Newsletter Editor, Richard Halle, gently dissuaded me from moving forward with a draft of a wonky* article about the bargain of a $20 RABA membership for this month’s newsletter. Richard reminded me that most RABA members join because they like to ride with others and that June ushers in the peak riding season.

As the deadline for this newsletter approaches, Noah Kaatz is putting the finishing touches on the June Monthly Ride Calendar and John Moore is making sure the Weekly Ride Calendar is updated. Matthew Bizzarri is poised to announce impromptu mountain bike rides when the weather and trail conditions are favorable. Champe Burnley and his crew of helpers are ready for the New Riders Ride on Saturday, June 5. Cristina Bizzarri, Noah, and John, are finalizing plans for a Monday, June 14 Pedal and Pizza ride. Ride leaders are busy resurrecting old cue sheets and maps or creating new ones, and Steven Herzog is ready to receive ride sheets and enter your RABA miles. Thanks to newsletter and Web wizard Richard, all the ride information we need is at our fingertips in this newsletter and on the Web.

In addition to RABA rides, a number of members are registered to ride the 23rd Annual Bike Virginia, which runs from June 25-30. (Continued on page 2)

Pedaler Plus
Check out the Pedaler Plus, a supplement in PDF format, that you can read, download, and/or print from http://www.raba.org/pplus.html.

There are some interesting articles and pictures in there this month as well as an 8 1/2"x11" calendar showing all the RABA rides.

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Welcome to RABA’s newest members. We hope to meet you and see you on some of our rides!

Steven & Christel Parker
Thomas Helsel
Brenda Jackson
Christian Mitchell
Lindley Smith
Sean Fabling
Steve & Robin Duncan
Johnny & Karen Townsend
Dennis Riley & Brenda Faust
Betty Simpson
Cherri Hankins
Christina Molinary
Timothy O’Brien
Ronald West
Henry Hewitt
Brian Schuyler
Jonatas Hille
Larry Palmer
Debbie Bradley
James Elliott
Judy Seibel
Andy & Michelle Tapscott

Soapbox...

(Continued from page 1)

RABA is first and foremost a bicycle-riding club, and its robust ride calendar provides many opportunities to ride with friends, fellow members, and newcomers. The addition of multiple pace groups helps riders find their spot in the peloton.

So . . . lube the chain, don the spandex, and get out to the start point. Ride smart, ride safely, and remember to move to single file immediately when you hear “Car back.”

The wonky article on the $20 RABA membership bargain sits on the hard drive awaiting another day.

Ron

* From the noun wonk, a person who studies a subject or issue in an excessively assiduous and thorough manner.

www.raba.org

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.

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Web Administrator: Richard Halle
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Century Chair: Bud Vye
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262-9544
Safety: Sheryl Finucane
sdgf@vcu.org
833-5434
E-Mail List Administrator: Kim Moore
luvs2cycle@yahoo.com
358-0935

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.

* From the noun wonk, a person who studies a subject or issue in an excessively assiduous and thorough manner.
Busy time of the cycling year, and lots of news to report on. First of all I have to note the return to action of two time High Mileage Champ Bill Whitworth. He was definitely displeased at being on the shelf and watching his competitors racking up the miles, so when his doctor stated that his cracked pelvis was 80% healed that was good enough for him and he immediately got back in action. Not quite back in action, but should be soon, is Gary Renger, whose surgery to remove a growth (that happily proved to be non-malignant) from one of his kidneys went well. Haven’t yet seen Ed Dunn back with his new knee, but expect to soon. Also soon should be Brenda Hubbard, who has been out of the saddle since August for a variety of reasons. The major one of which, work obligations, is no more since she just took early retirement from Capital One and she pledges to be back on the road shortly. Also just resuming riding is Becky Tobey, who wintered in Venice, Florida this year rather than St. John, Virgin Islands, and reported that area had their worst winter weather in years which severely curtailed her riding.

For the third and last time under the current contract with SportsBackers (before the event moves on to Arizona next year), the Duathlon (5K run, 38K bicycle, 5K run in the on-road event) National Championships were held on the weekend of April 24 & 25. A record turnout of almost 2,000 (in all of the various categories) included several from RABA that I noted ---- John Hunnicutt, Kim Moore, & Teresa Stadler. I also must note the highly professional job done by the RABA Motorcycle Patrol, who patrolled the bicycling road course and carried event officials, media, and photographers around the course. They had additional demands on them as Cincinnati Bengals linebacker Dhani Jones was entered in the event so he could report on it in his TV show, and a photographer was following him around as much of the course as he could. A big WELL DONE to patrol members Joyce & John Knox, Mike Gleason, Gordon Brostrom, Ron Magee, and Chuck Miffleton! And to my surprise, one of those we carried around the course was RABA member Mark Gregory, newly certified as a Triathlon Official.

On April 28th it was down to the Black Center at VCU at the invite of proud parents Peter & Mary Lynn White to hear their son Ben’s Junior Piano Recital. Ben is one of the top pianists in the school’s Jazz Studies Program and gave a very nice performance in the converted church sanctuary, which is now a Recital Hall for the Music Department.

The next day was Happy 90th Birthday to John Clarke out in Lacey, Washington, still going strong and riding most everyday, an inspiration to all of us.

On May 1st we had the tough Wintergreen Time Trials and three RABA members acquitted themselves admirably, as Tom Richeson finished 1st in a field of 20 in the Masters 40-49 age group, while Liz Keith finished second and Sonya Gagnon fifth (in a field of 13) in the women’s Category 4.

Also on the 1st another big turnout at the New Rider’s Rides as the weather was beautiful and the program continues to be very popular.

May 7th saw a number of us up bright and early to be out at the Richmond Striker’s soccer complex at West Creek to conduct the State Senior Games 5K Cycling Time Trials and 20K Road Races in the various age categories. With John Hunnicutt ably acting as Referee, assisted by Carolyn Goble, and with Becky Tobey, Kathy Hall, and Cherri Hankins handling registration and place judging, Don Eiler doing the same while also taking photos, and Jerry Hefele judging the far turn on the course, the events were handled very smoothly and received a number of compliments from the competitors themselves.

Since this event enabled a competitor to qualify for the National Championships (in Houston in August) a number of competitors came in from other states, which made some of the age group fields very strong. Tom Doyle took a Gold in the 60-64 Road Race and a Silver in the Time Trial; Barry Pullen Bronzes in the 70-74 in both events; Larry Nelson a Silver in the Time Trial and a 4th in the Road Race in 65-69; and Dave Bloor a 4th in the 70-74 Time Trial.

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

(Continued from page 3)

Always the vagabond, as he goes around the country designing repairs needed at power stations, Dumpster Gang Alumnus Larry Nelson made a surprise appearance, listing his state of residency as Tennessee, since he has been working at a power plant over there. Unlike previous years, he only entered several swimming events in addition to the cycling races, and did not enter all the Track & Field events as he had done in the past. Good to see Larry again, but he was off on the road out of town as soon as the medals were awarded.

New member Cherri Hankins, who helped us conduct the Senior Games, has really been cranking out the miles since she joined. I've personally been keeping in close contact with her since I learned that she has a son in the Marines presently stationed in Marjah, Afghanistan and involved in the campaign to clear that town of Taliban fighters. Just got word from her that he has been wounded by an in-coming mortar round, but she's hoping that the damage to his arm is not severe or permanent.

After an absolutely perfect weather day for the Senior Games, the next day turned out to have very heavy west winds for the Cap2Cap, just like last year, only a bit stronger. Once again, the Rockets Landing starters really flew on their east bound leg, but took a severe beating into the wind coming back to the finish. Exhibitors who had set up awnings spent their time holding on for dear life, but one by one surrendered to Mother Nature, took them down, and stowed them away.

Most of RABA appeared to be there, either as participants or volunteers. A couple noted with equipment problems, as John Moore broke a spoke about half way into his ride and couldn't continue. Although that spared him the return into the wind, he was not a happy camper. Babs Pinter went John one better and broke the frame on her old bike. That has forced the issue and will result in her getting a new bike, which she has been threatening to do for some time. Was pleased to see long time ago member Kathleen Halleck (now married and last name is Batterson), who lives in a condo at Rockets Landing, so did a little entertaining (and providing shelter from the wind) of old friends Brenda Hubbard and Becky Tobey up in her digs. Kathleen is still working in the Colonial Athletic Assn. Offices, on Patterson just beyond Parham, but sounds like she's not doing much riding any more.

Chris Tompkins now settled back in at the Laurels nursing home (Pemberton just north of Three Chopt). He's getting as much therapy as he can there (although not nearly as much as at the V.A. Hospital) and continuing to make gradual progress. As always, he's got a lot of time on his hands, so always appreciates visitors, particularly from RABA.

A couple of construction projects that seem like they have been going on forever look to finally be approaching conclusion, as the intersection of Sliding Hill and New Ashcake in Hanover county is now open and getting its final touch ups. Since Sliding Hill is on Bike Rt. 76, it now has bike lanes through this major intersection, which is a big improvement as well as being the first bike lanes of any consequence in the county. Second such project is the eastern end of the protective “roof” over the Cap Trail under the RR trestle just east of the Flood Wall. Looks like a few panels still to be installed, but it appears that conclusion of the project may be in sight.

And Champe, Councilman Doug Conner, and Nathan Burrell looking good and getting good exposure for the proposed South Side Trail (over near Belt Boulevard and the South Side Plaza) and reporting on negotiations with CSX on May Lily Lee's Virginia Currents program.
The Pedaler: To Print or not to Print? That is the question!
by Steven Herzog, Director at Large

For the past few years the RABA board has been considering whether to continue with a printed version of the Pedaler. Currently RABA makes both printed and digital versions of the Pedaler available to all members.

The board is discussing whether RABA should stop mailing a printed version of the Pedaler and only publish a digital version. Depending on your individual perspective, most members probably fall into one of three camps:

1. Yes we should continue with the printed version of the Pedaler. Why mess with success?
2. Receiving the printed version of the Pedaler should be an individual choice. Let’s let members choose whether to receive it.
3. This is 2010, what in the world are we doing printing the Pedaler? Almost everyone has access to the internet and it’s about time RABA came into the 21st century.

All three of these are valid positions and each has its pro’s and con’s. Some thoughts that have been mentioned over the years as this has been discussed follow.

The Pedaler cost $13,563 for RABA to print and mail in 2009, an annual cost of just over $19 per member. When you add the cost of insurance, RABA loses money with each member as individual dues are $20 per year. If RABA stopped printing the Pedaler, the club would have significantly more resources to put toward club and community activities or could consider reducing dues.

RABA would no longer be so reliant on the funds raised by the annual Heart of Virginia event for the financial viability of the club.

Some members may not have access to the internet. How would these members get information about the club if they were no longer mailed a Pedaler? (Note: It appears that approximately 19 members may not have access to the internet using no email address provided as an indicator.)

The printed version of the Pedaler can be given to a person that might not be familiar with RABA. It’s a great tool for soliciting new members and keeping RABA’s name out in the community. We might lose some of this visibility if we only had a digital version.

RABA would reduce the environmental impact of operating the Club if it stopped printing and mailing the Pedaler.

The board would like RABA members to let it know their thoughts on this idea. Email, call or talk to any or all board members as you desire. If you want your name to remain confidential, just let the board member(s) you contact know this. If you want to share your thoughts with the entire board an easy way to do this is to email RABA president Ron Corio at rcorio@vcu.edu and ask that he forward it. We look forward to hearing from you.

Cycling on TV

If you have access to the Versus Channel, here are pro races that will be televised in June. Make sure to double check TV listings as the race approaches for any changes in program times.

Dauphine Libere: June 6, 4-6p ET & June 13, 3-5p ET
The week-long competition will start in eastern France and finish in Sallanches. A stage finish in Grenoble is planned for Friday, June 11, with a mountaintop finish taking place on L’Alpe the next day.

Tour of Philadelphia: June 6, 1:30-3p ET
Philadelphia International Championship is the annual bicycle race held in the city of Philadelphia, Pennsylvania. It is described as “America’s top international cycling classic, and one of the richest and most prestigious one day races outside of Europe.”

Tour de Suisse: June 13, 5-6pm ET & June 20, 5-7pm ET
A race used by some of cycling’s best riders as a test-run before the start of the Tour de France.

Thanks to National Duathlon Volunteers!

Thanks to all of you listed below for helping RABA’s Bikes for Kids program. Because of your selfless donation of your time, the club has an additional $500 in the bank that will be spent for bikes for needy children.

– Ted Zeh and Andrew Mann

Thanks again to:
Peter Hubbel
Jane Dejarnette
Sara Page
Ron Corio
Ken Kolb
Noah Kaatz
Ed Dunn
Paul Keefer

(Continued on page 15)
June, 2010 Monthly Rides

Monthly Road Ride Captain: Noah Kaatz, 955-0582 , noahk5270@yahoo.com
Off-Road Ride Captain: Matthew Bizzarri, 994-2006, mdbizzarri@gmail.com

New Riders: Please call the ride leader ahead of ride time to be sure that the ride will be at your pace and skill level.
Ride Leaders: Please submit 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

<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>

Note: See The Pedaler Plus and www.raba.org for the complete Pace Key Tables

If you do not see your pace group on a ride you want to go on, please inquire with the ride leader about leading one for your pace group.

June 5 (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>All</td>
<td>8:30 am</td>
<td>20 or 32</td>
<td>3</td>
<td>One</td>
<td>Champe Burnley, 358-5801, <a href="mailto:champe_burnley@hotmail.com">champe_burnley@hotmail.com</a></td>
</tr>
</tbody>
</table>

Description: Please join Champe 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 am. Contact Champe for details.

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

June 6 (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 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 am</td>
<td>51</td>
<td>3</td>
<td>Three</td>
<td>Jim Denoon 370-6252 <a href="mailto:delaniewdeno@verizon.net">delaniewdeno@verizon.net</a></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. This ride, designed by Ron Corio, is so named because it forms the shape of a Bowtie. Cue sheets will be provided.

(Continued on page 7)
**June, 2010 Monthly Rides**

(Continued from page 6)

**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.

<table>
<thead>
<tr>
<th>June 6 (Sunday)</th>
<th>Dragon Run Ride (Joint Ride with Northern Neck Cycling &amp; RATS)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pace</strong></td>
<td><strong>Time</strong></td>
</tr>
<tr>
<td>B+</td>
<td>9:30 am</td>
</tr>
<tr>
<td>B</td>
<td>9:30 am</td>
</tr>
<tr>
<td>C</td>
<td>9:30 am</td>
</tr>
<tr>
<td></td>
<td></td>
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</tbody>
</table>

**Description:** Please join us for a repeat of last year’s ride from Urbanna (home of the famous Oyster Festival) to explore the Dragon Run watershed. After the ride, we will re-group at Colonial Pizza for a casual lunch. Colonial Pizza is a great little Italian and Greek place overlooking Urbanna Creek just outside of “downtown” Urbanna. Our friends from Northern Neck Cycling and the Richmond Area Tandem Society have been invited to join us.

If you are reading this ride description in the Pedaler, please visit this ride listing on the RABA web site to obtain the cue sheet. Please be sure to bring a copy of the cue sheet in case you get in front of, or behind, your pace group.

**Directions:** Urbanna is about 1 hour from the Richmond Airport so make sure you get an early start, especially if you are coming from the West End or the Southside. To reach Urbanna, take Interstate 64 East to exit 220 for Route 33 East to West Point. Continue 17 miles past West Point to the stoplight at the crest of a hill in Glens 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 1.8 miles to the stoplight at the Route 3/Ubarna Road intersection. Proceed 2.4 miles on Urbanna Road (Route 227) into Urbanna (you will cross over Urbanna Creek on a bridge). Take a right on Cross Street, proceed 2 blocks and then turn left onto Virginia Street. Park anywhere along Virginia Street where parking is permitted. We will meet up somewhere on Virginia Street. If you have any trouble finding us, call Hugh on his cell at 804-690-9720.

<table>
<thead>
<tr>
<th>June 12 (Saturday)</th>
<th>Blue Ridge Parkway</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pace</strong></td>
<td><strong>Time</strong></td>
</tr>
<tr>
<td>A, B+, B</td>
<td>6 /8 am</td>
</tr>
</tbody>
</table>

**Description and Directions:** There is nothing like training in the mountains to get you stronger! This is an out and back ride, so you may go as long as you like and turn around to go back to the car. Or, if you love riding in the mountains, there are other challenging loops that can be devised once you arrive. Be aware: you should be able to sustain repeated climbing efforts that may last long as an hour (depending on your strength and speed). Please make sure that your bicycle is geared for long climbs and is in good working condition as there are no bicycle shops nearby. Also bring plenty of fluid and food as rest areas on the Parkway are limited or may be closed.

If you are interested in this ride, please give Kim a call so that she has an idea of who to expect. **For the car caravan, please meet by 5:50 a.m. at the Einstein Bros Bagels shop at 3320 Pump Rd, in a shopping center near the intersection of W. Broad St and Pump Rd.** Car pools can be put together to help save gas money. Otherwise, you may meet at the Inn at Afton, Exit 99, at the junction of I-64 West and U.S. Rt 250. Please arrive in time so that the ride may depart by 8 a.m. And since this is an out of town trip, please be aware that the ride and drive will take up most of the day.

<table>
<thead>
<tr>
<th>June 12 (Saturday)</th>
<th>Waverly to Chippokes State Park</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pace</strong></td>
<td><strong>Time</strong></td>
</tr>
<tr>
<td>B</td>
<td>9 am</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 Coppahauk 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). Note: The Tavern is scheduled to reopen as a Mexican restaurant and may be open on the date of the ride. If so, riders are encouraged to eat lunch there after the ride.

<table>
<thead>
<tr>
<th>June 12 (Saturday)</th>
<th>Rats Roam Amelia</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pace</strong></td>
<td><strong>Time</strong></td>
</tr>
<tr>
<td>B+</td>
<td>9 am</td>
</tr>
</tbody>
</table>

(Continued on page 8)
June, 2010 Monthly Rides

(Continued from page 7)

Description: Meet the RATS (Richmond Area Tandem Society) at the Powhatan Junior High School for this ride down into Amelia County. We will be taking a scenic route past beautiful farmlands with some rolling hills. Single bikes are also welcome. This is a good opportunity for anyone interested in learning more about tandems. Maps will be provided for those who wish to ride at their own pace. We will send an announcement out on the RABA list server if we need to cancel the ride because of weather.

Directions: If you’re coming from 288, take the Midlothian Turnpike/Route 60 West exit toward Powhatan. Go about 12 miles and turn Right on Route 13/Old Buckingham Highway. Take Route 13 about 4 miles. The junior high school will be on your left about a mile past the courthouse.

June 13 (Sunday) Ride to Manquin

<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</td>
<td>One</td>
<td>Wayne Flood, 804-641-0556 or <a href="mailto:Sept1Flood@comcast.net">Sept1Flood@comcast.net</a></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 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 20 (Sunday) Stanley Corner Metric

<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 am</td>
<td>62</td>
<td>2</td>
<td>Two</td>
<td>Ron Corio, 804.643.6452 <a href="mailto:rcorio@vcu.edu">rcorio@vcu.edu</a></td>
</tr>
</tbody>
</table>

Description: Starting from the Laurel Park Shopping Center, this route will combine roads from the ABC, Hylas, and Rockville rides. The first store stop, at 23 miles, is at Stanley’s Corner where Routes 33 and 54 meet; the second one, at Ashland, comes at 53 miles. A variety of options are available to shorten the ride.

Directions: This ride leaves from the Laurel Park Shopping Center located at the corner of Woodman and Hungary Roads in Richmond (Henrico County), VA 23228.

June 20 (Sunday) Battlefield Park Neighborhood Ramble

<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>D</td>
<td>10 am</td>
<td>35</td>
<td>4</td>
<td>One (or more)</td>
<td>Emily Kimball, <a href="mailto:etkimball@aol.com">etkimball@aol.com</a>, 358-4959</td>
</tr>
</tbody>
</table>

Description: Explore the Neighborhoods around Battlefield National Park. This 35 mile ride will have lots of chances to shorten it if you want to. I will lead at D pace, but those who want to go faster can zip on by! Ride down those streets you’ve whizzed by on other rides and experience some interesting neighborhoods and dead ends.

Directions: Meet at the Visitor Center Parking Lot on Battlefield Park Rd. just off of Route 5 and north of Laburnum Ave. and just before the intersection of Wilson Ave and Rt. 5.

June 27 (Sunday) Liar’s B+ 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>9:30 am</td>
<td>58</td>
<td>3</td>
<td>One</td>
<td>Marc Weiss, 550-7524, <a href="mailto:mweiss1@yahoo.com">mweiss1@yahoo.com</a></td>
</tr>
<tr>
<td>A</td>
<td>&quot;</td>
<td>&quot;</td>
<td>&quot;</td>
<td>&quot;</td>
<td>Noah Kaatz, 955-0582, <a href="mailto:noahk5270@yahoo.com">noahk5270@yahoo.com</a></td>
</tr>
</tbody>
</table>

Description: Join Marc and Noah as we try out a new route that Noah came up with, which includes parts of the Tuesday evening Hanover Courthouse ride and the Thursday Black Creek ride. Typically, we both start out as B+ riders, but always end up at an A pace. This is a fast B+ that may become an A. Noah has often been called a liar for leading the B+ pace on Tuesday evening that morphs into an A pace. If you go to either of these rides, you know what I mean. If you don’t, I encourage you to come see what this is all about. For those of you who like to surge, or hammer for stretches, this may not be that type of A pace. All paces are welcome though and I am sure pace groups will form at the beginning.

PLEASE bring plenty of hydration and snacks as it can be hot at this time of year. There is one store stop but it is relatively early on.

(Continued on page 9)
The first Powhatan Historic Bike Tour came off nearly without a hitch on April 25! Although skies threatened half of the day, the overcast cloud cover made it nice and cool. The roads were a bit wet for the first 90 minutes, and the skies spit a few times, but we never got the expected rain.

Though they had 25 no-shows, there were an additional 17 riders walk-ups. They made their 100 rider target and $3500 went to the Powhatan Free Clinic.

The route was very nice. There was very little traffic and the scenery was quite pretty. There were lots of hills, but nothing too challenging. The turns were well-marked and the cue sheets and maps were easy to read. I think they did quite well and would guess next year's ride could nearly double, with the help of the weather gods.

Most opted for the Metric Century, I think, but I saw nearly twenty doing the shorter 35 mile ride. I did the century, which had about 25 riders signed up. I rode and finished mostly by myself, though I spent lots of time talking, eating and drinking at the half-dozen (for me) stops. One even had pizza!

One of the neat things about the ride was that nearly half of the rest stops were at historic homes and plantations from the 18th & 19th centuries. It was neat to get up close to these - even use an old "privy" at one stop instead of a Porta-Pottie! Guess that's just about the ultimate in going "retro."

They had lots of volunteers helping, as well as the county police out along the routes. Even the Virginia Defense Force was out in uniform and lent a hand where needed. Events like this always run more smoothly when lots of folks pitch in!

After 2:00 PM, the sun came out, but the wetness had mostly dried and a brisk breeze prevailed, so it was not too humid. Quite nice, really.

Look for this one next year. It is well worth the fee and benefits a good cause locally.
Weekly Road Ride Captain: John Moore, 338-9668, jmoore216@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.

### Sunday

**Powhatan Courthouse**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stop</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>9 am</td>
<td>30 to 45</td>
<td>3 to 4</td>
<td>see below</td>
<td>Barry and Martha Pullen, 561-3950</td>
</tr>
</tbody>
</table>

**Description:** Meet at the Powhatan County Courthouse on Route 13. There are many nice rides from the Court House, mostly with good scenery and low traffic. The ride leaders will select a route that will be at least 30 miles with a longer option usually available. There may be no store stops. Maps and cue sheets will be available for those wishing to ride at their own pace. If the weather is doubtful, call the leaders to confirm if they will be riding.

### Sunday

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

### Monday

**Mondays with Mary**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stop</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>9 am</td>
<td>30-40</td>
<td>3</td>
<td>Some</td>
<td>Mary 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

**Tuesdays at Rockville**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stop</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>Bill Whitworth, 285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a>, Jim Denoon, 370-6252</td>
</tr>
</tbody>
</table>

**Description:** Please join us for a great ride through western Hanover, Goochland, and eastern Louisa. We leave from what is popularly referred to as the “Rockville Little League Fields”. Cue sheets are always available. Often, we divide into more than one group as both faster and slower riders attend. The ride varies weekly and on the day before each ride, I send out a message on the club email list announcing the distance and other particulars of the ride.

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

### Tuesday

**Tuesday Portabella Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stop</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>6 pm</td>
<td>25-30</td>
<td>4</td>
<td>None</td>
<td>Marshall Brown 804.328.3823 <a href="mailto:pedal2themetal@comcast.net">pedal2themetal@comcast.net</a></td>
</tr>
<tr>
<td>A</td>
<td>6 pm</td>
<td>25-30</td>
<td>4</td>
<td>None</td>
<td>Randy Rosemond 804.966.5472 <a href="mailto:velosalsaman@aol.com">velosalsaman@aol.com</a></td>
</tr>
<tr>
<td>B</td>
<td>6 pm</td>
<td>25-30</td>
<td>4</td>
<td>None</td>
<td>Ron Corio 804.643.6452 <a href="mailto:rcorio@vcu.edu">rcorio@vcu.edu</a></td>
</tr>
<tr>
<td>C-D</td>
<td>6 pm</td>
<td>??</td>
<td>4</td>
<td>??</td>
<td>Self-directed</td>
</tr>
</tbody>
</table>

**Description:** This ride begins at the parking lot behind Portabella Ristorante at 2627 New Market Road in the Varina Food Lion Shopping Center and follows various routes on a network of relatively flat roads. Cue sheets will be sent via the RABA Email List for download and printing.

**Directions:** From I-64 take Exit 195 Laburnum and turn south (toward the river). Continue approximately 5.5 miles to Route 5 (New Market Road) and turn left. Continue for 2.3 miles to the Varina Food Lion Shopping Center on the right. From I-295 exit on Route 5 (New Market Road) West (toward Richmond) and continue for one mile to the Shopping Center on the left. From I-895, exit at Laburnum Avenue, turn right on Route 5 (New Market Road) and continue for 2.3 miles to the Shopping Center on the right.

### Tuesday

**Hanover Courthouse After Work 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 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>Matt Satterwhite, 357-7490, <a href="mailto:giantbls@comcast.net">giantbls@comcast.net</a></td>
</tr>
</tbody>
</table>

(Continued on page 11)
June 2010 Weekly Rides

(Continued from page 10)

Description: This is one of RABA’s most popular rides. The route varies from week to week with all routes starting and ending at the Hanover Government Center (i.e., Hanover Courthouse) parking lot. All routes include a climb up either Bleak Hill or Mount Gideon. Each route offers four mileage options. The slower pace groups will ride one of the shorter options and the faster pace groups will ride one of the longer options so that everyone finishes around the same time. The pace group leaders will announce the mileage for their group at the ride start. The pace groups will be spaced out at the ride start to avoid large groups of cyclists on the road. The routes for this month are:

- June 1 – River Road Options – 18, 24, 29 or 33
- June 8 – Mt. Gideon Options – 19, 24, 31 or 36
- June 15 – Dabneys Mill Options – 21, 22, 28 or 33
- June 22 – River Road Options – 18, 24, 29 or 33
- June 29 – Mt. Gideon Options – 19, 24, 31 or 36

Paper cue sheets will not be available at the ride start. Consequently, you should print your own cue sheet prior to coming to the ride. If you are reading this ride description on the RABA web site, click on the route name above to download and print the cue sheet for each route. If you are reading this ride description in the Pedaler, please visit this ride listing on the RABA web site to obtain the cue sheet for each route.

Last minute changes, including weather related cancelations, will be announced on the RABA email list. Please make sure that you are signed up for the RABA email list (and make sure you check the email list before coming out for the ride). New members and those just getting started (or re-started) with cycling are encouraged to come out.

After the ride, join your fellow riders for dinner at a local restaurant. The restaurant selection may vary from week to week. Check with one of the ride leaders for the restaurant selection for the week.

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 just south of the intersection of Routes 54 and 301.

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Deep Run High School Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pace</td>
<td>Time</td>
</tr>
<tr>
<td>A+</td>
<td>6 pm</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. Note: there is an A++ group of bicycle racers leaving at 5:40 p.m., for 47 miles, no stops. There is no RABA leader for this pace, so if you join them, it is at your own risk.

Wednesday | Retiree’s Midweek Ride and Lunch |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Pace</td>
<td>Time</td>
</tr>
<tr>
<td>B</td>
<td>9:30 am</td>
</tr>
<tr>
<td>C</td>
<td>9:30 am</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

(Continued on page 12)
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  Chesterfield County 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 pm</td>
<td>25</td>
<td>3</td>
<td>None</td>
<td>See below</td>
</tr>
<tr>
<td>B+</td>
<td>6 pm</td>
<td>25</td>
<td>3</td>
<td>None</td>
<td>Al &amp; Lois Farrell 744-9306 <a href="mailto:lojafarrell3@verizon.net">lojafarrell3@verizon.net</a></td>
</tr>
</tbody>
</table>

**Description:** Join Lois and Al for this ride on some smooth, scenic, and little traveled back roads in Chesterfield County. We will be leading a B+ group pace. There is also nearly always 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!). We seem to mostly be attracting A riders. We would be delighted to get a larger group of riders to join us on a B/B+ pace – maybe a midweek cool down ride? Maps will be available to those wishing to ride at their own pace. Shorter options are available. We generally do not ride if there is a high probability of rain.

**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.

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Wednesday  Ashland Dinner Club

<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 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 nighttime ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungarian Roads. We ride to Ashland and have dinner before returning to Laurel Park. The group will ride at a C or faster pace depending on the pleasure of the group.

**Note:** The ADC is a nighttime ride and is not recommended for novice riders. You must be comfortable with group riding and be confident with your bike handling skills. Adequate lights, blinkies and reflective clothing are absolutely mandatory. Two rear blinkies and a primary plus spare headlight is strongly recommended.

Remember to bring:

- at least one headlight which provides enough light to illuminate the road in front of you. A second, spare light with charged batteries is strongly recommended.
- at least one bright-red blinkie for the rear of your bike. (Two are recommended.)
- fully charged and/ or spare batteries for all lights.
- lots of reflective clothing, vests, leg bands, and/or arm bands.

CHECK ALL LIGHTS AND BATTERIES BEFORE YOU GET TO LAUREL PARK. CALL THE RIDE LEADER IF YOU HAVE ANY QUESTIONS.

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Thursday  Unemployed Cyclists 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>B+</td>
<td>9 am</td>
<td>31 to 46</td>
<td>3</td>
<td>Varies</td>
<td>Bill Whitworth, 804-285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a></td>
</tr>
<tr>
<td>C</td>
<td>9 am</td>
<td>18 to 21</td>
<td>3</td>
<td>Varies</td>
<td>Hugh Aaron, 804-690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
</tbody>
</table>

**Description:** The route for this ride varies from week to week. However, all routes 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. Notwithstanding the name of the ride, everyone is invited to join us, whether employed or not. This ride is ideal for anyone with a flexible schedule (e.g., retirees, stay at home moms and dads, homemakers, etc.). Separate cue sheets for each pace group are sent out on the RABA email list prior to the ride each week (usually on Wednesday). If you do not subscribe to the RABA email list, email Hugh prior to the ride for a copy of the cue sheet.

**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 Rd., Hanover, VA 23069) is on US Route 301 just south of the intersection of Routes 54 and 301.

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Thursday (See varying start times below)  Crump Park Options

<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 <a href="mailto:tmbk61@gmail.com">tmbk61@gmail.com</a> 691-7678</td>
</tr>
</tbody>
</table>

(Continued on page 13)
June, 2010 Weekly Rides

(Continued from page 12)

A+ 5:50 pm 38 2 None Kim Moore, 358-0935
A  6 pm  32 3 None Jeff Nicklas 833-5382, David Murray 240-0891

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

Thursday (June 3, 10 & 17) Hills Are Your Friends

<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>5:45 pm</td>
<td>25-30</td>
<td>2.5</td>
<td>None</td>
<td>Deb Anderson, 412-417-2987, <a href="mailto:dabikeva@gmail.com">dabikeva@gmail.com</a></td>
</tr>
</tbody>
</table>

Description: On this weekly ride we will seek out the hills of western Hanover County. Hills may include Blunts Bridge (Three Sisters), Horseshoe Bridge, Rocketts Mill, Doswell, New Market Mill and Greenwood Church among others. Ride end average will be right around 15. Map and cue sheet will be provided. Call ahead or check the RABA email list if the weather is doubtful.

Directions: The starting point is the parking lot on South Center Street/Hanover Avenue. From I-95 take exit 92 for Ashland. Merge onto East Patrick Henry Road/Route 54 West. Go 1.4 miles. After you cross the railroad tracks by Ashland Coffee and Tea make a slight left at South Center Street/Hanover Avenue. Take the first left into the parking lot. (Do not park in front of Campbell & Campbell Law Office.) If you pass Southern States or the Ashland Volunteer Fire Department, you’ve gone too far.

Thursday West End Manakin Road Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
<th>Pat Ryan, 240-9382, <a href="mailto:ryanfam11@comcast.net">ryanfam11@comcast.net</a></th>
</tr>
</thead>
</table>

Description: Enjoy a ride with lots of rolling hills, a few climbs, and nice scenery in eastern Goochland and western Hanover. The 30 mile option includes a mile climb on Patterson Avenue at the end of the ride, the 29 mile option avoids this climb. Everyone has the choice of either option on every ride depending on how their legs feel.

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

Thursday East End Black Creek Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
<th>Wayne Shipley, 441.0664</th>
</tr>
</thead>
</table>

Description: This evening ride features multiple distances through eastern Hanover and New Kent Counties. Maps are available for riders who wish to ride at their own pace. The D pace ride targets beginners who will stay together. All riders are invited to join the leaders for dinner afterwards at Nine Mile Grill in Highland Springs.

Directions: From I-64, take exit 197B (Highland Springs, Rte.156N) onto Airport Drive (Rte. 156N), continue through 2 lights, over Rte 295, bear right at Market Rd. (Rte. 630), continue and bear right again on Fox Hunter Lane at Black Creek Country Store. Next, turn left on McClellan Rd. (Rte. 628). The Church is about 2 miles on the left. Use parking lot on north side of the church. From Rte 295, take exit 31A (Cold Harbor Rte.156N) and follow the directions above.

Thursday ABC Ride without the B

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
<th>John Moore, 338-9668, <a href="mailto:JMoore216@comcast.net">JMoore216@comcast.net</a></th>
</tr>
</thead>
</table>

(Continued on page 14)
June, 2010 Weekly Rides

(Continued from page 13)

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. The thirty mile route has a few hills on Greenwood Road going to Ashland. This ride is open to all cyclists and is generally relaxed pace. Due to the possibility of returning in low light a blinkie for the rear of your bike is suggested. After the ride join your fellow riders for dinner at Marie’s or other local restaurant.

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

### Friday

<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 am</td>
<td>35-40</td>
<td>3</td>
<td>Some</td>
<td>Dave Bloor, 285-6177, 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.

### Fridays at Hylas

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>A/A+</td>
<td>2 pm</td>
<td>See below</td>
<td>3</td>
<td>Varies</td>
<td>Will organize at ride start</td>
</tr>
<tr>
<td>B+</td>
<td>2 pm</td>
<td>See below</td>
<td>3</td>
<td>Varies</td>
<td>Hugh Aaron, 804-690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
</tbody>
</table>

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 Visitor Center provides multiple routes options. The routes for this month are:

- June 4 Hanovertown (28.2 miles)
- June 11 Give Peace a Chance (30.2 miles)
- June 18 Black Creek Run (29.6 miles)
- June 25 New Kent Vineyards (35.9 miles)

Paper cue sheets are not provided. You should print your own cue sheet prior to coming to the ride. Visit the RABA web site to download and print the cue sheet for each route, or email Hugh to receive a PDF version of any cue sheet.

The Visitor Center has both a water fountain and restrooms. However, due to the rural nature of the area, very few routes include a store stop. Please make sure that you bring enough water to comfortably complete the ride without a store stop.

Directions: The National Park Service Cold Harbor Battlefield Visitor Center is located at 5515 Anderson-Wright Drive, Mechanicsville, VA, which is off 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>
<tbody>
<tr>
<td>Varies</td>
<td>8:00-</td>
<td>20 to 5</td>
<td></td>
<td>Some</td>
<td>June 5 New Riders ride, see Monthly Ride Calendar listing</td>
</tr>
<tr>
<td></td>
<td>8:30 am</td>
<td>50+</td>
<td></td>
<td></td>
<td>June 12 Thomas Norton, 317-0630, <a href="mailto:thomas.jnorton@verizon.net">thomas.jnorton@verizon.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>June 19 Jeanne Minnix, 405-6433, <a href="mailto:jminnix@comcast.net">jminnix@comcast.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>June 26 Jim Denoon, 370-6252, <a href="mailto:delaniewdono@verizon.net">delaniewdono@verizon.net</a></td>
</tr>
</tbody>
</table>

Description and Directions: This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. 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 retreating 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.

www.raba.org
Bikes for Kids - 2010

Thanks for Volunteering...

(Continued from page 5)

Terri Lumpkin and son
Chuck Jajesnica
Alan Cooper
Patricia Reddington
John Baumann & 2 daughters
Jim Creegan
Eric Martin
Margaret Maslak
Ted Zeh
Joy Zeh
Kathryn Zeh
Suzanne Zeh

The efforts of these folks helped benefit the Bikes for Kids program described above. See what you can do to help, too.

2010 Heart of Virginia Bike Festival
Sept. 18 and 19

It’s that time again. It’s time to raise money for the Bikes for Kids fund and we need your help!

Every year RABA raises money to buy bikes, assembles them, and finally donates them to area county Christmas Mothers so that the bikes can be given to kids who otherwise won’t get them. It takes money to buy those bikes. That’s where you and your generosity come in.

You remember how much fun you had with your bike as a kid, don’t you? Help a kid experience that same joy!

Please go to www.raba.org, click the “RABA’s 2010 Bikes for Kids Project” link in the right column, and help out. Thanks!

2010 Heart of Virginia Bike Festival
Sept. 18 and 19

The efforts of these folks helped benefit the Bikes for Kids program described above. See what you can do to help, too.

The Pedaler

June 15

www.raba.org

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:

Monthly Road Ride Captain: Noah Kaatz,
noahkan5270@yahoo.com 955-0582

Weekly Road Ride Captain: John Moore,
jmoore216@comcast.net 338-9668

Off-Road Ride Captain: Matthew Bizzarri
mdbizzarri@gmail.com 994-2006

The deadline for getting July rides listed in The Pedaler is June 15
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, $49 2/3 page, $28 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

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.

2009 Giant Avail road bike. WSD Size M (50 cm) aluminum Shimano triple crank. Lite, comfortable, quick, with attractive teal, aluminum, white frame. Perfect condition. $725. Becky Tobey 674-9802 (3/14/2010)

AIRLINE/SHIPPING CASE FOR RENT Hard-sided Performance 'Cargo Case' available for rent. $25 per trip. Holds frame, handlebars, wheels securely with room for lots of other stuff. Brian Eckert, brian_eckert@juno.com (3/14/2010)


Allen bike rack, transports 2-4 bikes. $20. Becky Tobey 674-9802. (4/14/2010)

GUNNAR Roadie 54cm - NEW! 30 speed Shimano drive train - $1150. This handbuilt steel bike from Richard Schwinn is smooth riding and versatile. It is a 2009 leftover with $1899 MSRP. Barry Pullen pullen_39@yahoo or call 561-3950 (5/7/2010)

Santana Sovereign Tandem. Santana’s most popular high performance tandem. Frame is Easton double butted aluminum with carbon fork. Equipped with premium components and many upgrades. Well maintained and rides great! Frame is a large which will accommodate a captain with a 33 inch or larger inseam (measured to the floor) and a stoker with a 28 inch or larger inseam. See sizing chart at http://santanatandem.com/Started/TandemSize.html Frame was repainted midnight blue metallic at the factory. This model sells for $5,300 new - am asking $2,500 obo. Contact Al or Lois Farrell lojafarrell@verizon.net for detailed specs, pictures, questions, etc.. (5/11/2010)

GUNNAR Roadie 54cm - NEW! 30 speed Shimano drive train - $1150. This handbuilt steel bike from Richard Schwinn is smooth riding and versatile. It is a 2009 leftover with $1899 MSRP. Barry Pullen pullen_39@yahoo or call 561-3950 (5/7/2010)