May is Bike Month!
by Champe Burnley

May is Bike Month and RABA plans to celebrate with a full schedule of cycling related activities. To begin our month long celebration, the Governor will make his annual, Governor’s Bike Month Proclamation on May 1. Make it a point to join us on at the Bell Tower on Capital Square for the presentation. Riders will carry copies of the proclamation to various localities across the Commonwealth. It’s a great event. You are welcome to join them along the route.

That afternoon, join other cyclists at Savor Restaurant for RABA’s Bring a Buddy Social with the Richmond Road Runners Club. (201 West 7th St, Richmond, VA 23224). What a great way to celebrate the beginning of Bike Month!

There are plenty of volunteer opportunities during the month so please help as you can. We need ride leaders to assist with Bike to Work Day on May 15. We will have riders meet at various locations around town – Laurel Park, Bryan Park, Ellwood & Thompson, Forest Hill Park and Rockett’s Landing – and then ride to Monroe Park where we will be addressed by Tim Kaine and other dignitaries. We then plan to ride, en masse, towards the Capitol. Contact me if you would be interested in leading one of these groups.

On a more somber note, our thoughts go out to Chris Tompkins and his wife Virginia who continues to make pro-

See More Pictures in the Pedaler Plus Supplement
Check out the Pedaler Plus, a supplement in PDF format, that you can read, download, and/or print from either http://www.raba.org/asp/pplus.asp or http://mysite.verizon.net/rrichhalle/pplus
Look for additional information about upcoming rides, features and pictures as well as an 8 1/2”x11” calendar showing all the RABA rides.

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Welcome to RABA's newest members. We hope to meet you and see you on some of our rides!

Eddie Ahmed, Linda Anderson, John Frederick, Chris & Kristin, Friedline, Richard Gonet, Joseph Hazell, Robert & Sandra, Heinzman

President: Champe Burnley
Vice President: Ron Corio
Treasurer: Cindia Evans
Secretary: Kim Moore
Director at Large: Mike Moore
Road Ride Captain: Bill Whitworth
Off-Road Ride Captain: Clark Jones
Racing Coordinator: Charlie Comly
Program Chair: Andrew Mann
Advocacy & Century Chair: Bud Vye
Membership: Sonya Gagnon
Newsletter Editor: Richard Halle
Publicity: Liz Keith
Statisticians: Steve and Debbie Herzog
Web Administrator: Nick Morgan

Reminder: Muddy Buddy Volunteers Needed on May 2

The organizers of the Muddy Buddy, a tag-team race of off-road riding and trail running to be held Sunday, May 3, has contacted RABA about the possibility of providing volunteers to help with their event. In return for RABA's

(Continued from page 1)

May 1 RABA Club Social...

(Continued on page 6)

Save the Date!

Thursday, May 28

50 Mile B-B+ ride - Ashland to Williamsburg with 200 riders supporting Recently Wounded Veterans.

See web site www.road2recovery.us.com for more details. Douglas Wayne will be the ride leader and post more details in Ride Finder. No fee to ride along with these remarkable men and you can check the web site for celebrities that will be on the ride. If you would like to donate, click on Support a Rider and put in Doug's full name.

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.

2009 Board of Directors & Committee Chairs

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

Membership Information

Annual RABA Membership Dues are $20 per person (18 years and older) or $25 per family consisting of 1 or 2 adults and all dependents under 18. All memberships begin January 1. After July 1, memberships are prorated as follows: $10 per person (18 years and older) or $12.50 per family. The Pedaler subscription is included.

Submit membership application or renewals to RABA Treasurer, PO Box 6565, Ashland, VA 23005. Note: Membership dues must be accompanied by a completed signed membership application and a waiver of liability.
Heard and Seen
Around the Club
by Bud Vye

Turned out to be quite a month, as I expected it to be, but
with a wide range of high and low points. Cherry Blossom
Ride from Mount Vernon may have been the best one yet in
the 25 years I have led it. A turnout of 32 on a beautiful Palm
Sunday all seemed to enjoy it. Traffic on the trail only moder-
ately heavy, but wall to wall people to walk our bikes through around
the monuments, with the Festival in full swing. And the blos-
soms around the Tidal Basin at their glorious, absolute peak, so no
one had to tell us “You should have been here on Wednesday, before the storm knocked them all down”, as
we’ve heard many times in the past.

Then I learn of Chris Tompkins’ crash on the previous
day, while riding with a group on an extension of the ABC
ride out past Blunt’s Bridge. From the initial report of no feel-
ing in his legs and feet I have a vision of him permanently in
a wheel chair. When I finally get down to see him on Thurs-
day, I’m there just as he and the Physical Therapist discover
that the feeling has returned to everything but his fingers.
She and I do a high five, but he’s strapped in so tightly all he
can do to celebrate with us is note that he can feel it as I
tickle his toes. I get a great appreciation for the high quality of
staff and facilities the new Critical Care wing at MCV pro-
vides, as the surgeons have delicately removed a crushed vertebrae from Chris’ neck, and fused three others. Additionally, the plastic surgeon has painstakingly put numerous stitches
in his chin and nose. On top of all this, Chris feels he’s getting
the VIP treatment, as John Duval, MCV’s CEO (who is a
regular on Barry Pullen's rides out in Powhatan) pays him a
visit. Chris has still got a lengthy recovery ahead of him, but I
was much relieved to hear the Physical Therapist tell me,
“Don’t worry, this guy is not going to be a paraplegic.”

That good news was tempered for me, when I went down
stairs to check in with my old friends at the Massey Cancer
Center (where I’ve been in a Prostate Cancer Prevention
Study for more than a decade now) and ran into Gloria Bazz-
oli, who has contracted breast cancer and was there for a
chemo treatment. Along with Chris, she also needs our
prayers and support as she battles her affliction.

Then comes Carl Armstrong’s Memorial Service at
Lewis Ginter Botanical Gardens. As many of these as I’ve
attended, this one was truly unique and memorable. About 50
of us turned out for the ride prior to the service, on a pretty
morning that turned blustery, drizzly, and not so pretty as
soon as we finished the ride. With a good command of modern
technology, and a great collection of photos to work with,
derughter Amelia Weinman put together (and carried off
without a hitch) a great slide show, with pictures coordinated
with the remembrances expressed by the family members and
former and current colleagues of Carl who participated. Carl
would have been pleased.

As is often the case at events like this, it’s like a reunion,
and this was no exception. Lots of RABA folks I hadn’t seen
in some time were there, and Carl would have been impressed
with the turnout, and enjoyed seeing everyone, as I was.

Becky & Roy Crosse made the trip up from Newport News
(as he is still working at that Warfare Center in Chesapeake).

Denny Revak came down from Lynchburg (and proudly
showed me his car keys, since he had locked them in his car,
causing all kinds of complications, on his trip down here last
year to ride with us at the Governor’s Proclamation). Becky
Tobey had recently returned from wintering in St. John, Vir-
gin Islands and was catching up on Richmond happenings.

Long time club Treasurer Betsy Blevins was there, as was
Bob Allen (who is starting to get back into riding, after a
long hiatus), and Linda Beacraft & Art Hall. Among the
RATS I hadn't seen for a while were Bert & Linda Wright
(reporting that her back is better, and that she’s back to rid-
ing some), Al & Lois Biddison, and Winky & Juanita
Vivas. Al & Leslie Calambro were there, as was Kathy
Wood, among the group who were pledging to get back out
and do some more riding, now that the weather was getting
nicer. Thanks, Carl, for getting us all together.

Our sympathy and condolences go out to Dee Nuckols,
who lost his mom, Ellen, at the age of 85, on March 25th. And
to Bill Whitworth, who got the news that his dad had
passed away in a nursing home up in Alexandria, when he
and Ling returned home from Carl’s Memorial Service.

Some running news to report, as Kim Moore posted a
good result of 43:49 (a 7:03 mile pace, and 3 minutes faster
than her 2008 time) in the Monument Avenue 10K on 3/28,
and Ling returned home from Carl’s Memorial Service.

The Pedaler 3 May, 2009
Impressive turnout of neighbors (including a number of RABA members) at the University Heights Neighborhood Assn.’s meeting at the Tuckahoe Elementary School on March 16th. With District Supervisor Pat O’Bannon, and new Henrico Public Works Director Tim Foster, as invited guests, the main topic for discussion was the community’s request for a crosswalk across Forest Ave., and a sidewalk alongside it, to make it easier and safer for neighborhood children to walk to and from the school. After Director Foster presented an elaborate, and very expensive, plan that would involve cutting down a number of trees and encroaching into a number of neighbor’s front yards (including that of long time ago members Dave & Connie Crute), it was generally agreed to see whether the county could come up with a scaled down plan that would improve the situation, without costing a huge amount of money. Lo and behold, before a week was out, a crosswalk was installed to enable the kids who live on the north side of Forest to cross to the south side (which is the more walkable side, as you walk up the hill to the school). Improving the shoulder on that side is now being discussed, and it looks like some progress is going to be made, without breaking the budget. Pat O’Bannon and Tim Foster are to be commended for their cooperative spirit in attempting to solve this Safe Routes to School problem, as is Association President Lila LaCroix for her efforts in mobilizing the community.

Attended another meeting, this one down at Charles City Courthouse on April 1st, where the plans for the 12 mile long Sherwood Forest segment of the Capital Trail were presented to the neighbors for their input. The trail will come across the bridge over the Chickahominy (which is open, but the approaches to the bike lane on both ends need a lot of fill to get the trail up to the level of the bridge) on the north side of Rt. 5 and will continue on that side for some distance. After a time, however, that side runs into some extensive wetlands, which would entail a lot of bridging and boardwalk. It appears that the best solution would be to cross over to the south side at some point prior to the wetlands and then stay on the south side the rest of the way into Charles City CH to link up with the 7 mile segment that is presently under construction west of there. The Parrish Hill Church, however, has taken a strong stand that they do not want the trail in front of their church, and have suggested that the trail go behind the church and then back out to Rt. 5. This will involve acquiring new right of way, environmental and archaeological studies, and some significant delays. If the church holds to that position (and the Board of Supervisors are on record in support of whatever the church wants), it may prove to be easier, although more expensive, to stay on the north side through the wetlands, and then cross over west of the church. We’ll see how this plays out.

Norfolk, which has had a bicycle registration law on the books for a number of years, but has never enforced it, began doing so about three years ago, and confiscating unregistered bikes and selling them at auction. Reason given was to combat crime that was being committed by perpetrators on bicycles, generally in low-income neighborhoods. This stirred up a lot of commotion and TV coverage, with the NAACP charging profiling, and the Tidewater Bicycle Assn. and LAB charging discrimination against those who use bicycles for their transportation. The police chief has now ordered the seizure of bikes to stop, and has requested the City Council to make the bike registrations voluntary, rather than mandatory.
It Takes Patience and Persistence
A Decade of Advocacy for Cycling and RABA
by Bud Vye, Advocacy Chair

I mentioned last month that I had been asked by several people what I had done to receive the Advocate of the Year Award that I was presented on 3/10 by the Alliance for Biking & Walking. Since I still haven't seen the nomination form, I continue to assume that it was for efforts over the last decade, rather than anything specific during the last year. Some may recall that Bob Stiff was our Advocacy Chair up until I replaced him in ’98, and fewer will remember that Ellen Farnham had held the post prior to Bob. The first duty of that post is to represent RABA on the Regional Citizens Transportation Advisory Committee, a seat that was established, and approved by the Federal Highway Administration, at the same time the committee was established. I believe that they changed the monthly committee meetings from evenings to mid-day at about that time, and Bob was unable to attend the meetings since he was working. Since I had just retired, I accepted the assignment and before long, one thing led to another.

Not too much in the way of bicycle matters come before CTAC, but you do meet and get to know who the transportation people are in all of the various jurisdictions and agencies in the Region, and soon become well versed in all the aspects of regional transportation --- roads, airport, rail, public transit, and port. I then got involved with the Virginia Bicycling Federation (VBF), which is the statewide advocacy body, which has representatives of most of the big clubs in the state on it. Since I was based in Richmond, I soon became this group’s Advocacy Chair, which carried with it the duty of representing the interests of cyclists (and pedestrians) at the State legislature, VDOT, and other state agencies.

(Continued on page 15)

Soapbox...

(Continued from page 1)
gress resulting from a cycling accident on April 4. Chris has shown the will and determination of a real fighter and I thank all of you who have taken time to visit and urge him along. Chris is in rehab and making daily progress. Our continued support will be instrumental in getting Chris back on his feet and recovered. My personal thanks to all of you who have stopped by to visit Chris and encourage him along his path to recovery.

Speaking of thanks, Ron Corio went out of his way to organize the Carl Armstrong Memorial Ride. The ride was well organized and memorial service truly moving. Clearly, the Club and cycling held a very special place in Carl’s life and it was an honor to have known and ridden with him over the years. He will be missed.

The Muddy Buddy Ride and Run is coming to town and we need folks to help stuff goody bags for the race. We will meet on Saturday May 2 at Blue Ridge Mountain Sports. The organizers will donate $1000 to RABA’s Bike for Kids program for our efforts. Contact Kim Moore for details.

The 2009 Cap to Cap is on for May 9. We’re hoping for 1500 riders and we need a strong contingent of RABA riders to make this happen so get your registration in now. Since the VA Capitol Trail is in our backyard, RABA has once again offered to assist with organizing the event. If you can assist before or on the day of the ride (and yes, you can volunteer AND ride, too!) please register at http://captocap.eventbrite.com/ and we’ll find just the job for you.

I hope to see you at one or more of the Bike Month events. In the meantime, safe cycling!
Muddy Buddy Volunteers Needed

Help, the Muddy Buddy organization will donate $1000 to RABA! This is a unique opportunity to fund one of RABA’s most visible and worthwhile charitable efforts at the end of the year during a time when financial sponsorship is difficult to find. Some members have come forward to volunteer during April, but more are needed!

Details are as follows: the Muddy Buddy organizers need RABA members to do packet stuffing and work packet pickup on Saturday, May 2, from 8:30 a.m. to 5:30 p.m. at the Blue Ridge Mountain Sports store, 11500 Midlothian Turnpike Richmond, VA 23235 (804) 794-2004. The number of people needed is twenty (20) for the entire day. RABA is allowed to organize it in any way as long as 20 people are working throughout the day. So it can be in shifts, it can be divided into half days, etc. Kim Moore has volunteered to organize the volunteers and also work during the day. If you are interested and have any time to volunteer for this fundraising effort, please contact Kim at luvs2cycle@yahoo.com or 358-0935 as soon as possible.
May, 2009 Monthly Rides

Road Ride Captain: Bill Whitworth, 285-9193, wwhitworth@reynolds.edu

Off-Road Ride Captain: Clark Jones, 527-0480, we3jones@comcast.net

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

Ride Leaders: Please submit ride sheets to statisticians Steve & Debbie Herzog, 13204 Forest Light Court, Richmond, VA 23233 no later than 14 days after the ride to ensure that all riders get mileage credit.

Ride times listed are departure times.

Check RABA E-mail distribution lists for latest updates

<table>
<thead>
<tr>
<th>Road Ride Pace Key</th>
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<tbody>
<tr>
<td>Pace</td>
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<tr>
<td>A+</td>
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<tr>
<td>A</td>
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<tr>
<td>B+</td>
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<td>B</td>
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<td>C</td>
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<td>D</td>
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Terrain Key

<table>
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<tr>
<th>Terrain</th>
<th>Description</th>
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<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>
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</tbody>
</table>

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

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May 2 (Saturday) Prince George Century

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>8:30 am</td>
<td>100</td>
<td>4</td>
<td>Multiple</td>
<td>Dorian Tranks, 804-745-2239, <a href="mailto:doriankidd2@aol.com">doriankidd2@aol.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>8:30 am</td>
<td>100</td>
<td>4</td>
<td>Multiple</td>
<td>Bill Whitworth, 285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a></td>
</tr>
</tbody>
</table>

Description: Join Dorian and Bill for the annual rite of spring – an intermediate-to-fast, early season English century. The self-supported route, which starts at Prince George High School, is out and back and fairly flat. Slower cyclists are welcome to ride on their own, preferably with a buddy. Riders may also elect to ride a half-century, although there is no ride leader for that route. All riders are asked to be on time at the start and bring spares, water and money for lunch and snacks. The group usually stops at 20, 40, 55 (lunch), 80 miles but there are many other store stops in between. No sag support will be provided. If the weather looks questionable, please call Dorian or Bill to make sure that the ride has not been cancelled.

Directions: The ride will start at Prince George High School (7801 Laurel Spring Rd, Prince George, VA 23875). From I-95 south: Take Exit 48A, Wagner Road east. Go straight and cross Route 460. Continue down Courthouse Road (McDonalds on right is the last restroom stop before ride start). Go 3.2 miles, turn right on Laurel Springs Road, drive 1.6 miles to Prince George High School, turn right into parking lot. From I-295 South: Take Exit 3B to Route 460 west; go 0.4 miles and turn right on Courthouse Road (McDonalds on right is the last restroom stop before ride start). Go 3.2 miles, turn right on Laurel Springs Road, drive 1.6 miles to Prince George High School, turn right into parking lot.

May 2 (Saturday) Group Rides for New Riders

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
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</thead>
<tbody>
<tr>
<td>B</td>
<td>8:30 am</td>
<td>32</td>
<td>3</td>
<td>One</td>
<td>Tom Veazey, 370-1106 <a href="mailto:tveazey@royall.com">tveazey@royall.com</a></td>
</tr>
<tr>
<td>D</td>
<td>8:30 am</td>
<td>20</td>
<td>3</td>
<td>One</td>
<td>Jim Denoon 370-6252, <a href="mailto:delaniewen@verizon.net">delaniewen@verizon.net</a></td>
</tr>
</tbody>
</table>

Description: Please join Jim to assist with the Group Ride for New Riders. This ride is aimed at attracting new cyclists to RABA and getting more riders into the sport. We expect to have all levels of cyclists participate, including those who are new to cycling and experienced riders new to the Richmond area. The ride will depart from Laurel Park and follow the normal ABC route with a stopover at Ashland Coffee and Tea. For stronger riders, there will be a 30 mile extension. Three to six volunteers are needed to assist with this ride (help pumping tires, manning sign-up sheets, leading different pace groups, etc.). If you would like to volunteer, please arrive at 8:00. Contact Jim for details.

Directions: The ride leaves from the Laurel Park Shopping Center (9500 Woodman Rd, Richmond, VA 23228) at Hungary and Woodman Roads.

(Continued on page 8)
May, 2009 Monthly Rides

(Continued from page 7)

May 3 (Sunday)  Hickory Notch Grill to Hadensville

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
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</thead>
<tbody>
<tr>
<td>C</td>
<td>8:30 am</td>
<td>36</td>
<td>3</td>
<td>One</td>
<td>Ricky Davis, 755-6336</td>
</tr>
</tbody>
</table>

Description: Ricky invites everyone to join him early, on a spring morning, to enjoy a scenic route that he designed to follow Three Chopt Rd. all the way to Hadensville and back. Afterwards, the hungry members of the group will be able to enjoy a tasty lunch at the Hickory Notch Grill.

Directions: The ride leaves from The Hickory Notch Grill (2031 Broad Street Road, Maidens, VA 23102), which is about 15 miles west of the Short Pump Town Center. From Richmond, take Interstate 64 west to exit 167 (Oilville exit). Turn left at the first stop sign off the exit ramp onto Oilville Road. At Broad Street (250), turn right and proceed about 3 miles. The Hickory Notch Grill is on the left. Cars should park as far back in lot as possible.

May 9 (Saturday)  Capital-to-Capital Bike Ride

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<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
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</thead>
<tbody>
<tr>
<td>A</td>
<td>8 am</td>
<td>100</td>
<td>4</td>
<td>Multiple</td>
<td>Andrew Mann, 804-266-9048, <a href="mailto:rabamann@aol.com">rabamann@aol.com</a></td>
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<tr>
<td>B+</td>
<td>8 am</td>
<td>100</td>
<td>4</td>
<td>Multiple</td>
<td>Bill Whitworth, 804-285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a></td>
</tr>
<tr>
<td>B</td>
<td>8 am</td>
<td>100</td>
<td>4</td>
<td>Multiple</td>
<td>Tom Veazey, 370-1106 <a href="mailto:tveazey@royall.com">tveazey@royall.com</a></td>
</tr>
<tr>
<td>B</td>
<td>9 am</td>
<td>50</td>
<td>4</td>
<td>Multiple</td>
<td>Debra &amp; David Gardner, 740-6811,<a href="mailto:debgard123@gmail.com">debgard123@gmail.com</a></td>
</tr>
</tbody>
</table>

Description: On May 9, the Virginia Capital Trail Foundation will hold the 2009 Capital to Capital Bike Ride. RABA is one of the co-sponsors for this ride. The route links Route 5 with a series of back-road loops in eastern Henrico and Charles City Counties. The route has modest rolling terrain with gentle stretches of tree-lined scenery, plantations, historic sites and more. The ride will have simultaneous starts from both capitals, new and old, in Richmond (Rocketts Landing) and in Williamsburg (Chickahominy Riverfront Park in James City County). Riders can start from either end, ride the entire length and return for a complete century. Riders may also ride 50 or 25 miles. Lunch will be at the finish line and there will be ample rest stops.

Note: There is a registration fee for this ride. Proceeds benefit the Virginia Capital Trail Foundation. See www.virginiacapitaltrail.org for more information or to register online.

Directions: From E. Main St. or E. Cary St., turn south on S. 14th St. Turn left at light onto Dock St. Proceed on Dock St. 1.4 miles, turn right on Main St. Take Main St. (which becomes Old Osborne Tnpk.) 01 miles until you see event parking signs.

May 10 (Sunday)  Mother’s Day Ride

<table>
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<td>33</td>
<td>3</td>
<td>One</td>
<td>Bill Whitworth, 285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a></td>
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<tr>
<td>B</td>
<td>10 am</td>
<td>33</td>
<td>3</td>
<td>One</td>
<td>Jim Denoon, 804-370-6252, <a href="mailto:delamiedeno@verizon.net">delamiedeno@verizon.net</a></td>
</tr>
</tbody>
</table>

Description: Jim Denoon had the idea for a special ride for this important day and he invites all ladies (especially his wife, Delanie) to come out and enjoy good fellowship and a scenic landscape. You may want to bring a little extra liquid as the store stop comes at the 20 mile mark.

Directions: The event begins at Hanover County Courthouse which can be reached by traveling north, out of Richmond, on Rt. 301, 10.5 miles past its intersection with I-295. Turn right into the parking lot.

May 15 (Friday)  Bike to Work Day

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
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<tr>
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<td>Varies</td>
<td>4</td>
<td>None</td>
<td>Champe Burnley, 358-5801, <a href="mailto:champe_burnley@hotmail.com">champe_burnley@hotmail.com</a></td>
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</tbody>
</table>

Description: No matter where you live, here’s a chance for you to take part in Bike to Work Day. Groups will meet at Bryan Park, Ellwood & Thompson, Forest Hill Park, Laurel Park and Rocketts Landing and then ride to Monroe Park, arriving at 7:15 am for a presentation by the Governor. We will then ride, en masse, from Monroe Park to the Capitol. Keep an eye on your email for more information as the date approaches.

Remember: We’re scheduled to meet at Monroe Park at 7:15 so departure time should be approx. 6:30 or 6:45 from most loca-
May, 2009 Monthly Rides

(Continued from page 8)

May 17 (Sunday) Maidens Landing Adventure Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>10 am</td>
<td>37.8</td>
<td>Two</td>
<td>One</td>
<td>Bobby Weitzel, <a href="mailto:bobby23227@gmail.com">bobby23227@gmail.com</a></td>
</tr>
<tr>
<td>B</td>
<td>10 am</td>
<td>37.8</td>
<td>Two</td>
<td>One</td>
<td>Jeanne Minnix, 405-6433, <a href="mailto:jminnix@comcast.net">jminnix@comcast.net</a></td>
</tr>
</tbody>
</table>

**Description:** This ride features beautiful country roads and one stop at the Country Corner Grocery Store at 18 miles. Bobby says that this time he will do a reverse version of the course, in order to get a different perspective on the landscape. As always, the ride will cross the James River twice. Cue sheets will be provided.

**Directions:** To get to the Maidens Boating Landing, starting point from Richmond, take Rt. 6 (Patterson Avenue, eventually becomes River Road) west to Rt. 522 (approximately 18 miles from the intersection of Patterson and Gaskins). Turn left on 522 and go south approximately one mile to the boat landing entrance on your right after you cross the bridge. Alternatively, if you prefer the interstate, you can get to the landing by taking I-64 to the Oilville exit (#167) where you should go left (south) on Oilville Rd (Rte 617) for 0.4 miles, then right (west) on Broad St Rd (Rte 250) for 0.8 miles, then left (south) on Fairground Rd (Rte 632) for 3.5 miles, then left (south) on Maidens Rd (Rte 634) for 2.5 miles, then straight (south) on U.S. 522 for 0.9 miles, looking for the landing off to your right after you cross the bridge over the James.

May 23 (Saturday) Ride to Morattico (Joint Ride with Northern Neck Cycling)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>1 pm</td>
<td>40</td>
<td>4</td>
<td>Two</td>
<td>Hugh &amp; Laura Aaron (RABA), 804-690-9702, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
<tr>
<td>B</td>
<td>1 pm</td>
<td>40</td>
<td>4</td>
<td>Two</td>
<td>Jack Huber (RABA), 804-282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
<tr>
<td>C</td>
<td>1 pm</td>
<td>40</td>
<td>4</td>
<td>Two</td>
<td>Bob Fox (NNC), 804-438-5947, <a href="mailto:rfox@kaballero.com">rfox@kaballero.com</a>,</td>
</tr>
<tr>
<td>D</td>
<td>1 pm</td>
<td>40</td>
<td>4</td>
<td>Two</td>
<td>TBD</td>
</tr>
</tbody>
</table>

**Description:** Join us for a repeat of one of last year’s very popular joint rides with Northern Neck Cycling (the bike club on Virginia’s Northern Neck). The ride will start and end at Lancaster High School. Highlights include a trip to the village of Morattico on the banks of the Rappahannock River, a visit to Belle Isle State Park (rest rooms available), and a trip across the Corrotoman River on the Merry Point Ferry (which runs on an underwater cable). We will linger a while at both stops. Also, getting a group across the River on the ferry can be a slow process. So, plan to spend the entire afternoon enjoying the beautiful Northern Neck (translation -- you may not want to come on this one if you are in a hurry to get somewhere).

Cue sheets will be distributed through the RABA and NNC email lists prior to the ride. As always, tandems are welcome (Hugh and Laura will probably ride their tandem). Please let Hugh know if you would like to lead the A or D pace group.

**Directions:** Lancaster High School (8815 Mary Ball Rd, Lancaster, VA 22503) is about 1 hour and 30 minutes from the Richmond Airport so make sure you get an early start, especially if you are coming from the West End or the Southside. Take Interstate 64 East to exit 220 for Route 33 East to West Point. Continue 17 miles past West Point to a stoplight at the crest of a hill in Glenns and turn left onto Route 33/US 17 North. Stay on Route 33/US 17 North for 2 miles and bear right at the Hardeeis into Saluda. At the traffic light at the courthouse in Saluda, turn right onto Route 33 and proceed 6.8 miles to the stoplight at the Route 3 intersection. Turn left onto Route 3 West and continue on Route 3 over the Rappahannock River (on the Norris Bridge) and through the towns of White Stone and Kilmarnock. Lancaster High School will be on your right approximately 6.4 miles from “downtown” Kilmarnock (Mary Ball Road is Route 3). It is easy to find, but if you have any trouble call Hugh on his cell phone at 804-690-9720.

May 23 (Saturday) Ride to “Savor”

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>8 am</td>
<td>60ish</td>
<td>4</td>
<td>One</td>
<td>Kim Moore, 358-0935, <a href="mailto:luvs2cycle@yahoo.com">luvs2cycle@yahoo.com</a></td>
</tr>
<tr>
<td>B</td>
<td>8 am</td>
<td>60ish</td>
<td>4</td>
<td>Two</td>
<td>Ride Leader Wanted</td>
</tr>
<tr>
<td>C</td>
<td>9 am</td>
<td>31</td>
<td>4</td>
<td>One</td>
<td>Peggy Merritt, 337-8385, <a href="mailto:pttsbgrhnva80@comcast.net">pttsbgrhnva80@comcast.net</a></td>
</tr>
<tr>
<td>D</td>
<td>9 am</td>
<td>20</td>
<td>4</td>
<td>One</td>
<td>Ride Leader Wanted</td>
</tr>
</tbody>
</table>

**Description and Directions:** This ride debuted on the ride calendar in August 2008 to great success, and the ride leaders hope that others will try this as an alternative to the ABC ride. The ride will feature the flatter roads of the East End and beyond. Afterwards, everyone is invited to eat lunch at Savor. Parking is available on the street or you may park in Savor’s free lot on the corner of Bainbridge and 7th Sts. The address for Savor: 201 West 7th St (corner of Porter and 7th Streets), Richmond, VA

(Continued on page 10)
May, 2009 Monthly Rides

(Continued from page 9)

23224 / 527-2867. Savor is located in the first floor of the Corrugated Box Building, please go to the restaurant’s website http://savorcompany.com for directions and the menu.

May 24 (Sunday)  

Columbia to Scottsville

Pace | Time | Miles | Terrain | Store Stops | Leader
---|---|---|---|---|---
A | 9:00 | 62 | 2 | two | Wayne Flood, 804-641-0556, Sept1Flood@comcast.net
B+ | 9:00 | 62 | 2 | two | Jeanne Minnix 804-405-6433, jminnix@comcast.net
B | 9:00 | 62 | 2 | two | Jim Denoon, 804-370-6252, delanie0deno@verizon.net
C | 9:00 | 41 | 2 | One | Jack Huber, 804-282-3872, jhuber1111@yahoo.com

Description: This is an excellent ride to see more of the western reaches of the area with a few hills to get you up out of your seat. Its becoming an annual ritual. Bring extra fluids as temps may be warm by this time of the month. Please plan for longer than usual drive times to get to the start.

Directions: Meet at the Columbia Corner Market, 1 St James Street, Columbia, VA 23038, which is 36 miles westward on Patterson Avenue/Route 6, past the Parham Road/Patterson Avenue intersection.

May 31 (Sunday)  

Jamestown Ferry Ride to Smithfield

Pace | Time | Miles | Terrain | Store Stops | Leader
---|---|---|---|---|---
B | 8:45 am | 54 | 4 | One | Jessie & Cathy Archer, RATS leaders, jcarc91@verizon.net
B | 8:45 am | 54 | 4 | One | Jack Huber, 804-282-3872, jhuber1111@yahoo.com

Description: This will be a joint RATS and RABA ride. Jessie and Cathy will be on their tandem and Jack will be on his single. Meet at Jamestown High School (3751 John Tyler Highway, Williamsburg, VA 23185) for the spring version of this popular ride. We’ll ride the Virginia Capital Trail to the Jamestown Ferry and cross the James River. After 24 quiet miles in Surry and Isle of Wight County roads the group will have lunch in historic Smithfield. The return route will pass by Bacon’s Castle and Chippokes State Park to Scotland Wharf for the return trip on the ferry. **Note the new starting point for this old favorite ride**

Directions: Take I-64 east to the Route 199 exit and travel south to Route 5 (John Tyler Highway) and turn right. Go west on Route 5 about 3.5 miles. Jamestown High School (3751 John Tyler Highway, Williamsburg, VA 23185) is on the left at the corner of Route 5 and Eagle Way. Allow about 1 hour and 10 minutes driving time from Richmond.

RABA Supports Rails-With-Trails Resolution

At our March Board Meeting, the Board of Directors approved a resolution calling for construction of Rails With Trails on all new railroad projects throughout the Commonwealth. This Resolution, originally proposed by the Virginia Bicycling Federation, asks Governor Kaine to require bike and pedestrian trails with the many new railroad projects and additions around the state.

RABA is one of more than twenty national, state-wide and local organizations supporting this effort.

Virginia’s Railroads are experiencing an unprecedented level of growth and expansion. The railroads are seeking to improve the levels of service for freight, passenger and multimodal transportation. Improving rail infrastructure will decrease traffic, be good for the environment and make our roads safer.

The Commonwealth of Virginia has already invested over $60 million to help upgrade the major rail corridors throughout the state. Norfolk Southern and CSX Transportation are seeking literally billions more state and federal dollars to complete these projects.

The Virginia Bicycling Federation believes that citizens and taxpayers deserve to benefit directly from these government expenditures. Demanding such accommodations is consistent with both State and Federal Transportation Policy.

As the population of the Commonwealth rapidly increases, it is becoming more and more difficult to find corridors to build bike and pedestrian trails. We believe this is a once-in-a-lifetime opportunity to potentially build over 1000 miles of trails in Virginia. These trails will be used to connect (Continued on page 16)
May, 2009 Weekly Rides

Road Ride Captain: Bill Whitworth, 285-9193, wwhitworth@reynolds.edu

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

Ride Leaders: Please submit ride sheets to statisticians Steve & Debbie Herzog, 13204 Forest Light Court, Richmond, VA 23233 no later than 14 days after the ride to ensure that all riders get mileage credit.

Sunday, 1:00 PM

Powhatan Courthouse

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>1:00 PM</td>
<td>30 to 60</td>
<td>3 to 4</td>
<td>See below</td>
<td>Barry and Martha Pullen, 561-3950</td>
</tr>
</tbody>
</table>

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

Sunday, 1:00 PM

East End-Dorey Park Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>1:00 PM</td>
<td>30-50</td>
<td>3</td>
<td>1</td>
<td>Randy Rosemond, 966-5472, <a href="mailto:velosalsaman@aol.com">velosalsaman@aol.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>1:00 PM</td>
<td>30-50</td>
<td>3</td>
<td>1</td>
<td>Ron Corio, 643-6452, <a href="mailto:rcorio@vcu.edu">rcorio@vcu.edu</a></td>
</tr>
</tbody>
</table>

Description: This ride has multiple routes and distances. Maps are available for riders who wish to ride at a B pace or less, preferably with a buddy. Distance varies weekly with rides becoming shorter as the daylight hours decrease. If the weather looks unfavorable or you have questions on the distance planned for a given week, please contact one of the ride leaders by 11:00 AM on ride day to confirm status.

Directions: Dorey Park is in eastern Henrico County. Take I-64 East from Richmond to Exit I-95 Laburnum Ave. South, turn right at the light and drive to the stoplight at Darbytown Road. Turn left on Darbytown, drive about a mile and turn right into Dorey Park. The group meets in the first parking lot on the left near the Recreation Center (barn-like building) across from the soccer fields.

Monday, 9:00 AM

Mondays with Mary

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>9:00 AM</td>
<td>30-40</td>
<td>3</td>
<td>Some</td>
<td>Mary Falterman, 741-2116, Barry Pullen, 561-3950</td>
</tr>
</tbody>
</table>

Description: The ride starts at a different location every week. The meeting place and start times are decided on Sunday evening at about 8:00 PM, depending on Mary, Barry, and Chris Walke’s schedules. Please contact one of the ride leaders on Sunday evening to get information about the upcoming ride.

Tuesday, 12:00 PM

Tuesdays at Rockville

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>12:00 PM</td>
<td>32-62</td>
<td>3</td>
<td>One</td>
<td>Bill Whitworth 285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a></td>
</tr>
</tbody>
</table>

Description: Come join us for a great ride through western Hanover and eastern Louisa. We leave from the Rockville Little League Fields. Cue sheets will be available. Distance of this ride varies weekly. Please contact Bill the day before the ride if you're interested in knowing the distance of the upcoming ride.

Directions: Take the Rockville/Manakin exit off of I-64. Go right (North) 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.

Tuesday, 6:00 PM

Hanover Courthouse Evening Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>6:00 pm</td>
<td>28</td>
<td>3</td>
<td>None</td>
<td>Wayne Flood, 804-641-0556, <a href="mailto:sept1flood@comcast.net">sept1flood@comcast.net</a></td>
</tr>
<tr>
<td>A</td>
<td>6:00 pm</td>
<td>28</td>
<td>3</td>
<td>None</td>
<td>Andrew Mann, 804-266-9048, <a href="mailto:rabamann@aol.com">rabamann@aol.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>6:00 pm</td>
<td>28</td>
<td>3</td>
<td>None</td>
<td>Hugh &amp; Laura Aaron, 804-690-9720, hughtheaarsonscom</td>
</tr>
<tr>
<td>B</td>
<td>6:00 pm</td>
<td>28</td>
<td>3</td>
<td>None</td>
<td>Dale Peacock, 804-304-6041, <a href="mailto:older_gpe@yahoo.com">older_gpe@yahoo.com</a></td>
</tr>
<tr>
<td>C</td>
<td>6:00 pm</td>
<td>28</td>
<td>3</td>
<td>None</td>
<td>Charlie Thomas, 804-747-6633, <a href="mailto:c.thomas53@verizon.net">c.thomas53@verizon.net</a></td>
</tr>
<tr>
<td>D</td>
<td>6:00 pm</td>
<td>21 or 23</td>
<td>3</td>
<td>None</td>
<td>John Moore, 804-338-9668, <a href="mailto:JMoore216@comcast.net">JMoore216@comcast.net</a> and Jim Kirchner, 804-512-7950, <a href="mailto:bwkirchner@comcast.net">bwkirchner@comcast.net</a></td>
</tr>
</tbody>
</table>

(Continued on page 12)
May, 2009 Weekly Rides

(Continued from page 11)

Description: Wayne’s and Andrew’s pace groups will typically be riding a tight pace line with few, if any, stops. Hugh and Laura will typically be riding their tandem at a more moderate pace with at least one stretch stop. Other tandem teams, as well as singles who would like to ride a B+ pace, are welcome to join Hugh and Laura’s pace group. Dale, Charlie, Jim and John invite all B, C and D paced riders to join their pace groups for a more casual tour through the countryside.

The route travels through portions of both Hanover and King William counties (both of which offer a lot of beautiful countryside). Most of the roads are quite rural with relatively light traffic. However, there is a 2.6 mile leg on Route 30 which can be busy with fast moving traffic, including big trucks heading to and from the West Point paper mill. Riders should exercise extra precaution on Route 30. Much of the route is surprisingly flat; however, the route climbs both the front and back sides of Bleak Hill. Both climbs are fairly short; however, by Richmond-area standards, they are relatively steep. Alternate cue sheets are available on www.raba.org for both longer (37 mile) and shorter (21 and 23 mile) routes. Click on “Ride Calendar” then “Ride Cue Sheets.” Check the RABA email list for the latest updates on this ride, or call one of the ride leaders.

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

Tuesday, See Starting Times Below

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A++</td>
<td>5:50 pm</td>
<td>47</td>
<td>2</td>
<td>None</td>
<td>Kim Moore, 358-0935</td>
</tr>
<tr>
<td>A+</td>
<td>5:40 pm</td>
<td>35</td>
<td>2</td>
<td>None</td>
<td>Kim Moore, 358-0935</td>
</tr>
</tbody>
</table>

Description and Directions: Riders should have a strong fitness level, be very comfortable in large and fast pacelines and good bicycle handling before attempting this ride at these fast paces. However, other paces are welcome to ride on their own as maps will be provided. Because this area of town is choked with houses and traffic, obeying traffic laws and riding single file are a must! To get to the start, take I-64 West to I-295; take the Nuckols Road North Exit. Go approx 3/4 mile, left turn onto Twin Hickory Rd (traffic light/intersection). Go approx 3/4 mile, high school will be on your right.

Wednesday, 9:30 AM

Retiree’s Midweek Ride and Lunch

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

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

Wednesday, 6:00 PM

Chesterfield County Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>6:00 pm</td>
<td>25</td>
<td>3</td>
<td>None</td>
<td>See below</td>
</tr>
<tr>
<td>B</td>
<td>6:00 pm</td>
<td>25</td>
<td>3</td>
<td>None</td>
<td>Al &amp; Lois Farrell 744-9306 <a href="mailto:afarrell3@verizon.net">afarrell3@verizon.net</a></td>
</tr>
</tbody>
</table>

Description: B Riders Wanted! Join Lois and Al for this ride on some smooth, scenic, and little traveled back roads in Chesterfield County. One or both of us will be leading a B group pace – we are hoping to build a core group of B riders this year. There is also generally a group of faster (AA+) riders to join if you are so inclined, but currently no designated A pace leader (contact us if interested!). Maps will be available to those wishing to ride at their own pace. Shorter options are available.

Directions: The ride leaves from the Bethia Methodist Church at the corner of Winterpock and Beach. Take Hull Street 2.2 miles west of 288. Turn left at the light just past Lowes onto Winterpock. The church is 2.8 miles on the right just before the Stop sign at Beach. Be sure to allow time for traffic on Hull Street on your way to the ride.

Wednesday, 7:00 PM

Ashland Dinner Club

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>7:00 PM</td>
<td>20</td>
<td>5</td>
<td>None</td>
<td>Champe Burnley, 358-5801, <a href="mailto:champe_burnley@hotmail.com">champe_burnley@hotmail.com</a></td>
</tr>
</tbody>
</table>

Description and Directions: This evening ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. We will ride to Ashland and stop for dinner at a selected restaurant. Afterwards, the group retracts the route

(Continued on page 13)
back to Laurel Park for a total of 20 miles. The pace is generally relaxed so any type of bike is appropriate.

Remember to bring:

- at least one headlight which provides enough light to illuminate the road in front of you.
- at least one bright-red blinkie for the rear of your bike.
- spare batteries for all lights.
- lots of reflective clothing, vests, legbands, and/or armbands.

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

Thursday, 12:00 PM  Unemployed Cyclists’ Lunch Ride

**Pace** | **Time** | **Miles** | **Terrain** | **Store Stops** | **Leader**
---|---|---|---|---|---
A | 12:00 PM | 33-55 | 3 | Varies | Hugh Aaron, 690-9720, hugh@theaarons.com
B+ | 12:00 PM | 33-55 | 3 | Varies | Bill Whitworth 285-9193, wwhitworth@reynolds.edu

**Description:** The route for this ride will vary from week to week. However, all routes will cover some part of Central or Eastern Hanover County and the surrounding areas (which offer a lot of beautiful countryside). Some routes do not have a store stop, so bring plenty of water. The cue sheet will be sent out on the RABA email list prior to the ride each week. If you do not subscribe to the RABA email list, contact Hugh or Bill prior to the ride for a copy of the cue sheet. Also, please contact Hugh or Bill if you are interested in leading a slower (or faster) pace group for this ride.

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

Thursday, 5:45 PM  West End Ride

**Pace** | **Time** | **Miles** | **Terrain** | **Store Stops** | **Leader**
---|---|---|---|---|---
A | 5:45 pm | 30 | 3 | None | Pat Ryan 240-9382 ryanfam11@comcast.net

**Description:** Come out and enjoy a ride with some rolling hills on as well as some relatively flat areas. We will travel on Manakin Rd., Shallow Well Rd., Dogwood Trail, Bienvenue Rd., Three Chopt Rd., and back to our starting point. There is light traffic on this route.

**Directions:** Meet at Manakin Baptist Church, one block north from Patterson Rd. on Manakin Rd. Please park far to the right of the church.

Thursday, 6:00 PM  Black Creek Church

**Pace** | **Time** | **Miles** | **Terrain** | **Store Stops** | **Leader**
---|---|---|---|---|---
A | 6:00 pm | 30 | 3 | None | Self directed
B | 6:00 pm | 23 | 3 | None | Wayne Shipley, 441.0664
D | 6:00 pm | 15 | 4 | None | Eleanor Shipley, 572.1791 or 737.7176

**Description:** This evening ride features multiple distances through eastern Hanover and New Kent Countities. Maps are available for riders who want to ride at their own pace. The D pace ride targets beginners who will stay together. All riders are invited to join the leaders for dinner afterwards at Nine Mile Grill in Highland Springs.

**Directions:** From I-64, take exit 197B (HIghland Springs, Rt 156N) onto Airport Drive (Rte156N), continue through 2 lights, over Rt 295, bear right at Market Rd. (Rte. 630), continue and bear right again on Fox Hunter Lane at Black Creek Country Store. Next, turn left on McClellan Rd. (Rte. 628). The church is about 2 miles on the left. Use parking lot on north side of the church.

**Thursday, See start times below**  Crump Park Options

**Pace** | **Time** | **Miles** | **Terrain** | **Store Stops** | **Leader**
---|---|---|---|---|---
A++ | 5:45 pm | 41 | 2 | None | Tom Richeson 691-7678
A+ | 5:50 pm | 39 | 2 | None | Kim Moore, 358-0935
A | 6:00 pm | 29 | 2 | None | Jeff Nicklas 833-5382, David Murray 240-0891

**Description:** The longer routes will include such favorite hills as Animal Shelter, the Three Sisters, Rocket’s Mill and Horse-

(Continued on page 14)
shoe. Riders of the A pace may have a less hilly route – all paces are welcome as cue sheets are available. Obeying traffic laws and riding single file are a must.

**Directions:** To get to the start, take Staples Mill Rd/Rt 33 West. Turn right onto Mountain Rd, then turn left onto Mill Rd (fire station at this corner). The school will be on the right. To get to the start, please take Staples Mill Rd/Rt 33 West. Turn right onto Mountain Rd. Remain on Mountain Rd for approximately 1.3 miles - park entrance will be on the left. Look for bicyclists in the back lot, in the rear of the park.

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**Fridays at Hylas**

**Friday, 10:00 AM**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>10:00 AM</td>
<td>35-40</td>
<td>3</td>
<td>Some</td>
<td>Dave Bloor, 285-6177</td>
</tr>
<tr>
<td>B</td>
<td>10:00 AM</td>
<td>35-40</td>
<td>3</td>
<td>Some</td>
<td>Jim Denoon, 370-6252</td>
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**Description and Directions:** The ride will start and end at the Berea Baptist Church at the intersection of 623 (Ashland Road) and 271 (Pouncey Tract Road). To get there, take I-64 West to Exit 173 (Rockville/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. The ride will vary each week. Maps and cue sheets will be available for those wishing to ride at their own pace.

**Friday, 2:00 PM**

**East Hanover Rides**

<table>
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<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>2:00 PM</td>
<td>30-40</td>
<td>3</td>
<td>Varies</td>
<td>Hugh Aaron, 804-690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
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</table>

**Description:** This ride starts and ends at the National Park Service Cold Harbor Battlefield Visitor Center, which is a few miles off I-295 near the Richmond Airport. Starting at the Battlefield Visitor Center provides multiple routes options, all of which offer relatively light traffic. The Visitor Center has both a water fountain and restrooms. We vary the route from week to week in order to keep things interesting. Most of the routes stay within the Cold Harbor, Old Church and Black Creek areas of rural eastern Hanover County and the Quinton area of western New Kent County. Due to the rural nature of the area, not all routes include a store stop. Please make sure that you bring enough water to comfortably complete the ride without a store stop. The cue sheet will be sent out on the RABA email list prior to the ride each week. If you do not subscribe to the RABA email list, contact Hugh prior to the ride for a copy of the cue sheet. Also, please contact Hugh if you are interested in leading a slower (or faster) pace group for this ride.

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

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**Saturday, 8:00-8:30 AM**

**The Ashland Breakfast Club (ABC)**

<table>
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<tr>
<th>Pace</th>
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</thead>
<tbody>
<tr>
<td>Varies</td>
<td>8:00-</td>
<td>20 to</td>
<td>5</td>
<td>Some</td>
</tr>
<tr>
<td></td>
<td>8:30 AM</td>
<td>50+</td>
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**Description and Directions:** This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. The basic ride is ten almost flat miles to Ashland where riders stop at Hardees or Ashland Coffee & Tea for breakfast or hot or cold drinks before retracing the route back to Laurel Park. There are a number of variations to this ride with many riders choosing a 30 mile route to the Coffee Shop while others prefer the basic route where they then meet up with other riders interested in doing additional miles before returning to the starting point. Riders may join the ride leader's group or form a group of their own based on preferred pace and distance. Unlike most RABA rides, this ride does not have a group start. Riders may sign the ride sheet and depart anytime between 8:30 and 9:00. If you are new to this ride, please introduce yourself to the ride leader and he or she will assist you in finding other club members who ride your pace. Maps and cue sheets are available for those wishing to ride at their own pace. Riders arriving after the ride leader has left will find the sign-up sheet and route maps on the ride leader's car.
Hi-Tech Ride Planning
Dan Widner's GIS Map Workshop
Reported by Ron Corio

On Saturday, March 21 RABA member Dan Widner presented a workshop on incorporating GIS (Geographic Information Systems) data into online mapping for bicycle route planning to a group of RABA members interested in creating bicycle route maps. After a brief introduction to GIS, Dan demonstrated how to use Google Earth, Google Maps, Virtual Earth, and other online mapping/routing Web sites. Dan gave participants who brought flash drives copies of digital map data and helpful map-creation information.

Dan, a former cartographer and currently state GIS coordinator for the Virginia Information Technologies Agency, began with an explanation of GIS maps. Using a sandwich analogy, he explained how these digital maps are a series of layers (themes), each layer carrying different information, e.g. roads, utilities, topography, waterways. A map maker can manipulate these layers, adding or subtracting to create a map with the characteristics desired. Dan demonstrated how to use ArcView, a software program used to manipulate the layers of a digital GIS map.

Next, Dan gave an overview of Google Earth. Using it he located this home in Mechanicsville zooming in to see aerial photographs in clear detail, including the horse he and his wife keep in the barn adjoining their home.

Using GIS with GPS (Global Positioning Systems) data was the next demonstration. For this, Dan imported cycling routes that have been placed on World Wide Web. Finally, he showed how to use Google Maps to create maps. In map view, he demonstrated how to create a route map then dazzled participants by showing how to switch Google Maps to “Street View” mode and actually travel the route virtually viewing it as if riding in a car or bike.

Dan was the third RABA member to give a presentation on creating cue sheet and/or maps for bicycle routes, the other two being Carl Armstrong and Hugh Aaron.

Cycling and RABA Advocacy...

(Continued from page 5)

With that for background, as time went by, I became involved in the following major accomplishments, along with many smaller, less obvious steps of moving the cause forward

• the feasibility study, and very early stages of the Virginia Capital Trail (which never really got moving until Mark Warner became Governor, and encouraged Transportation Secretary Whitt Clement to give the project high priority)

• working with GRTC to get a grant and install bike racks on all of their buses

• serving on the committee that oversaw the Regional Bike and Pedestrian Study which was completed in 2004

• which led to pushing for changes to the routes of US Bike Routes 1 & 76 which were eventually approved, and getting these routes properly signed throughout the area

• leading the effort to get Senate Bill 252 (with Creigh Deeds as our patron) passed in 2004, which contained 11 changes to the Code affecting bicycles, the most important of which was “may ride two abreast” changing the “must ride single file at all times” that had previously been in effect.

• getting an additional change approved in 2005, requiring a tail light for riding after dark.

• leading the effort in the Richmond area to get 82 applications for the “Share the Road” license plate, as the successful statewide campaign was sponsored by Allen Turnbull of BikeWalk and the plates issued in 2005

• leading the effort to educate the state’s cyclists about the “Dangerous Dogs’ registry in an attempt to get dog owners to keep their dogs from chasing cyclists.

In looking back over the decade, it becomes obvious that we have made some progress, with the help of a lot of others, through persistence and perseverance. None of it has come easily, and we’ve been unsuccessful ten times in getting the “Stop for Pedestrians in Crosswalks” passed (but we are getting closer). RABA’s support with my Advocacy budget (which helps defray the costs of travel and downtown parking) has been a big help, as has the willingness of RABA members to contact their elected officials when asked, and its been a lot of fun. Thanks to everyone who has helped along the way!
Classifieds

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

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.

The Pedaler

May, 2009
# Club Statistics for the First Quarter

By Steven and Debbie Herzog

An update from 2008’s year end statistics report. No new ride sheets have been received for 2008 so Dan Cosby still is the all time one year club mileage leader with 9,392 total miles in 2007. Bill Whitworth is a close second with 9,246 total miles in 2008.

As of April 9, we have received and processed ridesheets for 110 club rides held during the first quarter of 2009. We know that some 1st quarter ride sheets are still outstanding but the Pedaler printing deadline is upon us. The following list shows the top 100 club mileage leaders out of 252 riders who identified themselves as a club member on a ridesheet. These figures are only as accurate as the data received and don't include all the mileage club members accrue. A complete first quarter listing for all club members is on the RABA website and we plan on sending monthly email updates to subscribers of RABA’s Yahoo Group.

<table>
<thead>
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<th>Member Name</th>
<th>Total Miles</th>
<th>Avg Ride</th>
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<td>47</td>
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<td>Denoon, Jim</td>
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<td>Nuckols, Dee</td>
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<td>Carter-Lovejoy, Steven</td>
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See Insert Page 2 for continuation-
Tips from the Advanced Group Riding Clinic
by Sheryl Finucane

On March 21st about 30 RABA members were led by Craig Dodson and the rest of the Richmond Pro Cycling in an Advanced Riding Clinic. Feedback from the clinic has been excellent and more clinics are being planned. But for those who weren’t able to make it to the first clinic, here are some tips from the pros that you can start putting into practice now.

Safety in group riding requires skill, communication, trust and cooperation. Each rider must be depended on to do their job to keep the group moving smoothly down the road.

1. Follow the rules of the road. Some basic rules are:
   - Stay as far right as is safe and practicable
   - Stop for all stop signs and stop lights
   - Single up when traffic approaches from the rear

2. The lead rider looks ahead for road hazards and behind for motor vehicles. Using a mirror can make looking behind immensely easier and safer.

3. Communicate road hazards, slowing, stopping, and upcoming turns with hand and voice signals

4. Watch the group ahead, not the rear wheel in front of you. You’ll know sooner and be able to respond more smoothly to changes in group speed or position on the road.

5. Keep your center of mass over your bottom bracket, your bike will handle better.

6. Use gentle weight shifts to initiate lateral movements and turns

7. Don’t suddenly change speed or position. Do keep a steady cadence.

8. If you need to slow, do so smoothly, instead of grabbing your brakes, increase your air resistance (“catch some air”) by moving an elbow or knee out to the side or sitting up straighter.

9. If your wheel overlaps the wheel of the rider in front DON’T panic; catch a little air (see above) to slow a bit.

10. Use your peripheral vision to know of riders to your side.

11. Leave your earphones at home, the group needs your full attention.

12. Keep the paceline small (about 10 riders or less) – the lead rider needs to see traffic approaching from the rear.

Members of the group must be able to trust one another. Erratic riders put the whole group at risk, so if you want to ride in a group be willing to both give and accept feedback; the whole group will benefit.

Before your next ride find a parking lot and practice looking back, as if for traffic, while maintaining a straight line. If you can’t do it, keep practicing, and get a mirror and practice using it.

Ride leaders, before your group heads out for a ride, review expectations & basic principles of good paceline riding. Let’s all have fun and be safe.

Thanks to Richmond Pro Cycling for leading the clinic.

First Quarter Club Mileage Stats (cont. from Insert Page 1)

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<th>Member Name</th>
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