As I write this article, well known RABA volunteer Jeanne Minnix is preparing to return to the hospital for a second surgery relating to the serious injuries she recently experienced when she and other cyclists went down riding in a large paceline on a RABA ride. I was not on that ride and do not know exactly what caused that accident. However, in the seven or eight years that I have been actively riding with RABA, we have had a number of serious accidents involving riders in pacelines. Riding in a paceline is a high risk endeavor. That’s not to say that we should all give up paceline riding. However, if you ride in a paceline, you should be aware of the danger and take steps to minimize the risk. One of the best ways to minimize risk is to stay out of large pacelines.

Large pacelines tend to yo-yo increasing the likelihood of wheel bumps (such as the one that resulted in Jeanne’s injuries). Also, large pacelines are frustrating to motorists. That can result in frustrated drivers passing in an unsafe manner.

If you are a ride leader, please be proactive about this issue. Don’t do a mass start. Rather, break your riders up into small groups at the start of ride. Pace groups of four to six riders seem to work well. Certainly, more than ten riders in any single pace group is too large. Finally, do not regroup at stops if that will result in a large pace group.

One final safety note. If you are passing a slower rider (or group of riders) on the left, please announce yourself as you start to pass. Otherwise, the slower rider (Continued on page 5)
RABA & RMS
"Working Together For Greater Happenings"

VOLUNTEERS ARE NEEDED FOR THE FOLLOWING EVENT:

I LOVE THE TAVERN TRIATHLON & AQUA BIKE CHAMPIONSHIP
SATURDAY JUNE 23, 2012
PACKET PICK UP
3 SPORTS
6241 River Road
Richmond, VA 23229
9 AM-NOON— 5 People  NOON-3 PM—5 People

THOSE LIVING IN ZIP CODES 23229, 23228, 23230, 23059, 23060 ARE CLOSE TO EVENT

SATURDAY JUNE 23, 2012
PRE RACE SET UP
ROBIUS LANDING PARK
3800 James River Rd
Midlothian, VA 23113
1PM-4 PM—5 People

THOSE LIVING IN ZIP CODES 23112, 23113, 23114, 23139 ARE CLOSE TO EVENT

SUNDAY JUNE 24, 2012
POST RACE TAKE DOWN
ROBIUS LANDING PARK
3800 James River Rd
Midlothian, VA 23113
11AM-2 PM—5 People

THOSE LIVING IN ZIP CODES 23112, 23113, 23114, 23139 ARE CLOSE TO EVENT

Go to www.richmondmultisports.com and click on VOLUNTEERS then register.
Be sure to choose position and time and specify RABA as organization.

Table of Contents
Club News and Pictures.............................................. 1, 2, 6-10
Safety Tip of the Month.............................................. 1
Heard and Seen Around the Club.............................. 3
Cap2Cap Recap...................................................... 5
Email Address Changes............................................... 6
Classifieds and Info.................................................. 10
June, 2012 Monthly Rides........................................... 11
June, 2012 Weekly Rides........................................... 15
RABA Standard Road Ride Paces............................... 22
Ride Calendar..........................................................Last Page

The Pedaler 2 June, 2012

Table of Contents

2012 Board of Directors
President: Hugh Aaron, Hugh@theaarons.com 804-690-9720
Vice President: Charlie Thomas, c.thomas53@verizon.net 804-747-3428
Treasurer: Cindia Evans, cnevans@comcast.net 804-789-0511
Secretary: Julie Appleby, jwa47@hotmail.com 804-282-5123
Ride Director (Monthly Road Rides): Alan Cooper, alanhcooper@yahoo.com 804-231-1997
Ride Director (Weekly Road Rides): Jim Venning, jalisvenn@gmail.com 804-550-7250
Ride Director (Off-Road Rides): Karl Gordon, kgordon88@yahoo.com 804-314-7586
Public Relations Director: Cristina Bizzarri, cbizzarri@gmail.com 804-994-2006
Membership Communications Director: Richard Halle, rrichhalle@verizon.net 804-744-1760
Bicycling Advocacy Director: Bud Vye bdyce@comcast.net 804-262-9544
Membership Director: Kristen Swanson, kaswanson@comcast.net 804-399-7672
Century Chair: Matthew Bizzarri mdbizzarri@gmail.com 804-994-2006
Director at Large: Steve Herzog, sp_herzog@verizon.net 804-360-3853

Committee Chairs
Web Administrator: Richard Halle rrichhalle@verizon.net 804-744-1760
E-Mail List Administrator: Kim Moore luvscycle@yahoo.com 804-358-0935
Safety: Eric Martin martin4bike@gmail.com 804-402-3471
RABA/BikeJournal Administrator: Ron Corio, rcorio@vcu.edu 804-643-6452
New Rider Recruitment & Retention: Chuck Jajesnica, cervelo55@verizon.net 804-248-9014
Bylaws: John Bennett, jmbennett@vcu.edu & Joan Putney, jep1117@gmail.com 804-920-1611

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. The term of membership is 12 months from the enrollment date. The Pedaler subscription is included.
Submit membership application or renewals online (http://www.raba.org/membership-x.html) or to RABA Treasurer, PO Box 5656, Ashland, VA 23005.
Note: Membership dues must be accompanied by a completed signed membership application and a waiver of liability.

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.
Barry & Martha Pullen back from a Bicycle Adventure Club trip to Mallorca (not a big island, but with a mountain range on it that makes for a lot of switch backs with steep climbs and descents when cycling in almost any direction) just in time for Barry to take the Silver Medal in the 5K Time Trial at the State Senior Games.

John Dawson back from Moab, Utah as he methodically continues to cross off the items on his “Bucket” list now that he is in retirement from Philip Morris. This one involved Rock Climbing (and rappelling down) out in that area of spectacular scenery around Arches National Park.

Another big achievement concluded, as I get a report that Debbie Gleason has received her doctorate up in Charlotteville, although I haven’t been able to contact her to confirm it. If true, big Congratulations are in order to Debbie, and we might be seeing some more of her in these parts, although I haven’t heard what her next step will be.

Mark Bierly and George Kugler still singing in the Tenor section of the Henrico Pops Chorus, and both have solos (from Guys & Dolls) in the current show which is a program of Broadway Show tunes. As always, this group is very good, and I solidly recommend them to you as they make their rounds of a number of local venues.

Dave Bloor, who many may not know is the Track Coach at St. Catherine’s, had a big 2nd week of May, as his foursome of middle distance runners broke their school record by almost five seconds in the 4 X 800 meter relay in the prestigious Southern Track Classic meet at Sports Backers Stadium, followed by his entire team winning their L.I.S. (League of Independent Schools) championship on the following day. The school record was a big deal to the girls (and to Dave) as they had been chasing it all season, even going up to Philly to run in the Penn Relays, only to narrowly miss it, and they were running out of chances.

Heard that Gary Janak was forced to drop his plans to cycle out to his 45th High School Reunion in Fremont, Ohio. He had been planning on that for well over a year but unforeseen circumstances will keep him from doing it.

And some not so good news as recently learned that Past President (back in the early 90’s) Bob Stiff has been afflicted with Parkinson’s.

And Aging Adventurer Emily Kimball also got some bad news, as her breast cancer returned after being in remission for 9 years. After having her last chemo treatment on May 10th things are looking up as she begins her 6 ½ weeks of radiation, during which she hopes to be back out on the road with us again.

A lot of action on the May 5th Dogtown Ride, as Jeanne Minnix and Tom Norton tangled and went down. Tom es-

Our support and prayers to all of these, as they cope with, and recover from, their illnesses and mishaps.

As befits this season of the year, there is no shortage of events to report on, starting with Earth Day on April 23rd, where a contingent of seven of us rode down from Laurel Park to represent the club at the festivities in Old Manchester. Detouring on the way down to get a sneak preview of the Cannon Run Trail, and then a brief stop for a moment of remembrance at Carl Armstrong’s plaque at the very western end of the Capital Trail, we crossed the Mayo Bridge just in time to get in with the leaders in a 5K running race, causing their police escort to turn on his siren and sternly chase us out of that lane and over with the motor vehicles. We soon ran into Andrew Mann and his mom and her dog. Although big and mean looking, the dog was very friendly, and Andrew attracted a lot of attention as he moved around the area with the dog and people came up to pet him. See pictures here.

After some food, loud music, booth visiting, and greetings to Mayor Jones and Delegate Betsy Carr (who also had come down on her bike) we headed back to Laurel Park as storm clouds began to gather. We didn't quite make it, as the skies opened up with us about a mile from the parking lot, so that Jim Lee, Jerry Gross, Rickey Davis, Gayle McMunn, Tara Crisinati, and Lori Ricci and I all got thoroughly soaked as we got in our cars to drive home.

A different cast of characters (including Dave Strickland, all the way from down in North Carolina) showed up on May 5th to ride over to North Side to represent RABA at the official opening of the Cannon Run Trail (Pictures here). Looked like a small group at the beginning, as only Sheryl Finucane and Paul Germain started with Dave & me from Laurel Park, but we were joined on the way by Bill Britton as we came through his neighborhood, and then Joe Hazel, Champe Burnley, and Jay Paul came in from other directions, with the result that we had a respectable showing when the time came for the club to be recognized and to lead the way down the trail (and back up again). Charles Price of the Sierra Club (who was the real prime mover on this project) opened the ceremonies, and after speeches from Mayor Jones, several members of City Council, and the Director of Parks & Recreation, the ribbon was duly cut, following which we did our thing.

A chuckle was had by all as an uninvited young fellow on a motor scooter came up the trail and over the top just as the dignitaries were gathering to cut the ribbon. Seeing that he was obviously in the wrong place at that time, he promptly disappeared back down the trail. Following the ceremonies our group headed on down to Shockoe Bottom, where I took them to the Carl Armstrong memorial for a brief remembrance, on down the Trail to Shiplock Park, where we ran into

(Continued on page 4)
(Continued from page 3)

Ralph White and a group of volunteers doing some clean-up and fix-up projects. From there it was over to a new restaurant on 18th St. called Roxy's where we had a nice lunch before heading back to our respective starting points. This time, no thunderstorm, as Sheryl Finucane (who often cycles to work down in the MCV area) led us back toward Laurel Park using a less traveled route that she has developed through trial and error. As I've reported previously, the National Guard Combat Engineer Company from Powhatan did a nice job of clearing and grading this section of the trail as last summer's training exercise, and the City has followed up by having it paved, with benches, bollards, signs, etc. so that the .8 mile trail is a first class finished product. We're all looking forward to seeing the work on the 2nd section go forward this summer, which will double the length of the trail. It's definitely worth checking out, if you are over in the direction of Richmond-Henrico Turnpike and Dove St. in North Side.

Next up came the State Senior Games Cycling Races on May 10th out at the Striker Soccer complex at West Creek. For several years now, as these games have been held in Richmond (next year they move to Newport News), RABA has been responsible for conducting the cycling events, which I have chaired and gotten great support from other members, this year including Dave & Margaret Bloor, Carolyn Goble and her friend Pam, Jesse Archer, and Don Eller. This being a qualifying year for the National Championships (to be held this summer in Cleveland), we had a record turn-out of 44 men (a number of whom had come in from other states in order to attempt to qualify for the Nationals) and 20 women, which caused me to split the Men's 20K Road Race into two sections. The weather was beautiful, the events went very smoothly with no spills, and we received a number of compliments from the participants on a well run event. See pictures here.

Among the RABA members taking medals in the 5K Time Trial were Wes King, a gold in the 55-59 age group; Tom Doyle, a silver and Ken Robertson, a bronze in the 60-64; and Barry Pullen, a silver in the 70-74. In the 20K Road Race, we had Wes King taking another gold in the 55-59; and Jerry McGuinn, a silver and Tom Doyle, a bronze in the 60-64. Congratulations to the medal winners from the club, and again my thanks to the volunteers from the club listed above who did an excellent job in conducting, timing, and recording the results of the events!

The local version of the National Ride of Silence to remember and honor those who have been killed or injured while cycling took place on the evening of May 16th, starting from the Willow Lawn parking lot by Panera Bread. Organized and led by Ride Richmond, the VCU affiliated group, I noted several RABA members including Jim Lee and Meade Anderson among the group of about 30 riders. Following a brief, but very moving, ceremony of remembrance conducted by a minister, the group headed out silently on their 12 mile ride. See pictures here.

I haven't been down to see it, but I understand that the contractor is now underway on the Sherwood Forest segment of the Capital Trail (the 12 mile section from the Chickahominy Bridge west to Charles City Courthouse). Now we have notice of the Public Hearing for the 10.8 mile Varina Phase of the trail, which will be on Wednesday, June 6 from 5 to 7 p.m. at the John Rolfe Middle School, which is next to Varina High School. Henrico residents in particular should attend this Hearing for the segment between Long Bridge Rd. and Rocketts Landing, as we keep reinforcing the need to have this segment off road rather than just a wide shoulder lane of Rt. 5, which the county supervisors had adopted as their position more than a decade ago.

Coming into Bryan Park at 6:25 a.m. on Friday, May 18th expecting to be the only one there, I got a surprise as the place was jumping, the parking lots almost full, and a Channel 6 TV truck on hand. Hadn't realized that this was Seal Team territory, and they were having some kind of graduation ceremonies, and one of the students was VCU basketball coach Shaka Smart. No cyclists for Bike to Work Day spotted and I fear that I'd be riding down to Monroe Park alone. But here comes a rider I recognize as Braden Govoni of Carytown Bicycles, followed by Bill Britton, so we do have a convoy, albeit a small one after all.

On down to Monroe Park following Bike Rt. 1, fearing we might have a very sparse event, but that's not the case, as Alan Cooper's convoy from Forest Hill Park has about a dozen, and a number show up individually, so that eventually we have about 100 cyclists on hand awaiting the arrival of Mayor Jones. At length he appears, is introduced, welcomes us, and calls on Jake Helmboldt (the City's Bike & Pedestrian Coordinator) to give us a brief summary of what's going on. So much is happening that Jake runs a little longer than the Mayor had expected, with the main points of news being that the City has ordered a number of bike racks which will begin appearing around town shortly, along with the sharrows and bike routes with signage that we are beginning to see already. The Mayor then calls on Deputy Secretary of Transportation David Tyerar who reads the proclamation of May as Bicycling Month in Virginia on behalf of Governor McDonnell.

Following that, the Mayor says “Let's go to work”, everyone moves to their bikes, and he leads us out of the park, onto Franklin St. and down to City Hall behind a police escort of both autos and motorcycles, with sirens blaring. It's always a kick for me to roll through those red lights with the police escort, and it didn't take us long to get to 9th Street where those of us who are retirees bid the Mayor a good day of work before heading off to get a cup of coffee and return home, with National Bike to Work Day duly celebrated. See pictures here.
Soapbox...

(Continued from page 1)

might pull out in front of you, potentially taking you both down. Or, you may spook the slower rider causing them to run off the road.

Board Update:

We accomplished a lot at our last board meeting. Among other actions, the board carefully considered the recommendations of the bylaws committee and approved all of the recommended changes except a proposed change relating to the director nomination process. Download the revised bylaws, as approved by the board, along with a nice summary of the changes (prepared by the bylaws committee), from the RABA web site by clicking on the respective links.

The next step will be to present the proposed bylaws changes to the entire membership. We are tentatively planning to hold a special meeting immediately preceding the annual picnic for purposes of considering the proposed bylaws changes.

When you see them, please thank the members of the bylaws committee for their hard work. They did a great job. The members of the committee are:

- John Bennett, Co-Chair
- Joan Putney, Co-Chair
- Laura Aaron
- Ron Corio
- John Moore

Another change approved at the last board meeting, was a change to the policy on “RABA Sanctioned Rides.” Prior to this change, only rides “designed primarily for members of RABA” were eligible to be considered a RABA sanctioned ride. Under the revised policy, joint rides with other organizations will now be treated as RABA sanctioned rides so long as the other requirements of the policy are met and the other organization(s) does not charge a fee. Here is the complete policy, with the new language in bold:

Rides Eligible to Be Considered a RABA Sanctioned Ride: (Revised: May 7, 2012)

For a ride to be considered a RABA sanctioned ride, and utilize a RABA ride sheet, the ride must:

1) be organized and led or co-led by a RABA member,
2) have a RABA sign-in sheet,
3) be designed primarily for members of RABA or be designed as a joint ride with another organization(s) (provided that such organization(s) does not charge a fee),
4) be approved by a RABA Ride Director, and
5) have been announced in the Pedaler, on the RABA web site, or through the RABA email system.

This change will allow us to treat as RABA rides joint rides with other groups such as the Williamsburg Area Bicycling Association (WAB), the Richmond Area Tandem Society (RATS), VCU, etc. That means that RABA insurance will cover RABA members on those rides and that the mileage on those rides will count as RABA miles.

Conclusion:

Our June board meeting is scheduled for Monday, June 18 beginning at 6:30 pm at Maria’s Restaurant. As always, the board meeting is open to all RABA members. Please arrive by 6 pm if you want to join us for dinner. Also, if you have an issue that you would like brought to the board’s attention, please email me (hugh@theaarons.com) or one of the other board members prior to the meeting.

Cap2Cap Recap

by Kim Moore

Many thanks go to club members and volunteers who came out on Saturday, May 12, to participate in the Virginia Capital Trail Foundation’s (VCTF) annual fundraiser, the Capital to Capital bicycle event. This was a record-breaking participation year, with over 2100 cyclists registered! While volunteers in registration, SAG, rest stops, lunch serving and the event area worked hard and long hours, event day was blessed with absolutely gorgeous weather. Relatively mild winds, sunny skies and perfect temperatures made up for any short-comings or logistical problems that the event did have.

There were a few accidents, to be expected in an event this size. Mike, my husband, was part of the team that coordi-
Email Address Changes

If you have changed your email address, it is very important that you update your RABA membership profile. To update your membership profile, follow these easy steps:

- Go to www.raba.org
- Go to the upper left hand corner, click on “Log In to Member Area”
- Log on your user name and password. If you have forgotten both, there are instructions on that page on how to reset them.
- You will be taken to a membership profile screen, showing various functions you can perform – scroll down to “My Membership Information”
- In that section, on the right side, click on “Change Contact/Profile Info”
- You will be taken to your profile where you can change your email address and add a second email address as well!
- If you have any problems with your membership profile, contact Membership Director Kristen Swanson, kaswanson@comcast.net

Keeping your email address current is crucial because that is the only way that you can receive membership renewals and information, the Pedaler newsletter, register for events that RABA is organizing, etc. Also note: if you have had any changes to your physical street address or phone numbers, you can make those changes as well following the above steps. All of your contact information is on the same screen.

Non Verbal Communication:

- **“Slowing”**: let riders behind you know what you are doing BEFORE you do it. Extra credit for using hand signals.
- **“SLOWWING!!”**: use tone and volume to indicate a sudden unexpected slowing.
- **“Stopping”**: use this at Stop signs, red traffic lights, or a mechanical failure that causes you to pull off the road. Also useful when a vehicle in front of you stops unexpectedly.
- **“Hole”**: if it is a hazard let folks know. Point to it.
- **“Gravel”**: this one gets folks attention.
- **“On your left!!”**! Given before passing another cyclist, which should be done on the left. Make it loud. I hear lots of complaints about cyclists not giving this announcement. Best given 2-3 seconds before passing. Make it loud enough to be heard, but far enough away not to startle riders without mirrors.
- **“YO!”**: use like how a car horn should be used; To get someone’s attention to avoid a crash.
- **“NO!”**: also “Bad Dog”, or “GO HOME”. Use a harsh tone to keep fido out of your front wheel.

Ride of Silence

Minister reading service of remembrance

Gathering for the Ride of Silence

(Continued from page 1)
J.E.B. Stuart
Bike Tour and Historic Weekend
commemorating the 150th Anniversary of Stuart’s historic ride

June 16 - 17, 2012

Join cyclists from across the Mid-Atlantic for an exciting, educational, two day bike tour to commemorate the 150th anniversary of General J.E.B. Stuart’s daring ride around General George McClellan’s troops in 1862.

The 120 mile tour will closely trace the actual route Stuart took as he reconnoitered the Union Army as McClellan attempted to capture the Confederate Capital of Richmond.

The two day event features:
- Historic rest stops along the route including historic Hanover Tavern, Edgewood Plantation and Dabb’s House (Lee’s headquarters during the campaign).
- Wine tasting Saturday at New Kent Winery where we will stay for the evening (camping included).
- Lunch and Dinner Saturday and breakfast Sunday at the winery. The dinner will feature period, Civil War style food.
- Civil War era music, dancing and entertainment Saturday evening. Learn to do the Virginia Reel!
- A working Civil War field hospital
- Lectures on the significance of the Civil War campaign
- Equestrian demonstrations, artillery and period firearm demonstrations

For more information and to register go to www.vabike.org/stuart

http://www.vabike.org/stuart

Don’t Put it Off! Prices go up on June 1st
Cannon Run Trail Dedication

Dedication

RABA leads the first group down the Cannon Run Trail

Remembering Carl Armstrong

Bike to Work Day

Cyclists gathering at Monroe Park

The Mayor leads the group out

The Mayor & Sports Backers Jon Lugbill at City Hall

Thanks to Bud Vye for the pictures on this page. See more photos of Bike to Work Day by Alan Cooper here.
Earth Day

The RABA contingent at the Earth Day festivities

Senior Games

Men’s Road Race section at Starting Line

Dave Bloor starting Senior Games Women's Time Trial

Men’s Road Race at turn

Thanks to Bud Vye for the pictures on this page
Submissions for The Pedaler: The Pedaler welcomes submissions in any form, email preferred. All submissions will be confirmed. All become property of The Pedaler. E-Mail: rrichhalle@verizon.net. Submission Deadline: Midnight the 15th of the Month. Advertising rates: $198 full-page, $99 half-page, $149 2/3 page, $67 1/3 page, $48 1/6 page. Two bicycling classified ads are free to members; non-member rates apply thereafter. Non-Member Classified Rates: $5 for 1 item, $10 for 2-5 items, $15 for 6-9 items and $25 for 10-15 items— all with a reasonable amount of text per item. Send check or money order payable to RABA Treasurer, PO Box 6565, Ashland, VA 23005
June, 2012 Monthly Rides

Ride Director (Monthly Road Rides): Alan Cooper, 231-1997, alanhc@gmail.com
Ride Director (Off-Road Rides): Karl Gordon, 314-7586, kgordon88@yahoo.com

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

Ride Leaders: Please submit 2012 Monthly Ride sign-up sheets to Alan Cooper, 4600 King William Road, Richmond, VA 23225.

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

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

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

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

June 2 (Saturday) Riding Through Dogtown

Description: The ride was brought back to life in May and had a record turnout! There were 45+ riders of various paces who supported the ride and about 20 people who stayed for lunch at Camden’s Dogtown Market. Many remarked how delicious the food was – chef and owner Andy Howell cooked a lot of savory breakfast, brunch and lunch items that day. The Moores hope for an equally good turnout and fun time for this month. As of newsletter deadline time, a C Pace leader was still being sought. If interested and available, please contact the Moores. There are multiple starting times so that riders may finish approximately at the same time and have a chance to eat together afterwards at the restaurant. For those starting a little later and riding a little shorter, the restaurant is open on Saturdays at 8:30 am for breakfast, so restrooms are available before their ride starts. To read a recent review of the restaurant and get an idea of its menu, click here.

Directions: The address is 201 West 7th St (corner of Porter and 7th Streets), Richmond, VA 23224, (804) 745-6488. The restaurant is located south of the James River, in the Old Manchester District, on the first floor of the Corrugated Box building. Free parking is available on the street or directly behind the restaurant.

June 2 (Saturday) Group Rides for New Riders

Description: Please join Charlie 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 participating, 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 12-mile extension. Three to six volunteers are needed to assist with this ride (help pumping tires, manning sign-up sheets, leading different paces groups, etc.) If you would like to volunteer, please arrive at 8:00 AM. Contact Charlie for details.

June 2 (Saturday) James River Park System (Mountain Bike Ride)

(Continued on page 12)
June, 2012 Monthly Rides

**June 3 (Sunday)**  
**Montpelier, Bumpass and Buckner**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>9 am</td>
<td>50</td>
<td>3</td>
<td>One</td>
<td>Dee Nuckols, 749-3400, <a href="mailto:snuckols@yahoo.com">snuckols@yahoo.com</a></td>
</tr>
<tr>
<td>B</td>
<td>9 am</td>
<td>37</td>
<td>3</td>
<td>One</td>
<td>TBD</td>
</tr>
</tbody>
</table>

**Description:** Join Dee for a ride into Louisa County from the Montpelier Center for Education and the Arts. Dee welcomes leaders and riders for other paces. Contact him if you’re willing to lead a pace. Download the cue sheet [here](http://raba.org/vacreeper2012.html).

**Directions:** The Montpelier Center for Education and the Arts is located at 17205 Mountain Road in Montpelier. This is located at the intersections of Rt. 33 and 715, 15 miles west of I-295. Take Staples Mill out of the city toward Montpelier. You may take I-295 or I 95 to the Rt. 33/ Staples Mill exit and take 33 out of the city.

---

**June 7 - 11 (Thursday through Sunday)**  
**Southwest Virginia Hike and Bike**

**Description:** Jeanne Minnix and Dee Nuckols came up with a four-day weekend of hiking and biking with Abingdon as a base before Jeanne suffered a badly broken wrist, not to mention serious cuts and road rash, in a crash. Jeanne won’t be able to make it, but she and Dee say the event it still on. Go to this link for details, [http://raba.org/vacreeper2012.html](http://raba.org/vacreeper2012.html).

---

**June 9 (Saturday)**  
**Waverly to Chippokes State Park**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C+</td>
<td>9 am</td>
<td>58</td>
<td>4</td>
<td>two</td>
<td>Jack Huber, 282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
</tbody>
</table>

**Description:** Meet in Waverly for a ride to Chippokes State Park and back. The route is very rural even by Waverly standards. There will be two special rest stops hosted by Shirley Cockes at her home in Surry County. Chippokes State Park is a beautiful spot with several impressive views of the lower James River.

**Directions:** Meet at the parking lot behind La Hacienda Mexican restaurant (101 South County Drive, Waverly, VA 23890). From Richmond take Interstate 95 or I-295 south to Route 460 east (toward Norfolk). La Hacienda is at the intersection of Routes 460 and 40 in the town of Waverly. Speed limits are strictly enforced on Rt. 460 and in Waverly so please be aware as you drive. After the ride, all riders are invited to have lunch together at La Hacienda.

---

**June 10 (Sunday)**  
**Bouncing Dogs Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B-/C+</td>
<td>9 am</td>
<td>36</td>
<td>3</td>
<td>none</td>
<td>Lynne McMichael, 347 2987, <a href="mailto:lynne.mcmichael@suntrust.com">lynne.mcmichael@suntrust.com</a></td>
</tr>
</tbody>
</table>

**Description:** Meet in the Food Lion parking lot (towards the rear) at Broad View Shopping Center for a ride into northern Goochland County horse country. Long ago, club riders encountered some of the area’s friendlier dogs on this route and named the ride in their honor. The route is divided into two distinct halves by Route 250. The terrain consists of rolling hills. There is no store stop so bring water and snacks. Anyone interested in leading another pace should contact Lynne.

**Directions:** To get to Centerville, take Interstate 64 west of Richmond to the Rockville/Prince George exit, then south on Route 623 about a mile, to a right on Route 250. The shopping center is a short distance on your right. Alternatively, if you come out West Broad Street (Route 250), the shopping center is on your right about 1.5 miles west of the Route 288 interchange.

---

**June 16 (Saturday)**  
**New Kent Half Century**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>9 am</td>
<td>53.5</td>
<td>4</td>
<td>two</td>
<td>Doug and Carol Wayne, 804-4739-1839, <a href="mailto:dwaynemdd@aim.com">dwaynemdd@aim.com</a></td>
</tr>
</tbody>
</table>

**Description:** Meet at the New Kent Visitors Center for a joint RABA and Richmond Area Tandem Society (RATS) ride. Doug and Carol Wayne will lead the B pace but welcome leaders and riders for other paces. The route, available [here](http://raba.org/vacreeper2012.html), is one of six the county developed in 2010 for distances ranging from 15 to 100 miles. Doug also plans to bring cue sheets.

**Directions:** Take Exit 211, Talleyville/Prince George, off of Interstate 64 east. Turn left onto VA 106, Vineyards Parkway, and make another left into the visitors center.

(Continued on page 13)
June, 2012 Monthly Rides

(Continued from page 12)

**June 16 (Saturday)**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>8 am</td>
<td>60</td>
<td>1</td>
<td>?</td>
<td>Mike &amp; Kim Moore, 358-0935, <a href="mailto:luvs2cyle@yahoo.com">luvs2cyle@yahoo.com</a></td>
</tr>
</tbody>
</table>

Car caravan at 6 a.m. Other paces and distances welcome.

**Description:** 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. Those new to climbing in the mountains are encouraged to come. But be prepared: 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 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.

**Directions:** If you are interested in this ride, please give the Moores a call so that they have 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 Road, in the shopping center near the intersection of West Broad Street and Pump Road. 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 Interstate 64 West and U.S. Route 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.

**June 16 and 17 (Saturday and Sunday)**

**JEB Stuart Ride**

Cyclists will have an opportunity to commemorate the 150th anniversary of the daring ride of Confederate General JEB Stuart, who circled Gen. George McClellan's troops as the Union General attempted to capture Richmond. The two day, 120 mile ride will closely follow Stuart's historic route.

The ride begins Saturday morning at Bryan Park in Richmond. Riders will camp Saturday evening on the grounds of New Kent Winery and return to Bryan Park Sunday morning. RABA is a sponsor of the event. The $150 cost includes lunch and dinner on Saturday and breakfast on Sunday. Camping gear will be transported to the campsite, and each day will have two rest stops. Additional information is at www.vabike.org/jeb-stuart-ride-wine-weekend/. For details, contact Champe Burnley, 358-6697, champe_burnley@hotmail.com.

**June 23 (Saturday)**

**Steve’s Training Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>8:30 am</td>
<td>50</td>
<td>2</td>
<td>one</td>
<td>Elizabeth Keith, 337-4459, <a href="mailto:lizzardkeith@gmail.com">lizzardkeith@gmail.com</a></td>
</tr>
</tbody>
</table>

**Description:** We’ll leave Steve Herzog’s name on this West End ride even though Liz Keith will be the leader this time. Liz welcomes riders and leaders for other paces. Contact her if you’re willing to lead. You should be comfortable riding with traffic. We will be riding on Patterson Avenue for several miles as we make our way from western Henrico to eastern Goochland and back again. There are lots of rollers in the middle of this ride and a few good hills.

**Directions:** Meet at the Shoppes at Wellesley parking lot (located at the corner of Lauderdale Drive and Park Terrace Drive in western Henrico County at 3434 Lauderdale Drive).

**June 24 (Sunday)**

**Chickenhouse and Blunts Bridge**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>9 am</td>
<td>46</td>
<td>3</td>
<td>two</td>
<td>Alan Cooper, 231-1997, alanhoop呵@yahoo.com</td>
</tr>
</tbody>
</table>

(Continued on page 14)
Description: We’ll take a different look at what is familiar terrain to many of our members by doing Chickenhouse and Blunts Bridge in reverse from the Laurel Park Shopping Center. We’ll turn left at the Hunton Recreation Center and proceed to Farrington Road as we often do, but we’ll turn left from Farrington onto Greenwood Church Road, go past the Hollows golf course and onto Scotchtown Road and Old Ridge Road. We’ll turn right on Blunts Bridge Road, go through Ashland and finish up with a section of road that’s familiar in either direction.

Directions: The Laurel Park Shopping Center is at Hungary and Woodman roads just north of Parham Road in Henrico County.

July 4 (Wednesday) Independence Day Ride in Varina

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>8:30 am</td>
<td>50</td>
<td>3</td>
<td>Two</td>
<td>Marshall Brown, 328-3823, <a href="mailto:pedal2themedaial@comcast.net">pedal2themedaial@comcast.net</a></td>
</tr>
<tr>
<td>B+</td>
<td>8:30 am</td>
<td>50</td>
<td>3</td>
<td>Two</td>
<td>Jim Denoon, 804-370-6252; <a href="mailto:delaniewdeno@verizon.net">delaniewdeno@verizon.net</a></td>
</tr>
<tr>
<td>B</td>
<td>9 am</td>
<td>37</td>
<td>3</td>
<td>Two</td>
<td>TBD</td>
</tr>
<tr>
<td>C</td>
<td>9 am</td>
<td>37</td>
<td>3</td>
<td>Two</td>
<td>TBD</td>
</tr>
</tbody>
</table>

Description: Celebrate the Fourth of July with a scenic ride through eastern Henrico County. Although there are a few hills, the route is mostly flat and quite rural. There are store stops at the 18 and 41 mile marks. Please bring plenty of fluids as it will likely be hot. There is also a shortened, 37-mile option for those not wishing to do the full 50 miles. All paces are welcome. If you would like to lead a pace, please contact Jim Denoon. Cue sheets will be provided.

Directions: The ride will start from Portabella’s Restaurant (2627 New Market Road) in the Varina Food Lion Shopping Center on Route 5 in Varina. Please park BEHIND the restaurant, which is located just to the left of the Food Lion. Portabella’s will be closed, so there should be plenty of parking in the back.

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

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+/A</td>
<td>10 am</td>
<td>42</td>
<td>Some hills</td>
<td>3+</td>
<td>Kenny Boles, 804-761-9325, <a href="mailto:kwboles@yahoo.com">kwboles@yahoo.com</a></td>
</tr>
<tr>
<td>B+/B</td>
<td>10 am</td>
<td>42</td>
<td>Some hills</td>
<td>3+</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>10 am</td>
<td>42</td>
<td>Some hills</td>
<td>3+</td>
<td>Charlie Thomas, 747-6633, <a href="mailto:c.thomas53@verizon.net">c.thomas53@verizon.net</a></td>
</tr>
<tr>
<td>B-/C+</td>
<td>10 am</td>
<td>42</td>
<td>Some hills</td>
<td>3+</td>
<td>Jack Huber, 804-282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
</tbody>
</table>

Description: This year, we are once again going to start the ride in Heathsville. Heathsville is a great little town off Route 360 on the Northern Neck. From Heathsville, the route travels to Fairport where we will have lunch at T-Bones Dockside (formerly Fairport Marina) overlooking Cockrell’s Creek. After lunch, we will head into Reedville for ice cream at Chitterchats. From Reedville, we will take back roads up to the Little Wicomico River, cross the river on the Sunnybank Ferry and head back to Heathsville.

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

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

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

Directions: The ride starts and ends at the Northumberland County courthouse/administrative offices in Heathsville (set your GPS for 72 Monument Place, Heathsville, VA 22473). From Richmond, take Route 360 East to Tappahannock. Turn right on 360 East in Tappahannock towards Heathsville. Once in Heathsville look for the old courthouse on 360 on the right. Turn right onto the road beside the old courthouse and proceed to the large parking lot adjacent to the new courthouse. Heathsville is approximately 75 miles from downtown Richmond and the drive typically takes about 1.5 hours. Heathsville is easy to find, but if you have any trouble call Hugh on his cell phone at 804-690-9720.
### June, 2012 Weekly Rides

**Ride Director (Weekly Road Rides):** Jim Venning, 550-7250, jalisvenn@gmail.com

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

**Ride Leaders:** Please submit 2012 Weekly Ride sign-up sheets to Jim Venning, 9136 Fox Hill Race Court, Mechanicsville, VA 23116.

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

#### June, 2012 Weekly Rides

**Sunday**

**Powhatan Courthouse**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</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 Portabella Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>9 am</td>
<td>19-52</td>
<td>Various</td>
<td>See below</td>
<td></td>
</tr>
</tbody>
</table>

**Leaders:**
- Jun 03  Randy Rosemond; 804.966.5472; velosalsaman@aol.com
- Jun 10  Marshall Brown; 804.328.3823; pedal2themedal@comcast.net
- Jun 17  Gary Thabet, 804.402.9105; gethabet@gmail.com
- Jun 24  Ron Corio; 804.643.6452; rcorio@vcu.edu

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

**Directions:** Portabella Ristorante is located at 2627 New Market Road (Route 5 and Strath Road), Henrico, VA 23231. Park in the lot behind the building.

**Monday**

**New Kent Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C+</td>
<td>9 am</td>
<td>25-35</td>
<td>4</td>
<td>0 or 1</td>
<td>Deana Sun, 804-690-6018, <a href="mailto:MaElDsun@aol.com">MaElDsun@aol.com</a></td>
</tr>
</tbody>
</table>

**Description:** This is a C+ pace ride on lightly traveled country roads in New Kent County. The rides will start/finish at different locations each week and the distances will vary from 25 – 35 miles. Many routes do not have store stops, so bring plenty of water. Ride information is published each week via the RABA Yahoo Group. Contact info: MaElDsun@aol.com or phone/text 804-690-6018.

**Mondays with Mary**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>10 am</td>
<td>30-40</td>
<td>3</td>
<td>Some</td>
<td>Mary Falterman, 741-2116, Barry Pullen, 561-3950</td>
</tr>
</tbody>
</table>

**Description:** The ride starts at a different location every week. Each week’s location will be announced to the RABA e-mail list. If you are not on the list, please contact one of the leaders.

**Monday**

**Start the Week at West Creek**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C-D</td>
<td>6 pm</td>
<td>6-30</td>
<td>3</td>
<td>many</td>
<td>Chuck Jajesnica 543-8967, <a href="mailto:cervelo55@verizon.net">cervelo55@verizon.net</a></td>
</tr>
</tbody>
</table>

**Description:** This 6-mile loop is very well lit as dusk begins, but it is still wise to have one white front light and a red blinkie for (Continued on page 16)
June, 2012 Weekly Rides

(Continued from page 15)

the rear of your bike. Riders can ride this 6-mile loop for as many miles as they want up to and beyond 30 miles. All ride levels are invited to attend. This is a great beginner ride, and has a no-drop policy. It is for the casual who want to talk and unwind after a hard day, or competitive rider training to hammer down for the summer months.

Directions: Meet at the Direct Buy parking lot at 12830 West Creek Parkway. Take the Patterson Ave., exit off of Route 288 and head west (away from Richmond) for approximately one mile, turn right on the West Creek Parkway.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Mondays in Chesterfield</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pace</td>
<td>Time</td>
</tr>
<tr>
<td>A</td>
<td>6:15 pm</td>
</tr>
<tr>
<td>B+</td>
<td>6:15 pm</td>
</tr>
<tr>
<td>B</td>
<td>6:15 pm</td>
</tr>
<tr>
<td>C</td>
<td>6:15 pm</td>
</tr>
</tbody>
</table>

Description: Come out and join other riders as we depart from 4 separate locations in Chesterfield for a different ride each week. 1st & 3rd Mondays depart from Bethia UMC parking lot. 2nd & 4th Mondays leave from either CLOVER HILL ATHLETIC CLUB or COSBY HIGH SCHOOL. Holiday Mondays will leave from HARRY DANIEL PARK at 9:00 AM

CUE SHEETS with dates of rides can be obtained by clicking here.

Directions:

- Clover Hill Athletic Club: Take 288 to intersection of Midlothian Turnpike going West towards Powhatan. Get in left lane and turn left onto Otterdale Rd. Follow Otterdale Rd. to intersection with Genito Rd. Turn right and look for entrance to CHAC on your left.
- Bethia UMC: Take 288 to Hull St. Rd. west toward Amelia. Turn left onto Winterpock Rd. at Lowe’s. Follow Winterpock Rd. to 4 way stop. Turn right onto Beach Rd. Entrance to Bethia UMC on immediately on right.
- Cosby HS: Take 288 to Hull St. Rd. west toward Amelia. Go past Woodlake entrance till you come to stoplight at Fox Club Pkwy and turn right. The school parking lot is just ahead on left.
- Harry Daniel Park: Take Chippenham Parkway to Rt. 10 towards Chesterfield. Turn left at stoplight at Whitepine Road across from Chesterfield County airport. Turn right at first entrance (Handball Courts) and park near handball courts.

Tuesday

Tuesdays at Rockville

<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>B+</td>
<td>9 am</td>
</tr>
</tbody>
</table>

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

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

Tuesday

Deep Run High School Options

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Deep Run High School Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pace</td>
<td>Time</td>
</tr>
<tr>
<td>A+/A</td>
<td>5:50 pm</td>
</tr>
</tbody>
</table>

Description and Directions: Riders should have a strong fitness level, be very comfortable in large and/or fast pacelines and have good bicycle handling skills before attempting this ride at these fast paces. Groups will be averaging 21+ mph over rolling to hilly terrain. However, other paces are welcome to ride on their own as maps will be provided. Because this area of town is choked with 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.

(Continued on page 17)
### Portabella Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>6 pm</td>
<td>25-30</td>
<td>4</td>
<td>None</td>
<td>Marshall Brown, 328-3823, <a href="mailto:pedal2themedal@comcast.net">pedal2themedal@comcast.net</a>, Randy Rosemond, 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 643-6452, <a href="mailto:rcorio@vcu.edu">rcorio@vcu.edu</a></td>
</tr>
<tr>
<td>C</td>
<td>6 pm</td>
<td>25-30</td>
<td>4</td>
<td>None</td>
<td>Chuck Jajesnica, <a href="mailto:cervelo55@verizon.net">cervelo55@verizon.net</a>, 543-8967</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:** Portabella Ristorante is located at 2627 New Market Road (Route 5). Park in the lot behind the building.

### Hanover Courthouse After Work Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A++</td>
<td>6 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>Matt Satterwhite, 357-7490, <a href="mailto:giantbls@comcast.net">giantbls@comcast.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Wayne Flood, 641-0556, <a href="mailto:sept1flood@comcast.net">sept1flood@comcast.net</a></td>
</tr>
<tr>
<td>A+</td>
<td>6 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>Peter Hubbel, 370-7792, <a href="mailto:peter.hubbel@gmail.com">peter.hubbel@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Rick Whittington, 363-4861, <a href="mailto:rick@rickwhittington.com">rick@rickwhittington.com</a></td>
</tr>
<tr>
<td>A</td>
<td>6 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>Ken Kolb, 357-6076, <a href="mailto:kwkolb@verizon.net">kwkolb@verizon.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Cristina Bizzarri, 994-2006, <a href="mailto:Cristina.Bizzarri@capitalone.com">Cristina.Bizzarri@capitalone.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>6 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>Lise Venning, 385-4825, <a href="mailto:jalisvenn@gmail.com">jalisvenn@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>“Loud” Andrew Mann, 266-9048, <a href="mailto:rabamann@aol.com">rabamann@aol.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Hugh &amp; Laura Aaron, 690-9720, <a href="mailto:hughandlaura@theaarons.com">hughandlaura@theaarons.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Thom Helsel, 405-4053, <a href="mailto:t.rush@greenupturf.com">t.rush@greenupturf.com</a></td>
</tr>
<tr>
<td>B</td>
<td>6 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>Deb Anderson, 412-417-2987, <a href="mailto:dabikeva@gmail.com">dabikeva@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Charlie Thomas, 747-6633, <a href="mailto:c.thomas53@verizon.net">c.thomas53@verizon.net</a></td>
</tr>
<tr>
<td>B-</td>
<td>6 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>John Moore, 338-9668, <a href="mailto:JMoore216@comcast.net">JMoore216@comcast.net</a></td>
</tr>
<tr>
<td>C</td>
<td>6 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>Sheryl Arzuaga, 746-2002, <a href="mailto:ssan32@yahoo.com">ssan32@yahoo.com</a></td>
</tr>
</tbody>
</table>

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

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

Paper cue sheets are not provided. You should print your own cue sheet prior to coming to the ride. Click the following links.

**Date** | **Route** | **Dinner**
--- | --- | ---
June 5 | Dabneys Mill Options – 21, 22, 28 or 33 mile options and GPX files. | Brunetti’s
June 12 | Mt. Gideon Options – 19, 24, 31 or 36 mile options and GPX files. | Il Castilo
June 19 | River Road Options – 18, 24, 29 or 33 mile options and GPX files. | Marty’s Grill
June 26 | Dabneys Mill Options – 21, 22, 28 or 33 mile options and GPX files. | Brunetti’s

New members and those just getting started (or re-started) with cycling are encouraged to come out. After the ride, everyone who is interested has dinner at a local restaurant (cycling clothes are fine for dinner).

**Directions:** The ride starts and finishes at the Hanover County Government Complex (7497 County Complex Road, Hanover, Virginia).
June, 2012 Weekly Rides

VA 23069) on US Route 301 at just south of the intersection of Routes 54 and 301.

**Retiree’s Midweek Ride and Lunch**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>10 am</td>
<td>25 to 40</td>
<td>Varies</td>
<td>Varies</td>
<td>Barry Pullen, 561-3950</td>
</tr>
<tr>
<td>C</td>
<td>10 am</td>
<td>25 to 40</td>
<td>Varies</td>
<td>Varies</td>
<td>Bud Vye, 262-9544</td>
</tr>
</tbody>
</table>

**Description:** This ride meets at a different location each week for a ride of 25 to 40 miles, followed by lunch. All riders are invited. Each week's location will be announced to the RABA E-mail lists. If you are not on the list, please call Bud Vye, 262-9544 or Barry Pullen, 561-3950.

**Chesterfield County Ride**

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

**Description:** Join Lois and Al for this ride on some smooth, scenic, and little traveled back roads in Chesterfield County. There is 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? Ride leaders for other slower pace groups would also be very welcome. 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.

**Ashland Dinner Club**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>7 pm</td>
<td>20</td>
<td>5</td>
<td>None</td>
<td>Jack Huber, 282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.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 Hungary Roads. We ride to Ashland and have dinner before returning to Laurel Park. The group will ride at a C or faster pace depending on the pleasure of the group.

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

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

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

**Unemployed Cyclists Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>9 am</td>
<td>varies</td>
<td>3</td>
<td>Varies</td>
<td>Bill Whitworth, 708-0398 ,<a href="mailto:whitworth2@comcast.net">whitworth2@comcast.net</a></td>
</tr>
</tbody>
</table>

**Description:** This ride covers parts of central Hanover County and the surrounding areas, which offer a lot of beautiful countryside. Most routes include a few good hills. Some routes do not have a store stop, so bring plenty of water. Notwithstanding the name of the ride, everyone is invited to join us, whether employed or not.

(Continued on page 19)
(Continued from page 18)

Paper cue sheets are not provided. You should print your own cue sheet prior to coming to the ride. Click the following links.

### June 7
- **Route**: Burkes Bridge 38 and GPX file
- **Stop Options**: Mile 25.5
- **Leader**: Mark Hoerath 804 239-7586, mfhoerath@gmail.com

#### Description and Directions:
Ride along the scenic James River and enjoy the hilly terrain leading from and to the James. A “close-in” club favorite close to downtown and Huguenot/Robious areas. Ride departs 5:45 pm from Peak Experiences (11421 Polo Circle Midlothian, VA 23113 - Peak offers M/F locker rooms). Ride leader is fast downhill and slow up, no one will be dropped. Different ride distances available depending on daylight and weather.

Route map: [http://www.gmap-pedometer.com/?r=4375483](http://www.gmap-pedometer.com/?r=4375483)

### June 14
- **Route**: Reedy Millpond Loop 43 and GPX file
- **Stop Options**: Mile 22
- **Leader**: Dave Murray 240-0891; murrayld@aol.com

### June 21
- **Route**: Hanover Town 38 and GPX file
- **Stop Options**: Mile 29
- **Leader**: Eleanor Shipley, 572.7176

### June 28
- **Route**: Wild Turkey Ride 41 and GPX file
- **Stop Options**: Mile 11
- **Leader**: Eleanor Shipley, 572.7176

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

---

### Thursday - Old Gun to Pony Pasture

#### Pace | Time | Miles | Terrain | Stops | Leader
--- | --- | --- | --- | --- | ---
B & C | 5:45 pm | 18-29 | Flat and hills | None | Mark Hoerath 804 239-7586, mfhoerath@gmail.com

#### Description and Directions:
Ride along the scenic James River and enjoy the hilly terrain leading from and to the James. A “close-in” club favorite close to downtown and Huguenot/Robious areas. Ride departs 5:45 pm from Peak Experiences (11421 Polo Circle Midlothian, VA 23113 - Peak offers M/F locker rooms). Ride leader is fast downhill and slow up, no one will be dropped. Different ride distances available depending on daylight and weather.

Route map: [http://www.gmap-pedometer.com/?r=4375483](http://www.gmap-pedometer.com/?r=4375483)

---

### Thursday - Crump Park Options

#### Pace | Time | Miles | Terrain | Stops | Leader
--- | --- | --- | --- | --- | ---
A+ | 6 pm | 29 | 2-4 | None | Jeff Nicklas 833-5382; jnicklas@shoneysofrichmond.com
Chris Clark 301.758.4222 chclark25@live.com
Kim Moore 358-0395; luvs2cycle@yahoo.com
Andrew Mann; rabamann@aol.com
Dave Murray 240-0891; murrayld@aol.com
Mary Hom, 285.5943 mhomm2724@yahoo.com
Cristina Bizzarri, 832-8970, cbizzarri@gmail.com
Jeanne Minnix 405.6433 minnix1@verizon.net

A | 6 pm | 29 | 2-4 | None | Andrew Mann; rabamann@aol.com
Dave Murray 240-0891; murrayld@aol.com
Mary Hom, 285.5943 mhomm2724@yahoo.com
Cristina Bizzarri, 832-8970, cbizzarri@gmail.com
Jeanne Minnix 405.6433 minnix1@verizon.net

B+ | 6 pm | 29 | 4 | None | Andrew Mann; rabamann@aol.com
Dave Murray 240-0891; murrayld@aol.com
Mary Hom, 285.5943 mhomm2724@yahoo.com
Cristina Bizzarri, 832-8970, cbizzarri@gmail.com
Jeanne Minnix 405.6433 minnix1@verizon.net

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

#### Directions:
To get to the start, 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 - East End Black Creek Ride

#### Pace | Time | Miles | Terrain | Stops | Leader
--- | --- | --- | --- | --- | ---
A | 6 pm | 30 | 3 | None | Self directed
B | 6 pm | 23 | 3 | None | Wayne Shipley, 572.4733, johnshipley1@comcast.net
D | 6 pm | 15 | 4 | None | Eleanor Shipley, 572.1791 or 737.7176

#### 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

(Continued on page 20)
church. From Rte 295, take exit 31A (Cold Harbor Rte.156N) and follow the directions above.

**Thursday**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>6 pm</td>
<td>20-30</td>
<td>3</td>
<td>None</td>
<td>Gary Thabet, 402-9105; <a href="mailto:gethabet@gmail.com">gethabet@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Eric Martin, 402-3471, <a href="mailto:martin4bike@gmail.com">martin4bike@gmail.com</a></td>
</tr>
<tr>
<td>C</td>
<td>6 pm</td>
<td>20-30</td>
<td>4</td>
<td>None</td>
<td>Sheryl Arzuaga, 746-2002, <a href="mailto:snan32@yahoo.com">snan32@yahoo.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Chuck Jajesnica 543-8967; <a href="mailto:cervelo55@verizon.net">cervelo55@verizon.net</a></td>
</tr>
<tr>
<td>D</td>
<td>6 pm</td>
<td>20</td>
<td>4</td>
<td>None</td>
<td>John Moore, 338-9668, <a href="mailto:JMoore216@comcast.net">JMoore216@comcast.net</a></td>
</tr>
</tbody>
</table>

**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 Maria’s or other local restaurant.

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

**Thursday**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>6: pm</td>
<td>28/30</td>
<td>3</td>
<td>None</td>
<td>Mike Dieter, <a href="mailto:Godieter@aol.com">Godieter@aol.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Lise Venning, 385.4825, <a href="mailto:jalisvenn@gmail.com">jalisvenn@gmail.com</a></td>
</tr>
</tbody>
</table>

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

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

**Friday**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A/B++</td>
<td>9 am</td>
<td>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/Mankanin), 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**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>2 pm</td>
<td>See below</td>
<td>3</td>
<td>Varies</td>
<td>Hugh Aaron, 690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Gary Thabet, 804-402-9105; <a href="mailto:gethabet@gmail.com">gethabet@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Lynn McGuffin, 543-9159, <a href="mailto:jameslynnm@verizon.net">jameslynnm@verizon.net</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. The routes for this month are:

- June 1 [Piping Tree Ferry Options 27 or 34](#) and [GPX file](#)
- June 8 [Old Church Run 30](#) and [GPX file](#)
- June 15 [Hanoverstown 28](#) and [GPX file](#)

(Continued on page 21)
June, 2012 Weekly Rides

(Continued from page 20)

- June 22  Give Peace a Chance 30 and GPX file
- June 29  Mt. Prospect Options 39/44 and GPX file

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.

Paper cue sheets are not provided. You should print your own cue sheet prior to coming to the ride. Click on the links above to download the cue sheet and/or GPX file for each route.

Please be aware that there will be some days that none of the designated ride leaders will be able to make this ride. Everyone who attends this ride should keep a RABA sign-in sheet (http://www.raba.org/index_htm_files/SignUpSheet.pdf) in their car and be prepared to handle sign-ins if none of the designated ride leaders make it to the 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. 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>Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>8:00-8:30 am</td>
<td>20 to 50+</td>
<td>Some</td>
<td>June 2- Jim Venning, <a href="mailto:jalisvenn@gmail.com">jalisvenn@gmail.com</a></td>
<td></td>
</tr>
</tbody>
</table>

Description and Directions: This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. The basic ride is ten almost flat miles to Ashland where riders stop at Hardees or Ashland Coffee & Tea for breakfast or hot or cold drinks before retracing the route back to Laurel Park. There are a number of variations to this ride with many riders choosing a 30 mile route to the Coffee Shop while others prefer the basic route where they then meet up with other riders interested in doing additional miles before returning to the starting point. Riders may join the ride leader’s group or form a group of their own based on preferred pace and distance. Unlike most RABA rides, this ride does not have a group start. Riders may sign the ride sheet and depart anytime 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.

Saturday The Ashland Breakfast Club- Goochland (ABC-Goochland)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>8:30 am</td>
<td>26+</td>
<td>4</td>
<td>Some</td>
<td>Dan Cosby, <a href="mailto:dcos@att.net">dcos@att.net</a></td>
</tr>
</tbody>
</table>

Description and Directions: This ride leaves from the Broadview Shopping Center on Broad Street in Manakin-Sabot, VA. The basic ride is sixteen almost flat miles to Ashland where riders stop at Ashland Coffee & Tea for fellowship with other cyclists and the opportunity to get a beverage and food before returning to Broadview Shopping Center.

As this is a new ride, we will stick to the route. Riders will exit the shopping center out the back of the parking lot on the east corner, cycling onto Plaza drive. Plaza takes us to Ashland Road, which is County Road 623. We will cycle along 623 until we reach Karen Drive. We will turn onto Karen and ride to Elmont, turn left, ride to Gwathmey Church Road, and take that to Center Street. Our return trip will meander through several neighborhood streets in Ashland, along the railroad tracks for a few hundred yards before we retrace our trek.

This is a beautiful route. If you are new to RABA, please introduce yourself to the ride leader and he or she will introduce you to the other riders. A very limited number of maps and cue sheets are available, but as this is a social ride, we will stay together. Riders arriving after the ride leader leaves will find the sign-up sheet and route maps on the ride leader's car.
The Ride and Event Calendar later in the Pedaler Plus contains an abbreviated version of the following table. It only includes the information in the first three columns.

The additional information shown in the rest of the table will help you choose the type of ride you would enjoy!

### Road Ride Pace Key

<table>
<thead>
<tr>
<th>Pace</th>
<th>Typical Average Riding Speed</th>
<th>Description</th>
<th>Group Dynamics</th>
<th>Rest Stops</th>
<th>Riders Must Have</th>
<th>Repairs</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>20+ mph</td>
<td>Very strenuous</td>
<td>Strict paceline riding with frequent rotations, minimal regrouping, leader rides anywhere within group, riders who fall off the paceline will be dropped</td>
<td>At leader’s discretion</td>
<td>Experienced paceline skills, basic bike repair skills</td>
<td>Riders fix their own bikes</td>
</tr>
<tr>
<td>A</td>
<td>18 up to 20 mph</td>
<td>Strenuous</td>
<td>Frequent paceline riding with frequent rotations, limited regrouping, leader rides anywhere within group, riders who fall off the paceline will be dropped</td>
<td>At leader’s discretion</td>
<td>Experienced paceline skills, basic bike repair skills</td>
<td>Riders fix their own bikes</td>
</tr>
<tr>
<td>B+</td>
<td>16 up to 18 mph</td>
<td>Fast social with emphasis on riding</td>
<td>Frequent paceline riding, occasional regrouping, leader rides anywhere within group, riders who fall off the paceline and slower riders may be dropped</td>
<td>About every 20-30 miles</td>
<td>Experienced group riding skills, paceline skills, basic bike repair skills</td>
<td>Riders fix their own bikes, leaders may assist</td>
</tr>
<tr>
<td>B</td>
<td>14 up to 16 mph</td>
<td>Moderate social with emphasis on riding</td>
<td>Limited paceline riding, occasional regrouping, leader rides anywhere within group, riders who fall off the paceline and slower riders may be dropped</td>
<td>About every 15-20 miles</td>
<td>Experienced group riding skills, basic understanding of paceline skills, basic bike repair skills</td>
<td>Riders fix their own bikes, leaders may assist</td>
</tr>
<tr>
<td>C</td>
<td>12 up to 14 mph</td>
<td>Brisk social</td>
<td>Riders usually stay together as a group, frequent regrouping, leader rides anywhere within group, slower riders rarely dropped</td>
<td>About every 10 miles and at major intersections</td>
<td>Knowledge of group riding skills and road hand signals</td>
<td>Leader assists or finds assistance</td>
</tr>
<tr>
<td>D</td>
<td>8 up to 12 mph</td>
<td>Relaxed social with emphasis on safety; perfect for new riders; no steep hills</td>
<td>Riders always stay together as a group, leader rides at the rear of the group, no rider will be dropped</td>
<td>About every 5 miles and at most intersections</td>
<td>Basic understanding of bike operation including shifting and braking</td>
<td>Leader assists or finds assistance</td>
</tr>
</tbody>
</table>

- All riders are welcome to attend any ride although any rider riding slower than the lower range of the advertised average riding speed could be dropped. Consider attending a slower paced ride if you are uncertain of your ability and want to ride with the leader.
- The speeds listed are average speeds over ride distance.
- All riders must have a helmet and water. It is recommended each rider also have a spare tube and pump.
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>9:00 AM</td>
<td>9:00 AM</td>
<td>10:00 AM</td>
<td>9:00 AM</td>
<td>9:00 AM</td>
<td>8:00 AM</td>
</tr>
<tr>
<td>Sun. Portabella Ride</td>
<td>New Kent Ride Mondays with Mary Start the Week at West Creek Mondays in Chesterfield</td>
<td>Tuesdays at Rockville Deep Run H.S. Opts Hanover Courthouse After Work Ride Tues. Portabella Ride</td>
<td>Retirees Mid-Week Ride and Lunch Chesterfield Co. Ride Ashland Dinner Club</td>
<td>Unemployed Cyclists’ Ride Old Gun/Pony Pasture West End Manakin Crump Park Opts. Black Creek Ride ABC w/o the B “SW Virginia Bike &amp; Hike”**</td>
<td>Fridays at Hylas</td>
<td>Riding Through Dogtown Ashland Brkfst Club (ABC)/New Riders ABC– Goochland James River Park Mtn Bike Ride</td>
</tr>
<tr>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>9:00 AM</td>
<td>9:00 AM</td>
<td>10:00 AM</td>
<td>9:00 AM</td>
<td>9:00 AM</td>
<td>8:00 AM</td>
</tr>
<tr>
<td>Sun. Portabella Ride</td>
<td>New Kent Ride Mondays with Mary Start the Week at West Creek Mondays in Chesterfield</td>
<td>Tuesdays at Rockville Deep Run H.S. Opts Hanover Courthouse After Work Ride Tues. Portabella Ride</td>
<td>Retirees Mid-Week Ride and Lunch Chesterfield Co. Ride Ashland Dinner Club</td>
<td>Unemployed Cyclists’ Ride Old Gun/Pony Pasture West End Manakin Crump Park Opts. Black Creek Ride ABC w/o the B “SW Virginia Bike &amp; Hike”**</td>
<td>Fridays at Hylas</td>
<td>Blue Ridge Prkwy Ashland Breakfast Club (ABC) ABC– Goochland New Kent Half Century “Day 1- JEB Stuart Ride”**</td>
</tr>
<tr>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>9:00 AM</td>
<td>9:00 AM</td>
<td>10:00 AM</td>
<td>9:00 AM</td>
<td>9:00 AM</td>
<td>8:15 AM</td>
</tr>
<tr>
<td>Sun. Portabella Ride</td>
<td>New Kent Ride Mondays with Mary Start the Week at West Creek Mondays in Chesterfield</td>
<td>Tuesdays at Rockville Deep Run H.S. Opts Hanover Courthouse After Work Ride Tues. Portabella Ride</td>
<td>Retirees Mid-Week Ride and Lunch Chesterfield Co. Ride Ashland Dinner Club</td>
<td>Unemployed Cyclists’ Ride Old Gun/Pony Pasture West End Manakin Crump Park Opts. Black Creek Ride ABC w/o the B</td>
<td>Fridays at Hylas</td>
<td>Adopt-A-Highway Ashland Breakfast Club (ABC) ABC– Goochland Steve’s Training Ride</td>
</tr>
<tr>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>9:00 AM</td>
<td>9:00 AM</td>
<td>10:00 AM</td>
<td>9:00 AM</td>
<td>9:00 AM</td>
<td>8:00 AM</td>
</tr>
<tr>
<td>Sun. Portabella Ride</td>
<td>New Kent Ride Mondays with Mary Start the Week at West Creek Mondays in Chesterfield</td>
<td>Tuesdays at Rockville Deep Run H.S. Opts Hanover Courthouse After Work Ride Tues. Portabella Ride</td>
<td>Retirees Mid-Week Ride and Lunch Chesterfield Co. Ride Ashland Dinner Club</td>
<td>Unemployed Cyclists’ Ride Old Gun/Pony Pasture West End Manakin Crump Park Opts. Black Creek Ride ABC w/o the B</td>
<td>Fridays at Hylas</td>
<td>Ashland Breakfast Club (ABC) ABC– Goochland</td>
</tr>
</tbody>
</table>

Note: See [www.raba.org](http://www.raba.org) or [The Pedaler](http://www.the-pedaler.com) for ride descriptions and starting locations.