March RABA Meeting

What: Cycling Mythbusters
When: Monday, March 18, 6 PM
Where: InMotion Physical Therapy, 5711 S. Laburnum Ave, Richmond, VA 23231
Presenter: Erik Lineberry, DPT

Over the years, some ideas take root about bicyclists, bicycling, bicycling parts or materials. For instance, shorter crank arms allow a cyclist to spin more, which is very good form—we’ve all been told that a higher cadence is better than lower. But is this really true that shorter crank arms help with spinning? Erik Lineberry, DPT, would like to re-educate and tell us what is really true. Come out and hear what we thought was true and how that has evolved to be not true. This is a RABA members only event.

In past meetings at InMotion, the business owner has provided light refreshments and a special discounted deal just for attendees! Don’t miss out a potential “surprise gift” in the form of a discount on some service because you did not attend, e.g., bike fitting at 50% or more discount was provided last time. To help our host plan for the meeting, please register by Friday, March 15 at: https://www.viethconsulting.com/members/evr/reg_event.php?orgcode=RABA&evid=20798119

Reminder: a confirmation email is sent to every successful registrant. If you don’t immediately receive an email confirmation, that means that your registration did not go through. Please try again!

February 26 Club Meeting – Concussion 101

Thanks to those who came to the Libbie Mill Library just off of Staples Mill Rd to hear Brain Injury Association of Virginia (www.biav.net) Executive Director Anne McDonnell give a presentation on the brain, the how / why / what of traumatic brain injury and what BIAV does for brain injury survivors. Anne started her work career as an occupational therapist at Sheltering Arms Rehabilitation Hospital over 20 years ago. She has spoken at many conferences and goes to the Virginia General Assembly each year to lobby for funding for brain injury support and studies. Everyone who attended really loved her energetic presentation and her in-depth, yet easy to understand,

(Continued on page 3)
Adventure Cycling Association Meeting
The power of bicycle travel.

Come find all of these at a special regional gathering of people interested in bicycle travel hosted by Adventure Cycling Association at the Main Branch Auditorium at the Richmond Public Library on Thursday, March 14 from 5:30 PM to 7:30 PM (program starts at 6:00 PM). This event will be held in partnership with the Virginia Bicycling Federation.

Please RSVP for the gathering at info@adventurecycling.org or 406.532.2751 by March 12.

Daylight Savings Time Starts on the Mar. 9 & 10 Weekend

Remember to turn your clocks forward one hour on Saturday evening (March 9) or Sunday morning (March 10). Daylight savings time is starting!

Be sure to check the ride schedules here in the Pedaler, the web site, and e-mail notices you receive to see if the rides you’re interested in are affected.

Table of Contents

Club News .................................................. 1
Heard and Seen Around the Club ..................... 2
RECAP: Icicle Bicycle Ride Hosted by Soles4Souls ...... 3
Icicle Bicycle Ride Pictures ............................... 4
Bike/Journal Report ........................................ 5
Heart of Virginia Bike Festival Sponsors .............. 6
Classifieds and Info ....................................... 7
March, 2019 Monthly Rides ............................... 8
March, 2019 Weekly Rides ................................. 9
RABA Standard Road Ride Paces ...................... 10
Ride Calendar ............................................. 11

2019 Board of Directors

President: Wes Surina, wessurina@gmail.com 804-687-3117
Vice President: Kim Moore luvs2cycle@yahoo.com 804-358-0935
Treasurer: Cindia Evans, cnevans@comcast.net 804-789-0511
Secretary: Deanna Weiler, dfiubanana@gmail.com 804-334-6860
Ride Director (Weekly Road Rides): Josh Silverman, jds17@yahoo.com 804-307-3338
Ride Director (Monthly Road Rides): Konrad Orta, konrad.orta@gmail.com 804-386-7120
Public Relations Director: Ed Hellermann, ed.hellermann@gmail.com- 804-921-7158
Membership Communications Director: Richard Halle, rrichhalle@verizon.net 804-744-1760
Bicycling Advocacy Communications Director: Bud Vye bdvye@comcast.net 804-262-9544
Membership Director: Kristen Swanson, swansonkba@gmail.com 804-399-7672
Century Chair: Gregg Hillmar, bike@hillmardesign.com 804-683-2503
Past President: Wes Surina, wessurina@gmail.com 804-687-3117

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: Ted Zeh, zeh@cox.net 804-337-6172
New Rider Recruitment & Retention: Chuck Jajeswine, cervebo55@verizon.net 804-543-8967
RABA Grants Committee Chair: Steve Bolte, sebolte@yahoo.com 804-690-0208
RABA Apparel Chair-Keith VanInwegen, keithvaninwegen@gmail.com 804-339-2820

Submissions for The Pedaler:
The Pedaler welcomes submissions in any form, email preferred. All become property of The Pedaler.
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/).
Disabled list adds one name as Vic Hines has spinal fusion surgery which should have him on there for at least a couple of months. Hope he heals quickly so he can be back out on the road with the Retirees once the weather gets nice.

Good to get a report from Konrad Orta that he is healing from his incident where he was hit from behind by a car out in the east end, and more importantly that his relatives are hanging in there amidst all the turmoil down in his native Venezuela. Know that our thoughts are with you, Konrad (and with them) as they go through these chaotic times down there.

Also looking like he’s healing from a similar hit from behind incident is Ted Zeh, with his arm in a sling as he sustained a broken collar bone. Not sure what’s responsible for these type of incidents as more riders than ever are riding with their blinkies on during the daytime and are doing their best to follow our old friend Frank Hargrove’s advice to be as visible as possible when riding. It has to be that the drivers are not paying attention for them to run up on a bicycle from behind. Yet we continue to be unable to get a bill passed at the Legislature to ban the use of a handheld cell phone by drivers, although we’ve gotten closer than ever this year as I’ve been reporting on my Legislative updates to the club’s E List.

Father Time keeps adding to his toll of the years as we learn that Bobby Wrenn, who many of us know from his years in running the Peanut Rides, is retiring from his day job as the Clerk of Courts in Emporia at the age of 87. As some of us knew, he has held that post for 51 years and his father had held it before him. Haven’t heard yet whether he will be trying to keep his tradition going of riding a Century on his Birthday, as he had been doing for several years.

Also a bit surprised to learn that Wayne Davis is celebrating his 70th birthday on 3/7, as I didn’t realize he had attained that milestone.

While Dick Pitini is still taking pictures and reports that ----- I am honored that three of my prints have been accepted in Glave Kocen’s “Hung Juried Exhibit!” Come see them in person March 1st at the opening from 6-8PM! The exhibit will run until the end of March, 2019- http://www.glavekocengallery.com/

By now, you might have heard that Alan Lott had suggested that we do an “Adopt a Highway” like trash pickup at Laurel Park Shopping Center prior to the ABC Ride at 8:30 a.m. on March 2nd. Hopefully, a goodly number of riders will join us prior to doing their ride, enabling us to make short work of tidying up the starting point of many of our rides. As most of us know, the property has gotten increasingly bedraggled as its current owner awaits its redevelopment into its next phase as a Retail Shopping Center, which is not expected to happen prior to the passage of another year. As we had heard earlier that the plan for the property had involved redevelopment as housing, this current plan has come as a bit of a surprise.

No shortage of events coming into view as we gladly say goodbye to February----

March 7, 8 & 9 is the always popular Banff Festival at James River HS

Fridays March 8 & 15 the also popular Henrico Parks & Rec Adventure Series @ the county Board Room

with their Mountain Film on Tour concluding the Series on Friday March 22 @ the Henrico Theatre in Highland Springs

Thursday, March 14 Adventure Cycling’s Jim Sayer Speaking at the Richmond Main Library

March 16 our regular Adopt a Highway Pick Up

and jumping ahead to Saturday, May 4 we have the very popular Bike for the Brave Ride @ Winn’s Baptist Church. Registration is now open, with early bird pricing through the month of March

If you still use a calendar, get it out and get these dates on it!

Concussion 101...

explanations of the brain and brain function post-injury.
While it is frightening to hear and learn how fragile our

brains are (it is a gelatin-like mass, floating in cranial fluid) and how little it takes to cause trauma or injury, it is very helpful to know so that we can do more to protect ourselves as possible.
While Sunday morning, February 24, had very wet, drizzling conditions, 56 brave souls rode or walked at RABA Foundation’s inaugural event, the Icicle Bicycle Ride hosted by our charity partner Soles4Souls (https://soles4souls.org/). We had Kathy Wood, a former member in the 1990’s and 2000’s, as our hot soup hostess. We donated over 140 lbs of clothing and 200 lbs of shoes to Soles4Souls. We had lots of happy adults enjoying a cold beer afterwards. We collected several hundred dollars for Bikes for Kids from online registration donations, raffle sales and Andrew Mann’s infamous glass tip jar.

RABA Foundation Board members Cindy Evans, Jo Ann Gordon, Ed Hellerman and Andrew Mann were working as set up, ride leaders, beer servers and clean up volunteers. We had over 10 donations of delicious hot soup / stews / chili. We had a fabulous baked potato bar with all the fixings. We had Julie Appleby, Kathy Hamby, David Hightower, Eric Martin, Mike Moore and Chris Reed as registration check-in, walk and ride leaders, greeters, food servers and clean-up. We had seven additional volunteers from Soles4Souls who sorted, counted and packed away our clothes and shoes within two hours. We had Pedal Power mechanics come out in the morning to help with those last minute bicycle or bicyclist problems.

We heard and felt how riders and walkers affected Soles4Souls Executive Director Stephanie Hathaway and vice versa – she told us that RABA made a positive, impactful difference in the populations that Soles4Souls serve. What we did not have were any accidents, unhappy riders or walkers, bad food or beer and constant rain (skies did dry up by 12 Noon and we saw sun by 2 PM!). We plan to be back next February 2020, asking Soles4Souls to host, to touch each other’s lives again.

Special thanks to Josh Silverman of Silverman Law Firm for being our beer sponsor – we could not have provided the variety and quality of drinks without him. We are grateful to the following businesses for supplying raffle gifts: Amy’s Army of Cancer Warriors, Balance Bicycle, Hilton Hotel, the Outpost, Pedal Power, Tang & Biscuit and Virginia Capital Trail Foundation.

We have a lot of pictures from the event – lots of good people, having a good time. We hope you will join us next year to be a part of it.
Icicle Bicycle Ride – February 24, 2019

Photos by Gary Thabet and Ed Hellermann
Bikejournal Report
By Ted Zeh

As of January 31, 2019, RABA riders logged 21,266 miles for month of January 2019 on Bikejournal for second place among Bikejournal clubs.

<table>
<thead>
<tr>
<th>Club</th>
<th>Mileage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sumter Landing, FL</td>
<td>39k</td>
</tr>
<tr>
<td>RABA</td>
<td>21,266</td>
</tr>
<tr>
<td>Sacramento, CA</td>
<td>11.5k</td>
</tr>
<tr>
<td>PBA, VA</td>
<td>7.0k</td>
</tr>
<tr>
<td>Phoenix, AZ</td>
<td>6.8k</td>
</tr>
</tbody>
</table>

2019 RABA Leader Board
as of January 31, 2019

1. Steve Rosen  866
2. Ray Reed      634
3. Paula Dahl    577
4. Dick Hilliard 560
5. Henry Batista 539
6. Erich Weissbart 512
7. Kevin Campbell 497
8. Terry Ward    470
9. Robbie Andrews 453
10. Steven Trzeinski 448
Thanks to our Sponsors!
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

Here is the new design for RABA apparel. We are using Starlight out of Roanoke. They re-open their online store for us occasionally for a limited time. Then, order your gear and have it shipped to your home. You can get a short sleeve jersey (club fit), bibs or shorts, arm warmers and a wind / rain jacket.

Some popular sizes will be kept in stock but anyone interested in this gear is encouraged to order directly from the web when the store reopens. Keep an eye on your mailbox for notices.

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

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, 12256 W Broad St, Henrico, VA 23233 10% discount.
- Molly's Bicycle Shop, 4515 W. Hundred Rd, Chester, VA 23831, 10 percent discount on parts and accessories, 5 percent discount on bikes other than Felt.
- 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: RABA2019

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

Ride Director (Weekly Road Rides):
Josh Silverman, jds17@yahoo.com 804-307-3338

The deadline for getting April, 2019 rides listed in The Pedaler is March 15.

CLASSIFIEDS 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, 2019 Monthly Rides

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

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

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

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

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

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

March 16 (Saturday) COTU St. Patrick’s Day Charity Cycling Event

Pace | Time | Miles | Terrain | Stops | Leader |
|------|------|-------|---------|-------|--------|
| All  | 10 am | 34    | 3       | 1     | Ed Hellermann, ed.hellermann@gmail.com  
|      |       |       |         |       | Andrew Mann, rabamann@aol.com         |

Description and Directions: I hope you all can join us on St. Patrick’s Day, and since there is no fee to ride in this event, also consider making a tax-deductible donation to either or both of these charities!

Come out and join us for a fun 34 mile charity bike ride, supporting RABA’s Bikes for Kids and St. Baldrick’s Foundation! Wear your favorite green cycling jersey and join us for COTU beers and fellowship following the ride!

Multiple ride leaders will be available for various paces. We will meet and leave from COTU Brewery (11293 Air Park Rd, Ashland, VA 23005) to be ready to ride at 10am.

Here’s the planned route: http://www.mapmyride.com/routes/view/1936678340

Please consider giving generously to RABA’s Bikes for Kids and/or to St. Baldrick’s Foundation on this link for the El Balderino’s team: https://www.stbaldricks.org/teams/mypage/121869/2019

For ride questions, please contact Ed Hellermann or Andrew Mann.

March 16 (Saturday) Adopt-a-Highway Trash Pick Up

Information: Bud Vye, 262-9544

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

March 23 (Saturday) Monthly ABC Ride – RATS Edition

<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>20-40+</td>
<td>Some</td>
<td>5</td>
<td>Andy Schafer, <a href="mailto:andy.schafer99@gmail.com">andy.schafer99@gmail.com</a></td>
</tr>
</tbody>
</table>

Description and Directions: The Richmond Area Tandem Society’s (RATS) ride will start at the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads, All riders are welcome to join them on one of the many rides from Laurel Park to Ashland. The route will typically be in the 25 - 40 mile range dependent on the group choice.
Ride Director (Weekly Road Rides): Josh Silverman, 804-307-3338, jds17@yahoo.com

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

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

### Sunday

**Sunday Casual Lunch Ride**

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

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

[Post 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: David McMillan, <a href="mailto:mcmillanmail@comcast.net">mcmillanmail@comcast.net</a></td>
</tr>
</tbody>
</table>

**Leaders:**

- March 3: Sara Page, saral.gray@gmail.com
- March 10: David McMillan, mcmillanmail@comcast.net (daylight savings time begins)
- March 17: Sara Page, saral.gray@gmail.com
- March 17: John Senn, john.senn@comcast.net
- March 24: Renata Sampson, rsampson119@verizon.net
- March 31: John Senn, john.senn@comcast.net

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

[Post 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.

[Post Information HERE](#).

### Monday

**Mondays with Mary**

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

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

[Post 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>, 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.

(Continued on page 11)
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>10 am</td>
<td>33 to 62</td>
<td></td>
<td>3</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.

Wednesday

Retiree's Midweek Ride and Lunch

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

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

Stratford Hills Ride (Last Ride Date is March 6)

<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></td>
<td>2</td>
<td>None</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)

Thursday

Anything Goes Thursday

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

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

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

BDR (Before Dinner Ride)- (Note: Ride Starts March 14)

<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>, Gregg Hillmar, 804-683-2503, <a href="mailto:bike@hillmardesign.com">bike@hillmardesign.com</a>, David McMillan, 804-337-2710, <a href="mailto:mcmillanmail@comcast.net">mcmillanmail@comcast.net</a>, Josh Silverman, 804-307-3338, <a href="mailto:jds17@yahoo.com">jds17@yahoo.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 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.]

### 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></td>
<td>Some</td>
<td>Josh Silverman, 804-307-3338, <a href="mailto:jds17@yahoo.com">jds17@yahoo.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>A/B+</td>
<td>9 am**</td>
<td>35-45</td>
<td>3</td>
<td>One</td>
<td>Karen Murphy, <a href="mailto:murphykaren5@yahoo.com">murphykaren5@yahoo.com</a></td>
</tr>
</tbody>
</table>

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

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

[Ride Information HERE.]

**Molly’s Beginner Ride**

<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 **RABA Road Ride Standardized Paces** contains an abbreviated version of the following table. It only includes the information in the first three columns.

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

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

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