Warm weather wanes and our prime 2009 riding season softly fades into memories of another great year of riding with friends and fellow club members. It has been a great year. Despite cooler temperatures, shorter days and lists of tasks and honey-do's for the approaching holidays, we all have a lot of things to keep us off our bike. Don’t hang it up yet; there is still plenty of riding and bike related fun in store before we ring in 2010.

Keep your Pedaler handy, grab a cup of hot cocoa, put on some warm tights and thumb your nose at winter (Continued on page 6)

Bikes for Kids Assembly Party
Saturday, November 7 at 9:00AM
by Suzanne Nuckols

If you’d like an early dose of holiday cheer and good will, come out and join the fun at RABA’s bike assembly party on November 7, at 9:00AM. Any amount of help you can give will be greatly appreciated. No special mechanical skills are needed.

(Continued on page 3)
Welcome to RABA's newest members. We hope to meet you and see you on some of our rides!

John Armstrong
Philip Dawson
Terri Edson
Carolyn Elliott
Peter Florey
John & Nicole Giese
William Hoff
Joe & Lila Lacroix
Bob Lannon
Peter & Cindy Larsen
Jason Longo
Shannon Loy
Bernie & Karen Mann
Bill Meyer
Andree Oldershaw
Michael Prior
Kent Pruett
Karen Riggis
Seth Schmidt
Stephanie Shepherd
Cindy Vaughn

Don’t Forget...
Renew Your RABA Membership for 2010
Now!

The October issue of The Pedaler had the 2010 membership renewal application included with it as an insert.

Please fill it out (Remember to sign the waiver!) and send it in along with a check for the dues by November 30 so you’ll keep getting the newsletter and ride notices as well as enjoying other club benefits next year.

If you need another copy of the renewal application, go to www.raba.org, move your cursor over the color version of the above graphic and click the link in the popup. Download and print the PDF file.

Don’t put it off. The end of the month will be here faster than you think!

Welcome

I continue to be impressed by the recuperative ability of club members in coming back from physical mishaps. Although his progress is slow, Chris Tompkins keeps showing gradual improvement each time I visit him. He's still in the Laurels Nursing home on Pemberton Rd. just north of Three Chopt and going to Sheltering Arms for PT on an out-patient basis two or three times a week. He's even starting to talk about getting a trike and getting out on the road. Not right away, but don't be surprised when it does happen. Don't be afraid to drop in and pay him a visit (meal times are probably best), as he would love to have the company.

Progressing much more quickly have been ---- Gloria Bazzoli, who is now back to cycling (and with her hair almost fully grown back) after her cancer surgery and treatment; Mike Moore, who is walking without crutches or cane after his hip surgery; Dave Bloor and Steve Carter-Lovejoy, both back on the road and looking no worse for wear after their 8/23 spill; and Steve Sukonick, riding stronger than ever (and without pain) on his new knee.

Now that my youngest grandson (just turned 6) has had his training wheels taken off his little bike, I took both of my grandkids (his older brother is 8) down to the Capital Trail in Charles City county and we rode a whopping total of 11 miles, a personal best for both of them. It'll be nice to get some of the trail done closer to Richmond, so we won't have to drive 50 miles in order to get a car free place to ride on. Further upstream, the segment from Great Shiplock Park toward Shockoe Bottom appears to be done ALONGSIDE the railroad trestle (trees, ornamental light posts, and all) but with very little progress yet on the segment UNDER the trestle. Shouldn't take too much longer, once the contractor gets at it since he's got all the equipment sitting there under the trestle.

Nice turnout of about 40 to hear Aging Adventurer Emily Kimball give her presentation on her 1987 bike trip to Ireland. WALES. & GREAT Britain at the October club meeting at Maria’s. I think it was a record attendance for that back room, made possible only by the fact that they moved all those pizza boxes somewhere so it didn’t look like we were meeting in the supply room. I always get a chuckle out of her long used routine of riding into a town, finding a B & B, asking them if she can camp on their lawn, which usually ends up with her getting invited in to use the restroom, have dinner and breakfast, and maybe even sleep inside overnight. Works for her. Not sure I could pull it off.

Last month, I mentioned how I was surprised that we didn’t have more club members at the Blueemont concerts. This month, it seemed like the entire club made it to the Folk Festival. Ran into about 20 personally on my only day there (Saturday), but since then everyone I’ve talked to seemed to have been there also on one or more of the sessions. They’ve brought in fewer acts than the National Festival did, but they had plenty of variety, and I hope everyone put at least $5 a session into the buckets, so they can keep the event going in the future.

And, I’ll close with thanks to everyone who responded so promptly to my appeal for volunteers for the Bike Marshals for the Marathon. The SportsBackers were impressed, and so was I.

Bike Assembly Party...

(Continued from page 1)

needed, but the following tools will be helpful: a bike work stand, screwdriver, adjustable wrench and a hex wrench set. Even if you don’t have those, an extra pair of hands is always needed.

We will be ordering pizza and furnishing drinks for $5 per person, so if you'll be staying for lunch please RSVP in advance so that we don't run out. Since we no longer have memories as sharp as we think they are it would be best to RSVP at sdnuckols@yahoo.com or 804-350-6744.

The site of the assembly workshop is 867 Seay Rd, Manakin-Sabot, Va 23103. To get there take I-64 W to exit 173 (Rockville/Manakin), go left on 623, right on 250, and right on 621 (at Bank of Goochland). Go 2.7 miles, then turn left on 626. Go 1.5 miles and turn left into the farm parking area.

Many hands will make the work go fast and we should hopefully be done by the time the pizza arrives! Please come out and share in the fun and laughter we always have at this club event.

Earth Day Savings Time
Ends October 31/November 1

You know the drill—spring forward, fall back. Check out the RABA ride calendars to see which rides are new, which rides end, and which rides change their starting times because of the shorter days and the dropping temperatures. There are a number of them!
2009 Heart of Virginia Re-Cap
by Bud Vye

Starting to get the Heart of Virginia details wrapped up for this year, and we had another highly successful event. Absolutely picture perfect weather on both days. Total Registration of 630, down from the record 671 last year, but still quite respectable.

It didn’t help us that Rosh Hashanah fell on Saturday, although a number of our RABA Jewish riders were with us on Sunday. Since we are pretty well locked in to the 2nd weekend after Labor Day we can’t schedule around the Jewish Holidays, and we’re going to have the problem again next year, as our dates will be September 18 & 19, with Yom Kippur falling on that Saturday.

Corporate sponsorship, and from the Town of Ashland, also dropped off due to the economic downturn. However, it appears we were able to turn a profit of around $8,000 each for RABA and our charitable partners.

The Y’s expansion project held off until after our event (Ground Breaking is on 10/23, after I write this) so we had no construction to contend with. (They are building a two story, 30,000 sq. ft. addition on the right side of the building as you face it, which will allow them to move their fitness center facilities currently in the shopping center in the heart of town down to Ashcake Rd. so everything will be in the same building). As always, the support and cooperation from the Y, under the leadership of Tricia Hutnan and David Kunnen, was outstanding and a big contributor to our success. A second tent, and placing the tents on the east side of the building, was a big improvement. The generous cooperation of Kimberly Perry, in letting us store some of our items at BikeWalk Virginia’s storage unit, and in lending us some of Bike Virginia’s equipment to use at our event, has again been a big help.

Lunch after the ride, rather than at one of the rest stops, on both days, also was well received. Buzz & Ned’s barbecue, with the ice cream for dessert, got high marks from all the riders.

The changes to the Century course, so that all of the Saturday rides were to the east of Ashland, and all the Sunday rides to the west, were also well received and made the course a little easier since the “Three Sisters” were only visited on Sunday. Despite the outstanding maps (developed and updated by Jerry Hefele) and cue sheets (developed by Richard Halle), the faction that insists upon not looking at them continued to make wrong turns and complain about the road markings (as laid down by Meade Anderson, Bill Britton, Dee Nuckols, Jack Huber, and Champe). Since most of them know my feelings (and lack of sympathy) on the subject, only one group came to me with their problems after taking the turn for the Metric Century (instead of the Century) out of the Hanover CH Park rest stop and ended up doing 70 some miles instead of their intended 100. They also failed to get much sympathy from me.

The Hanover Habitat for Humanity volunteers under Executive Director Tim Bowring did an excellent job on the rest stops (although some of the “crack of dawn” starters on Saturday did complain that they arrived at the first rest stops before the staff was set up). The Hanover Mental Health Assn. volunteers under Karen Rice and Linda Evans also handled some of the rest stops, and their Laura DeRusha did her usual fine job of coordinating the Historic Ride stops, which this year added new stops at thoroughbred horse farms CRE RUN and Horseshoe to the old favorites at Church Quar-ter, Delegate Frank Hargrove’s Cool Water, and Scotch-town.

Also have to mention the excellent mechanical support provided by Cycles Ed Jones, the outstanding SAG patrol work and state of the art communication support provided by George Bean and the RATS (no, not the Tandem Society, but the Richmond Area Telecommunications Society), and Alan Cooper, who while doing SAG duty found time to take a number of excellent photos of the event which you can view in the Pedaler Plus or the website.

A big long list of RABA members (it takes a lot of people to put on an event like this) to thank, and we’ll do that at the Appreciation Party, but several must be mentioned here — Treasurer Cindy Evans, for her impeccable handling of the registration records (for months prior to the event, at the event itself, and for some time after it); Kim Moore, for her irreplaceable recruiting and coordinating of the long list of volunteers; former event Chairs Eleanor & Wayne Shipley, who help in so many ways; Jeanne Minnix, for an outstanding job designing the brochure, the poster, and the shirts; Richard Halle, for his constant support of the event with the Pedaler, the website, and the cue sheets; and President Champe Burnley, the man of many ideas, constant energy, and tireless scooper of ice cream.

Finally, thanks to sponsors SportsBackers, Keith-Fabry, RideFinders, BB&T Insurance, Morton Consulting, Meadows Urquhart Acree & Cook, and Diamond Springs, who play such a big role in making the event a financial success. Everybody take a short break, and then I hope you’ll be back with me, as we do it again next September.
Another (Big) Heart of Virginia Thank You!

Bud’s wrap-up of the Heart of Virginia event glosses over the efforts of the person who deserves the biggest “Thank you” of all. And that’s Bud himself!

Describing his organizing and coordinating of all the people and details involved with the event merely as an impressive accomplishment would be a heck of an understatement. Bud, for all the hours you spent, the meetings you set up and attended, the phone calls and emails you made and sent, and all the errands you ran, thank you so much!

Search for 2010 RABA Board of Directors & Volunteers

The Nominating Committee is looking for interested persons for positions on the 2010 Board of Directors and Volunteer Chairs. They’re putting together a list of nominees that will be printed in the December issue of The Pedaler and be voted on by the membership at our December 2 meeting.

If you have the time, energy, initiative and ability to work well with others of diverse backgrounds, RABA’s board can certainly use you! With the club’s membership at its highest levels, more now than ever before we need people to help keep interest and participation in the club’s activities high.

If you, or someone you know, have an interest in serving, please contact the Nominating Committee’s chair Jack Huber (jhuber1111@yahoo.com) or members Hugh Aaron (hugh@theaarons.com), and Jeanne Minnix (jminnix@comcast.net) by November 15.

Reserve the Date!
RABA Meeting, December 2

You may be asking, “Why?” Well, that’s when we’re going to meet at the Fan Free Clinic at 6:00 PM for a covered dish dinner, followed by a business meeting featuring election of the 2010 RABA Board of Directors. And after all that will be the RABA Gift Swap.

Keep an eye on the web site, the December issue of The Pedaler, and your email for more information about this important event.

Advocacy Report
by Bud Vye, Advocacy Chair

We’ve got Election Day fast approaching, and all 100 of the State’s delegates are up for election, with a larger number than usual facing competition. With their attention concentrated on getting elected, it makes it difficult to get legislators to agree to patron bills until after they know they are elected. As we wait to see how the voting plays out, here are the bills I am ready to support, once patrons are recruited to file them

- Motorists to Stop for Pedestrians in Crosswalks (for about the 10th year in a row)
- Increase the minimum distance a vehicle must pass another vehicle by to 3 feet
- Establish a penalty for hitting and injuring or killing a “Vulnerable Road User” (to include a pedestrian, bicyclist, or construction worker)
- Any bills to restrict, or ban, the use of cell phones while driving (again this year, most of the cycling fatalities have been hit from behind by vehicles whose drivers later say “I didn’t see the cyclist”)

Also, I will be on the lookout to oppose any bills whose intent is to restrict cyclists. Everyone should know that there appears to be an increasing groundswell of opposition to cyclists being on the roads, particularly in the Virginia Beach area, but also in this area, the result of more large rides being out there, and the large pelotons whose riders refuse to fall into single file when being passed, as the law requires, thereby making it very difficult for motorists to pass them. Those who might think that large pelotons, with three and four cyclists wide, is a god given right, might do well to remember that I worked hard in 2003 & 2004 to get the code changed from “single file at all times” to “may ride not more than two abreast, provided that they fall into single file formation when being passed from the rear by a faster moving vehicle”, and what “the legislature giveth, they can also taketh away”.

In closing, I’ll mention that the Alliance for Biking & Walking (used to be known as the Thunderhead Alliance) is conducting a top flight weekend workshop for Bicycling Advocates, right here in Richmond, on the weekend of November 13-15. $50 registration includes breakfasts and lunches, and you get a chance to meet, and interact with, others who are like minded from outside our area. Contact me, Champe, or Sheryl Finucane, if you have any questions, and you can register on the Alliance website peoplepoweredmovement.org
Secret 2 Success
by Teresa Stadler, MD, FACS

Your muscles need oxygen to work. The more oxygen you can breathe in and use, the faster you can move. How much oxygen can you use?

VO2 max is the maximum capacity of your body to transport and use oxygen while riding. It reflects the efficiency of your heart and lungs. In other words, it’s a very precise measure of your fitness.

Your VO2 max is calculated by a machine while you do an increasingly difficult bike trainer or treadmill stress test. Throughout the test, the amount of oxygen you inhale vs. how much you exhale, as well as your heart rate, is recorded by the machine. At a certain point, the oxygen consumed is not enough to clear lactic acid buildup from your legs. This is your anaerobic threshold, which delineates your aerobic from anaerobic training zones. By measuring your heart rate throughout the test, the machine will tell you the heart rates equivalent to several training zones.

This new information can be put to good use when you train with a heart rate monitor. Knowing your aerobic and anaerobic training heart rate zones puts you in total control of maximizing your workouts.

A VO2 max test can be done at a Sports Medicine office. The test is between 6-20 minutes long, and gradually increases you to working at maximum effort. In any case, be prepared to work out!

RABA members who are interested can find out what their VO2max is at Commonwealth Sports Medicine PC (4101 Cox Road Suite 301, Glen Allen, VA 23060 Phone: 270-7750) for a special price of $75 rather than the normal $100.
Teresa Stadler, MD, FACS is Medical Director of Commonwealth Sports Medicine and a fellow RABA member.

Support Richmond Pro Cycling

Richmond Pro Cycling is not a cycling team. Richmond Pro Cycling is a not-for-profit character development organization that incorporates cycling into its mission. For 2 years, Richmond Pro Cycling has taken young, elite-level cyclists and taught them what it is to be a champion person—not just a champion athlete. To date, our members have:

- Produced an average undergraduate GPA of 3.4
- Put in over 1500 hours of community giveback
- Appeared at 32 different schools
- Worked hands on with over 500 youth
- Touched over 2000 youth lives
- Taught 9 autistic individuals how to ride a bike
- Participated in 21 community events
- Conducted 7 community workshops
- Academically tutored 17 inner city youth

(Continued on page 12)

Soapbox...

(Continued from page 1)
weather. Once you are out riding, within minutes, you’ll forget it’s no longer summer.

While you’re out on that next ride, be sure to thank Bud Vye and all of his able assistants who worked so hard to make the Heart of Virginia 2009 a huge success. With 630 riders, this was one of our largest HOV’s ever. Feedback was overwhelmingly positive and most folks said that this was the best HOV yet. I’m sure 2010 will be even better. Great job Bud!

We are also on-track for a strong, “Bikes for Kids” program thanks to the hard work of Suzanne and Dee Nuckols. I’m told we will be donating 150 or more bicycles to needy children in central Virginia which is simply fantastic. If you have never participated in the bike assembly party, this is your year to give it a try. Minimal mechanical skills are needed but a cheerful attitude (and appropriate holiday attire is, of course, mandatory). Even the grouchiest Grinch can’t help but be cheerful working as one of Suzanne and Dee’s little helpers. Guaranteed fun. (Seriously, in these difficult economic times, you should be proud of such a great effort. Thanks to everyone for your generosity.)

If the weather gets too cold for you to ride, consider using some of your energies to help RABA promote cycling advocacy issues in the area. We need your help to promote bike-pedestrian issues and facilities in the Richmond Area. You’ll meet interesting people, learn a lot about the community and have a lot of fun. (And it sure beats sitting around watching reruns, right?) Get involved and help us make Richmond a bike friendly area for everyone!

Keep racking-up those miles, stay focused, follow the rules of the road, stay warm and have fun.

Safe cycling.

Champe

Become a RABA Ride Leader!

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

For more information or to schedule a ride, contact:
Road Ride Captain:
Bill Whitworth
wwhitworth@reynolds.edu, (804) 285-9193

The deadline for getting December rides listed in The Pedaler is November 15
November, 2009 Monthly Rides

Road Ride Captain: Bill Whitworth, 285-9193, wwhitworth@reynolds.edu
Off-Road Ride Captain: Clark Jones, 527-0480, we3jones@comcast.net

New Riders: Please call the ride leader ahead of ride time to be sure that the ride will be at your pace and skill level.
Ride Leaders: Please submit ride sheets to statisticians Steve & Debbie Herzog, 13204 Forest Light Court, Richmond, VA 23233 no later than 14 days after the ride to ensure that all riders get mileage credit.

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

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

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

October 31 (Saturday)  8:00 am  Adopt-A-Highway Trash Pick Up and Ride

Coordinators: Kim Moore, 358-0935, luvs2cycle@yahoo.com
Bud Vye, 262-9544, bdvye@comcast.net

Description: Please wear long pants, sturdy shoes and work gloves; RABA will provide the trash bags, orange vests, and trash grabbers. Afterwards, the club will cover the cost of a light breakfast at Ashland Coffee & Tea and you may ride from there. Bud will be leading a C pace group from the coffee shop.

Directions: Meet at the intersection of Elmont Road/Route 626 and Old Elmont Road (on the ABC route, just across the RR tracks from the Elmont Market).

November 1 (Sunday)  Buckner or Bust

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stop</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>10 am</td>
<td>37,52</td>
<td>3</td>
<td>Two</td>
<td>Dee Nuckols, 804-749-3400, <a href="mailto:nuckolss@aol.com">nuckolss@aol.com</a></td>
</tr>
</tbody>
</table>

Description: Join Dee for a ride through some of the most scenic areas of western Hanover County. Two distances are being offered, and if the weather is nice, some members of the group may decide on the long option.

Directions: The Montpelier Center (17205 Mountain Road, Montpelier, VA 23192) is located at the intersection of Routes 33 and 715, 15 miles west of where Route 33 (Staples Mill Road in the city) crosses I-295

November 8 (Sunday)  Hickory Notch Grill to Hadensville

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stop</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>9 am</td>
<td>36</td>
<td>3</td>
<td>One</td>
<td>Jim Denoon, 370-6252, <a href="mailto:delanieweneno@verizon.net">delanieweneno@verizon.net</a></td>
</tr>
</tbody>
</table>

Description: Join Jim as he leads this club favorite which was created by Rickey Davis. It is a very scenic route that follows Three Chopt Road all the way to Hadensville and back. Afterwards, the hungry members of the group will be able to enjoy a tasty lunch at the Hickory Notch Grill.

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

November 14 (Saturday)  Sussex, Surry, and Southampton

<table>
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<tr>
<th>Pace</th>
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<th>Miles</th>
<th>Terrain</th>
<th>Store Stop</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>9:30 am</td>
<td>36</td>
<td>4</td>
<td>One</td>
<td>Jack Huber, 804-282-3872: <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
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(Continued on page 8)
November, 2009 Monthly Rides

November 15 (Sunday)  James River Escapade

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<th>Leader</th>
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<tbody>
<tr>
<td>B</td>
<td>9:30 am</td>
<td>24</td>
<td>2</td>
<td>None</td>
<td>Dave Miller, <a href="mailto:Dialdave@aol.com">Dialdave@aol.com</a>, cell 804-484-5866</td>
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**Description:** Join Dave as he rides one of Richmond’s most scenic (and hilly) rides along the bubbling James River. We will wind our way along the Rt. 1 bike route from the James River Visitor Center Lot just east of 44th and Riverside Drive, cross 195 at Forest Hill, and down to the Pony Pasture. From there, we will head west to Cherokee, to Old Gun, and stop at the arsenal BEFORE the hill up to Robious Rd. After that rest, we will retrace out route back along the river. You will be rewarded with many outstanding views of our beautiful river along the way!

**Directions:** Meet at the James River Visitor Center lot just east of 44th and Riverside Dr. Take Forest Hill Ave. East from 195 or Westover Hills, turn Left on 44th St. at Forest Hill Park. At Riverside Dr. turn right and a block or so, Left into the lot at the visitor center.

November 15 (Sunday)  King & Queen Ride

<table>
<thead>
<tr>
<th>Pace</th>
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<th>Terrain</th>
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<th>Leader</th>
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<tbody>
<tr>
<td>A</td>
<td>9:30 am</td>
<td>48</td>
<td>3</td>
<td>One</td>
<td>Jeff Nicklas, 804-833-5382, <a href="mailto:jnicklas@shoneysofrichmond.com">jnicklas@shoneysofrichmond.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>9:30 am</td>
<td>48</td>
<td>3</td>
<td>One</td>
<td>Hugh Aaron, 804-690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
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<tr>
<td>B</td>
<td>9:30 am</td>
<td>48</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>
</tbody>
</table>

**Description:** Join us for another fall ride through historic King & Queen County. 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 the halfway point.

**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 Route 301, travel north for approximately 10.5 miles and turn right onto Route 54 (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 22 (Sunday)  Cattle Drive

<table>
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<tr>
<th>Pace</th>
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<th>Miles</th>
<th>Terrain</th>
<th>Store Stop</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>10 am</td>
<td>37</td>
<td>3</td>
<td>One</td>
<td>Peggy Merritt, 730-6840, <a href="mailto:pttshrghrva80@comcast.net">pttshrghrva80@comcast.net</a></td>
</tr>
</tbody>
</table>

**Description:** Peggy has chosen to lead one of the club’s most popular rides. Its name describes the type of farms along the route.

**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-95, 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.

November 29 (Sunday)  The Great Rockville Turkey Purge

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stop</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A/A+</td>
<td>9 am</td>
<td>37</td>
<td>3</td>
<td>None</td>
<td>Andy Smith, 339-8227, <a href="mailto:asmith2954@yahoo.com">asmith2954@yahoo.com</a></td>
</tr>
</tbody>
</table>

**Description:** There was a WKRP in Cincinnati episode years ago where Les and Herb accidentally sent hundreds of turkeys plummeting to their death from a helicopter as part of a Thanksgiving promotion. Well, domestic turkeys can’t fly, but you can shake them out of your thighs with some solid base miles riding. The winds blow strong around the airport this time of year so I suggest we head west to Rockville to find some calmer air and just a few minor little hills. The route is something of an homage to our indomitable road ride captain and reigning mileage king, Bill Whitworth, as it is ruthlessly stolen from one of his regular Tuesday morning routes. Bring plenty of food and water because Kersey’s Store at the half way point is likely to be closed on Sundays.

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

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

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

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**Monday**

**Mondays with Mary**

<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>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.

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**Tuesday (Note New Start Time of 10 am)**

**Tuesdays at Rockville**

<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>B+</td>
<td>10 am</td>
<td>33 to 62</td>
<td>3</td>
<td>one</td>
<td>Bill Whitworth, 285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a></td>
</tr>
</tbody>
</table>

**Description:** Please join us for a great ride through western Hanover, Goochland, and eastern Louisa. We leave from what is popularly referred to as the "Rockville Little League Fields". Cue sheets are always available. Often, we divide into more than one group as both faster and slower riders attend. The ride varies weekly and on the day before each ride, I send out a message on the club email list announcing the distance and other particulars of the ride.

**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.

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**Wednesday**

**Retiree’s Midweek Ride and Lunch**

<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>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 10)
**Description:** This ride meets at a different location each week for a ride of 25 to 40 miles, followed by lunch. All riders are invited. Each week’s location will be announced to the RABA E-mail lists. If you are not on the list, please call Bud Vye, 262-9544 or Barry Pullen, 561-3950

**Wednesday Ashland Dinner Club**

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

**Description and Directions:** This evening ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. We will ride to Ashland and stop for dinner at a selected restaurant. Afterwards, the group 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 (New Ride Beginning Nov. 6) Under the Lights at West Creek**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stop</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>6 pm</td>
<td>30</td>
<td>4</td>
<td>None</td>
<td>Shannon Bush, 564-6992, <a href="mailto:shannon.e.bush@gmail.com">shannon.e.bush@gmail.com</a></td>
</tr>
</tbody>
</table>

**Description:** This 6 mile loop is very well lit, but please have at least one bright-red blinkie for the rear of your bike and reflective clothing. It is also a legal requirement to have a headlight (the purpose of which is as much for the rider to see where he is going as it is to alert oncoming motorists). We will ride this loop 6 times for a total of 30 miles. Maps will be available for those wishing to ride at their own pace. If the weather is doubtful or the temperature is below 45 degrees, call the leader to confirm that the group will be riding.

**Directions:** Meet at the Direct Buy parking lot at 12830 West Creek Parkway. Take the Patterson Ave., exit off of Route 288 and head west (away from Richmond) for approximately one mile, turn right into the West Creek office park.

**Friday Fridays at Hylas**

<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, Jim Denoon, 370-6252</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.
November, 2009 Weekly Rides

(Continued from page 10)

East Hanover Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stop</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>Andy Smith, 804-339-8227, <a href="mailto:asmith2954@yahoo.com">asmith2954@yahoo.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Jim Peterson, 804-432-9679, <a href="mailto:jdp789@hotmail.com">jdp789@hotmail.com</a></td>
</tr>
</tbody>
</table>

| B+   | 2:00 pm| 30 to 40| 3       | Varies     | Hugh Aaron, 804-690-9720, hugh@theaarons.com |

Description: This ride starts and ends at the National Park Service Cold Harbor Battlefield Visitor Center, which is a few miles off I-295 near the Richmond Airport. Starting at the Battlefield Visitor Center provides multiple routes options, all of which offer relatively light traffic. The Visitor Center has both a water fountain and restrooms.

We vary the route from week to week in order to keep things interesting. Most of the routes stay within the Cold Harbor, Old Church and Black Creek areas of rural eastern Hanover County and the Quinton area of western New Kent County. The cue sheets are sent out on the RABA email list prior to the ride each week (usually on Thursday). If you do not subscribe to the RABA email list, contact Hugh prior to the ride for a copy of the cue sheet. Also, please contact Hugh if you are interested in leading a different pace group for this ride. Due to the rural nature of the area, not all routes include a store stop. Please make sure that you bring enough water to comfortably complete the ride without a store stop.

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 Fast 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.

The Ashland Breakfast Club (ABC)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>8:30-</td>
<td>20 to 5</td>
<td>Some</td>
<td></td>
</tr>
<tr>
<td>9:00 am</td>
<td></td>
<td></td>
<td></td>
<td></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 Hardees or Ashland Coffee & Tea for breakfast or hot or cold drinks before retracing the route back to Laurel Park. There are a number of variations to this ride with many riders choosing a 30 mile route to the Coffee Shop while others prefer the basic route where they then meet up with other riders interested in doing additional miles before returning to the starting point. Riders may join the ride leader's group or form a group of their own based on preferred pace and distance. Unlike most RABA rides, this ride does not have a group start. Riders may sign the ride sheet and depart anytime between 8:30 and 9:00. If you are new to this ride, please introduce yourself to the ride leader and he or she will assist you in finding other club members who ride your pace. Maps and cue sheets are available for those wishing to ride at their own pace. Riders arriving after the ride leader has left will find the sign-up sheet and route maps on the ride leader’s car.

The Ashland Lunch Club (ALC)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>11:30 AM-</td>
<td>20 to 5</td>
<td>Some</td>
<td></td>
</tr>
<tr>
<td>12:00 PM</td>
<td></td>
<td></td>
<td></td>
<td></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.
Submissions for The Pedaler: The Pedaler welcomes submissions in any form, email preferred. All submissions will be confirmed. All become property of The Pedaler. E-Mail: rrichhalle@verizon.net. Submission Deadline: Midnight the 15th of the Month. Advertising rates: $198 full-page, $99 half-page, $149 2/3 page, $67 1/3 page, $48 1/6 page. Two bicycling classified ads are free to members; non-member rates apply thereafter. Non-Member Classified Rates: $5 for 1 item, $10 for 2-5 items, $15 for 6-9 items and $25 for 10-15 items—all with a reasonable amount of text per item. Send check or money order payable to RABA Treasurer, PO Box 6565, Ashland, VA 23005

Richmond Pro Cycling has accomplished all of this in just 2 seasons….with only 6 members.

Please consider joining the leaders of RABA, TNP, Altius, Fruit 66, Rostello, and CBC in helping an organization that has set out to prove that there’s a better way to develop elite-level cyclists, and a more impacting way to conduct community support. Donations are tax deductible.

There’s more of what they do and what you can do to help in the November issue of the Pedaler Plus as well as at their web site at www.richmondprocycling.com.