Bikes for Kids
By Andrew Mann, RABA Foundation President

What is Bikes for Kids? I wanted to follow-up my article from last month. I realize that we get lots of new folks to join RABA at the beginning of the new season and they may not know what that is.

In 1999, club member Dee Nuckols started a project called Bikes for Kids out of his garage. He wanted a way for the club to give back to the community that we share the road with. With a lot of help from members of our bike club, Bikes for Kids has grown into a huge endeavor serving the greater Richmond metro area. I took over in 2009. We donate new children’s bikes to Christmas Mothers programs in several counties. The Christmas Mother programs receive applications from needy families in counties or City of Richmond. They vet the applicants and the qualified applicants are welcomed to go to a warehouse full of donated goods to have a “shopping experience” where they may pick donated items as gifts, free of charge, for their families.

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June 9 (Sunday)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
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<tbody>
<tr>
<td>A</td>
<td>8 am</td>
<td>55-60</td>
<td>3</td>
<td>One or Two</td>
<td>Kim Moore, 358-0935 or <a href="mailto:luvs2cycle@yahoo.com">luvs2cycle@yahoo.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>8 am</td>
<td>55-60</td>
<td>3</td>
<td>One or Two</td>
<td>Josh Silverman, 307-3338 or <a href="mailto:jds17@yahoo.com">jds17@yahoo.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>8:15 am</td>
<td>40-ish</td>
<td>3</td>
<td>One</td>
<td>Ed Hellerman, 921-7158 or <a href="mailto:ed.hellerman@gmail.com">ed.hellerman@gmail.com</a>, Konrad Orta, 386-7120 or <a href="mailto:Konrad.orta@gmail.com">Konrad.orta@gmail.com</a></td>
</tr>
<tr>
<td>B</td>
<td>8:15 am</td>
<td>30-ish</td>
<td>3/4</td>
<td>One</td>
<td>Gregg Hillmar, 683-2503 or <a href="mailto:bike@hillmardesign.com">bike@hillmardesign.com</a> and Deanna Weiler, 334-6860 or <a href="mailto:dfwbanana@gmail.com">dfwbanana@gmail.com</a></td>
</tr>
<tr>
<td>C</td>
<td>8:20 am</td>
<td>30-ish</td>
<td>3/4</td>
<td>One</td>
<td>Eric Martin, 402-3471 or <a href="mailto:martin4bike@gmail.com">martin4bike@gmail.com</a></td>
</tr>
<tr>
<td>D</td>
<td>8:30 am 15-20, probably on the Capital Trail</td>
<td>Wes Surina, 496-1492 or <a href="mailto:wessurina@gmail.com">wessurina@gmail.com</a></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

This is the annual opportunity to meet, ride and socialize with the RABA Board of Directors and its Committee Chairs. The pace leaders comprise of members from the board and committees – while elected to serve, they are all volunteers who do all the organizing and coordinating of events, fundraisers, ride calendars and advocacy work for and on behalf of club members. Past iterations of this ride were held at Urban Farmhouse at Rocketts Landing and attracted lots of riders. Unfortunately, Urban Farmhouse at Rocketts Landing closed earlier this year, forcing a change in venue. Please bring plenty of fluids to keep hydrated in this heat and some food in case stores are not open on the routes.

(Continued on page 9)
Bikes for Kids...

(Continued from page 1)

Club volunteers will fill up trucks and trailers and drive out to the distribution centers for the Christmas Mothers of Richmond, Henrico, Hanover, Chesterfield, Goochland, Caroline County, Powhatan, New Kent, Amelia, Charles City, Cumberland, Goochland and Louisa. This event is totally put on by volunteers. There is no paid staff. 100% of what you give donate goes to buying bikes and helmets.

RABA Foundation was created in 2014 as a 501-c-3 nonprofit and separate entity of the club. The Foundation provides tax deductions to donors, maintains Bikes for Kids and can undertake any other additional charitable efforts. Even though RABA and RABA Foundation are standalone entities, there is a very strong tie between them as RABA supports the RABA Foundation with manpower and funding. With donations from RABA members, the Foundation buys brand new bikes and helmets. We buy bikes in the box from Walmart and RABA volunteers assemble them at the beginning of November. 400+ brand new bikes were assembled in November 3, 2018. We will do it again on November 2, 2019. Since 1999, RABA and the RABA Foundation have donated over 3500 kids bikes!

My goal is to raise $25,000 to purchase bikes and helmets. Please take a minute to make a tax deductible donation at: http://www.raba.org/bikes-for-kids/ Every dollar raised makes a difference!

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RABA Standard Road Ride Paces  | On RABA Web Site |

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.

2019 Board of Directors

- **Acting President:** Kim Moore  
  luwe2cycle@yahoo.com  
  804-358-0935
- **Vice President:** Kim Moore  
  luwe2cycle@yahoo.com  
  804-358-0935
- **Treasurer:** Cindia Evans,  
  cnevans@comcast.net  
  804-789-0511
- **Secretary:** Deanna Weiler,  
  dfuchanana@gmail.com  
  804-334-6860
- **Ride Director (Weekly Road Rides):** Josh Silverman,  
  jds17@yahoo.com  
  804-307-3338
- **Ride Director (Monthly Road Rides):** Konrad Orta, konrad.orta@gmail.com  
  804-386-7120
- **Public Relations Director:** Ed Hellermann, ed.hellermann@gmail.com  
  804-921-7158
- **Membership Communications Director:** Richard Halle, richhalle@verizon.net  
  804-744-1760
- **Bicycling Advocacy Director:** Bud Vye  
  bduce@comcast.net  
  804-262-9544
- **Membership Director:** Kristen Swanson,  
  swansonk@yahoo.com  
  804-399-7672
- **Century Chair:** Gregg Hillmar,  
  bicycle@hillmardesign.com  
  804-683-2503
- **Past President:** Wes Surina,  
  wessurina@gmail.com  
  804-687-3117

Committee Chairs

- **Web Administrator:** Richard Halle,  
  richhalle@verizon.net  
  804-744-1760
- **E-Mail List Moderator:** Kim Moore  
  luwe2cycle@yahoo.com  
  804-358-0935
- **Safety:** Eric Martin,  
  martin4bike@gmail.com  
  804-402-3471
- **RABA/BikeJournal Administrator:** Ted Zeh,  
  zeh@cox.net  
  804-337-6172
- **New Rider Recruitment & Retention:** Chuck Jajesnica,  
  certaslo55@verizon.net  
  804-543-8967
- **RABA Grants Committee Chair:** Steve Bolte,  
  sebolte@yahoo.com  
  804-690-0208
- **RABA Apparel Chair:** Keith VanInwegen,  
  keithvaninwegen@gmail.com  
  804-339-2820

Submissions for The Pedaler:

The Pedaler welcomes submissions in any form, email preferred. All become property of The Pedaler. Submission Deadline: 15th of Month at midnight.

Membership Information

Annual RABA Membership Dues are $20 per person (25 years of age or older), $25 per family consisting of one or two adults and all dependents under 18, or $10 per person (under 25 years of age) The term of membership is 12 months from the enrollment date. The Pedaler subscription is included.

Submit membership application or renewals online at (http://www.raba.org/membership-information)
Its become increasingly difficult for me to write such a column, as my worsening balance has forced me to stop cycling and very little is being reported to me. I’ll be happy to continue, if someone will provide me with some material. If not, I’ll have to fade out.

Did see a Facebook post from Jeanne Minnix that surprised me as it was from Phnom Penh Viet Nam. I’ll be happy to get a report from her the next time I catch up with her, and see if she was able to do any riding over there.

We also have a new James River Park Superintendent to welcome, in the person of Bryce Wilk, who replaces Nathan Burrell after Nathan’s promotion to facilities maintenance manager for the park. All of us who know Nathan are happy to see his promotion and Bryce should be well qualified to replace him, as he moves over from having worked at Pocahontas State Park, which has become a real hot bed of mountain biking activity.

Did drive a SAG vehicle for the Cap to Cap, with Bruce Walton as my co-pilot, as Greg Hillmar put together a RABA team to support that ride in return for their sponsorship of ours. After starting out quietly, the job proved to be fairly eventful after we checked in with the Charles City Deputy at the corner of Rt. 5 & Courthouse Drive and he told us to get up to the intersection of Barnett Rd. & Adkins Store Rd. (which was where the 50 mile & Century routes diverged) as he had heard there was a lot of confusion up there. Getting there as fast as we could, we found that the blue (50 mile) & red (100) stick on arrows on the pavement, as well as the yard sign type signs in the ground were installed in the wrong directions causing many of the early riders to go the wrong way (and some had realized it and turned around and were coming back). We promptly began directing traffic and prevented any more from going the wrong way. Someone who had been on the route marking detail showed up in one of the SAG vehicles and insisted the arrows and signs had been properly installed, but had been moved, an explanation some of us doubted when we saw how difficult it was to get those arrows off the pavement intact and then put them down again. Whatever the cause, we solved the problem for the rest of the riders.

Then, after checking in with REI’s Joel Street, who was staffing the Mechanic’s Station at Charles City Courthouse, and having a brownie that had been baked, and provided by, Cul’s mom, we headed on down the Century route to the Mt. Pleasant Baptist Church rest stop, where Pedal Power’s Mark Friedrich was manning the Mechanic’s station. Very shortly, I’m approached by a rider speaking on the phone with his brother in Baltimore, who had just told him that their father had just had a stroke, was being taken to the hospital, and you better get home ASAP. The only problem being he’s about 45 miles from the ride’s start. We promptly rack his bike and start back toward Dorey Park, with everyone watching the radar on their phones indicating we’ve got a storm heading our way due to hit us about 2:45. Nothing more exciting than driving west on Rt. 5 into a driving, windy rainstorm, trying to make good time, on the narrow roadway, with very narrow shoulder. Bruce had a bit of a white knuckle ride, but we made it back to Dorey Park in good shape, although I’m still trying to find out how #218’s father is. Hopefully, not in too bad shape. Other than with everyone soaked at the end of it, seems as though the ride went well, with about 1700 riders, but by the time we got finished for the day, they had closed down the rain soaked party and the beer, so we didn’t get a chance to see how that had worked out with having a special permit to serve beer at a Henrico county park.

No rain the following Saturday, as the club was well represented at the Tour de Chesapeake down in Mathews.

One of our groups down there was Deanna Weiler’s Deanna’s Bananas in a tune up for their upcoming appearance at the M.S. Ride, where she was joined by Thomas Jennings, Brian McCahill, Carl Smith, & Trevor Calame.
May was Bike Month and boy, were club members out and about volunteering as well as cycling! The Virginia Capital Trail Foundation’s (VCTF) annual bicycle ride event, the Capital to Capital, benefitted from 25 RABA members lending their time and effort to design the routes, perform road/course marking, be SAG support, be communications support, be in house office support, ride as Bike SOS support, set up event site, work registration and packet pick up, and man the club tent at the vendor expo. Special thanks goes to Gregg Hillmar and Wes Surina for representing the club in discussions with VCTF since the end of 2018 to provide communication support and course marking in exchange for financial and marketing support of the club’s annual century event, the Heart of Virginia. We hope to receive much needed sponsorship dollars and lots of riders for September! Thank you to:

I also want to recognize some club members who answered the message posted to the RABA message board a few weeks ago from Carter Johann at St. Paul’s Episcopal Church in downtown Richmond. The message was seeking some blinkie lights and a helmet for a man named Percy who is working his way back into society – he had been stopped by the police for failing to have both, which therefore would have prevented him from using his bicycle to getting to a job as a dishwasher in a downtown restaurant. Thanks so much to Katherine Nicely, Brandon Shipp, Faith Welch and Bud Vye for responding with items that they were willing to donate or pay for and to Brandon and Bud for connecting with Carter to deliver their items. RABA members truly give of themselves! Above is a picture of Percy with his bicycle with the lights and him wearing his newly donated helmet.
Safe Bicycling and New Ride Leader Classes

Thank so much to Eric Martin, the club’s volunteer director for Bicycle Safety, for organizing and instructing several club members on May 6, 18 and 25 on these topics. Eric spent several hours at Henrico County Libraries and at Laurel Park Shopping Center providing class-room and on-road instruction on bicycle safety. As for the New Ride Leader class on May 21, Eric performed a “can-do” session for anyone who is feeling less than confident in leading others on a group ride. Having rides led by club members has made this club so important to the Richmond area bicycling community and beyond. Plus, this club has one of the most active volunteer communities, with ride leaders leading rides every day of the week!

Special shout out goes to Gregg Hillmar and Sheryl Finucane for helping Eric in his Bicycle Safety classes.

Changing Lanes

- Scan
- Signal your intention
- Scan again
- Yield to traffic
- Move smoothly

Scanning

- The act of looking over your shoulder and to your sides.
- Communicates your intentions to others.
- Maintain a straight line while scanning.
With the 2019 Legislative session winding up on such a down note with the Distracted Driving bill being so unceremoniously sabotaged at the last minute, plus several critics complaining about the poor job of advocacy we have been doing at the Virginia Bicycling Federation, I thought I would go back over the years I have been doing this since I retired from my day job in 1998 and make a list of what we have accomplished .......

**Virginia Bicycling Federation Accomplishments**

As lead proponent at Virginia Legislature and in areas not limited to legislation —

- The Commonwealth Transportation Board (CTB) required to develop a statewide Pedestrian Plan. (2002)
- VDOT permitted to fund standalone pedestrian and bicycle projects (with no highway work involved) (2002)
- VDOT required to have a Bike & Pedestrian Advisory Committee in each of the nine Construction Districts. Narrowly failed in the House as some delegates didn't want to micromanage VDOT, but did agree to request Transportation Secy. Clement to establish such committees. They did, and he did, a practice that continues until today, even though not required by law. (2002)
- Cyclists may ride not more than two abreast, provided they fall into single file formation upon being approached from the rear by a faster moving vehicle. Prior to this, riders must ride single file at all times. (2004)
- Mandatory sidepath ordinances were no longer permitted (which required cyclists to ride on a sidepath, if one was present, rather than on the adjacent highway) At that time, 14 Virginia jurisdictions had mandatory sidepath ordinances. (2004)
- Tail lights required after dark while riding on highways with speed limits of more than 35mph. Up until then, only reflectors were required. (2005)
- Worked closely with the Secy of Transportation and his Assistant to get the construction of the Virginia Capital Trail project underway (2002 - 2005) and later with the VDOT District Administrator to develop the trail's route around the I-295 exits at Rt. 5 (2012 - 14)
- Motor vehicle must pass bicycle by 3 feet. (previously had been 2 feet) (2014)
- Wearing of masks by cyclists permitted in cold weather, provided they are not worn to conceal their identity (2014)
- Vehicle not to follow another vehicle (including a bicycle) more closely than is reasonable and prudent (2015)
- Motorist may cross double center line (if safe to do so) in order to pass a bicycle by three feet. (2015)
- Doorling --- Operator of parked motor vehicle not to open vehicle door into moving traffic until safe to do so (2016)
- Maintenance Reimbursement --- Jurisdiction will not lose annual maintenance reimbursement when it converts a vehicular travel lane to a bike lane (2017)

As major supporting proponent——

- Dangerous Dog Registry Established (2006)
- Landowners, including railroads, immune from liability when they allow passage across their property for recreational usage. (2009)
- Numerous bills to restrict cell phone usage and other driver distractions (several sessions)
- Much progress made with AmTrak, and work

(Continued on page 7)
Bikejournal Report
By Ted Zeh

As of May 1, 2019 a.m., RABA riders logged 34,866 miles for month of April 2019 on Bikejournal for second place among Bikejournal clubs. Below are the top 5 clubs as of 5/1/2019 6pm followed by monthly totals 2012-2019

1. Sumter Landing, FL 196,870
2. RABA 100,566
3. Sacramento, CA 58,926
4. PBA, VA 29,268
5. Phoenix, AZ 28,480

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<tr>
<td>Jan</td>
<td>21,266</td>
<td>15,152</td>
<td>18,900</td>
<td>19,649</td>
<td>20,057</td>
<td>18,758</td>
<td>25,050</td>
<td>NA</td>
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<tr>
<td>Feb</td>
<td>18,319</td>
<td>36,603</td>
<td>33,774</td>
<td>26,698</td>
<td>14,243</td>
<td>19,769</td>
<td>18,880</td>
<td>28,469</td>
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<tr>
<td>Mar</td>
<td>26,115</td>
<td>16,171</td>
<td>30,943</td>
<td>45,213</td>
<td>25,051</td>
<td>31,143</td>
<td>23,178</td>
<td>21,728</td>
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<tr>
<td>Apr</td>
<td>34,866</td>
<td>38,223</td>
<td>42,862</td>
<td>42,138</td>
<td>44,062</td>
<td>46,492</td>
<td>22,369</td>
<td>32,731</td>
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<tr>
<td>May</td>
<td>49,315</td>
<td>47,599</td>
<td>49,246</td>
<td>61,610</td>
<td>57,267</td>
<td>68,947</td>
<td>35,789</td>
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<td>Jun</td>
<td>47,344</td>
<td>50,375</td>
<td>59,572</td>
<td>60,484</td>
<td>68,270</td>
<td>50,094</td>
<td>33,173</td>
<td></td>
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<tr>
<td>Jul</td>
<td>48,899</td>
<td>55,303</td>
<td>61,788</td>
<td>62,904</td>
<td>72,553</td>
<td>71,426</td>
<td>36,485</td>
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<tr>
<td>Aug</td>
<td>70,312</td>
<td>54,377</td>
<td>57,786</td>
<td>62,316</td>
<td>71,537</td>
<td>62,728</td>
<td>35,841</td>
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<tr>
<td>Sep</td>
<td>27,573</td>
<td>50,209</td>
<td>50,908</td>
<td>48,132</td>
<td>63,198</td>
<td>54,165</td>
<td>31,628</td>
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<tr>
<td>Oct</td>
<td>37,603</td>
<td>51,344</td>
<td>53,565</td>
<td>50,051</td>
<td>45,503</td>
<td>39,154</td>
<td>24,585</td>
<td></td>
</tr>
<tr>
<td>Nov</td>
<td>31,639</td>
<td>29,459</td>
<td>43,561</td>
<td>44,648</td>
<td>43,080</td>
<td>39,198</td>
<td>26,102</td>
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</tr>
<tr>
<td>Dec</td>
<td>30,556</td>
<td>48,064</td>
<td>55,632</td>
<td>52,199</td>
<td>55,827</td>
<td>54,169</td>
<td>42,833</td>
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<td><strong>Total</strong></td>
<td><strong>100,566</strong></td>
<td><strong>449,180</strong></td>
<td><strong>513,209</strong></td>
<td><strong>565,756</strong></td>
<td><strong>545,757</strong></td>
<td><strong>593,397</strong></td>
<td><strong>529,358</strong></td>
<td><strong>349,364</strong></td>
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</tbody>
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2019 RABA Leader Board
as of May 1, 2019

1. Ray Reed 2610 6. Erich Weissbart 2195
2. Karl Schmitz 2500 7. Tim Kell 2066
3. Paula Dahl 2385 8. Steven Trzcinski 2052
5. Kevin Campbell 2196 10. Dan Girouard 1941

Advocacy Report...

(Continued from page 6)

continues, toward permitting passengers to bring bicycles on trains.

Anti-Bicycling Bills we Opposed that were Defeated

- Rear view mirrors required on all bicycles while riding on VA highways. (2000)
- Helmets required on all bicyclists, and some age groups, while riding on VA highways (several bills in several sessions)
- To abolish restrictions on hunting on Sundays (2012)
- Cyclists required to be on Cap Trail rather than Rt. 5, after some Cap Trail sections had been completed (2014)
- Bicycling while intoxicated a class 2 misdemeanor (2017)
Here is the new design for RABA apparel. We are using Starlight out of Roanoke. They re-open their online store for us occasionally for a limited time. Then, order your gear and have it shipped to your home. You can get a short sleeve jersey (club fit), bibs or shorts, arm warmers and a wind/rain jacket. Some popular sizes will be kept in stock but anyone interested in this gear is encouraged to order directly from the web when the store reopens. Keep an eye on your mailbox for notices.

Contact Keith at keithvaninwegen@gmail.com if you have any questions.
June, 2019 Monthly Rides

Ride Director (Monthly Road Rides): Konrad Orta, 804-386-7120, konrad.orta@gmail.com

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

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

<table>
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<tr>
<th>Pace</th>
<th>Typical Average Riding Speed</th>
<th>Description</th>
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<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>
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</table>

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

June 1 (Saturday)

Group Rides for New Riders (8:00-8:30 am start)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>All</td>
<td>8:30 am</td>
<td>20-32</td>
<td>3</td>
<td>One</td>
<td>Chuck Jajesnica, 804-543-8967, <a href="mailto:cervelo55@verizon.net">cervelo55@verizon.net</a></td>
</tr>
</tbody>
</table>

Description: This is the third of 5 rides for new riders, to be held on the first Saturday in April, May, June, July, and August. This ride is aimed at attracting new cyclists to RABA and getting more riders into the sport. The ride will depart from Laurel Park and follow the normal ABC route with a stopover at Ashland Coffee and Tea. For stronger riders, there will be a 12-mile extension.

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

June 8 (Saturday)

Waverly Big Woods Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>9:30 am</td>
<td>40</td>
<td>4</td>
<td>one</td>
<td>Sara Page, <a href="mailto:Saral.gray@gmail.com">Saral.gray@gmail.com</a></td>
</tr>
<tr>
<td>C</td>
<td>9:30 am</td>
<td>33</td>
<td>4</td>
<td>one</td>
<td>Jack Huber, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
</tbody>
</table>

Description and Directions: The monthly Waverly ride continues with this ride through Sussex, Surry and Southampton Counties. The route will pass through the Big Woods Wildlife Management Area in Sussex County. Store stop in Wakefield and everyone is welcome to have lunch together at Giuseppi’s in Waverly after the ride. Cue sheets will be provided at the start and you can contact Jack for an advance copy or the GPX file. Meet behind the Colonial Tavern Restaurant (101 South County Drive, Waverly, VA 23890). Please park in the unpaved portion of the parking lot to leave room for the restaurant patrons. Remember that speed limits are strictly enforced in Waverly.

June 9 (Sunday)– Ride with the RABA Board

(Continued from page 1)

After the ride, everyone is invited to enjoy the food and drinks at Portabella Ristorante or at Ronnie’s BBQ, at 2097 New Market Rd, Richmond, VA 23231, which is less than 2 miles east of Portabella. Both eateries open their doors at 11 AM. Note: if there is strong chance of rain or it is raining on that morning, a ride cancellation notice will be sent via the RABA Message Board. There will be no make-up or rescheduling of this ride.

Start/finish: Portabella Ristorante, 2627 New Market Rd, Richmond, VA 23231. There is parking lot behind the restaurant. Once the lot behind the café fills, please park in the front lot, in spaces farthest away from the Food Lion grocery store – this will allow customers to park closer as we should not impede normal business. All rides will begin from the rear parking lot. Cue sheets, paper or digital versions, will be posted on the RABA website, monthly ride calendar and/or sent via the RABA message board.

(Continued on page 10)
June, 2019 Monthly Rides

(Continued from page 9)

June 15 (Saturday)  Adopt-a-Highway Trash Pick Up

Information: Bud Vye, 262-9544

Description and Directions: Meet at the south end of RABA’s adopted highway segment, which is on Route 626 just across the railroad tracks from the Elmont Market, at the intersection of Elmont Road and Old Elmont Road on the ABC Route and help pick up the trash along it, usually taking a little more than an hour. Afterwards, the club will treat the pickers to a muffin and coffee, following which the pickers who wish to do so may ride. Bring your gloves and wear long trousers over your riding outfit.

June 15 (Saturday)  Blue Ridge Parkway Tour

Pace  Time  Miles  Terrain  Stops  Leader
Your  8 am start at  40-60  1  1 at Montebello-store  Mike & Kim Moore, 358-0935 or luvs2cycle@yahoo.com
Climbing the Parkway  **Car Caravan at 6 AM at Einstein Bagels, off of Pump Rd, West End**

**Description and Directions:** When it gets hot in Richmond, it’s time to head to the Parkway to escape the heat! The Moores have lead this ride for over 16 years. This is an out and back ride and will head south on the BRP. If you reach the junction where Route 56 begins, we will go down to Crabtree Falls and stop at the Montebello Store. This particular route is approximately 60 miles. Please bring plenty of fluids and food as no stores are open on the Parkway. However, you may ride shorter distances (or longer, Mike loves an extension) as the BRP is accessible for those relatively new to mountain terrain – if you get tired, just stop and turn around. You should be fit enough to sustain repeated climbing efforts lasting 30 minutes to 1 hour. Bicycles should be in very good working order as there are no repair shops nearby. If you are planning to go, please contact the Moores by Thursday, 6/13, so that they may apprise you of any sudden changes. THIS IS NOT A RACE.

**If anyone is interested in carpooling, please meet at the Einstein Bagel shop, 3320 Pump Rd, Richmond, VA 23233, at 6 AM, to be paired with others.

June 15 (Saturday)  Monthly ABC Ride—RATS Edition

Pace  Time  Miles  Terrain  Stops  Leader
B  9 am  20-40+  5  Some  Andy Schafer, andy.schafer99@gmail.com
C  10 am  36  4  Many  Sara Page; SaraL.Gray@gmail.com

**Description and Directions:** The Richmond Area Tandem Society’s (RATS) ride will start at the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. All riders are welcome to join them on one of the many rides from Laurel Park to Ashland. The route will typically be in the 25 - 40 mile range dependent on the group choice.

June 22 (Saturday)  Tobacco Heritage Trail Ride

Pace  Time  Miles  Terrain  Store  Stops  Leader
B  10 am  36  4  Many  Sara Page; SaraL.Gray@gmail.com
C  10 am  36  4  Many  Jack Huber; JHuber1111@yahoo.com

**Description:** Come to Lawrenceville for a ride to South Hill and back on the scenic Tobacco Heritage Trail. The THT is a rail trail that travels through the heart of Virginia’s tobacco growing region. The trail is mostly crushed stone and the surface is a little loose in some areas. A hybrid, mountain bike or touring bike with tires at least 35mm wide are required for this ride!

There are restrooms along the trail and a few stores on the western section. We will stop for lunch at the South Hill Applebee’s in the middle of the ride. Bring your camera and plan on stopping to check out some of the scenic and historic features along the trail. For more information about the trail visit http://tobaccoheritagetrail.org. Note: The pace levels refer to how the leader normally rides on paved roads. Because most of the trail is unpaved and we will be riding heavier bikes with wide tires, expect the actual speeds to be slower with the same level of effort.

**Directions:** Meet in the parking lot next to the Brunswick County Social Services at 201 Sharp Street, Lawrenceville, VA 23868. To reach Lawrenceville from Richmond take I-95 south to I-85 and continue south. Get off I-85 at exit 28 and head south on U.S. Rt. 1 for about a mile and turn left on Rt. 46. Follow Rt. 46 about 7 miles to Lawrenceville. Just past the sharp left turn on Rt. 46 in Lawrenceville made a right turn onto Sharp Street. The Social Services building will be on your right about a block and a half down Sharp Street. Allow about 90 minutes travel time from downtown Richmond.
Ride Director (Weekly Road Rides): Josh Silverman, 804-307-3338, jds17@yahoo.com

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

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

### Sunday

#### Sunday Casual Lunch Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stop</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>D</td>
<td>9 am</td>
<td>22</td>
<td>5</td>
<td>1</td>
<td>Wes Surina, (804) 234-4030, <a href="mailto:wessurina@gmail.com">wessurina@gmail.com</a></td>
</tr>
</tbody>
</table>

**Directions:** Start at Four Mile Creek parking area on Rt. 5. (across from the Dairy Queen at I295 and Rt. 5). Ride eastward 11 miles along the Capital Trail to the flashing light at Route 5/ Roxbury Rd. Then return back along the same route. This is a great ride for new riders wanting to ride with a group. All paces are welcome.

[Ride Information HERE.]

#### 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>
<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 and Directions:** Meet at the Powhatan County Courthouse on Route 13. .

[Ride Information HERE.]

#### Sunday Portabella Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>9 am</td>
<td>19-52</td>
<td>4</td>
<td>Various</td>
<td>Coordinator: David McMillan, <a href="mailto:mcmillanmail@comcast.net">mcmillanmail@comcast.net</a></td>
</tr>
</tbody>
</table>

**Leaders:**
- June 2 Sara Page, saral.gray@gmail.com
- June 9 See monthly ride, Ride with the Board
- June 16 David McMillan, dmcmillan@comcast.net
- June 23 Renata Sampson, rsampson119@verizon.net
- June 30 John Senn, john.senn@comcast.net

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

[Ride Information HERE.]

### Monday

#### Mondays with Mary

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>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 email list. If you are not on the list, please contact one of the leaders.

[Ride Information HERE.]

#### Monday Ashland Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B/C</td>
<td>Varies</td>
<td>Varies</td>
<td>3</td>
<td>Varies</td>
<td>Trevor Calame, <a href="mailto:trvr.calame@verizon.net">trvr.calame@verizon.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Steve Bolte, <a href="mailto:sebolte@yahoo.com">sebolte@yahoo.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. Distances and routes will be determined by the riders.

Start time varies. Check your email.

[Ride Information HERE.]

(Continued on page 12)
Tuesday

**Tuesdays at Rockville**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>9 am</td>
<td>33 to 62</td>
<td>3</td>
<td>One</td>
<td>Dee Nuckols, 804-749-3400, <a href="mailto:sdnuckols@yahoo.com">sdnuckols@yahoo.com</a></td>
</tr>
</tbody>
</table>

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

[Ride Information HERE.]

**Surry Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>9:30 am</td>
<td>28-32</td>
<td>3 or 4</td>
<td>one</td>
<td>Jack Huber, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
</tbody>
</table>

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

[Ride Information HERE.]

**Deep Run High School Options**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A++</td>
<td>5:45 pm</td>
<td>42</td>
<td>2</td>
<td>None</td>
<td>Mike Moore 358-0935</td>
</tr>
<tr>
<td>A</td>
<td>5:50 pm</td>
<td>32 or 42</td>
<td>2</td>
<td>None</td>
<td>Kim Moore 358-0935</td>
</tr>
<tr>
<td>B+</td>
<td>5:50 pm</td>
<td>24 or 32</td>
<td>2</td>
<td>None</td>
<td>Konrad Orta 804-386-7120 <a href="mailto:konrad.orta@gmail.com">konrad.orta@gmail.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** For the A++ level, riders should have a very strong fitness level, have confidence and experience in fast pacelines and have good bicycle handling. A and B+ paces are encouraged to come out to get stronger together. Due to daylight not being quite long enough to ride longer yet, groups may ride the shorter routes for the first couple of weeks. **NOTE:** this area of town has lots of traffic due to lots of housing communities, so 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 1 mile, high school will be on your right. Please park in the right side of the parking lot as you enter the main lot. **Ride begins promptly**

[Ride Information HERE.]

**Hanover Courthouse After Work Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>6 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>Andrew Mann, <a href="mailto:rabamann@aol.com">rabamann@aol.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>6 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>Ken Kolb, <a href="mailto:kenwkolb@gmail.com">kenwkolb@gmail.com</a></td>
</tr>
</tbody>
</table>

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

[Ride Information HERE.]

**Tuesday Portabella Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Various</td>
<td>6 pm</td>
<td>Various</td>
<td>4</td>
<td>None</td>
<td>John Senn, <a href="mailto:john.senn@comcast.net">john.senn@comcast.net</a>, <a href="mailto:dave.mcmillan@comcast.net">dave.mcmillan@comcast.net</a></td>
</tr>
</tbody>
</table>

**Leaders:**

- Jun 4 Jerry Beasley
- Jun 11 John Senn
- Jun 18 John Loughran
- Jun 25 Renata Sampson

**Description and Directions:** This weekly ride starts at the rear of Portabella Ristorante located in the Varina Food Lion Shopping Center. It is a show and go ride like the Saturday ABC ride. There will be no pace group ride leaders; riders will form their own groups. Ride leaders for each Tuesday will provide a sign-up sheet and help new riders.

(Continued on page 13)
June, 2019 Weekly Rides

(Continued from page 12)

match up with riders of a similar pace.

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

Ride Information HERE.

Wednesday

Retiree’s Midweek Ride and Lunch

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B &amp; C</td>
<td>9:30 am</td>
<td>25 to 40</td>
<td>Varies</td>
<td>Varies</td>
<td>Barry Pullen, 561-3950</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Brian McCahill, 389-6067</td>
</tr>
</tbody>
</table>

Description: This ride meets at a different location each week for a ride of 25 to 40 miles, followed by lunch. All riders are invited. Each week’s location and start time will be announced to the RABA E-mail lists. If you are not on the list, please call Brian McCahill, 389-6067 or Barry Pullen, 561-3950.

Ride Information HERE.

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>25-30</td>
<td></td>
<td>3</td>
<td>See below/ web site</td>
</tr>
<tr>
<td>B/B+</td>
<td>6 pm</td>
<td>25</td>
<td></td>
<td>3</td>
<td>Al &amp; Lois Farrell 744-9306 <a href="mailto:afarrell3@verizon.net">afarrell3@verizon.net</a></td>
</tr>
<tr>
<td>B/B+</td>
<td>6 pm</td>
<td>25</td>
<td></td>
<td>3</td>
<td>Doug Macauley <a href="mailto:dmdacauley@comcast.net">dmdacauley@comcast.net</a></td>
</tr>
</tbody>
</table>

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

Ride Information HERE.

Thursday

Anything Goes Thursday

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A/B+</td>
<td>9 am**</td>
<td>varies</td>
<td>3</td>
<td>1</td>
<td>Ray Reed, <a href="mailto:r.reed02@gmail.com">r.reed02@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Karen Murphy, <a href="mailto:murphykaren5@yahoo.com">murphykaren5@yahoo.com</a></td>
</tr>
</tbody>
</table>

Description: This ride meets at a different location each week for a 35-40 mile scenic ride through different West End locations. All paces are welcome but may be self led. Each week’s start location will be announced via RABA E-mail.

**The start time is usually 9am but may vary depending on the season. Please email the ride leader for the correct start time.

Ride Information HERE.

BDR (Before Dinner Ride)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B/B+</td>
<td>6 pm</td>
<td>20-30</td>
<td>3</td>
<td>None</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>Gregg Hillmar, 804-683-2503, <a href="mailto:bike@hillmardesign.com">bike@hillmardesign.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>David McMillan, 804-337-2710, <a href="mailto:mcmillanmail@comcast.net">mcmillanmail@comcast.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Josh Silverman, 804-307-3338, <a href="mailto:jda17@yahoo.com">jda17@yahoo.com</a></td>
</tr>
<tr>
<td>B</td>
<td>6 pm</td>
<td>20-30</td>
<td>3</td>
<td>None</td>
<td>Cathy Armstrong, 804-839-7075, <a href="mailto:cathy7075@yahoo.com">cathy7075@yahoo.com</a></td>
</tr>
<tr>
<td>C</td>
<td>6 pm</td>
<td>20-25</td>
<td>3</td>
<td>None</td>
<td>Raye Rector, 540-222-2386, <a href="mailto:rayerector@gmail.com">rayerector@gmail.com</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. Longer routes have a few hills. An official C pace will be added later, when we have more daylight and the ride time moves to 6:00 PM (May), but all paces are welcome and may be self-led. While the faster paces, B and up, are not no drop, leaders will generally try and make sure that no one is dropped from their group, regrouping as needed. This ride is open to all cyclists. Due to the possibility of returning in low light, each rider should have a working head-light and a

(Continued on page 14)
rear blinkie. After the ride join your fellow riders for dinner, usually at Franco’s on Staple’s Mill Rd or another local restaurant.

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

[Link to Ride Information]

### Crump Park Options

**Pace** | **Time** | **Miles** | **Terrain** | **Stops** | **Leader**
---|---|---|---|---|---
A++ | 5:45 pm | 38 or 40 | 2/3 | None | Mike Moore 358-0935
A+ | 5:50 pm | 32 or 38 | 2/3 | None | Keith VanInwegen keithvaninwegen@gmail.com 804-288-5221
A/A- | 5:50 pm | 32 | 2/3 | None | Kim Moore 358-0935

**Description:** This evening ride features multiple distances beginning in the Far West End, 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 we will start with shorter distances for the first few weeks in April due to daylight being in short supply despite Daylight Savings Time.

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

**Ride Information HERE.**

### East End Black Creek Ride

**Pace** | **Time** | **Miles** | **Terrain** | **Stops** | **Leader**
---|---|---|---|---|---
A / B+ | 6 pm | 28/32 | 3 | None | Park Previs, sp00ne@yahoo.com

**Description and Directions:** This Leader led evening ride features different paced cruises through eastern Hanover and New Kent Counties starting at Black Creek Baptist Church, 6289 McClellan Rd., Mechanicsville, VA 23111. Please use parking lot on north side of the church.

This is not a "no-drop" ride, but we will make sure that everyone is taken care of and makes it back to the finish. I hope that all the regulars from years past will return, and I hope that some new riders come out and join us.

[Link to Ride Information]

### West End Manakin Ride

**Pace** | **Time** | **Miles** | **Terrain** | **Store Stops** | **Leader**
---|---|---|---|---|---
A/B+ | 6 pm | 28/30 | 3 | None | Mike Dieter, Godieter@aol.com, 804-314-6616
Steven Herzog, sp_herzog@verizon.net, 804-337-1450

**Directions:** Meet at Dover Baptist Church, 635 Manakin Road, Manakin-Sabot, VA. Take Patterson Avenue (Route 6) west. The church has asked us to park on the right hand side of the parking lot, as far away from the church as possible.

[Link to Ride Information]

### Friday

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

**Pace** | **Time** | **Miles** | **Terrain** | **Stops** | **Leaders**
---|---|---|---|---|---
B | 9:30 am | 25-33 | 2/3 | 1 | Dave Miller, dialdave@aol.com
Trevor Calame, trvr.calame@verizon.net

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

[Link to Ride Information]

### Saturday

**The Ashland Breakfast Club (ABC)**

**Pace** | **Time** | **Miles** | **Terrain** | **Stops** | **Leader/Coordinator**
---|---|---|---|---|---
Varies | 8:30 am | 20-50+ | 5 | Some | Josh Silverman, 804-307-3338, jds17@yahoo.com

(Continued on page 15)
June, 2019 Weekly Rides

(Continued from page 14)

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

Ride Information HERE.

Centerville Saturday Ride—Food Lion

Pace  Time  Miles  Terrain  Stops  Leaders
A/B+  9 am**  35-45  3  One  Karen Murphy, murphykaren5@yahoo.com

**The start time is usually 9am but may vary depending on the season. Please email the ride leader for the correct start time.

Ride Information HERE.

Molly’s Beginner Ride

Pace  Time  Miles  Terrain  Stops  Leader
C    10 am  Varies  3  None  Amy Ballard, 214-957-2898, Amy@mollysbicycleshop.com

Directions: The ride starts at The Bucket Trade, 13131 Rivers Bend Blvd, Chester, VA 23836

Ride Information HERE.

Membership Benefits ...

(Continued from page 1)

the sign in sheet at the beginning of the ride. 2. rider must be a current / paid member at the time of the accident. So MAKE SURE YOUR MEMBERSHIP IS CURRENT and SIGN THAT SHEET before you ride!

- RABA message board – very popular with 800+ members of the club! While most use it to post reminders about rides or new / impromptu rides not found through the club’s normal channels, members may post bicycle-related items of interest like articles or queries for help or advice. Note: The message board is configured so that replies to a message sender only go to the sender, not to the 800+ members. This minimizes bringing in too many people to a conversation that may not be of interest. Unless you opted-out of the service, members can send a bicycle-related message (no ads, jokes or political viewpoints) to 

raba@viethconsulting.com

- Access to bicycle-related programs, discounts to certain retailers, discounts to certain events (e.g., Heart of Virginia! Reciprocal discounts to other events because you are a RABA member), invitations to club-member only events like summer club picnic and holiday social where the club covers some costs like for food and drinks.

See you on the road,

-Kim Moore

SAVE THE DATES

June 1 - Rides for New Riders at Laurel Park Shopping Center

June 9 - Ride with Board Ride - See page 1

July 15 - Bikes for Kids / Tour de France fundraiser + Answer Brewpub + Andrew Mann = fun with food, adult beverages and bike related silent auction / raffle!

July 20 - Andrew Mann’s Birthday Ride + Bikes for Kids Awareness, led by RABA Foundation President Andrew Mann, details in the July newsletter and on the RABA Message Board

Aug 4 - RABA Annual Summer Picnic Share a Dish at Dorey Park - John Senn has said yes to being back as Grillmaster Extraordinaire!

The **Road Ride Pace Key** 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!

<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 and slower riders may 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.