June RABA Meeting
Wednesday, June 10, 6:00 PM
(please RSVP– see below)

“Ask the Expert” Ride and Pizza Social
Location: Tuckahoe Physical Therapy
44 Broad Street, Manakin-Sabot, VA 23103 (804)784-7090

In October 2008, Jim Miller, DPT and bike fit specialist, was a guest speaker at the club’s general meeting. He talked about bike fit and the relationship of proper fit to performance on the bike. We have asked Jim to return as a speaker since he proved to be popular at his last appearance.

There will be a 12-15 mile social ride through the hills of Goochland with Jim. During the ride, feel free to ask Jim about injuries, bike position or anything else that may come up. Afterwards, there will be a RABA pizza social and a presentation by Jim discussing common cycling related injuries.

If you are interested in riding, please arrive by 5:45

(Continued on page 2)

Be Sure to Take a Look at the Pedaler Plus Supplement
Check out the Pedaler Plus, a supplement in PDF format, that you can read, download, and/or print from either http://www.raba.org/asp/pplus.asp or http://mysite.verizon.net/rrichhalle/pplus

Look for additional information about upcoming rides, features

(Continued on page 15)

As Bike Months Go, This One Was Special!
by Champe Burnley

May was Bike Month and what a month it was!

What a full and fun month of celebrating the bike in Central Virginia. Thanks to the effort of a number of RABA members, real progress is being made to further cycling in the Richmond area.

Starting with the Governor’s proclamation May 1, our joint meeting with the Richmond Tri-Club at Savor (thanks Kim!), the Cap2Cap, Bike to Work Day and more, and the fun seemed never ending.

Let me recap a few of May’s highlights.

Attending VDOT’s, VTrans2035 meeting, I was frankly amazed at the comments expressed at the Listening Session last month. Designed to get input from transportation constituents about the 25 year plans for Virginia’s transportation needs, it was clear that everyone – not just the cycling/walking crowd - recognized that bike and pedestrian facilities are no longer considered radical or esoteric; they are a key part of Virginia’s long range transportation infrastructure. Having people from constituencies like rail and airports say that bikes are important is major progress!

East Coast Greenway also held their visioning session for the Richmond Area and a number of people gave input on where they would like to see the trail pass through the Richmond area. When completed, this will be a 3300 mile trail

(Continued on page 5)

Table of Contents
Club News & Announcements .............. 1, 2, 4-6, 10, 15
New Members ......................................................... 2
Heard and Seen Around the Club .......... 3, 4
June, 2009 Monthly Rides .................. 7
June, 2009 Weekly Rides ..................... 11
Welcome to RABA’s newest members. We hope to meet you and see you on some of our rides!

Tim Ballenger
Mark Batterson
Tom Brookfield
Carrie Christ
David Filges
T. C. Jones
Lydell Le Sane
Meredith Miller
Judy Renaldi
Frank & Katherine Trent
Frank Zwemer & Laura Brewer

June RABA Meeting...

(Continued from page 1)
p.m. to get yourself and your bike ready to ride by 6; helmets are required. If you are interested in the eating and presentation portions of the meeting, please RSVP by Monday, June 8, 6 p.m., to Andrew Mann at 266-9048 or rabamann@aol.com so that there is enough food and soft drinks for everyone.

Cost for the pizza is $3 and bring a lawn chair so that you are comfortable during the presentation. If there is inclement weather, the ride will be cancelled, but the pizza social and presentation will continue and begin at 6 p.m.

Become a RABA Ride Leader!

- No experience necessary
- Cue sheet library available
- Great way to become more involved in the club

For more information or to schedule a ride, contact:
Road Ride Captain:
Bill Whitworth
wwhitworth@reynolds.edu, (804) 285-9193

The deadline for getting July rides listed in The Pedaler is June 15

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.

2009 Board of Directors & Committee Chairs

President: Champe Burnley
champe_burnley@hotmail.com 358-5801

Vice President: Ron Corio
rcorio@vcu.edu 643-6452

Treasurer: Cindia Evans
cnevans@comcast.net 789-0511

Secretary: Kim Moore
lutes2cycle@yahoo.com 358-0935

Director at Large: Mike Moore
mike_moore@yahoo.com 358-0935

Director at Large: Jim Denoon
delaniewdeno@verizon.net 370-6252

Road Ride Captain:
Bill Whitworth, wwhitworth@reynolds.edu 285-9193

Off-Road Ride Captain: Clark Jones
we3jones@comcast.net 527-0480

Racing Coordinator: Charlie Comly
chascomly@gmail.com 432-8542

Program Chair: Andrew Mann
rabamann@aol.com 266-9048

Advocacy & Century Chair: Bud Vye
bdvye@comcast.net 262-9544

Membership: Sonya Gagnon
sgagnon@dekaresearch.com 752-1050

Newsletter Editor: Richard Halle
rrichhalle@verizon.net 744-1760

Publicity: Liz Keith
lizzardbeith@gmail.com 337-4459

Statisticians: Steve and Debbie Herzog
sp_herzog@verizon.net 360-3853

Web Administrator: Nick Morgan
hoppocket@msn.com 740-2861

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

Membership Information

Annual RABA Membership Dues are $20 per person (18 years and older) or $25 per family consisting of 1 or 2 adults and all dependents under 18. All memberships begin January 1. After July 1, memberships are prorated as follows: $10 per person (18 years and older) or $12.50 per family. The Pedaler subscription is included. Submit membership application or renewals to RABA Treasurer, PO Box 6565, Ashland, VA 23005. Note: Membership dues must be accompanied by a completed signed membership application and a waiver of liability.
Saddened to learn of the death of June Ford Tatum at the age of 84 on April 26th, after a long bout with arthritis, and more recently with Alzheimers. When I joined RABA in the mid-80's, June was probably our strongest senior female rider. She rode centuries and loaded touring trips, led rides, won gold medals in her age group in the cycling events of the Senior Games, served on RABA's Board as Secretary from '87 through '89, and was a regular on the Adopt a Highway Trash Pickups. For all of this, she was selected as our Harvey Award recipient in 1997. I remember that part clearly, since she moved during the year after she received the award, and when I went to get it back from her in November to get it engraved with '98 recipient Dave Bloor's name, she gave me a jolt by telling me that she had looked high and low, but couldn't find it. Just before I had all the arrangements made to have a new plaque done, she called me to proudly announce that she had located it, and I hustled right over to Imperial Plaza to pick it up.

As I'm now becoming one of the Senior riders in the club, people are often assuming that I have ridden a bicycle forever, only to learn that I didn't start until I was 52, after I had moved down here from Philadelphia. Similarly, when riding with June on a long ride one day, I asked her when she had started riding, assuming that it had been long ago. Surprisingly, she told me that she didn't start until she was in her 60's. After having bypass surgery, her surgeon asked her what she was going to do now for physical activity? Without giving it any thought (and without owning a bike, or having ridden very much, previously), she responded that she guessed that she was going to take up bicycling. Thus committed, she went into the sport full blast, and also regularly rode to work at her secretarial job at Reynolds Metals. As her obituary noted, "She has gone on ahead and she will be sorely missed but her memories still linger."

At the other end of the continuum, Cam & Dixie Hogan have joined the ranks of proud grandparents, as daughter Rebecca Frazier (the singer with the Hit & Run Bluegrass group that a number of us heard when they played at Ashland Coffee) gave birth to 8 lbs., 5 oz. baby Jack down in Nashville on 4/9. Speaking of Ashland Coffee, we have new owners there now, by the name of Truman & Moya Parmalee. Very nice folks (as were their predecessors), and you'll notice that they are instituting some new touches with the menu.

By now, you should have noticed that Liza Bruce's panel is back on one of the VCU Hospital's billboards, this time on the one on east bound 64, right by the Acca RR Yards. It went up in March, coincidental with the anniversary of her transplant, and is into its 3rd month. Failed to mention last month that John Dawson had flown his plane up from Charlotte to Chesterfield Airport so he could go with us on the Mt. Vernon cherry blossom ride. He reported that, with Philip Morris announcing the closing of the Charlotte plant earlier than had been expected, everybody down there is trying to get a transfer up here to Richmond, so he may end up having to take early retirement. As I've had the experience in my career, he was involved in the start up of the Charlotte plant about 20 years ago, and it looks as though he'll also be involved in its close out. He also reported that ex-wife Leesa, who many of us know, came through her spinal surgery in good shape, but now has become a "dog person" and is not riding at all.

Rehab list seems to be getting longer, with only Paul Walaskay, that I know of, going back on the Active roster, after appearing to have a good recovery from his bypass surgery. Paul has also just retired from the Seminary, so we should be seeing a little more of him on the bicycle.

Chris Tompkins heads the list down at the Shepherd Center in Atlanta. Its not far from where my son lives, so he was able to get over there and visit Chris recently, while he was being put through his program by a physical therapist. Having not seen him previously, he could only report that the Center was "state of the art", as advertised, and that the therapist reported that Chris was making progress, but slowly, indicating that he would eventually make a full recovery, but that it would take him some time to get there.

Mike Moore reports that he is making progress with both his hip and hamstrings, but still has a ways to go before he's back on the road with us.

Wesley King crashed in a Cat 3 race back in April, shattering his right wrist, which now is held together with a plate and screws, but he is making a good recovery.

In the knee category, Dee Nuckolls appears to have made a nice recovery from his replacement, but Mary Ann Kaveski and Steve Suckonick are still working their way back from theirs. No replacements, but Debbie Gleason and Susan Bain working their way back from less serious problems. Debbie's just finishing up her course work and exams for her doctorate up in Charlottesville (then, only her thesis remains). Got to talking with Susan as we were keeping the tent we were staffing from blowing away at the Cap2Cap, and learned that Ruth Thompson (who had impressed all of us...
Heard and Seen Around the Club...

(Continued from page 3)

that had conducted the State Senior Games cycling races at Bryan Park on 5/8, the winner of the Female 85-89 age group in both the 5K Time Trial and the 20K Road Race, was her step-mother. Ruth had declared to all of us that “she’ll be back next year, but that she’ll be in the 90-94 age group”.

And one new name to add to the list, that of Dan Cosby, the club’s ’07 High Mileage rider. Seems he had an attack of kidney stones, which led to an MRI, which showed a small tumor on his pancreas. Surgeon has indicated that it was discovered early enough that he can get all of it, and surgery will take place after my deadline and before you read this.

My head is spinning from all the activities over the last few weeks, and I’ll take this opportunity to give BIG THANK YOU’s to those who have helped me with the ones I’ve been personally responsible for ----

• for the 4/18 Adopt a Highway pickup, which we knocked out in less than 2 hours ---- Tom Foster, Karen Goldman (and her grand daughter, with the same name), Rickey Davis, Susan Douglas, Richard Halle, Alan Cooper, Don Eiler, Dee & Suzanne Nuckols, Michael Testerman, Jack Speed, and Mary Ann Kaveski.

• The RABA motorcycle riders who did an outstanding job patrolling and carrying officials around the course at the National Duathlon Championships Road Races on 4/26 ---- John & Joyce Knox, Mike Gleason, Gordon Brostrom, and Chuck Miffleton.

• and the RABA members who helped me conduct the State Senior Games Time Trial and Road Race at Bryan Park on 5/8 (most of whom would have been medal winners, had they competed rather than helping conduct the competition) ---- John Hunnicutt, Dave Bloor, Don Eiler, Rickey Davis, Bill Britton, and Carolyn Goble.

Results of RABA Members in Recent Events

as compiled by Bud Vye

Additional from the

Monument Ave. 10K on 3/28

Sharon Wake ...................... 50:35
Liz Keith ............................. 51:11
David Murray .......................... 51:27

National Duathlon, Off-Road, 4/25

Jay Paul ............................... 3:05:44

National Duathlon, On-Road, 4/26

Greg Guinther .................... 2:12:14
(10th in his age group; qualified for World Championship in Sept.)
Sharon Wake .................... 2:42:16
Terry Miffleton .................... 2:47:57
David Murray .......................... 2:49:35
Ted Heller .................. 2:55:20
Chris Friedline .................... 2:56:01
John Hunnicutt .................... 3:03:57
Kristin Friedline .................. 3:05:04

National Duathlon, On-Road, Sport Division, 4/26

Kim Moore ....................... 1:11:59
2nd in her age group

Ron Birckhead .................. 1:22:30
2nd in his age group

Wintergreen Ascent Time Trial, 5/2

Tom Richeson .................... 39:12
(good for a silver medal)
Greg Guinther .................... 44:24
Sonya Gagnon .................... 56:20
Duke Holmes ..................... 56:58
Rick Tanger ..................... 59:40

Muddy Buddy, 5/3

Coed, over 96 (combined age of team)
6. Ron Birckhead, w/Anita Szatkowski

Virginia State Senior Games, 5/8

5K Time Trial
60-64, Male
2. Tom Doyle ......................... 8:52

20K Road Race
60-64, Male
2. Tom Doyle
3. Jay Rohrer

65-69, Male
2. Frank Trent

Congratulations to all!
starting in Calais, Maine and ending in Key West. Ninety percent of the ECG will be off road. Many great suggestions and ideas were expressed for this exciting project.

The VA Bicycling Federation’s resolution, calling for bike paths and trails on all of the new rail upgrades and enhancements in Virginia was presented to Governor Kaine. The resolution has the support of thirty organizations, including RABA. If you haven’t signed this resolution, please take a moment and go to http://www.ipetitions.com/petition/RWT/. If endorsed by the Administration, this could be the beginning of a nationwide trails system which could link New York to New Orleans and Chicago to Norfolk.

Thanks to all of our club volunteers who either spent their Saturday morning stuffing “goodie bags” for the Muddy Buddy event or afternoon running registration of the participants. Their efforts resulted in $1000 being donated to the Bikes for Kids Fund. Well done!

RABA was a co-sponsor of the 2009 Cap2Cap ride benefitting the Virginia Capital Trail Foundation. We blew away the records with over 1500 riders. This fund raiser will benefit our hometown VA Capital Trail which should be completed in 2013. RABA members really came through to make the event a success. Thanks for all your hard work!

I am extremely excited that Richmond was chosen to host the Sixth Annual, North American Handmade Bicycle Show February 26-28, 2010. This is a huge win for Richmond and our cycling community. The event normally draws between six and eight thousand attendees. People travel from around the world to attend this show. If you have ever suffered bicycle lust, stay away from this show; you’ll see some of the finest, handcrafted bikes in the world exhibited at the event.

RABA really came through for National Bike to Work Day on May 15. We had over 150 riders converge on Monroe Park where Governor Tim Kaine and Mayor Dwight Jones addressed the mass of riders. Thanks for a great RABA turnout. You made it clear to our elected officials that cycling is important in Central Virginia.

Finally, I’m pleased to announce that RABA will be host-

Soapbox...

(Continued from page 1)

ing Adventure Cycling Association’s Executive Director, Jim Sayer for a presentation at the Tuckahoe Library June 1 at 7:00 p.m.

With 45, 000 members, ACA is the driving force behind the interstate bike routes – including Routes 1 and 76 which pass through the Richmond Area. Jim will discuss work on an official U.S. Bicycle Route System, and cycling tours throughout North America. He will also present the latest information on the new federal transportation bill and what it means for cycling safety and policy at the state and national levels. Don’t miss this event.

Though Bike Month is now but a memory, make the most of our fine June weather and go out and take a ride!

Safe cycling.

Champe
Shedding a Different Tiny Light on Things

I rode off from Bon Air at around 6:00 am on Friday morning on my way to Governor Kaine’s and Mayor Jones’ Bike to Work Day speeches at Monroe Park. It was light enough for me to see but I felt it would be wise for me to have a flashing front light so motorists could see me. On went the, so I thought, only partially discharged light I had used on the ADC ride a couple of nights before and off I went.

Two miles or so into the ride I noticed that the light wasn’t flashing anymore. The internal NiMH battery was dead. I don’t know if it hadn’t been recharged properly or whether the almost 3 year old light was developing the battery “memory” issues that happen with things like electric toothbrushes.

When your electric toothbrush goes out, you usually have your manual backup handy. However, if a bike light goes out, the stakes might be a little higher. So I decided to look for another light to either replace or at least backup the one having “issues.”

The one I bought was an intriguing $30.00 tiny gizmo by Blackburn called the Flea. Look at the picture. It’s about the same size and weight as a cycle computer. It has four LED lights and is powered by an internal lithium-ion battery. The light has high, low, and flashing operating cycles and, depending on which one you use, will last from 3 to 6 hours.

To recharge the light, the package contains something called a “Microcharger.” It’s appropriately named. The tiny thing fits in a rubberized case a little larger than my thumb.

The way it works is by clipping one end of the magnetic cradle to the light and, at the other end, attaching the wires with magnetic leads to the positive and negative poles of any AAA through D size battery. When things are connected properly and the light is being recharged, you’ll see it blink. When it’s fully recharged the blinking stops. According to the manufacturers information, you can get 30 recharges out of a D cell battery.

But does it work? Well, it seems to. While riding around in the neighborhood half an hour or so before sunrise, I tried out the different modes and they, particularly the flashing one, worked surprisingly well considering the size of the light. By the time you read this, I’ll probably have used it on an ADC ride or two and will have a better idea of what its strengths and weaknesses are.

The term “thinking out of the box” is so overused these days that it’s almost trite. However, I have to give the Flea’s designers a lot of credit for the fresh look they took when they came up with the product. The main problem I see involves a shortcoming of mine. Everything is so tiny and compact that I can see myself misplacing the unit or recharger and not being able to find them when I need them. But, as I said, that’s my problem.

Cycling Races on TV

If you have cable and get the Versus channel, check out the following telecasted races:

Sunday Jun 7 and 14 @ 5PM ET
The Dauphine Libere, a week-long race comes at a strategic moment in the season as the leading stage race riders begin to fine tune their fitness and always indicates who will be a contender in the summer stage races. The route of the Dauphiné Libéré always includes some of the legendary Alpine climbs, as well as mountain stages, time trials and flat stages to create a thrilling race.

Sunday Jun 14 and Jun 21 @ 5PM ET
The Tour de Suisse is one of the biggest and most prestigious stage races in the UCI ProTour and will be held for the 73rd time this year. The 2009 Tour de Suisse begins in neighboring Lichtenstein with a short time trial. In between, race organizers IMG have designed stages to the ski resort of Davos, Lumino in the southern canton of Ticino, Stäfa, Serfaus in Austria, Bad Zurzach in the north, Vallorbe in Romandie, Crans Montana and then around Berne.

May 1 “Bring A Buddy” Social Recap

by Kim Moore

On Friday, May 1, RABA and RRRC, along with a last minute addition of the Richmond Chapter of MORE, the Mid-Atlantic Outdoor Recreation Enthusiasts, hosted a Bring a Buddy social for their members at Savor Café. Eighty-six people attended the event and enjoyed the delicious food prepared by Savor’s chef, owner and fellow RABA member Ellie Basch.

This was outstanding participation, the most from RABA since the social’s inception in 2004.

MORE had five members attend and they brought a special DVD presentation by Western Spirit Tours of an off-road trip along the Colorado trail. The riders in the video were Jay Paul, RABA member and board member on the Virginia Capital Trail Foundation, and Bill Wright, treasurer of MORE. Jay and Bill flew along on tight single track, hugging the side of steep mountains that had long, deadly looking drop-offs! Watchers were really treated to gorgeous scenery and very good mountain bike handling skills.

If you missed this social, you missed a lot of fun and camaraderie – hope to see you at the next one!
June, 2009 Monthly Rides

Road Ride Captain: Bill Whitworth, 285-9193, wwhitworth@reynolds.edu
Off-Road Ride Captain: Clark Jones, 527-0480, we3jones@comcast.net

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 ride sheets to statisticians Steve & Debbie Herzog, 13204 Forest Light Court, Richmond, VA 23233 no later than 14 days after the ride to ensure that all riders get mileage credit.

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

### 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>

### 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>

Note: See The Pedaler Plus and [www.raba.org](http://www.raba.org) for the complete Pace Key Tables

---

**June 6 (Saturday)**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>8:30 am</td>
<td>32</td>
<td>3 One</td>
<td>Tom Veazey, <a href="mailto:370-1106tveazey@royall.com">370-1106tveazey@royall.com</a></td>
<td></td>
</tr>
<tr>
<td>C</td>
<td>8:30 am</td>
<td>20</td>
<td>3 One</td>
<td>Champe Burnley, 358-5801, <a href="mailto:champe_burnley@hotmail.com">champe_burnley@hotmail.com</a></td>
<td></td>
</tr>
<tr>
<td>C</td>
<td>8:30 am</td>
<td>24</td>
<td>3 One</td>
<td>Dave Miller, 288-0716, <a href="mailto:dialdave@aol.com">dialdave@aol.com</a></td>
<td></td>
</tr>
<tr>
<td>C</td>
<td>8:30 am</td>
<td>20</td>
<td>3 One</td>
<td>Gayle McMunn, <a href="mailto:Gaylesyme@aol.com">Gaylesyme@aol.com</a></td>
<td></td>
</tr>
<tr>
<td>D</td>
<td>8:30 am</td>
<td>20</td>
<td>3 One</td>
<td>Jim Denoon, 370-6252, <a href="mailto:delanieidenoon@verizon.net">delanieidenoon@verizon.net</a></td>
<td></td>
</tr>
</tbody>
</table>

**Description:** Please join Jim to assist with the Group Ride for New Riders. This ride is aimed at attracting new cyclists to RABA and getting more riders into the sport. We expect to have all levels of cyclists participate, including those who are new to cycling and experienced riders new to the Richmond area. 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 30 mile extension. Three to six volunteers are needed to assist with this ride (help pumping tires, manning sign-up sheets, leading different pace groups, etc.). If you would like to volunteer, please arrive at 8:00. Contact Jim for details.

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

**June 7 (Sunday)**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>9:30 am</td>
<td>52</td>
<td>3 One</td>
<td>Wayne Flood, 804-641-0556 or <a href="mailto:Sept1Flood@comcast.net">Sept1Flood@comcast.net</a></td>
<td></td>
</tr>
<tr>
<td>B+</td>
<td>9:30 am</td>
<td>52</td>
<td>3 One</td>
<td>Liz Keith337-4459, <a href="mailto:lizzardkeith@gmail.com">lizzardkeith@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>B</td>
<td>9:30 am</td>
<td>37</td>
<td>3 One</td>
<td>Charlie Lohmuller, 357-4423, <a href="mailto:charieloh@comcast.net">charieloh@comcast.net</a></td>
<td></td>
</tr>
<tr>
<td>C</td>
<td>9:30 am</td>
<td>37</td>
<td>3 One</td>
<td>Pace leader needed</td>
<td></td>
</tr>
</tbody>
</table>

**Description:** Meet at the Hanover Courthouse parking lot for a ride out to Manquin in King William County. Both the long and short routes include a nice stretch along Hanover County’s River Road, which most area cyclists really enjoy. In general, the hills are moderate, although the 37 mile route climbs the back side of Bleak Hill on the return. Both routes include a store stop at the One Stop Market in Manquin on Route 360. Cue sheets will be provided.

**Directions:** The ride will start/finish at the Hanover County Government Complex (often called the “Hanover Courthouse”). The Hanover County Government Complex (7497 County Complex Road, Hanover, VA 23069) is on US Route 301 at just south of the intersection of Routes 54 and 301. From I-295, take Exit 41 onto Route 301, travel north for approximately 10.5 miles and turn

(Continued on page 8)
right onto County Complex Road. From I-95, take Exit 92 (Route 54 East) towards Hanover. Travel approximately 5 miles to the
intersection with Route 301. Turn right onto Route 301. Travel approximately one-half mile and turn left onto County Complex
Road.

June 13 (Saturday) Waverly to Chippokes State Park

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>9:00 am</td>
<td>59</td>
<td>4</td>
<td>Two</td>
<td>Mike Iannuzzi, 804-360-5975, <a href="mailto:m.iannuzzi@comcast.net">m.iannuzzi@comcast.net</a></td>
</tr>
<tr>
<td>B</td>
<td>9:00 am</td>
<td>59</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>
<tr>
<td>C</td>
<td>9:00 am</td>
<td>59</td>
<td>4</td>
<td>Two</td>
<td>Vicki Sondecker, 804-360-5975 <a href="mailto:vsondecker@yahoo.com">vsondecker@yahoo.com</a></td>
</tr>
</tbody>
</table>

Description: Meet in Waverly to ride to Chippokes Plantation State Park and back. The route is very rural even by Waverly
 Standards. There will be two special rest stops with watermelon and other goodies hosted by Shirley Cockes at her home in
Surry County. Chippokes State park is a beautiful spot with several impressive views of the James river.

Directions: Meet at the parking lot behind the former Coppahaunk Tavern in Waverly at the corner of Routes 460 and 40. From
Richmond take I-95 or I-295 south to Route 460 east (toward Norfolk).

June 14 (Sunday) Portabella Bowtie

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>9:00 am</td>
<td>51</td>
<td>3</td>
<td>Three</td>
<td>Kim Moore, 358-0935, <a href="mailto:luvs2cycle@yahoo.com">luvs2cycle@yahoo.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>9:00 am</td>
<td>51</td>
<td>3</td>
<td>Three</td>
<td>Noah Kaatz, <a href="mailto:noahk5270@yahoo.com">noahk5270@yahoo.com</a></td>
</tr>
<tr>
<td>B</td>
<td>9:00 am</td>
<td>51</td>
<td>3</td>
<td>Three</td>
<td>Jim Denoon, 804-370-6252, <a href="mailto:delaniewdeno@verizon.net">delaniewdeno@verizon.net</a></td>
</tr>
<tr>
<td>C</td>
<td>8:30 am</td>
<td>35</td>
<td>3</td>
<td>One</td>
<td>Donna Lotito, 380-0729</td>
</tr>
<tr>
<td>D</td>
<td>8:30 am</td>
<td>35</td>
<td>3</td>
<td>One</td>
<td>Pace leader needed</td>
</tr>
</tbody>
</table>

Description: Meet behind Portabella’s Restaurant located in the Varina Shopping Center at the intersection of Route 5 and
Strath Road for a loop ride that travels from Henrico County into Charles City County then circles back. Cue sheets will be pro-
vided.

Directions: The ride will start from Portabella’s Restaurant (2627 New Market Rd, Richmond, VA 23231) in the Varina Food
Lion Shopping Center on Route 5 in Varina. From I-295, take exit 22 onto Route 5 (New Market Road) west towards Varina; go
approximately 1 mile; the Food Lion shopping center will be on the left. From I-64, take the South Laburnum Ave Exit; go ap-
proximately 5.5 miles to Route 5 (New Market Road); turn left and the shopping center will be on the right in 2.3 miles. From I-
895, take the Laburnum Ave Exit; turn right on Route 5 (New Market Road). The shopping center will be on the right in 2.3
miles.

June 20 (Saturday) Ride to "Savor"

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>8:00 am</td>
<td>62</td>
<td>4</td>
<td>One</td>
<td>Kim Moore 358-0935</td>
</tr>
<tr>
<td>B</td>
<td>8:00 am</td>
<td>62</td>
<td>4</td>
<td>Two</td>
<td>Ron Corio,643-6452, <a href="mailto:rcorio@vcu.edu">rcorio@vcu.edu</a></td>
</tr>
<tr>
<td>C</td>
<td>9:00 am</td>
<td>31</td>
<td>4</td>
<td>One</td>
<td>Peggy Merritt 337-3885 <a href="mailto:pttsbrghrnva80@comcast.net">pttsbrghrnva80@comcast.net</a></td>
</tr>
<tr>
<td>D</td>
<td>9:30 am</td>
<td>20</td>
<td>4</td>
<td>One</td>
<td>Ride Leader Wanted</td>
</tr>
</tbody>
</table>

Description: The ride leaders had so much fun in May, they are doing the ride again! The ride will feature the flatter roads of
the East End and beyond. While there are store stops on the route, please bring plenty of fluids as it tends to be very warm this
time of the year. Afterwards, everyone is invited to eat lunch at Savor.

Directions: Parking is available on the street or you may park in Savor's free lot on the corner of Bainbridge and 7th Sts (one
and half blocks away from the restaurant). The address for Savor: 201 West 7th St (corner of Porter and 7th Streets), Rich-
mond , VA 23224 , 527-2867. Savor is located in the first floor of the Corrugated Box Building, please go to the restaurant’s web-
site http://savorcompany.com for directions and the menu.

June 21 (Sunday) Two Steve's Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>8:00 am</td>
<td>55</td>
<td>2</td>
<td>One</td>
<td>Steve Herzog, 804-360-3853 <a href="mailto:sp_herzog@verizon.net">sp_herzog@verizon.net</a></td>
</tr>
</tbody>
</table>

(Continued on page 9)
June, 2009 Monthly Rides

(Continued from page 8)

June 27 and June 28 (Saturday and Sunday) Gwynn's Island Camp out(In) Again

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>8:00 am</td>
<td>70</td>
<td>3</td>
<td>Som</td>
<td>Ted Zeh, 932-4070, <a href="mailto:zeh@cox.net">zeh@cox.net</a></td>
</tr>
<tr>
<td>(or slower)</td>
<td></td>
<td></td>
<td>(each day)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Description: Join Steve Herzog for the “Two Steve’s Ride”. This ride got its name from the fact that Steve Crozier and Steve Herzog led this ride through western Hanover and eastern Louisa in years past. There is a store stop at about the half-way point. The ride is generally rolling with a few steep hills. Be prepared for hot weather.

Directions: Meet at the Deep Run High School parking lot (where the Tuesday Night Deep Run High School Options ride begins). Take I-295 to the Nuckols Road north exit. Go approximately ¾ miles north on Nuckols Road, turn left onto Twin Hickory Road (at a traffic light). Go approximately ¾ miles on Twin Hickory Road and the high school will be on your right.

June 28 (Sunday) Hickory Notch Grill to Hadensville

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>8:30 am</td>
<td>36</td>
<td>3</td>
<td>One</td>
<td>Ricky Davis, 755-6336</td>
</tr>
</tbody>
</table>

Description: Ricky’s attempt to put on this event was rained out on May 3rd. However, he again invites everyone to join him early, this time on a summer morning, to enjoy a scenic route, that he designed, to follow Three Chopt Rd. all the way to Hadensville and back. Afterwards, the hungry members of the group will be able to enjoy a tasty lunch at the Hickory Notch Grill.

Directions: The ride leaves from The Hickory Notch Grill (2031 Broad Street Road, Maidens, VA 23102), which is about 15 miles west of the Short Pump Town Center. From Richmond, take Interstate 64 west to exit 167 (Olilve exit). Turn left at the first stop sign off the exit ramp onto Oilville Road. At Broad Street (250), turn right and proceed about 3 miles. The Hickory Notch Grill is on the left. Cars should park as far back in lot as possible.

July 3 (Friday) Lunch Ride to Reedville (Joint Ride with Northern Neck Cycling)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>9:30 am</td>
<td>60</td>
<td>Some hills</td>
<td>Four</td>
<td>Leader and co-leader needed</td>
</tr>
<tr>
<td>B+</td>
<td>9:30 am</td>
<td>60</td>
<td>Some hills</td>
<td>Four</td>
<td>Hugh &amp; Laura Aaron, 804-690-9702, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Mike Iannuzzi, 804-658-7214, <a href="mailto:m.ianuzzi@comcast.net">m.ianuzzi@comcast.net</a></td>
</tr>
<tr>
<td>B</td>
<td>9:30 am</td>
<td>60</td>
<td>Some hills</td>
<td>Four</td>
<td>Steve Reiss, 804-438-6139, <a href="mailto:stevenr0520@yahoo.com">stevenr0520@yahoo.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Jack Huber, 804-282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
<tr>
<td>B</td>
<td>9:30 am</td>
<td>26</td>
<td>Some hills</td>
<td>One</td>
<td>Leader and co-leader needed</td>
</tr>
<tr>
<td>C</td>
<td>9:30 am</td>
<td>60</td>
<td>Some hills</td>
<td>Four</td>
<td>Viki Sondecker, 804-658-7215, <a href="mailto:vsondecker@yahoo.com">vsondecker@yahoo.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Co-leader needed</td>
</tr>
<tr>
<td>C</td>
<td>9:30 am</td>
<td>26</td>
<td>Some hills</td>
<td>One</td>
<td>Bob Fox, 804-438-5947, <a href="mailto:rfox@kaballero.com">rfox@kaballero.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Co-leader needed</td>
</tr>
</tbody>
</table>

(Continued on page 10)
June, 2009 Monthly Rides

(Continued from page 9)

D  9:30 am  26  Some hills  One  Leader and co-leader needed

Description: Join us for the second annual ride from Kilmarnock to Reedville and back. The ride will start and end at Lancaster Middle School in “downtown” Kilmarnock. Highlights include a lunch stop at Fairport Marina (a really casual, dockside restaurant on Cockrell’s Creek), a riding tour through Reedville and a stop at Chitterchats in Reedville for ice cream. This is going to be a very social ride with a lot of stops. It will probably take all day.

Modern Reedville was founded in 1874 when Captain Elijah Reed transferred his menhaden fishing operation from Brooklin, Maine to the Chesapeake Bay. He purchased the land on Cockrell’s Creek that is now Reedville. Today the small town of Reedville is one of the major US ports for the landing of commercial fish (menhaden), second only to Kodiak, Alaska. (Source: www.rfmuseum.org/history.html)

As always, tandems are welcome (Hugh and Laura plan to ride their tandem). For those looking for a shorter ride, there will be an alternate 26 mile route with a stop at Brown Store Market. The 26 mile route does not go to Reedville.

If you are planning to join us for lunch, you must pre-register at http://reedvilleride.eventbrite.com/ so that we can give a head count to Fairport Marina. Cue sheets will be sent out in advance on the RABA and NNC email lists. Please print a cue sheet for your desired route and bring it with you. If you are not on the email lists, contact one of the ride leaders prior to the ride and request that they email you a cue sheet.

Directions: Lancaster Middle School (191 School Street, Kilmarnock, VA 22482) is about 1 hour and 20 minutes from the Richmond Airport so make sure you get an early start, especially if you are coming from the West End or the Southside. Take Interstate 64 East to exit 220 for Route 33 East to West Point. Continue 17 miles past West Point to a stoplight at the crest of a hill in Glenns and turn left onto Route 33/US 17 North. Stay on Route 33/US 17 North for 2 miles and bear right at the Hardees into Saluda. At the traffic light at the courthouse in Saluda, turn right onto Route 33 and proceed 6.8 miles to the stoplight at the Route 3 intersection. Turn left onto Route 3 West and continue on Route 3 over the Rappahannock River (on the Norris Bridge) and through the towns of White Stone and into Kilmarnock. In downtown Kilmarnock, turn left onto Jessie Ball Dupont Memorial Hwy (Route 200) and then make the next right onto School Street. Lancaster Middle School will be on your left about a half a mile from the turn onto School Street.

July 4 (Saturday)

Independence Day Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>9:00 am</td>
<td>51</td>
<td>2</td>
<td>Two</td>
<td>Ride leader needed</td>
</tr>
<tr>
<td>B+</td>
<td>9:00 am</td>
<td>51</td>
<td>2</td>
<td>Two</td>
<td>Noah Kaatz, <a href="mailto:noahk5270@yahoo.com">noahk5270@yahoo.com</a>, 955-0582</td>
</tr>
<tr>
<td>B</td>
<td>9:00 am</td>
<td>51</td>
<td>2</td>
<td>Two</td>
<td>Jim Denoon, 370-6252, <a href="mailto:delaniewdeno@verizon.net">delaniewdeno@verizon.net</a></td>
</tr>
<tr>
<td>C</td>
<td>9:00 am</td>
<td>37</td>
<td>2</td>
<td>One</td>
<td>Ride leader needed</td>
</tr>
<tr>
<td>D</td>
<td>9:00 am</td>
<td>37</td>
<td>2</td>
<td>One</td>
<td>Ride leader needed</td>
</tr>
</tbody>
</table>

Description: Jim Denoon wanted all of us to have a special ride to celebrate this important day in American history. We will have plenty of parking spaces as Portabello’s will be closed for the holiday.

Directions: The ride will start from Portabella’s Restaurant (2627 New Market Rd, Richmond, VA 23231) in the Varina Food Lion Shopping Center on Route 5 in Varina. From I-295, take exit 22 onto Route 5 (New Market Road) west towards Varina; go approximately 1 mile; the Food Lion shopping center will be on the left. From I-64, take the South Laburnum Ave Exit; go approximately 5.5 miles to Route 5 (New Market Road); turn left and the shopping center will be on the right in 2.3 miles. From I-895, take the Laburnum Ave Exit; turn right on Route 5 (New Market Road). The shopping center will be on the right in 2.3 miles.

Thanks!

to Everyone Who Helped with the Cap2Cap Event

Susan Bain  Susan Douglas  LaDonna Groven  Kim and Mike Moore
Ellie Basch  Sheryl Finucane  Richard Halle  Suzanne and Dee Nuckols
Charley Beall  Betsy Garber  Joe Hazel  Gina and Chuck Paige
Linda Coye  Debra and David Gardner  Michael Iannuzzi  Megan Paul
Jim Creegan  Debbie Gleason-Morgan  Gary Janak  Jim Peterson
Susan Bain  Sheryl Finucane  Joe Hazel  Barbara Pinter
Ellie Basch  Betsy Garber  Michael Iannuzzi  Juliellen Sarver
Charley Beall  Debra and David Gardner  Gary Janak  Dave Schmidt
Linda Coye  Debbie Gleason-Morgan  Sharon Klein  Sheila and Dave Talley
Jim Creegan  Debbie Gleason-Morgan  Kristin Kruse  Gary Thabet
Susan Bain  Sheryl Finucane  Eric Martin  Bud Vye
Ellie Basch  Betsy Garber  Margaret Maslak  Sheila and Dave Talley
Charley Beall  Debra and David Gardner  Gayle McMunn  Gary Thabet
Linda Coye  Debbie Gleason-Morgan  Jeanne Minnix  Bud Vye
Jim Creegan  Debbie Gleason-Morgan  Juliellen Sarver  Sheila and Dave Talley

The Pedaler  June, 2009
June, 2009 Weekly Rides

Road Ride Captain: Bill Whitworth, 285-9193, wwhitworth@reynolds.edu

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 ride sheets to statisticians Steve & Debbie Herzog, 13204 Forest Light Court, Richmond, VA 23233 no later than 14 days after the ride to ensure that all riders get mileage credit.

Sunday, 9:00 AM (*** Note: New Start Time for the Summer Months***)

**Powhatan Courthouse**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>9:00 am</td>
<td>30-60</td>
<td>3-4</td>
<td>See below</td>
<td>Barry and Martha Pullen, 561-3950</td>
</tr>
</tbody>
</table>

**Description:** Meet at the Powhatan County Court House 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 about 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 East End-Dorey Park Ride

The Sunday afternoon Dorey Park Ride is “on sabbatical” till late fall. See you then!

Monday, 9:00 AM

**Mondays with Mary**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>9:00 am</td>
<td>30-40</td>
<td>3</td>
<td>Some</td>
<td>Mary Falterman, 741-2116, Barry Pullen, 561-3950</td>
</tr>
</tbody>
</table>

**Description:** The ride starts at a different location every week. The meeting place and start times are decided on Sunday evening at about 8:00 PM, depending on Mary, Barry, and Chris Walke's schedules. Please contact one of the ride leaders on Sunday evening to get information about the upcoming ride.

Tuesday, 9:00 AM (*** Note: New Start Time for the Summer Months***)

**Tuesdays at Rockville**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>9:00 am</td>
<td>32-62</td>
<td>3</td>
<td>One</td>
<td>Bill Whitworth 285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a></td>
</tr>
</tbody>
</table>

**Description:** Come join us for a great ride through western Hanover and eastern Louisa. We leave from the Rockville Little League Fields. Cue sheets will be available. Distance of this ride varies weekly. Please contact Bill the day before the ride if you’re interested in knowing the distance of the upcoming ride.

Directions: Take the Rockville/Manakin exit off of I-64. Go right (North) 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.

Tuesday Hanover Courthouse Evening Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>6:00 pm</td>
<td>28</td>
<td>3</td>
<td>None</td>
<td>Wayne Flood, 804-641-0556, <a href="mailto:sept1flood@comcast.net">sept1flood@comcast.net</a></td>
</tr>
<tr>
<td>A</td>
<td>6:00 pm</td>
<td>28</td>
<td>3</td>
<td>None</td>
<td>Andrew Mann, 804-266-9048, <a href="mailto:rabamann@aol.com">rabamann@aol.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>6:00 pm</td>
<td>28</td>
<td>3</td>
<td>None</td>
<td>Hugh &amp; Laura Aaron, 804-690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
<tr>
<td>B</td>
<td>6:00 pm</td>
<td>28</td>
<td>3</td>
<td>None</td>
<td>Dale Peacock, 804-304-6041, older <a href="mailto:ape@yahoo.com">ape@yahoo.com</a></td>
</tr>
<tr>
<td>C</td>
<td>6:00 pm</td>
<td>28</td>
<td>3</td>
<td>None</td>
<td>Charlie Thomas, 804-747-6633, <a href="mailto:c.thomas53@verizon.net">c.thomas53@verizon.net</a></td>
</tr>
<tr>
<td>D</td>
<td>6:00 pm</td>
<td>21 or 23</td>
<td>3</td>
<td>None</td>
<td>Nan Ottenritter, 804-306-1078, <a href="mailto:nottenritter@yahoo.com">nottenritter@yahoo.com</a>, Emily Kimball, 804-358-4959, <a href="mailto:etkimball@aol.com">etkimball@aol.com</a></td>
</tr>
</tbody>
</table>

**Description:** Wayne's and Andrew's pace groups will typically be riding a tight pace line with few, if any, stops. Hugh and Laura will typically be riding their tandem at a more moderate pace with at least one stretch stop. Other tandem teams, as well as singles who would like to ride a B+ pace, are welcome to join Hugh and Laura's pace group. Dale, Charlie, Nan and Emily invite all B, C and D paced riders to join their pace groups for a more casual tour through the countryside.

All the routes travel through portions of both Hanover and King William counties (both of which offer a lot of beautiful countryside). Most of the roads are quite rural with relatively light traffic. However, on the 21 and 28 miles routes there is a 2.6 mile leg on Route 30 which can be busy with fast moving traffic, including big trucks heading to and from the West Point paper mill. **Riders should exercise extra precaution on Route 30.** Much of the area is surprisingly flat; however, all routes climb both the front and back sides of Bleak Hill. Both climbs are fairly short; however, by Richmond-area standards, they are relatively steep. Cue sheets for all of the routes are available on [www.raba.org](http://www.raba.org) (click on “Ride Calendar” then “Ride Cue Sheets”). Check the

(Continued on page 12)
RABA email list for the latest updates on this ride, or contact one of the ride leaders.

**Directions:** The ride starts and finishes at the Hanover County Government Complex (often called the “Hanover Courthouse”). The Hanover County Government Complex (7497 County Complex Road, Hanover, VA 23069) is on US Route 301 at just south of the intersection of Routes 54 and 301. From I-295, take Exit 41 onto Route 301, travel north for approximately 10.5 miles and turn right onto County Complex Rd. From I-95, take Exit 92 (Route 54 East) towards Hanover. Travel approximately 5 miles to the intersection with Route 301. Turn right onto Route 301. Travel approximately one-half mile and turn left onto County Complex Road.

**Tuesday, See Starting Times Below**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>5:50 pm</td>
<td>35 miles</td>
<td>2</td>
<td>None</td>
<td>Kim Moore, 358-0935</td>
</tr>
</tbody>
</table>

**Description and Directions:** Riders should have a strong fitness level, be very comfortable in large and fast pacelines and good bicycle handling before attempting this ride at these fast paces. 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.

**Tuesday, 6:00 PM**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>6:00 pm</td>
<td>29 miles</td>
<td>3</td>
<td>None</td>
<td>Deb Silbert, 543-6013, <a href="mailto:deb.silbert@verizon.net">deb.silbert@verizon.net</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** This is the west-end alternative to the east end’s Hanover Courthouse ride. Not to take anything away from that ride, but some of us can’t make it that far across town in time for the start. So, come join us for this beautiful, gently rolling early evening ride. It starts, unsurprisingly, at the Hickory Notch Grill in Goochland at 2031 Broad Street Rd, Maidens, VA 23102, (804) 556-2742. Google for directions. Please make every effort to park as far back in the parking lot as possible so as not to interfere with the other patrons.

**Wednesday, 9:30 AM**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>9:30 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>9:30 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.

**Wednesday, 6:00 PM**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>6:00 pm</td>
<td>25</td>
<td>3</td>
<td>None</td>
<td>See below</td>
</tr>
<tr>
<td>B</td>
<td>6:00 pm</td>
<td>25</td>
<td>3</td>
<td>None</td>
<td>Al &amp; Lois Farrell 744-9306 <a href="mailto:afarrell3@verizon.net">afarrell3@verizon.net</a></td>
</tr>
</tbody>
</table>

**Description:** B Riders Wanted! Join Lois and Al for this ride on some smooth, scenic, and little traveled back roads in Chesterfield County. One or both of us will be leading a B group pace – we are hoping to build a core group of B riders this year. There is also generally a group of faster (A/A+) riders to join if you are so inclined, but currently no designated A pace leader (contact us if interested!). Maps will be available to those wishing to ride at their own pace. Shorter options are available.

**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. Be sure to allow time for traffic on Hull Street on your way to the ride.

**Wednesday, 7:00 PM**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>7:00 pm</td>
<td>20</td>
<td>5</td>
<td>None</td>
<td>Champe Burnley, 358-5801, <a href="mailto:champe_burnley@hotmail.com">champe_burnley@hotmail.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** This evening ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. We will ride to Ashland and stop for dinner at a selected restaurant. Afterwards, the group retraces the route back to Laurel Park for a total of 20 miles. The pace is generally relaxed so any type of bike is appropriate.
June, 2009 Weekly Rides

Remember to bring:
- at least one headlight which provides enough light to illuminate the road in front of you.
- at least one bright-red blinkie for the rear of your bike.
- spare batteries for all lights.
- lots of reflective clothing, vests, legbands, and/or armbands.

CHECK ALL LIGHTS AND BATTERIES BEFORE YOU GET TO LAUREL PARK.

Thursday (*** Note: New Start Time for the Summer Months***)

<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</td>
<td>9:00 am</td>
<td>33 to 55</td>
<td>Some Hills</td>
<td>Varies</td>
<td>Hugh Aaron, 804-690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>9:00 am</td>
<td>33 to 55</td>
<td>Some Hills</td>
<td>Varies</td>
<td>Bill Whitworth, 804-285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a></td>
</tr>
</tbody>
</table>

Description: The route for this ride will vary from week to week. However, all routes will cover some part of Central Hanover County and the surrounding areas (which offer a lot of beautiful countryside). Some routes do not have a store stop, so bring plenty of water. The cue sheet will be sent out on the RABA email list prior to the ride each week. If you do not subscribe to the RABA email list, contact Hugh or Bill prior to the ride for a copy of the cue sheet. Also, please contact Hugh or Bill if you are interested in leading a slower (or faster) pace group for this ride.

Directions: The ride will start/finish at the Hanover County Government Complex (often called the “Hanover Courthouse”). The Hanover County Government Complex (7497 County Complex Rd., Hanover, VA 23069) is on US Route 301 at just south of the intersection of Routes 54 and 301. From I-295, take Exit 41 onto Route 301, travel north for approximately 10.5 miles and turn right onto County Complex Rd. From I-95, take Exit 92 (Rt. 54 East) towards Hanover. Travel approximately 5 miles to the intersection with Rt. 301. Turn right onto Rt. 301. Travel approximately one-half mile and turn left onto County Complex Rd.

Thursday, 6:00 PM

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>6:00 pm</td>
<td>30</td>
<td>3</td>
<td>None</td>
<td>Self directed</td>
</tr>
<tr>
<td>B</td>
<td>6:00 pm</td>
<td>23</td>
<td>3</td>
<td>None</td>
<td>Wayne Shipley, 441.0664</td>
</tr>
<tr>
<td>D</td>
<td>6:00 pm</td>
<td>15</td>
<td>4</td>
<td>None</td>
<td>Eleanor Shipley, 572.1791 or 737.7176</td>
</tr>
</tbody>
</table>

Description: Enjoy a ride with some rolling hills, nice scenery, and very light traffic. We travel on Manakin Rd., Shallow Well Rd., Dogwood Trail, Manakin Seay, Three Chopt, and back down Hermitage to the Dover Baptist Church.

Directions: Meet at Dover Baptist Church, one block north from Patterson Rd. on Manakin Rd. Please park far to the right of the church.

Thursday, 6:00 PM

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A++</td>
<td>5:45 pm</td>
<td>41</td>
<td>2</td>
<td>None</td>
<td>Tom Richeson 691-7678</td>
</tr>
<tr>
<td>A+</td>
<td>5:50 pm</td>
<td>38</td>
<td>2</td>
<td>None</td>
<td>Kim Moore, 358-0935</td>
</tr>
<tr>
<td>A</td>
<td>6:00 pm</td>
<td>29</td>
<td>2</td>
<td>None</td>
<td>Jeff Nicklas 833-5382, David Murray 240-0891</td>
</tr>
</tbody>
</table>

Description: The longer routes will include such favorite hills as Animal Shelter, the Three Sisters, Rocket’s Mill and Horse-

(Continued on page 14)
shoe. Riders of the A pace may have a less hilly route – all paces are welcome as cue sheets are available. Obeying traffic laws and riding single file are a must.

**Directions:** To get to the start, take Staples Mill Rd/Rt 33 West. Turn right onto Mountain Rd, then turn left onto Mill Rd (fire station at this corner). The school will be on the right. To get to the start, please 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 back lot, in the rear of the park.

**Friday, 10:00 AM**  

**Fridays at Hylas**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>10:00 am</td>
<td>35-40</td>
<td>3</td>
<td>Some</td>
<td>Dave Bloor, 285-6177</td>
</tr>
<tr>
<td>B</td>
<td>10:00 am</td>
<td>35-40</td>
<td>3</td>
<td>Some</td>
<td>Jim Denoon, 370-6252</td>
</tr>
</tbody>
</table>

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

**Friday, 2:00 PM**  

**East Hanover Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leaders</th>
</tr>
</thead>
</table>
| A    | 2:00 pm | 30 to 40 | Some Hills | Varies | Hugh Aaron, 804-690-9720, hugh@theaarons.com  
Jim Peterson, 804-432-9679, jdp789@hotmail.com |

**Description:** This ride starts and ends at the National Park Service Cold Harbor Battlefield Visitor Center, which is a few miles off I-295 near the Richmond Airport. Starting at the Battlefield Visitor Center provides multiple routes options, all of which offer relatively light traffic. The Visitor Center has both a water fountain and restrooms. We vary the route from week to week in order to keep things interesting. Most of the routes stay within the Cold Harbor, Old Church and Black Creek areas of rural eastern Hanover County and the Quinton area of western New Kent County. Due to the rural nature of the area, not all routes include a store stop. Please make sure that you bring enough water to comfortably complete the ride without a store stop. The cue sheet will be sent out on the RABA email list prior to the ride each week. If you do not subscribe to the RABA email list, contact Hugh prior to the ride for a copy of the cue sheet. Also, please contact Hugh if you are interested in leading a different pace group for this ride.

**Directions:** The National Park Service Cold Harbor Battlefield Visitor Center is located at 5515 Anderson-Wright Drive, Mechanicsville, VA, which is off of Cold Harbor Road (Route 156) about five miles southeast of Mechanicsville. Get on I-295 and head (North or South) towards the Creighton Road exit (Exit 34). Take the Creighton Road exit (Exit 34) onto Creighton Road (Route 615) heading east. Proceed approximately 1 mile east on Creighton Road. Turn right at the first stoplight (there will be a Fas Mart on your right and a 7-11 on your left as you make the turn) onto Cold Harbor Road (Route 156) heading south towards Old Cold Harbor. Proceed approximately 2 miles to the National Park Visitor Center, which will be on your left. Note: The Park Service has requested that we park in the grassy area across from the parking spaces adjacent to the visitor center building.

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

**The Ashland Breakfast Club (ABC)**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
</table>
| Varies | 8:00-8:30 am | 20 to 50+ | Some    | Some        | June 6  Charlie Thomas, c.thomas53@verizon.net, 747-6633  
June 13 Emily Kimball, 358-4959  
June 20 Tom Veazey, tveazey@royall.com, 370-1106  
June 27 Ron Corio, rcorio@vcu.edu, 643-6452 |

**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 between 8:00 and 8:30. If you are new to this ride, please introduce yourself to the ride leader and he or she will assist you in finding other club members who ride your pace. Maps and cue sheets are available for those wishing to ride at their own pace. Riders arriving after the ride leader has left will find the sign-up sheet and route maps on the ride leader's car.
Muddy Buddy
Volunteer Recap
by Kim Moore

On Saturday, May 2, Kathlenn Anderson, Champe Burnley, Ron Corio, Barbara Pinter, Sheryl Finucane, Richard Halle, Joe Hazel, Steve & Debbie Herzog, Brenda Hubbard, Peter Hubbel, Jim Kirchner, Michelle Kirchner, Courtney Kirchner, Donna Lotito, Mike Moore, Andrea Napolowski, Dee & Suzanne Nuckols, Jim Peterson, Jack Speed, Becky Tobey and Bud Vye donated their valuable time and energy to stuff over 1300 goodie bags and/or work packet pickup for the event participants during the entire afternoon.

The bag stuffing was in cramped quarters, in the inventory storage room of Blue Ridge Mountain Sports store in Midlothian. But RABA volunteers worked hard and efficiently and greatly impressed the Muddy Buddy organizers by finishing the entire job in two hours!

During the afternoon shift, approximately 1000 people came to pick up bib numbers, packets and T-shirts. RABA volunteers helped direct the crowds to the correct spots, answered questions, worked registration and handed out T-shirts.

The Muddy Buddy organizers let me know that RABA was the best group ever to work a registration event and want us to come back next year! I don’t know if the situation will work out next year, but RABA deservedly earned the $1000 donation for the Bikes for Kids project.

Special thanks go to Jim Kirchner and his daughters Michelle and Courtney. Jim worked the entire day, with Michelle taking the morning shift and Courtney working the afternoon shift. The Kirchners were the super family of the day!

Thanks again to all the RABA volunteers who helped with the Muddy Buddy packet stuffing and pickup on May 2!

Pedaler Plus...

(Continued from page 1)

and pictures as well as an 8 1/2”x11” calendar showing all the RABA rides.

This month there are pictures from a number of events mentioned in this issue as well as others that club members have participated in. For example, the picture shown on the first page and the one to the left were taken on a toasty April bike camping weekend trip to Bowling Green. Dogwood blossoms. 90+ degree temperatures. Well, I guess we had been fussing about winter and the cold. Showed us...

There’s also an excellent article by Rick Tangard about his experiences in the Wintergreen Ascent Time Trial. It’s good reading and makes you think about how many interesting stories lie behind the numbers in a listing of results such as shown on page 4.
Official Membership Card
(Expires on date shown below)

MEMBER’S SIGNATURE

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

TREK 5200 OCLV carbon fiber 56cm road bike. The blue paint looks like new! The Ultegra 18 speed components have hardly been used. Rolf Vector Comp red wheels. Aero bars included. It is a good size for someone 5’6” to 6’0”. For sale for $1150. To see my bikes for sale, search Craigslist for my name: pullen. Call 804-561-3950 to discuss details or to make a purchase. email to: pullen_39@yahoo.com (4/09)

SCHWINN Fastback, Medium Gold Label N’litened aluminum frame with Easton EC90 carbon fiber fork, 55 cm virtual top tube, 30 inch standover height; good for someone 5’8” to 6 foot tall. The 20 speed Shimano 105 components and Ultegra rear derailleur, were taken off a new Trek Pilot bicycle last year. Overall weight is 18 pounds 7 oz without pedals. The typical retail price on a bike like this is about $1,500, now available for $850. To see my bikes for sale, search Craigslist for my name: pullen. Call 804-561-3950 to discuss details or to make a purchase. email to: pullen_39@yahoo.com (4/09)

GIANT OCR1 58 cm aluminum men’s road bike. Ultegra shifters and rear derailleur, 105 front derailleur, carbon forks, E3 seat, new Continental gatorskin tires. The bike is about four years old and has about 2000 miles. This is a very well equipped bike in great shape. I love this bike but have upgraded to carbon and don’t ride it often enough. David Stuart 320-4362. (5/09)

YAKIMA Forklift Bicycle racks. Mounts directly to factory crossbars right out of the box. Features quick and easy tool-free installation, and it’s compatible with disc brakes. Secure and lockable skewer with integrated adjustment knob for single-handed, easy access (SKS lock cores included). Adjusting rear sliding wheel tray makes positioning the rear wheel a snap. Fits round, square and most factory crossbars out of the box. Used only twice. Paid $250.00 new, will sell for $150.00. Steve Mercatante (804) 248-2320 or stevemer62@yahoo.com (5/09)

Advertise in The Pedaler: $198 full-page, $99 half-page, $149 2/3 page, $67 1/3 page, $48 1/6 page. Two bicycle classified ads are free to members; non-member rates apply thereafter. Non-Member Classifieds: $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