Soon Spring Will Have Sprung

February is over, and March is here. Soon we will be getting into the Summer ride mode. As the time approaches ride leaders are always in need. If there is a ride that you regularly attend please think of offering to help lead the ride. All of our ride leaders are volunteers. They have lives outside of RABA, and cannot always make it to a ride. Having someone that can fill in with bringing the sign in sheet will always be helpful.

We are also gearing up for the New Rider Rides. JJ, our Monthly Ride Director is looking to have a great turn out. The rides begin in April and he could use people to commit to helping with different pace groups. Please contact JJ if you are able to help.

You will notice that Fran has been working hard to get posting of Non-RABA rides onto the website (http://www.raba.org/non-raba-events), and into the Pedaler. We are trying to make sure that our members are aware of any rides around our area that members might be interested in. If you know of a ride that we have not listed please send Fran an email with information so the ride can be checked out and the information posted.

There was a glitch in the timing for Bikejournal.com. The check was delayed in getting to bikejournal.com, causing a couple of days on no-premium service for our members. Be assured no data was lost, and everything was back as it should be in just a couple days. Look for additions to be coming to the internet services that your membership provides as well.

Remember this is your club, and it is able to be as great as you are willing to make it. Take time to help other riders, and to help out with club events. Always ride safe and treat others on the road with respect. The image that we give to others is often the image that is reflected back to us from them.

-Wes Surina
Many of us know Alan for his amazing talents as a photographer. He is usually the person taking pictures for our annual HOVA ride, our social gatherings, our “Ride with the Board event in June, and our annual August picnic. What a gift he shares when these pictures are captured as Alan uses some of the finest equipment and has years of professional photographic training from his service in the Army.

Alan also worked as a reporter for the Richmond Times Dispatch and brings that “trained eye” for capturing detail and a great story. Alan, and his wife Maureen, are avid outdoors enthusiasts and big RABA supporters. Often you can find both of them involved in supporting the club as a volunteer for an array of events.

So when I found myself riding with both of these folks on a recent 80 degree day in February on the Virginia Capital Trail, I decided to capitalize upon a chance to learn more about Alan and turn the lens on him. As he shared, even with a few setbacks and injuries, he was able to accumulate over 2000 miles in 2017. A new CO-OP carbon fiber bike given to him as a birthday gift by his wife has him focused on adjusting that statistic in 2018 and a planned ride later in the year along the Katy Trail (http://www.bikekatytrail.com/) in St. Louis, MO. Kudos to both of you for all that you continue to do for RABA and to promote cycling!

In the Spotlight - RABA Member Alan Cooper
By Fran Smith, Director- Public Relations

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.

2018 Board of Directors
President: Wes Surina, wessurina@gmail.com
Vice President: Kim Moore, luv2cycle@yahoo.com
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Ride Director (Weekly Road Rides):
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reorio@vcu.edu
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Chuck-Jaques魔女, cervelo55@verizon.net
RABA Grants Committee Chair: Ron Corio,
reorio@vcu.edu
RABA Apparel Chair--Keith VanInwegen,
keithvaninwegen@gmail.com

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-information/).

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Heard and Seen Around the Club
by Bud Vye

February has been a tough month for cycling with seemingly more cancellations due to either rain or cold weather than rides that have taken place. A couple of beautiful, unusually warm days (one a record for the date in the low 80's) were sprinkled in just to show us what it's going to be like in a month or two, but aside from those the month was generally a washout.

Thought we were going to have to scrub the Saturday Centerville rides as Robert Mullins had announced that he was going to step down at the end of February after leading them every Saturday for about 5 years. At the last minute, however, Karen Murphy has stepped up and recruited several co-leaders to share the leadership with her so it appears that the ride will continue. Many thanks to Robert for coming up with the idea of a western alternative to the ABC ride, designing several alternative routes and leading it on a regular basis. I know that it has been deeply appreciated by the riders from out that way as it has saved them from having to trek all the way to Laurel Park Shopping Center in order to do their Saturday morning rides. Well Done, Robert, you have made a significant contribution to the club! And thanks to Karen and her co-leaders for keeping the ride going.

Another independent film with a private showing of interest to a number of our folks as we had last August with Le Ride. This one was called MAMIL (Middle Aged Men in Ly-cra) and was shown on West Broad St. saving our group the trip out to the West Chester cinema at Rts. 288 & 60 that we made then. Had a conflict, so couldn't make this one. Reports I got were that it was good, not great (as was Le Ride) and that some of our 50-something men recognized some of that mid-life competitiveness in the film that they have seen around here. Never heard who organized this showing, but hope they do a re-run, as was done with Le Ride, so those of us who missed it the first time can watch it.

We haven't had any dangerous dogs activity since we got Shorti the pit bull from Jordan Drive listed on the Registry about a year ago, after Pat Reddington was bitten. Now, Debbie Trainer gets involved in an incident while taking a short cut back from one of Dee Nuckols' rides out of Rockville Little League fields. This one was in Louisa county, and as she describes it "I ended up being chased by 2 pit bulls on Signboard Road (mailbox said 75 Signboard Road) just before its intersection with Bell Meade road. The one dog was all over my bike and my calf, but fortunately I didn't go down and skin wasn't broken although I was terrified. I called the Louisa animal control office and they took all the info and said they would go out to the house and follow up, and that they may call me or Dan if needed." I'm not personally familiar with that neighborhood, but those of you who might be riding out there, look out for those dogs and call 911 immediately if you have any problems. Meanwhile, Debbie & I will be following up with Louisa Animal Control to see what they have to report about the dogs at that address.

Bruce Walton & I took advantage of the Historical Society's Member's Preview of their World War I exhibit and enjoyed it very much. Not much coverage of the war itself, but primarily devoted to what was happening back on the home front during that era. Bruce & I and some others are going back when the crowds are smaller to take a closer look at the exhibit and recommend that you all check it out, also.

Some traveling going on as Duane Brown takes a break from his severe winter in western Wisconsin and goes down to Panama City, Florida for a month. From there he came up for a week's visit to Janie Dean and his old buddies from the Retiree's group, a contingent of which had dinner with him at the County Seat in Powhatan Courthouse. Barry & Martha Pullen are also heading south, with their bicycles, taking a series of bike rides as they work their way down the eastern Seaboard. Paul Silverstein, still happy with his electric bike, is driving down to Florida, from whence he will be taking a cruise to various islands in the Eastern Caribbean.

Right near the end of the month, I drove in to the brand new Greenwood Park off of Greenwood Rd. just .7 mile from the Huntion intersection we ride through all the time. It was quietly opening with a weekend soccer tournament. Four very nice soccer fields, beautifully lit, with the first artificial turf surfaced fields in the county, and parking spaces for more than 300 cars, on an 88 acre portion of the almost 200 acre site. This portion makes up the $11 million first phase of Henrico County Parks & Rec's eventual much larger complex which includes significant riverfront along the south side of the Chickahominy. The parking area merits a close look as a potential starting point for such rides as our ABC, once the Laurel Park Shopping Center goes under development. We may not be welcome during big tournament events (the type of events this complex is designed to attract) but it will certainly be worthy of consideration for rides during times when the complex is less heavily used.

Emily Kimball is rehabbing from her recent heart valve surgery, which reportedly went well, and is looking forward to being back at tennis and bicycling in about a month, just as the weather gets nice.

A good turnout of 32 members found their way to the Sweet Spot Cycling Studio on 2/26 for the club's February Meeting. At 5522-B Lakeside Ave. it's not hard to find, in a
small strip center on the same side of Lakeside’s main drag about a block up from the RiteAid drug store and Coleman’s

Flowers which are at Dumbarton. Ex-bike racer Erin Wittwer owns the place and is the head coach, while Mike King handles the Bike Fits and repairs. After a social time and introductions, the action moved to the small Fit Room in the rear where Mike & Erin discussed and demonstrated Bike Fit while the on-lookers packed the room and the overflow looked in the door. Those who saw the presentation were impressed with the professional level of both Erin & Mike and were heard to comment that “a fit would be money well spent, even if you already think you properly fit your bike.” Thanks to Erin for hosting our meeting, and to both her & Mike for their presentations.

Earlier the same day, as I had reported to the Club Message Board, HB181/ the Distracted Driving bill had cleared the Senate Courts of Justice Committee by a 10-3 vote. This was a big victory on the bike safety front (and for highway safety in general) breaking a string of defeats we had experienced in this Legislative session, most of which were by narrow margins on party line votes. This was one of our higher priority issues, however, so was a very welcome result. Now we still have to get it off the Senate floor, then back to the House for them to approve the amendments and then on for the Governor’s signature, but we appear to have cleared the major hurdle. Once we see the final disposition of this bill, I’ll do a recap of the Session, but we are a little premature for that just yet.

Thanks to those of you who took the trouble to contact your legislators as we went along! And a HUGE Thank You to RABA Past President Champe Burnley (now President of the Virginia Bicycling Federation) who has been our tireless point man down at the Legislature as my energy has been the victim of advancing age. The campaign for Bike & Pedestrian Safety is a continuing one, and even if a particular battle may be lost, persistence and perseverance does pay off in the long run, as I can see by our long list of achievements as I now approach 20 years at it. I’ll share my list with you next month, after we conclude this session. Looking it over brings back memories and is good for my morale, and should be for yours also, as you see what we have accomplished.

In closing, don’t feel bad if you missed out on getting tickets to the Banff Festival. We’ve also got the Henrico Parks & Rec Adventure Series at the Board Room at 7:30 on 3/2 & 16, followed by the Telluride Mountainfilm on Tour at 7 on 3/23 at the Henrico Theater in Highland Springs.
So Many Emails!
By Wes Surina

RABA members love to talk about riding bicycles almost as much as they love actually riding. Of course this can lead to your email box getting a little congested. Did you know you can fix that, and still stay in touch with the email service? You do have the option to get a condensed email every day, rather than getting each and every RABA email.

Selecting Daily Digest

If you feel overwhelmed by the amount of RABA messages sent to your inbox every day, there is an option to lessen the traffic without cutting yourself off from the email service and thereby losing touch with what is going on with the club. It is called the “Daily Digest” option. The Daily Digest groups all emails sent in a 24 hour period – 12:01 PM to 11:59 AM – and sends them together at 12 Noon every day, in one easy-to-read format.

NOTE: Users of the Daily Digest should be aware that last minute alerts/cancellations messages are obviously not delivered until 12 Noon. If you are dependent on ride alerts and changes being posted close to a ride start time, do not use Daily Digest.

To select Daily Digest:
1. Go to www.raba.org
2. Go to the left side of the page and select link that says "RABA Member Area Log In"
3. Sign on - if you don't know your password, there are instructions on how to reset it
4. Once you get in, you will be taken to a page that says “Welcome to the Member's Area!”
5. Go down about 2/3 of the page to a section called “Members Area Functions”
6. Within that area, you will see “Message Boards” - click on that link
7. It will show you a page where the "RABA" board is listed, in a table that has column headers "Opt-In" and "Daily-In"
8. To start receiving the Daily Digest, click the little box that says "Daily-In" (right hand side)
9. This will immediately STOP messages being sent to your inbox at the moment that they are being sent from RABA members
10. Messages will now be grouped for 12 Noon daily delivery to your email inbox.

To De-select Daily Digest:
1. Go to www.raba.org
2. Go to the upper left hand side and select the link that says "Login to Member Area"
3. Sign on - if you don't know your password, there are instructions on how to reset it
4. Once you get in, you will be taken to a page that says “Welcome to the Member’s Area!”
5. Go down about 2/3 of the page to a section called "Members Area Functions"
6. Within that area, you will see "Message Boards" - click on that link
7. It will show you a page where the "RABA" board is listed, in a table that has column headers "Opt-Out", "Daily-In" and "Daily-Out"
8. To remove yourself from Daily Digest delivery, de-select the box that says "Daily-Out"
9. This will immediately allow messages to be delivered to your inbox at the moment that they are being sent from RABA members

Bikejournal.com
By Wes Surina

Did you know?

Are you aware of the benefits that being a RABA member offer you? One of the things you get as a RABA member is access as a premiere member to bikejournal.com.

Bikejournal.com is a mileage tracking website that allows you to track your individual mileage and compare it to others in our club, and riders from around the world.

The site allows you to track an unlimited number of bikes, and almost every component you put on your bike. It has visual graphics to track chains, tires, brake pads, whatever you want. You can set mileage limits and the site will track when it is getting time to replace an item. You can use it to track mileage between chain cleanings, tire rotations, or just so you know how many miles you really got out of that $150 racing slick, compared to the $60 one you had on it before.

You are also able to set up and organize to your own likes from a large selection of metrics. You can track cadence, heart rate, total cadence, average cadence, and many more.

Take some time to explore the benefit that you are paying for, and remember that when you enter 1,000 miles on bikejournal.com you will get an invitation to the annual High Mileage awards party, free food and a certificate.
Bike Travel Weekend
By Grace Silverstein

Adventure Cycling’s third annual Bike Travel Weekend is scheduled for June 1-3, 2018. With all the ride options through RABA, this is a great opportunity to try your first or 100th overnight bike trip. Get together with friends or family and plan a trip. There are unlimited tips and great information on the Adventure Cycling web site, www.biketravelweekend.org.

Check out what others have done last year to get ideas and suggestions. If you stay in state, there are four advisors listed for Virginia. If you want to travel outside the state, there are many advisors listed. This list can be accessed on the website. If you don’t want to commit for the whole weekend, still register and plan a day ride, on road or on a bike trail such as the Capital Trail. This is an easy opportunity to involve young children in a stress-free adventure.

If you are a social media user, check out #adventurecycling #biketravelweekend #bikeovernights . Registration is free and you will be entered into a drawing for a Co-Motion Cycles Divide bike.

In the Public Eye...
(Continued from page 1)

President Wes Surina and I have also been seeking opportunities with local cycling organizations to continue our partnerships and mutual desires to promote and expand cycling throughout Richmond. A few weeks ago we had a great chat with Cat Anthony, Executive Director for the Virginia Capital Trail Foundation. Again, their upcoming Cap-2-Cap Trail ride, https://www.active.com/charles-city-va/cycling/vcu-health-cap2cap-bike-ride-2018, is one many of our members choose to ride and we work with them to support both our annual cycling events. This is a great partnership and one that we are building on with possibilities for a jointly sponsored cycling event in 2019 (more to share later in the year!).

In late March or early April, we anticipate joining our Bike/Walk RVA friends with Sports Backers in planning their May Bike Month calendar of activities. We will be adding our RABA rides to that calendar including our second “New Riders Ride” and possibly others. We understand that a “premiere cycling event” is planned for Henrico, Chesterfield, and Hanover and are looking forward to learning about how RABA can be a major player.

Finally, we wanted to expand this column with a new section entitled, “In the Spotlight” to feature some of our members that accomplish amazing things in cycling or are important foundations to our club. This month, that person is Alan Cooper and you’ll find the article here.
March Club Meeting

When: Monday, March 26, 6 PM
What: Bicycling Safely and Wisely on the Road
Where: Urban Farmhouse Café at Rocketts Landing, 4821 Old Main St, Richmond, VA 23231

RABA has had the good fortune of having Eric Martin as its Bicycle Safety Chair for the past several years. As we get ready for the busiest time of the year for bicycling—spring, summer and early fall—we thought it would be helpful to have Eric do a presentation on what are best practices in terms of riding on the road. Being safe and obeying the traffic laws while having fun are always good things to do!

We have had this presentation at a Henrico County Library space, but unfortunately, the large meeting rooms are already booked for this date, so we return to our friend and supporter, Urban Farmhouse at Rocketts Landing. There is parking in the lot next to the café or along the streets nearby. Note: due to the roadway construction and GRTC express bus transformation taking place in that part of town, please plan for extra driving time.

The club will offer some light food refreshments, so it would be very helpful to get a catering headcount. Beer, craft beer, wine, and non-alcoholic drinks will be available for purchase.

**This is a members-only event.**

Please register by Thursday, March 22 at: https://www.viethconsulting.com/members/evr/reg_event.php?orgcode=RABA&evid=18693835

Bikejournal Report

As of February 25, 2018, RABA riders logged 33,257 miles year-to-date on Bikejournal for second place among Bikejournal clubs.

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<th>Club Name</th>
<th>Miles Logged</th>
<th>Location</th>
<th>Total Miles</th>
<th>Rank</th>
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<td>The Villages, FL</td>
<td>59,237 (+25,980)</td>
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<td>Richmond Area Bicycling Assoc...</td>
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<td>Tempe, AZ</td>
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<td>5</td>
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Miles Logged by Month

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<td>71,537</td>
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<td>53,565</td>
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<td>45,503</td>
<td>39,154</td>
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<td>39,198</td>
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<td>52,199</td>
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<td>545,757</td>
<td>593,397</td>
<td>529,358</td>
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2018 RABA Leader Board

1. Terry Ward 936.0
2. Paula Dahl 935.5
3. Harry Davis 799.7
4. Karl Schmitz 782.0
5. John Loughran 777.0
6. Keith VanInwegen 742.2
7. Wes Surina 733.6
8. Ray Reed 701.7
9. Lucille O’Neill 695.7
10. Tim Kelly 682.2
Here is the new design for RABA apparel. We are using Starlight out of Roanoke. They re-open their online store for us occasionally for a limited time. Then, order your gear and have it shipped to your home. You can get a short sleeve jersey (club fit), bibs or shorts, arm warmers and a wind/water jacket. Some popular sizes will be kept in stock but anyone interested in this gear is encouraged to order directly from the web when the store reopens. Keep an eye on your mailbox for notices.

Contact Keith at Keithvaninwegen@gmail.com if you have any questions.

Shops and Businesses Offering RABA Member Discounts

- **Pedal Power Bicycles**, Broad St./Staples Mill Rd (former Rowletts location), 10% discount on parts and accessories with proof of membership.
- **Conte's of Richmond**, 4300 Poncey Tract, Ste H, Glen Allen, VA 23060 10% discount.
- **Molly's Bicycle Shop**, 4515 W. Hundred Rd, Chester, VA 23831, 10 percent discount on parts and accessories, 5 percent discount on parts 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.
- **Deb Young, Road Tested Bike Tours LLC**, Richmond, VA. Also at www.Facebook.com/RoadTestedBikeTours – 10% discount.
- **Sweet Spot Cycling** is offering RABA members 10% off indoor training classes (drop-in rate and class packages) using the following discount code: RABA2018

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

Become a RABA Ride Leader!

For more information or to schedule a ride, contact:

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

**Ride Director (Monthly Road Rides):**
John Johnson, mksm1@msn.com 804-814-1066

The deadline for getting April, 2018 rides listed in The Pedaler is March 15

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.

RABA APPAREL

www.raba.org

Table of Contents
March, 2018 Monthly Rides

Ride Director (Monthly Road Rides): John Johnson, 804-814-1066 , mksm1@msn.com

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

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

<table>
<thead>
<tr>
<th>Pace</th>
<th>Typical Average Riding Speed</th>
<th>Description</th>
<th>Terrain Key</th>
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<tbody>
<tr>
<td>A+</td>
<td>20+ mph</td>
<td>Very strenuous</td>
<td>1</td>
</tr>
<tr>
<td>A</td>
<td>18 up to 20 mph</td>
<td>Strenuous</td>
<td>2</td>
</tr>
<tr>
<td>B+</td>
<td>16 up to 18 mph</td>
<td>Fast social with emphasis on riding</td>
<td>3</td>
</tr>
<tr>
<td>B</td>
<td>14 up to 16 mph</td>
<td>Moderate social with emphasis on riding</td>
<td>4</td>
</tr>
<tr>
<td>C</td>
<td>12 up to 14 mph</td>
<td>Brisk social</td>
<td>5</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>MB</td>
</tr>
</tbody>
</table>

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

March 3, 10, 17, 24, & 31 (Saturday) and March 4, 11, 18, & 25 (Sunday) Beginners Training and Initial Conditioning Rides

Info and Ride Leader: John Johnson (JJ) at: mksm1@msn.com . Sending JJ an email that you are intending on coming would be greatly appreciated.

Each Saturday or Sunday starting March 3 and 4 (and each weekend thereafter in March) there will be two training rides – for the real cycling beginners. One will be on Saturday at 9 am at West Creek, at the Kindred Spirit parking lot and the other on Sunday at 10 am, on the East end of RVA, at Dorey Park.

Rides will all start with a 10 minute class on safety, fundamental of cycling (shifting, braking, signaling), riding with others and rules of the road etc. Then both rides will go in 1 or 2 mile circles, each circle returning to the start point. This permits riders to choose to stop or try another loop. Thus the beginning rider self-select to continue – based on their fitness and confidence. Total distance of the rides would be around 5 to 8 miles.

These rides are to prepare new riders for the RABA New Rider Rides, which are longer and more challenging.

If you have friends or family that want to begin riding and need help tell them these rides are perfect for them.

The Pace will be: 8 mph and adjusted to the fitness of riders that show up – no drop - no hills.

Riders will have to bring their own bikes and helmets to these rides. No helmet - no ride.

Locations:
- Saturday 9 am at Kindred Spirit Brewery Parking Lot at 12830 West Creek Parkway, Goochland, VA 23238.
- Sunday: 10 am at Dorey Park at 2999 Darbytown Road, Henrico, VA 23231, (Dorey Park Drive, near the picnic shelter at the back of the park - near the lake.

March 10 (Saturday) West Point Area Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
<th>West Point Area Ride</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>10 am</td>
<td>30+</td>
<td>3</td>
<td>1</td>
<td>Rich Thompson, <a href="mailto:LeMondRdr@gmail.com">LeMondRdr@gmail.com</a> or 757-291-2548</td>
<td></td>
</tr>
</tbody>
</table>

Start Time Note: It Must Be 40 Degrees at Ride Start Time for the ride to proceed

Ride Description: Rich Thompson invites you to join him for his favorite quick get-away ride to the country roads just outside of the Town of West Point.

This ride has it all! Flats, Rolling Terrain, False Flats, and even one Decent Climb to test your legs and heart/lungs on beautiful country roads with low vehicular traffic. By all accounts this is a great early season ride to get you motivated for any Spring

(Continued on page 11)
March, 2018 Monthly Rides

Events that you by planning to participate in.

This ride will also feature a rest stop at a Turn of the Century General store before we roll out for the last 10 miles of the ride. Note the General Store ONLY TAKES CASH for any purchases.

After the ride, I invite ride participants to join me for a late brunch at the Farmer's Daughter Restaurant located just outside of West Point on the way back to Williamsburg/Richmond at 18950 Motel Drive, West Point VA. They have amazing omelets and homemade biscuits.

Since the weather can be unpredictable in early March the ride will only proceed with a start time temp of 40 degrees or higher. Please confirm your participation with the Ride Leader Rich Thompson by No Later than 9 PM on Friday, March 9 2018.

Ride Start & End Location: West Point Middle School Parking Lot by the Water Tower (1040 Thompson Ave. West Point, VA 23181)

March 17 (Saturday) - COTU St. Patrick’s Day Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+/A</td>
<td>9 am</td>
<td>34</td>
<td>3</td>
<td>1</td>
<td>Chip Goble, <a href="mailto:Chipgoble@gmail.com">Chipgoble@gmail.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>9 am</td>
<td>34</td>
<td>3</td>
<td>1</td>
<td>Andrew Mann, <a href="mailto:rabamann@aol.com">rabamann@aol.com</a></td>
</tr>
<tr>
<td>B</td>
<td>9 am</td>
<td>34</td>
<td>3</td>
<td>1</td>
<td>Ed Hellermann, <a href="mailto:ed.hellermann@gmail.com">ed.hellermann@gmail.com</a></td>
</tr>
</tbody>
</table>

Description and Directions: This ride starts and ends at the Center of the Universe Brewery (11293 Air Park Rd, Ashland, VA 23005). You can find the route at http://www.mapmyride.com/routes/view/1936678340.

If you choose, you’ll have an opportunity to donate to RABA’s Bikes for Kids program or to the St. Baldrick’s Childhood Cancer Foundation.

March 17 (Saturday) - Charles City Zig Zag

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B/C</td>
<td>9:30</td>
<td>41/30</td>
<td>3/4</td>
<td>2/1</td>
<td>John and Joyce Knox 804 737 8125 <a href="mailto:jskjbk@aol.com">jskjbk@aol.com</a></td>
</tr>
</tbody>
</table>

Description and Directions: The ride starts and ends at Charles City Courthouse which is just off Route 5 on Court House Road in Charles City County. (Half hour east of the City of Richmond's east side.)

The trip is very rural on roads with little traffic and even few homes. The 41 mile ride makes an 8 around Adkins Store for two stops while the 30 mile ride visits Adkins only once. After the ride Stay for lunch at Cul's Courthouse Grill across the street. Nice restrooms at the Courthouse for bicyclists use.

March 24 (Saturday)- 8:15 am - Adopt a Highway Trash Pick Up and Ride

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

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

April 21-22 (Saturday/Sunday) - Weekend Adventure - Farmville

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>9 am</td>
<td>55 (Sat.)/70 (Sun)</td>
<td>3</td>
<td>Varies</td>
<td>Andy Schafer 562-522-0161, <a href="mailto:andy.schafer99@gmail.com">andy.schafer99@gmail.com</a></td>
</tr>
</tbody>
</table>

Description and Directions: This is a 2-day ride of about 57 miles (2100 ft elev) on Saturday and a 71 mile (2300 ft elev) return on Sunday. Touring pace – 13 to 14 Avg. The ride visits Sailor’s Creek Battlefield State Park (Lee’s Retreat route) and we ride the High Bridge Trail for about 8 miles entering Farmville. Sunday we'll ride parts of Virginia Bike Route 1 as we return to Winterpock.

Make your own reservations in Farmville - Days Inn, Comfort Inn, Hampton Inn, Tru by Hilton – prices range from $75 - $120 + taxes (all include breakfast). There are also numerous B&Bs. Hoping for a volunteer driver for bags. We'll start from Bethia United Methodist Church at Winterpock and Beach in Chesterfield County at 9 AM.

Optional start in Powhatan if there is interest (please contact me) – this reduces the Sunday return mileage to about 40. This is a great intro to bike touring. Tandems welcome.
March, 2018 Weekly Rides

Ride Director (Weekly Road Rides): Konrad Orta, 804-386-7120, konrad.orta@gmail.com
New Riders: Please call the ride leader ahead of ride time to be sure that the ride will be at your pace and skill level.

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

Sunday

**Sunday Casual Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stop</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>11:30 am</td>
<td>22-26</td>
<td>5</td>
<td>1</td>
<td>Grey Nugent</td>
</tr>
<tr>
<td>D</td>
<td>11:30 am</td>
<td>22</td>
<td>5</td>
<td>1</td>
<td>Wes Surina, (804) 234-4030, <a href="mailto:wessurina@gmail.com">wessurina@gmail.com</a></td>
</tr>
</tbody>
</table>

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

Ride Information HERE.

**Sunday Portabella Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>10:30 am</td>
<td>19-52</td>
<td>4</td>
<td>Various</td>
<td>Coordinator: Ken Robertson, <a href="mailto:robertson12001@gmail.com">robertson12001@gmail.com</a></td>
</tr>
</tbody>
</table>

**Leaders:**
- March 4: John Senn, john.senn@comcast.net
- March 11: Ken Robertson, robertson12001@gmail.com (daylight savings time begins)
- March 18: John Loughran, kloughran@aol.com
- March 25: David McMillan, mcmillanmail@comcast.net

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

Ride Information HERE.

**Powhatan Courthouse**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>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>
<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 and Directions:** Meet at the Powhatan County Courthouse on Route 13.

Ride Information HERE.

Monday

**Mondays with Mary**

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

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

Ride Information HERE.

**Monday Ashland Ride**

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

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

Start time varies. Check your email.

Ride Information HERE.

(Continued on page 13)
## March, 2018 Weekly Rides

### Tuesday

**Tuesdays at Rockville**

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

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

[Ride Information HERE.]

### Wednesday

**Retiree's Midweek Ride and Lunch**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B &amp; C</td>
<td>10 am</td>
<td>25 to 40</td>
<td>Varies</td>
<td>Varies</td>
<td>Barry Pullen, 561-3950, Brian McCahill, 389-6067, 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.

[Ride Information HERE.]

**Stratford Hills Ride** *(Note: Last Date of Ride is March 7)*

<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](http://www.raba.org/map/Stratford-Hills-to-Salisbury-32.pdf)

[Ride Information HERE.]

### Thursday

**Unemployed Cyclists Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A/B+</td>
<td>10 am</td>
<td>varies</td>
<td>3</td>
<td>Varies</td>
<td>Bob Gore, 804 370-9906, <a href="mailto:gogerom0715@gmail.com">gogerom0715@gmail.com</a></td>
</tr>
</tbody>
</table>

**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.

[Ride Information HERE.]

**BDR (Before Dinner Ride)** *(Note: Ride Starts March 15)*

<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>
</tbody>
</table>

**Description:** This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. The twenty mile route follows the ABC route which is almost flat to Ashland and back to Laurel Park Shopping Center. Longer routes have a few hills. An official C pace will be added later, when we have more daylight and the ride time moves to 6:00 PM (May), but all paces are welcome and may be self-led. While the faster paces, B and up, are not no drop, leaders will generally try and make sure that no one is dropped from their group, regrouping as needed. This ride is open to all cyclists. Due to the possibility of returning in low light, each rider should have a working head-light and a rear blinkie. After the ride join your fellow riders for dinner, usually at Franco's on Staple's Mill Rd or another local

(Continued on page 14)
(Continued from page 13)

restaurant.

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

*Ride Information HERE.*

### Friday

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

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>10 am</td>
<td>25-33</td>
<td>2/3</td>
<td>1</td>
<td>Dave Miller, <a href="mailto:dialdave@aol.com">dialdave@aol.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Trevor Calame, <a href="mailto:trvr.calame@verizon.net">trvr.calame@verizon.net</a></td>
</tr>
</tbody>
</table>

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

*Ride Information HERE.*

**Fridays Aw Shucks Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A/B+++</td>
<td>10 am</td>
<td>35-40</td>
<td>3</td>
<td>Some</td>
<td>Ray Reed, 804-441-4923 , <a href="mailto:r.reed02@gmail.com">r.reed02@gmail.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** The ride will start and end at the Aw Shucks Country Store, 6100 Pouncey Tract Rd., Hylas, VA. Please park to the right of the store beside the propane tank. The ride will vary each week. Maps and cue sheets will be available for those wishing to ride at their own pace.

*Ride Information HERE.*

### Saturday

**The Ashland Breakfast Club (ABC)**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader/Coordinator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>9 am-</td>
<td>20-50+</td>
<td>5</td>
<td>Some</td>
<td>Konrad Orta, 804-386-7120, <a href="mailto:konrad.orta@gmail.com">konrad.orta@gmail.com</a></td>
</tr>
</tbody>
</table>

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

*Ride Information HERE.*

**Centerville Saturday Ride – Food Lion**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>10 am</td>
<td>35-45</td>
<td>3</td>
<td>Some</td>
<td>Karen Murphy, <a href="mailto:murphykaren5@yahoo.com">murphykaren5@yahoo.com</a></td>
</tr>
</tbody>
</table>

**Directions:** The ride leaves from the parking lot of the Food Lion in the Broadview Shopping Center in Centerville (30 Broad Street Rd, Manakin-Sabot, VA 23103).

*Ride Information HERE.*

**Saturday, 12 Noon**

**The Ashland Lunch Club (ALC)**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader/Coordinator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>12 Noon-</td>
<td>20-50+</td>
<td>5</td>
<td>Some</td>
<td>Konrad Orta, 804-386-7120, <a href="mailto:konrad.orta@gmail.com">konrad.orta@gmail.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** 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.

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

*Ride Information HERE.*

**Molly's 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@mollysbicycleshop.com">Amy@mollysbicycleshop.com</a></td>
</tr>
</tbody>
</table>

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

*Ride Information HERE.*
The **Ride and Event Calendar** later in the *Pedaler Plus* contains an abbreviated version of the following table. It only includes the information in the first three columns.

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

### Road Ride Pace Key

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

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