2020 Icicle Bicycle Event Recap
By Kim Moore

Sunny skies and brisk morning temperatures greeted over 100 cyclists, runners, walkers and volunteers to the Richmond Community Toolbank at 1407 Cummings Dr. Twelve volunteer hot soup / stew / chili makers brought in their crockpots to share their favorite recipes with everyone -AND- vie for a $25 gift card to Total Wine by winning the most votes for best tasting soup. One of the soup makers, Jo Ann Gordon, brought in a large pile of yeast rolls to accompany her soup! Thanks to every soup maker who took the time and expended the effort to cook food.

A last-minute entry from young aspiring cook Hannah Silverman, daughter of club VP / Programs Chair Josh Silverman, took home the first prize with her Thai Curry (Continued on page 4)

Special March Event
What: Sneak Peek at the Bicycle Guys
When: Thursday, March 12, 3 pm to 8 pm
Where: 1407 Cummings Dr, Richmond, VA 23220
Details: Seth Schmidt, long-time RABA member, is president of the Bicycle Guys, a company that sells gently used, pre-owned bicycles and bicycle accessories at competitive pricing. The Bicycle Guys sells all kinds of bikes — road, mountain, cyclocross, BMX, touring, tandem, triathlon — and anything that goes with bikes — wheels, parts, apparel. Seth just moved his warehouse to the City of Richmond and as luck would have it, the warehouse is located directly next door to Richmond Community Toolbank, our charity partner for the Bikes for Kids assembly this past November and our host site for the 2020 Icicle Bicycle Event!

Seth is planning to have a Grand Opening for the gen-(Continued on page 3)

Here’s What’s Going On…

First, thanks to all our members that have decided to support the Richmond Area Bicycling Association as a volunteer. We appreciate your commitment to sharing your time, services, and talent to strengthen the RABA community. Your Board has begun an exciting year and I would like to share with you some of our activities:

• Policies & Procedures: We have started to review, rewrite, and reformat the existing RABA policies and procedures. Updated and accurate policies facilitate an understanding of how things work, and more importantly give us an opportunity to discuss how things should optimally work.

• Conflict of Interest: Most board members are busy people who have many personal interests and are involved in many other personal and business activities. The business of work and life sometimes makes it easy for someone to unconsciously overlook a potential conflict of interest with a nonprofit organization, in this case RABA, where they serve as a board member.

Many volunteer boards have explicit policies dealing with apparent conflicts of interest by board members. RABA does not have any formal policy. Making conflicts of interest an open and regular board conversation can help the whole board identify and address any potential conflicts. The general idea is to create a culture of candor, where board members can express conflicts of interest candidly and confidently, without fear of judgment. A policy and procedure and disclosure form are currently being developed.

• “Code of Conduct”: This issue has proven to be one of the more contentious issues for RABA. The Board has heard you—both those that supported and opposed the proposed by-law changes—and has decided to table any by-law changes dealing with the proposed by-law changes. We can all agree on the goals of proposed by-law changes: (1) that RABA volunteers are always expected to uphold the high-(Continued on page 2)
President’s Message...

(Continued from page 1)

- est standard of ethical behavior and personal conduct; and (2) members are expected to respect the personal dignity of others and to refrain from all forms of harassment, intimidation, and discrimination.

However, the devil is in the details. We will be addressing this issue via a policy and procedure and not as a by-law change. We will solicit feedback from a wide group of members and because they are on the front lines, we will start with our ride leaders. We will use this input to set reasonable expectations of volunteers’ and members’ behavior.

Again, thanks for the opportunity to serve as President of RABA. Happy riding!

-Ken Kolb

Save the Dates

March 5-6 – Banff Mountain Film Festival at James River High School – Jo Ann Gordon and Kim Moore will be manning a RABA table on Friday 3/6 and Saturday 3/7 night showings to attract new members / bicyclists to the club. Stop by if you are going to the films on those nights or help us spread the joy of RABA to others by helping us man the table!

March 8 – Daylight Savings Time begins!

April 4 – Intro to RABA Rides, aka New Rider Ride, begins the first Saturday of April and is held the first Saturday of May, June, July and August at Laurel Park

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The Pedaler is a monthly publication of the Richmond Area Bicycling Association (RABA) for its members and the Richmond cycling community. Unless otherwise noted, opinions expressed in The Pedaler are those of the author, and not necessarily those of RABA or its members.

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cjackson29@ymail.com 804-986-5403
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RABA Apparel Chair-Connie Jackson,
cjackson29@ymail.com 804-986-5403

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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The Bicycle Guys -
Richmond’s Largest Bike Shop
that You May Not Know About

It hasn’t taken long for The Bicycle Guys to become one of the largest bike shops in Richmond, with thousands of quality pre-owned bicycles, accessories and gear for sale in their impressive 14,000 square foot warehouse at 1407 Cummings Drive, located near The Diamond. All of their bicycles and gear are priced from about 35% to 90% off original retail so it’s the type of place you’ll want to check out when you get the itch for a new bike, part or accessory.

Although they primarily sell online, The Bicycle Guys have a retail showroom open for business Monday – Friday from 9am until 5pm at 1407 Cummings Drive, located near The Diamond. Grand Opening plans and extended weekend hours are anticipated soon.

The Bicycle Guys had their humble beginnings in the garages of their two initial founders, Seth Schmidt and Brian Bryant just 13 months ago. Steve Stoloff put up the investment capital needed to grow quickly, becoming the third founding partner. The “three amigos” rented a 4,800 square foot facility and moved into their first location on N. Hamilton in early 2019. It wasn’t long before they were busting at the seams. “We had so much stuff” said Seth, “some of it was in a back warehouse and some in storage units... we could barely move around and it was tough to do business efficiently!”

So, The Bicycle Guys moved again into their new 14,000 square foot home at 1407 Cummings Dr. “We love the neighborhood” says Steve, “it’s got a good vibe...we’re near The Food Bank, the SPCA and Diversity Thrift. We see the area as up and coming – look at what happened in Scott’s addition and what is happening now in Manchester. We believe more businesses will be looking at this area for their new homes over the next several years”.

Brian, who runs the procurement side of the business, is responsible for sourcing hundreds of gently used bicycles, wheelsets, parts and accessories per month. He travels with his crew from Boston to Florida and everywhere in-between. Last year, Brian made 17 trips up and down the East Coast, and is planning on over 28 trips this year including some on the West Coast!

“We knew it would work” said Brian, “the demand for pre-owned cycling gear goes far beyond just bicycles......we buy EVERYTHING when we go on the road. Everything from car racks to clothing, component groups, bar tape, panniers, saddles, shoes, helmets and more......If it is sold in a traditional bike shop, we’ve got it........but for a lot less.”

Once the items arrive in Richmond, they go through a multi-step process, starting with a thorough cleaning. Each bike spends about an hour in the dedicated cleaning area where eco-friendly supplies and equipment ensure the bikes are sparkles clean. Next, the bicycles are inspected and serviced by a team of mechanics led by long time Richmond industry veteran Mark Kolmorgan.

When asked, Mark said, “the most important part of my job is to ensure that our team is turning out bicycles that are safe to ride.............from properly adjusted headsets, brakes and derailleurs, to smooth bearings, clean chains and true wheels. The Bicycle Guys sticker on the seat tube means that my team has signed off that the bike is ready for sale.”

Since TBG sells most of its inventory online, the bicycles then move over to the in-house photo studio where they are photographed for posting on the web. The “listers” describe frame geometry, componentry, wheel specs, and more.

When a bike sells, it is packed and shipped out within 24 hours. “Mondays are crazy in the shipping department” says Chris Fenderson, Director of Operations, “Our retail shop is closed for the weekend but the internet is open 24/7/365; we still get all the weekend orders out on Mondays by having cross-trained staff that can jump in when the orders spike”.

So what does this mean for RABA members? RABA members receive 10% off bicycle purchases and 15% off accessories; plus, when a RABA member buys a bike from TBG, they will receive up to 3 accessories of their choice for FREE with a combined retail price up to $100.00. The free accessory deal is exclusive for RABA members only! Their inventory changes every day, and they’ve got loads of cool stuff you can’t find anywhere else nearby.

Seth Schmidt, President of The Bicycle Guys and 20+ year RABA member says, “We are committed to support the cycling community in Richmond and beyond. RABA is a big part of the cycling community here. We are working with the RABA Board to identify ways that we can provide added value benefits for RABA members as well as to support RABA’s community involvement initiatives.”

You can check out their website at www.thebicycleguys.com.

March Sneak Peek...

(Continued from page 1)

er public in mid-March. But he wants to have a special sneak peek of his warehouse and all of its contents for RABA members, and only RABA members, on Thursday, March 12, 3 pm to 8 pm. To celebrate the new space, the Bicycle Guys will be offering very special discounts, free tours of the space and a giveaway with no purchase required for the first 100 club members through the doors along with some food and drinks!

Get ready for the warm weather and longer daylight riding season by checking out what the Bicycle Guys have to offer for your riding enjoyment!

Parking: there is a large parking lot surrounding the building, so if parking is full at the front entrance, just drive around the large building for more spaces.

Questions? Contact Kim Moore, luvs2cycle@yahoo.com, or call the Bicycle Guys at 804-499-3036. See you on March 12!

The Pedaler
March, 2020
Icicle Bicycle Ride Recap...

(Continued from page 1)

ry Chicken Soup. Apologies to the Silvermans if I don’t get the type of soup exactly right, there were so many of them!

We were also able to do a gently used clothing and shoes drive for our other charity partner, Soles4Souls. We had two rolling pallets full of donated items from attendees. Stephanie Hathaway, Richmond Coordinator for Soles, was on hand from 11:30 am to the end of the event to say thanks for the donations, greet people, enjoy some delicious food and transport all the goods to her warehouse on Jefferson Davis Highway.

I have heard that some RABA members have become valued volunteers for Soles. So thanks to Jan Waldron and Deanna Weiler for bringing their best selves to Soles just like they bring to RABA! Stephanie really appreciates you and your hard work for her charity.

While we are still tallying the proceeds from fundraising and raffle ticket sales, we want to say a big thank you to all the volunteers who set up, served, organized, registered attendees, volunteered as a ride, run, walk leader, cleaned up and took down chairs and tables: Carol Akers, Julie Appleby, Susan Craver, John Hamilton, Mark Hudson, Mike Moore, Lucille O’Neill and Gary Thabet. Special thanks go to former member Kathy Wood who was the soup hostess extraordinaire with her warm welcoming, organizing and presentation skills. We were very lucky to have the Silverman Law Firm as our beer sponsor, so we were able to get two types of beer from the Center of the Universe.

Finally, last but not least, huge appreciation goes to the RABA Foundation Board for their tireless work to make this happen! Linda Becraft and Paul Martin scoured retailers and com-

(Continued on page 11)
Icicle Bicycle Ride – February 23, 2020

Pictures by Gary Thabet
Icicle Bicycle Ride – February 23, 2020

Pictures by Gary Thabet
Bikejournal Report
By Ted Zeh

102 RABA riders logged 18,743 miles for the month on Bikejournal for the clubs perennial second place among top 5 clubs as of 2/5/20:

1. Sumter Landing, FL 42,411
2. RABA 22,122
3. Sacramento, CA 11,636
4. Phoenix Metro 8,989
5. PBA 8,258

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Miles Logged by Month

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RABA Leader Board

1. Robbie Andrews 625
2. Steve Rosen 541
3. Lucille O'Neil 495
4. Brian Schuyler 458
5. John Sabalis 451
6. Thomas Wyatt 448
7. Paula Dahl 441
8. Reneta Sampson 433
9. Richard Hilliard 414
10. Ray Reed 401

RABA Grant Award

The RABA Grants committee recently approved a $1500 grant to the A Better Day than Yesterday program. You can find out more about it here.

LeTeisha Gordon’s program works with very at risk children who have a parent missing due to incarceration, murder or some other catastrophe and are recommended by social or truancy officers. Her program is small now but we hope our grant will act as seed money to attract other sponsors.

The kids meet with her Tuesday and Thursday for an 8 week program. She picks them up from where they live in Richmond, Henrico & Chesterfield. Bikes obtained from RamBikes are disassembled, sanded, painted and rebuilt by each of the participants. A meal is also served to the kids and helpers, usually pizza. There is a group bike ride at the end of the program. Helmets, locks and lights are obtained from RamBikes. Each child also receives a certificate at the end.

Children that go through her program do better in school and better handling conflict. Older participants are expected to help mentor future classes.

The Grant Committee was impressed with her goals and dedication.
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 Connie at cjackson2@ymail.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.
- **The Bicycle Guys** at 2111-B N. Hamilton St., Richmond, VA 23230 offers RABA members 10% off any bicycle purchase with 3 free accessories up to $100 value thrown in free of charge (bottle cages, seat packs, pumps, clothing, shoes, blinkies, lights, etc.).

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):**
Wes Surina, wessurina@gmail.com 804-687-3117

**Ride Director (Weekly Road Rides):**
Kim Moore, luv2cycle@yahoo.com 804-358-0935

The deadline for getting April, 2020 rides listed in The Pedaler is March15.

CLASIFIEDS 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, 2020 Monthly Rides

Ride Director (Monthly Road Rides): Wes Surina, wessurina@gmail.com, 804-687-3117

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.

March 14 (Saturday) at 9:00 am

**Adopt-A-Trail (Mile 25-26)**

Information: Susan Craver 804-241-8332

We will meet @ 9:00am at the Charles City Courthouse and carpool or ride our bikes.

With the number of volunteers, it should only take an hour. You are welcome to ride before or after cleanup. Try to wear bright clothing. We have some vests, but may not have enough for everyone. We will supply bags and have 4 pickers. Bring a pair of gloves.

Following the cleanup, we will have fellowship at Cul’s for appetizers provided by RABA. You will be responsible for any beverages. We had a blast last time and looking forward to doing it again.

After this cleanup RABA will be eligible for their sign. We will announce 2 more cleanups before September 30th.

March 14 (Saturday) at 9:30 am

**Waverly Ride Back in Time**

**Description:** Come on down to Waverly for a quiet ride through the countryside. This month we go back in time to beautiful downtown Dendron. We’ll have a chance to learn a bit about the town as the kind folks at the historical society are opening their doors for the town. It is believed to be the only remaining car of the 70 that once hauled lumber to Scotland Wharf. You won’t want to miss it! After the ride, join us for lunch at Pino’s in downtown Waverly.

**Directions:** Meet at the parking lot behind the closed Colonial Tavern restaurant (101 South County Drive, Waverly, VA 23890). From Richmond take I-95 or I-295 to Route 460 East (toward Norfolk). The parking lot is at the intersection of Routes 460 and 40 (Main Street) in the town of Waverly. Remember that speed limits are strictly enforced in Waverly.

March 14 (Saturday) at 9:30 am

**RATS/RABA Combined Charles City Zig Zag**

**Description:** Join the RATS (Richmond Area Tandem Society) for a ride leaving from Charles City Courthouse with a choice of 41 or 31 miles with store stops along the way. According to the weather or desires take the option of your choice to ride the less traveled roads of Charles City County. (See what bicycling in Richmond was like 40 years ago.) A small portion of the route follows the bike trail along Route 5. Maps will be provided at the start or are available online. All paces welcome with a nice lunch possible at Cul’s Courthouse Grill across the street from the parking lot.

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March, 2020 Monthly Rides

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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, 2020. So don’t forget. Set your clocks AHEAD one hour before you go to bed on Saturday, March 7.

RABA weeknight rides will be starting soon. Check out the ride calendars and watch your mailbox for announcements.

Icicle Bicycle Ride Recap...

(Continued from page 4)

We were blessed with great weather and an even better crowd of people. We hope you will join us next year for the Third Annual Icicle Bicycle Event!

Save the Dates...

(Continued from page 2)

May – This entire month is BIKE MONTH, lots of activities, events, rides will be happening. Keep your eyes peeled for info as we approach that month.

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March 14 (Saturday) West Point Area Ride

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<td>B</td>
<td>10 am</td>
<td>31</td>
<td>3</td>
<td>1</td>
<td>Rich Thompson, (757) 291-2548, <a href="mailto:LeMondRdr@gmail.com">LeMondRdr@gmail.com</a>,</td>
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Description: Every now and then Rich Thompson gets the urge to ride some on different roads just outside of town. On Saturday, March 14, Rich invites you to join him on one of the favorite rides in the West Point Area. This ride has it all—flats, false flats, rolling terrain, two little climbs on mostly country roads with low vehicle traffic.

Please confirm your intent to join the ride by either calling Rich at (757) 291-2548 or emailing him at LeMondRdr@gmail.com, by No Later than 9 PM Friday, March 13.

After the ride, Rich invites you to join him lunch at the West Point Pizza Hut located at 416 14th Street, Suite A, West Point, VA 23181.

Start Location: West Point Middle School located at 1040 Thompson Ave, West Point, VA 23181

Ride with GPS Link for Ride: https://ridewithgps.com/trips/9540843

March 21 (Saturday) at 8:15 am 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.

(Continued from page 10)

(Continued from page 4)

panies for gift cards and gifts for our raffle and did us proud! Then Linda became a worker bee with setting up and cleaning up at the event. Cindy Evans handled registration and finances, making sure donations and payments could be done by credit card. Ed Hellerman made sure we had tasty beer and helped with set up. And, Foundation President Andrew Mann was our happy host and Bikes for Kids cheerleader, volunteer ride leader, and all-around “everywhere” guy on event day.

We were blessed with great weather and an even better crowd of people. We hope you will join us next year for the Third Annual Icicle Bicycle Event!
March, 2020 Weekly Rides

Ride Director (Weekly Road Rides): Kim Moore, 804-358-0935, luvs2cycle@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

**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+/B</td>
<td>1 pm</td>
<td>30-45</td>
<td>3 to 4</td>
<td></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.

**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>1 pm</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:
- Mar 1  John Senn, john.senn@comcast.net
- Mar 8  Renata Sampson, rsampson119@verizon.net
- Mar 15 Sara Page, saral.gray@gmail.com
- Mar 22 John Loughran, kloughran@aol.com
- Mar 29 David McMillan, mcmillanmail@comcast.net

**Centerville Sunday 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>1 pm</td>
<td>30-50</td>
<td>3</td>
<td>Varies</td>
<td>Whit Richardson, <a href="mailto:prich0210@gmail.com">prich0210@gmail.com</a>, 757-634-4883</td>
</tr>
</tbody>
</table>

**Description:** This is a new ride offering by a new ride leader. Whit will ride a B+ to A- pace but welcomes those who ride faster or slower. This area features rolling terrain in the rural areas of Goochland, Hanover, and Louisa counties. A reminder including the cue sheet for the week's ride will be sent via the mailing list on Friday or Saturday. This ride is subject to weather cancellation - if below freezing temperatures or precipitation, an email will be sent on Friday, Saturday or Sunday morning.

* Ride will occur most Sundays but not every Sunday. The ride calendar will be updated and an email will be sent early in the week if Whit is not available to ride.

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

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>9 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 email 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>
</tbody>
</table>

(Continued on page 13)
March, 2020 Weekly Rides

(Continued from page 12)

Steve Bolte, sebolte@yahoo.com

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.

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></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.

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>9:30 am</td>
<td>25 to 40</td>
<td>Varies</td>
<td>Varies</td>
<td>Barry Pullen, 561-3950</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>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.

Ride Information HERE.

Kindred Spirit Pizza and Beer Ride at West Creek (Note: Ride Starts March 11)

<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>All</td>
<td>6 pm</td>
<td>Varies</td>
<td>4</td>
<td>None</td>
<td>Susan Craver, 804-241-8332</td>
</tr>
</tbody>
</table>

Description and Directions: Meet at the Kindred Spirit Brewery (12830 W Creek Pkwy J, Richmond, VA 23238) in West Creek. Please park on the left side of Kindred or behind it, so their customers can park up front.

For those of you not familiar with West Creek, it is a well-lit office area with a 6 mile loop. It is 4 lanes, so there is plenty of room for cars to pass safely. There are cut-throughs, so if you want to shorten your loop you can. All paces and distances welcome. Ride with a group or do your own thing, just make sure you sign in. We meet back up in Kindred around 7:30 pm for pizza, beer and fellowship.

Ride Information HERE.

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></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>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.

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 (Continued on page 14)
March, 2020 Weekly Rides

(Continued from page 13)

2.5 miles to the Berea Baptist Church on your right just before the intersection with 271.

Ride Information HERE.

Friday 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>Varies</td>
<td>3</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.

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>Kim Moore, 804-358-0935, <a href="mailto:luvs2cycle@yahoo.com">luvs2cycle@yahoo.com</a></td>
</tr>
</tbody>
</table>

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

**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.

Southside Winter Ride Group (WRG)

<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>9 AM</td>
<td>25 to 45</td>
<td>3</td>
<td>1</td>
<td>Eric Glymph, <a href="mailto:ericg@usa.net">ericg@usa.net</a> or 804-833-1792</td>
</tr>
</tbody>
</table>

Description: Yes, there is great riding south of the James! Come join us for a Southside winter ride every Saturday rolling out at 9 am through March. All paces welcome with most riders in the B/B+ categories. Routes are mostly rural roads with some rolling hills throughout. We will divide up into different pace groups if necessary. This is a relaxing, enjoyable winter ride. We will ride if temps are above 35 and the roads are clear, and no precipitation. While it may be a little chilly to start, we always warm up quickly and have a great ride. Afterwards, we will grab some coffee at Starbucks.

The route for the week will be sent out to the club email list by Eric announcing the distance and other particulars of the ride. Maps will be available through ridewithGPS to download or put in your Garmin. Cue sheets will be available. You can also join the Southside Winter Ride Group (WRG) FB page to get more info. https://www.facebook.com/groups/WinterRiderGroup/

Directions to the start: Starbucks in Hancock Village - 14620 Hancock Village St, Chesterfield, VA 23832. Take 288 to Hull Street West exit. 2.5 miles down Hull Street turn left on Hancock Village Street (entrance to Wal-Mart just past the Longhorn Steakhouse.) Take your first right and park in the parking lot in front of Dick’s Sporting Goods.

Ride Information HERE.

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 to 50+</td>
<td>5</td>
<td>Some</td>
<td>Kim Moore, 804-358-0935, <a href="mailto:luvs2cycle@yahoo.com">luvs2cycle@yahoo.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.

Most groups depart Laurel Park Shopping Center at the posted ride time. Riders may join the ride leader’s groups or

(Continued on page 15)
March, 2020 Weekly Rides

(Continued from page 14)

form a group of their own based on preferred pace and distance. Riders may also sign the ride sheet and depart anytime after the posted ride time. 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.

The basic ride is ten almost flat miles to Ashland where riders stop at Ashland Coffee & Tea for refreshments and socializing before retracing the route back to Laurel Park. There are a number of variations to this ride with many riders choosing longer routes at the discretion of the ride groups with distances of up to 35 to 40 miles for faster paces.

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.