The RABA Message Board

So I’ve been struck by the uncharacteristic "un-civility" displayed on the RABA email message list and elsewhere in the last little while.

The email list exists to provide the membership of RABA with information about club rides and impromptu rides, weather affecting rides, and cycling events—club-sponsored or otherwise. We also want to hear about bicycle-related topics such as the recent approval of the Floyd Avenue Bike Boulevard and Virginia General Assembly updates.

What we don’t want to hear are posts from members that advance a personal agenda. Posts that are "offensive" are also not welcome. Now, "offensive" varies from person to person, but the list has some rules: no profanity, and no posts regarding religion, political views, sexual content, marketing or product solicitations or jokes. Doing these things can result in a member being banned from the list.

What constitutes a personal agenda is even more sticky perhaps. What I would suggest is that anything that can generate "discussion" should not be posted to the RABA email list. Members already complain about the amount of email traffic on the RABA list. If we limit our posts to those necessary to providing information as listed above, many members would be happy.

I will point out that there is a RABA Facebook group that is, by nature, a much more conducive place for discussion of issues between RABA members. Posts that verge into that personal agenda space, or that might generate discussion are well suited for the Facebook page.

We’ve also seen recently posted to the RABA email list criticism of RABA events and the RABA board as agents of those events. I’d again suggest that the email list is not the place for that kind of post. The RABA board of directors really does want your feedback on events that the club sponsors. But please respond to us directly, not via the email list. Our email addresses and phone numbers are listed on the RABA webpage. I can guarantee you that any issue brought to my attention will be discussed by the Board.

A month ago, a RABA member in Hopewell left me a phone message. In talking to his delegate to the General Assembly, this member was concerned that his delegate reported receiving messages from cyclists that he described as "...not charitable..." Bad language and personal attacks characterized this delegate’s messages from cyclists. Whether these cyclists were members of RABA or not, we get tarred with the same brush.

We need to make an extra effort to be civil, both on the road and in our communications with each other and with others.

-Gregg

Spring Forward, Fall Back...
Daylight Savings Time Starts on March 8!

Time marches on and longer daylight is returning! Eastern Daylight Savings Time begins Sunday, March 8, 2015. So don't forget. Set your clocks AHEAD one hour before you go to bed on Saturday, March 7.

Some RABA weeknight rides will also start this month. Check out the ride calendars and watch your mailbox for announcements.
2015 Legislative Session ReCap
by Bud Vye, Bicycling Advocacy Director

These Short (46 day) Sessions really fly by, and this one was no exception. Unlike some years, we had more in the way of successful results than usual. In the partisan world that is the Legislature these days, much of our success has been due not to the increased merits of our positions, but rather to the fact that our successful patrons and co-patrons have been from the majority party’s side of the aisle.

First the BAD NEWS, as we did have several bills we would have liked to get passed FAIL to survive at some point along the difficult winnowing process. In this category were -----

SB 882/the “Dooring” bill “No operator shall open the door of a motor vehicle on the side adjacent to moving traffic unless it is reasonably safe to do so”. Passed through Senate Transportation 9-3; through the Senate 27-12; but was rejected in House Transportation SubCommittee2 by 4-3

HB 2159/ “Motorist to stop for a pedestrian in a marked crosswalk”. As has been the case with this bill a number of times over the last decade, it again failed to survive in House Transportation SubCommittee2, this time by a 4-3 vote.

HB 1926 & SB 1279/ Two similar bills “to prohibit a person operating a motor vehicle from using a personal communications device, unless its operation is hands-free” both failed early, the House bill in the Militia, Police and Public Safety Committee by a voice vote, and the Senate bill by an 8-7 vote in the Senate Transportation Committee.

(Continued on page 14)

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.

2015 Board of Directors

President: Gregg Hillman, bike@hillmardesign.com 804-683-2503
Vice President: Paul Johnson, Palanjohnson@hotmail.com 804-432-4010
Treasurer: Cindia Evans, cnevans@comcast.net 804-789-0511
Secretary: Julie Appleby, jwa47@hotmail.com 804-282-5123
Ride Director (Monthly Road Rides): Kim Moore, luvs2cycle@yahoo.com 804-358-0935
Ride Director (Weekly Road Rides): Charlie Thomas, charliethomas@gmail.com 804-747-3428
Public Relations Director: Coleen Moore, coleenmoore4@msn.com

Membership Communications Director: Richard Halle, rrichhalle@verizon.net 804-744-1760
Bicycling Advocacy Director: Bud Vye, bdyce@comcast.net 804-262-9544
Membership Director: Kristen Swanson, kswanson@comcast.net 804-399-7672
Century Chair: Andrew Mann, ramann@aol.com 804-266-9048
Past President: Alan Cooper, alancooper@yahoo.com 804-231-1997

Committee Chairs

Web Administrator: Richard Halle rrichhalle@verizon.net 804-744-1760
E-Mail List Moderator: Kim Moore luvs2cycle@yahoo.com 804-358-0935
Safety: Eric Martin martin4bike@gmail.com 804-402-3471
RABA/BikeJournal Administrator: Ron Corio, rcorio@vcu.edu 804-643-6452

New Rider Recruitment & Retention: Chuck Jajesrnic, cervelo55@verizon.net 804-543-8967
RABA Grants Committee Chair: Ron Corio, rcorio@vcu.edu 804-643-6452
RABA Apparel Chair– Bob Mitchell, rabaapparel@gmail.com 804-640-7029

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 (25 years of age or older), $25 per family consisting of one or two adults and all dependents under 18, or $10 per person (under 25 years of age) The term of membership is 12 months from the enrollment date. The Pedaler subscription is included.
Submit membership application or renewals online (http://www.raba.org/membership-x.html).
Heard and Seen
Around the Club
by Bud Vye

If you are not a Facebook regular, or on the RABA E-List, you may have missed the news that Cheryl Mitchell’s mom died on January 26, followed closely by Mark Hoerath’s wife (and Chuck Brodersen’s sister) Karen, who lost her battle with cancer on January 28th. Karen’s Memorial Service will be on February 28th at 2 p.m. at the Bon Air United Methodist Church. Since many of us were not aware of her illness, Karen’s passing came as a surprise to us, and to the Real Estate community, in which she was very active and well known.

Here is the link to her obituary and other details http://www.khoerath.myevent.com/

I know that you join me in extending our prayers, sympathy, & support to Cheryl, Mark, Chuck and their families on their losses.

Some good news to report as Dick Pitini continues his exploits in the field of Photography by winning the Backroads annual photo contest, which had more than 5,000 entries, with one of the shots from his recent hiking trip in Peru. First prize is a $3,000 credit on a Backroads trip, and Dick is one of those in the club who can certainly make good use of it, as much as he travels. Well done, Dick! Keep snapping that shutter, as a number of us look forward to seeing your work.

Coming up on the calendar is the Appeal of Edward For nell’s January 13 conviction on charges of Reckless Driving and Brandishing a Firearm that I reported on last month. This one will be on Tuesday morning, March 3 at 9:00 a.m. at Hanover Courthouse. If you are free that morning, come on up and join the rest of us that will be supporting Steve Hancock, Jim Denoon, Dave Talley, Raye Rector, and Jessie Lu as we observe first hand how Fornell makes out in yet another attempt to escape serious consequences with his lengthy record of driving infractions.

Always a big RABA turnout (not only RABA, and not that big a venue at the Henrico Board Room, so I wouldn’t suggest getting there just at starting time, if you want a seat) for the Henrico Recreation & Parks Adventure Series, Three Fridays in a row, March 13, 20 & 27, all at 7:30 p.m. The first two at the Board Room, the third, which is the Telluride Mountain Film on Tour, at the Henrico Theatre in Highland Springs. Details at www.henricoarcandparks.com

Another date to get on your calendar is Wednesday, March 18, 5:30 to 7:30 p.m. at the U. of R.’s Jepson Alumni Center where VDOT will be showing the plans for the intersection improvements down where Huguenot and River Roads join at the North end of the Huguenot Bridge. This critical link for cyclists going to and from the bridge has been a real problem, the solution of which many of us are anxious to see. Hopefully, it will permit a safe crossing of River Rd. and connection to Gamblers Mill Rd. up the hill into the U of R and out via Towana onto Three Chopt to Grove and into town, avoiding that hill up River Rd. onto Cary, where Lanie Kruszewski tragically was killed.

A few days later, on Saturday the 21st, break out your old clothes and gloves and join us at 8:15 a.m. to make quick work of RABA’s 2.7 mile Adopt a Highway segment of Bike Rt. 1 on the ABC route. Although its really heart warming to hear you say “Thank You” as you ride by us while we are picking, we would be even more appreciative if you would join us and help us reduce even further the record time in which we have been completing the job, which presently stands at 1 hr. 10 minutes. Record time or not, we will continue the tradition of the Club picking up the tab for the pickers’ bagel and coffee at Ashland Coffee after we finish. Looking forward to having you with us as we do a bit of Community Service, which we do on three Saturday mornings a year.

Hugh & Laura Aaron checking in from Vero Beach (where they are permanently located now) and extending us an invitation to come on down and ride with them on their local club’s Hibiscus Ride on Saturday, April 18 (details on http://hibiscusrideride.org/).

Lots of Seniors in this club (you only have to be 50 to qualify here) but we haven’t had very big contingents recently in the Cycling events of the State Senior Games. This year they are being held down in Newport News again (which isn’t much more than an hour down I-64 for most of us to get to), on Saturday, May 16, with the 5K Time Trial @ 9 a.m., followed by the 20K Road Race at 10. Tom Doyle, Dave Bloor, & Barry Pullen have been pretty regular competitors in the past, but there is room for plenty more, as the age categories are in five year increments from 50 on up into the 80’s, and RABA has been particularly short of Female representation in recent years. If you are over 50, give it a try! Details at www.VRPS.com

Jumping ahead to June, we have the Ride the U.S. For M.S. ride coming through again, staying over their first night at Willis Methodist Church, and then riding on Bike Rt. 76 the 37 miles up to Ashland on Tuesday, 6/2, where they stop for lunch and then ride on to Mineral where they will spend Night 2 on their 60 day ride to the West Coast. Several of us rode with them last year, and had lunch with them before our shuttle driver brought us back. We enjoyed the ride, and surprisingly to me they really enjoyed having us locals with them, and have asked Pastor Mark Rooks to be sure to let us know when they are coming through. The group of about 40, with their gear being carried in support trailers, are just getting to know each other on their 2nd day of the ride, and they have all paces from C to A, so mark it on your calendar and plan to join us if you are available, as its a lot of fun.

Although there must have been a lot of snow bird traveling going on with the cold weather we’ve been having, the only ones I’ve confirmed are Brenda Hubbard posting from St. Croix and then returning just in time to volunteer at the Wine Expo; and John Dawson refusing to stay in one place long enough to get a good bead on him, as in one stretch he was from Florida to the French Alps (where he was snowed in) and then back again in about a week. Like Satchel Paige used to say, he doesn’t want to slow down for fear someone might be gaining on him.
The Pedaler
March, 2015

Table of Contents

RABA 2014 Financial Report

Membership Activities:

<table>
<thead>
<tr>
<th></th>
<th>2014 Actual</th>
<th>2013 Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>Income:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>RABA Dues</td>
<td>$17,580.00</td>
<td>$19,380.00</td>
</tr>
<tr>
<td>Ads for Newsletter</td>
<td>198.00</td>
<td>109.00</td>
</tr>
<tr>
<td>Misc. income</td>
<td>605.72</td>
<td>473.93</td>
</tr>
<tr>
<td>Total Income</td>
<td>18,393.72</td>
<td>19,962.93</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Expenses:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advocacy Chair Expenses</td>
</tr>
<tr>
<td>Bike Journal</td>
</tr>
<tr>
<td>Insurance</td>
</tr>
<tr>
<td>RABA meetings, picnic, volunteer party</td>
</tr>
<tr>
<td>PayPal fees - online payments for dues, jerseys, donations</td>
</tr>
<tr>
<td>Print Forms</td>
</tr>
<tr>
<td>RABA Foundation 501c3 - reimburse expenses</td>
</tr>
<tr>
<td>Vieth Consulting - membership maintenance service</td>
</tr>
<tr>
<td>All other - club memberships, web site, forms, etc.</td>
</tr>
</tbody>
</table>

Total Operating Expenses 11,620.62 14,252.92

Net Membership Activities - Profit (Loss) 6,773.10 5,710.01

Fund Raiser:
HoVa century - net proceeds 3,133.62 (5) 6,042.82

Support and Charitable Activities:

*Bikes for Kids* - club donation to RABA Foundation (6) (5,000.00) (3,000.00)
LAB, rescue squads, etc. (1,474.00) (3,013.00)

Total Charitable Activities 6,474.00 (6,013.00)

RABA Grant Activity (7) (6,130.47) (3,240.00)

Club Jerseys: (8)
Revenue - sales of apparel 1,076.50 3,457.85
Expenses - purchase of apparel (825.00) (8,752.45)

Total Jersey Activity 251.50 (5,294.60)

Total Operating Income (Loss) $ (2,464.25) $ (2,794.77)

Other:
Change in Market Value of Investments 1,012.04 (9) (2,688.53)
Investment Income 1,944.20 1,642.40

Net Income (Loss) from All Activities $ 509.99 $ (3,840.90)

(1) Insurance cost is higher due to increased premium rates
(2) 2013 includes $325.00 final payment to War Memorial for 2012 party, 2014 includes $325 credit for refund of deposit on 2013 party, 2014 returned to separate Volunteer Appreciation and Christmas parties, Christmas party was back to "pot luck" style for most of the food
(3) 2013 expenses include posters & post cards to advertise New Rider events, plus $1,053 for RABA bumper stickers
(4) RABA reimburses the Foundation for its operating expenses so that all donations will benefit charitable projects, in 2013 the expenses include $750 to record organization as a charitable entity in Virginia with approval to solicit funding
(5) The 2014 HoVa event experienced lower participation and higher expenses, resulting in lower net proceeds
(6) * RABA historically donates $1,000 annually to the "Bikes for Kids" project
* In 2013, due to the success of the HoVa event, RABA donated an additional $2,000
* In 2014, in anticipation of a successful HoVa event, RABA pledged $4,000 from the HoVa proceeds; results were not as good as previous years, so RABA covered the $866.38 shortfall from club funds
(7) 2014 funding for grants approved at $5,000; reserve balance = 1/1/2014 balance + 2014 funding - grants paid
1 - Anna Julia Cooper Episcopal School - Bike to School project - $1,000
2 - Virginia Supportive Housing - Bicycling for Independence campaign - $1,000
3 - Ride Richmond - $1,000
4 - Crestwood Elementary School - $500
5 - Women's Cycling Summit (Ride Richmond)- $1,000
6 - Richmond Cycling Corps - $2,000
NOTE: $369.53 unused grant from 2013 returned - Neighborhood Resource Center
(8) RABA does not profit from the sale of club jerseys - the selling price generally covers expense. Also, sales revenue and purchase expense often don't occur in the same year - 2013 expenses includes 50% balance due on 2012 order plus additional orders in 2013
(9) The value of the investment has been impacted both negatively and positively by market conditions over the years, but it continues to pay regular dividends, which over time, have offset market impact.

<table>
<thead>
<tr>
<th>2013 Balance</th>
<th>2014 Activity</th>
<th>2013 Balance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year-end price ===</td>
<td>$8.06</td>
<td>$7.69</td>
</tr>
<tr>
<td>Year-end shares - quantity ===</td>
<td>3,059,480</td>
<td>2,822,498</td>
</tr>
</tbody>
</table>

Club Financial Position - 2014

Bank and PayPal Accounts - Available for Club Use 27,606.40 (1,567.28) 29,173.68
Investment Account:
Investment purchases / (sales) 19,571.94 - 19,571.94
Dividend reinvestment - Realized gain on investment 13,818.16 1,942.20 11,875.96
Unrealized gain (loss) on investment - non-cash activity (8,730.85) 1,012.04 (9,742.89)
Cash account 435.26 2.00 433.26
Total Investment Account 25,034.51 2,966.24 22,138.27

Unrestricted Club Assets $52,700.91 $1,388.96 $51,311.95
Checking Account - Restricted Assets:
Grants Reserve - see comment (7) above 629.53 (1,130.47) 1,760.00
RABA Apparel - see comment (8) above 2,806.44 215.50 2,554.94
Net Assets $56,136.88 $509.99 $55,626.89
Bikejournal Notes
by Ron Corio

On February 15, RABA was in second place, 3619 miles behind Space City Cycling Club of Houston, Texas.

<table>
<thead>
<tr>
<th>Rank</th>
<th>Club</th>
<th>Num of Riders / Members</th>
<th>Location</th>
<th>Distance (miles)</th>
<th>Distance/Rider (miles)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Space City Cycling Club</td>
<td>73 / 169</td>
<td>Houston, TX</td>
<td>35,581 (+3,619)</td>
<td>487</td>
</tr>
<tr>
<td>2</td>
<td>Richmond Area Bicycling Assoc.</td>
<td>135 / 229</td>
<td>Richmond, VA</td>
<td>31,962</td>
<td>237</td>
</tr>
<tr>
<td>3</td>
<td>Australian Cycling Forums</td>
<td>46 / 306</td>
<td>Australia</td>
<td>23,331 (-8,631)</td>
<td>507</td>
</tr>
<tr>
<td>4</td>
<td>Phoenix Metro Bicycle Club</td>
<td>29 / 95</td>
<td>Tempe, AZ</td>
<td>18,707 (-13,255)</td>
<td>645</td>
</tr>
<tr>
<td>5</td>
<td>Sacramento Bike Hikers</td>
<td>36 / 143</td>
<td>Sacramento, CA</td>
<td>16,026 (-15,936)</td>
<td>445</td>
</tr>
<tr>
<td>6</td>
<td>'BentRider Recumbent Club</td>
<td>49 / 721</td>
<td>International</td>
<td>14,440 (-17,522)</td>
<td>295</td>
</tr>
<tr>
<td>7</td>
<td>The Chain Gang</td>
<td>20 / 37</td>
<td>Hiram, GA</td>
<td>11,487 (-20,475)</td>
<td>574</td>
</tr>
<tr>
<td>8</td>
<td>yACF</td>
<td>21 / 169</td>
<td>The Interweb</td>
<td>8,626 (-23,336)</td>
<td>411</td>
</tr>
<tr>
<td>9</td>
<td>Vero Cycling, Inc.</td>
<td>28 / 28</td>
<td>Vero Beach, FL</td>
<td>8,531 (-23,431)</td>
<td>305</td>
</tr>
<tr>
<td>10</td>
<td>Middle Georgia Cyclists</td>
<td>21 / 38</td>
<td>Cochran, GA</td>
<td>8,436 (-23,526)</td>
<td>402</td>
</tr>
</tbody>
</table>

RABA Leader Board

Harry Davis, with 1035 miles, topped the leader board on February 15.

1. Harry Davis          1035
2. Kent Puryear         940
3. Wes Surina           890
4. Ken Kolb             881
5. Bob Gore             774
6. Bill Whitworth       721
7. Dee Nuckols          719
8. Robert Mullins       703
9. Andy Kohut           676
10. Dan Cosby           666
2014 Heart of Virginia Bike Festival
Sponsors

Presenting Sponsor
BON SECOURS RICHMOND HEALTH SYSTEM

Heart of Virginia Sponsor
Poole & Poole Architecture

Hanover Sponsor
Edward Jones

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

RABA APPAREL

Want to add to your RABA wardrobe? Well, here’s your chance! All of the jerseys and riding jackets are available in most sizes. The wind jackets are available in limited sizes. You can get the socks in SM/MED and LG/XL sizes.

Go to http://www.raba.org/rabaapparel.php for more information. Contact Bob at rabaapparel@gmail.com to confirm the size you want and how to go about purchasing it.

Shops Offering RABA Member Discounts

- **Pedal Power Bicycles**, Broad St./Staples Mill Rd (former Rowletts location), 10% discount.
- **Conte’s of Richmond**, 4300 Pouncey Tract, Ste H, Glen Allen, VA 23060 15% discount.
- **3Sports**, 6241 River Road Road, Richmond and at West Broad Village, 10% discount on apparel, bike shoes, parts, but it does not apply to labor. Complete bikes are 5%.
- **Molly’s Bicycle Shop**, 2126 E. Hundred Rd, Chester, VA 23834, 10 percent discount on parts and accessories, 5 percent discount on bikes other than Felt.
- **Bikes4UShop**, 11000 Three Chopt Road, Suite E, Richmond, VA 23233, 804-447-4460, 20% off any item, sale or retail price.
- **Outdoor Adventure Store**, 318 N. Main St. Farmville 23901. 434-315-5736. 10% discount.

Note: If anyone knows of any other bike shops that offer RABA members a discount, please contact Gregg Hillmar at bike@hillmardesign.com. Get a membership “card” by following the steps here.

Become a RABA Ride Leader!

- Cue sheet library available
- Great way to become more involved in the club

For more information or to schedule a ride, contact:

**Ride Director (Monthly Road Rides):** Kim Moore, luv2cycle@yahoo.com 358-0935

**Ride Director (Weekly Road Rides):** Charlie Thomas, charlievthomas@gmail.com 747-3428

The deadline for getting April, 2015 rides listed in The Pedaler is March 15

C LASSIFIEDS NOW EXCLUSIVELY at www.raba.org

Classified ads on the web site 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 90 days 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. The web site’s Classified page is here.
March 14 (Saturday) **Twin Hickory Food Lion Ride**

**Pace** | **Time** | **Miles** | **Terrain** | **Stops** | **Leader**
--- | --- | --- | --- | --- | ---
B | 1 pm | 30-35 | 3 | 1 | Sammeer Kumar (804.385.0503); sameerkumar2720@gmail.com

**Description and Directions:** Ride the scenic (and sometimes hilly) routes of Henrico, Hanover and Goochland. Though there'll be a stop, it won't be at a store so be sure to bring your supplies. The ride starts at 11371 Nuckols Rd, Glen Allen, VA 23059. Meet to the left of the store.

March 14 (Saturday) **4-H Center Ride**

**Pace** | **Time** | **Miles** | **Terrain** | **Stops** | **Leader**
--- | --- | --- | --- | --- | ---
C+ | 9:30 am | 37 | 4 | One | Jack Huber, 282-3872, jhuber1111@yahoo.com

**Description:** Meet in Waverly to ride the quiet country roads of Sussex and Southampton Counties. There will be a rest stop at the lake at the 4-H Center south of Wakefield with restrooms and refreshments available. After the ride all riders are welcome to have lunch together at Giuseppe's on Main Street in Waverly. This is a joint ride for RABA and WAB

**Directions:** The starting point is the parking lot behind the closed La Hacienda (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 south to Rt. 460 east in the direction of Norfolk. Please watch your speed in the town of Waverly, the speed limits are strictly enforced.

March 19 (Thursday) **Downtown Happy Hour Ride**

**Pace** | **Time** | **Miles** | **Terrain** | **Stops** | **Leader**
--- | --- | --- | --- | --- | ---
B/C | 6 pm | 20 | 3 | None | Michael Todd, 908.419.7322, mtodd@richmond.edu

**Description and Directions:** Start Location: 600 East Main Street (Main Street Center Courtyard). Starting downtown, we'll cross the river on Belvedere/US 301 and head west on Riverside Drive, we'll continue on Riverside after a brief connection point over the Powhite via Forest Hill, we'll cross back over the river via the Huguenot Bridge, take a short excursion through UofR campus before connecting with Grove Avenue, which we'll take all the way back downtown.

**What to Expect:** This ride is meant to be a quick workout after a day in the office. It is an urban route with traffic expected, we'll stay on an easier pace on the heavily trafficked roads to maximize safety and hopefully push ourselves a bit on the stretches of Riverside, UofR's campus and Grove, which are all bike friendly routes. With total mileage of just under 20 miles, it shouldn't take any more than 1.5 hours. (bring a light).

*(Continued on page 9)*
March 21 (Saturday) - 8:15 am

Adopt a Highway Trash Pick Up and Ride

Information: Bud Vye, 262-9544, bdvye@comcast.net

Description: This will be the first trash pickup in 2014, so all hands are needed if we are to continue our recent practice of knocking out this task in about an hour and 20 minutes. After the job is completed, the club will treat the pickers to a muffin and coffee at Ashland Coffee & Tea, following which the pickers who wish to do so may ride. As always, bring your gloves and wear long trousers over your riding outfit.

Directions: Meet at the south end of RABA’s adopted highway segment, which is on Route 626 just across the railroad tracks from the Elmont Market, at the intersection of Elmont Road and Old Elmont Road on the ABC Route.

March 22 (Sunday)

West End Loop Ride

Pace | Time | Miles | Terrain | Stops | Leader
--- | --- | --- | --- | --- | ---
B+ | 10 am | 40 | 2 | None | Steven Herzog, 337-1450, sp_herzog@verizon.net

Description: This ride combines elements of Tuesday's Deep Run High School Options Ride, Thursday's West End Manakin Ride, and Steve's Training Ride. You should be comfortable riding with traffic to come on this ride as we will be riding on some busier roads such as Patterson Avenue for several miles. There are lots of rollers and a few good hills on this ride. There is no store stop on the shorter version of this ride so make sure you bring enough food and liquid.

Download the cue sheet here.

Directions: Meet at the Shoppes at Wellesley parking lot which is located at the corner of Lauderdale Drive and Park Terrace Drive in western Henrico County at 3434 Lauderdale Drive. The Shoppes are located at the second intersection of Lauderdale Drive and Park Terrace Drive if you are heading south from Broad Street and the first if you are heading north from Patterson Avenue on Lauderdale Drive.

March 28 (Saturday)

West Point Ride

Pace | Time | Miles | Terrain | Stops | Leader
--- | --- | --- | --- | --- | ---
B | 10 am | 31 | 3 | One | Rich Thompson, 757-291-2548, LeMondRdr@gmail.com
C | 9:30 am | 31/43 | 3 | One | Jack Huber, 804-282-3872, jhuber1111@yahoo.com

Description: Rich Thompson & Jack Huber invite you to join them for a beautiful ride in the West Point area. This ride features beautiful low vehicle country roads and one rest stop at a historic country store. After the ride, you can enjoy some local BBQUE on historic Main St. in downtown West Point. So please bring some cash and or your credit card. Note: The rest stop at the historic General Store Only Takes Cash.

To reserve your spot for this ride please confirm with Rich or Jack no later than 12 PM on Friday March 27 so that they can confirm seating at the restaurant.

Directions: The ride starts and ends at West Point Elementary/Middle 1040 Thompson Ave, West Point, VA 23181. Meet in the School Parking Lot next to the tennis courts and water tower.
March, 2015 Weekly Rides

Ride Director (Weekly Road Rides): Charlie Thomas, 804-747-3428, charlievthomas@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 Weekly Ride sign-up sheets to Charlie Thomas, 11901 Hunton Crossing Ct, Glen Allen, VA 23059

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

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Spring Run/Beach Ride</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pace</td>
<td>Time</td>
</tr>
<tr>
<td>B+</td>
<td>8 am</td>
</tr>
</tbody>
</table>

Description and Directions: Meet at the VDOT parking lot at the intersection of Beach and Spring Run Roads in Chesterfield. The ride will go through the Spring Run, Beach and Woodpecker Road areas of Chesterfield County.

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Powhatan Courthouse</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pace</td>
<td>Time</td>
</tr>
<tr>
<td>B+</td>
<td>1 pm</td>
</tr>
<tr>
<td>B</td>
<td>1 pm</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.

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Sunday Portabella Ride</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pace</td>
<td>Time</td>
</tr>
<tr>
<td>Varies</td>
<td>1 pm</td>
</tr>
</tbody>
</table>

Leaders:
Mar 01 Dave McMillan
Mar 08 Jan Waldron
Mar 15 Ken Robertson
Mar 22 Lauren Waldron
Mar 29 Randy Rosemond

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

Parking: Please park behind Portabella Ristorante in the rear of the shopping center. If this area is filled, park on the west (Richmond) side of the shopping center. Do not park in front of Portabella Ristorante or other areas in front of the shopping center.

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

<table>
<thead>
<tr>
<th>Monday</th>
<th>Mondays with Mary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pace</td>
<td>Time</td>
</tr>
<tr>
<td>B+</td>
<td>10 am</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Monday</th>
<th>New Kent Ride</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pace</td>
<td>Time</td>
</tr>
<tr>
<td>C+</td>
<td>9:30 am</td>
</tr>
</tbody>
</table>

Description and Directions: This ride meets at a different location each week for a ride of 30-40 miles, often followed by lunch.

(Continued on page 11)
March, 2015 Weekly Rides

(Continued from page 10)

Each week’s location will be announced on the RABA message board on the preceding Friday or Saturday.

Tuesday

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>10 am</td>
<td>33 to 62</td>
<td>3</td>
<td>One</td>
<td>Dee Nuckols, 804-749-3400, <a href="mailto:sdnuckols@yahoo.com">sdnuckols@yahoo.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Dick Hilliard, 273-6578, <a href="mailto:rhilliard1@verizon.net">rhilliard1@verizon.net</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.

Wednesday

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

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

Wednesday (Note: Last ride date March 4)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Various</td>
<td>2 pm</td>
<td>18-32</td>
<td>2</td>
<td>None</td>
<td>Dave McMillan, <a href="mailto:mcmillanmail@comcast.net">mcmillanmail@comcast.net</a></td>
</tr>
</tbody>
</table>

Description: This ride begins at the Stratford Hills Shopping Center, located at the corner of Forest Hill Avenue and Hathaway. The route follows Bicycle Route 1 west along Riverside Drive, Cherokee, and Old Gun to Robius Road, a distance of nine miles. Make a U-turn and retrace the route for an 18 mile ride or follow the cues for an 14 mile loop through Salisbury and back to Old Gun for the return and a 32 mile ride. Download the cue sheet here at http://www.raba.org/map/Stratford-Hills-to-Salisbury-32.pdf.

Wednesday

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Andy Welch (804) 741-1599</td>
</tr>
</tbody>
</table>

Description: The Wednesday night ride is going to move indoors to Endorphin Fitness' cycle studio. There are 40 trainers and everyone is welcome to come and hook his or her bike up to one of them. The ride will start at 5 pm and go until 7 pm each week. There will be a movie playing on the screen each week as well. These movie rides are free for everyone.

Directions: Endorphin Fitness is located at 8908 Patterson Avenue, Richmond, VA 23229

Wednesday

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>7 pm</td>
<td>20</td>
<td>5</td>
<td>None</td>
<td>Bill Britton, 804-347-5114, <a href="mailto:billbritton@comcast.net">billbritton@comcast.net</a></td>
</tr>
</tbody>
</table>

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

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

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

(Continued on page 12)
March, 2015 Weekly Rides

(Continued from page 11)

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

Thursday

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B/B+</td>
<td>10 am</td>
<td>varies</td>
<td>3</td>
<td>Varies</td>
<td>Jerry McGuinn, 291-8468, <a href="mailto:jerrymcguinn@gmail.com">jerrymcguinn@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Bob Gore, 804 370-9906, <a href="mailto:gorerm0715@gmail.com">gorerm0715@gmail.com</a></td>
</tr>
</tbody>
</table>

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

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

Thursday (Note: Ride Starts March 12)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B/B+</td>
<td>5:15 pm</td>
<td>20-30</td>
<td>3</td>
<td>None</td>
<td>Gary Thabet, 804-402-9105, <a href="mailto:gethabet@gmail.com">gethabet@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Gregg Hillmar, 804-683-2503, <a href="mailto:bike@hillmardesign.com">bike@hillmardesign.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>David McMillan, 804-337-2710, <a href="mailto:mcmillanmail@comcast.net">mcmillanmail@comcast.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Charlie Thomas, 804-747-3428, <a href="mailto:charlievthomas@gmail.com">charlievthomas@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Leslie Salvo, 804-240-4273, <a href="mailto:lsalvo1012@gmail.com">lsalvo1012@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>John Moore, 804-338-9668, <a href="mailto:jmoore216@comcast.net">jmoore216@comcast.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Chuck Jajesnica, 804-543-8367, <a href="mailto:cervelo55@verizon.net">cervelo55@verizon.net</a></td>
</tr>
</tbody>
</table>

Description: This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. The twenty mile route follows the ABC route which is almost flat to Ashland and back to Laurel Park Shopping Center. Longer routes have a few hills. Leaders generally will make sure that no one is dropped from their group, regrouping as often as needed. This ride is open to all cyclists. Due to the possibility of returning in low light, each rider should have a working headlight and a rear blinkie. After the ride join your fellow riders for dinner, usually at Franco’s on Staple's Mill Rd or another local restaurant.

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

Thursday (Note: Ride begins April 2)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A++</td>
<td>See below</td>
<td>24-38</td>
<td>2-4</td>
<td>None</td>
<td>Mike Moore, 358-0395; <a href="mailto:mike_moore@yahoo.com">mike_moore@yahoo.com</a></td>
</tr>
<tr>
<td>A+</td>
<td>See below</td>
<td>24-38</td>
<td>2-4</td>
<td>None</td>
<td>Jeff Nicklas 833-5382; <a href="mailto:jnicklas@shoneysofrichmond.com">jnicklas@shoneysofrichmond.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Jan Waldron; 938-9181; <a href="mailto:alienaardvark@gmail.com">alienaardvark@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Kim Moore, 358-0395; <a href="mailto:luvs2cycle@yahoo.com">luvs2cycle@yahoo.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>See below</td>
<td>24-38</td>
<td>4</td>
<td>None</td>
<td>Self-led</td>
</tr>
</tbody>
</table>

Start times:
- Apr 2 through Apr 23: 5:45 pm
- Apr 30: 6:00 pm

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

Download the cue sheet here.

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

Friday

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A/B++</td>
<td>10 am</td>
<td>35-40</td>
<td>3</td>
<td>Some</td>
<td>Dennis Conrad, 804-366-9317</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Joe Kent, 804-301-4018, <a href="mailto:jfkent3@gmail.com">jfkent3@gmail.com</a></td>
</tr>
</tbody>
</table>

Description and Directions: The ride will start and end at the Berea Baptist Church at the intersection of 623 (Ashland

(Continued on page 13)
March, 2015 Weekly Rides

The Ashland Breakfast Club (ABC)

**Pace** | **Time** | **Miles** | **Terrain** | **Stops** | **Leaders**
---|---|---|---|---|---
Varies | 8:30-9:00 AM | 20 to 50+ | Some | Mar 7 TBD
Varies | 9:00 AM | 20 to 50+ | Some | Mar 14 Chuck Jajesnica
Varies | 9:00 AM | 20 to 50+ | Some | Mar 21 TBD
Varies | 9:00 AM | 20 to 50+ | Some | Mar 28 TBD

**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. 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.

**Centerville Saturday Ride – Food Lion**

**Pace** | **Time** | **Miles** | **Terrain** | **Stops** | **Leaders**
---|---|---|---|---|---
B+ | 9 am | 35-45 | 3 | None | Robert Mullins, 338-2782, rsm.mullins@gmail.com

**Description:** Come out on Saturday mornings and enjoy a ride through the rolling, rural countryside of Goochland, Hanover, and Louisa counties. We ride a variety of routes in the 35 to 45 mile range at an honest B+ pace. We also usually have a few riders who ride a faster pace on their own. A reminder including the cue sheet for the week's ride is typically sent via the mailing list on Thursday or Friday.

**Directions:** The ride leaves from the parking lot of the Food Lion in the Broadview Shopping Center in Centerville. The Food Lion is about 8 or 9 miles west on Broad Street from the Parham Rd intersection. If you're coming via I64 take exit 173 and turn left. In less that a mile turn right on Broad St and then the shopping center will be a few hundred feet on the right. Click [here](#) to see the shopping center location in Google Maps.

**Bottoms Bridge Saturday Ride**

**Pace** | **Time** | **Miles** | **Terrain** | **Stops** | **Leader**
---|---|---|---|---|---
A/B+ | 9 am | 37 | 2 | None | Lee Lamb, 804-229-0015, llamb@greenrock.net
Gregg Johns

**Description and Directions:** Ride starts at the Food Lion in Bottoms Bridge on Route 60 (7300 Market Place Drive, Quinton, Va). From Richmond, take 64 East and get off on Exit 205. Bear right off the exit and go to the stop light. Make a left turn on 60 east. Food Lion is about 1/2 mile on the left. We will meet in the front of the parking lot facing Route 60. There is another Food Lion 1 mile away on 249, don't get confused. The ride incorporates most of the Black Creek ride, through eastern Hanover and western New Kent counties. It is about 37 miles. There are some hills and no stops. We will have cue sheets if needed. Contact Lee Lamb 804-229-0015 or llamb@greenrock.net.

**The Ashland Lunch Club (ALC)**

**Pace** | **Time** | **Miles** | **Terrain** | **Stops** | **Leaders**
---|---|---|---|---|---
Varies | 11:30 am-12:00 pm | 20 to 50+ | Some | Mar 7 TBD
Varies | 12 pm | 20 to 50+ | Some | Mar 14 Chuck Jajesnica
Varies | 11:30 am | 20 to 50+ | Some | Mar 21 TBD
Varies | 12 pm | 20 to 50+ | Some | Mar 28 TBD

**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.

(Continued on page 14)
find the sign-up sheet and route maps on the ride leader’s car.

### Saturday

**Molly’s Women Beginner Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>3 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>Amy Ballard, 214-957-2898, <a href="mailto:Amy.ballard@mollysbicycleshop.com">Amy.ballard@mollysbicycleshop.com</a></td>
</tr>
</tbody>
</table>

**Description:** This is a beginner C paced ride in Chester. Great for women who are training for triathlons and learning to ride in a group setting or anyone who starting riding and wants to get better at it. We can also use help from experienced riders who want to support more women getting out there and enjoying a group ride.

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

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2015 Legislative Recap ....

(Continued from page 2)

But some **GOOD NEWS** followed, as ---

SB1220 & HB1342/ the identical bills stating that “The driver of a motor vehicle shall not follow another vehicle, trailer, or semitrailer more closely than is reasonable and prudent” both passed all the way through. The Senate bill unanimously clearing both Senate Transportation and the Senate floor, while the House bill came through Transportation Sub2 6-1, Transportation 20-2, and the House floor 75-22

SB 781 including two other identical Senate bills, 1027 & 1228 that were rolled into it, providing both Senate Transportation and the Senate floor, while the House bill came through Transportation Sub2 6-1, Transportation 20-2, and the House floor 75-22

The bills are SB 781 which provides that “A motorist may cross the double yellow (or solid and broken) line in order to pass a bicycle or pedestrian provided such movement can be made safely” also passed all the way through, clearing Senate Transportation 13-2, Senate floor 37-1, House Trans Sub2 6-1, House Trans 21-1, and House floor 87-9

HB1402 into which several other bills were either rolled or dropped, provided for “VDOT to reimburse Cities and Towns for maintenance of travel lanes, even if lanes were converted to bike lanes” This bill became controversial and got amended several times, becoming strictly for the City of Richmond (instead of statewide), for one year only, but to be studied by the Secretary of Transportation’s office prior to being brought back next year, before it was finally passed, getting through the House by 84-12, and the Senate unanimously.

All these bills now go on to the Governor for his signature prior to taking effect on July 1.

Three other bills which we opposed all failed to report out of their first committee hearing. This group included ---

HB 1746 which would require “Bicyclists to be on a bicycle path or trail, provided one was available, rather than on the highway”

HB 2353 “Prohibiting operation of mopeds on highways where the posted speed limit is greater than 45 miles per hour”

SB 1175 “Permitting localities to impose a tax on bicycle rentals”

Thanks to all who took the trouble to make contacts to their legislators in support of, or opposition to, these bills. Their efforts were definitely helpful and much appreciated, and if you haven’t thanked your legislator for their support (or expressed your disappointment at their lack of it) it’s not too late to do so.

As I’ve mentioned in some previous postings our local legislators have generally been supportive of our efforts, with the two main exceptions being ----

- Chris Peace of New Kent & Hanover  delpeace@house.virginia.gov
- Lee Ware of Powhatan  dellware@house.virginia.gov

In hopes of better support in the future, it would be helpful if constituents of these two would send them an Email expressing your disappointment at “their consistent failure to support measures to improve safety for cyclists in their area as demonstrated by their votes against both the “Don’t Follow Too Closely” and “Crossing the Double Yellow Line” bills. Naturally, all the other local legislators, who were supportive, would welcome receipt of a message of thanks for their support.
The Ride and Event Calendar later in the Pedaler Plus contains an abbreviated version of the following table. It only includes the information in the first three columns. The additional information shown in the rest of the table will help you choose the type of ride you would enjoy!

### Road Ride Pace Key

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

- All riders are welcome to attend any ride although any rider riding slower than the lower range of the advertised average riding speed could be dropped. Consider attending a slower paced ride if you are uncertain of your ability and want to ride with the leader.
- The speeds listed are average speeds over ride distance.
- All riders must have a helmet and water. It is recommended each rider also have a spare tube and pump.