RABA November Meeting
Wednesday, November 12, 2008

It’s Your Choice –
Healthy Eating
Pot Luck Dinner and Social: 6:30-7:30 PM
Presentation: 7:30 PM
Location: Offices of Long & Foster
at 9321 Midlothian Turnpike

As the bicycling and companion burning calorie seasons contract and with the holiday eat-o-rama season ahead, come and learn about making better decisions on what and how much to eat. Karen Hawkins will talk with us about diet to suit our lifestyle.

Karen is a registered and licensed dietitian with more than 18 years of professional service: eleven as an Army Reserve dietitian and seven on active duty, including experience as a certified diabetes educator in Army medical facilities and public health clinics. She is currently serving on active duty as the first registered dietitian to work with the Defense Commissary Agency, the grocery store chain for the military, worldwide. Also read about her experiences on the Wounded Warrior Unity Tour on page 6 of the Pedaler.

We begin the evening with a pot luck dinner, 6:30 - 7:30. Bring a healthy entree (enough to serve your party

Remember to Take a Look at 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 the Richmond mayoral candidates’ cycling survey responses, additional features and pictures as well as an 8 1/2”x11” calendar for November showing all the RABA rides.

November–
A Month of Changes

With November and the end of Daylight Savings Time (page 5), the year’s prime time road cycling comes to an end. The after-work rides are on hold till 2009 and the starting times and lengths of the other rides are modified because there’s not as much daylight and because it’s getting colder. Be sure to look at the Ride Calendars to make sure you don’t miss anything!

(Continued on page 13)

Search for 2009 RABA Board of Directors and Volunteers Continues
by Kim Moore

The Nominating Committee is still looking for interested persons for positions on the 2009 Board of Directors and Volunteer Chairs. We are currently looking for directors-at-large, ride captains and secretary. If you have the time, en-

(Continued on page 2)
Welcome to RABA's newest members. We hope to meet you and see you on some of our rides!

Doug & Mary Damon
Susan Douthit
Teri Lovelace
John McLees

2009 RABA Board of Directors and Volunteers

(Continued from page 1)

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.

2008 Board of Directors & Committee Chairs

President: Mike Moore
mike_moore@yahoo.com
358-0935

Vice President: Kim Moore
luvs2cycle@yahoo.com
358-0935

Treasurer: Cindia Evans
cnevans@comcast.net
789-0511

Secretary: Jack Huber
jhuber1111@yahoo.com
282-3872

Director at Large: Debbie Gleason-Morgan
gleasoncycles@comcast.net
755-3039

Director at Large: Brenda Hubbard
Brenda_hubbard@yahoo.com
740-3678

Social Monthly Ride Captain:
Hugh Aaron, hugh@theaarons.com
690-9720

Weekly Ride Captain:
Brenda Hubbard, brenda_hubbard@yahoo.com
740-3678

Fast Ride Captain: Kim Moore
luvs2cycle@yahoo.com
358-0935

Off-Road Ride Captain: Andrew Mann
rabammann@aol.com
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Racing Coordinator: Susan Curtis
susan.curtis@att.net
756-2001

Program Chair: Mark Hoerath
mhoerath@comcast.net
560-1788

Advocacy & Century Chair: Bud Vye
bdvye@comcast.net
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lojafarrell@verizon.net
aifarrell3@verizon.net
744-9306

Web Administrator: Doug Harrel
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368-0689

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.

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

The deadline for getting December rides listed in The Pedaler is November 15

For more information or to schedule a ride, contact:

Social Monthly Ride Captain:
Hugh Aaron
hugh@theaarons.com, (804) 690-9720

Weekly Ride Captain:
Brenda Hubbard
Brenda_hubbard@yahoo.com, (804) 740-3678

Fast Ride Captain:
Kim Moore
luvs2cycle@yahoo.com, (804) 358-0935

Become a RABA Ride Leader!

- No experience necessary
- Cue sheet library available
- Great way to become more involved in the club

www.raba.org

2009 RABA Board of Directors and Volunteers

(Continued from page 1)

If you, or someone you know, have an interest in serving, please contact Brenda Hubbard Brenda_hubbard@yahoo.com, Kim Moore luvs2cycle@yahoo.com or Bud Vye bdvye@comcast.net by November 15.

Welcome to RABA's newest members. We hope to meet you and see you on some of our rides!
I come back from Philadelphia feeling bright and cheery, after the Philadelphia Eagles win their first series of the baseball play-offs over Milwaukee, only to be shocked by the tragic news that my old riding buddy, Lew Rogers', wife Eloise was hit by a car and fatally injured while walking alongside Skipwith Rd. near their home at dusk on October 7. Eloise, a retired RN who was a fixture on the staff at Westminster-Canterbury for many years, regularly walked for exercise, and this incident only strengthens my resolve to keep working for more sidewalks and bike lanes in Henrico county, where the former is in short supply and the latter lacking altogether. All of us who knew Lew while he was still riding with us (Eloise made him stop after he blacked out several times when something in his chemistry changed and he didn't seem to be able to consistently control his diabetic condition any longer) extend our condolences to him and the family.

Among this group was Bud Brooks, who along with wife Andrea was coincidentally up here from Florida (they have moved from the Tampa area up I-4 to the Orlando area) to visit one of Andrea's sisters who is ill, and who just happened to ask how Lew was doing as he joined us in Ashland for the October 8th Retiree's Ride. Still a strong rider, but a little out of practice on his hill climbing since they have moved to Florida, Bud was impressed with the route we rode, which in components of their route included the “Three Sisters” on the way out and “Horseshoe” on the way back, just about every tough hill in the area.

Turning to the Rehab List, Gary Faison has made good progress, the ribs are just about pain free, and he is back out with us again on the ABC ride.

Dee Nuckols finally did what he was threatening to do, and had his knee replaced early in October. With plenty of coaching from Jim Denoon (a veteran of that procedure), he seems to be making good progress and definitely will be there with us for the Bike Assembly Party on 11/8, as neighbor Dan Cosby has stepped up and helped out with the negotiations for the purchase of the bikes from Walmart. Dee now joins Jim and Mary Ann Kaveski to form our club's titanium knee contingent. Jim already seems to be back to full strength, and best wishes to the other two to join him in due course.

In case you've been wondering what happened to Marty Blankenship since he left Conte's, he's now moved from repairing bikes to repairing cars, and he's the manager at Richmond Import Service (handling all makes, but specializing in Toyota, Lexus, and Scion) which is tucked away in the corner of that AutoPort shopping center at the corner of West Broad & Dominion Blvd. up in Innsbrook. And just a few blocks away, at CarMax, is Arron, Marty's old sidekick at Conte's, who is one of the service writers there.

Had a little time on my hands after a Retiree's ride down in Varina on 10/15 so took a drive down Rt. 5 to see if any progress was being made on the Capital Trail. Sure enough, they were working away, clearing a section near Berkeley Plantation, and as I got closer to Charles City Courthouse several sections have had the sub-base installed and compacted, in preparation for paving, and two segments of about a half mile each had recently been paved.

On the way back from there, I drove up Rt. 106 to see what kind of progress they had made at the New Kent Vineyards development. If you haven't been there for a while, you won't recognize the area, with the road widened to four lanes, three traffic circles fully landscaped and in operation, the vineyards maturing, and the Winery completed and open for business. It quickly became obvious to me why they didn't have the Harvest Ride this year, as they had in the past. All the areas that had been used for parking were now either under development or had vineyards growing on them.

Was pleased to have RABA be invited to have a representative on the City of Richmond's Public Arts Committee for the segment of the Trail that will run from the Flood Wall down by Bottom's Up Pizza under the trestle down to Rockett's Landing. (As with the New Kent Vineyards, if you haven't been down to see this area, you should do so. They've really made some progress with this development, also.) Apparently there are funds budgeted for art along that segment, and this committee will select what that art will be. I'm happy to report that Jeanne Minnix, our resident graphic designer, will capably represent us on that committee.

Also pleased to learn that we have a new member in the person of Cameron Anthony Flood as of 9/23, the 6 lb. 15 oz. son of Lisa & Wayne Flood. Both mom and son are doing fine. Welcome aboard, Cameron!

Got contacted by the folks at Lewis Ginter Botanical Garden, who are in the process of planning a Centennial celebration for next summer and were looking for some leads in trying to locate someone who had, and could ride, old time "high wheeler" bikes as part of that event. Since the only one in that category I knew of was Jeff Ault, I proceeded to track him down through his brother Rob, who now has completed his RN certification and is working in the Surgical Intensive Care unit at Chippenham Hospital. Jeff is still doing electrical work for Columbia Gas Transmission (he's one of those guys who climbs up high communication towers to do electrical repairs and change light bulbs) and is making some progress in building the home for him and Dawn not far off our ABC route up in the Elmont area. If any of you know of any other "high wheeler" bikes in the area, let me know, but no need to tell me about the one that Rowlett's used to have, since they have sold it to someone out of our area.

In closing, cyclists get a win out of the $700 billion financial sector bailout bill, as, among the many odd and ends of pet projects squeezed in by lawmakers (this one championed by Rep. Blumenauer and the Oregon delegation) is the extension of the commuter credit to those who use a bicycle for a "substantial portion" of their commute to work. To go into effect with the New Year, and with details still being worked out, cyclists can now receive a tax-free reimbursement from the purchase or repair of their bikes.
Heard and Seen Around the Club

(Continued from page 3)

their employer of up to $20 per month for bicycle related expenses, and the employer will be able to deduct that expense from his federal taxes. Doubt that it will make a huge difference to anyone’s bank account balance, but it is a nice recognition of cycling as a legitimate commuting mode to have the same benefit as has already been made available to carpoolers and transit riders.

RABA Monthly Meeting

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plus 4 others) and a recipe or 2 to share. Plates, utensils, napkins, cups and liquids will be provided. Kitchen facilities are limited, so bring your dish ready to eat.

For healthy recipe ideas visit the following sites:
http://www.aicr.org/site/PageServer?pagename=dc_rc_home
http://www.fruitsandveggiesmorematters.org/?page_id=5

Directions: Long & Foster offices are on the north side of Midlothian Turnpike, in-between Powhite Parkway and Robius Road. From Powhite exit Midlothian west and go through 2 traffic lights. At the 3rd light turn left and make a U-turn, and then turn right into the entrance. The entrance has a Long & Foster sign. Take the next left and go to the last office on your right, look for the balloons at the door.

Richmond Cycling Federation Announces Mayoral Candidate Responses to Survey

On October 13, 2008, the Richmond Cycling Federation (RCF), a representative group of over 4,000 local club and individual cyclists, announced the responses of all five Richmond mayoral candidates views on improving area livability issues with greenways and bikeways.

“We are extremely pleased that all candidates chose to respond to our questionnaire”, said Champe Burnley, a board member of Virginia Bicycling Federation and Richmond Area Bicycling Association. “With their responses, citizens can see where our mayoral candidates stand on making Richmond a national leader in sustainable transportation and promoting alternate transportation in the region. Our new mayor can take a leadership role and set an example in making Richmond a city friendly for cyclists and pedestrians. Citizens will benefit from a cleaner environment, healthier lifestyles, economic benefits and less dependence on foreign oil.”

In an educational effort on behalf of the greater Richmond area, a survey was submitted to all candidates in the upcoming City of Richmond Mayoral election. RCF asked each candidate to answer the questions and respond back with in a predetermined deadline. All candidates responded and all responses will be posted on the Virginia Bicycling Federation’s website at www.vabike.org. They’re also included in this month’s Pedaler Plus. RCF is not endorsing any candidate.

The Richmond Cycling Federation represents local individuals and groups such as the Richmond Area Bicycling Association, the Virginia Capital Trail Foundation, Bike/Walk Virginia, Richmond MORE, Richmond MultiSports, The Richmond Triathlon Club and the Virginia Bicycling Federation. Richmond Cycling Federation liaison is Kate Lucas, who can be contacted at Lucas Marketing, (804) 400-3063, katelucasc@live.com.

Remember, look at the Pedaler Plus for the candidates’ answers.
For several months, RABA has been raising funds to help June Curry, “the Cookie Lady” keep The Bike House hostel open. Thanks to your efforts, our fundraising efforts were a success.

Located in Afton, June opened the Bike House in 1976 for cyclists riding the TransAmerica Route (Bike Route 76). June got the idea when Peggy Reynolds, riding with her poodle, “Poo” stopped by June’s House, exhausted and in need of some water, on the climb up Afton Mountain on her way to Oregon.

For over thirty years, 14,000 riders from around the world have stayed in the Bike House and eaten fresh baked cookies, free of charge. For an in-depth history, visit the website, [http://www.crazyguyonabike.com](http://www.crazyguyonabike.com) and click on the Cookie House Registry.

June’s health has been failing over the past few years and RABA wanted to raise funds and help the Cookie Lady’s cause. Donors from fifteen states contributed over five thousand dollars to help June.

RABA is planning to present the funds to June at her home in Afton on Sunday, November 16 at 11:00 a.m. See the ride listings in the Pedaler for complete details and directions. After the presentation, we are planning a joint ride south along the Blue Ridge Parkway with Waynesboro’s, Mile Post Zero Club, returning to Afton for pizza and drinks ($3) in the parking lot.

Please join us for the finale to this great fundraising effort. If you have any questions, please contact Champe Burnley 804.358.5801 champe_burnley@hotmail.com.

Preparing for those Weekend Cycling Rides

by Fran Smith

One of the great benefits of being a RABA member is knowing that there are many kindred cycling souls throughout the Richmond area. Folks that like to jump out of bed at 7am on a Saturday or Sunday morning to begin a tour by 8am. People who are passionate about the multiple benefits from cycling – being outside, breathing the fresh air, and getting great exercise. However, an often overlooked benefit of RABA membership is knowing that a group of cyclists are on the road with you – making sure you follow the correct route, reminding you that cars are “in front or back”, and assuring your safe return to the start point. I was reminded of how important a sanctioned RABA ride can be on my recent ABC tour, Saturday, October 4, 2008. This also was the ABC ride I volunteered to serve as ride leader.

For those of us who offer to lead a ride, the responsibility to uphold RABA’s reputation rests on our shoulders. We need to have ample sign in sheets, map cue sheets, and a welcome smile to those who are new to the club. As the ride leader, I made sure that I had found and offered the newest of riders a ride guide. As we departed, four new RABA riders followed me for ten miles up to the Ashland Coffee and Tea Shoppe. As we rode, I was comforted to realize another RABA (veteran) member, Wayne Davis, was also close in tow. This was helpful when one of our riders lost her footing at a stop sign and fell before popping her foot out of the clips – something we’ve all experienced a time or two! Together we could help these new riders gauge their pace, take appropriate breaks, remember to hydrate, and keep them apprised of cars coming and going around them. Reminders to “maintain single file was often the motto of the morning!”

On our return ride however, we encountered those unexpected cycling problems all cyclists often experience. First there was a flat rear tire at the coffee shop by one of the newbies. Thanks to Wayne, we were able to assist that new rider with her spare tube and make a needed change. Into the fifteen mile return stretch, I experienced another flat. Regrettably, this ride leader was not well prepared and again was thankful that Wayne and another familiar RABA rider had the spare tube and tools to save the day. Finally, another of our new riders continued to fall unexpectedly at various stops as she learned to master her first day with clipped in shoes.

So, I write this piece to first thank RABA for having the type of club that we do; one that has a wonderful group of cyclists that look out for each other on the road. I also want to publically thank Wayne Davis for his generosity and tireless support on that Saturday ride. It made the difference for many of us! Finally, as a reminder to all—when you head out for those weekend rides, remember to pack those spare tubes!
The first leg of the Wounded Warrior Unity Tour began Sept. 18 when soldiers began an 800-mile bike ride from Fort Campbell, Ky., to Fort Eustis to raise both money and awareness for the Fort Campbell and Walter Reed Army Medical Center (WRAMC) Fisher Houses. The Fisher House Foundation builds lodging on the grounds of military hospitals and Veterans Administration medical centers that allow family members to live close to a loved one while the service member recovers from his or her wounds. This marks the first annual ride from Fort Campbell to Walter Reed and the second annual ride from Fort Eustis to Walter Reed. To ensure the ride was a successful event there was excellent SAG support along with publicity from the bright yellow, lead truck’s blaring horn sounding off at intersections and all opportune moments throughout the ride from Fort Eustis to Walter Reed.

The second leg of the Tour began on a very overcast, muggy, Saturday morning, Sept. 27, around 82 people, from all branches of the military along with civilians, began the 200-mile ride from Fort Eustis to Walter Reed Army Medical Center. On Sep 27, we rode from Fort Eustis taking route 17 most of the way to AP Hill. We started at 0830 with rest stops about every 25 miles, which had lots of food and Gatorade. Most of the ride was flat until we hit the road into AP Hill. I thought the hills would never end for the last hour of the ride that day. Little did I know that this was only a glimpse to what the next day would bring. On the way into the post, we pulled into the front of the barracks building by 1630 or 4:30 for the non-military types. At the end of the day as we all sat around in the dining hall talking about the ride and getting to know each other, it was like being at home with fellow service members. After dinner, we hit the barracks for much needed rest, as the ride for the next day would start at 0630.

On Sunday morning, Sept. 28, we ate a quick breakfast in the dining hall, with no coffee due to the lack of operational equipment, yikes! Then at 0630, with all our gear back on the trucks and vans, we pulled out of Fort AP Hill into another overcast morning cycling towards DC. As we approached Fredericksburg, my sister and her daughter, greeted and cheered us on in the early morning mist at a random spot on route 17. Once in Fredericksburg, we stopped at a rest stop and had pictures taken with the mayor. Then off again towards DC.

After we pulled into Quantico Marine Base for a lunch stop near the commissary, we rode off to the Iwo Jima monument to take a group picture. What fun trying to get all the riders in the picture. Then time to tackle the last hills as we cycled mainly along route 1. It was quite the adventure flying down the hills through the red stoplights with the police escort stopping traffic and people waving and cheering us along the way. Finally, after finishing those grueling hills, we gathered at the last rest stop with ominous clouds gathering in the distance. Gathered all together we rode through the pouring, freezing rain, and the bright sunlight, right up to through the heart of D.C., past many of our national monuments, bringing them to life in a very touching, real way. As we approached WRAMC, we slowed down to a turtle’s pace, which brought much joking and frustration out, about using the sidewalks to get there faster than the road.

This second day of cycling totaled 91 miles and too many hills for me to count. When we finally pulled through the gates of WRAMC and saw all the smiling faces along with warm welcomes, it made the long journey very much worth all

(Continued on page 10)
### November, 2008 Monthly Rides

**Social Monthly Ride Captain:** Hugh Aaron, 690-9720, hugh@theaarons.com  
**Weekly Ride Captain:** Brenda Hubbard, 740-3678, Brenda_hubbard@yahoo.com  
**Fast Ride Captain:** Kim Moore, 358-0935, luvs2cycle@yahoo.com  
**Off-Road Ride Captain:** Andrew Mann, 266-9048, rabamann@aol.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 Leaders:** Please submit ride sheets to statisticians Al and Lois Farrell, 4202 Hickory Nut Place, Midlothian, VA 23112

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**Terrain Description**  
1. Many/Steep (knee alert!)  
2. Some/Steep  
3. Moderate  
4. Some/Mild  
5. Few/Gentle  

**Terrain Key**  
- **1**: Many/Steep (knee alert!)  
- **2**: Some/Steep  
- **3**: Moderate  
- **4**: Some/Mild  
- **5**: Few/Gentle  
- **MB**: Mountain bike/off road

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#### November 1 (Saturday)  
**Adopt-A-Highway Trash Pick Up and Ride**

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<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
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<tr>
<td>A</td>
<td>8:30 am</td>
<td>TBD</td>
<td>3</td>
<td>One</td>
<td>Andrew Mann, 804-266-9048, <a href="mailto:rabamann@aol.com">rabamann@aol.com</a></td>
</tr>
<tr>
<td>C</td>
<td>8:30 am</td>
<td>TBD</td>
<td>3</td>
<td>One</td>
<td>Bud Vye, 804-262-9544, <a href="mailto:bdyve@comcast.net">bdyve@comcast.net</a></td>
</tr>
</tbody>
</table>

**Description:** Join Bud and the group for another trash pick up on RABA’s adopted road. Trash bags, orange vests, and trash grabbers will be provided. Wear long trousers and bring your work gloves. Afterwards, the club will cover the cost of a light breakfast at Ashland Coffee & Tea, and if you wish, you can do a ride from there.

**Directions:** Meet at the intersection of Elmont Road/Route 626 and Old Elmont Road (at about 11306 Elmont Road, Ashland, VA 23005). This is on the ABC route, just across the railroad tracks from the Elmont Market.

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#### November 1 (Saturday)  
**Mamma ‘Zu Ride**

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<th>Pace</th>
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<tr>
<td>B</td>
<td>9:00 am</td>
<td>31 or 40</td>
<td>2</td>
<td>One</td>
<td>Ron Corio, 804-643-6452 or <a href="mailto:rcorio@vcu.edu">rcorio@vcu.edu</a></td>
</tr>
<tr>
<td>C</td>
<td>10:00 am</td>
<td>30</td>
<td>4</td>
<td>TBD</td>
<td>Viki Sondecker, 804-658-7215, <a href="mailto:vsondecker@yahoo.com">vsondecker@yahoo.com</a></td>
</tr>
</tbody>
</table>

**Description:** We begin at Mamma ‘Zu in Oregon Hill, cross the Lee Bridge and pedal up and down the hills along Riverside Drive. At Robius Road, the 15.5 mile mark, you can double back for a 31 mile ride or continue down Robius and up Winterfield to a store stop before looping back for a total of 40 miles. Join the group for lunch at Edo Squid (Mamma ‘Zu is closed on Saturdays) on Harrison Street between Franklin and Grace.

**Directions:** Mamma ‘Zu is located at 501 South Pine Street, Richmond, VA 23220 at the corner of Spring Street. From I-95 south, take Exit 76B VCU to Belvidere, turn right on Belvidere; continue to Spring Street and turn right. From I-95 north, take Exit 76A Chamberlayne, turn left on Chamberlayne then right on Leigh Street. Continue to Belvidere and turn left. Go to Spring Street and turn right. Coming across the Lee Bridge from the south, turn left at Spring Street, the first traffic light after crossing the bridge.

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#### November 2 (Sunday)  
**Varina Battlefield Park Ride Mystery Ride**

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<tbody>
<tr>
<td>C</td>
<td>10:00 am</td>
<td>30</td>
<td>4</td>
<td>TBD</td>
<td>Viki Sondecker, 804-658-7215, <a href="mailto:vsondecker@yahoo.com">vsondecker@yahoo.com</a></td>
</tr>
<tr>
<td>D</td>
<td>10:00 am</td>
<td>30</td>
<td>4</td>
<td>TBD</td>
<td>Emily Kimball, 804-358-4959, <a href="mailto:etkimball@aol.com">etkimball@aol.com</a></td>
</tr>
</tbody>
</table>

(Continued on page 8)
**November, 2008 Monthly Rides**

(Continued from page 7)

**Description:** Join Emily, the Aging Adventurer ([www.theagingadventurer.com](http://www.theagingadventurer.com)), as she explores a new route in the area around the Richmond National Battlefield Park in Varina. There may not be a store on the route, so bring water and snacks. No one will be left behind on this ride.

**Directions:** Meet at the Fort Harrison Visitor Center (8621 Battlefield Park Road, Richmond, VA 23231). From Laburnum Ave, turn left onto Route 5 (New Market Road). In .9 miles, turn right onto Battlefield Park Road. The Visitor Center parking lot will be on your left in about 2.5 miles. From I-295, take exit 22 onto Route 5 (New Market Road) west towards Varina. In 2.7 miles, turn left onto Battlefield Park Road. The Visitor Center parking lot will be on your left in about 2.5 miles.

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**November 2 (Sunday) Palani Drive Ride**

<table>
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<th>Pace</th>
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<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
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</thead>
<tbody>
<tr>
<td>B</td>
<td>10:00 am</td>
<td>30</td>
<td>2</td>
<td>None</td>
<td>Sally Tirs, 804-897-4606, <a href="mailto:saltirs@yahoo.com">saltirs@yahoo.com</a></td>
</tr>
<tr>
<td>C</td>
<td>10:00 am</td>
<td>30</td>
<td>2</td>
<td>None</td>
<td>Marc Lipschultz, 215-460-5810, <a href="mailto:marclips@gmail.com">marclips@gmail.com</a></td>
</tr>
</tbody>
</table>

**Description:** This ride starts off near the Palani Drive restaurant, so named for the road that serves as the final stretch in Hawaii's famed Ironman World Championships. Well, this ride won't be *quite* that tough, but it does feature some challenging terrain. At the beginning we cut through U of Richmond's campus and get our dentures rattled as we cross the Huguenot Bridge. Once over the bridge we will ride along Bike Route 1 for several miles, including a real thighbuster hill up Old Gun Road to Robious Road in Chesterfield before looping around and going back down that same hill. The ride then cuts to the east to Pony Pasture Park, back over the Huguenot Bridge, and sightsee in some of the prettiest areas of U of Richmond's campus (including its hardest hill) before heading home. Afterwards, consider grabbing some grub, smoothies, and/or beer at Palani Drive. **NOTE:** Please be aware that Daylight Savings Time ends on November 2nd. Don't forget to "fall back" your clocks the night before or else you'll show up an hour early and feel kind of silly! With the extra hour of sleep gained we should all have lots of energy to tackle these hills.

**Directions:** Meet in the parking lot behind Westhampton Theatre (5706 Grove Ave, Richmond, VA 23226), at the corner of Grove Ave and Libbie Drive in the near West End.

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**November 9 (Sunday) Bald Eagle 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</td>
<td>1:00 pm</td>
<td>43</td>
<td>3</td>
<td>One</td>
<td>Jack Huber, 804-282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
<tr>
<td>C</td>
<td>1:00 pm</td>
<td>30</td>
<td>3</td>
<td>One</td>
<td>Eric Martin, 804-402-3471, <a href="mailto:emartin@chooseHMC.com">emartin@chooseHMC.com</a></td>
</tr>
</tbody>
</table>

**Description:** Join Jack for a pleasant ride through the Prince George County countryside. The route will pass by Upper Brandon Plantation where bald eagles have been spotted on previous rides. The store stop is well past the mid-point of the ride, so you might want to bring an energy snack.

**Directions:** Meet at the Clements Middle School (7800 Prince George Dr., Prince George, VA 23875) near Prince George High School, at the intersection of Routes 156 and 616. From Richmond, go south on I-95 to Exit 47, Rives Road. East on Route 629 about three miles and turn right on Route 460, go about a quarter mile and make a left to get back on Route 629. Go three more miles and turn left on Route 156 - it is about one mile to the school on the left. Alternatively, go south on I-295 to Exit 3, then east on Route 460 about a half a mile to a left on Route 629, then left on 156 to the school as previously described.

---

**November 15 (Saturday) Waverly Leader's Choice**

<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>38</td>
<td>4</td>
<td>One</td>
<td>Jack Huber, 804-282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
</tbody>
</table>

**Description:** Note the new starting time for the cooler months. Also, this month the ride is on the third Saturday so you can help with assemble bikes for kids on November 8. Jack will select one of his many routes from Waverly, but it will be relatively flat with little traffic. As always, all participants are invited to join the group for lunch at Giuseppe's after the ride.

**Directions:** The starting point is the parking lot behind the former Coppahaunk Tavern (101 S County Drive Waverly, VA 23290) at the corner of Routes 460 and 40 (Main Street) in the town of Waverly. From Richmond take I-95 or I-295 to Route 460 east (toward Norfolk).

(Continued on page 9)
November, 2008 Monthly Rides

November 16 (Sunday)  Cookie Lady Presentation - Blue Ridge Parkway Ride – Joint Ride with Milepost Zero Bike Club (Waynesboro)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Rest Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A - D</td>
<td>12 noon</td>
<td>20 to 60</td>
<td>2</td>
<td>One or Two</td>
<td>Champe Burnley, 804-358-5801, <a href="mailto:champe_burnley@hotmail.com">champe_burnley@hotmail.com</a></td>
</tr>
</tbody>
</table>

**Description:** Join the us for an 11 am presentation of the RABA Cookie Lady Fund to June Curry, aka the “Cookie Lady” (www.biketouring.net/rides/xcountry/curry.html). After the presentation, we will regroup at the Rockfish Visitors Center on top of Afton Mountain and ride south along the Blue Ridge Parkway for approximately 90 minutes, turn around and return to the parking lot. Your mileage will depend on how far you can ride in three hours. All pace groups are welcome. Water is available at mile 8 at the (Humpback Rocks Visitor Center) and at around mile 30 (at the Whetsone Ridge Visitor Center) if you can ride that far in 90 minutes! Once back at the Visitors Center parking lot, we’ll order pizzas and have a late lunch with the Milepost Zero Club to cap off the event.

**Directions:** Meet at the Parham Road Commuter lot at 9:30 for anyone who wants to carpool/ caravan up to Afton Mountain. Otherwise, meet at June's house (3252 Afton Mountain Rd, Afton, VA 22920) at 11 am for the Cookie Lady presentation. Following this event, we will meet at the Afton Visitors Center (Just south of Exit 99 on I 64) at 12 noon where we will plan to ride South on the Blue Ridge Parkway.

November 23 (Sunday)  King & Queen 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+</td>
<td>9:30 am</td>
<td>44</td>
<td>3</td>
<td>One</td>
<td>Hugh &amp; Laura Aaron, 804-690-9702, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
<tr>
<td>C</td>
<td>9:30 am</td>
<td>44</td>
<td>3</td>
<td>One</td>
<td>Peggy Merritt, 804-337-8385, <a href="mailto:pttsbrghrva80@comcast.net">pttsbrghrva80@comcast.net</a></td>
</tr>
</tbody>
</table>

**Description:** Join us for another fall ride through historic King & Queen County. The ride begins and ends in Walkerton, VA. The route is quite rural with some rolling hills and a lot of pretty farmland. There will be one store stop (with rest rooms) in Center Cross at about the halfway point. Note: Hugh and Laura will probably ride their tandem; however, both tandems and single bikes are welcome to join their pace group.

**Directions:** Meet in the boat ramp parking lot (around 3000 Walkerton Road, Walkerton, VA 23117) in Walkerton. Walkerton is about 26 miles north of Mechanicsville. To reach Walkerton, exit I-295 onto 360 North (Mechanicsville Turnpike). Proceed approximately 17 miles to Highway 30 (a fairly major commercial intersection). Turn right onto Highway 30 (King William Road) towards West Point. Proceed approximately 6.4 miles to Walkerton Road (across from Hamilton Holmes Middle School). Turn left onto Walkerton Road. Proceed approximately 2 miles at which point you will cross the bridge over the Mattaponi River into Walkerton. Park in the boat ramp parking lot on your left just after you cross over the bridge.

November 23 (Sunday)  Off Road Ride at Powhatan Wildlife Management Farm

<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>Varies</td>
<td>10:00 am</td>
<td>15 MB</td>
<td></td>
<td></td>
<td>Gary Renger, 598-2633 (H), 397-9783 (C), <a href="mailto:garyrenger@comcast.net">garyrenger@comcast.net</a></td>
</tr>
</tbody>
</table>

**Description:** Get your mountain bikes ready and come out for a ride at the Powhatan Wildlife Management farm on Rte 13 in Powhatan. There are about 20 miles of farm trails on this 4000 acre farm to ride on with about 5 shallow creeks to cross. Gary has maps so riders can go off on there own if they want to or everyone can ride together in a loose group.

**Directions:** Go west on route 60 from Rte 288 to the intersection at Rte 522. Turn left. Continue onto Rte 13 (Old Buckingham Road). Follow Rte 13 west for about 3 miles. When you see a large country Mail box number 4712, turn right into the gravel drive and park. Gary will be there.

November 28 (Friday)  Dorey Park – Charles City Figure Eights

<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>9:00 am</td>
<td>55</td>
<td>3</td>
<td>Three</td>
<td>Tom Norton, 804-317-0630, <a href="mailto:thomas.jnorton@verizon.net">thomas.jnorton@verizon.net</a></td>
</tr>
<tr>
<td>B+</td>
<td>9:00 am</td>
<td>55</td>
<td>3</td>
<td>Three</td>
<td>Ron Corio, 804-643-6452 or <a href="mailto:rcorio@vcu.edu">rcorio@vcu.edu</a></td>
</tr>
</tbody>
</table>

**Description:** This ride traces three loops moving from west to east and back again with pivot points at Colonial Mart and Horizon Store the first and third store stops respectively. The second store stop is at Adkins’ Store on the eastern end of the route.

(Continued on page 10)
November, 2008 Monthly Rides

(Continued from page 9)

A 32 mile option, that completes two of the loops, is available. Although much of the route is relatively flat with only modest hills, there is one tough climb on Route 606 (Carter’s Mill Road) on the return.

Directions: Meet at Dorey Park (2999 Darbytown Rd, Richmond, VA 23231) in eastern Henrico County. From I-64 take Exit 195 Laburnum south (toward the river) to Darbytown Road (about three miles). Turn left at Darbytown and proceed about one mile to Dorey Park on the right. From I-895 take the Laburnum exit and continue to Darbytown Road (about two miles). At Darbytown turn right and proceed about one mile to Dorey Park on the right.

November 28 (Friday)  Get Off Your Duff & Get the Stuffing Out of the Turkey 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</td>
<td>9:30 am</td>
<td>35</td>
<td>4</td>
<td>One</td>
<td>Ed Dunn, 804-339-3899, <a href="mailto:eddunn@aol.com">eddunn@aol.com</a></td>
</tr>
<tr>
<td>C</td>
<td>9:30 am</td>
<td>35</td>
<td>4</td>
<td>One</td>
<td>Peggy Merritt, 804-337-8385, <a href="mailto:pttsbrghrnva80@comcast.net">pttsbrghrnva80@comcast.net</a></td>
</tr>
</tbody>
</table>

Description: Come out and join Ed Dunn and the other ride leaders as they explore another brand new route Ed has created south of the James. After the ride, the group will reconvene for lunch at King’s BBQ at the Chesterfield Airport.

Directions: The ride will begin and end at the Harry G. Daniel Park at Iron Bridge (6600 White Pine Road, Chesterfield, VA). From I-95 or 288 or Chippenham take Route 10 exit towards Chesterfield. Turn left on White Pine Road into the park entrance. Chesterfield County Airport entrance is directly across from the park entrance. Meet at the first parking lot.

November 30 (Sunday)  Frog Level Metric

<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>9:30 am</td>
<td>62</td>
<td>3</td>
<td>Two</td>
<td>Andy Smith, 804-339-8227, <a href="mailto:asmith2954@yahoo.com">asmith2954@yahoo.com</a></td>
</tr>
</tbody>
</table>

Description: Join Andy for a RABA favorite. The route is a metric century from Hanover County north to up into Caroline county, through Milford and on to Rt. 207. This route features some great roads for cycling, including Mattaponi Trail and Penola Road.

Directions: 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.

Wounded Warrior Unity Tour 2008

(Continued from page 6)

the effort we shared together along the way. In the end, the 2008 Wounded Warrior Unity Tour raised more than $6,000 for the Fisher House Foundation.

The Armed Forces Cycling Association (AFCA) coordinated the ride. The AFCA is a non-profit cycling organization consisting of US Armed Force service members, Department of Defense civilians, military retiree’s, and their family members. The AFCA has participating members ranging from National, State, and Regional champion cycle riders. The AFCA also brings the first patented apparel acknowledging the efforts and encouraging support of our troops serving within the various branches of the US Armed Forces. AT&T sponsors the AFCA, as well as other event related sponsors. The AFCA in connection with Freewheel Inc. supports and provide direct contributions to various community activities. The AFCA orchestrates bicycle tours, fundraisers, and various clinics for the Scouting Associations, and other non-profit organizations – such as Relay for Life, Toys for Tots, church and shelter fundraisers, amongst many others.

RABA Membership Renewals Due November 29

By now, current members have received their club membership renewal forms via U.S. mail. If you haven’t done so already, please take a few minutes to complete the form and insurance waiver, write a check for membership dues and return all to the RABA post office box in Ashland.

Do it by November 29 to be sure that you’ll keep on getting your Pedaler and that you’ll stay on RABA’s email distribution list. Renewal fees are still a low and very reasonable $20 for individuals and $25 for families. Not a bad deal for a pretty darn valuable bike accessory! Rejoin today!
**Weekly Ride Captain:** Brenda Hubbard, 740-3678, Brenda_hubbard@yahoo.com  
**Fast Ride Captain:** Kim Moore, 358-0935, luvs2cycle@yahoo.com

**NEW RIDERS:** Please call the ride leader ahead of ride time to be sure that the ride will be at your pace and skill level.  
**RIDE LEADERS:** Please submit ride sheets to Statisticians Al and Lois Farrell, 4202 Hickory Nut Place, Midlothian, VA 23112 no later than 14 days after the ride to ensure that all riders get mileage credit.

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### Sunday, 1:00 PM (NOTE THE NEW START TIME)  
**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, 2:00 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>2:00 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>2:00 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.

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### 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>32-50</td>
<td>2</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.

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### 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>

(Continued on page 12)
**Wednesday, 7:00 PM**

<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 retraces the route 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 (Note New Time)**

<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>12:00 PM</td>
<td>33-55</td>
<td>3</td>
<td>Varies</td>
<td>Hugh Aaron, 690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>12:00 PM</td>
<td>33-55</td>
<td>3</td>
<td>Varies</td>
<td>Bill Whitworth 285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a></td>
</tr>
</tbody>
</table>

**Description:** Effective immediately, in recognition of the current economic environment, the Leader's Choice Ride is being renamed the Unemployed Cyclists Lunch Ride. This change is temporary. The ride will revert to its old name as soon as the economy improves and/or congress passes the 2009 Cyclists Economic Stimulus Act, which, as you know, is a proposed $10 billion federal bailout intended to help cyclist who spend too much time riding and not enough time working. Please note that this is an equal opportunity ride. Those of the employed persuasion and legitimate retirees are invited (assuming they can take a break from watching their 401k balances fall by the hour.)

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). Bill or Hugh will announce the route each week on the RABA email list. Cue sheets will be available for all routes.

**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.

**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, 355-0121</td>
</tr>
</tbody>
</table>

**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**

<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>2:00 PM</td>
<td>30 to 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>
</tbody>
</table>

(Continued from page 11)

(Continued on page 13)
(Continued from page 12)

**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. Hugh varies the route somewhat 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. Due to the rural nature of the area, not all routes include a store stop. Please make sure that you bring enough water to safely complete the ride without a store stop. Cue sheets will be provided. In the event that Hugh has a conflict and cannot find an alternate ride leader, he will send out a cancellation notice on the RABA email list. Also, please contact Hugh if you are interested in leading a slower 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.

Saturday, 8:30-9:00 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>Varies</td>
<td>8:30-9:00 AM</td>
<td>20 to 5</td>
<td>Some</td>
<td></td>
<td>Dee Nuckols, 749-3400</td>
</tr>
<tr>
<td></td>
<td>9:00 AM</td>
<td>50+</td>
<td></td>
<td></td>
<td>Ricky Davis, 755-6336</td>
</tr>
</tbody>
</table>

**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 Hardesses 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.

Saturday, 11:30 AM-12:00 PM (Starting November 15)

<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>Varies</td>
<td>11:30 AM-12:00 PM</td>
<td>20 to 5</td>
<td>Some</td>
<td></td>
<td>Ron Corio, 643-6452</td>
</tr>
<tr>
<td></td>
<td>12:00 PM</td>
<td>50+</td>
<td></td>
<td></td>
<td>Ron Corio, 643-6452</td>
</tr>
</tbody>
</table>

**Description and Directions:** This ride is held in fall/winter months only and is identical to the Ashland Breakfast Club (ABC) ride above except that it starts a little later so temperatures have a chance to warm up.

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.

November

(Continued from page 1)

Particularly note that Sunday afternoon’s Dorey Park ride is resuming this month, the starting time of the ABC ride is changing, and the Ashland Lunch Club (ALC) ride begins on November 15.

Be sure to check out the special events for November.
In early October, Barbara Pinter and Joy Blauvelt experienced the magnificent scenery of Tuscany during their six-day Italian cycling adventure with VBT (originally Vermont Bicycle Touring). The picturesque Tuscan countryside, with its acres of vineyards, fields of poppies, medieval towns, and quaint villas, is the ideal landscape for riding despite some challenging rolling hills.

Barbara and Joy flew into Florence and had a day to see the many famous sights before meeting their group of 20 avid cyclists from throughout the U.S. and Canada. They brought their own pedals but took advantage of the touring bikes provided by VBT which were custom fit with map cases and rear storage bags -- just the right size for a local bottle of wine, some cheese, and a loaf of Italian bread!

It was particularly nice having two Italian guides to lead the way each day, teach them a bit of Italian (using their hands, of course), and help them appreciate the culture and traditions of this beautiful area.

The trip itinerary included two nights in San Gimignano, with its historic towers and cobblestone streets, two nights in Siena and two nights in Pienza before being bused to Rome for the flight home. In Siena, they stayed in a restored Monastery that dated back to the early 14th century and rode through the Chianti region on Via Chiantigiana, a panoramic road that meanders through the vineyards and through hilltop villages.

Lunch stops were usually in a small village where they could visit the local bakery, window shop, and taste some homemade gelato. Evenings included relaxing with the group over great bottles of red wine, relating stories of the day, and experiencing the multiple delicious courses that are typical of Italian meals. Thank goodness they were burning calories during the day!

The weather was beautiful for all but one day and Barb and Joy loved everything about their trip, except maybe the crazy Italian drivers in Rome! VBT (www.vbt.com) is a first-class adventure travel company and Barbara and Joy would highly recommend one of their cycling trips. But cycling aside, go visit Tuscany! If anyone is interested in more information, please feel free to call Joy at 358-4616 or Barbara at 379-3026.
Cyclo-Cross  5K Cross Country  Fat Tire Duathlon

VIRGINIA BEACH

Cyclo Cross

Winter Endurance Challenge

Event Dates
January 17-18, 2009

Event Location
Virginia Beach SportsPlex

Featured Events
Cyclo-Cross, 5K Cross Country Run, Fat Tire Duathlon

Registration and event info www.vbchallenge.kalerunning.com
Questions Call 1-800-822-3224
MEMBER’S SIGNATURE

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. Inclusion in The Pedaler does not guarantee your ad will be included on the website. If you want your ad to continue running, you must notify the Editor prior to the expiration.

SCATTANTE carbon fiber road bike with Shimano Ultegra hardware; 52 cm; 1 year old. $900. Please contact Mike Iannuzzi 360-5975 or a2p9979e10@gmail.com. (9/2008)

TREK 5200 OCLV carbon fiber 56cm road bike. There are no chips and the blue paint all looks like new. The Ultegra components have hardly been used. Rolf Vector Comp red wheels, Aero bars included. It is a good size for someone 5'8" to 6'0". For sale for $1200. Call for details: 804-561-3950  email for pics: pullen_39@yahoo.com Barry Pullen (11/2008)

FIRENZE 57 cm steel road bike set up with flat bars, triple cranks and 5 speed freewheel, 27 inch wheels. Many new parts. $145. Call for details: 804-561-3950 email for pics: pullen_39@yahoo.com Barry Pullen (11/2008)


LAND RIDER Auto-shift bike, nearly new. Comfortable, good for relatively flat rides. New over $400, now only $125. Norm Melchert, 965-6955 or norm.mel@comcast.net. (11/2008)