike@hillmardesign.com 804-683-2503
Treasurer: Cindia Evans, cnevans@comcast.net 804-789-0511
Secretary: Julie Appleby, jiva47@hotmail.com 804-282-5123
Ride Director (Monthly Road Rides): Kim Moore, luvs2cycle@yahoo.com 804-358-0935
Ride Director (Weekly Road Rides): Jim Venning, jalisvenn@gmail.com 804-550-7250
Public Relations Director: Amy George, georgeae@gmail.com
Membership Communications Director: Richard Halle, rrichhalle@verizon.net 804-744-1760
Bicycling Advocacy Director: Bud Vye bdcycle@comcast.net 804-262-9544
Membership Director: Kristen Swanson, kswanson@comcast.net 804-399-7672
Century Chair: Keith Van Inwegen, keithvaninwegen@verizon.net 804-339-2820
Past President: Charlie Thomas, c.thomas55@verizon.net 804-747-3428

Committee Chairs
Web Administrator: Richard Halle rrichhalle@verizon.net 804-744-1760
E-Mail List Moderator: Kim Moore luvs2cycle@yahoo.com 804-358-0935
Safety: Eric Martin martin4bike@gmail.com 804-402-3471
RABA/BikeJournal Administrator: Ron Corio, rcorio@vcu.edu 804-643-6452
New Rider Recruitment & Retention: Chuck Jajesnica, cervelos55@verizon.net 804-543-8967
RABA Grants Committee Chair: Ron Corio, rcorio@vcu.edu 804-643-6452
RABA Apparel Chair– Bob Mitchell, rabaapparel@gmail.com 804-640-7029

Table of Contents
Club News .................................................. 1, 2, 7, 19
Heard and Seen Around the Club ........................................... 3
Bike the US for MS ............................................. 5
Bikejournal Report ................................................. 6
Classifieds and Info .................................................. 8
July, 2014 Monthly Rides ............................................... 9
July, 2014 Weekly Rides .................................................. 14
RABA Standard Road Ride Routes ....................................... 21
Ride Calendar ........................................... On RABA Web Site
Following up on last month’s column concerning our contingent that will head out to Iowa to ride RAGBRAI later this month, **Joan Putney** was kind enough to provide me with the entire roster. It includes her and her husband **John Bennett**, **Brian Schuyler** (assuming his rehab continues to go well), **Bruce Walton**, **Mary and Casey Faltermann**, **Dave McMillan**, **Dee Nuckols**, **Dick Hilliard**, **Gary Thabet**, **Jerry McGuinn**, **Katie Barta** (already in good shape, but regularly doing extra mileage on the Retirees Rides to train for this ride), **Deborah Lepiece**, **Russ Starke & Holly and Don Smith**.

My statement last month that Holly “would be doing RAGBRAI for about the 20th time” prompted her to do some digging in her scrapbooks and she came up with some photos of her as a skinny teenager in 1975 standing with some others by a banner reading “RAGBRAI III”. A little further digging and she corrected me by stating that, although it seems like more because she has had breaks of several years when she didn’t ride it, she has only done RAGBRAI 11 times, and is embarking on her 12th. I stand corrected, but still am impressed.

This year’s **State Senior Games** on May 14 – 17 were again down in Newport News, and I believe RABA was represented by only two riders, **Dave Bloor** and **Tom Doyle**. Dave took the Gold Medal in the 75 – 79 age group 5K Time Trial, while Tom had a longer story to tell regarding his performance in the 65 – 69 age group. Since this was a qualifying year for the every other year National Championships, there apparently was a very strong field in his age group, including a number of USCF senior racers. Since Tom was not able to go to the Nationals this year (in Indiana) he didn’t want to take the spot of someone who wanted to go. As such, while leading the 20K Road Race he pulled up just prior to the finish and let the next riders take the medals, which caused some discussion and consternation among the officials. Although he was not certain what place he was in as he approached the finish of the 5K Time Trial, he also pulled up for a time prior to finishing. As a result, the official standings will not show Tom as a Medal winner, but I have it from reliable sources that he could have been, as he has been every year since he turned 50 and became eligible for these competitions.

**Barry & Martha Pullen** are back from their “Bike & Barge” trip from Paris to Brugge, Belgium. From their report and photos, it sounds like a great trip — no hill climbing, lots of sight seeing, no having to move your gear from place to place as it stays aboard while the barge does the moving. Barry shared a few of their “wish you were here” photos with us at lunch after a recent Retirees ride.

As I reported last month, a number of us enjoyed the performance by **Rebecca Frazier** and her Hit & Run bluegrass group at Ashland Coffee on 5/15. Then, those of us who follow public radio closely got to hear another half hour, including an interview with her, on Tim Timberlake’s “In Your Ear” program on 6/14 as her career continues on its upward course.

**John Dawson** makes a couple of appearances on ABC and Retirees rides to get back in cycling shape (after some time of doing his list of adventures like rock climbing, hiking and other non-cycling activities) prior to Bike Virginia and promptly posts some photos from the beginning of that event on his Facebook page.

A different format for that event this year, as they stay at Pocahontas State Park for three nights, with rides from the Park to Lake Chesdin, Amelia Courthouse and the route of Lee’s Retreat, and Powhatan county. Then its down to the James City County Park at Rt. 5 & the Chickahominy River (via Hopewell, the Benjamin Harrison Bridge & Rt. 5) for two nights, with a ride across the ferry to Smithfield & beyond, and then back to Pocahontas State Park on the final day by a slightly different route than the trip down. Its been some years since I rode Bike Virginia, and I had forgotten how highly organized it was, so was happy to have it come to this area and to be invited to help out on Registration Day. Along with **Champe Burnley & Tom Doyle**, I helped with the Safety Briefings all of the 1700 riders were required to listen to, and I noticed **Gayle McMunn & Tara Crisiniati** helping out across the way with the Registration process. I’m sure there were other RABA members helping out also, but all of us were busy so I couldn’t note who they were, although I did notice a significant number of RABA types among the participants.

Another one who’s been away for awhile shows up for an ABC ride in the person of **Gary Faison**, looking none the worse for wear and indicating that he’s continuing to do a lot of golfing at the Hollows, which is taking him away from cycling.

**Past President Charlie Thomas** is on the Disabled List again, as the stress fractures in his ankle are taking a very long time to heal. Hang in there, Charlie, and we’ll see you back on the road with us eventually!

**Rickey Davis** also back in town for a short time between trips in Arkansas, Mississippi, and Ohio, reporting that his lifetime mileage is now over 359,000. In case you were wondering who that was with the tall pile of curly hair on his head, that’s Rickey, who is also extending his record of avoiding a trip to the barber shop. We’ll see how far he goes with that one!

On orders from his doctor to get his weight down, **Dick Pitini** has been adjusting his diet, and if he’s successful in trimming down, he may be another one we’ll have to do a double take on in order to recognize.

**Will Bagby** joins the rank of the retirees, as he wraps up his teaching career with the Chesterfield school system. Welcome to the club, Will! Now maybe we’ll see you on some mid-week rides.

And word comes up from Vero Beach that Past President **Hugh Aaron’s** bike club down there is growing, getting increasingly active, and receiving some good local press.

(Continued on page 4)
Heard and Seen...

(Continued from page 3)

And up from Emporia that Bobby Wrenn, the long time Chairman of the Peanut Ride that many of us know, is celebrating his 82nd birthday this month with plans to ride a Century on that date, and has invited anyone to join him that would like to. I'll post the exact date to the E-List when I get the details, but as for me I think I'll just wish Bobby “Good Luck” along with a “Happy Birthday” and await his report!

Some sad news to report as I learn of the recent passing of Wayne Davis’ mom. I know all of you join me in extending our sympathy and support to Wayne.

Saturday, 6/21 was a busy day for me as an excellent turnout of 14, including Jinx Lucas & Paul Walaskay, Trevor Calame, Rickey Davis, Richard Halle, Dave McMillan, Jim Kirchner, Don Eiler, Ellyn Sukonick, Julie Appleby, Carl Smith, Newton Todd, Roy Childrey, & Michael Testerman joined me to make short work (a new record of 1 hr. 10 minutes) of the 2.7 mile section of Bike Rt. 1 that the club has adopted. Even though we were missing one of our regulars in President Alan Cooper, who had a valid excuse with his daughter Amy's wedding being scheduled on the same day, the section was only lightly littered and we finished the job quickly. As is customary, we soon moved up to Ashland Coffee where the club treated us to Coffee and a bagel or muffin. As always, my heartfelt thanks to those who contribute their time and effort to help the club fulfill this public service commitment we have been doing for a number of years now!

Then, Dave McMillan rode his bike down (while I drove) to the 8 block section of Broad St. (east & west of the November Theatre) which had been closed to motor traffic from 10 a.m. to 2 p.m. to accommodate the activities and booths of the RVA Streets Alive! Festival organized by SportsBackers. There we joined our VP Gregg Hillmar & Sheryl Finucane who had set up and were staffing the RABA tent and who had set up a Skills Course with chalk & traffic cones in the closed side street behind the tent. Bike riders young and old came by the tent and were invited to join us on our future New Riders Rides and to demonstrate their proficiency at bike handling on the course. Both Mayor Dwight Jones and Squirrels mascot Nutzy stopped by for photo ops as the Festival had a decent turnout and went very smoothly. See some pictures here.

Whenever we have a table or booth at an affair like that I am reminded that we had a RABA banner at one time for just such occasions that enabled us to present a much more professional appearance. The last I remember seeing it was at our table at the Banff Film Festival at James River HS several years ago, but it seems to have disappeared without a trace. If anyone has a clue as to where that banner might be, please let me know and I'll try to track it down.

A couple of items on the Advocacy front to close on, as the 3.5 miles of the Cap Trail just west of the bridge across the Chickahominy are now being ridden on (although I don’t think the section is officially open yet), making about 13 miles of continuous trail rideable from the Jamestown end westward. Other segments of the Sherwood Forest section also appear to be completed, but no lengthy ones, as they continue to be interspersed with sections yet to be cleared, graded, or paved. Latest report I’ve heard on this section is that completion is now scheduled for December. Further west in the New Market Heights section clearing has begun, which is visible along the south side of Rt. 5, to the east of Long Bridge Rd. Completion of this section is now scheduled for the Fall of next year. Progress is definitely being made, but I remain dubious as I keep hearing “the entire trail will be complete by the 2015 Worlds”. I hope so, but will be pleasantly surprised if it happens that way!

While up in DC, the legislators are having difficulty deciding what to do about the Highway Trust Fund, which is projected to be running into the red in another month or two. This fund, which is the primary source of highway maintenance and new construction funds nationwide, comes from the 18.4 cents per gallon Federal Gas Tax, which is then doled out to the states according to a complicated formula that considers lane miles and number of drivers in that state. Problem has been that cars have increasingly been getting better mileage while the tax has held constant for a number of years. Since the last thing Congress wants to do is increase the tax, but everyone recognizes the need for road work, a number of creative alternative sources are being mentioned, none of which seem to be palatable. Expect to be hearing more about this over the next few months.

RABA APPAREL

Want to add to your RABA wardrobe? Well, here’s your chance! All of the jerseys and riding jackets are available in most sizes. The wind jackets are available in limited sizes. You can get the socks in SM/MED and LG/XL sizes.

Go to http://www.raba.org/rabaapparel.php for more information. Contact Bob at rabaapparel@gmail.com to confirm the size you want and how to go about purchasing it.
Bike the U.S. for MS
by Bud Vye

I got word that a group of 29 riders would be starting their cross country ride from Yorktown to Astoria, Oregon via the TransAmerica Trail on 6/1. They would be camping their first night at Willis Church, and were inviting me to see if any riders from RABA would like to join them on their second day as they rode up to Ashland on their way to the Mineral Fire House. Putting out the call to the club, Mark Hoerath responded that he would ride with me and Rick Schoepke said that he would bring us back to our cars from Ashland with his truck.

On the morning of the 2nd, the riders started from Willis Church when they were ready, between 7:30 & 8, without having had breakfast. All had the TransAmerica maps from Adventure Cycling to follow. Some had camped outside, a number inside the church on all the carpeted floors. Most of the riders were in their 20's; about even Male & Female; a handful appeared to be in their 50's, all Males. Their gear was carried by two supporting pick up trucks pulling trailers, with driver/bike mechanics who are with the firm who has planned the ride and made advance arrangements. The riders were carrying no load, and they were heading for the Mineral Fire House to spend tonight; then on to Charlottesville tomorrow night. All have agreed to raise contributions of at least $1 per mile for MS, and all I talked to were planning to ride all the way to Astoria, some then on to San Francisco.

Strengths varied from faster to slower about like a Retirees Ride. 38 miles to Ashland with almost no hills, about like the ABC Ride. Some moderate traffic on the Bike Rt. 76 route (156, 638, 656, & 657). We stopped at the 15 mile mark at the Cold Harbor Battlefield Visitors Center, where they had just marked the 150th anniversary of the battle over the

(Continued on page 6)
Bikejournal Notes
by Ron Corio

On June 15, 2014, 220 RABA riders logged 200,861 miles on Bikejournal. RABA continued to lead all Bikejournal clubs in miles logged. With 220 members, RABA is the largest Bikejournal club. The Phoenix Metro Bicycle Club, with only 49 Bikejournal members, is tops in Distance per Rider with 2410 miles vs. RABA’s 913.

Leader Board – June 15, 2014

1. Paula Dahl  4413  
2. Harry Davis  4365  
3. Bob Gore  4020  
4. Karl Schmitz  3882  
5. Dee Nuckols  3684  
6. Jim Lee  3458  
7. Dick Hiliard  2953  
8. sb10366  2647  
9. Jan Waldron  2846  
10. John Adams  2576

A nice ride on a beautiful day. I was pleased to note that the Bike Rt. 76 signage along this segment was 100% in place and I find myself wondering how the group is doing as they grind out their 80 miles a day on their way to the west coast, which they expect to reach in early August.

Rick Schoepke, who had ridden a Century for MS on the Eastern Shore over the weekend and didn’t feel like riding today, met Mark and me in Ashland, had lunch with us and the riders, and brought us our bikes back to Willis Church, where we had a nice visit and tour with Pastor Mark Rooks (also a RABA member and rider we often see on ABC rides).

A nice ride on a beautiful day. I was pleased to note that the Bike Rt. 76 signage along this segment was 100% in place and I find myself wondering how the group is doing as they grind out their 80 miles a day on their way to the west coast, which they expect to reach in early August.
Chesterfield County Parks and Recreation Master Plan and gather OUR input on the new Bikeways and Trails Plan. If you have not been able to get to any of the community open houses - or even if you have - please make an effort to attend this gathering!

We’ll meet on July 16th at 6pm (come later if you need to, but please come), at the Bon Air Library, Room A. The Library is at 9103 Rattlesnake Road, North Chesterfield, VA 23235.

Also mark your calendars for the August Member meeting, which is our annual picnic. We will ride, then eat at Dorey Park on Sunday August 3rd. More details forthcoming!

Soapbox...

Richard Halle, our website editor. I didn’t develop them. I just picked them up from an attachment on a notice for the rides.

So I have a request. If you are adept at creating cue sheets and a regular ride is not on the website, use your Garmin map, GPX file or some of the more sophisticated map development tools to generate a cue sheet that includes both route numbers and street names. Send the PDF file to Richard at rrichhalle@verizon.net. And if you have gone to the trouble of developing a cue sheet for a new ride, go a step beyond attaching it to the notice of a ride or printing out the sheet for distribution at a ride. Send it to Richard so that it is available to the entire club. And make it easy, maybe I should say easier, on Richard by including a brief description of the ride.

- Alan Cooper

Heart of Virginia 2014...

Every year RABA raises money to purchase bicycles to donate to area county Christmas Mothers so they in turn can give them to kids less fortunate in our community.

With your support we can achieve our goal of buying 250 bikes and helmets, putting them together and delivering them to area Christmas Mothers.

You remember how much fun it was to find a bike next to the Christmas tree? Help us make that dream come true for some kids in need.

Any amount you can give helps. Large bikes for teenagers cost about $100, mid-size bikes $75 and small bikes $50.

Please give by going to the web site (http://www.raba.org/bikesforkids.html) and clicking the PayPal button at the bottom of the page.

Remember that contributions (make any checks payable to the RABA Foundation) are tax deductible this year.

RABA July Meeting...

(Continued from page 2)

Heart of Virginia Fundraiser...

(Continued from page 1)

makes it even more convenient to join in the fun!

Please note: The RABA Foundation is a 501-c-3 entity, so donations are tax-deductible and also available for company donation matching programs. Bring cash or your check book and help us raise funds to buy hundreds of children’s bikes to donate to the various localities’ Christmas Mother programs! More details to be sent via RABA’s message board as we approach the date. If you have questions about the event, please contact Kim Moore, luvs2cycle@yahoo.com.

Bikes for Kids 2014

Richard Halle, our website editor. I didn’t develop them. I just picked them up from an attachment on a notice for the rides.

So I have a request. If you are adept at creating cue sheets and a regular ride is not on the website, use your Garmin map, GPX file or some of the more sophisticated map development tools to generate a cue sheet that includes both route numbers and street names. Send the PDF file to Richard at rrichhalle@verizon.net. And if you have gone to the trouble of developing a cue sheet for a new ride, go a step beyond attaching it to the notice of a ride or printing out the sheet for distribution at a ride. Send it to Richard so that it is available to the entire club. And make it easy, maybe I should say easier, on Richard by including a brief description of the ride.

- Alan Cooper

Proceeds from this event will fund club operations, RABA Foundation’s Bikes for Kids charity effort and our charity partner for 2014, the Brain Injury Association of Virginia, www.biav.net BIAV has been providing help, hope and healing for over 30 years to Virginians who have survived traumatic brain injury (TBI) and their caregivers. Unfortunately, bicyclists are all too familiar with this type of injury as concussions are one form of TBIs. BIAV will be visible at this year’s event – the organization will be staffing two of the rest stops on the century route with its employees and volunteers.

If you have questions or comments about the event, please contact Heart of Virginia Chair Keith Van Inwegen at keithvaninwegen@verizon.net. If you have questions about volunteering, please contact Kim Moore at luvs2cycle@yahoo.com.
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.

CLASSIFIEDS NOW EXCLUSIVELY at www.raba.org

Bike Shops Offering RABA Member Discounts

- Pedal Power Bicycles, Broad St./Staples Mill Rd (former Rowletts location), 10% discount.
- Conte’s of Richmond, 4300 Pouncey Tract, Ste H, Glen Allen, VA 23060. 15% discount.
- 3Sports, 6241 River Road Road, Richmond and at West Broad Village, 10% discount on apparel, bike shoes, parts, but it does not apply to labor. Complete bikes are 5%.
- Molly’s Bicycle Shop, 2126 E. Hundred Rd, Chester, VA 23834, 10 percent discount on parts and accessories, 5 percent discount on bikes other than Felt.

Note: If anyone knows of any other bike shops that offer RABA members a discount, please contact Alan Cooper at alancooper@yahoo.com.

Become a RABA Ride Leader!

- Cue sheet library available
- Great way to become more involved in the club

For more information or to schedule a ride, contact:

Ride Director (Monthly Road Rides): Kim Moore, luts2cycle@yahoo.com 358-0935
Ride Director (Weekly Road Rides): Jim Vennen, jalisvenn@gmail.com 550-7250

The deadline for getting August 2014 rides listed in The Pedaler is July 15

Get a membership “card” by following the steps here.

Registration for the 2014 Heart of Virginia Bike Festival is Open Now!

Register on-line through August 31 and the price is only $40 for RABA members and $45 for others.

Go to www.heartofvabikefestival.org

2014 Heart of Virginia Bike Festival
Saturday
September 13, 2014
Hanover County Courthouse, Virginia

Your choice of 101, 62, 35, and 10 mile routes.
Info & registration at www.heartofvabikefestival.org

Photo by Phil Goodell

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
July, 2014 Monthly Rides

Ride Director (Monthly Road Rides): Kim Moore, 804-358-0935, luvs2cycle@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 2014 Monthly Ride sign-up sheets to Kim Moore, 2007 West Grace Street, Richmond, VA 23220.

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

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

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

Road Ride Pace Key

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

Terrain Key

July 2 (Wednesday) Rocketts Landing

<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>6 pm</td>
<td>26/32</td>
<td>4</td>
<td>1</td>
<td>David Stuart, (804) 387-9766, <a href="mailto:dabbytoo@hotmail.com">dabbytoo@hotmail.com</a></td>
</tr>
</tbody>
</table>

Note: If you are interested in leading a different pace, please let David know, or just show up.

Description: Please join David Stuart for an afternoon ride through the beautiful east end July 2. The ride departs from Rockett's Landing. Once we get a few miles away from Rockett's the roads are smooth and the traffic is typically light. One of the highlights of this ride is the trip down Battlefield Park Road. For those who would like a drink and maybe a bite to eat after the ride, The Conch Republic Rocketts is a great place. We can belly up to the bar or sit on the balcony overlooking the rivah. Download the cue sheet here (26 mile) and here (32 mile).

Location: For those using a GPS to navigate to the ride you can use the restaurant’s address: 11 Orleans Street, Richmond, VA 23231. Use the parking lot on the corner of Orleans and Route 5/Old Osborne Turnpike, in front of the Conch Republic Restaurant. If the lot is full, there is also parallel parking available on Orleans Road across from Rockett’s, on the other side of the railroad tracks.

July 4 (Friday) Reedville Lunch & Ice Cream Ride (Joint Ride with RATS and NNC)

<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/C+</td>
<td>10 am</td>
<td>42</td>
<td>Some hills</td>
<td>3+</td>
<td>Jack Huber, 804-282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
<tr>
<td>C (No drop)</td>
<td>12 am</td>
<td>42</td>
<td>Some hills</td>
<td>3+</td>
<td>Chuck Jajesnica; 804-543-8967, <a href="mailto:cervelo55@verizon.net">cervelo55@verizon.net</a></td>
</tr>
</tbody>
</table>

Description: Meet in Heathsville on Route 360 on the Northern Neck for a fun July 4 ride. From Heathsville, the route travels to Fairport where we will have lunch at T-Bones Dockside (formerly Fairport Marina) overlooking Cockrell’s Creek. After lunch, we will head into Reedville for ice cream at Chitterchats. From Reedville, we will take back roads up to the Little Wicomico River, cross the river on the Sunnybank Ferry and head back to Heathsville.

We will probably linger awhile at the various stops. Plus, it can take awhile for everyone to get across the river on the ferry. So, riders should plan to spend most of the day enjoying the beautiful Northern Neck.

Click here to download the cue sheet and click here to download the GPX file for your bike GPS.

This is a joint ride with our friends from the Richmond Area Tandem Society (RATS) and Northern Neck Cycling (NNC).

Directions: The ride starts and ends at the Northumberland County courthouse/administrative offices in Heathsville (set your GPS for 72 Monument Place, Heathsville, VA 22473). From Richmond, take Route 360 East to Tappahannock. Turn right on (Continued on page 10)
July, 2014 Monthly Rides

(Continued from page 9)

360 East in Tappahannock towards Heathsville. Once in Heathsville look for the old courthouse on 360 on the right. Turn right onto the road beside the old courthouse and proceed to the large parking lot adjacent to the new courthouse. Heathsville is approximately 75 miles from downtown Richmond and the drive typically takes about 1.5 hours. phone at 804-690-9720.

**July 5 (Saturday)**

**Riding Through Dogtown**

**Pace** | **Time** | **Miles** | **Terrain** | **Stops** | **Leader**
--- | --- | --- | --- | --- | ---
A | 8 am | 62 miles | 4 | 1 | Mike & Kim Moore 358-0935

**Description:** Join the Moores for their summer season favorite of riding various parts of the East End and then eating at Camden's Dogtown Market Cafe after the ride. Other paces are welcome to lead the 62 mile or shorter distances like 20-31-40. If interested, please contact the Moores.

**Directions:** The address is 201 West 7th St (corner of Porter and 7th Streets), Richmond, VA 23224. The restaurant is located south of the James River, in the Old Manchester District, on the first floor of the Corrugated Box building. Free parking is available on the street or directly behind the restaurant. Cue sheets will be provided.

**July 5 (Saturday)**

**Group Rides for New Riders**

**Pace** | **Time** | **Miles** | **Terrain** | **Stops** | **Leader**
--- | --- | --- | --- | --- | ---
All | 8:30 am | 20-32 | 3 | one | Chuck Jajesnica, 804-543-8967, cervelo55@verizon.net

**Description:** This is the fourth of 5 rides for new riders, to be held on the first Saturday in April, May, June, July, and August. This ride is aimed at attracting new cyclists to RABA and getting more riders into the sport. The ride will depart from Laurel Park and follow the normal ABC route with a stopover at Ashland Coffee and Tea. For stronger riders, there will be a 12-mile extension. If you would like to volunteer to help out, please arrive at 8 am. Contact Chuck for details.

**July 5 (Saturday)**

**Cul's Courthouse Grille & Celebration Ride**

**Pace** | **Time** | **Miles** | **Terrain** | **Stops** | **Leader**
--- | --- | --- | --- | --- | ---
B | 10 am | 40 | 3 | 1 | Rich Thompson, 757-291-2548, LeMondRdr@gmail.com

**Description and Directions:** Come to Chickahominy Riverfront Park (1350 John Tyler HWY Williamsburg, VA 23185) for a 40 mile lunch ride celebrating the opening of another section of the VA Capital Trail in James City/Charles City Counties and the birth of our country to Cul's Courthouse Grille located near the historic Charles City County Courthouse. To confirm your spot on this beautiful and historic ride please contact Rich By No Later Than 12 PM on Friday, July 4. Remember, NO CONFIRMATION = NO RIDE!!!

**SPECIAL NOTES:** If you are coming from outside of the Williamsburg/James City & Charles City Counties areas, why not come a day earlier and enjoy our spectacular 4th of July festivities that we have to offer in beautiful Williamsburg, VA. Yes, we do know how to throw a party for our Nation's Birthday!!! More information here: [http://www.colonialwilliamsburg.com/plan/calendar/fourth-july/](http://www.colonialwilliamsburg.com/plan/calendar/fourth-july/).

**July 6 (Sunday)**

**Spring Run/Beach Ride**

**Pace** | **Time** | **Miles** | **Terrain** | **Stops** | **Leader**
--- | --- | --- | --- | --- | ---
B+ | 7:30 am | 42 | 3 | One | Kris Van Allen, krislva@hotmail.com

**Description and Directions:** We’ll be doing this ride every Sunday in July with an early start to try to beat the heat. Meet at the VDOT parking lot at the intersection of Beach and Spring Run Roads in Chesterfield. The ride will go through the Spring Run, Beach and Woodpecker Road areas of Chesterfield County.

**July 12 (Saturday)**

**South to Stony Creek**

**Pace** | **Time** | **Miles** | **Terrain** | **Stops** | **Leader**
--- | --- | --- | --- | --- | ---
C+ | 9 am | 55 | 4 | One | Jack Huber, 804-282-3872, jhuber1111@yahoo.com
C (No Drop) | 9 am | 55 | 4 | One | Chuck Jajesnica, 804-546-8967, cervelo55@verizon.net

**Description:** Come on down to Waverly for a mid-summer ride in Sussex County! Meet behind the now closed La Hacienda restaurant in Waverly to ride to the quiet town of Stony Creek. There will be a rest stop in the middle of the ride and a stop to check out the cannon barrel left at Stony Creek by retreating Confederates in 1864. As with all Jack’s rides in this area, the terrain is flat and the traffic is very light. After the ride many from the group will have lunch together at Giuseppe's in Waverly. This ride is a joint ride for RABA and Williamsburg Area Bicyclists. Download the cue sheet [here](http://www.colonialwilliamsburg.com/plan/calendar/fourth-july/).

**Directions:** Meet at the parking lot behind La Hacienda Mexican restaurant (101 South County Drive, Waverly, VA 23890).

(Continued on page 11)
July, 2014 Monthly Rides

From Richmond take I-95 or I-295 to Route 460 East (toward Norfolk). The parking lot is at the intersection of Routes 460 and 40 (Main Street) in the town of Waverly. Please remember that speed limits are strictly enforced in Waverly.

### July 13 (Sunday)  
**Spring Run/Beach 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>7:30 am</td>
<td>42</td>
<td>3</td>
<td>One</td>
<td>Kris Van Allen, <a href="mailto:krislva@hotmail.com">krislva@hotmail.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** We’ll be doing this ride every Sunday in July with an early start to try to beat the heat. Meet at the VDOT parking lot at the intersection of Beach and Spring Run Roads in Chesterfield. The ride will go through the Spring Run, Beach and Woodpecker Road areas of Chesterfield County.

### July 13 (Sunday)  
**West End 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>8:00 am</td>
<td>54</td>
<td>2</td>
<td>1</td>
<td>Steven Herzog, 337-1450, <a href="mailto:sp_herzog@verizon.net">sp_herzog@verizon.net</a></td>
</tr>
</tbody>
</table>

**Description:** This ride combines elements of Tuesday’s Deep Run High School Options Ride, Thursday’s West End Manakin Ride, and Steve’s Training Ride. You should be comfortable riding with traffic to come on this ride as we will be riding on some busier roads such as Patterson Avenue for several miles. There are lots of rollers and a few good hills on this ride.

**Directions:** Meet at the Shoppes at Wellesley parking lot which is located at the corner of Lauderdale Drive and Park Terrace Drive in western Henrico County at 3434 Lauderdale Drive. It is located at the second intersection of Lauderdale Drive and Park Terrace Drive if you are heading south from Broad Street on Lauderdale Drive.

### July 13 (Sunday)  
**Zoar State Forest**

<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>8 am</td>
<td>63</td>
<td>3</td>
<td>2</td>
<td>Larry Skalak (757-871-6198), <a href="mailto:Lskalaks@aol.com">Lskalaks@aol.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** Get some training miles on the legs for the “Heart of Virginia” club ride in September by riding the route out of Zoar State Forest. The area offers good riding on roads with mostly light traffic. We will shoot for a finish average pace of 15 mph picking the pace up on the flats if needed and adjusting the pace DOWN if we get too far above that target number. Other paces are welcomed. Zoar State Forest is in Aylett just off of West River road. Other paces are welcomed. Cue sheets for the route (and the shorter 43 mile version) will be available. Note the early start time to avoid the hotter temperatures (and to be back for the Tour De France broadcast in the afternoon).

### July 13 (Sunday)  
**Rocketts Landing-38**

<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>8 am</td>
<td>38</td>
<td>4</td>
<td>1</td>
<td>David Stuart, (804) 387-9766, <a href="mailto:dabbytoo@hotmail.com">dabbytoo@hotmail.com</a></td>
</tr>
</tbody>
</table>

Note: If you are interested in leading a different pace, please let David know, or just show up.

**Description:** Please join David Stuart for ride through the beautiful east end. The ride departs from Rockett’s Landing. Once we get a few miles away from Rockett’s the roads are smooth and the traffic is typically light. Download the cue sheet here.

**Location:** For those using a GPS to navigate to the ride you can use the restaurant’s address: 11 Orleans Street, Richmond, VA 23231. Use the parking lot on the corner of Orleans and Route 5/Old Osborne Turnpike, in front of the Conch Republic Restaurant. If the lot is full, there is also parallel parking available on Orleans Road across from Rockett’s, on the other side of the railroad tracks.

### July 20 (Sunday)  
**Spring Run/Beach 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>7:30 am</td>
<td>42</td>
<td>3</td>
<td>One</td>
<td>Kris Van Allen, <a href="mailto:krislva@hotmail.com">krislva@hotmail.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** We’ll be doing this ride every Sunday in July with an early start to try to beat the heat. Meet at the VDOT parking lot at the intersection of Beach and Spring Run Roads in Chesterfield. The ride will go through the Spring Run, Beach and Woodpecker Road areas of Chesterfield County.

### July 20 (Sunday)  
**Doswell Dreamin’**

<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>8:30 am</td>
<td>68</td>
<td>3</td>
<td>One</td>
<td>Andrew Mann, 804-266-9048, <a href="mailto:rabamann@aol.com">rabamann@aol.com</a></td>
</tr>
<tr>
<td>D</td>
<td>8:30 am</td>
<td>32</td>
<td>3</td>
<td>One</td>
<td>John Nelson, <a href="mailto:jnelson5277@comcast.net">jnelson5277@comcast.net</a></td>
</tr>
</tbody>
</table>

(Continued on page 12)
Other paces are encouraged. Options for 54 miles and 32 miles are available. Contact Andrew Mann if you are interested.

**Description:** Yes, we are starting at 8:30 am in order to beat the July heat. We will follow the regular route out to Ashland and then go out the Three Sisters to Doswell, Andrew’s birthplace. We will cross over Route 1 and wind our way back through central Hanover and have a store stop in Doswell. Please bring lots of fluids as it will be hot out there!

**Directions:** Take I-295 to Staples Mill Road and head East, back towards Richmond, take a left onto Mountain Road and a left onto Mill Road at the Firehouse. The school is on your right.

### Herring Creek 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>8:30 am</td>
<td>55</td>
<td>3</td>
<td>1</td>
<td>David Stuart, (804) 387-9766, <a href="mailto:dabbytoo@hotmail.com">dabbytoo@hotmail.com</a></td>
</tr>
</tbody>
</table>

Note: All paces welcome but will be self led unless ride leaders volunteer, please contact David if you wish to lead a different pace.

**Description:** Come out and enjoy a beautiful ride from the Capital Trail, Herring Creek trailhead to Chickahominy State Park and back again. The ride starts at the parking lot at the Herring Creek trailhead. It follows the trail for about 7 miles before heading off into the countryside along quiet winding roads. The route is fairly flat, smooth, and reasonably scenic. We will make a stop at Chickahominy State Park before heading back to the Herring Creek trailhead. Light refreshments will be provided when we all get back to Herring Creek so leave a little time in your schedule. Please be sure to bring extra water as it is hot this time of year. At the half way mark we will refuel with a store located at Chickahominy Park. Download cue sheet here.

**Location:** The ride starts at the parking lot at the Herring Creek trailhead. The Herring Creek trailhead is 14 miles past Portabella's Restaurant on Route 5. If you are using a GPS, use 5100 Herring Creek Road, Charles City, VA 23030.

### Goochland-Cobblestone 20

<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>16/20</td>
<td>2</td>
<td>0</td>
<td>Ed Mekalian, <a href="mailto:ride@rvacycleinc.org">ride@rvacycleinc.org</a></td>
</tr>
</tbody>
</table>

**Description:** Great combination of ride elements: smooth country road, some rolling hills, wide-open on the flats, some extended incline and ONE KILLER HILL!! Feels great when you beat it!! There’s a 16 mi alternate route for those who prefer to leave off the HILL challenge...

**Directions:** Broad Street (Rt. 250) @ Shallow Well Rd., Manakin Sabot, VA 23103 (7 miles west of Short Pump)

### The Surry Steamer

<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>8:30 am</td>
<td>50</td>
<td>4</td>
<td>Two</td>
<td>Jack Huber, 804-282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
</tbody>
</table>

**Description:** Meet Jack and members of the Williamsburg Area Bicyclists behind the Surry Government Center, located on School Street just off Rt. 31/10 in the town of Surry. We will ride on the quiet back roads of Surry and Sussex Counties to Waverly. There will be a rest stop in Waverly at a store with rest rooms available and another stop on the return trip at Union Church. The “Steamer” in the ride name does not indicate the riding pace, but refers to the heat and humidity we sometimes encounter in late July. If you are heat sensitive, please check the weather forecast before joining this ride. After the ride all riders are invited to have lunch at Anna’s in Surry.

**Directions:** From Richmond take I-95 or I-295 to Rt. 10 east. Continue east on Rt. 10 through Hopewell. The town of Surry is about 30 miles east of Hopewell. Shortly after you enter Surry turn right on School Street (route 1002). The parking lot is on the left behind the county government building.

### Hanover County Meander with the RATS (Richmond Area Tandem Society)

<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>8:30 am</td>
<td>26</td>
<td>3</td>
<td>1</td>
<td>TBD</td>
</tr>
<tr>
<td>B</td>
<td>8:30 am</td>
<td>26</td>
<td>3</td>
<td>1</td>
<td>Jinx Lucas &amp; Paul Walaskay, 358-1155, <a href="mailto:jinxl@verizon.net">jinxl@verizon.net</a></td>
</tr>
<tr>
<td>C</td>
<td>8:30 am</td>
<td>26</td>
<td>3</td>
<td>1</td>
<td>John &amp; Lea Emory, <a href="mailto:jemoryjr@yahoo.com">jemoryjr@yahoo.com</a></td>
</tr>
</tbody>
</table>

Note: Other paces welcome

**Description:** Join the RATS on a ride through Hanover County. Some roads we will travel are Old Ridge, Rocketts Mill, and Scotchtown. The only possible stop on the route would be for water and bathrooms at Patrick Henry home if it is open that Sat-
July, 2014 Monthly Rides

(Continued from page 12)

Thursday. Lunch will be at Homemade by Suzanne's afterward. Cue sheets will be provided.

Directions: Meet at the parking lot of the Henry Clay Elementary School at the corner of S. James St and Hanover Ave. in Ashland.

July 27 (Sunday)  

Spring Run/Beach 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>7:30 am</td>
<td>42</td>
<td>3</td>
<td>One</td>
<td>Kris Van Allen, <a href="mailto:krislva@hotmail.com">krislva@hotmail.com</a></td>
</tr>
</tbody>
</table>

Description and Directions: We’ll be doing this ride every Sunday in July with an early start to try to beat the heat. Meet at the VDOT parking lot at the intersection of Beach and Spring Run Roads in Chesterfield. The ride will go through the Spring Run, Beach and Woodpecker Road areas of Chesterfield County.

July 27 (Sunday)  

Zoar State Forest

<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>8 am</td>
<td>63</td>
<td>3</td>
<td>2</td>
<td>Larry Skalak (757-871-6198), <a href="mailto:Lskalaks@aol.com">Lskalaks@aol.com</a></td>
</tr>
</tbody>
</table>

Description and Directions: Get some training miles on the legs for the “Heart of Virginia” club ride in September by riding the route out of Zoar State Forest. The area offers good riding on roads with mostly light traffic. We will shoot for a finish average pace of 15 mph picking the pace up on the flats if needed and adjusting the pace DOWN if we get too far above that target number. Other paces are welcomed. Zoar State Forest is in Aylett just off of West River road. Other paces are welcomed. Cue sheets for the route (and the shorter 43 mile version) will be available. Note the early start time to avoid the hotter temperatures.

July 27 (Sunday)  

East King William Ride (Historic Aquinton Church)

<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>9:30 am</td>
<td>35</td>
<td>3</td>
<td>1</td>
<td>Cheryl Mitchell, 240-0881, <a href="mailto:croakn12@gmail.com">croakn12@gmail.com</a></td>
</tr>
<tr>
<td>B</td>
<td>9:30 am</td>
<td>35</td>
<td>3</td>
<td>1</td>
<td>Bob Mitchell, 640-7029, <a href="mailto:bmit16@gmail.com">bmit16@gmail.com</a></td>
</tr>
<tr>
<td>B    (No drop)</td>
<td>9 am</td>
<td>30</td>
<td>3</td>
<td>1</td>
<td>Chuck Jajesnica, 804-543-8967, <a href="mailto:cervelo55@verizon.net">cervelo55@verizon.net</a></td>
</tr>
</tbody>
</table>

Description: Join us for a ride through the beautiful farmland of King William County where we will pass by old farms and Indian Reservations as well as the restored Aquinton Church. After the ride everyone is invited to Bob and Cheryl Mitchell’s house for a cookout and swim in the pool. Bob and Cheryl live a few minutes from the ride start in King William. For most of us, their house is on the way back home from the Historic Aquinton Church start/finish. If you are planning to join the group for the cookout, please bring a side dish to share and your beverage of choice. Also, don’t forget your swimsuit!

The cue sheet for this ride as well as directions back to the Mitchell’s house will be available at the ride start. There will be 1 store stop available at approximately the 20 mile mark.

Directions: Meet in the parking area at the old Aquinton Church located at Aquinton Church Rd and Jacks Creek Rd. From the south and west take I-295 onto Route 360 east (Mechanicsville Turnpike) towards Tappahannock. Proceed approximately 14 miles to RT 618 (Mt Pleasant Rd.) Turn right onto Rt 618 Proceed approximately 1/4 mile to Aquinton Church Rd. Turn right onto Aquinton Church Rd. Proceed approximately 6 miles and look for the old restored Aquinton Church on your left at Jacks Creek Rd . Please make sure you give yourself enough travel time to get to the “Historic Aquinton Church (which is about 20 minutes northeast of Mechanicsville) in time for the ride start.
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 2013 Weekly Ride sign-up sheets to Jim Venning, 9136 Fox Hill Race Court, Mechanicsville, VA 23116.

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

### Sunday Casual Ride

**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>8 am</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>8 am</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 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>9 am</td>
<td>19-52</td>
<td>Various</td>
<td>4</td>
<td>See below</td>
</tr>
</tbody>
</table>

**Leaders:**
- July 06: David McMillan mcmillanmail@comcast.net
- July 13: Ken Robertson robertson12001@comcast.net
- July 20: Marshall Brown, pedal2themedal@comcast.net
- July 27: Chuck Jajesnica, cervelo55@verizon.net

**Description:** This weekly ride starts at the rear of Portabella Ristorante located in the Varina Food Lion Shopping Center. It is a show and go ride like the Saturday ABC ride. There will be no pace group ride leaders; riders will form their own groups. Ride leaders for each Sunday, listed above, will provide a sign-up sheet and help new riders match up with riders of a similar pace. Riders will choose their own route. Cue sheets and maps for over a dozen rides ranging from 19 to 52 miles are available at [http://raba.org/cuemap.php?rname=&start=7](http://raba.org/cuemap.php?rname=&start=7). Print and bring your own cue sheet as none will be available at the ride.

**Parking:** Please park behind Portabella Ristorante in the rear of the shopping center. If this area is filled, park on the west (Richmond) side of the shopping center. Do not park in front of Portabella Ristorante or other areas in front of the shopping center.

**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 (see note above).

### Monday Casual Ride

**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>9 am</td>
<td>30-40</td>
<td>3</td>
<td>Some</td>
<td>Mary Falceman, 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 Casual Ride

**Prince George 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/B+</td>
<td>5:30 pm</td>
<td>25-35</td>
<td>3</td>
<td>None</td>
<td>Chip England, <a href="mailto:cbe89usma@verizon.net">cbe89usma@verizon.net</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** Ride departs weekly on Mondays at 5:30 pm from the CCAM parking lot (West Quaker and Wells Station Roads). It’s a mostly level rural ride with a few gentle hills. Route option distances average between 25 to 35 miles. It’s currently at a B to B+ pace with other paces welcome to form. Contact Chip England at cbe89usma@verizon.net with questions or just show up.

### Monday Casual Ride

**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>Varies</td>
<td>6 pm</td>
<td>6-30</td>
<td>3</td>
<td>many</td>
<td>Chris Cook, 804-512-8207 <a href="mailto:chrisck@aol.com">chrisck@aol.com</a></td>
</tr>
</tbody>
</table>

(Continued on page 15)
July, 2014 Weekly Rides

Description: Riders can ride this 6-mile loop for as many miles as they want up to and beyond 30 miles. All ride levels are invited to attend. Be sure to have one white front light and a red blinkie for the rear of your bike.

Directions: Meet at the Virginia Farm Bureau parking lot (the one closest to the parkway) at 12580 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.

---

Monday

Chesterfield County 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>6 pm</td>
<td>25</td>
<td>3</td>
<td>None</td>
<td>See below</td>
</tr>
<tr>
<td>B+</td>
<td>6 pm</td>
<td>25</td>
<td>3</td>
<td>None</td>
<td>Douglas Macauley, <a href="mailto:ddmaucaley@comcast.net">ddmaucaley@comcast.net</a></td>
</tr>
</tbody>
</table>

Description: Come ride on some smooth, and scenic back roads in Chesterfield County. Only 4 stop signs. I will be leading an aspiring A-/B+ group pace. We don't have any riders designated other paces (please contact me if interested!) but I will insure that no one is left behind! Maps will be available to those wishing to ride at their own pace. The ride will be cancelled if there is a high probability of rain so check your email if the weather is questionable. Please note that on the first Monday of each month I will not lead but use the cue sheet for self guided ride.

Directions: The ride leaves from the Clover Hill Athletic Complex on Gentio Road. The Clover Hill Athletic Complex is on the south side of the road 4.4 miles west of the intersection of Charter Colony and Genito. We will meet in the parking lot.

---

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, 382-6744, <a href="mailto:sdnuckols@yahoo.com">sdnuckols@yahoo.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Dick Hilliard, 273-6578, <a href="mailto:rhilliard1@verizon.net">rhilliard1@verizon.net</a></td>
</tr>
</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.

---

Tuesday

Deep Run High School Options

<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+/A</td>
<td>5:50 pm</td>
<td>29-32</td>
<td>2</td>
<td>None</td>
<td>Mike &amp; Kim Moore, 358-0935</td>
</tr>
</tbody>
</table>

Description and Directions: Riders should have a strong fitness level, be very comfortable in fast pacelines and have good bicycle handling skills before attempting this ride. However, other paces are welcome to ride on their own as maps will be provided. Because this area of town is choked with houses and traffic, obeying traffic laws and riding single file are a must! To get to the start, take I-64 West to I-295; take the Nuckols Road North Exit. Go approx 3/4 mile, left turn onto Twin Hickory Rd (traffic light/intersection). Go approx 3/4 mile, high school will be on your right. Please park to the right side of the school, in the parking area furthest away from the football field.

---

Tuesday

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>Various</td>
<td>6 pm</td>
<td>Various</td>
<td>4</td>
<td>None</td>
<td>See below</td>
</tr>
</tbody>
</table>

Leaders:

July 1 Chuck Jajesnica
July 8 John Senn
July 15 Bruce Walton
July 22 Randy Rosemond
July 29 Ken Robertson

Description: This weekly ride starts at the rear of Portabella Ristorante located in the Varina Food Lion Shopping Center. It is a show and go ride like the Saturday ABC ride. There will be no pace group ride leaders; riders will form their own groups. Ride leaders for each Tuesday, listed above, will provide a sign-up sheet and help new riders match up with riders of a similar pace. Riders will choose their own route. Cue sheets and maps for several routes from 19-33 miles are available at

(Continued from page 14)
(Continued on page 16)
### Tuesday

**Hanover Courthouse After Work 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>6 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>Matt Satterwhite, 357-7490, <a href="mailto:giantbls@comcast.net">giantbls@comcast.net</a> Wayne Flood, 641-0556, <a href="mailto:sept1flood@comcast.net">sept1flood@comcast.net</a></td>
</tr>
<tr>
<td>A+</td>
<td>6 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>Rick Whittington, 363-4861, <a href="mailto:rick@rickwhittington.com">rick@rickwhittington.com</a></td>
</tr>
<tr>
<td>A</td>
<td>6 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>Ken Kolb, 357-6076, <a href="mailto:kwkolb@verizon.net">kwkolb@verizon.net</a> Andrew Mann, 266-9048, <a href="mailto:rabamann@aol.com">rabamann@aol.com</a></td>
</tr>
<tr>
<td>B+/B</td>
<td>6 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>TBD</td>
</tr>
<tr>
<td>B</td>
<td>6 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>Tom Hesel, 405-4053, <a href="mailto:t.rush@greenupturf.com">t.rush@greenupturf.com</a></td>
</tr>
</tbody>
</table>

**Description:** The route varies from week to week with routes with multiple mileage options starting and ending at the Hanover Government Center (i.e., Hanover Courthouse) parking lot. The slower pace groups will ride one of the shorter options and the faster pace groups will ride one of the longer options so that everyone finishes around the same time. The pace group leaders will announce the mileage for their group at the ride start. The pace groups will be spaced out at the ride start to avoid large groups of cyclists on the road.

**Important Safety Note:** This ride is often very well attended which creates the potential for large pace groups. Large pace groups tend to yo-yo increasing the likelihood of wheel bumps. Also, large pace groups are frustrating to motorists trying to get home from work on curvy country roads. That can result in frustrated drivers passing in an unsafe manner. Consequently, the ride leaders may group riders into smaller groups at the ride start in order to minimize large pace groups. Please cooperate with the ride leaders if they ask you to break into a smaller group. Also, do not regroup at stops if that will result in a large pace group. Pace groups should be no larger than 6 to 10 riders. Groups of less than 6 are preferred. The pace groups are spaced out at the ride start to avoid large groups of cyclists on the road.

The routes for this month are:

**Date** | **Route** | **Dinner**
--- | --- | ---
July 1 | River Road Options – 18, 24, 29 or 33 and GPX file | Marty’s Grill
July 8 | Mt. Gideon Options – 19, 24, 31 or 36 and GPX file | Marty’s Grill
July 15 | Dabney’s Mill Options – 21, 22, 28 or 33 and GPX file | Marty’s Grill
July 22 | River Road Options – 18, 24, 29 or 33 and GPX file | Marty’s Grill
July 29 | Mt. Gideon Options – 19, 24, 31 or 36 and GPX file | Marty’s Grill

Paper cue sheets are not provided. You should print your own cue sheet prior to coming to the ride. New members and those just getting started (or re-started) with cycling are encouraged to come out. After the ride, everyone who is interested has dinner at a local restaurant (cycling clothes are fine for dinner).

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

### 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</td>
<td>10 am</td>
<td>25 to 40</td>
<td>Varies</td>
<td>Varies</td>
<td>Barry Pullen, 561-3950</td>
</tr>
<tr>
<td>C</td>
<td>10 am</td>
<td>25 to 40</td>
<td>Varies</td>
<td>Varies</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 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.

**Chesterfield County 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>6 pm</td>
<td>25</td>
<td>3</td>
<td>None</td>
<td>See below</td>
</tr>
<tr>
<td>B/B+</td>
<td>6 pm</td>
<td>25</td>
<td>3</td>
<td>None</td>
<td>Al &amp; Lois Farrell 744-9306 <a href="mailto:lojafarrell@verizon.net">lojafarrell@verizon.net</a></td>
</tr>
</tbody>
</table>

(Continued on page 17)
July, 2014 Weekly Rides

(Continued from page 16)

**Description**: Join Lois and Al for this ride on some smooth, scenic, and generally little traveled back roads in Chesterfield County. We will be leading an aspiring B+ group pace (i.e., in the low 16s). There is nearly always a group of faster (AA+/A) riders to join if you are so inclined, but currently no designated A pace leader (please contact us if interested!). Maps will be available to those wishing to ride at their own pace. Shorter options are available. We generally do not ride if there is a high probability of rain so check your email if the weather is questionable.

**Directions**: The ride leaves from the Bethia Methodist Church at the corner of Winterpock and Beach. Take Hull Street 2.2 miles west of 288. Turn left at the light just past Lowes onto Winterpock. The church is 2.8 miles on the right just before the Stop sign at Beach. Please park in the front parking lot away from the church. Be sure to allow time for traffic on Hull Street on your way to the ride.

---

**Wednesday**

<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>7 pm</td>
<td>20</td>
<td>5</td>
<td>None</td>
<td>Bill Britton, 804-347-5114, <a href="mailto:billbritton@comcast.net">billbritton@comcast.net</a></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 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.

---

**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>B/B+</td>
<td>9 am</td>
<td>varies</td>
<td>3</td>
<td>Varies</td>
<td>Jerry McGuinn, 291-8468, <a href="mailto:jerrymcguinn@gmail.com">jerrymcguinn@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>28/30</td>
<td></td>
<td></td>
<td>Bob Gore, <a href="mailto:gorerm0715@gmail.com">gorerm0715@gmail.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.

**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.

---

**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>B/B+</td>
<td>6 pm</td>
<td>28/30</td>
<td></td>
<td>None</td>
<td>Mike Dieter, 804-314-6616; <a href="mailto:Godieter@aol.com">Godieter@aol.com</a></td>
</tr>
</tbody>
</table>

**Description**: Enjoy a ride with lots of rolling hills, a few climbs, and nice scenery in eastern Goochland and western Hanover. We will start with shorter options until daylight allows us to do the 29 and 30 mile options. The 30 mile option includes a mile climb on Patterson Avenue at the end of the ride, the 29 mile option avoids this climb. This is a great way to get your legs in shape quick! Remember your blinkie.

**Directions**: Meet at Dover Baptist Church, 635 Manakin Road, Manakin-Sabot, VA. Take Patterson Avenue (Route 6) west. Once you pass the traffic light at the intersection of Patterson/Lauderdale in western Henrico, continue west on Patterson approximately 4.6 miles. Turn right on Manakin Road (Route 621) which is just after the fire station. Go about ½ mile on Manakin Road to Dover Baptist Church which is on the right. The church has asked us to park on the right hand side of the parking lot, as far away from the church as possible.

(Continued on page 18)
### Thursday

**Pace** | **Time** | **Miles** | **Terrain** | **Stops** | **Leader**
---|---|---|---|---|---
B/B+ | 6 pm | 20-30 | 3 | None | Gary Thabet, 402-9105, gethabet@gmail.com  
Gregg Hillmar, 683-2503, bike@hillmardesign.com  
David McMillan, 337-2710, mcmillanmail@comcast.net
C | 6 pm | 20-30 | 3 | None | Chuck Jajesnica, 543-8967, cervelo55@verizon.net  
John Moore, jmoore216@comcast.net
D | 6 pm | 20-30 | 3 | None |

**Description:** This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. The twenty mile route follows the ABC route which is almost flat to Ashland and back to Laurel Park Shopping Center. Longer routes have a few hills. Leaders will make sure that no one is dropped from their group, regrouping as often as needed. This ride is open to all cyclists. Due to the possibility of returning in low light, each rider should have a working headlight and a rear blinkie. After the ride join your fellow riders for dinner at Maria’s or another local restaurant.

**Directions:** Laurel Park Shopping Center (9500 Woodman Rd, Richmond, VA 23228) at Hungary and Woodman Roads.

### Friday

**Pace** | **Time** | **Miles** | **Terrain** | **Stops** | **Leader**
---|---|---|---|---|---
A++ | 6 pm | 24-38 | 2-4 | None | Mike Moore, 358-0395; mike_moore@yahoo.com  
Jeff Nicklas 833-5382; jnicklas@shonesofrichmond.com  
Jan Waldron; alienaardvark@gmail.com  
Kim Moore, 358-0395; luvs2cycle@yahoo.com  
Andrew Mann; rabamann@aol.com  
Nick Morgan 912-0363; mrng.nick@gmail.com  
Dave Murray; 804-240-0891; dmurrayva@gmail.com
A+ | 6 pm | 24-38 | 2-4 | None | Self led
B+ | 6 pm | 24-38 | 4 | None |

**Description:** This evening ride features multiple distances beginning in Henrico county progressing through Ashland and western Hanover County. We have prepared cue sheets of 4 distances on roads familiar to all RABA riders. The shortest ride is 24 miles and basically flat. The longest is 38 miles and ascends 3 Sisters, Rocketts Mill, and Horseshoe. Each week the ride leaders will choose the distance for their group. The cue sheet is here.

**Directions:** To get to the start, take Staples Mill Rd/Rt 33 West. Turn right onto Mountain Rd. Remain on Mountain Rd for approximately 1.3 miles - park entrance will be on the left. Look for bicyclists in the parking lot at the rear of the park.

### Thursday

**Pace** | **Time** | **Miles** | **Terrain** | **Stops** | **Leader**
---|---|---|---|---|---
A++ | 6 pm | 24-38 | 2-4 | None | Mike Moore, 358-0395; mike_moore@yahoo.com  
Jeff Nicklas 833-5382; jnicklas@shonesofrichmond.com  
Jan Waldron; alienaardvark@gmail.com  
Kim Moore, 358-0395; luvs2cycle@yahoo.com  
Andrew Mann; rabamann@aol.com  
Nick Morgan 912-0363; mrng.nick@gmail.com  
Dave Murray; 804-240-0891; dmurrayva@gmail.com
A+ | 6 pm | 24-38 | 2-4 | None | Self led
B+ | 6 pm | 24-38 | 4 | None |

**Description:** This evening ride features multiple distances beginning in Henrico county progressing through Ashland and western Hanover County. We have prepared cue sheets of 4 distances on roads familiar to all RABA riders. The shortest ride is 24 miles and basically flat. The longest is 38 miles and ascends 3 Sisters, Rocketts Mill, and Horseshoe. Each week the ride leaders will choose the distance for their group. The cue sheet is here.

**Directions:** To get to the start, take Staples Mill Rd/Rt 33 West. Turn right onto Mountain Rd. Remain on Mountain Rd for approximately 1.3 miles - park entrance will be on the left. Look for bicyclists in the parking lot at the rear of the park.

### East End Black Creek Ride

**Pace** | **Time** | **Miles** | **Terrain** | **Stops** | **Leader**
---|---|---|---|---|---
A | 6 pm | 32 | 3 | 0 | Greg Johns g.s.johns@verizon.net  
Jerry Beasley jndbeasley@comcast.net
B/B | 6 pm | 28 | 3 | 0 |

**Description:** This Leader led evening ride features an A and B/B+ pace cruise through eastern Hanover and New Kent Counties. The 32 mile cue sheet is here. The 28 mile cue sheet is here.

**Directions:** to Black Creek Baptist Church, 6289 McClellan Rd., Mechanicsville, VA 23111. : From I-64, take exit 197B (Highland Springs, Rte.156N) onto Airport Drive (Rte. 156N), continue through 2 lights, over Rte 295, bear right at Market Rd. (Rte. 630),continue and bear right again on Fox Hunter Lane at Black Creek Country Store. Next, turn left on McClellan Rd. (Rte. 628). The Church is about 2 miles on the left. Use parking lot on north side of the church.

### Fridays at Hylas

**Pace** | **Time** | **Miles** | **Terrain** | **Stops** | **Leader**
---|---|---|---|---|---
A/B++ | 10 am | 35-40 | 3 | Some | Dennis Conrad, 804-366-9317

**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.

### Endorphin Fitness Saturday Ride

**Pace** | **Time** | **Miles** | **Terrain** | **Stops** | **Leader**
---|---|---|---|---|---
Various | 8 am | 30 | 3 | None | Andy Welch (804) 741-1599

**Description:** The ride starts at Endorphin Fitness and heads out toward River Road and into beautiful Goochland horse coun-

(Continued on page 19)
try before looping back to the start. All ride paces are welcome. Please bring plenty of fluid and food with you as there are no store stops on the loop. Parking will be in the Endorphin Fitness parking lot. The ride is here.

**Directions:** The ride starts at Endorphin Fitness, 8908 Patterson Avenue, Richmond, VA 23229

**Saturday, 8:00-8:30 AM**

<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>8:00-20</td>
<td>20 to</td>
<td>Some</td>
<td>5</td>
<td>July 5 Chuck Jajesnica</td>
</tr>
<tr>
<td>8:30 am</td>
<td>50+</td>
<td></td>
<td></td>
<td></td>
<td>July 12 Paul Silverstein</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>July 19 Gregg Hillmar</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>July 26 Amy Tankos</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 Hardees or Ashland Coffee & Tea for breakfast or hot or cold drinks before retracing the route back to Laurel Park. There are a number of variations to this ride with many riders choosing a 30 mile route to the Coffee Shop while others prefer the basic route where they then meet up with other riders interested in doing additional miles before returning to the starting point.

Riders may join the ride leader’s group or form a group of their own based on preferred pace and distance. Unlike most RABA rides, this ride does not have a group start. Riders may sign the ride sheet and depart anytime. If you are new to this ride,

(Continued on page 20)
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

<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>8 am</td>
<td>35-45</td>
<td>3</td>
<td>Some</td>
<td>Robert Mullins, 338-2782, <a href="mailto:rsm.mullins@gmail.com">rsm.mullins@gmail.com</a></td>
</tr>
</tbody>
</table>

**Description:** Come out on Saturday mornings and enjoy a ride through the rolling, rural countryside of Goochland, Hanover, and Louisa counties. We ride a variety of routes in the 35 to 45 mile range at an honest B+ pace. We also usually have a few riders who ride a faster pace on their own. A reminder including the cue sheet for the week's ride is typically sent via the mailing list on Thursday or Friday.

**Directions:** The ride leaves from the parking lot of the Food Lion in the Broadview Shopping Center in Centerville. The Food Lion is about 8 or 9 miles west on Broad Street from the Parham Rd intersection. If you're coming via I64 take exit 173 and turn left. In less that a mile turn right on Broad St and then the shopping center will be a few hundred feet on the right. Click [here](#) to see the shopping center location in Google Maps.
### 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.