As Our Rides Have Finally Begun...

“At the end of the day, its just a bike ride” I hear that phrase often, usually in a parking lot, just prior to a ride. We all need to take that to heart, as we deal with COVID-19, health, and economic issues. Your Board is continuing to deal with some big issues—like sausage-making, the process may be messy but, in the end, we hope we will have something delicious to eat (sorry vegans).

As Virginia moves into Phase 3, everyone, of course, must make their own decision as to whether they participate in

(Continued on page 13)

RABA Apparel

Team RABA Approaching Goal of Raising $15,000 to End MS

Joshua Silverman and Sam Cox,
Co-captains Bike MS Team RABA

Team RABA has consistently been one of the strongest fundraising teams to participate in Bike MS Colonial Crossroads. Each rider is required to raise a minimum of $300 to support the MS Society’s goal of ending MS, yet many of our riders raised well over $1000. This year we set a lofty goal of raising $15,000. Susan Craver, in her first year on Team RABA, led us with close to $2000 in donations.

As a team we held several fundraising events including multiple happy hours at Starr Hill Brewery and several team training rides open to the club. We secured the support of two corpo-

(Continued on page 4)

Bikes for Kids

By Andrew Mann
RABA Foundation President

I wanted to follow-up May’s fundraiser for Bikes for Kids. We have currently raised $11,000. The goal for 2020 is $25,000 to purchase bikes and helmets. So I need your help. Please take a moment to make your tax-deductible contribution to Bikes for Kids: http://www.raba.org/bikes-for-kids/

What is Bikes for Kids?

In 2002, Dee Nuckols started a project called Bikes for Kids out of his garage as a way we can give back to the communities we share the road with. With a lot of help from you, our RABA members, it has grown into a huge endeavor serving the greater Richmond metro area. I took on a leadership role in 2009. We donate the bikes

(Continued on page 2)

‘Mr. Bob’

A Bright Light in the Midst of the Pandemic

By Deanna Weiler

It all started in mid-March with the governor’s Covid-19 lock down. My husband, while working from home, began cleaning out our detached garage. That’s when I found two of my old bikes set aside and was told “these need to go to Goodwill.” Old bikes to me are like old friends. I wanted to find them a special home and immediately thought of Charlie Thomas.

(Continued on page 5)
Bikes for Kids...
(Continued from page 1)
through the area’s Christmas Mother programs who receive applications from families and screen them for need.

This program is entirely operated by volunteers. There is no paid staff. 100% of your contribution goes to buying bikes and helmets.

**RABA Foundation**

The RABA foundation was created in 2014 as a 501 c-3 nonprofit organization for this program and any additional charitable endeavors we may envision for the future. With the help of you, the RABA members, the Foundation raises funds to buy brand new bikes and helmets. We buy bikes in the box from Wal-Mart and put them together at the beginning of November. Volunteers from RABA put together 487 brand new bikes on November 2, 2019. We will do it again on November 7, 2020.

**Please donate at** [http://www.raba.org/bikes-for-kids/](http://www.raba.org/bikes-for-kids/) **so we can reach that $25,000 goal!**
RABA Rides Are Back!
rate sponsors, Pedal Power and Scott Silvester’s office of Edwards James. All was ready to go for the two day ride to Williamsburg and back and then Covid19 put the brakes on it.

As a team we continued our fundraising efforts even without the official ride. On the date of the canceled ride, many of us chose to get on our bikes and to send updates to our supporters on Facebook. Some of us rode locally. Some rode on trainers. Some rode out of Williamsburg and about a dozen RABA members (from Team RABA and Team VCU) rode the Capital Trail to Williamsburg and enjoyed lunch at the Cheese Shop before returning to Richmond for a 107 mile ride. Thanks to some generous volunteers, including our co-captain’s wife De-de Cox, we had a fully stocked rest stop at the Charles City Courthouse.

We look forward to coming back next year even stronger. Our sponsors have committed to sticking with us for 2021. Watch your emails in the fall as we assemble our team for 2021.
For those not lucky enough to have known him, Charlie was a beloved RABA past president and bike buddy who succumbed to glioblastoma at age 68 in December 2017. He and Robert ‘Bob’ Argabright, a friend from Trinity United Methodist Church, founded the Charlie Thomas Bike Shop on the grounds of Oak Grove-Bellemeade Elementary in 2017. The shop provides bikes to those less fortunate. This was the perfect home for my gently used bikes. I contacted Bob and arranged a donation.

When I made that call, I had no idea the impact it would have on me. The bike shop is located at 1800 Krause Street just off Jeff Davis Highway on the southside of the Lee Bridge. Bob met me, checked out my bikes, and moved them to the shop for minor repairs. The shop consists of three donated 20 ft. box containers joined together. One section is for bikes needing repair, another is the actual repair shop, and the third is storage for loaner bikes, locks and helmets. The shop is painted in bright, welcoming colors with the ‘Charlie Thomas Bike Repair’ sign proudly displayed. It’s a very friendly, welcoming spot, much like the two men who created it.

Although the building is impressive, the 4.5 acres on which the shop is located are even more remarkable. The area is well manicured and it’s obvious that time and effort went into the design and layout. The shop sits atop a gently sloping hill overlooking the community center’s athletic field and 1/3-mile dirt track. Bob explained that in addition to the school, which was built in 2013, the site boasts 200 trees, bike trails, a pollination garden, an herb garden and a memorial garden dedicated to a local 3-year-old killed by gunfire.

Curious to know how such a high-quality park was built, I asked Bob how it is funded and maintained. He explained that the Bellemeade Community Center receives significant financial and material assistance from all levels of local government, corporations and non-profits. Bob is well respected and connected; he’s on a first name basis with Richmond’s mayor, city’s parks director, councilmembers and prominent local business leaders like Jim Ukrop. Additionally, 150 community members serve the Friends of Bellemeade as partners, donors and volunteers.

Bob’s genuine care and concern for the kids is palpable. The site serves the 250 Pre-K-5th grade students and their families in the Hillside Court community. It provides a safe, productive environment for young people to learn about cycling and a place for kids and their families to ride, walk and enjoy the outdoors. Bob’s philosophy is that kids have limitless potential, regardless of the zip code in which they’re raised, if given the right guidance and opportunities. Bob explained that most neighborhood kids don’t own bikes and so he set up a monthly cleanup project with youth volunteers. For each 3-hour volunteer session, the kids earn credit to pick out a bike, helmet and lock of their own from the shop. Bob hopes this teaches them the value of hard work and responsibility. Once restrictions are lifted, he plans to train six middle school students to operate the bike shop. Bob will teach them the basics of bike repair and maintenance. The goal is to instill in them a sense of pride and ownership. Bob fondly refers to his daily interactions with the young people he mentors, ‘It’s my laughing place.’ This mutual affection is reflected in his nickname, ‘Mr. Bob.’

While sharing my inspiring experience, I learned that Bob is a familiar and well-regarded friend to many in the RABA community. Kim Moore, Andrew Mann, Bud Vye and Pedal Power owner Mark Friedrich have known Bob for years. From them I learned that in 2013, Bob and Charlie Thomas formed Groundworks RVA whose goal is ‘cultivating the next generation of urban conservationists in Richmond, VA.’ Their guiding principles, ‘greening Richmond, preparing youth for success, improving health and quality of life for all residents and realizing racial equity’ seem eerily prescient. Bob’s organization has been a recipient of a RABA grant and Bikes for Kids has donated bikes to Oak Grove-Bellemeade Elementary School for the past few years. They shared that Bob is a retired executive of Chesapeake Corporation where he worked for 35 years. Their praise when asked best describes him.

(Continued from page 1)

(Continued on page 6)
RABA Adopt-A-Highway Cleanup - June 27, 2020
Deanna Weiler, RABA Adopt-A-Highway Coordinator

We were fortunate to have a sunny dry day to clean RABA’s designated 2.5 mile stretch of roadway just south of Ashland, having once postponed due to rainy weather. Although the tall grass presented a challenge, this determined team jumped right in and got the job done.

Thank you to our ‘regulars’, Richard Halle, Don Eiler, Roy & Lissa Childrey, Brian McConahill, Trevor Calame and John Higgins. We were thrilled to have some new volunteers to our cleanup crew, Kathy Hamby, Mike Richeson and Glenn Hinstedt, and hope they will join us again.

Lucky for me, Alan Cooper agreed to ride shotgun, take photos and do most of the heavy lifting. With errands and summer activities beckoning, only a few helpers were able to enjoy coffee and treats at Ashland Coffee and Tea. We had a great group doing wonderful work for a good cause! Yeah RABA Volunteers!!

Our next scheduled cleanup is planned for September.

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Mr. Bob...

(Continued from page 5)

From Kim, ‘Bob’s a wonderful man.’ From Andrew ‘Bob inspires me to be a better person everyday...he never toots his own horn.’ He especially admires how Bob ‘doesn’t just give the kids a bike, he makes them earn it, ie. teaches them to fish.’ Bud thinks of Bob as a real selfless saint with his continuing work with the kids of the Oak Grove Bellemeread community. Mark, having served on boards with Bob, says ‘if an organization needs something done, you want Bob on your team. He’s taken his executive experience and skill set and applied it to his mission in the community.’

Bob has taken his desire to help 2nd graders read 16 years ago and created for himself a full-time job he truly loves. It’s difficult to adequately describe the scope and reach of his influence. I planned to just donate some bikes and go home.

Instead I feel honored to know someone this exceptional and inspiring. Meeting Bob and learning about his mission is something I’d highly recommend. Don’t be fooled by his endearing down-to-Earth demeanor and his ‘aw shucks’ attitude. He’s a giant, the kind of person I’d like to be when I grow up, lol. He has created something extraordinary in a neighborhood largely neglected and grossly underserved. To ‘Mr. Bob’, this is his happy place; a place where he feels privileged to serve. As he describes it, ‘Everyday I get caught up in the beauty of it. Where else will you see this? It’s just part of an evolving plan’.

Thanks for reading and If you’d like to donate gently used bikes (all sizes) or parts, please contact Bob Argabright (804) 310-1080 or rargabright@me.com. Bob can often be found at the shop Monday-Friday from 7:30am to 1pm.

RABA riders logged 51,232 miles for June on Bikejournal for the clubs perennial second place among top 5 clubs.

1. Sumter Landing, FL 277,120
2. RABA 181,643
3. PBA 67,311
4. Sacramento CA 59,285
5. Phoenix Metro 55,429

RABA Leader Board

Folks, we have a tie between #3 and #4. There are 75 members with 1,000 or more miles thru June

1. Paula Dahl 4950
2. Steve Rosen 4434
3. Robbie Andrews 3884
4. John Hamilton 3884
5. Steve Trzinski 3540
6. Tim Kelly 3471
7. Ray Reed 3385
8. John Sabilis 3369
9. Reneta Sampson 3347
10. Robert Keithre 3244
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

**RABA APPAREL**

Here is the **new design for RABA apparel**. Our new supplier is Vie 13 Kustom Apparel. Their online store was open for us through May, but will re-open for a limited time later in the year. You'll be able to order your gear and have it shipped to your home. You can get a short sleeve jersey (men's and women's), bibs or shorts, socks, gloves, arm warmers and a wind/rain jacket.

Keep an eye on your mailbox for notices...

Contact Connie at cjackson2@ymail.com if you have any questions.

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**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.
- **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
- **The Bicycle Guys** at 2111-B N. Hamilton St., Richmond, VA 23230 offers RABA members 10% off any bicycle purchase with 3 free accessories up to $100 value thrown in free of charge (bottle cages, seat packs, pumps, clothing, shoes, blinkies, lights, etc.).

**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](#).

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**Become a RABA Ride Leader!**

For more information or to schedule a ride, contact:

<table>
<thead>
<tr>
<th>Role (Monthly Road Rides):</th>
<th>Contact Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ride Director</td>
<td>Wes Surina, <a href="mailto:wessurina@gmail.com">wessurina@gmail.com</a>, 804-687-3117</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Role (Weekly Road Rides):</th>
<th>Contact Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ride Director</td>
<td>Kim Moore, <a href="mailto:luv2cycle@yahoo.com">luv2cycle@yahoo.com</a>, 804-358-0935</td>
</tr>
</tbody>
</table>

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**CLASSIFIEDS NOW EXCLUSIVELY at**

[www.raba.org](http://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](#).
Ride Director (Monthly Road Rides): Wes Surina, 804-687-3117, wessurina@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

Road Ride Pace Key

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

Terrain Key

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

July 4 (Saturday) 4th of July 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>4</td>
<td>Several</td>
<td>Wes Surina <a href="mailto:Wessurina@gmail.com">Wessurina@gmail.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>9 am</td>
<td>42/51</td>
<td>3</td>
<td>2</td>
<td>Josh Silverman</td>
</tr>
<tr>
<td>B</td>
<td>9 am</td>
<td>38</td>
<td>3</td>
<td>2</td>
<td>Andrew Mann</td>
</tr>
</tbody>
</table>

Description: Come and join me on the 4th of July 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!

Pedal Power Has offered to host us in their parking lot again this year. Many thanks to Mark! You can drop off the bike there and walk over to Krispy Kreme. Mark will have a table and limited seating. With the whole parking lot there should be plenty of space to spread out.

Wes will not be at the ride, so this will be a come as you are ride much like the ABC Ride.

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/30851409
- 27 mile- https://ridewithgps.com/routes/30851512

July 4 (Saturday) 4th of July 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>9 am</td>
<td>42/51</td>
<td>3</td>
<td>2</td>
<td>Dee Nuckols, 804-749-3400, <a href="mailto:sdnuckols@yahoo.com">sdnuckols@yahoo.com</a></td>
</tr>
</tbody>
</table>

Description and Directions: We will be departing from 870 Sevy Road, Manakin-Sabot, 23103 at 9 AM on the Woodson’s Mill Route with distances of 42 and 51 miles in hilly terrain. I will be leading a B+ pace, all other paces are welcome but self led unless some other pace leaders volunteer. Multiple pace leaders may be needed to keep our groups small. A weather cancelation will take place by 7:30 AM July 4 if needed.

Please contact Dee if you are interested in leading a pace.

July 19 (Sunday) Doswell Dreaming-Andrew’s Birthday 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 am</td>
<td>57</td>
<td>3</td>
<td>2</td>
<td>Andrew Mann, <a href="mailto:rabamann@aol.com">rabamann@aol.com</a></td>
</tr>
</tbody>
</table>

Description and Directions: Come out and wish Andrew Mann a early happy birthday with a ride out of Final Gravity Brewing Co. (6118 Lakeside Ave, Richmond, VA 23228 . It will be hot so bring plenty of fluids.
**July, 2020 Weekly Rides**

**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](http://www.raba.org) and [here](http://www.raba.org) for the complete Pace Key Tables

### Sunday

**Powhatan Courthouse**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+/B</td>
<td>9 am</td>
<td>30 to 45</td>
<td>3 to 4</td>
<td>Varies</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](http://www.raba.org).

**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>4</td>
<td>Various</td>
<td>Coordinator: David McMillan, <a href="mailto:mcmillanmail@comcast.net">mcmillanmail@comcast.net</a></td>
</tr>
</tbody>
</table>

*Leaders:*
- Jul 5  Renata Sampson, rsampson119@verizon.net
- Jul 12 John Senn, john.senn@comcast.net
- Jul 19 Sara Page, saral.gray@gmail.com
- Jul 26 John Loughran, kjloughran@aol.com

*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](http://www.raba.org).

**Centerville Sunday Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A/B+</td>
<td>9:30 pm</td>
<td>30-50</td>
<td>3</td>
<td>Varies</td>
<td>Whit Richardson, <a href="mailto:prich0210@gmail.com">prich0210@gmail.com</a>, 757-634-4883</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>(time may vary)</td>
</tr>
</tbody>
</table>

*Description:* Whit will ride a B+ to A- pace but welcomes those who ride faster or slower. This area features rolling terrain in the rural areas of Goochland, Hanover, and Louisa counties. A reminder including the cue sheet for the week’s ride will be sent via the mailing list on Thurs-Friday and Saturday. Always check my RABA email each week because if extremely hot we might have earlier roll-time. The ride calendar will be updated and an email will be sent early in the week if Whit is MIA and not available to lead ride. Email or call me with questions or comments (757-634-4883 / prich0210@gmail.com), anytime... Let’s Ride!

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

Ride Information [HERE](http://www.raba.org).

### 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>9 am</td>
<td>30-40</td>
<td>Some</td>
<td>Mary Falterman, 741-2116, Barry Pullen, 561-3950</td>
<td></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](http://www.raba.org).

**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></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Steve Bolte, <a href="mailto:sebolte@yahoo.com">sebolte@yahoo.com</a></td>
</tr>
</tbody>
</table>

*(Continued on page 11)*
July, 2020 Weekly Rides

(Continued from page 10)

**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>9 am</td>
<td>33 to 62</td>
<td>3</td>
<td>One</td>
<td>Dee Nuckols, 804-749-3400, <a href="mailto:sdnuckols@yahoo.com">sdnuckols@yahoo.com</a></td>
</tr>
</tbody>
</table>

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

Ride Information HERE.

**Surry 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>9:30 am</td>
<td>28-32</td>
<td>3 or 4</td>
<td>one</td>
<td>Mike Richeson, <a href="mailto:mjrfnadv@comcast.net">mjrfnadv@comcast.net</a></td>
</tr>
<tr>
<td>C</td>
<td>9:30 am</td>
<td>28-32</td>
<td>3 or 4</td>
<td>one</td>
<td>Jack Huber, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** Meet Tuesday mornings at the Surry Government Center on School Street, (45 School Street, Surry, VA 23883) just off of Routes 10 & 31 in the Town of Surry. There is some great cycling in Surry County and the roads are mostly flat with little traffic. We will partner with the Williamsburg Area Cyclists on this ride. There are several different routes that are chosen on a rotating basis, all are about 30 miles long with a rest stop along the way. After the ride the group has lunch at the Surry Seafood Company on Gray's Creek.

Ride Information HERE.

**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>Andrew Mann, <a href="mailto:rabamann@aol.com">rabamann@aol.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>6 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>Ken Kolb, <a href="mailto:kenwkolb@gmail.com">kenwkolb@gmail.com</a></td>
</tr>
</tbody>
</table>

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

Ride Information HERE.

**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>John Senn, <a href="mailto:john.senn@comcast.net">john.senn@comcast.net</a>, Dave McMillan, <a href="mailto:mcmillanmail@comcast.net">mcmillanmail@comcast.net</a></td>
</tr>
</tbody>
</table>

**Leaders:**

**Description and Directions:** 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 will provide a sign-up sheet and help new riders match up with riders of a similar pace.

Riders will choose their own route. We are also blessed with the Capital Trail just across route 5 from the shopping center. Cue sheets and maps for several routes from 19-33 miles are available on the RABA web site. Go to http://www.raba.org/raba-cue-sheets-and-maps/. Pick "Portabella" from the drop down box with the "Any Start Location" prompt at the top of the page. Print and bring your own cue sheet as none will be available at the ride.

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 to 40</td>
<td>Varies</td>
<td>Varies</td>
<td>Barry Pullen, 561-3950, Brian McCahill, 389-6067</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

(Continued on page 12)
(Continued from page 11)

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 Brian McCahill, 389-6067 or Barry Pullen, 561-3950.

Ride Information HERE.

**Kindred Spirit Pizza and Beer Ride 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>All</td>
<td>6 pm</td>
<td>Varies</td>
<td>4</td>
<td>None</td>
<td>Susan Craver, 804-241-8332</td>
</tr>
</tbody>
</table>

**Description and Directions:** Meet at the Kindred Spirit Brewery (12830 W Creek Pkwy J, Richmond, VA 23238) in West Creek. Please park on the left side of Kindred or behind it, so their customers can park up front.

For those of you not familiar with West Creek, it is a well-lit office area with a 6 mile loop. It is 4 lanes, so there is plenty of room for cars to pass safely. There are cut-throughs, so if you want to shorten your loop you can. All paces and distances welcome. Ride with a group or do your own thing, just make sure you sign in. We meet back up in Kindred around 7:30 pm for pizza, beer and fellowship.

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>
</table>
| A/B+ | 9 am** | varies | 3 | 1 | Ray Reed, r.reed02@gmail.com  
Karen Murphy, murphykaren5@yahoo.com |

**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.

**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.

**BDR (Before Dinner Ride)**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
</table>
| B/B+ | 6 pm | 20-30 | 3       | None  | Josh Silverman, 804-307-3338, jds17@yahoo.com  
Andrew Mann, rabamann@aol.com  
Ken Kolb, kenwkolb@gmail.com |

**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. While the faster paces, B and up, are not no drop, leaders will generally try and make sure that no one is dropped from their group, regrouping as needed. This ride is open to all cyclists. Due to the possibility of returning in low light, each rider should have a working head-light and a rear blinkie. After the ride join your fellow riders for dinner, usually at Franco’s on Staples Mill Rd or another local restaurant.

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

Ride Information HERE.

**Friday**

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

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leaders</th>
</tr>
</thead>
</table>
| B    | 9 am | 25-33 | 2/3     | 1     | Dave Miller, dialdave@aol.com  
Trevor Calame, trvr.calame@verizon.net  
Bryan McCahill, brmcahill@verizon.net |

**Directions:** The ride will start and end at the Berea Baptist Church at the intersection of 623 (Ashland Road) and 271 (Pouncey Tract Road). To get there, take I-64 West to Exit 173 (Rockville/Manakin), go right (north) on 623 and travel 2.5 miles to the Berea Baptist Church on your right just before the intersection with 271.

Ride Information HERE.

**Friday 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>
</table>

(Continued on page 13)
July, 2020 Weekly Rides

(Continued from page 12)

| B/C | Variies | Variies | 3 | Variies | Steve Bolte, sebolte@yahoo.com |

**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.

**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>Variies</td>
<td>8:30 am</td>
<td>20-50+</td>
<td>5</td>
<td>Some</td>
<td>Kim Moore, 804-358-0935, <a href="mailto:luvs2cycle@yahoo.com">luvs2cycle@yahoo.com</a></td>
</tr>
</tbody>
</table>

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

Ride Information HERE.

**Centerville Saturday Ride—Food Lion**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>A/B+</td>
<td>9 am**</td>
<td>35-45</td>
<td>3</td>
<td>One</td>
<td>Karen Murphy, <a href="mailto:murphykaren5@yahoo.com">murphykaren5@yahoo.com</a></td>
</tr>
</tbody>
</table>

**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.

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**President’s Message...**

(Continued from page 1)

- A little over a third of members were not currently riding. Twenty-two percent were not riding due to COVID-19 with the rest not riding for other reasons.

An ad-hoc committee has been formed to work out the details regarding technology and governance items such as notice and quorum requirements. A full report of the survey will be distributed shortly.

One minor item – Gmail suddenly decided to classify all my RABA emails as “promotional” and then placed them all in the Promotional folder. Since I don’t check that folder as often as my primary folder, I thought I was not receiving any RABA email. Check if this is happening to you—it can be fixed via a “rule” change.

Again, thanks for the opportunity to serve as President of RABA. Happy riding, virtual or actual!

-Ken
### 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.