Snowverdose, Snowmageddon, Snowbusiness and Snowuse are just some of the new words that the recent East Coast snow storms have spawned, proving again the dynamics of language. Ride cancellation messages have abounded on the RABA Yahoo Group email list. Those messages together with Bud Vye’s legislation reports from the General Assembly demonstrate the value of rapid member communication that the list provides. Using the list, Bud is able to call for members to contact their state representatives regarding legislation that affects bicyclists. He conveniently includes the telephone numbers and addresses of legislators. This rapid response make the RABA Yahoo Group list an invaluable communication tool for advocacy and ride cancellations.

Another part of the RABA Yahoo Group is a Website at http://sports.groups.yahoo.com/group/RABA/. Access to this site is restricted to subscribers and requires registering with Yahoo to get a username and password. In addition to the messages that have been sent to the list, the site includes areas for uploading files, photos, and an archive of attachments to messages, e.g. cue sheets. The Files section of the Website includes cue sheets organized by departure locations, minutes of Board meetings, financial reports, and ride statistics. Minutes of Board meetings and financial statements are also stored in the Files section. To subscribe to the list, write

(Continued on page 2)
Welcome to RABA’s newest members. We hope to meet you and see you on some of our rides!

<table>
<thead>
<tr>
<th>Henry Batista</th>
<th>Selma Bowen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warren Lowery</td>
<td>William Lark</td>
</tr>
<tr>
<td>Randy Boyd</td>
<td>Erik Beecroft &amp; Nancy Walsh</td>
</tr>
<tr>
<td>Dan McKinney</td>
<td>Sara Paige</td>
</tr>
<tr>
<td></td>
<td>Ray Reed</td>
</tr>
<tr>
<td></td>
<td>John &amp; Maria Westerfield</td>
</tr>
</tbody>
</table>

Soapbox...

(Continued from page 1)
to the List Administrator Kim Moore at luvs2cycle@yahoo.com. Requestors will be checked that they are current members of the club before they can be added - the email list is a benefit of being a paid member of the club.

Bylaws Revision. At the February Board meeting a motion was made and debate begun on the approval of the revised articles of incorporation and bylaws proposed by an ad hoc bylaw review committee last year. Individual items were discussed and amendments proposed and voted upon. The motion has been carried over to the next meeting and will continue until debate ends and the vote called. If approved, the revised articles and bylaws will be announced to members and a special member meeting set for final consideration.

February Member Meeting. On the heels of the latest weekend storm, about thirty members turned out on February 1 to dine, socialize, and hear two cycling presentations. Kudos to Cristina Bizzarri, Program Chair for planning the meeting and to John Moore and Sheryl Finucane for excellent presentations on leading a ride and bicycle safety. Each speaker used well-designed PowerPoint presentations to guide the audience through their topics. It was an auspicious start for 2010 member meetings.

Stepping Up to the Plate. Props to Paul Walaskay and Andrew Mann for answering the call to lead. Paul has agreed to be RABA’s point person for the Cap2Cap Century and Andrew has agreed to head the Bikes-for-Kids program. Andrew follows Dee and Suzanne Nuckols who started the program eight years ago and saw it grow from 40 bikes to a high of over 300 in that span.

Addressing the Board. Members wishing to address the Board may send a written request to me at rcorio@vcu.edu or to 300 W. Franklin St 1507W; Richmond, VA 23220. The request should describe the purpose of the address and must arrive at least five days prior to the Board meeting. In 2010 the Board will meet on the first Monday of the month except for July and September when the meeting will be on the second Monday.

May the March winds bring more cycling days our way.

Ron

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.

2010 Board of Directors

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

Vice President: Paul Walaskay
pwalaskay@union-psce.edu 358-1155

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

Secretary: Sheryl Finucane
sdgf@vcu.org 833-5434

Director at Large: Champe Burnley
champe_burnley@hotmail.com 358-5801

Director at Large: Steve Herzog
sp_herzog@verizon.net 360-3853

Monthly Road Ride Captain: Noah Kaatz,
noahk5270@yahoo.com 955-0582

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

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

Racing Director: Greg Brown
rbrown947@odu.edu 364-8831

Program Director: Cristina Bizzarri
cbizzarri@gmail.com 994-2006

Bicycling Advocacy Director: Bud Vye
bdvye@comcast.net 262-9544

Membership Director: Liz Keith
lizzardkeith@gmail.com 337-4459

Publications Director: Richard Halle
rrichhalle@verizon.net 744-1760

Publicity Director: Tom Veazey
tveazey@canewyork.com 740-0742

Committee Chairs

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sp_herzog@verizon.net 360-3853

Web Administrator: Richard Halle
rrichhalle@verizon.net 744-1760

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

Safety: Sheryl Finucane
sdgf@vcu.org 833-5434

E-Mail List Administrator: Kim Moore
luvs2cycle@yahoo.com 358-0935

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

Membership Information

Annual RABA Membership Dues are $20 per person (18 years and older) or $25 per family consisting of 1 or 2 adults and all dependents under 18. All memberships begin January 1. After July 1, memberships are prorated as follows: $10 per person (18 years and older) or $12.50 per family. The Pedaler subscription is included.
Submit membership application or renewals to RABA Treasurer, PO Box 6565, Ashland, VA 23005. Note: Membership dues must be accompanied by a completed signed membership application and a waiver of liability.
Heard and Seen
Around the Club
by Bud Vye

Not much riding going on, at least not by me, during the last month so news is kind of sparse. Please to see that Chris Tompkins finally kicked his case of C DIFF (don't ask me what it is), I only know that Chris had a heck of a time in getting rid of it), clearing the way for his admission to the McGuire V.A. Medical Center, only to then learn that they had lost his military discharge papers. That proved to be only a short lived problem, so that I received the following message from him on 2/14 ....

I am looking forward to transferring to the VA this coming Thursday, February 18, 2010. This facility is considered the number one spinal cord facility for veterans in the US. Dr. Gaiter, the head VA Psychiatrist, expects that I will be inpatient for 2 or 3 months. This will help me continue rehabilitation.

After talking to a former VA therapist, I expect to have one hour of stretching, Physical Therapy, and Occupational Therapy every week day. I also understand that I may have visitors to include Ginny, my wonderful wife who has stuck by me. I will let you know of the best visiting hours when I get to the VA.

ADVOCACY REPORT
by Bud Vye, Advocacy Chair

If you are on the RABA E List you've been getting plenty of reports from me on the Legislative situation. As I write this, we are right at Cross Over (where bills that have passed the House of Delegates cross over to the Senate, and bills that have passed the Senate do vice versa) and there are three bills we are interested in still alive. House Bill 1048/"Motorist to Pass a Bicyclist by Three Feet and Motorist not to Follow a Bicyclist Too Closely" made it through the House Transportation Sub Committee and Full Committee but then lost by a 54 - 43 vote on the House Floor.

Senate Bill 566, which also contains the Three Foot Passing provision, cleared the full Senate unanimously and now faces a more difficult time in the House, but we are hopeful it may survive. (Ed. note -- It didn't)

Senate Bill 228, our old friend "Stop for Pedestrians in Marked Crosswalks" which I've been supporting each year for about a decade now, has also cleared the Senate and now goes over to House Transportation, where it has always been killed in the past. Maybe this will be the time it goes through, but don't bet too much on it. (Ed. note --- It didn't, either)

Senate Bill 546, which will exempt Railroads from civil liability when they permit recreational users to cross their tracks and right of way, has also passed the Senate, 38 - 2, and now goes to the House Agriculture Committee. Although he didn't seem to be anxious for the word to get out, it was reported by a source believed to be accurate that Paul had spilled, breaking his collar bone, back before Christmas on the section of Trail west of Charles City Court House.

Pleased to see the RMA decision to let the Connecticut statue move from the Diamond to the Odell offices in the Lucky Strike building up in Tobacco Row where it will look down on the just opened segment of the Capital Trail. I think it will really look neat peering down at us from up there.

Once he gets situated in McGuire, I'll pass along the visitation policy, and I urge everyone to get over there to see him. He loves to have visitors and it definitely is a big boost to his morale.

Ever on the go, Aging Adventurer Emily Kimball is back from three weeks in Costa Rica but now is healing from a severely sprained ankle. The weather being what it has been, she hasn't missed much cycling or tennis, and she promises to be back at it as soon as the weather improves, although I think she's got a cross country skiing trip at Yellowstone scheduled in there somewhere. She reports that her book is selling well, but that she still has a few copies available.

And I think we have a first to go into the record books, as I believe my old buddy, Paul Silverstein, is the first RABA member to have a serious mishap on the Virginia Capital Trail. Although he didn't seem to be anxious for the word to get out, it was reported by a source believed to be accurate that Paul had spilled, breaking his collar bone, back before Christmas on the section of Trail west of Charles City Court House.

Pleased to see the RMA decision to let the Connecticut statue move from the Diamond to the Odell offices in the Lucky Strike building up in Tobacco Row where it will look down on the just opened segment of the Capital Trail. I think it will really look neat peering down at us from up there.

(Continued on page 6)
March, 2010 Monthly Rides

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

New Riders: Please call the ride leader ahead of ride time to be sure that the ride will be at your pace and skill level.
Ride Leaders: Please submit ride sheets to statisticians Steve & Debbie Herzog, 13204 Forest Light Court, Richmond, VA 23233 no later than 14 days after the ride to ensure that all riders get mileage credit.

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

| Terrain Key
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>Terrain</td>
</tr>
<tr>
<td>---</td>
</tr>
<tr>
<td>1</td>
</tr>
<tr>
<td>2</td>
</tr>
<tr>
<td>3</td>
</tr>
<tr>
<td>4</td>
</tr>
<tr>
<td>5</td>
</tr>
<tr>
<td>MB</td>
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Terrain Key

Road Ride Pace Key

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

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

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, Matthew Bizzarri 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.

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

March 7 (Sunday) The 41 from Portabella’s

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>9:30 am</td>
<td>41</td>
<td>3</td>
<td>one</td>
<td>Noah Kaatz, 955-0582, <a href="mailto:noahk5270@yahoo.com">noahk5270@yahoo.com</a></td>
</tr>
<tr>
<td>B</td>
<td>9:30 am</td>
<td>41</td>
<td>3</td>
<td>one</td>
<td>Jim Denoon, 370-6252, <a href="mailto:delaniewdeno@verizon.net">delaniewdeno@verizon.net</a></td>
</tr>
<tr>
<td>C</td>
<td>9:30 am</td>
<td>41</td>
<td>3</td>
<td>one</td>
<td>John Moore, 338-9668, <a href="mailto:JMoore216@comcast.net">JMoore216@comcast.net</a></td>
</tr>
</tbody>
</table>

Description: Join Noah and Jim as we ride some of the roads popular for cycling in Eastern Henrico and Charles City. The terrain is relatively flat with small rolling hills, and the roads are not heavily traveled, although you still need to be aware. Ron Corio has never met a tuna fish sandwich on toast that he didn’t like, and those at Portabella’s are no exception! After please join us at Portabella’s for pizza, subs, or of course, a tuna fish sandwich.

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

March 13 (Saturday) Sussex and Surry Swamp Tour

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>9:30 am</td>
<td>38</td>
<td>4</td>
<td>one</td>
<td>Jack Huber, 804-282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
<tr>
<td>C</td>
<td>9:30 am</td>
<td>38</td>
<td>4</td>
<td>one</td>
<td>Viki Sondecker, <a href="mailto:vsondecker@yahoo.com">vsondecker@yahoo.com</a></td>
</tr>
</tbody>
</table>

(Continued on page 5)
March, 2010 Monthly Rides

(Continued from page 4)

Description: This will start in Waverly and head north on quiet country roads into Surry County. The terrain is flat and there will be a rest stop in the middle of the ride. The lowlands are pretty this time of year and we'll cross the Coppahaunk, Blackwater, Hazel, Cypress, and Johnnecoehunk Swamps. Maps and cue sheets will be available.

Directions: The starting point is the parking lot behind the former Coppahaunk Tavern (101 S County Drive Waverly, VA 23290) at the corner of Routes 460 and 40 (Main Street) in the town of Waverly. From Richmond take I-95 or I-295 to Route 460 east (toward Norfolk).

March 14 (Sunday)  

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
</tr>
</thead>
<tbody>
<tr>
<td>All</td>
<td>9:30 am</td>
<td>22, 32, or 49</td>
<td>3</td>
<td>one</td>
</tr>
</tbody>
</table>

Leader: Hugh & Laura Aaron, 692-9720, hugh@theaaron.com
Jinx Lucas & Paul Walaskay, 358-1155, jinxl@verizon.net
Ron Corio, 643-6452, rcorio@vcu.edu

Description: This ride celebrates the life of Carl Armstrong. Carl was a long-time member of RABA who passed away in March 2009 after a long and courageous battle with cancer. To get a sense of what a terrific person Carl was, please see House Joint Resolution No. 37 – Celebrating the life of Dr. Carl William Armstrong – which was passed by the 2010 Virginia General Assembly. That Resolution is published in February Pedaler and on the web site.

We will be riding Carl’s “Beulahville or Bust with Aylett Extension” cue sheet which is available on the RABA web site. Carl’s cue sheet offers three route options – 22, 32 and 49 miles. All pace groups are invited. Tandems are especially welcome as Carl and Barb were active members of RATS who loved to ride their tandem together.

There will be an optional lunch afterwards at a local restaurant for anyone who would like to join us.

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

March 20 (Saturday)  

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>1 pm</td>
<td>25—30</td>
<td>3</td>
<td>none</td>
<td>Deb Anderson, <a href="mailto:dabikeva@gmail.com">dabikeva@gmail.com</a> 412-417-2987</td>
</tr>
</tbody>
</table>

Description: Join new RABA ride leader Deb (with husband Howard as sweep) on a jaunt around scenic and rural Hanover County. Cue sheet and map will be provided. Call ahead or check the RABA email list if the weather is doubtful. No go in rain, sleet or snow or if the temperature is below 45.

Directions: The starting point is the parking lot on South Center Street/Hanover Avenue by Campbell & Campbell Law Office. From I-95 take exit 92 for Ashland. Merge onto East Patrick Henry Road/Route 54 West. Go 1.4 miles. After you cross the railroad tracks by Ashland Coffee and Tea make a slight left at South Center Street/Hanover Avenue. Take the first left into the parking lot. If you pass Southern States or the Ashland Volunteer Fire Department, you’ve gone too far.

March 21 (Sunday)  

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>10 am</td>
<td>37</td>
<td>2</td>
<td>one</td>
<td>Tim Ballenger, 804-922-3422</td>
</tr>
<tr>
<td>A</td>
<td>10 am</td>
<td>37</td>
<td>2</td>
<td>one</td>
<td>Mark Batterson, 804-200-9971</td>
</tr>
<tr>
<td>B+</td>
<td>10 am</td>
<td>37</td>
<td>2</td>
<td>one</td>
<td>Jeanne Minnix, 804-405-6433</td>
</tr>
</tbody>
</table>

Description: This ride features beautiful country roads and one stop at the Country Corner Grocery Store at 18 miles. As always, the ride crosses the James River twice. 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.

(Continued on page 6)
The Pedaler
March, 2010

(Continued from page 3)

Advocacy Report...

(Continued from page 5)

March 27 (Saturday)  The Hanover Save-A-Shoat Equinoctial Rally

<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>10 am</td>
<td>44</td>
<td>2</td>
<td>one</td>
<td>Andy Smith, 339-8227, <a href="mailto:asmith2954@yahoo.com">asmith2954@yahoo.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>10 am</td>
<td>44</td>
<td>2</td>
<td>one</td>
<td>Noah Kaatz, 955-0582, <a href="mailto:noahk5270@yahoo.com">noahk5270@yahoo.com</a></td>
</tr>
</tbody>
</table>

Description: In ancient Sumeria they would celebrate the arrival of spring with the sacrifice of a fattened shoat. Well, fattened shoats are hard to come by these days, even in Hanover County, so we're going to ride bikes to appease the gods instead. Shake the icicles off with Andy at Hanover County Courthouse for a crisp A pace ride or Noah for a more subdued B+ pace. All places are welcome, and you may inquire with the ride leader to lead your pace. Bring plenty of food and fluids as the only store stop comes at 11 miles into the ride. Do it for the shoats!

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

March 28 (Sunday)  Mountains of Misery Training on Blue Ridge Parkway

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
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</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>9 am**</td>
<td>20—46</td>
<td>1</td>
<td>none</td>
<td>David Murray 240-0891 **</td>
</tr>
</tbody>
</table>

**NOTE Time:** 7 am for the Car Caravan Departure; 9 am Start in Afton Mountain/Exit 99 off I-64 West at Reeds Gap.

Description: A group of RABA members will be training for the Mountains of Misery. This is an out and back ride. Please make sure that your bicycle is geared for long climbs and is in good working condition as there are no bicycle shops nearby. Proposed distance 46 or possible 68 miles depending on the group. Total climbing 3660 to 5196 feet depending on distance. First significant climb is at mile 8 for 3.8 miles with 1100 feet of climbing. Good bike handling skills a must on descents. No store stops, however we will regroup at mile 8 and 23. Bring your own food and water. Frequent temperature changes depending on elevation. Approximate time is 6 hours. Not for the faint of heart.

Directions: **Car caravan will leave at 7 am from the Einstein Bros Bagels shop at 3320 Pump Rd**, in a shopping center near the intersection of W. Broad St and Pump Rd. Car pools can be put together to help save gas money. Otherwise, you may meet at the Inn at Afton, Exit 99, at the junction of I-64 West. Please arrive in time so that the ride may depart by 9 a.m. And since this is an out of town trip, please be aware that the ride and drive will take up most of the day.

March 28 (Sunday)  Steve's Training Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
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<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>10 am</td>
<td>50</td>
<td>2</td>
<td>one</td>
<td>Steve Herzog, <a href="mailto:sp_herzog@verizon.net">sp_herzog@verizon.net</a>, 360-3853</td>
</tr>
</tbody>
</table>

Description: Meet Steve for one of his favorite training rides. You should be comfortable riding with traffic to come on this ride as we will be riding on Patterson Avenue for several miles as we make our way from western Henrico to eastern Goochland and back again. There are lots of rollers in the middle of this ride and a few good hills. After the ride those who would like can have lunch at Vinnie's together.

Directions: Meet at the Shoppes at Wellesley parking lot (located at the corner of Lauderdale Drive and Park Terrace Drive in western Henrico County at 3434 Lauderdale Drive).
Weekly Road Ride Captain: John Moore, 338-9668, jmoore216@comcast.net

New Riders: Please call the ride leader ahead of ride time to be sure that the ride will be at your pace and skill level.
Ride Leaders: Please submit ride sheets to statisticians Steve & Debbie Herzog, 13204 Forest Light Court, Richmond, VA 23233 no later than 14 days after the ride to ensure that all riders get mileage credit.

---

**Sunday**

*Powhatan Courthouse*

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stop</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>1 pm</td>
<td>30 to 45</td>
<td>3 to 4</td>
<td>see below</td>
<td>Barry and Martha Pullen, 561-3950</td>
</tr>
</tbody>
</table>

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

**Sunday**

*Dorey Park*

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>1 pm</td>
<td>30-50</td>
<td>4</td>
<td>1</td>
<td>Randy Rosemond 966.5472; <a href="mailto:velosalsaman@aol.com">velosalsaman@aol.com</a></td>
</tr>
<tr>
<td>B</td>
<td>1 pm</td>
<td>30-50</td>
<td>4</td>
<td>1</td>
<td>Ron Corio, 804-643-6452; <a href="mailto:rcorio@vcu.edu">rcorio@vcu.edu</a></td>
</tr>
<tr>
<td>C</td>
<td>1 pm</td>
<td>30</td>
<td>4</td>
<td>1</td>
<td>John Moore, 804.338.9668; <a href="mailto:jmoore216@comcast.net">jmoore216@comcast.net</a></td>
</tr>
</tbody>
</table>

**Description:** All rides leave from Dorey Park and go to Horizon store and back on a network of flat roads. Rides of 14 to 40 miles can be crafted using various route combinations. Additional out-and-back loops from Horizon Store can add 12 to 18 miles for longer riders. Cue sheets with maps are available for those who want to ride at their own pace.

**Directions:** From I-64 take Exit 195 Laburnum south (toward the James River) and continue 3.6 miles to Darbytown Road. Turn left on Darbytown and continue 1.3 miles to the Dorey Park entrance on the right. Meet at the first parking lot on the left.

---

**Monday**

*Mondays with Mary*

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>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. The meeting place and start times are decided on Sunday evening at about 8:00 PM, depending on Mary, Barry, and Chris Walke's schedules. Please contact one of the ride leaders on Sunday evening to get information about the upcoming ride.

---

**Tuesday**

*Tuesdays at Rockville*

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stop</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>10 am</td>
<td>33 to 62</td>
<td>3</td>
<td>one</td>
<td>Bill Whitworth, 285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a></td>
</tr>
</tbody>
</table>

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

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

---

**Tuesdays (last ride of the season is March 9)**

**Tuesday Varina Tour**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>2:30 pm</td>
<td>26 to 30</td>
<td>4</td>
<td>None</td>
<td>Mary Hom, 804-786-4274, <a href="mailto:Mary.Hom@dgs.virginia.gov">Mary.Hom@dgs.virginia.gov</a></td>
</tr>
<tr>
<td>B</td>
<td>2:30 pm</td>
<td>26 to 30</td>
<td>4</td>
<td>None</td>
<td>Hugh Aaron, 804-690-9720, <a href="mailto:hugh@theaaron.com">hugh@theaaron.com</a></td>
</tr>
</tbody>
</table>

**Description:** March 9 will be our last ride until the fall as this ride is considered an off-season ride. The routes for the two remaining Tuesday Varina Tour rides are:

March 2 – Varina Cruise (26 miles)

*(Continued on page 8)*
March 2010 Weekly Rides

(Continued from page 7)

March 9 – Yarnell Zig Zag (29 miles)

Paper cue sheets will not be available at the ride start. Consequently, you should print your own cue sheet prior to coming to the ride. Click on the route names above to download and print the cue sheet for each route.

Thanks to everyone who participated in this ride this season. This ride will re-start in November. In the meantime, we hope to see everyone on the Tuesday Hanover Courthouse Evening ride starting March 16 at 5:30 pm.

Directions: Meet behind Portabella’s Restaurant located in the Varina Shopping Center at the intersection of Route 5 and Strath Road (2627 New Market Rd, Richmond, VA 23231). From I-295, take exit 22 onto Route 5 (New Market Road) west towards Varina; go approximately 1 mile; the Food Lion shopping center will be on the left. From I-64, take the South Laburnum Ave Exit; go approximately 5.5 miles to Route 5 (New Market Road); turn left and the shopping center will be on the right in 2.3 miles. From I-855, take the Laburnum Ave Exit; turn right on Route 5 (New Market Road). The shopping center will be on the right in 2.3 miles.

Tuesday (Starting March 16)  

<table>
<thead>
<tr>
<th>Leader</th>
<th>Hanover Courthouse Evening Ride</th>
</tr>
</thead>
<tbody>
<tr>
<td>Matt Satterwhite, <a href="mailto:357-7490.giantblos@comcast.net">357-7490.giantblos@comcast.net</a></td>
<td>Matt Satterwhite, <a href="mailto:357-7490.giantblos@comcast.net">357-7490.giantblos@comcast.net</a></td>
</tr>
<tr>
<td>Tim Ballenger, 922-3422, <a href="mailto:tim.ballenger@yahoo.com">tim.ballenger@yahoo.com</a></td>
<td>Tim Ballenger, 922-3422, <a href="mailto:tim.ballenger@yahoo.com">tim.ballenger@yahoo.com</a></td>
</tr>
<tr>
<td>Jeff Nicklas, 833-5382, <a href="mailto:jnicklas@shoneysorfrichmond.com">jnicklas@shoneysorfrichmond.com</a></td>
<td>Jeff Nicklas, 833-5382, <a href="mailto:jnicklas@shoneysorfrichmond.com">jnicklas@shoneysorfrichmond.com</a></td>
</tr>
<tr>
<td>Peter Hubbel, 370-7792, <a href="mailto:peter.hubbel@gmail.com">peter.hubbel@gmail.com</a></td>
<td>Peter Hubbel, 370-7792, <a href="mailto:peter.hubbel@gmail.com">peter.hubbel@gmail.com</a></td>
</tr>
<tr>
<td>Ken Kolb, 357-6076, <a href="mailto:kwkolb@verizon.net">kwkolb@verizon.net</a></td>
<td>Ken Kolb, 357-6076, <a href="mailto:kwkolb@verizon.net">kwkolb@verizon.net</a></td>
</tr>
<tr>
<td>Matthew Bizzarri, 994-2006,<a href="mailto:mdbizzarri@gmail.com">mdbizzarri@gmail.com</a></td>
<td>Matthew Bizzarri, 994-2006,<a href="mailto:mdbizzarri@gmail.com">mdbizzarri@gmail.com</a></td>
</tr>
<tr>
<td>Hugh &amp; Laura Aaron, 690-9720, <a href="mailto:hughandlaura@theaaron.com">hughandlaura@theaaron.com</a></td>
<td>Hugh &amp; Laura Aaron, 690-9720, <a href="mailto:hughandlaura@theaaron.com">hughandlaura@theaaron.com</a></td>
</tr>
<tr>
<td>Noah Kaatz, 955-0582, <a href="mailto:noahk5270@yahoo.com">noahk5270@yahoo.com</a></td>
<td>Noah Kaatz, 955-0582, <a href="mailto:noahk5270@yahoo.com">noahk5270@yahoo.com</a></td>
</tr>
<tr>
<td>Cristina Bizzarri, 994-2006, <a href="mailto:cbizzarri@gmail.com">cbizzarri@gmail.com</a></td>
<td>Cristina Bizzarri, 994-2006, <a href="mailto:cbizzarri@gmail.com">cbizzarri@gmail.com</a></td>
</tr>
<tr>
<td>Charlie Thomas, 747-6633, <a href="mailto:c.thomas53@verizon.net">c.thomas53@verizon.net</a></td>
<td>Charlie Thomas, 747-6633, <a href="mailto:c.thomas53@verizon.net">c.thomas53@verizon.net</a></td>
</tr>
<tr>
<td>John Moore, 338-9668, <a href="mailto:JMoore216@comcast.net">JMoore216@comcast.net</a></td>
<td>John Moore, 338-9668, <a href="mailto:JMoore216@comcast.net">JMoore216@comcast.net</a></td>
</tr>
<tr>
<td>Nan Ottenritter, 306-1078, <a href="mailto:nottenritter@yahoo.com">nottenritter@yahoo.com</a></td>
<td>Nan Ottenritter, 306-1078, <a href="mailto:nottenritter@yahoo.com">nottenritter@yahoo.com</a></td>
</tr>
<tr>
<td>Sheryl Arzuaga, 687-3844, <a href="mailto:snsn32@yahoo.com">snsn32@yahoo.com</a></td>
<td>Sheryl Arzuaga, 687-3844, <a href="mailto:snsn32@yahoo.com">snsn32@yahoo.com</a></td>
</tr>
</tbody>
</table>

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

- March 16 – River Road Options – 18, 24, 29 or 33
- March 23 – Mt. Gideon Options – 19, 24, 31 or 36
- March 30 – Dabneys Mill Options – 21, 22, 28 or 33

Paper cue sheets will not be available at the ride start. Consequently, you should print your own cue sheet prior to coming to the ride. Click on the route names above to download and print the cue sheet for each route.

Last minute changes, including weather related cancellations, will be announced on the RABA email list. Please make sure that you are signed up for the RABA email list (and make sure you check the email list before coming out for the ride). New members and those just getting started (or re-started) with cycling are encouraged to come out. Headlights and taillights are highly recommended during March as it may be starting to get dark as we return to the parking lot.

After the ride, join your fellow riders at Brunetti’s for dinner. Brunetti’s (9167 Atlee Rd, Mechanicsville) is located at the intersection of Atlee Road and Route 301, just a little north of I-295.

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

(Continued on page 9)
March, 2010 Weekly Rides

(Continued from page 8)

Wednesday

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>9:30 am</td>
<td>25</td>
<td>40</td>
<td>Varies</td>
<td>Barry Pullen, 561-3950</td>
</tr>
<tr>
<td>C</td>
<td>9:30 am</td>
<td>25</td>
<td>40</td>
<td>Varies</td>
<td>Bud Vye, 262-9544</td>
</tr>
</tbody>
</table>

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

**Wednesday (last ride of the season is March 10)**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stop</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>All</td>
<td>6 pm</td>
<td>variable</td>
<td>4</td>
<td>None</td>
<td>Peter Hubbel, 370-7792, <a href="mailto:peter.hubbel@gmail.com">peter.hubbel@gmail.com</a></td>
</tr>
</tbody>
</table>

**Description:** This 6 mile loop is very well lit, but please have at least one bright-red blinkie for the rear of your bike and reflective clothing. It is also a legal requirement to have a headlight (the purpose of which is as much for the rider to see where he is going as it is to alert oncoming motorists). Riders can tailor the ride to meet their personal objectives or time constraints around this 6 mile loop. Maps will be available for those wishing to ride at their own pace. If the weather is doubtful or the temperature is below 40 degrees, call the leader to confirm that the group will be riding.

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

Wednesday

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

**Description and Directions:** This 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 (Note: 1 PM start time)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>1 pm</td>
<td>31 to 46</td>
<td>3</td>
<td>Varies</td>
<td>Bill Whitworth, 804-285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a></td>
</tr>
<tr>
<td>B</td>
<td>1 pm</td>
<td>31 to 46</td>
<td>3</td>
<td>Varies</td>
<td>Hugh Aaron, 804-690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
</tbody>
</table>

**Description:** The route for this ride varies from week to week. However, all routes cover some part of central Hanover County and the surrounding areas (which offer a lot of beautiful countryside). Some routes do not have a store stop, so bring plenty of water. The cue sheet is sent out on the RABA email list prior to the ride each week (usually on Wednesday). If you do not subscribe to the RABA email list, email Hugh prior to the ride for a copy of the cue sheet.

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

Thursday (Starts March 18th)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A++</td>
<td>5:30 am</td>
<td>24</td>
<td>2</td>
<td>None</td>
<td>Tom Richeson tm <a href="mailto:bk61@gmail.com">bk61@gmail.com</a> 691-7678</td>
</tr>
<tr>
<td>A</td>
<td>5:30 am</td>
<td>24</td>
<td>2</td>
<td>None</td>
<td>Jeff Nicklas 833-5382, David Murray 240-0891</td>
</tr>
</tbody>
</table>

**BEGINNING APRIL 8TH WE WILL MOVE TO A 6:00 PM START TIME & THE 29 MILE ROUTE.**

**Description:** The longer routes will include such favorite hills as Animal Shelter, the Three Sisters, Rocket’s Mill and Horseshoe. Riders of the A pace may have a less hilly route. All paces are welcome as cue sheets are available. Obeying traffic laws and riding single file are a must.

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March, 2010 Weekly Rides

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

Friday

Pace Time Miles Terrain Store Stops Leader
B+ 10 am 35-40 3 Some Dave Bloor, 285-6177, Jim Denoon, 370-6252

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/Makakin), go right (north) on 623 and travel 2.5 miles to the Berea Baptist Church on your right just before the intersection with 271. The ride will vary each week. Maps and cue sheets will be available for those wishing to ride at their own pace.

Fridays at Hylas

Pace Time Miles Terrain Store Stops Leaders
A+ 2 pm 27 to 35 3 Varies Andy Smith, 804-339-8227, asmith2954@yahoo.com
Jim Peterson, 804-432-9679, jdp789@hotmail.com
B 2 pm 27 to 35 3 Varies Hugh Aaron, 804-690-9720, hugh@theaarons.com

Description: This ride starts and ends at the National Park Service Cold Harbor Battlefield Visitor Center, which is a few miles off I-295 near the Richmond Airport. Starting at the Visitor Center provides multiple routes options. The routes for this month are:

- March 5: Old Church Run (29.6 miles)
- March 12: Quinton Short (28.7)
- March 19: Give Peace a Chance Sooner (30.3)
- March 26: Piping Tree Ferry Options (27.2 or 34.4)

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

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

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

East Hanover Ride

Pace Time Miles Terrain Store Stops Leader
A 9:00 am 20 to 5 Some March 6 Jim Denoon, 370-6252, delaniewdeno@veizon.net
B 9:00 am 50+ March 13 Randy Rosemond 966.5472; velosalman@aol.com

Description: This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. The basic ride is ten almost flat miles to Ashland where riders stop at Hardees or Ashland Coffee & Tea for breakfast or hot or cold drinks before retracing the route back to Laurel Park. There are a number of variations to this ride with many riders choosing a 30 mile route to the Coffee Shop while others prefer the basic route where they then meet up with other riders interested in doing additional miles before returning to the starting point. Riders may join the ride leader's group or form a group of their own based on preferred pace and distance. Unlike most RABA rides, this ride does not have a group start. Riders may sign the ride sheet and depart anytime between 8:30 and 9:00. If you are new to this ride, please introduce yourself to the ride leader and he or she will assist you in finding other club members who ride your pace. Maps and cue sheets are available for those wishing to ride at their own pace. Riders arriving after the ride leader has left will find the sign-up sheet and route maps on the ride leader's car.

The Ashland Breakfast Club (ABC)

Pace Time Miles Terrain Store Stops Leader
Varies 8:30- 20 to 5 Some March 20 Noah Kaatz, 955-0582, noahk5270@yahoo.com
9:00 am 50+ March 27 Bud Vye, 262-9544 bdyve@comcast.net

Description and Directions: This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. The basic ride is ten almost flat miles to Ashland where riders stop at Hardees or Ashland Coffee & Tea for breakfast or hot or cold drinks before retracing the route back to Laurel Park. There are a number of variations to this ride with many riders choosing a 30 mile route to the Coffee Shop while others prefer the basic route where they then meet up with other riders interested in doing additional miles before returning to the starting point. Riders may join the ride leader's group or form a group of their own based on preferred pace and distance. Unlike most RABA rides, this ride does not have a group start. Riders may sign the ride sheet and depart anytime between 8:30 and 9:00. If you are new to this ride, please introduce yourself to the ride leader and he or she will assist you in finding other club members who ride your pace. Maps and cue sheets are available for those wishing to ride at their own pace. Riders arriving after the ride leader has left will find the sign-up sheet and route maps on the ride leader's car.

(Continued on page 11)
March, 2010 Weekly Rides

(Continued from page 10)

**Saturday, 11:30 AM-12:00 PM**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>11:30 am-</td>
<td>20 to</td>
<td>5</td>
<td>Some</td>
</tr>
<tr>
<td></td>
<td>12 pm</td>
<td>50+</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Leader**

The Ashland Lunch Club (ALC)

March 6 Ron Corio, 643-6452 rcorio@vcu.edu
March 13 Sheryl Finucane 448-3754 sdgf@vcu.org
March 20 John Moore, 338-9668 JMoore216@Comcast.net
March 27 Jack Huber, 282-3872, JHuber1111@Yahoo.com

**Description and Directions:** This ride is held in fall/ winter months only and 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 are available for those wishing to ride at their own pace. Riders arriving after the ride leader has left will find the sign-up sheet and route maps on the ride leader’s car.

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**STOP, SWAP AND SAVE**

Sunday, March 7, 9 AM – 2 PM
Chesterfield County Fairgrounds,
10300 Courthouse Rd, Chesterfield, VA 23832

Don't miss the 13th annual **STOP, SWAP AND SAVE**, the mid-Atlantic’s largest indoor bicycle swap and consumer expo series. If you’ve never made it to the SWAP before, don’t miss out in 2010! Join us for our second big year in Chesterfield, VA!

The STOP, SWAP AND SAVE is the place to sell your old parts and bikes or take advantage of unbelievable deals on everything you need for a great season of cycling. Buy, sell, browse, shop, trade or just hang out with industry reps, individual vendors, bike shops, manufacturers and like-minded cyclists!!

What will you find at the SWAP.... thousands of discounted cycling and fitness products, FREE consumer seminars on topics like women’s cycling, bike fit, bicycle touring, fitness training, basic maintenance and more, product demos, prizes and giveaways, special events and so much more.... Be one of the first 500 consumers through the door and receive a FREE goodie bag!

Beat the cold and kick-off your Spring cycling season at the SWAP! Admission is still only $5 and includes thousands

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**Become a RABA Ride Leader!**

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

For more information or to schedule a ride, contact:

**Monthly Road Ride Captain:** Noah Kaatz, noahk5270@yahoo.com 955-0582

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

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

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

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**RIDE TO PROVIDE #6**

Saturday 05.15.10

...prepare to pedal

Online registration begins March 1st. For more information, please visit

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

Found: One pair of cycling gloves left behind during the RABA “Tacky Christmas Lights Tour,” Dec. 9. If these are yours and you can describe, contact: Paul Germain, GermainArt@aol.com (12/18/2009)

Campy Chorus front derailleur - New, still in box. 10 speed, 32 mm clip-on. Compatible with 9 or 10-speed. 54-tooth max. large chaining. 151 capacity. 102 grams. Black & silver. Contact Paul Germain, GermainArt@aol.com for photos. (12/18/2009)

2001 Bianchi Veloce 49 cm Campagnolo Reparto Corse, Chromolite steel, 53/39, 18spd. Unusal compact geometry. 29.5” standover but only 20” top tube ridden by avid female for century rides and tri events. $550 OBO. Pictures/details write to Smallelvis@aol.com. (1/16/2010)

Men’s Shimano shoes SPD/SL, blue, size 44 (US-10). Model SH-R150, $169 retail, used about 6 times. No cleats. $45 OBO. Smallelvis@aol.com for pictures. (1/16/2010)


QUINTANA ROO Sigma sport road bike, 57 cm bright red aluminum frame with Reynolds Ouzo all carbon fork and King headset. It has lightly used Campagnolo Chorus 20 speed components. 19 pounds $1200. Barry Pullen (804)561-3950 See pictures on craigslist.org (2/15/2010)

Stop, Swap and Save...

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square feet (yes, it’s all indoor and heated) of everything that cycling has to offer. Whether you’re looking for road, mountain, triathlon, BMX, vintage, new or used, there’s something for everyone!

If you would like to participate as a vendor at the Swap, go to http://www.stopswapandsave.com/registration_info.html for more details and registration.

Event location is Chesterfield County Fairgrounds, 10300 Courthouse Rd, Chesterfield, VA 23832. More detailed directions can be found at: http://www.stopswapandsave.com/locations_directions.html