RABA March Pre-Meeting Social Hour and a Half
Capital Ale House has one of the best beer selections in a 3 state region. And they have pretty good food. Join the crowd for a pre-RABA-meet-hang-out and talk about bicycling and other stuff.

What: Hang out and swap vacation plans, landscaping ideas, epic bike rides and other tall tales
When: 5’ish to 6:45PM Wednesday March 12th
Where: Capitol Ale House, 623 East Main Street.

Free parking in the Lanier Parking Systems Deck located on the corner of 6th & Main

RABA March Meeting
Come and learn about two of central Virginia’s – and one of Virginia’s – classic bicycle events. We’ll hear what makes all three unique and about the routes and special events each will offer. Who knows – maybe you’ll win an entry!

What: Capital to Capital Century, Bike Virginia and MS 150
When: Wednesday March 12th 7PM
Where: Virginia Housing Development Authority (VHDA) – Cafeteria, 601 S Belvidere St, Richmond, VA.

VHDA is located between Ethyl Corporation and the Virginia War Memorial, on the Lee Bridge. VHDA will be on the left as you head southbound, before you cross the Lee Bridge. If you have crossed the James River, you have gone too far!

**FREE PARKING in the front of the building**

New Standardized Paces for RABA Rides

RABA is going to a new ride classification system. Beginning in the April Pedaler and on the web site, our rides will be classified as being of an A, B, C, or D pace, rather than by an average speed range. This isn’t exactly cutting edge as probably 90% of other bike clubs use a similar system. This change has been in the works for a while, discussion on it first started last October. The committee who worked on it has put a great deal of time and effort into researching and evangelizing for the change. They deserve a lot of thanks for their hard work!

The main idea behind the new system is to give you, whether you’re a new rider or an experienced rider, a more complete idea about what to expect on one of our group rides. The pace letter definitions clearly spell out what each rider can expect on a ride and what the ride leader’s responsibilities are. Riders of all levels will be better able to find rides on which other like-paced riders are participating.

The complete tables describing the system are on pages 4 and 5. We’ll have abbreviated tables to publish in The Pedaler and Pedaler Plus with the ride schedules. The web site will have links to the complete tables.

Remember to Take a Look at the Pedaler Plus Supplement

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

Look for additional features and pictures as well as an 8 1/2"x11" calendar for March showing all the RABA rides.

Table of Contents

Club News and Announcements.......................... 1, 2, 6, 7, 8
New Standardized Pace Details.......................... 1, 4, 5
New Members................................................. 2
Heard and Seen Around the Club.......................... 3
Annual Report on Club Ride Statistics ..................... 9-10
March, 2008 Monthly Rides............................... 11
March, 2008 Weekly Rides.................................. 13
Racing 101– The Richmond Pro Cycling Racing Team..... 15
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The Pedaler is a monthly publication of the Richmond Area Bicycling Association (RABA) for its members and the Richmond cycling community. Unless otherwise noted, opinions expressed in The Pedaler are those of the author, and not necessarily those of RABA or its members.

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**Welcome**

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

William Cheeseman  
Betsy Cleaves  
Jane deJarnette  
Paul & Mary Jo Hughes  
Marie Martinelli

Patricia Reddington  
Jay Rohrer  
Matthew Rohrer  
David & Cathy Taylor  
Paul Zamecnik

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**Eastern Daylight Savings Time**

Check for New Rides and Start Times

It begins on Sunday, March 9! Check out the RABA ride calendar to see which rides are starting on evenings to take advantage of the longer daylight. If you don’t see a ride or ride leader posted this month, no worries, it could be they are still hibernating until April when weather is a little more stable and warmer.

---

**Become a RABA Ride Leader!**

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

For more information or to schedule a ride, contact:

Ride Captain – Monthly Rides:  
Hugh Aaron  
hugh@theaarons.com, (804) 690-9720

Ride Captain – Weekly Rides  
Brenda Hubbard  
brenda_hubbard@yahoo.com, (804) 740-3678

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**We (Still) Want Your Bicycling Photos**

Do you have fond memories from your bicycle events?

Share those memories through pictures at our 2nd Annual RABA Year in Pictures meeting to take place in April.

Send up to 5 pictures no later than April 3 to Jeanne Minnix [jminnix@comcast.net] and Jeanne will make them ready for the April 9th RABA meeting.

During the show we would like you to provide a brief who/what/when/where/why for the pictures and maybe even tell a fun aside.

The deadline for getting April rides listed in The Pedaler is March 15

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**Submissions for The Pedaler:**

The Pedaler welcomes submissions in any form, email preferred. All become property of The Pedaler. E-Mail: rrichhalle@verizon.net.

Submission Deadline: 15th of Month at midnight.

Membership Information

Annual RABA Membership Dues are $20 per person (18 years and older) or $25 per family consisting of 1 or 2 adults and all dependents under 18. All memberships begin January 1. After July 1, memberships are prorated as follows: $10 per person (18 years and older) or $12.50 per family. The Pedaler subscription is included.

Submit membership application or renewals to RABA Treasurer, PO Box 6565, Ashland, VA 23005. Note: Membership dues must be accompanied by a completed signed membership application and a waiver of liability.

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The Pedaler 2 February, 2008

February, 2008
Sad to get the news that I had expected for several months from Bobby Wrenn that he was suspending the Great Peanut Rides after running an excellent event for 29 years. The sale of the Cattail Creek campgrounds that was an excellent starting point for the event forced him to move into Emporia, where he ran into additional costs he never had previously. The additional costs, plus a drop in registrations to 575, with an event that ran with no financial sponsorship to underpin it, added up to a loss out of Bobby’s pocket that he could not afford to continue. All of us who were regular attendees at the weekend after Labor Day fixture on the schedule will miss it and its great rest stops, and those of us who know Bobby will miss being down there with him, and wish him all the best.

Although it sounded good at first reading, donated used and spare parts didn’t seem to match up that well with what Sgt. Ortiz needed over in Kirkuk, Iraq and a number of people who wanted to help didn’t have any. To make a longer story short, several of us who wanted to help the Sergeant (and do it promptly) made cash contributions which we gave to Ben Johnson at 3 Sports, setting the Sgt. up as a 3 Sports customer with an account there.

Ben has been in EMail contact with the Sgt., interpreting his needs into the correct parts and sizes, ordering what he didn’t have in stock from a distributor and packing and shipping his order. Ben has been super cooperative on this project, and the Sgt. is very pleased and appreciative. Anyone else who would like to join us and help with this effort to help the troops at the base in Kirkuk keep their bikes rolling is welcome to do so, by giving cash, or a check payable to 3 Sports, to Ben Johnson at the store. Ben will then credit that amount to the Sgt.’s account, so he can order against it, as his needs arise. Thanks to Ben, and to all who have contributed so far!

At one of the interminable meetings I have been attending as RABA’s rep on the regional Citizen’s Transportation Advisory Committee where we are currently meeting the Federal requirement of updating our region’s long range Transportation Plan to the year 2031, I learned from the Charles City county rep that work had begun on the segment of the Virginia Capital Trail west of Charles City Courthouse. Wanting to see for myself, I drove down there as soon as I had a free afternoon, and sure enough, the contractor is moving right along. He’s cleared and graded almost 3 miles of the trail as it runs to the west on the south side of Rt.5, with another couple of miles staked out in preparation for grading. Check it out for yourself, if you have occasion to drive down Rt. 5, and also note the progress being made on the new bridge across the Chickahominy, which will have a 10 foot wide bike and walk way on its north side, in addition to the two lanes for motor vehicles. If any members travel that way with any frequency, take your camera along and send me any updates you observe.

Not such good news to read in the paper that three men with bandanas over their faces (one of whom had a pistol) held up Dick’s Country Store at Rts. 30 & 601 on a recent Saturday evening. This store, that most of us who have ever done a ride out of Hanover Courthouse have been in a number of times, is the only one in about a 10 mile radius, and its good to have it there. I hope the King William Sheriff’s Dept. can catch the holdup men, and that the store operators will hang in there. It’s tough enough for them to work their long hours way out in the rural areas, without them having to fear these type of holdups. Fortunately, no one was hurt!

Our Rehab Contingent seems to be making good progress with their recoveries. Jim Denoon is almost back to full speed after his hip replacement on 12/3. Steve Sukonick is coming along well after his back surgery on 1/3, although I was sorry to learn that his wife Ellyn had recently lost her dad down in Florida. John Hunnicutt is taking it slowly as he comes back from the surgery where mesh was inserted to correct his inguinal hernia. As is usual in these cases, it only hurts when he coughs or laughs. Upon noticing Mary Ann Kaveski with a cane at the 2/13 club meeting, I learned that she had had a knee replacement about 2 months ago, and felt she was making good progress, although still using the cane as a precaution. I’m going to check in on her progress once she starts riding again since I’m not aware that we have any other club members riding with replaced knees, and I’m curious to know how it works. Someone please correct me if I’m wrong, but even with all of his surgeries, I don’t believe Jim Denoon has had a full knee replacement, and I think Mary Ann is our first. And Newton Todd continues to gradually get his strength and weight back as he recovers from his bout with polymyositis last fall. Everybody keep it going, and we look forward to seeing you all back out with us when the weather gets nice.

Excellent presentation by David Kalman on the Tour of Ireland at the club meeting on 2/13. I noted Jerry Hefele paying close attention, as he had done a Bicycle Adventure Club tour over much of the route back in June of ’03. I was scheduled to be his roommate, but had to cancel since I had my heart valve replacement the month before. (It’s still working, as I come up on its 5th Anniversary.) Fortunately, Aer Lingus permitted me to use my non-refundable ticket in September, so my son and I flew over and took a bus tour that hit many of the same areas that Jerry and the Tour covered. It is a pretty place in the summer, and the people are super friendly, as David reported. The pubs are great in the evenings, and David’s offer of a tour to ride along with the Bike Race sounds like a great time (also see page 8 for more information), particularly for those of you who haven’t been to the Emerald Isle. I believe Kim Moore took the extra hand outs that David had at the meeting, so contact her if you are interested.
Take a look at the Road Ride Pace Key table above. I’ll bet that most of you zeroed in on the “Typical Average Riding Speed” column first. In my opinion, the other columns are probably more important as they focus on the reasons why you would choose to ride with a group rather than just by yourself. By yourself, you can ride fast or slow, when or wherever you want. However, with a group, you can socialize with and learn from other cyclists, feel safer riding in unfamiliar places, and know that there’s help available if you or your bike have problems. Tough to do if you get dropped in the parking lot or right after the ride starts! With the new ride pace system, riders who choose a ride of their ability will never need to worry about being left behind again!

Below are some of the details about how the new ride pace system will work and how some of the paces relate to our current rides.

- The grid/header information in The Pedaler and on the web site for each ride will include only the mileage the leader will ride and

(Continued from page 1)

(Continued on page 5)
only the pace the leader will average over the course of the ride.

- Any mileage alternatives will be described textually in the ride description.

- Leaders should submit the single letter pace they will ride. Rides will not be listed with multiple paces or a range of paces (e.g. B/C) for one leader. For example, if you anticipate averaging 19 miles an hour then submit/advertise your ride as an A pace. Sometimes, however, rides typically break up into two groups. The group with the leader may average 19 mph and a slower group rides may ride at a 15 miles an hour pace. In those cases, either: 1) find a second leader and advertise the ride with the second leader as a B pace ride, or 2) if no leader can be found, textually describe the second group in the ride description.

- All rides are open to all riders. Riders riding faster than the advertised/leader’s pace are welcome to ride ahead. Riders riding slower than the advertised/leader’s pace are welcome to ride behind.

- The speed and the way the leader and the group ride together on the current Slowskys rides is that of a C pace.

- The New Rider Rides will be starting in April. We’ll have leaders to run those at a D pace to help those new to cycling get started. Most people will move from D to C rides after one or two.

Hills, obviously, are factors on any bike ride. The Terrain Key table on the right shows how the terrain will be classified in the ride schedules’ description grids.

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

The off roaders aren’t forgotten either. See the Off Road Ride Pace Key table below.

It might take a little bit of time for veteran RABA members to adjust to the new terminology, but the B+, A, A+ and, for the most part, B rides are going to be almost the same as they are now. It’ll be business as usual for those who ride or aspire to ride harder, faster, and longer.

The big change, and, in my opinion, the best one, is the re-emphasizing of the social component with the C paced rides. Riders can use them as stepping stones as they work toward the B and higher rides or they can keep on doing them because they enjoy the more relaxed pace and the camaraderie of the group.

I like to think that RABA, in terms of cycling, offers something for everybody. Implementing this pace system will make this goal more of a reality

<table>
<thead>
<tr>
<th>Pace</th>
<th>Ride Time</th>
<th>Speed</th>
<th>Description</th>
<th>Group Dynamics</th>
<th>Rest Stops</th>
<th>Repairs</th>
</tr>
</thead>
<tbody>
<tr>
<td>MB - A</td>
<td>No limit</td>
<td>High</td>
<td>Difficult dirt trails, roots, rocks, many difficult hills, technically very difficult</td>
<td>No regrouping, slower riders will be dropped</td>
<td>At group or leader’s discretion</td>
<td>Riders fix their own bikes</td>
</tr>
<tr>
<td>MB - B</td>
<td>Less than 6 hours</td>
<td>Rapid</td>
<td>Challenging dirt trails or roads, roots, rocks, many hills, technically quite difficult</td>
<td>Occasional regrouping, if someone is missing from the group, the leader or a designee will go back and find them</td>
<td>At least 1 time each hour</td>
<td>Riders fix their own bikes, leaders may assist</td>
</tr>
<tr>
<td>MB - C</td>
<td>Less than 4 hours</td>
<td>Moderate</td>
<td>Gravel or dirt trails or roads, some hills, technically moderate</td>
<td>Riders usually stay together as a group, frequent regrouping, if someone is missing from the group, the leader or a designee will go back and find them</td>
<td>At least 1 or 2 times each hour</td>
<td>Leader assists or finds assistance</td>
</tr>
<tr>
<td>MB - D</td>
<td>Less than 2 hours</td>
<td>Slow</td>
<td>Gravel or dirt trails or roads, few hills, technically simple</td>
<td>Riders always stay together as a group, no rider will be dropped</td>
<td>2 or more times each hour</td>
<td>Leader assists or finds assistance</td>
</tr>
</tbody>
</table>

- Please attend rides within your ability.
- All riders must ride only on open trails, leave no trace, control your bicycle, always yield trail, never spook animals, and plan ahead.
- All riders must have a helmet and water. It is recommended each rider also have a spare tube and pump.

Here’s a bike related quote sent in by Emily Kimball:

"When man invented the bicycle, he reached the peak of his attainments. Here was a machine of precision and balance for the convenience of man. And (unlike subsequent inventions for man's convenience) the more he used it, the fitter his body became. Here for once was a product of man's brain that was entirely beneficial to those who used it, and of no harm or irritation to others. Progress should have stopped when man invented the bicycle." Elizabeth West
**Ukrop’s Golden Gift is Back!**

Ukrop’s Grocery Stores has revived the very popular charitable donation program this year. After a few years of using another charitable fundraising program, Ukrop’s must have realized that the Golden Gift program was much more popular and easy to use. Since Ukrop’s Golden Gift program was created in 1987, they have distributed $11.6 million to local non-profits. It’s easier than ever to participate and earn funds. Ukrop’s 2008 Golden Gift program donation will be $400,000!

Here’s how it works: Any customer that has a valid Ukrop’s Valued Customer Card can participate without any additional registration! If you need a UVC Card, just stop by the Customer Service counter at any Ukrop’s retail location. Every time you shop at Ukrop’s and use your UVC card between February 4 and March 29, 2008, you will earn one Golden Gift Point for every $1 spent. The more you shop, the more you earn! Points are automatically calculated and tracked on your purchase receipts. At the end of the program period, a Golden Gift Certificate that details your household’s points will be mailed to you, on or around April 28. Donate your points by turning your Golden Gift Certificate in to the participating nonprofit of your choice. The more Golden Gift Points a participating nonprofit collects, the greater their share of the $400,000 payout!

RABA has been registered as a nonprofit organization in the Ukrop’s database. If you have not chosen another nonprofit to receive your Golden Gift certificate, please consider donating it to RABA. More details on where to send your Golden Gift receipt will appear in the April and May newsletters.

**2008 Capital-to-Capital Century**

The Capital-to-Capital Century event will be held on Saturday, May 10, at Dorey Park as the start/finish for the Richmond portion of the route. Proceeds will benefit the Virginia Capital Trail Foundation’s efforts to promote the building of the Capital Trail, a 50 mile activity path between Richmond and Williamsburg. There will be two options: a fifty mile and hundred mile course. Online registration is now open. You may go to www.virginia capitalisttrail.org - click on the button that says “Register Online”. Pre-register online: $25 Single, $40 Tandem, $100 Group. (Sign up four and the fifth rider is free). Walk-up registration available day of race: $35 Single, $50 Tandem, $125 Group. Lunch and t-shirts can’t be guaranteed for walk-ups. This year, Event Director Beth Weisbrod hopes to break the attendance record by drawing 800-1000 riders.

More than ever, RABA has proven to be a true partner in past events by providing logistical and volunteer assistance, and this year is no exception. Kim Moore has volunteered to be the RABA coordinator of the Richmond end of the route and, with the possibility of so many cyclists participating, volunteers are needed! If you have the time and energy to volunteer in ANY way, please contact Kim at 358-0935 or luvscycle@yahoo.com. Volunteers will be needed at the registration site, as SAG drivers, as rest stop food coordinators, for route marking, as parking marshals at Dorey Park, to help with the buying and delivery of supplies, and setup and cleanup of the courses and registration site. And for the first time, the Virginia Capital Trail Foundation will make a donation to RABA as a thank you for providing support and volunteers to make the Capital-to-Capital Century so successful. Watch for more details as the event draws closer, either as posts on www.raba.org or via the RABA email distribution list.

**March Social with RRRC** By Kim Moore

The Richmond Road Runners Club President Don Garber has approached RABA about co-hosting another social in the downtown area as way to kickoff the spring and summer running and bicycling seasons. The date and social venue haven’t been finalized yet, but we are hoping to have something at the end of the month, during the week of 3/24 to 3/28. There will be no cost for entry or food for current members. Please keep your eyes peeled for more details to be posted on www.raba.org and sent via the RABA email distribution list. Hope to see you there!

**Upcoming Race Events** By Kim Moore

There have been a few questions from club members about whether or not there will be the return of the US Open Cycling Championships this upcoming spring. For those of you who did not know about last year’s event, it was held on April 7, 2007, with snowy conditions in the morning. Many RABA members volunteered to make this a fun and exciting event to watch as professional cyclists raced from Williamsburg to Richmond. As of the publication deadline for this newsletter edition, no word either in word or print if this event returns.

In the meantime, cable channel Versus (formerly known as Outdoor Life Network, OLN), will be broadcasting some of the best and toughest one-day bicycle races in Europe.

- Paris-Nice – March 9, 4 p.m. EDT and March 16, 3 p.m. EDT
- Milan-San Remo – March 23, 5 p.m. EDT
- Tirreno-Adriatico – March 23, 6 p.m. EDT
- Criterium Internationale – March 30, 5 p.m. EDT

For more spring races on Versus, go to http://www.versus.com/cyclism/schedule.

For those of you who run or run and bike (duathletes), there is the Ukrop’s Monument 10K foot race on Saturday, April 5. This year, the 10K also serves as the USATF Men’s 10k National Championships. This will mean the top 30-40 men’s distance runners in the U.S. will be in the first wave of runners at the 10k battling for $25,000 in prize money and the title of National Champion. A number of former Olympians and some of the top prospects for this summer’s Olympic Team are expected to compete. 30,000 runners are expected to sign up. And there is the National Duathlon Festival, April 26-27, hosted by the Richmond Sports Backers. This marks the first time that the USAT Duathlon National Championships and the Off-Road Duathlon Championships will be combined on the same weekend. There will be a sports race for the normal crowd. For more information about these races or if you want to register, please go to www.sportsbackers.org.

The Pedaler 6 March, 2008
RABA Partnering with Richmond Triathlon Club, Team Nature’s Path and Richmond Pro Cycling in Joint Clinics

Richmond is becoming known as a hotbed of sport and multisport, and athletes can take their pick of great clubs with which to get involved. Happily, in 2008, you might not have to make a choice. The Richmond Triathlon Club (RTC), Team Nature’s Path (TNP), and the Richmond Area Bicycling Association (RABA), supported by Richmond Pro Cycling (RPC), are coming together in a partnership to offer you great benefits!

Each of our organizations is individually passionate about promoting sport and providing support in the Richmond community. By working together, our joint mission is to:

- Expand the horizons of our individual sports (i.e. cycling, triathlon) by breaking down barriers to entry and providing support and opportunities for our community of members of all skill levels and abilities.
- Provide channels to optimize sport-specific skills, including mass-start racing (cycling or triathlon), safety and road-handling, and multisport racing through clinics and group workouts.
- Strengthen the foundation of multi-club relationships and enrich Richmond’s sport community through race promotion and quality officiating.

If you are of the mindset to try something new this year, or looking to expand your horizons, we want to help. Are you an experienced cyclist who wants to try a triathlon, but not sure how that whole swim thing works? Are you a triathlete who’d like to try a crit race, but don’t know how to ride in a pack or even what race to target? Are you confused about how to combine training plans to include both cycling and multisport events? The RTC, TNP, RABA and RPC are going to be offering joint clinics and workshops this year, as well as being available to answer all your questions. There is no pre-requisite on skill sets to take part in these workshops or to join any of the partner clubs.

Ready to get started? Our first joint clinic is being offered on March 29 – Rules of the Road, led by Team Nature’s Path from 10:00 to 11:30 AM at West Creek Parkway (Direct Buy lot). Want to try an early-season triathlon and practice different forms of open water swim starts? Come to the RTC’s Open Water Swim Clinic on April 13.

Each of our partner clubs have great individual member benefits as well as the joint benefits that we’ll be offering throughout the year. To learn more about each of these organizations and what they can do for you, read on. In the meantime, be on the lookout and don’t be afraid to ask questions. We’re here for you!

See the Pedaler Plus supplement for more information about Team Nature’s Path (www.teamnaturespath.com), Richmond Triathlon Club (www.richmonddriclub.com) and Richmond Pro Cycling (www.richmondprocycling.com).

Have a

Consider Corporate or Team Sponsorship for Heart of Virginia 2008

If you are planning to ride the Heart of Virginia 2008 this fall, please consider a corporate or team sponsorship and show your colors proudly.

The Heart of Virginia is RABA’s annual fund raiser which helps fund the Club’s activities and events throughout the year. Last year we had a record attendance of over 400 riders.

The two day festival, to be held September 13 and 14, features courses for all levels of riders including a challenging English Century on Saturday.

Proceeds benefit RABA, Hanover Mental Health Association and Hanover Habitat for Humanity.

What do you get as a corporate sponsor? Your $500 contribution, entitles you to:

- Your company or team logo displayed on all posters, brochures and advertising
- Prominent display of your logo on HOV T-Shirts
- 10 full weekend rider registrations for your employees, customers or friends (a $450 value)
- Satisfaction of knowing your contribution is helping support your bike club and the other fine non-profit organizations.

Corporate sponsorship really helps us by covering our costs for printing, promotion, rest stops and more. Please consider supporting the Heart of Virginia 2008.

Sheldon Brown 1944-2008

The Bicycling Community lost a great on February 3, with the death of Sheldon Brown. Sheldon was 63 and died of a massive heart attack.

Though perhaps not a familiar name to all RABA members, Sheldon worked as webmaster, parts manager and tech guru for Harris Cyclery, a bicycle shop in West Newton, Massachusetts, a Boston suburb.

Sheldon was known around the world as the guru of gearheads. He was an early internet adopter and his website, www.sheldonbrown.com, has hundreds of articles on every aspect of cycling, from vintage bikes and parts to cycling theory and even bicycle related spoofery. The website is a virtual, “Bicycling Britannica”.

According to one news account, Sheldon received over 600 emails per day with questions from cyclists around the globe.

When all other sources failed on what worked with this or the best way to do that, Sheldon was the go-to-guy for getting a reliable answer on the most obscure bike related question. On a number of bicycle tech sites, the reader would see a link to Sheldon’s site with the acronym, “AASHTA”, posted, meaning, “As Always, Sheldon Has the Answer”.

He will be sorely missed by amateur mechanics and cyclists alike.

Sheldon is survived by a wife and two grown children.
The Pedaler 27-31 August 2008

The Tour of Ireland Invites RABA to “Ride the Tour” from August 25th – September 1st

Many thanks to David Kalman for coming to the February RABA meeting and sharing about The Tour of Ireland, a multi day UCI sanctioned bike race held in Ireland.

David extended to Central Virginia cyclists the opportunity to follow the tour as The RABA Team. The RABA Team will ride about half of each day’s race route and have VIP access to all the behind the scenes action. The package includes full SAG, transfer to/from Dublin airport, all meals, accommodations and VIP treatment. Check http://www.youtube.com/watch?v=2yt3AmHATq for a sample of what the tour is all about.

Once the Tour race course is announced in the late spring, an exact RABA Tour cost and itinerary will be published. Contact David Kalman at david@touroffIreland.ie or 804-649-8222 with your interest and questions.

2008 Great Peanut Tour Canceled

With heavy hearts and deep regrets we announce the cancellation of the 2008 Great Peanut Tour. During the last 29 years we have met many wonderful cyclists and have enjoyed each and every year of the event.

However, the event this year was a financial disaster. We used funds from previous years, but still found it necessary to borrow $3,000 to pay costs for this years ride. Clearly we cannot continue under these financial conditions.

We thank all who have participated as riders, workers and as volunteers. The Great Peanut Tour has been “one of America’s great bike rides.” The volunteers have worked tirelessly to provide rest stops that were varied and unique. They did a great job. We believe those stops were our most outstanding features and distinguished is from any other bicycle ride. The SAG drivers have gone beyond the level needed to provide a pleasant atmosphere for those bikers that needed help or support. They were terrific.

To our community we thank you for your support, your patience and for your pleasant attitude towards the bikers. To our participants, we wish you much success on other rides, and we hope you will have fond memories of the Great Peanut Tour.

Thank you very much!

Bobby Wrenn, P.O. Box 631, Emporia, VA 23847

Upcoming Events

March 8, Saturday, 6:30 PM Baniff Festival of Mountain Films

The Chesterfield County Parks & Rec. will again sponsor their annual showing of the Banff Film Festival, the most interesting & exciting collection of outdoor adventure films in North America, at Monacan High School. FREE. Get more details from Noel Losen, 748-1129 or losenm@chesterfield.gov. Baniff Festival details are at http://www.banffcentre.ca/mountainculture/festivals/2007/.

April 26

15th Annual Tarwheel Century Ride

It takes place in Elizabeth City, NC and features 33, 62, and 100 mile long routes. Rider limit: 500. For registration and information, see website: http://www.rivercitycyclingclub.com/

May 10

Capital to Capital Bike Ride

On-line registration for this event is now open! Go to the Virginia Capital Trail Foundation’s website (www.virginiacapitaltrail.org) and click on the registration button. We also need volunteers to help with the event. See page 6 of The Pedaler for more information.

April 19-27

The Great Allegheny Passage and C&O Canal Trail Adventure Ride

Yes, the boys with those funny fenders are at it again. 2008 promises to be the best of RABA adventure tours so far.

Ride with us from Pittsburgh, PA to Washington, DC on a trail system exclusively for bikes and hikes. Imagine 345 miles of riding in the solitude of a continuous non-motorized corridor with tunnels and beautiful vistas around every corner.

This ride will be loaded touring with 6 - 7 nights of camping beside the trail sharing meals and each other’s company. These sites usually have a picnic bench, pump water and toilet available. Hotels are sometimes available near by for those needing a break from the mud.

The itinerary is to meet in DC with our bikes boxed and our gear packed Saturday, April 19. We will take Amtrak to Pittsburgh, PA and stay Downtown in a hotel. We will hit the trail that next morning and return to DC by Sunday, April 27.

Due to coordinating logistics for cars, trains and hotels, we will need your commitment by Friday, March 7 if you will be traveling to Pittsburgh with us. Don’t wait. Space may be limited.

For more details contact:
Joe Hazel, 569-1891 (JLHazel@comcast.net)
Champe Burnley, 358-5801 (champe_burnley@hotmail.com)

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Number of Active Club Members Continues to Increase.
A total of 478 of those signing up for rides in 2007 identified themselves as a RABA member. The presence of many names that appear on only a few ridesheets tends to bias the data, so we have been using participation in at least 4 rides during the year as our criterion for “active members” for our various comparisons across the years. By this criterion there were 270 active members in 2007. This represents a 14% increase over 2006 and continues an upward trend (see Table 2). Over the past decade the number of active members has increased by nearly 48%. These members have also been increasingly active. In 2007 they participated in an average of 25 club rides and rode 884 club miles. This breaks the previous mileage record set in 2001. The average ride length of 34 miles is in line with previous years.

Table 2: Summary Statistics for Active RABA Members

<table>
<thead>
<tr>
<th>Year</th>
<th>No. active members</th>
<th>Average no. rides</th>
<th>Average annual miles</th>
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<tbody>
<tr>
<td>2007</td>
<td>270</td>
<td>25</td>
<td>884</td>
<td>34</td>
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<td>2005</td>
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<td>23</td>
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<td>17</td>
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<tr>
<td>1997</td>
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Note: Active refers to those who signed up for at least 4 rides.

What Kind of Riding Does the Typical RABA Member Do?
For those wondering how their club mileage compares to their peers (mileage by individual members is available on the RABA webpage), the following table lists percentiles. For example, if you rode around 506 club miles during 2007 you are at the 50% percentile indicating that half the club members recorded fewer club miles. Examination of trends in these data over the years indicates that the increase in average miles in Table 2 is mostly due to a small number of club members (see last month’s Pedaler for a list of the guilty parties). To put this in perspective, in 2000, 2,525 miles placed you at the 95th percentile. To reach this level in 2007 takes another 700 miles!

Table 3: Percentile Cutoffs for Annual Club Miles

<table>
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Profile of RABA Rides
The largest number of ridesheets we received in 2007 were for weekly rides (see Table 4). The number of weekly rides increased in 2007 was mostly due to an increase in rides offered during the warmer months - 67% of the total. The increase over 2006 is largely due to an increase in rides offered during the colder months. Despite the increased offerings, the average turnout has been fairly stable, averaging around 14 participants across all types of rides offered by the Club. The total miles recorded for club rides in 2007 was 289,626. This new record is an increase of 18% over 2006, and is more than double the total from 10 years ago. Not surprisingly, most of this riding was during the warmer months - 67% of the total miles were ridden in April through September. The low point was in February when only 3% of the total miles were completed. Although there were more rides offered in the colder months in 2007, the mileage increase in 2007 was mostly due to an increase in riding during the warmer months compared to previous years.

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Profile of RABA Rides
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(Continued on page 10)
ABC Ride Re-Emerges as the Signature Club Ride.

With the exception of the ABC Ride, the average turnout for the various ride categories has been fairly consistent in recent years (see Table 5). The ABC Ride drew the most riders across the year, with an average turnout of 44 riders. This included ridesheets we received for two of the six “New Rider ABC” rides held in 2007. These two rides had the highest turnout of any club ride held in 2007 with 95 participants on June 9, and 144 on August 11. Even without these two rides, the average turnout for the ABC rides was higher than in recent years with an average of 41 participants. Perhaps this represents a spillover effect of the New Rider initiative led by Champe Burnley. Turnout for the ABC Ride for May-September averaged 58 participants (not counting the 2 New Rider dates). This exceeds May-September participation rates for all previous years we’ve recorded (it has ranged from 32 to 56 participants). The average distance ridden on the ABC ride in 2007 was 33 miles, which is in line with previous years (it has ranged from 30 to 35 miles).

Weekly rides were offered year-round and during the “off-season” (Ashland Lunch Club, and East End Excursion). The most popular ride in the weekly category in 2007 (see Table 6) was the Retiree’s Midweek Ride, led by Barry Pullen and Bud Vye, which averaged 13 participants year round. The Ashland Lunch Club, a midday version of the ABC Ride offered during the colder months, was also well attended. There was also a consistent group of riders on the other weekly rides including the East End Excursion (led by Katy and Randy Rosemond, and Ron Corio), and Powhatan Courthouse (led by Martha and Barry Pullen). The new Friday at Hylas Ride, led by Dave Bloor, was held nearly every week in 2007 with a peak attendance of 15 participants. The Mondays with Mary Ride led by Barry Pullen also met nearly every week and averaged 6 riders. The new Tuesdays at Rockville Ride led by Charlie Comly averaged 5 riders.

Table 4: Number of Rides by Ride Category

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Table 5: Average Number of Participants by Ride Category

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Table 6: Attendance on Weekly Rides

<table>
<thead>
<tr>
<th>Ride</th>
<th>No. rides</th>
<th>Average no. of participants</th>
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<td>Weekly Rides</td>
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<td>East End Excursion</td>
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<td>Powhatan Courthouse</td>
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<td>15</td>
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<tr>
<td>Mondays with Mary</td>
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<td>Tuesdays at Rockville</td>
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Evening Rides

<table>
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<th>2005</th>
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<td>Ashland Dinner Club</td>
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<td>9</td>
<td>7</td>
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</tbody>
</table>

Note: Includes those rides offered 10 or more times.

Most of the evening rides were offered April through September. The most popular by far remains the Hanover Courthouse Ride led by Dee Nauckols and Kathy Wood, followed by the Glen Allen Elementary School Ride led by Kim and Mike Moore, Jim Holgate, and Bill Whitworth. The Chesterfield County Ride we led comes in third. The East End Ride led by Eleanor and Wayne Shipley dropped a bit in attendance, but retains a solid following. The Innsbrook Options Ride led by Kim and Mike Moore, and the Ashland Dinner Club Ride led by Champe Burnley have been averaging 10 and 9 participants, respectively.

Conclusions

- The number and variety of rides offered by RABA has steadily increased every year; the biggest increase in 2007 was for weekly offerings.
- The number of active members in RABA has grown steadily over the past ten years, as has their level of participation in club rides.
- 2007 set a new record with 270 active members who on average, participated in 25 club rides and rode 884 miles.
- Non-members continue to participate in rides sponsored by RABA, representing one out of about every seven participants on average.
- After a drop in 2005 and 2006 the ABC Ride has re-emerged as the club’s signature ride with a high level of participation, particularly in the warmer months.
- RABA offered a wide variety of social, weekly, and evening ride options, and these are generally well attended.
- There is a small contingent of members who continue to raise the bar each year for total club mileage.
March, 2008 Monthly Rides

Ride Captain- Monthly Rides: Hugh Aaron, 690-9720, hugh@theaarons.com
Ride Captain- Weekly Rides: Brenda Hubbard, 740-3678, brenda_hubbard@yahoo.com
Fast Ride Captain: Kim Moore, 358-0935, luvs2cycle@yahoo.com
Off-Road Ride Captain: Andrew Mann, 266-9048, rabamann@aol.com

New Riders: Please call the ride leader ahead of ride time to be sure that the ride will be at your pace and skill level.
Ride Leaders: Please submit ride sheets to statisticians Al and Lois Farrell, 4202 Hickory Nut Place, Midlothian, VA 23112 no later than 14 days after the ride to ensure that all riders get mileage credit.

Rides offering a casually paced group/leader are indicated by the icon
Ride times listed are departure times.
**Check RABA or Ridefinder E-mail distribution lists for latest updates**

Fast Rides

There are no fast rides for this month – a schedule will be coming out in April as the riders will be coming out of indoor and solo training.

Off Road Rides

No off-road rides are listed in The Pedaler this month but this doesn’t mean that there aren’t going to be any. Because of the variable weather this time of year, Andrew Mann and the ride leaders are going to wait until Wednesday or Thursday of each week and then decide whether Saturday or Sunday would be the best day for a ride.

At that point a message will be sent out via the RABA and Ridefinder E-mail distribution lists. Be on the lookout for that.

Get in touch with Andrew Mann at 266-9048 or rabamann@aol.com if you have any questions.

March 1 (Saturday), 10:00 AM

The Mamma ‘Zu Ride Redux

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>12 to 14</td>
<td>Some/Steep</td>
<td>Some</td>
<td>Susan Curtis, 973-886-0029 or <a href="mailto:susan.curtis@att.net">susan.curtis@att.net</a></td>
</tr>
<tr>
<td>40</td>
<td>14 to 16</td>
<td>Some/Steep</td>
<td>Some</td>
<td>Ron Corio, 804-643-6452 or <a href="mailto:rcorio@vcu.edu">rcorio@vcu.edu</a></td>
</tr>
</tbody>
</table>

Description: This is a second attempt at a ride that was cancelled in January due to icy roads. Meet at Mamma ‘Zu restaurant located at Pine and Spring Streets in Oregon Hill for an out and back ride along Riverside Drive. The 30 mile option turns back at Robius Road; the 40 mile option continues for a loop around the Salisbury neighborhood before returning. Plenty of hill workouts will build an appetite that can be satisfied with southern Italian cuisine at Edo Squid (Mamma ‘Zu is not open for lunch on Saturdays).

Directions: Mamma ‘Zu is located one block west of the traffic light at the intersection of Belvidere and Spring Streets. From I-95 south (Exit 76B) or north (Exit 76A), go to Belvidere and turn south (toward the river) to the intersection with Spring Street then turn right. Coming from the south via the Lee Bridge, turn left at the first traffic light after the bridge.

March 2 (Sunday), 9 AM

Dim Sum Sunday Ride

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>13 to 18</td>
<td>Few/Gentle</td>
<td>One</td>
<td>Champe Burnley, 804-358-5801 or <a href="mailto:champe_burnley@hotmail.com">champe_burnley@hotmail.com</a></td>
</tr>
</tbody>
</table>

Description: This is a social paced ride to Ashland followed by a return to the Full Kee Restaurant for lunch, enjoying the best Dim Sums and Chinese soups in town. If you aren't familiar with Dim Sum, this is the name for a Chinese cuisine which involves a wide range of light dishes served alongside Chinese Tea. It can include dishes based on meat, seafood, vegetables, as well as desserts and fruit. Travelers on the ancient Silk road needed a place to take a nap, so teahouses were established along the roadside. Rural farmers, exhausted after working hard in the fields, would also go to teahouses for a relaxing afternoon of tea so the teahouse owners began adding various snacks and the tradition of dim sum evolved. No napping will be allowed, but eating, drinking (tea, of course) and revelry welcome! Please bring a bike lock to secure your bike during lunch.

Directions: Meet at Full Kee Restaurant at 6400 Horsepen Road. Please park in the very back of the parking lot.

March 8 (Saturday), 9:30 AM

South to Sussex and Beyond

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>46</td>
<td>15</td>
<td>Few/Gentle</td>
<td>Two</td>
<td>Jack Huber, 804-282-3872 or <a href="mailto:JHuber1111@yahoo.com">JHuber1111@yahoo.com</a></td>
</tr>
<tr>
<td>36</td>
<td>12</td>
<td>Few/Gentle</td>
<td>One</td>
<td>Lynn Klandchar and Chip Coutts, 804-516-2511 or <a href="mailto:lynnklandchar@comcast.net">lynnklandchar@comcast.net</a></td>
</tr>
</tbody>
</table>

Description: This is an old favorite to historic Sussex Court House with a new option to visit the quiet community of Yale. There will be a rest stop at Thornton's store and there is also a store at Yale.

Directions: Meet at the parking lot behind the former Coppahaunk Tavern in Waverly at the corner of Routes 460 and 40. From Richmond take I-95 or I-295 south to Route 460 east (toward Norfolk).
March 2008 Monthly Rides (Continued from page 11)

March 9 (Sunday), 10 AM Pamunkey River Ride – Short Version

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>17 to 19</td>
<td>Some/Moderate</td>
<td>One</td>
<td>Wayne Flood, 804-641-0556 or <a href="mailto:Sept1Flood@comcast.net">Sept1Flood@comcast.net</a></td>
</tr>
<tr>
<td>30</td>
<td>12 to 14</td>
<td>Some/Moderate</td>
<td>One</td>
<td>Susan Curtis, 973-886-0029 or <a href="mailto:susan.curtis@att.net">susan.curtis@att.net</a></td>
</tr>
</tbody>
</table>

**Description:** Join Wayne and Susan for a scenic country ride through northern Hanover and King William County. There will be optional store stop at around 27 miles.

**Directions:** Meet in the faculty parking lot of Rural Point Elementary. From Richmond take 301 North past I-295. About 3 miles north of I-295, turn right at Shady Grove. Turn left at the first light, Studley Road. Rural Point Elementary is on the right before the intersection at Rural Point Road.

March 9 (Sunday), 12 PM Training Ride with the Rostello presented by Fioruucci Team

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>16 to 18</td>
<td>Few/Gentle</td>
<td>None</td>
<td>Mark Pye, 804-393-0382 or <a href="mailto:mpye@cycorsports.org">mpye@cycorsports.org</a></td>
</tr>
</tbody>
</table>

**Description:** Join Mark for a training/recovery ride with the Rostello presented by Fioruucci Cycling Team (http://cycorsports.org/cms/index.php?option=com_content&task=view&id=30&Itemid=38). This is the first of what Mark hopes will become a monthly training series at various locations and times. The intent will be to bridge the gap between recreational riders and racers. This ride will offer training on paceline skills, bike fit, tactics and group riding skills. If you need food and fluids for two hours, bring it. The ride will regroup only if and when needed. Please contact Mark directly with any questions.

**Directions:** This ride starts at Dorey Park in eastern Henrico County. Take I-64 East from Richmond to Exit 195-Laburnum Ave. South, turn right at the ramp and drive south to the stoplight at Darbytown Road. Turn left on Darbytown, drive about a mile and turn right into Dorey Park. The group meets in the first parking lot on the left near the Recreation Center (barn-like building) across from the soccer fields.

March 16 (Sunday), 10 AM Maidens Landing Adventure Ride

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>38.7</td>
<td>17 to 19</td>
<td>Some/Steep</td>
<td>One</td>
<td>Bobby Weitzel, <a href="mailto:bobby23227@gmail.com">bobby23227@gmail.com</a></td>
</tr>
<tr>
<td>35</td>
<td>12 to 13</td>
<td>Some/Steep</td>
<td>One</td>
<td>Susan Curtis, 973-886-0029 or <a href="mailto:susan.curtis@att.net">susan.curtis@att.net</a></td>
</tr>
</tbody>
</table>

**Description:** This ride features beautiful country roads and one stop at the Country Corner Grocery Store at 18 miles. The longer route has two crossings of the James River. The hill after you cross over the James River for the first time is a real leg buster. The shorter route stays entirely south of the river. Cue sheets will be provided...

**Directions:** To get to the Maidens Boat Landing starting point from Richmond, take Rt. 6 (Patterson Avenue, eventually becomes River Road) west to Rt. 522 (approximately 18 miles from the intersection of Patterson and Gaskins). Turn left on 522 and go south approximately one mile to the boat landing entrance on your right after you cross the bridge. Alternatively, if you prefer the Interstate, you can get to the landing by taking I-64 to the Oilville exit (#167) where you should go left (south) on Oilville Rd (Rte 617) for 0.4 miles, then right (west) on Broad St Road (Rte 250) for 0.8 miles, then left (south) on Fairground Rd (Rte 632) for 3.5 miles, then left (south) on Maidens Rd (Rte 634) for 2.5 miles, then straight (south) on U.S. 522 for 0.9 miles, looking for the landing off to your right after you cross the bridge over the James.

March 23 (Sunday), 10AM Easter Spring Ride

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>52</td>
<td>15+</td>
<td>Some/Moderate</td>
<td>Two?</td>
<td>Jim Denoon, 804-370-6252 or <a href="mailto:delaniewdeno@verizon.net">delaniewdeno@verizon.net</a></td>
</tr>
<tr>
<td>37</td>
<td>12 to 14</td>
<td>Some/Moderate</td>
<td>One?</td>
<td>Mark Lipschultz, 215-460-5810 or <a href="mailto:marclips@gmail.com">marclips@gmail.com</a></td>
</tr>
</tbody>
</table>

**Description:** Join Jim and Marc for a scenic ride through eastern Henrico County. Although there are a few hills, both routes are mostly flat and quite rural. Both routes offer a store stop at 18 miles. The longer route offers a second store stop at 41 miles. Keep in mind, however, that this is Easter Sunday. It is possible that one or both of the stores will be closed. Please plan accordingly.

**Directions:** The ride will start from Portabello's Restaurant in the Varina Food Lion Shopping Center on Route 5 in Varina. From I-295, take the Varina Exit on to New Market Road; go approximately 1 mile; the Food Lion shopping center will be on the left. From I-64, take the South Laburnum Ave Exit; go approximately 5.5 miles to New Market Road; turn left and the shopping center will be on the right in 2.3 miles. From I-895, take the Laburnum Ave Exit; go approximately 1 mile; the Food Lion shopping center will be on the left. Alternatively, go south on I-295 to Exit 3, then east on Route 460 about a half a mile to a left on Route 629, then left on 156 to the school as previously described.

March 30 (Sunday), 1 PM Bald Eagle Ride

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>43</td>
<td>15</td>
<td>Some/Moderate</td>
<td>One</td>
<td>Jack Huber, 804-282-3872 or <a href="mailto:JHuber1111@Yahoo.com">JHuber1111@Yahoo.com</a></td>
</tr>
</tbody>
</table>

**Description:** Join Jack for a pleasant ride through the Prince George County countryside. The route will pass by Upper Brandon Plantation where bald eagles have been spotted on previous rides. The store stop is well past the mid-point of the ride, so you might want to bring an energy snack.

**Directions:** Meet at the Clements Middle School, near Prince George High School, at the intersection of Routes 156 and 616. From Richmond, go south on I-95 to Exit 47, Rives Road. East on Route 629 about three miles and turn right on Route 460, go about a quarter mile and make a left to get back on Route 629. Go three more miles and turn left on Route 156 - it is about one mile to the school on the left. Alternatively, go south on I-295 to Exit 3, then east on Route 460 about a half a mile to a left on Route 629, then left on 156 to the school as previously described.
March, 2008 Weekly Rides

Ride Captains: Brenda Hubbard, 740-3678, brenda_hubbard@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 ride sheets to Statisticians Al and Lois Farrell, 4202 Hickory Nut Place, Midlothian, VA 23112 no later than 14 days after the ride to ensure that all riders get mileage credit.

**Sunday, 1:00 PM**

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>35 to 60</td>
<td>14+</td>
<td>Flat</td>
<td>Some</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 Courthouse, mostly with good scenery and low traffic. The ride leaders will select a route that will vary between 35 and 60 miles. Usually there will be shorter options available, though they may not have any store stops along them. Maps and cue sheets will be available for those wishing to ride their own pace. If the weather is doubtful, call the ride leaders to confirm that they will be riding.

**Sunday, 2:00 PM**

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>16-19+</td>
<td>Some/Moderate</td>
<td>Some</td>
<td>Randy and Katy Rosemond, 966-5472, <a href="mailto:velosalsaman@aol.com">velosalsaman@aol.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Ron Corio, 643-6452, <a href="mailto:rcorio@vcu.edu">rcorio@vcu.edu</a></td>
</tr>
</tbody>
</table>

**Description:** This ride has routes and distances for intermediate and fast groups. Maps are available for riders who wish to ride a slower pace, preferably with a buddy. If the weather looks unfavorable, please contact one of the ride leaders by 11:00 AM on ride day to confirm status.

**Directions:** Dorey Park is in eastern Henrico County. Take I-64 East from Richmond to Exit 195-Laburnum Ave, South, turn right at the light and drive to the stoplight at Darbytown Road. Turn left on Darbytown, drive about a mile and turn right into Dorey Park. The group meets in the first parking lot on the left near the Recreation Center (barn-like building) across from the soccer fields.

**Monday, 9:00 AM**

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 to 40</td>
<td>16-18</td>
<td>Some/Moderate</td>
<td>Some</td>
<td>Mary Falterman, 741-2116, Barry Pullen, 561-3950</td>
</tr>
</tbody>
</table>

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

**Tuesday, 2:00 PM**

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>32/40</td>
<td>16-18</td>
<td>Many/Moderate/ Steep</td>
<td>1</td>
<td>Bill Whitworth 285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Charlie Comly, 432-8542</td>
</tr>
</tbody>
</table>

**Description:** Come join us for a great ride through western Hanover and eastern Louisa. We leave from the Rockville Little League Fields. Cue sheets will be available.

**Directions:** Take the Rockville/Manakin exit off of I-64. Go right (North) at the top of the ramp onto Route 623 toward Ashland. Turn left at the first stoplight onto Pouncey Tract Rd. The Little League Fields are 3.8 miles to the left.

**Tuesday, 5:30 PM (Starting March 11)**

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>28</td>
<td>18.5 to 20.5</td>
<td>Some/Steep</td>
<td>None</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>Andrew Mann, 266-9048, <a href="mailto:rhabamann@aol.com">rhabamann@aol.com</a></td>
</tr>
</tbody>
</table>

**Description:** With daylight savings time starting on March 9 this year, Hugh and Andrew are going to be leading a pre-season version of RABA’s well known Tuesday evening Hanover Courthouse ride. The route travels through portions of both Hanover and King William counties (both of which offer a lot of beautiful countryside). Most of the route is quite rural with relatively light traffic. However, there is a 2.6 mile leg on Route 30 which can be busy with fast moving traffic, including big trucks heading to and from the West Point paper mill. Riders should exercise extra precaution on Route 30. Much of the route is surprisingly flat; however, the route climbs both the front and back sides of Bleak Hill. Both climbs are fairly short; however, by Richmond-area standards, they are relatively steep.

Because the route is fairly short with very few stop signs and no stop lights, many riders use this ride as an opportunity to join a pace line and push themselves a bit. However, we often have multiple groups riding anywhere between 12 and 22 mph. So, even if you want to ride slower or faster than the ride leaders, come on out. Chances are you will find a group riding at a pace you like. Cue sheets will be available for the usual 28 mile route, as well as alternate 21, 23 and 34 mile routes.

Note: Dee and Kathy will be starting the regular season Hanover Courthouse ride on April 1 at 6 pm.

**Directions:** Meet in the Hanover Courthouse parking lot on the east side of Route 301, 10 miles north of where it crosses I-295.

**Wednesday, 9:30 AM**

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
</table>

**Retiree’s Midweek Ride and Lunch**

(Continued on page 14)
March, 2008 Weekly Rides

(Continued from page 13)

25 to 40  Varies  Varies  Some  Bud Vye, 262-9544 or Barry Pullen, 561-3950

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 and Ridefinder E-mail lists. If you are not on either, please call Bud Vye, 262-9544 or Barry Pullen, 561-3950.

Wednesday, 7:00 PM  Ashland Dinner Club

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>20</td>
<td>13-15</td>
<td>Few/Gentle</td>
<td>None</td>
<td>Champe Burnley, 358-6697, <a href="mailto:champe_burnley@hotmail.com">champe_burnley@hotmail.com</a></td>
</tr>
</tbody>
</table>

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

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

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

Thursday, 1:00 PM  Hanover Courthouse Lunch Ride

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>28</td>
<td>17-19+</td>
<td>Some/Steep</td>
<td>None</td>
<td>Bill Whitworth, 285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Hugh Aaron, 690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
</tbody>
</table>

Description: This is an off-season version of RABA’s well known Tuesday evening Hanover Courthouse ride. The route travels through portions of both Hanover and King William counties (both of which offer a lot of beautiful countryside). Most of the route is quite rural with relatively light traffic. However, there is a 2.6 mile leg on Route 30 which can be busy with fast moving traffic, including big trucks heading to and from the West Point paper mill. Riders should exercise extra precaution on Route 30. Much of the route is surprisingly flat; however, the route climbs both the front and back sides of Bleak Hill. Both climbs are fairly short; however, by Richmond-area standards, they are relatively steep.

The pace tends to vary depending on who shows up and how hard everyone feels like riding. Although Hugh and Bill typically ride the posted speed of 17 to 19+ mph (moving average), both slower and faster riders are welcome to ride at their own pace. We frequently have a slower paced group on these rides. So, if 17 seems a little too fast, come on out anyway. There is a good chance that there will be someone with whom you can ride. Cue sheets will be available for the usual 28 mile route, as well as alternate 21, 23 and 34 mile routes.

Directions: Meet in the Hanover Courthouse parking lot on the east side of Route 301, 10 miles north of where it crosses I-295.

Thursday, 5:30 PM (Starting March 13)  Glen Allen Options Preseason Training Ride

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>28</td>
<td>17 to 19</td>
<td>Few/Moderate</td>
<td>None</td>
<td>Jim Holgate, 672-6532, <a href="mailto:HolgateJim@aol.com">HolgateJim@aol.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Hugh Aaron, 690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
</tbody>
</table>

Description: With daylight savings time starting on March 9 this year, Jim and Hugh are going to be leading a pre-season version of RABA’s well known Glen Allen Options Ride. While this ride typically has numerous route options (hence the name), due to the limited daylight in March Jim and Hugh plan to ride the 28 mile option during the preseason. The route is relatively flat, although it does include Fire Training Hill. As always, both slower and faster paced riders are welcome to ride separately or team up to create alternate pace groups. Cue sheets will be available from Jim and Hugh upon request.

Note: This preseason ride will end on March 27. The regular season Glen Allen Option Rides are scheduled to start on April 3. Please see the April Pedaler or RABA web site for information on the regular season rides, including start times and ride leaders.

Directions: The ride starts from Glen Allen Elementary School at 11101 Mill Road in Glen Allen. From I-295, take the Staples Mill Road/Route 33 exit (Exit 49B) and get on Staples Mill Road/Route 33 heading east towards Richmond. Turn left onto Mountain Road, then left onto Mill Road (there will be a fire station at the corner). The school will be on the right about 250 feet from the turn.

Friday, 10:00 AM  Fridays at Hylas

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 to 40</td>
<td>16-18</td>
<td>Some/Moderate</td>
<td>None</td>
<td>Dave Bloor, 285-6177</td>
</tr>
<tr>
<td>25 to 40</td>
<td>14-15</td>
<td>Some/Moderate</td>
<td>None</td>
<td>Jim Denoon, 355-0121</td>
</tr>
</tbody>
</table>

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

(Continued on page 15)
The Pedaler 15 March, 2008

March, 2008 Weekly Rides

(Continued from page 14)

Saturday, 8:30-9:00 AM

| Miles | Pace | Hills | Store Stops | Leader
|-------|------|-------|-------------|---------
| Varies | All speeds | Few/Gentle | Some |

**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. Afterwards the groups split, with some retracing the route back to Laurel Park for a 20 mile ride while others do various extensions for 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.

Maps and cue sheets will be 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, 11:30 AM-12:00 PM

| Miles | Pace | Hills | Store Stops | Leader
|-------|------|-------|-------------|---------
| Varies | All speeds | Few/Gentle | Some |

**Description and Directions:** This winter month ride is identical to the Ashland Breakfast Club (ABC) ride above except that it starts a little later so temperatures have a chance to warm up.

Maps and cue sheets will be 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.

**R ACING 101**

*by Matt Marchal*

**A Profile of the Richmond Pro Cycling Racing Team**

Last month I took you to the subculture of cross, but this month I would like to go more mainstream. As I write this, professional road racing is getting ready to kick off in a big way with the Tour of California. The top level American pro teams will line up against some of the best European squads in this early season, week-long trek from the wine country to SoCal. This is America’s premier cycling event and should be a great show.

Here in Richmond the road scene is starting to pick up as well, and if you are observant you will notice a new jersey riding around town this year. Richmond now has a professional bike racing team to call its own; it’s the brainchild of Craig Dodson and Sarah Caravella, two seasoned professional cyclists who have settled in Richmond. They have a vision for a multi-faceted organization similar to the Richmond Kickers: a top-level professional team combined with youth development programs and widespread community involvement efforts.

Craig, originally from Annapolis, has been racing bikes since the age of 12, and in his career has secured over 100 top 10 results at the professional level. Sarah grew up in Santa Fe and was a track standout at University of Washington before discovering her love of bicycle racing. She has raced on the Lipton, Fuji, Aaron’s and TIBCO pro teams, and in 2007 was nationally ranked third in the USA Criterium Series.

Craig created the team three years ago as Nature's Path Pro-Am Cycling which last year was ranked 2nd nationally for semi-professional cycling teams. After spending much of the last two years in Richmond and coaching locally at Endorphin Fitness, Craig decided to make Richmond his permanent home and rename the team Richmond Pro Cycling. He recognizes the enthusiastic local cycling community, but also sees the need for more effort directed toward the development of young competitive riders.

In addition to Craig (who also serves as the team’s director), the 2008 squad consists of six other riders who will all reside in Richmond during the season:

- Jeffery Buckles- Glastonbury, CT
- Stephen Delisle- Gloucester, VA
- Paul Ward- Silver City, NM
- Ryan Mele- Pittsburgh, PA
- Gerardo Castro- Minas, Uruguay
- Esteban Jukich- Minas, Uruguay

In 2009, Craig hopes to increase the roster to ten and register the team as UCI Continental Team, joining the ranks of teams like Toyota-United, Colavita/Sutter Home and Jelly Belly.

Racing starts in February and goes through September. One of the interesting things about pro racing compared to other major sports is that at any professional race you will have riders representing pro teams large and small. It would be like a baseball game where single A teams can play against the pros. The big American team this year is Slipstream/Chipotle with a budget over 8 million dollars. Richmond Pro Cycling will race against some of these guys on a budget less than 3% of that. What this means is that Richmond Pro Cycling has to learn how to do more with a lot less. This is often the plight of the smaller teams. Getting by on less equipment, living in host housing, limiting travel expenses and making salaries similar to what a good paperboy can make on Christmas tips. They have about 40 races on their calendar, competing up and down the East Coast, and as far away Arizona, Nevada, and Texas. Some key events include the International Cycling Series.

(Continued on page 16)
The Pedaler welcomes submissions in any form, email preferred. All submissions will be confirmed. All become property of The Pedaler. E-Mail: richhalle@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