It’s Bike Month!

I’m afraid to say it out loud. The warm weather is here! Hopefully… Hopefully, I didn’t just jinx us.

May is upon us. Bike Month is full of everything Bicycle. Whether you are going to be riding or volunteering to help out with a bike ride, just get out there! Pedal Through the Petals is on April 29. This is a great ride for a great cause, helping cancer survivors. The Cap to Cap ride is coming on May 12. If you are riding either or both, have a safe ride! If you’re not, please consider volunteering to help either or both rides.

If your primary interest is RABA rides, we have a lot going on this month too. Our New Rider’s Ride for May will be on the 5th. Come out to Laurel Park Shopping Center and make some new friends. JJ, our Monthly Ride Director, will be starting a new Beginners ride next month, focused on the basics of riding a bicycle. He too could use your help. If you are free either on a Saturday at West Creek or on a Sunday at Dorey Park, please contact him. You can always just come to ride and make new friends as well.

Our Safety Chair Eric Martin will be holding a Bike Safety 101 class. You might have seen it mentioned on a bicycle safety story that ABC Channel 8 did recently. You can sign up here (Continued on page 16)

In the Public Eye

By Fran Smith, Director- Public Relations

The months that build up to the beginning of spring are always busy ones in the cycling world and April has been a good example. Even with the crazy shifting of weather patterns from 30 degrees one day and high 70’s the next, RABA members are starting to be “seen and heard” around town. You’ll find more folks gathering for our weekly ABC social rides, weekly pace rides, rides along the Capital Trail, and our growing popular rides at West Creek.

We’re getting the word out about the great works of RABA and folks know us. In early April, we had a call from a reporter with local television Channel 8 to secure an interview with one of our members about bicycle safety. This was a quick request and turnaround but President Wes Surina was available and provided the needed talk. If you missed this piece, you can view the recording at: http://www.wric.com/news/local-news/cyclists-say-road-safety-needs-to-be-group-effort/1116009099

To complement the great piece on bike safety, we have just received the completed video on bicycle safety from our local Girl Scout friend, Claire Bonney. This year long project was part of her work on the Girl Scout Gold Award, the highest award given to a Girl Scout to support leadership and efforts in the community. Her focus has been on promoting the importance of wearing helmets especially for bicycling, skating, and scootering. She reached out to RABA in June, 2017 to gain support of an

(Continued on page 5)

May RABA Program
Cycling Vacations
Tues, May 8, 5:30 to 7 pm

This is not the typical club program - RABA members and the general public are invited to see what a cycling vacation of a lifetime is all about! Join Trek Travel and Covington Travel on Tuesday, May 8, for light bites and drinks and learn about the fabulous Trek Travel cycling trips. Special extra: $200

(Continued on page 16)
Smart Cycling Class

Become a more confident cyclist by advancing your knowledge and skills for staying safe on a variety of road conditions. This class will teach you how to ride confidently in traffic! You will have the opportunity to practice what you learn in the classroom. Expect to refresh and expand your knowledge of traffic laws and the rights and responsibilities of cyclist on the road; learn 5 “layers of knowledge of traffic laws and the rights and responsibilities of cyclist on the road; learn 5 “layers of

(Continued on page 11)
A nice day on 4/21 which was also being celebrated as Earth Day, as about 50 people gathered at the Oak Grove Bellemeade Elementary School in the area east of Jeff Davis Highway in South Richmond for the dedication of the Charlie Thomas Bike Shop which is located on a hill behind the new school and adjacent Community Center. Bob Argabright with the help of some other volunteers from the Trinity United Methodist Church on Forest Avenue over in the University of Richmond area had been working with the children from this school since before the old Oak Grove School (about a mile away) was closed and replaced with this one.

Charlie Thomas, a member of Trinity as well as of RABA, had been working with this group for some time and introduced a bicycling component into the program. A number of abandoned bicycles were contributed by the Richmond Police Dept. and Trinity volunteers under Charlie’s supervision repaired and got them into good working order to be distributed to the school’s students. The program received two separate grants from the RABA Foundation which resulted in additional bicycles as well as bike repair tools to mow the lawns on the property of the School and Community Center. Sadly, Charlie was diagnosed with a brain tumor and did not live to see his idea come to fruition.

In addition to School faculty & administrators; Bob Argabright and others from Trinity, including Pastor Larry Lenow; City Councilwoman Ellen Robertson; Ron Corio, Don Collins & I from RABA; a representative of Mayor Stoney’s office; Nathan Burrell and others from the James River Park staff; and Charlie’s widow Harriet all were on hand to officially open the Bike Shop. A number also had a few words to say about how impressed they were with this addition to the Oak Grove Bellemeade community; how grateful they were to Bob Argabright & Charlie for their contributions to it; and how sorry they were that Charlie could not be here with us to see his idea come to fruition.

Some bad news to report as John Loughran gets hit by a car while cycling on Charles City Rd. on 4/20. A number of broken bones, but no head injuries, so it looks like he will heal fully, but it will be a while as he presently recovers in the MCV Critical Care Unit.

Sandy Norman reports that on top of a BOOP lung inflammation, he has had a minor stroke so has been shut down for a while. He also reports that brother Morty has also been doing his riding indoors in the U of R fitness center.

Dale Peacock, who many of us knew and liked, was found dead in his home several weeks ago. Since he lived alone and his next of kin brother lived some distance away, there was no death notice or obituary posted locally. As a result, we just found out recently that his brother is having a memorial service for him on Saturday, May 5 at 2 p.m. at the Central Chesterfield Ruritan Club, 2230 Grey Oak Drive, North Chesterfield, VA, off of Providence Road. Unfortunately, many of us are involved in the “Bike for the Brave” ride at that time, so those friends who are available are encouraged to attend the service.

Another death in our group, as Bruce Walton’s 20 year old grandson Connor Bruce died on 4/11, but that was soon followed by a little good news for Bruce as Connor’s sister and her a cappella singing group from the Appomattox Governor’s School went up to NYC to sing at the Lincoln Center and Bruce and his daughter Angie made the trip to hear them.

Some good news to report as Bill De Bender has made what I think is a remarkably quick recovery from his heart surgery, and appears to be fully back in cycling action. Well done, Bill!

Lots of traveling among the group as Leif & Myra Daleng, spotted listening to U of R’s Mike Davison and his group at the Best Cafe, reported that they had spent quite a bit of time in Spain this winter now that she has retired as director of the Dance Program at the U of R and they have a trip to Norway coming up soon. Cindy Evans & Mo have another good sounding trip coming up which will be a cruise around the Baltic. Ran into Terry Troxell and his wife at the Symphony, and they were similarly enthused over a trip they had done to Australia & particularly New Zealand also this past winter. From Face Book posts I noted that John Dawson was checking in from Nepal (getting onto an air liner that looked like it might be a real white knuckle adventure), while Debby Trainer was reporting in from another trip down to the Master’s golf tournament, which sounds like it’s getting to be an annual pilgrimage for her & husband Tim.

Lots of cycling action coming up in May, starting with the All for One film screening on the 2nd (although I haven’t yet seen confirmation that enough tickets have been sold that it is definitely on); Governor’s Proclamation of May as Bike Month on Friday the 4th; the Bike for the Brave Ride on the 5th; the Cap to Cap Ride on the 12th; Bike to Work Day on the 18th;
Below are three links to Flickr albums of images of the recent 7-day, 500-mile bike packing trip through the Old South on the Natchez Trace Parkway that Dan Widner, David Schmidt & I accomplished with Dan’s mapping and planning help.

Many thanks to the wonderful friends we met along the way, especially Marion & Robert Hester, who were our wonderful "trail angels" from Jackson, MS. These folks - also avid bicyclists - came to our aid just north of Jackson as we were about to ready our Night #3 camp at Rivers Bend wayside along the Pearl River after a long day’s ride. They had spotted us previously along the parkway, went home and sought us out where we had landed. They brought many things to eat, including much appreciated fresh fruit salad, trail mix, veggie chips and even Girl Scout cookies! Our bedraggled spirits were refreshed by their gifts and friendly conversation. What wonderful ambassadors for the state of Mississippi!

Here is the intro I wrote for the images on Flickr:

On March 30, 2018, Dan Widner, David Schmidt & I left Natchez, Mississippi in early evening, entering the Natchez Trace Parkway at the southern terminus and riding a short 13 miles to our first camp at Natchez State Park.

This NPS parkway is officially 444 paved miles and travels the length of Mississippi, skirts a corner of Alabama, finishing in the hills and mountains of Tennessee, ending at the northern terminus just below Nashville.

This old trail began as an animal pathway, then Native American trails, and finally, the roadway beaten into the earth by “Kaintucks” from the Ohio Valley on foot, horseback and in wagons; making their way home from New Orleans after floating goods down the Mississippi River on flatboats from points north.

President Thomas Jefferson designated the Trace as a national post road for mail delivery. Andrew Jackson, Meriwether Lewis, John Audubon, Jefferson Davis and U. S. Grant all took the road. To say this trail has a history is an understatement!

Our trip, with incidental riding along the way (to campgrounds, historic sites, etc.) resulted in nearly 500 miles total. We had seven night camps and seven full days of riding, averaging over 70 miles a day unsupported and fully loaded with gear for warm-to-cool weather, possible rain and most of our needed food. Many thanks to Dan, who did the majority of the mapping and planning for this trek!

We planned one night under roof (in a log cabin in French Camp, MS), but had one unexpected motel night in Tupelo, MS to avoid a bad storm that was predicted. (We had just ridden through couple miles of recent tornado damage that made an impression on us!) Fortunately, that day we had a strong warm tailwind that led us into North Tupelo finishing a 93-mile day in a safe motel room.

This album is devoted to the riding experience we had and many of the sights and people we met along the way:
https://www.flickr.com/photos/bikecrazy-paul/albums/72157690091752920

A second album is dedicated to "Trace History" which includes mostly signage for the historic sights along the parkway, so skip this if you’re not a history buff:
https://www.flickr.com/photos/bikecrazy-paul/albums/72157690092078560

A third, smaller album is dedicated to the “Local Color” we found along the way through the old south:
https://www.flickr.com/photos/bikecrazy-paul/albums/72157695163021394

Happy trails,
Paul Germain
In the Public Eye…

(Continued from page 1)

advisor and local riders who could share their experiences. Claire shared her final product with the RABA board at their April 23, 2018 board meeting and we will be linking this off our website to promote this important message! Look for more on this resource.

In a few days, it will be the beginning of National Bike Month! If you missed this, our friends at Sports Backers have published their RVA May Bike Month calendar for 2018 and you can view the details at: https://www.sportsbackers.org/bike-walk-rva-blog/rva-bike-month-2018-bike-future/ There are many cycling opportunities for May and RABA has two that you’ll find listed here: (1) our May New Riders Ride from Laurel Park on Saturday, May 5 and, (2) our NEW Beginner’s Ride in West Creek on Saturday, May 19. We hope you can explore these!!

Did You Know?

by Wes Surina

This month I want to go over some information on ride postings. I have received many messages about the email system and rides posted there. The system is a great resource. It allows leaders to inform people of route and time changes as well as weather cancellations. Riders can also use it to let members know about an impromptu ride they are planning to do.

The majority of the email postings give additional information about rides that are already listed in the Pedaler and on the web site’s Weekly and Monthly pages. We have several rides that use multiple routes and multiple ride leaders. For example, with the Wednesday Retiree’s Ride, the ride organizer will post the starting point and the route for the week’s ride, as well as name of the ride leader. If you have any questions, send a message either to the sender or the ride leader. The purpose of another type of message, as with those for the Aw Shucks Ride on Fridays, is to let members know what the specific route is for a particular ride. The rest of that ride’s basic information is found in the Weekly Rides section of the web site or in the Pedaler.

Here’s how to find ride information on the website. First go to RABA.org (http://www.raba.org/). Then click the “Rides” item in the main menu bar. The drop down contains links to pages with the Weekly Rides and Monthly Rides as well as a Ride Calendar. You can also go to pages showing rides for Today and Tomorrow.

Here you can see the detailed information for all of
Some members have wondered what the Virginia Bicycling Federation, which RABA has supported, and in which I have been active as RABA’s primary representative since 1998, has been doing on the Advocacy front over this time frame. These questions have prompted me to put together this list of accomplishments, of which we are quite proud, and which we are continuing to try to add to ----

**Virginia Bicycling Federation Accomplishments**

**As lead proponent at Virginia Legislature and in areas not limited to legislation ---**

- The Commonwealth Transportation Board (CTB) required to develop a statewide Pedestrian Plan. (2002)
- VDOT permitted to fund standalone pedestrian and bicycle projects (with no highway work involved) (2002)
- VDOT required to have a Bike & Pedestrian Advisory Committee in each of the nine Construction Districts. Narrowly failed in the House as some delegates didn’t want to micromanage VDOT, but did agree to request Transportation Secy. Clement to establish such committees. They did, and he did, a practice that continues until today, even though not required by law. (2002)
- Cyclists may ride not more than two abreast, provided they fall into single file formation upon being approached from the rear by a faster moving vehicle. Prior to this, riders must ride single file at all times. (2002)
- Mandatory sidepath ordinances were no longer permitted (which required cyclists to ride on a sidepath, if one was present, rather than on the adjacent highway) At that time, 14 Virginia jurisdictions had mandatory sidepath ordinances. (2004)
- Tail lights required after dark while riding on highways with speed limits of more than 35mph. Up until then, only reflectors were required. (2004)
- Worked closely with the Secy of Transportation and his Assistant to get the construction of the Virginia Capital Trail project underway (2002 - 2005) and later with the VDOT District Administrator to develop the trail’s route around the I-295 exits at Rt. 5 (2012 - 14)
- Motor vehicle must pass bicycle by 3 feet. (previously had been 2 feet) (2014)
- Wearing of masks by cyclists permitted in cold weather, provided they are not worn to conceal their identity (2014)
- Vehicle not to follow another vehicle (including a bicycle) more closely than is reasonable and prudent (2015)
- Motorist may cross double center line (if safe to do so) in order to pass a bicycle by three feet. (2015)
- Doorig --- Operator of parked motor vehicle not to open vehicle door into moving traffic until safe to do so (2016)
- Maintenance Reimbursement --- Jurisdiction will not lose annual maintenance reimbursement when it converts a vehicular travel lane to a bike lane (2017)

**As major supporting proponent----**

- Dangerous Dog Registry Established (2006)
- Landowners, including railroads, immune from liability when they allow passage across their property for recreational usage. (2009)
- Numerous bills to restrict cell phone usage and other driver distractions (several sessions)

**Bills we Opposed that were Defeated**

- Rear view mirrors required on all bicycles while riding on VA highways. (2000)
- Helmets required on all bicyclists, and some age groups, while riding on VA highways (several bills in several sessions)
- To abolish restrictions on hunting on Sundays (2012)
- Cyclists required to be on Cap Trail rather than Rt. 5, after some Cap Trail sections had been completed (2014)
- Bicycling while intoxicated a class 2 misdemeanor (2017)
Bikejournal Report

As of April 27, 2018, RABA riders logged 98,706 miles year-to-date on Bikejournal for second place among Bikejournal clubs.

<table>
<thead>
<tr>
<th></th>
<th>Sumter Landing Bicycle Club</th>
<th>The Villages, FL</th>
<th>142,855 (+44,149)</th>
<th>1,028</th>
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<tr>
<td>1</td>
<td>139 / 303</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>2</td>
<td>Richmond Area Bicycling Associ...</td>
<td>Richmond, VA</td>
<td>98,706</td>
<td>591</td>
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<tr>
<td>3</td>
<td>Sacramento Bike Hikers</td>
<td>Sacramento, CA</td>
<td>69,661 (-29,045)</td>
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<td>4</td>
<td>Phoenix Metro Bicycle Club</td>
<td>Tempe, AZ</td>
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<td>1,741</td>
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<td>5</td>
<td>'BentRider Recumbent Club</td>
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<td>27,603 (-71,103)</td>
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Table: Miles Logged by Month

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<tr>
<td>Jan</td>
<td>15,152</td>
<td>18,900</td>
<td>19,649</td>
<td>20,057</td>
<td>18,758</td>
<td>25,050</td>
<td>NA</td>
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<td>Feb</td>
<td>36,603</td>
<td>33,774</td>
<td>26,698</td>
<td>14,243</td>
<td>19,769</td>
<td>18,880</td>
<td>28,469</td>
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<tr>
<td>Mar</td>
<td>16,171</td>
<td>30,943</td>
<td>45,213</td>
<td>25,051</td>
<td>31,143</td>
<td>23,178</td>
<td>21,728</td>
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<tr>
<td>Apr</td>
<td>42,862</td>
<td>42,138</td>
<td>44,062</td>
<td>46,492</td>
<td>22,369</td>
<td>32,731</td>
<td></td>
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<tr>
<td>May</td>
<td>47,599</td>
<td>49,246</td>
<td>61,610</td>
<td>57,267</td>
<td>68,947</td>
<td>35,789</td>
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<tr>
<td>Jun</td>
<td>50,375</td>
<td>59,572</td>
<td>60,484</td>
<td>68,270</td>
<td>50,094</td>
<td>33,173</td>
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<tr>
<td>Jul</td>
<td>55,303</td>
<td>61,788</td>
<td>62,904</td>
<td>72,553</td>
<td>71,426</td>
<td>36,485</td>
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<tr>
<td>Aug</td>
<td>54,377</td>
<td>57,786</td>
<td>62,316</td>
<td>71,537</td>
<td>62,728</td>
<td>35,841</td>
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<tr>
<td>Sep</td>
<td>50,209</td>
<td>50,908</td>
<td>48,132</td>
<td>63,198</td>
<td>54,165</td>
<td>31,628</td>
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<tr>
<td>Oct</td>
<td>51,344</td>
<td>53,565</td>
<td>50,051</td>
<td>45,503</td>
<td>39,154</td>
<td>24,585</td>
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<td>Nov</td>
<td>29,459</td>
<td>43,561</td>
<td>44,648</td>
<td>43,080</td>
<td>39,198</td>
<td>26,102</td>
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<tr>
<td>Dec</td>
<td>48,064</td>
<td>55,632</td>
<td>52,199</td>
<td>55,827</td>
<td>54,169</td>
<td>42,833</td>
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<tr>
<td>Total</td>
<td>67,926</td>
<td>513,209</td>
<td>565,756</td>
<td>545,757</td>
<td>593,397</td>
<td>529,358</td>
<td>349,364</td>
</tr>
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</table>

2018 RABA Leader Board

as of April 27, 2018


Do You Know?...

(Continued from page 5)

the rides except for the impromptu ones, which are, well... impromptu. There’ll be the starting time, starting points, pace groups available, contact information for the ride leader as well as a description of the ride. If you have more questions, don’t hesitate to contact the ride leader or whoever posts the message. They’ll be happy to give you any additional information that you need.

Heard and Seen...

(Continued from page 3)

and the Senior Games 5K & 20K Cycling events on the 19th (back at Dorey Park again this year, hopefully without last year's rainy weather). A full schedule of events for the month, at which I hope to see you at some of them!

And the construction of the Franklin St. bike lane from Monroe Park down to Capitol Square is getting under way, as another improvement to the area's cycling infrastructure is getting checked off the list that had been recommended by the Mayor's Commission several years ago.
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 thereaft er. Non-Member Classified Rates: $5 for 1 item, $10 for 2-5 items, $15 for 6-9 items and $25 for 10-15 items – all with a reasonable amount of text per item. Send check or money order payable to RABA Treasurer, PO Box 6565, Ashland, VA 23005

RABA APPAREL

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

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

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

Shops and Businesses Offering RABA Member Discounts

- Pedal Power Bicycles, Broad St./Staples Mill Rd (former Rowletts location), 10% discount on parts and accessories with proof of membership.
- Conte’s of Richmond, 12256 W Broad St, Henrico, VA 23233 10% discount.
- Molly’s Bicycle Shop, 4515 W. Hundred Rd, Chester, VA 23831, 10 percent discount on parts and accessories, 5 percent discount on bikes other than Felt.
- Bikes4UShop, 11000 Three Chopt Road, Suite E, Richmond, VA 23233, 804-447-4460, 20% off any item, sale or retail price.
- Outdoor Adventure Store, 318 N. Main St. Farmville 23901. 434-315-5736. 10% discount.
- Deb Young, Road Tested Bike Tours LLC, Richmond, VA. Also at www.FaceBook.com/RoadTestedBikeTours – 10% discount
- Sweet Spot Cycling is offering RABA members 10% off indoor training classes (drop-in rate and class packages) using the following discount code: RABA2018

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

Become a RABA Ride Leader!

For more information or to schedule a ride, contact:

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

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

The deadline for getting June, 2018 rides listed in The Pedaler is May 15

CLASSIFIEDS NOW EXCLUSIVELY at www.raba.org

Classified ads on the web site are free for RABA members or for paying non-members. Members may have no more than two bicycles for sale on this site at any one time. Ads will run for 90 days unless informed that the items have been sold. The date submitted will be displayed on each. If you want your ad to continue running, you must notify the Editor prior to the expiration. The web site’s Classified page is here.
May, 2018 Monthly Rides

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

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

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

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

Terrain Key

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

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

May 5 (Saturday) Group Rides for New Riders (8:00-8:30 am start)

<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>8:30 am</td>
<td>20-32</td>
<td>3</td>
<td>One</td>
<td>Chuck Jajesnica, 804-543-8967, <a href="mailto:cervelo55@verizon.net">cervelo55@verizon.net</a></td>
</tr>
</tbody>
</table>

Description: This is the first of 5 rides for new riders, to be held on the first Saturday in April, May, June, July, and August. This ride is aimed at attracting new cyclists to RABA and getting more riders into the sport. 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 12-mile extension.

Directions: This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads.

May 5, 12, 19, & 26 (Saturday) and May 6, 13, 20, & 27 (Sunday) Beginners Training and Initial Conditioning Rides

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

Each Saturday or Sunday on each weekend this month there will be two training rides - for the real cycling beginners. One will be on Saturday at 9 am at West Creek, at the Kindred Spirit parking lot and the other on Sunday at 10 am, on the East end of RVA, at Dorey Park.

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

These rides are to prepare new riders for the RABA New Rider Rides, which are longer and more challenging. If you have friends or family that want to begin riding and need help tell them these rides are perfect for them.

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

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

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

(Continued on page 10)
May, 2018 Monthly Rides

(Continued from page 9)

May 12 (Saturday)  Waverly Big Woods Tour

<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>40</td>
<td>4</td>
<td>one</td>
<td>Sara Page, <a href="mailto:Saral.gray@gmail.com">Saral.gray@gmail.com</a></td>
</tr>
<tr>
<td>C</td>
<td>9 am</td>
<td>40</td>
<td>4</td>
<td>one</td>
<td>Jack Huber, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
</tbody>
</table>

Description and Directions: After a month’s delay due to bad weather, the monthly Waverly ride returns for another year with this ride through Sussex, Surry and Southampton Counties. The route will pass through the Big Woods Wildlife Management Area in Sussex County and past some plantings of the endangered long-leaf pine. Store stop in Wakefield and everyone is welcome to have lunch together at Giuseppe’s in Waverly after the ride. Cue sheets will be provided at the start and you can contact Jack for an advance copy or the GPX file. Meet behind the closed La Hacienda restaurant (101 South County Drive, Waverly, VA 23890). Please do not park in the unpaved portion of the parking lot. Remember that speed limits are strictly enforced in Waverly.

May 12 and 13 (Saturday/Sunday)  Luray Weekend Adventure

<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>10 am</td>
<td>55 (Sat.)/ 70 (Sun)</td>
<td>3</td>
<td>Varies</td>
<td>Andy Schafer 562-522-0161, <a href="mailto:andy.schafer99@gmail.com">andy.schafer99@gmail.com</a></td>
</tr>
</tbody>
</table>

Description and Directions: This is a 2-day ride starting in Waynesboro, and riding to Luray via Harrisonburg and New Market on Saturday, and returning to Waynesboro, via Shenandoah and McGaheysville on Sunday. Saturday is about 65 miles with 3500 +/- ft of elevation, while Sunday is about 61 miles and 2500 +/- ft of elevation. Touring pace – 13 to 14 Avg. We’ll plan for lunch in Harrisonburg before heading North to New Market and the crossing of Massanutten Mountain via New Market Gap. On Sunday we’ll head South via Page Valley toward Shenandoah, then to Elkton, Grottoes and back to Waynesboro.

Make your own reservations in Luray - Quality Inn, Budget Inn, several high end hotels and B&Bs – prices range from $80 - $$$ + taxes. We’ll start from The Waynesboro Kroger at Arch St. and Short St. in Waynesboro (across the street from Police Station) on Saturday the 12th at 10 AM. This is a bit later to allow for the drive out to Waynesboro. Be prepared to carry your gear (only for one night!) unless we have a volunteer to carry the baggage. If there is interest, an optional start at Grottoes will lower daily mileage by 14 miles.

This is a great intro to bike touring. Tandems welcome. Hoping for a volunteer driver for bags.

NEXT MONTH  --  West Point Weekend Adventure, June 9 - 10.

If you have any questions, please contact Andy Schafer, andy.schafer99@gmail.com, 562-522-0161

May 14 (Monday)  High Bridge Hookie 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>10 am</td>
<td>20</td>
<td>5</td>
<td>Varies</td>
<td>Wes Surina, <a href="mailto:Wessurina@gmail.com">Wessurina@gmail.com</a>, 804-496-1492</td>
</tr>
</tbody>
</table>

Description and Directions: Take a day off of work and come to fabulous Farmville. Meet in the parking lot by Charley's Waterfront Cafe (201 Mill Street Farmville, VA) The ride will be on the High Bridge Trail, crossing over the highest bridge in Virginia. Wes will be riding 10 miles out and 10 miles back at a C pace (average speed of 13 mph), for a 20 mile ride. Other paces and distances are welcome to come along. The trail is crushed rock, so bring the hybrid or the trail bike. Road bikes with wider tires (28 mm +) will also work. After the ride join Wes for lunch at Charley's.

May 27 (Sunday)  Jamestown Ferry to Smithfield Lunch 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</td>
<td>9 am</td>
<td>54</td>
<td>3</td>
<td>one</td>
<td>Sara Page; <a href="mailto:saral.gray@gmail.com">saral.gray@gmail.com</a></td>
</tr>
<tr>
<td>C</td>
<td>9 am</td>
<td>54</td>
<td>3</td>
<td>one</td>
<td>Jack Huber; <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
</tbody>
</table>

Description: Meet at Jamestown High School (3761 John Tyler Highway, Williamsburg, VA 23185) for the spring version of this popular ride. We’ll ride a few miles on the Virginia Capital Trail to the Jamestown Ferry and cross the James River. After 24 more quiet miles on Surry and Isle of Wight County roads, the group will have lunch at the Smithfield Station on the Pagan River. The return route will pass by Bacon’s Castle and Chippokes State Park to Scotland Wharf on the way to the ferry with an optional ice cream stop at a farm stand. Cue sheets will be available at the start of the ride and you can contact Jack for a copy of the GPX file. This is a joint ride for RABA and Williamsburg Area Bicyclists.

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 intersection of Route 5 and Eagle Way. Allow at least 1 hour and 10 minutes of driving time from Richmond. Please arrive prior

(Continued on page 11)
May, 2018 Monthly Rides

(Continued from page 10)
to the starting time in order to be ready to ride at 9 a.m. sharp. We have a ferry to catch!

**May 28 (Monday)**

<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>7:30 am</td>
<td>27</td>
<td></td>
<td>1 w/ regroups</td>
<td>Ron Charest</td>
</tr>
<tr>
<td>C</td>
<td>7:30 am</td>
<td>27</td>
<td></td>
<td>1 w/ regroups</td>
<td>John Johnson</td>
</tr>
<tr>
<td>D</td>
<td>7:30 am</td>
<td>27</td>
<td></td>
<td>1 w/ regroups</td>
<td>Wes Surina, 687-3117 , <a href="mailto:wessurina@gmail.com">wessurina@gmail.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** Come join me on Memorial Day for an early morning ride. This is a casual ride to enjoy being on the bike, being with friends, and...aww, who am I kidding. It’s about the DOUGHNUTS and riding “hole”-istically! The ride starts and ends at Laurel Park Shopping Center (Hungary and Woodman).

---

**Smart Cycling Class...**

(Continued from page 2)

safety” that you can put to use on every ride (it’s not just about the helmet), learn emergency handling skills and riding techniques that can prevent motorists’ mistakes and allow you to avoid trouble, and much more!

This course is divided into two parts. 1. Classroom; 2. Parking lot bike handling skills and road riding with instructors. The classroom part will be Monday evening at the library listed below. Please choose ONE of the Saturdays, either May 26, OR June 2 for the parking lot bike handling skills and the road riding with instructors. Participants must attend the classroom session in order to participate in parts 2 On-Bike.

Registration price: $24

Ages 14-17 welcome with participating parent or guardian. Proceeds minus costs donated to promote cycling.

Monday May 14, 2018:

- 5:15 PM – 5:30 PM: Glen Allen Library - Arrive
- 5:30 PM – 8:30 PM Glen Allen Library Lecture/Discussion

Saturday May 26, 2018 OR Saturday June 2, 2018:

- 8:00 AM – 8:15 AM: Laurel Park Shopping Center Parking lot – Bike and Helmet check.
- 8:15 AM – 9:55 AM Practice basic handling skills and defensive driving maneuvers
- 10:00 PM – 12:30 PM: Road ride starting from Laurel Park Shopping Center Parking lot. Instructors ride along and give feedback as you put your new skills and knowledge into practice
- 12:30 PM - 1:00 PM optional written test to earn Smart Cycling (Formerly TS 101) Certificate

**Topics**

- How to select, fit and inspect your bicycle
- Helmet Fit
- What to bring on a ride

- Gearing
- Bike Handling Skills: Starting Stopping Scanning Signaling
- Maneuvers to get you out of a jam: Quick stop, rock dodge, instant-turn
- Traffic laws
- Best road positioning at intersections and mid-block
- Riding on city streets and rural roads
- Riding in Groups

Offered by League of American Bicyclists Certified Instructors

Monday May 14: Eric Martin; Sheryl Finucane, Gregg Hillmar
Saturday May 26: Eric Martin; Sheryl Finucane, Gregg Hillmar
Saturday Jun 2: Eric Martin, Sheryl Finucane

Questions? Contact Eric Martin martin4bike@gmail.com, (804) 402-3471

Location Part 2 On-Bike

Laurel Park Shopping Center, 2312 Hungary Rd, Richmond, VA 23228

Offered by: Eric Martin; Sheryl Finucane, Gregg Hillmar

Registration Classroom Portion

May 14

[https://bikeleague.secure.force.com/MN4__mnp_viewevent?id=a0k1M00000Dm4mYQR](https://bikeleague.secure.force.com/MN4__mnp_viewevent?id=a0k1M00000Dm4mYQR)

Registration On-Bike Portion; Pick one.

May 26

[https://bikeleague.secure.force.com/lab_events?id=a0k1M00000Dm4nCQR](https://bikeleague.secure.force.com/lab_events?id=a0k1M00000Dm4nCQR)

June 2

[https://bikeleague.secure.force.com/MN4__mnp_viewevent?id=a0k1M00000Dm4o0QAR](https://bikeleague.secure.force.com/MN4__mnp_viewevent?id=a0k1M00000Dm4o0QAR)
Ride Director (Weekly Road Rides): Konrad Orta, 804-386-7120, konrad.orta@gmail.com

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

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

---

**Sunday**

**Sunday Casual Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stop</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>8:30 am</td>
<td>22-26</td>
<td>5</td>
<td>1</td>
<td>Grey Nugent, (804) 234-4030, <a href="mailto:wessurina@gmail.com">wessurina@gmail.com</a></td>
</tr>
<tr>
<td>D</td>
<td>8:30 am</td>
<td>22</td>
<td>5</td>
<td>1</td>
<td>Wes Surina, (804) 234-4030, <a href="mailto:wessurina@gmail.com">wessurina@gmail.com</a></td>
</tr>
</tbody>
</table>

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

**Ride Information HERE.**

**Sunday Portabella Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>10:30 am</td>
<td>19-52</td>
<td>Various</td>
<td>Various</td>
<td>See below</td>
</tr>
</tbody>
</table>

**Leaders:**

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

**Ride Information HERE.**

**Powhatan Courthouse**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>9 am</td>
<td>30 to 45</td>
<td>3 to 4</td>
<td>see below</td>
<td>Barry and Martha Pullen, 561-3950</td>
</tr>
<tr>
<td>B</td>
<td>9 am</td>
<td>30 to 45</td>
<td>3 to 4</td>
<td>see below</td>
<td>Barry and Martha Pullen, 561-3950</td>
</tr>
</tbody>
</table>

**Description and Directions**: Meet at the Powhatan County Courthouse on Route 13.

**Ride Information HERE.**

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**Monday**

**Mondays with Mary**

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

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**Tuesday**

**Tuesdays at Rockville**

| Pace | Time  | Miles | Terrain | Stops | Leader |

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

### B+ 9 am 33 to 62 3 One Dee Nuckols, 804-749-3400, sdnuckols@yahoo.com

**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.](#)

### Surry 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</td>
<td>9:30 am</td>
<td>28-32</td>
<td>3 or 4</td>
<td>one</td>
<td>Bill Bandy, <a href="mailto:BillBandy@gmail.com">BillBandy@gmail.com</a></td>
</tr>
<tr>
<td>C</td>
<td>9:30 am</td>
<td>28-32</td>
<td>3 or 4</td>
<td>one</td>
<td>Jack Huber, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions**: Meet Tuesday mornings at the Surry Government Center on School Street, (45 School Street, Surry, VA 23883) just off of Routes 10 & 31 in the Town of Surry. There is some great cycling in Surry County and the roads are mostly flat with little traffic. We will partner with the Williamsburg Area Cyclists’ ride leader Fran Wenbert on this ride. There are several different routes that are chosen on a rotating basis, all are about 30 miles long with a rest stop along the way. After the ride the group has lunch at the Surry Seafood Company on Gray's Creek.

[Ride Information HERE.](#)

### Deep Run High School Options

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A++</td>
<td>5:45 pm</td>
<td>42</td>
<td>2</td>
<td>None</td>
<td>Mike Moore 358-0935</td>
</tr>
<tr>
<td>A</td>
<td>5:50 pm</td>
<td>32 or 42</td>
<td>2</td>
<td>None</td>
<td>Kim Moore 358-0935</td>
</tr>
<tr>
<td>B+</td>
<td>5:50 pm</td>
<td>25 or 32</td>
<td>2</td>
<td>None</td>
<td>Konrad Orta 804-386-7120 <a href="mailto:konrad.orta@gmail.com">konrad.orta@gmail.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions**: For the A++ level, riders should have a very strong fitness level, have confidence and experience in fast pacelines and have good bicycle handling. A and B+ paces are encouraged to come out to get stronger together. Due to daylight not being quite long enough to ride longer yet, groups may ride the shorter routes for the first couple of weeks. NOTE: this area of town has lots of traffic due to lots of housing communities, so 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 1 mile, high school will be on your right. Please park in the right side of the parking lot as you enter the main lot. **Ride begins promptly**

[Ride Information HERE.](#)

### Tuesday 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>Various</td>
<td>6 pm</td>
<td>Various</td>
<td>4</td>
<td>None</td>
<td>John Senn, <a href="mailto:john.senn@comcast.net">john.senn@comcast.net</a></td>
</tr>
</tbody>
</table>

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

[Ride Information HERE.](#)

### Hanover Courthouse After Work 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+</td>
<td>6 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>Andrew Mann, <a href="mailto:rabamann@aol.com">rabamann@aol.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>6 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>Ken Kolb, <a href="mailto:kenkolb@gmail.com">kenkolb@gmail.com</a></td>
</tr>
</tbody>
</table>

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

[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 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>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></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

(Continued on page 14)
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 Bud Vye, 262-9544 or Barry Pullen, 561-3950.

Ride Information HERE.

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 pm</td>
<td>25-30</td>
<td>3</td>
<td>None</td>
<td>See below/ web site</td>
</tr>
<tr>
<td>B/B+</td>
<td>6 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>
<tr>
<td>B/B+</td>
<td>6 pm</td>
<td>25</td>
<td>3</td>
<td>None</td>
<td>Doug Macauley <a href="mailto:ddmacauley@comcast.net">ddmacauley@comcast.net</a></td>
</tr>
</tbody>
</table>

**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. Please park in the front parking lot away from the church. Be sure to allow time for traffic on Hull Street on your way to the ride.

Ride Information HERE.

Thursday

Unemployed Cyclists Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>StOPS</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A/B+</td>
<td>9 am</td>
<td>varies</td>
<td>3</td>
<td>Varies</td>
<td>Bob Gore, 804 370-9906, <a href="mailto:gorem0715@gmail.com">gorem0715@gmail.com</a></td>
</tr>
</tbody>
</table>

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

Ride Information HERE.

BDR (Before Dinner Ride)

<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/B+</td>
<td>6 pm</td>
<td>20-30</td>
<td>3</td>
<td>None</td>
<td>Gary Thabet, 804-402-9105, <a href="mailto:gethabet@gmail.com">gethabet@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Gregg Hillmar, 804-683-2503, <a href="mailto:bike@hillmardesign.com">bike@hillmardesign.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>David McMillan, 804-337-2710, <a href="mailto:mcmillanmail@comcast.net">mcmillanmail@comcast.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>John Moore, 804-338-9668, <a href="mailto:jmoore216@comcast.net">jmoore216@comcast.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Josh Silverman, 804-307-3338, <a href="mailto:jds17@yahoo.com">jds17@yahoo.com</a></td>
</tr>
</tbody>
</table>

**Description:** This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. The twenty mile route follows the ABC route which is almost flat to Ashland and back to Laurel Park Shopping Center. Longer routes have a few hills. While the faster paces, B and up, are not no drop, leaders will generally try and make sure that no one is dropped from their group, regrouping as needed. This ride is open to all cyclists. Due to the possibility of returning in low light, each rider should have a working head-light and a rear blinkie. After the ride join your fellow riders for dinner, usually at Franco’s on Staple’s Mill Rd or another local restaurant.

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

Ride Information HERE.

Crump Park Options

<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 pm</td>
<td>29 or 32</td>
<td>2/3</td>
<td>None</td>
<td>Mike Moore 358-0935</td>
</tr>
<tr>
<td>A+</td>
<td>6 pm</td>
<td>24-29 or 32</td>
<td>2/3</td>
<td>None</td>
<td>Keith VanInwegen <a href="mailto:keithvaninwegen@gmail.com">keithvaninwegen@gmail.com</a> 804-288-5221</td>
</tr>
<tr>
<td>A/A-</td>
<td>6 pm</td>
<td>24-29 or 32</td>
<td>2/3</td>
<td>None</td>
<td>Jo Ann Gordon <a href="mailto:brmrkr92@yahoo.com">brmrkr92@yahoo.com</a> and Kim Moore 358-0935</td>
</tr>
</tbody>
</table>

**Description:** This evening ride features multiple distances beginning in the Far West End, progressing through Ashland and western Hanover County. We have prepared cue sheets of 4 distances on roads familiar to all RABA riders.

**Directions:** To get to the start, 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 very rear parking lot.

**Ride starts promptly**

(Continued on page 15)
May, 2018 Weekly Rides

(Continued from page 14)

Ride Information HERE.

East End Black Creek Ride
Pace  Time  Miles  Terrain  Stops  Leader
A / B+  6 pm  28 - 32  3  None  Park Previs, sp00ne@yahoo.com
C+ / B  6 pm  16-20  3  None  Megan & Kris, mbprevis@gmail.com

Description and Directions: This Leader led evening ride features different paced cruises through eastern Hanover and New Kent Counties starting at Black Creek Baptist Church, 6289 McClellan Rd., Mechanicsville, VA 23111. Please use parking lot on north side of the church. This is not a "no-drop" ride, but we will make sure that everyone is taken care of and makes it back to the finish. I hope that all the regulars from years past will return, and I hope that some new riders come out and join us.

Ride Information HERE.

West End Manakin Ride
Pace  Time  Miles  Terrain  Store Stops  Leader
A/B+  6 pm  28/30  3  None  Mike Dieter, Godieter@aol.com, 804-314-6616
Steven Herzog, sp_herzog@verizon.net, 804-337-1450

Directions: Meet at Dover Baptist Church, 635 Manakin Road, Manakin-Sabot, VA. Take Patterson Avenue (Route 6) west. The church has asked us to park on the right hand side of the parking lot, as far away from the church as possible.

Ride Information HERE.

Friday

Charlie Thomas Memorial Ride (Charlie’s Hylas Ride)
Pace  Time  Miles  Terrain  Stops  Leaders
B  9:30 am  25-33  2/3  1  Dave Miller, dialdave@aol.com
Trevor Calame, trvr.calame@verizon.net

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

Ride Information HERE.

Fridays Aw Shucks Ride
Pace  Time  Miles  Terrain  Stops  Leader
A/B++  9 am  35-40  3  Some  Ray Reed, 804-441-4923, r.reed02@gmail.com

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

Ride Information HERE.

Saturday

The Ashland Breakfast Club (ABC)
Pace  Time  Miles  Terrain  Stops  Leader/Coordinator
Varies  8:30 am- 20-50+  5  Some  Konrad Orta, 804-386-7120, konrad.orta@gmail.com

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

Ride Information HERE.

Centerville Saturday Ride– Food Lion
Pace  Time  Miles  Terrain  Stops  Leaders
B+  9 am  35-45  3  Some  Karen Murphy, murphykaren5@yahoo.com

Directions: The ride leaves from the parking lot of the Food Lion in the Broadview Shopping Center in Centerville.

(Continued on page 16)
May 2018 Weekly Rides

(Continued from page 15)

Ride Information HERE.

Molly’s Beginner Ride
Pace  Time   Miles  Terrain  Stops  Leader
C  3 pm   Varies  3  None  Amy Ballard, 214-957-2898, Amy@mollysbicycleshop.com

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

Ride Information HERE.

President’s Message…

(Continued from page 1)

for the Classroom portion and here for On-Bike portion.

Still want more to do? Join the ride to Williamsburg from Richmond for the Proclamation of Bike Month here in the Commonwealth. There are a lot of rides to be had this month, both in club and out. Check out Bike RVA’s May calendar for an extensive list of Bike Month cycling events happening here in our area, including a couple of RABA rides. Thanks to Fran and Andrew for working to get our rides on their calendar.

There are far more events going on this month than can be listed in a short article. Please look though the Pedaler and at the website for more information.

Let’s get out there and log some miles in bikejournal.com.

-Wes Surina

May RABA Program…

(Continued from page 1)

discount coupon for attendees!

Date and Time: Tues, May 8, 5:30 pm to 7 pm
Location: Covington Travel, 4800 Cox Road, #Suite 200, Glen Allen, VA 23060

You must register to attend. There are two ways to register:

Via Facebook: https://www.facebook.com/events/2071842209698056/

Registering / RSVPs are necessary to gather a headcount for food and drinks - please show some love to the event organizer by giving a heads up that you are coming.

**If you happen to be in the Newport News area on Monday evening, May 7, Covington Travel will be doing the same program, more details and registration at: https://www.eventbrite.com/e/trek-travel-night-at-al-fresco-tickets-44848426852?aff=erepanelorg**
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 and slower riders may be dropped</td>
<td>At leader's discretion</td>
<td>Experienced paceline skills, basic bike repair skills</td>
<td>Riders fix their own bikes</td>
</tr>
<tr>
<td>B+</td>
<td>16 up to 18 mph</td>
<td>Fast social with emphasis on riding</td>
<td>Frequent paceline riding, occasional regrouping, leader rides anywhere within group, riders who fall off the paceline and slower riders may be dropped</td>
<td>About every 20-30 miles</td>
<td>Experienced group riding skills, paceline skills, basic bike repair skills</td>
<td>Riders fix their own bikes, leaders may assist</td>
</tr>
<tr>
<td>B</td>
<td>14 up to 16 mph</td>
<td>Moderate social with emphasis on riding</td>
<td>Limited paceline riding, occasional regrouping, leader rides anywhere within group, riders who fall off the paceline and slower riders may be dropped</td>
<td>About every 15-20 miles</td>
<td>Experienced group riding skills, basic understanding of paceline skills, basic bike repair skills</td>
<td>Riders fix their own bikes, leaders may assist</td>
</tr>
<tr>
<td>C</td>
<td>12 up to 14 mph</td>
<td>Brisk social</td>
<td>Riders usually stay together as a group, frequent regrouping, leader rides anywhere within group, slower riders rarely dropped</td>
<td>About every 10 miles and at major intersections</td>
<td>Knowledge of group riding skills and road hand signals</td>
<td>Leader assists or finds assistance</td>
</tr>
<tr>
<td>D</td>
<td>8 up to 12 mph</td>
<td>Relaxed social with emphasis on safety; perfect for new riders; no steep hills</td>
<td>Riders always stay together as a group, leader rides at the rear of the group, no rider will be dropped</td>
<td>About every 5 miles and at most intersections</td>
<td>Basic understanding of bike operation including shifting and braking</td>
<td>Leader assists or finds assistance</td>
</tr>
</tbody>
</table>

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

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The Pedaler | May, 2018

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www.raba.org