November, 2012
Volume 46, Issue 11

Newsletter for members of the Richmond Area Bicycling Association

Bikes for Kids
Bikes for Kids Assembly Party
November 3, 9 am
at Mark Electric
11194 Leadbetter Rd, Ashland, VA 23005

We’ve been asking and you’ve been responding generously for some time now with the Bikes for Kids project and it’s time for the next step. The bikes need to be put together. and you can help!

Mark your calendars! We will gather for the great bike assembly for Bikes for Kids on Saturday, Nov. 3 at 9am. It’s at the same location as last year- Mark Electric, Inc., 11194 Leadbetter Rd., Ashland VA 23005. Get there via either the Atlee or Lewistown Road exits on I-95.

It’s always fun to see and be part of the process that transforms a pile of boxed partially assembled bikes into rows of two-wheeled “freedom machines” that you know are going to light-up their recipients’ eyes on Christmas morning. If you have a bike stand or simple tools like a wrench, screwdriver or a set of hex keys you’ll be able to use them. Don’t worry about it if you don’t. There are lots of “tool-free” things to do where you can help!

Looking forward to see you there! If you have any questions, contact Andrew Mann at Rabamann@aol.com.

Call for Nominations to the 2013 RABA Board of Directors
by Ron Corio

The Nominating Committee is accepting nominations for the 2013 RABA Board of Directors. Members over the age of 18 may request to be nominated for a position on the board by writing to any

(Continued on page 2)

Cycling is Taking Off in RVA!!
The League of American Bicyclists recently gave Richmond a Bronze Award for being bicycle friendly. This adds to a number of recent events spotlighting cycling in Richmond. Martin’s Gran Fondo on October 6 was well attended and traveled a route through many of the localities around Richmond. The 102 mile ride follows a successful Heart of Virginia ride that RABA sponsored in September. We are also attracting attention from the local media. In September, the “Richmond Times Dispatch” sponsored a “standing room only” Public Square to discuss cycling in Richmond and ways to improve safety. Local TV stations have also interviewed club members regarding cycling topics. While we have a long way to go to become the next Portland, public interest in bicycling is at an all time high here.

Bench Dedication Honoring Bud Vye on the Capital Trail
A bench honoring Bud Vye’s advocacy of bicycling and work with the Virginia Capital Trail was dedicated on Monday, October 8. Beth Weisbrot of the Virginia Capital Trail Foundation hosted the ceremony that included RABA members, friends and family. After the dedication, Bud rode with a group led by Barry Pullen out into Varina and back. Although there were light showers during the ride, the group covered 30 miles followed by lunch at Bottoms Up Pizza.

Through the years, Bud has worked tirelessly to advocate cycling in the General Assembly as well as participating in the planning of the Virginia Capital Trail. He has always attended planning meetings to ensure the needs of cyclists and pedestrians were addressed in the trail design. In addition to advocacy, Bud has always been there with new riders offering encouragement and support. His efforts have brought a number of new cyclists into the club including me. Bud, thanks for all you have done and are doing for cycling.

(Continued on page 5)
2013 RABA Board Nominations...

(Continued from page 1)

of the Nominating Committee members: Champe Burnley, champe_burnley@hotmail.com; Mary Hom, mzhom2724@yahoo.com; or Ron Corio, rcorio@vcu.edu.

The offices to be filled are shown below. The duties of each office of the Board, as spelled out in the bylaws, which are available at http://raba.org/bylaws.html.

- President
- Vice President
- Secretary
- Treasurer
- Membership Director
- Member Communications Director
- Monthly Ride Director
- Weekly Ride Director
- Off-Road Ride Director
- Public Relations Director
- Bicycling Advocacy Director
- Century Chair

RABA Annual Meeting and Volunteer Appreciation Party
Monday, December 3 (RSVP by Nov. 30 at 4 pm)

6 pm  Cash bar and Heavy hors d’oeuvres
6:30 pm  Short business meeting and election of officers and directors
7:30 pm  Gift exchange
10 pm  Adjournment

Location: Virginia War Memorial’s Freedom Hall (Lower Level), 621 South Belvidere Street, Richmond, VA 23230. Watch your email for more details!

RABA is a non-profit 501(c)3 Virginia charitable organization. Contributions are tax-deductible. Membership dues are $25 per year per adult for individuals 18 years and older, $15 per year per adult for individuals 18 years or younger, $35 per year per family of two or more adults living in the same household, $15 per year per family member under 18 years living in the same household. A completed signed membership application and a waiver of liability are required. For membership information, news and other information, see the RABA website at www.raba.org. Membership dues must be accompanied by a completed signed membership application and a waiver of liability.

Table of Contents

Club News and Pictures ........................................... 1, 2, 4, 6
2013 RABA Board Nominations ..................................... 1
Heard and Seen Around the Club .................................. 3
Casual Corner .......................................................... 5
Bikejournal Report .................................................... 6
Classifieds and Info .................................................. 7
November, 2012 Monthly Rides .................................... 8
November, 2012 Weekly Rides ...................................... 11
RABA Standard Road Ride Paces .................................. 15
Ride Calendar .......................................................... Last Page

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.

2012 Board of Directors

President: Hugh Aaron, hugh@theaarons.com 804-690-9720
Vice President: Charlie Thomas, c.thomas53@verizon.net 804-747-3428
Treasurer: Cindia Evans, cnevans@comcast.net 804-789-0511
Secretary: Julie Appleby, jwa47@hotmail.com 804-282-5123
Ride Director (Monthly Road Rides): Alan Cooper, aleancooper@yahoo.com 804-231-1997
Ride Director (Weekly Road Rides): Jim Venning, j Venning@gmail.com 804-550-7250
Ride Director (Off-Road Rides): Karl Gordon, kgordon88@yahoo.com 804-314-7586
Public Relations Director: Cristina Bizzarri, cbizzarri@gmail.com 804-994-2006
Membership Communications Director: Richard Halle, rrichhalle@verizon.net 804-744-1760
Bicycling Advocacy Director: Bud Vye bdyce@comcast.net 804-262-9544
Membership Director: Kristen Swanson, kaswanson@comcast.net 804-399-7672
Century Chair: Matthew Bizzarri mbizzarri@gmail.com 804-994-2006
Director at Large: Steve Herzog, sp_herzog@verizon.net 804-360-3853

Committee Chairs

Web Administrator: Richard Halle rrichhalle@verizon.net 804-744-1760
E-Mail List Moderator: Kim Moore luvs2cycle@yahoo.com 804-358-0935
Safety: Eric Martin martini4bike@gmail.com 804-402-3471
RABA/BikeJournal Administrator: Ron Corio, rcorio@vcu.edu 804-643-6452
New Rider Recruitment & Retention: Chuck Jajesnica, cervelo55@verizon.net 804-543-8967
Bylaws: John Bennett, jmbennett@vcu.edu 804-248-9014 & Joan Putney, jep1117@gmail.com 804-920-1611

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. The term of membership is 12 months from the enrollment date. The Pedaler subscription is included.
Submit membership application or renewals online (http://www.raba.org/membership-x.html) or 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.
Hear and Seen

Around the Club

by Bud Vye

Lots of cycling action, as usual this time of year, and I took the opportunity to head up 301 with Rickey Davis & Mark Bierly to ride the relatively new (opened in October of 2009) Indian Head Rail Trail on our way up to Baltimore for the annual Tour du Port on the weekend of 9/29. The trail is about 13.5 miles long, with its eastern trailhead just west of Rt. 301 on Theodore Green Blvd. in the south end of Waldorf, MD. The railroad had been built in 1918 to provide rail access to what was then the Naval Gun Powder Factory (now the Naval Support Facility) at Indian Head on the east bank of the Potomac about 18 miles south of DC. The paved trail is under the jurisdiction of the Charles County Parks & Recreation Dept. which has maintained it in very nice condition. Once you leave the trailhead, you are almost completely in a natural environment, with some beautiful vistas overlooking the Mattawoman Creek, a tributary of the Potomac. If you are looking for an easy, 27 mile ride, with nice scenery, to take beginners or kids on, I would recommend this one, as it doesn’t take much longer to get there (particularly from the north side of Richmond) than it does to get to the completed four way stop intersections in the harbor side row house neighborhoods during the early part of the ride.

Beautiful weather (which seemed to be the case for all of the major rides in the last month) for the Tour du Port which featured all new routes this year. We did the 40 mile, which wound all around the Inner Harbor, with stops at the Aquarium and Fort McHenry, before heading out to North Point State Park on Chesapeake Bay, as they had done in previous years. We really enjoyed the visit to Fort McHenry, and the story of how Francis Scott Key wrote the Star Spangled Banner, and it gave me yet another opportunity to use my Golden Age Passport, as I took Rickey & Mark in as my “family”. As always, Bike Maryland (the state bicycling advocacy group) runs a nice event, with close to 2000 riding this year, although it did get a bit tiresome stopping at all of the four way stop intersections in the harbor side row house neighborhoods during the early part of the ride.

Beautiful again, for the Martin’s Gran Fondo, where I had assembled a small motorcycle patrol consisting of Mike Gleason, Ron Magee, Chuck Miffleton, and George Tirs. Gordon Brostrom & Jay Perdue would have also been with us, but Gordon was rehabbing from an accident where a vehicle had hit him and his motorcycle in a parking lot, and Jay was riding in a race, as he regularly does. Once the just under 1,000 riders got on the road, I headed down the Richmond-Henrico Turnpike driving the Sweep SAG vehicle, as I had done at the Heart of Virginia. In that role, I tend to see the late starters, equipment breakdowns, and those riders who have bitten off more than they can chew in the way of distance. All the way around, and back at RIR for the post ride festivities, I was surprised at how few RABA types appeared to be riding the event, although I did see (and was able to excuse from their duties as I came through) a number of members acting as route marshals (Champe Burnley, Steve Sukkonick, & Joan Putney come to mind). Also saw Gary Renger (along with the rest of his Powhatan Historic Ride group) working at the 711 & 522 Rest Stop (the event referred to them as Aid Stations). Seven such Aid Stations (staffed by volunteers from churches, James River HS ROTC, Randolph-Macon, and other groups) and all very similar with the Smart-Box kit provided by SportsBackers and a vast range of snacks at all of them.

Not an easy route, as a number of the out of towners acknowledged, with 711/Robious and its constant ups and downs from 288 out to 522 particularly causing some problems. The entire event was very well run, as the SportsBackers have a reputation for doing, with everyone impressed by the strong law enforcement support, both on motorcycles and in autos, which saw an officer holding up cross traffic at EVERY intersection all the way around, even for those of us way back at the tail of the procession. Up at the front end, a peloton of 20 finished the 102 miles within a minute of the front man (Sean Carithers, who came in at 4:27:56.69, with Chip Goble less than a second behind). The top female (Rachel Northrup) came in at 5:12:31.23, with Patti Ritting about 20 seconds back, and then no other women closer than 11 minutes behind. A few familiar names up near the top of the Century list, including Bike Virginia’s Shane Cusick and RABA’s Wes King, both only seconds behind the leader in the front peloton. In the Men’s 59 mile group, two riders finished close together with the leader at 2:36:46, with the fastest woman in that distance coming in at 3:14:46, with one woman close behind and then no others for 8 minutes. Of those doing the 29 mile distance, three male riders were within a second at the front, the leader in at 1:21:49, with the fastest female (Erin Yelle) only about 20 seconds behind, and then no other females for more than 25 minutes.

Back at RIR, but not with a lap around the auto track to finish with (although I think they will do that next year), a medal on a ribbon for all finishers, barbecue, a beer wagon, and a band playing. No major mishaps (altho one rider did go over the railing on Riverside Drive, thankfully uninjured) and everyone got the impression of having participated in a highly organized and supported, well run event. Thanks to all the RABA members who volunteered and played a part in making it so! There’s a nice slide show of the event here- http://backlight.zenfolio.com/p369819975/slideshow.

Not such nice weather two days later, as it came up rain- ing for the ceremony honoring me with the bench along the Capital Trail alongside the trestle just west of Great Shiplock Park. I was doubly honored when 30 showed up despite the foul weather (here’s the link to Alan Cooper’s excellent photos capturing the event) ----

https://picasaweb.google.com/lh/sredirect?uname=105466676988947815320&target=ALBUM&id=5796959011225225793&authkey=Gv1aRgCMLM_vbQzzyXlg&feat=email

It was truly humbling to have Virginia Capital Trail’s Beth Weisbrod, LAB’s Andy Clarke, my daughter Laura Wright, and so many of my friends from RABA join me in the rain to show me the bench. Fortunately, its right next to

(Continued on page 4)
Heard and Seen...
(Continued from page 3)

the walk under the trestle to get to the Historic Markers facing the canal and Chapel Island, so we all had a place to get into out of the rain. After some nice words from Beth, Andy, and Champe Burnley, they let me lead the dozen of us who had come prepared to ride out to the east into Varina, where before long the rain subsided and we had a nice 27 mile ride despite the damp conditions. After returning, we walked over to Bottom’s Up Pizza where we warmed up with a nice lunch. One of the real high spots, and high honors, of my long career, I sincerely thank all who had a part in making it possible. I’ll take this opportunity to invite all of you to join me in riding the entire distance of the trail once it is completed. Hopefully, we won’t have to do it in the rain!

Again, the nice weather (better than nice, I would call it PERFECT on Saturday) was present for the Folk Festival, resulting in a huge turnout, among which a large number of RABA types were spotted. Another great, showcase event for Richmond, and it was nice to run into so many club members there, including Steve Stahl, John Wray, Bill Britton, Alan Cooper and daughter, Champe Burnley, Gayle McMunn, Tom Doyle, and Al & Lois Farrell. I’m sure there were many more, but I didn’t spend a lot of time moving around, as once I found a good spot at the stage I wanted to hear, that’s where I stayed. Didn’t see him personally, but Ted Zeh, a regular at these events, was spotted clomping around with his cast on, as his torn Achilles continues to heal. As with all big crowds that don’t pass through a gate and get counted, the 200,000 attendance figure is suspect, but I’ve been to every one of these and can attest to the fact that the crowd in front of the Altria stage on Saturday to hear Roseanne Cash was obviously the largest in the history of the event. Once again, a nice job in staging the event by Venture Richmond, and I hope they can continue to find the funding to keep it going.

Attended another nice event, much smaller in scale, the previous Sunday, as a number of friends and family (including Duane Brown, in from Wisconsin and recuperating from his aneurysm stent surgery) gathered at the County Seat restaurant in Powhatan Courthouse, to wish a Happy 75th Birthday to Janie Dean, the County Seat’s owner. Janie’s establishment is one of our favorite places to start a ride from, and to eat at afterward, so we wish her many more.

A couple of mentions in the Times Dispatch of club members as Lise Venning is noted in the Business Section for her promotion to Business Systems Analyst II at Shaw Systems Associates, while Past President Dave Bloor is noted in the Sports Section for having the Woodberry Forest Invitational Cross Country meet named for him to honor him for his 50 years of coaching Cross Country at several schools, including Woodberry Forest. Congratulations to both!

And also to Dick Pitini, as his photo is announced as one of the winners in the Ron Howard/Canon contest I mentioned in last month’s column. That makes him the winner of a gift certificate for Canon products, which I am sure a photographer like him can use. Looks like we put together enough voters to make him one of the winners. I know I had a problem remembering to vote for him every day during that period, and think I only voted about 6 or 7 times. Glad it turned out to be enough, and thanks to any others who also went to the trouble to vote. (I’d have to say it was not one of the easiest websites I’ve ever navigated.)

And, just at deadline, the word that Kim Moore went down hard on Jack Huber’s Jamestown to Smithfield ride on 10/14. Pretty badly scuffed up, she had to be Medi-Vac’d in to MCV. Apparently, they found no bones broken so she was released the next day, but it sounds like she’s going to be sore for a while.

Got a chuckle when I noted that a fellow (who apparently is a strong runner and swimmer) rented a Capitol BikeShare clunker bike and used it to compete in a Triathlon up in DC. Finished in respectable time, too, which makes the feat all the more remarkable.

And I’ll close with an Advocacy item from California, as Governor Jerry Brown vetos the bill that requires the three foot passing of bicycles by motor vehicles, and permits the crossing of the double yellow line (as long as the coast is clear) in order to do so, feeling that it could open the State to liability if the vehicle is involved in a collision while doing so.

Capital Trail Bench Dedication for Bud Vye

LLOYD “BUD” VYE
CYCLING’S BEST FRIEND AND ADVOCATE

Photos by Alan Cooper
Cycling Advocacy

Bud Vye and Champe Burnley have both worked hard to promote cycling in our region. However, frequently they have been lone voices in their efforts. It was terrific to see so many of our club members at the Richmond Times Dispatch Public Square last month speaking about how to make cycling better in the region. I want to thank everyone who came out and made this event “standing room only”? As the legislature reconvenes in January, we’ll need to have this kind of support to keep moving forward. Please take some time to let your elected officials know your opinion. Also as noted during the Public Square, one of the best ways to advocate cycling is to ride!

Bikes for Kids

As the holiday season approaches, we turn our attention to “Bikes for Kids”. For several years, RABA members have donated so the club can buy bicycles for those less fortunate. Every November, we have an assembly party to put the bikes together and get them ready for distribution. In early December, we deliver these bikes to the Christmas Mothers around the region who arrange to deliver them to needy families. There is always a lot of demand for these bikes and a gratifying experience to help with this program. I want to say a big “Thank You!” to everyone who has supported this program by volunteering or making donations.

Annual Meeting and Holiday Party

We will hold our RABA Annual Meeting on the evening of December 3. This year, we will return to the Virginia War Memorial. As in the past, we’ll have our election of officers and gift exchange. I hope you’ll be able to attend. More details will be given in the Pedaler and e-mail announcements.

Also, our last Board Meeting of the Year will be on Monday, November 5 at Marias in Laurel Park Shopping Center. As always, we will have dinner service at 6 PM with the meeting starting at 6:30 PM. If you have anything for our agenda, please e-mail Hugh Aaron or me.

-Charlie Thomas

(Continued from page 1)

Soapbox... 

Casual Corner-

Rebecca Kagan

by Chuck Jajesnica, Recruitment and Retention Chair

Rebecca is an amazing young woman. I met her mid summer and since then she has ridden 609 miles and counting. I remember her saying to me one evening at Portabella’s, “Chuck, I am hooked. I want to ride every day.” Music to my ears.

Rebecca’s biking journey started on her birthday when her parents bought her a bicycle from Agees. She asked a sales associate was there any organized bicycle groups and the associate mentioned RABA. On August 16th during a ABC without the B ride Rebecca showed up to ride with the group. She had ridden a total distance of 2 miles before this ride. That did not stop her from trying the 21 miler that night. Being it was a no drop ride the leader was prepared to spend the ride with her. The leader never saw her. She stayed in the middle of the pack the whole ride.

Rebecca has always been into sports some of her other endeavors are kickboxing, rugby and tennis. But biking has really touched her heart and soul and she looks forward to every ride. Rebecca is getting stronger with each ride. She enjoys riding hills that are difficult on one ride and progressively easier on the next rides. She loves the feeling of speed and power.

Rebecca is now a part of the RABA family. She has progressed from no drop rides to C pace to now B pace rides. She just can’t go at a casual pace anymore. She likes the pace line and enjoys a good workout with her new pace group. Her comfort pace is now between 15 and 17 mph. Rebecca remembers her first B pace ride. She relates that one of the men was concerned that she wouldn’t be able to keep up moving from no drop rides to B. Rebecca assured him she would keep up. Half way through the ride the same person rode to her and said, “I take back all my doubt.” It felt great to prove him wrong and motivated me during the ride.”

Rebecca has stated she enjoys the friendly people she rides with. “The RABA group is filled with such kind people that just want to help you get better and they give you all the resources and advice to do so. The best advice so far was to get my bike fitted to me, this made a big difference.” Rebecca rides a 2011 Woman’s Capri 3.0 Road Bike.

She has one piece of advice to newbies. “Be on time. When they say the group is leaving at 6:00pm, they really mean it. I found that out the hard way.”
Bikejournal Notes
By Ron Corio

As of October 16, RABA maintained its number two spot in the club section of miles logged with 270,507. Australian Cycling Forums is number one with 629,238 miles and ‘BentRider Recumbent Club third with 264,067. In average miles per rider, Australian Cycling Forums is 2272, RABA 1167, and ‘BentRider Recumbent Club 2238. Australia Cycling Forums covers all of Australia, while ‘BentRider Recumbent Club is international.

RABA mileage leaders as of October 16 are shown to the right.

RABA Pics...

The Thursday night Crump Park ride and most of the other weekly evening rides are winding down. Ben Madden took this picture of the regulars on the last ride of the year.
Bike Shops Offering RABA Member Discounts

- **Pedal Power Bicycles**, 7034 Lee Park Rd., Mechanicsville and at Broad St./Staples Mill Rd (former Rowletts location), 10% discount.
- **Conte's of Richmond**, 8818 W Broad St., Richmond, 10% discount.
- **Olde Towne Bicycles**, 605 England Street, Ashland, 10% discount on parts and 5% discount on bikes.
- **3Sports**, 6241 River Road Road, Richmond, 10% discount on apparel, bike shoes, parts, but it does not apply to labor. Complete bikes are 5%.

**Note:** If anyone knows of any other bike shops that offer RABA members a discount, please contact Hugh Aaron at hugh@theaarons.com

Get a membership "card" by following the steps [here](#).

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**CLASSIFIEDS NOW EXCLUSIVELY at www.raba.org**

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

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**Thanks to our 2012 Heart of Virginia Bike Festival Sponsors!**

- Hanover Habitat for Humanity
- Bon Secors Health System
- Buz and Ned’s Real Barbecue
- Carytown Bicycle Co
- Cycles Ed
- Diamond Springs Water
- Fifes and Drums of York Town
- Food Lion
- Hanover County, Virginia
- Keith Fabry
- McGeorge RV
- Sports Backers
- SuperValu

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**RABA APPAREL**

RABA Apparel is getting very close to introducing an order form to the website. Currently we are finalizing a new design for the Jerseys and jackets. Once that is done you will be able to go to the site and download your order form. Keep an eye out for an email from RABA Apparel letting you know that the link will be active.

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**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:

<table>
<thead>
<tr>
<th>Role</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ride Director (Monthly Road Rides)</td>
<td>Alan Cooper, <a href="mailto:alanhcooper@yahoo.com">alanhcooper@yahoo.com</a>, 231-1997</td>
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<tr>
<td>Ride Director (Weekly Road Rides)</td>
<td>Jim Venning, <a href="mailto:jalisvenn@gmail.com">jalisvenn@gmail.com</a>, 550-7250</td>
</tr>
<tr>
<td>Ride Director (Off-Road Rides)</td>
<td>Karl Gordon, <a href="mailto:kgordon88@yahoo.com">kgordon88@yahoo.com</a>, 314-7586</td>
</tr>
</tbody>
</table>

The deadline for getting December, 2012 rides listed in The Pedaler is November 15

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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
November, 2012 Monthly Rides

Ride Director (Monthly Road Rides): Alan Cooper, 231-1997, alanhooper@yahoo.com
Ride Director (Off-Road Rides): Karl Gordon, 314-7586, kgordon88@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 2012 Monthly Ride sign-up sheets to Alan Cooper, 4600 King William Road, Richmond, VA 23225.

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

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

MB Mountain bike/off road

November 3 (Saturday) Post Bikes for Kids Assembly Party Ride

Pace Time Miles Terrain Stops Leader
A+ see below 42 3 one Wayne Flood, 641-0556 or Sept1Flood@comcast.net
B see below 42 3 one Ron Corio, 643-6452 or rcorio@vcu.edu

Description: For those of you trying to decide whether you were going to help provide some needy kids with the magic of their first bicycle or go for a bike ride, we’re going to make it easy for you to do both. After the bike assembly party (which begins at 9 am) we’re going to do a ride from Hanover Air Park in Ashland. We’ll have a 42 and a 31 mile option. Wayne Flood will be leading an A pace and Ron Corio will lead a B pace. There is also a 31 mile option for those choosing to ride a shorter route. The ride will start when Loud Andrew deems our good work of bike assembly complete. Cue sheets will be provided.

Directions: The ride will begin and end where the bikes are going to be assembled. That’s in Hanover Air Park at Mark Electric Inc., 11194 Leadbetter Rd. Ashland VA 23005.

November 4 (Sunday) Center Cross Ride

Pace Time Miles Terrain Store Stops Leader
A+/A 9:30 am 48 3 One Wayne Flood, 804-641-0556, Sept1Flood@comcast.net
B+/B 9:30 am 48 3 One Kirk Sweeney, 804-370-9121, ksweeney@geoenvironmental.net

Description: Join us for the 6th annual ride to Center Cross. The ride begins and ends in Walkerton on the Mattaponi River. 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. Please make sure you give yourself enough travel time to get to Walkerton (which is about 26 miles north of Mechanicsville) in time for the ride start.

The cue sheet for this ride is available at http://www.raba.org/map/Center%20Cross%20Ride.pdf. Please bring a copy with you. Given the rural nature of this ride, it is important to have your own copy of the cue sheet in case you get separated from the other riders.

Directions: To reach Walkerton, exit I-295 onto Route 360 east (Mechanicsville Turnpike) towards Tappahannock. 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 lot on the left just after you cross the bridge into Walkerton (around 3000 Walkerton Road, Walkerton, VA 23117).
November, 2012 Monthly Rides

Pumpkin Pie Ride

<table>
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<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C+</td>
<td>9:30 am</td>
<td>38</td>
<td>5</td>
<td>One</td>
<td>Jack Huber, 282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
<tr>
<td>C (no drop)</td>
<td>9:30 am</td>
<td>38</td>
<td>5</td>
<td>One</td>
<td>Chuck Jajesnica, 543-8967, <a href="mailto:cervelo55@verizon.net">cervelo55@verizon.net</a></td>
</tr>
</tbody>
</table>

**Description:** This is a joint ride for RABA and Williamsburg Area Bicyclists. The ride will start in Waverly and head north on quiet country roads into Surry County. The terrain is flat and there will be a special rest stop hosted by Surry County's "Watermelon Lady" at her home. No watermelon this time, but something more seasonable - homemade pumpkin pie with coffee for the caffeine lovers. The route will cross the Coppahaunk, Blackwater, Hazel, Cypress, Elwood and Johncheohunk Swamps. Maps and cue sheets will be provided. After the ride all participants are invited to have lunch together at La Hacienda. **Note that the starting time for the Waverly ride has been changed to 9:30 a.m. for the cooler months.**

**Directions:** Meet at the parking lot behind La Hacienda restaurant (101 S County Drive Waverly, VA 23890) at the corner of Routes 460 and 40 (Main Street) in the town of Waverly. From Richmond take I-95 or I-295 east (toward Norfolk). Please watch your speed as you enter Waverly by car - speed limits are strictly enforced.

Lake Anna Views (Joint RATS and RABA ride)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>10 am</td>
<td>38</td>
<td>3</td>
<td>none</td>
<td>Alan Cooper, 231-1997, <a href="mailto:alanhcooper@yahoo.com">alanhcooper@yahoo.com</a></td>
</tr>
<tr>
<td>B</td>
<td>10 am</td>
<td>38</td>
<td>3</td>
<td>none</td>
<td>Hugh and Laura Aaron, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Doug and Carol Wayne, <a href="mailto:douglaswayne@netscape.net">douglaswayne@netscape.net</a></td>
</tr>
<tr>
<td>C+</td>
<td>10 am</td>
<td>29</td>
<td>3</td>
<td>none</td>
<td>Jinx Lucas and Paul Walaskay, 358-1155, <a href="mailto:jinxl@verizon.net">jinxl@verizon.net</a></td>
</tr>
<tr>
<td>C</td>
<td>10 am</td>
<td>20</td>
<td>3</td>
<td>none</td>
<td>Leader welcome</td>
</tr>
</tbody>
</table>

**Description:** Start at the Montpelier Center for Arts and Education in northwestern Hanover County. These three options travel through areas northwest of Richmond. The longest option reaches into Spotsylvania County and includes a stretch along the shores of Lake Anna, offering some picturesque views. The mid-distance option explores a bit of Louisa County and passes through Bumpass. The short option goes through the scenic countryside of far northwestern Hanover County. This ride is revised from a Carl Armstrong ride. Because of store closings there are no store stops. Cue sheets will be provided at the start.

**Directions:** The center is at 17205 Mountain Road, at the intersections of Routes 33 and 715, 15 miles west of I-295. Take Staples Mill out of the city toward Montpelier. You may take I-295 or I-95 to the Rt. 33/ Staples Mill exit and take 33 out of the city.

Midlothian Fall Frenzy

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>1 pm</td>
<td>37</td>
<td>3</td>
<td>2</td>
<td>Ed Dunn, <a href="mailto:EDDUNN@aol.com">EDDUNN@aol.com</a></td>
</tr>
</tbody>
</table>

Other paces wanted. Contact Ed if willing to lead. There’s a 41-mile option for faster riders.

**Description:** In Midlothian things get kind of crazy in November and this year they are way out of kilter! With Thanksgiving approaching, kids getting out school, parents and in-laws coming in for the holidays, Christmas shopping lists in the making, folks are just overwhelmed. This ride will certainly relieve your stress level as it is 41 miles of challenging climbs, rollers, and flats. You’ll love the relaxed feeling you will have after you finish! CUE SHEETS WILL BE PROVIDED. Ride starts and ends at Midlothian High School parking lot.

**Directions:** Take 288 to Woolridge Road exit. Follow Woolridge Road to first stoplight (Charter Colony Parkway) and turn left. Midlothian High School is about ½ mile on your right. Park in the lot closest to the football field and across from Le Gordon Drive.

Wine Tasting Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>10 am</td>
<td>43</td>
<td>3</td>
<td>One</td>
<td>Larry Skalak, 757-566-1224, <a href="mailto:lskalaks@aim.com">lskalaks@aim.com</a></td>
</tr>
</tbody>
</table>

Other paces welcome. Please contact Larry if willing to lead.

**Description:** While we often ride out to the New Kent Winery, this ride is a little different in that all routes start and end at the Winery. These routes also cover territory that we do not often ride, including the area around Diascund Creek Reservoir. While this is an official RABA ride, our friends at RATS (the Richmond Area Tandem Society) are invited to join us on this ride. Paper cue sheets will not be available at the ride start. Please be sure to bring a copy of the cue sheet in case you get in front of, or behind, your pace group.

Here are the files: 31 Mile Route; 35 Mile Route; 43 Mile Route; GPX Files

(Continued on page 10)
November, 2012 Monthly Rides

(Continued from page 9)

At the end of the ride, anyone who is interested can join their fellow riders in the Winery tasting room for a tasting and tour. The $7 tasting and tour fee includes a New Kent Winery etched souvenir glass and entitles you to a tasting of any of the Winery’s wines in current production along with a fresh baguette to cleanse your palate. The Winery also has cheese available for purchase. For more information on the tasting and tour, see http://www.newkentwinery.com/tasting-tour/. Please change, or at least take off, your riding shoes before entering the Winery building. They have a strict “no cleats” policy.

Directions: Meet in the New Kent Winery parking lot (8400 Old Church Road, New Kent, Virginia 23124), which is about 15 minutes east of the intersection of I-295 and I-64 on the east end of town. To reach the Winery from points west, take I-64 (east) or I-295 (south) to I-64 exit 211 for Route 106 towards Talleysville. At the end of the exit ramp, turn left onto Emmaus Church Rd, Route 106 which turns into Old Church Road, Route 609. Continue 1.7 miles on to the Winery entrance on the left.

November 17 (Saturday)

High Bridge Trail

Pace Time Miles Terrain Stops Leader
D 10 am 31 3 1 Charlie Thomas, 804-747-3428, c.thomas53@verizon.net

Description: This ride is the same one that Bud Vye led earlier this year out to ride the completed trail across High Bridge. We will meet at the parking area in Farmville, then ride across High Bridge to the Eastern end of the trail. We will return to Farmville and have lunch at Charley’s Waterfront Café, which overlooks the Appomattox River in Farmville. I plan to ride a hybrid on the trail but understand that the surface is good enough for road bikes although a bit rough.

High Bridge is of interest to railroad enthusiasts and Civil War buffs. It is more than 2,400 feet long and 125 feet above the Appomattox River. The original bridge was built in 1853 as part of the South Side Railroad. It played a significant role during Lee’s retreat in the final days of the American Civil War. The current steel-tower bridge was completed in 1914. High Bridge is the longest recreational bridge in Virginia and one of the longest in the United States.

Directions: The ride will start from the parking area adjacent to the trail in Farmville. To get to this location, take Rt 60 West, then State Rt 45 into Farmville. The parking lot is just past the Appomattox River. If you are interested in riding or would like to carpool, please contact Charlie via e-mail. He will provide more detailed maps and information.

November 22 – Thanksgiving Day (Thursday)

The Fourth Annual Wild Turkey Ride

Pace Time Miles Terrain Stops Leader
B+ 9 am 41 3 *none Bill Whitworth, whitworth2@verizon.net

Description: Join Bill for a special Thanksgiving Day version of our usual Thursday Unemployed Cyclists Ride. Here is your chance to burn a couple thousand calories on Thursday morning so that you can pig out guilt free later in the day. The “Wild Turkey Ride” includes 41 miles through many familiar cycling roads in Hanover plus a stretch on Mitchells Mill where we’ll ride alongside the dam. The ride leaves from Hanover Courthouse parking lot at 9 am. All paces are welcome. The cue sheet is available here (Wild Turkey Ride 41) and the GPX file here.

* It’s Thanksgiving Day, so the stores will be closed. Please bring plenty of food and water for the trip.

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

November 28 (Wednesday)

Full Moon Ride

Pace Time Miles Terrain Stops Leader
C 6:30 pm 20 5 none Steve Bolte, 690-0208, sebolte@yahoo.com

Description and Directions: The full moon ride will leave this month from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. It is not recommended for novice riders! You must be comfortable with group riding and be confident with your bike handling skills. Adequate lights, blinkies and reflective clothing are absolutely mandatory. Two rear blinkies and a primary plus spare headlight are strongly recommended.

Remember to bring at least one headlight which provides enough light to illuminate the road in front of you. A second, spare light with charged/spare batteries is strongly recommended. Also have at least one bright-red blinkie with new/charged/spare batteries for the rear of your bike. (Two are recommended.). Be sure to wear lots of reflective clothing, vests, legbands, and/or armbands.

CHECK ALL LIGHTS AND BATTERIES BEFORE YOU GET TO LAUREL PARK. CALL THE RIDE LEADER IF YOU HAVE ANY QUESTIONS.
**Ride Director (Weekly Road Rides):** Jim Venning, 550-7250, jalisvenn@gmail.com

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

**Ride Leaders:** Please submit 2012 Weekly Ride sign-up sheets to Jim Venning, 9136 Fox Hill Race Court, Mechanicsville, VA 23116.

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

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### Sunday Portabella Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>1 pm</td>
<td>19-52</td>
<td>Various</td>
<td>See below</td>
<td></td>
</tr>
</tbody>
</table>

**Leaders:**
- Nov. 4- Ron Corio rcorio@vcu.edu
- Nov. 11- Randy Rosemond veosalsaman@aol.com
- Nov. 18- Noah Kaatz Noah Kaatz5270@yahoo.com
- Nov. 25- Chuck Dajesycz cervelo55@verizon.net

**Description:** This weekly ride starts at the rear of Portabella Ristorante located in the Varina Food Lion Shopping Center. It is a show and go ride like the Saturday ABC ride. There will be no pace group ride leaders; riders will form their own groups. Ride leaders for each Sunday, listed above, will provide a sign-up sheet and help new riders match up with riders of a similar pace. Riders will choose their own route. Cue sheets and maps for over a dozen rides ranging from 19 to 52 miles are available at [http://raba.org/cuemap.php?rname=&start=7](http://raba.org/cuemap.php?rname=&start=7). Print and bring your own cue sheet as none will be available at the ride.

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

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### Powhatan Courthouse

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>1 pm</td>
<td>30 to 45</td>
<td>3 to 4</td>
<td>see below</td>
<td>Barry and Martha Pullen, 561-3950</td>
</tr>
</tbody>
</table>

**Description:** Meet at the Powhatan County Courthouse 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 at least 30 miles with a longer option usually available. There may be no stop. 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.

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### Mondays with Mary

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

**Description:** The ride starts at a different location every week. Each week’s location will be announced to the RABA e-mail list. If you are not on the list, please contact one of the leaders.

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### New Kent Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C+</td>
<td>9 am</td>
<td>25-35</td>
<td>4</td>
<td>0 or 1</td>
<td>Deana Sun, 804-690-6018, <a href="mailto:MaEldsun@aol.com">MaEldsun@aol.com</a></td>
</tr>
</tbody>
</table>

**Description:** This is a C+ pace ride on lightly traveled country roads in New Kent County. The rides will start/finish at different locations each week and the distances will vary from 25 – 35 miles. Many routes do not have stop, so bring plenty of water. Ride information is published each week via the RABA Yahoo Group. Contact info: MaEldsun@aol.com or phone/text 804-690-6018.

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### Start the Week at West Creek

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>6:00 pm</td>
<td>6-30</td>
<td>3</td>
<td>many</td>
<td>Chris Cook, 804-512-8207 <a href="mailto:chrisck@aol.com">chrisck@aol.com</a></td>
</tr>
</tbody>
</table>

**Description:** Riders can ride this 6-mile loop for as many miles as they want up to and beyond 30 miles. All ride levels are invited to attend. Be sure to have one white front light and a red blinkie for the rear of your bike.

**Directions:** Meet at the Virginia Farm Bureau parking lot (the one closest to the parkway) at 12580 West Creek Parkway. Take the Patterson Ave., exit off of Route 288 and head west (away from Richmond) for approximately one mile, turn right on the West Creek Parkway.

(Continued on page 12)
### November, 2012 Weekly Rides

(Continued from page 11)

#### Tuesdays at Rockville

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues</td>
<td>9 am</td>
<td>33 to 62</td>
<td>3</td>
<td>One</td>
<td>Bill Whitworth, <a href="mailto:whitworth2@verizon.net">whitworth2@verizon.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Jim Denoon, 370-6252</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.

#### Tuesday Varina Tour

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues</td>
<td>2:30 pm</td>
<td>25 to 30</td>
<td>4</td>
<td>Varies</td>
<td>Hugh Aaron, 804-690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
</tbody>
</table>

**Description:** This is a casual afternoon ride for those who want to get a little mid-week exercise during the off season. Most of the routes offer smooth pavement and relatively flat terrain. Most routes do not list a store stop because the routes are so short. However, there are a lot of stores in the area. The routes are:

- Nov. 6 Portabella-Yahley Climb 27 [GPX file](http://www.raba.org/map/Wednesday-Stratford-Hills-Ride.pdf)
- Nov. 13 Yarnell Zig Zag 28 [GPX file](http://www.raba.org/map/Wednesday-Stratford-Hills-Ride.pdf)
- Nov. 20 Dorey Park Ride By 26 [GPX file](http://www.raba.org/map/Wednesday-Stratford-Hills-Ride.pdf)
- Nov. 27 Portabella-Gill Dale 28 [GPX file](http://www.raba.org/map/Wednesday-Stratford-Hills-Ride.pdf)

Paper cue sheets are not provided. You should print your own cue sheet prior to coming to the ride. Click on the links above to download the cue sheet and/or GPX file for each route.

**Directions:** Meet behind Portabella’s Restaurant located in the Varina Shopping Center at the intersection of Route 5 and Strath Road (2627 New Market Rd, Richmond, VA 23231). From I-295, take exit 22 onto Route 5 (New Market Road) west towards Varina; go approximately 1 mile; the Food Lion shopping center will be on the left. From I-64, take the South Laburnum Ave Exit; go approximately 5.5 miles to Route 5 (New Market Road); turn left and the shopping center will be on the right in 2.3 miles. From I-895, take the Laburnum Ave Exit; turn right on Route 5 (New Market Road). The shopping center will be on the right in 2.3 miles.

#### Retiree’s Midweek Ride and Lunch

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed</td>
<td>9:30 am</td>
<td>25 to 40</td>
<td>Varies</td>
<td>Varies</td>
<td>Barry Pullen, 561-3950</td>
</tr>
<tr>
<td></td>
<td>9:30 am</td>
<td>25 to 40</td>
<td>Varies</td>
<td>Varies</td>
<td>Bud Vye, 262-9544</td>
</tr>
</tbody>
</table>

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

#### Stratford Hills Ride

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed</td>
<td>2 pm</td>
<td>18-33</td>
<td>2</td>
<td>None</td>
<td>Joe Kent, 804-301-4018 or <a href="mailto:jfkent3@verizon.net">jfkent3@verizon.net</a></td>
</tr>
<tr>
<td></td>
<td>2 pm</td>
<td>18-33</td>
<td>2</td>
<td>None</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 begins at the Stratford Hills Shopping Center, located at the corner of Forest Hill Avenue and Hathaway. The route follows Bicycle Route 1 west along Riverside Drive, Cherokee, and Old Gun to Robius Road, a distance of nine miles. Make a U-turn and retrace the route for an 18 mile ride or follow the cues for an 8.5 mile loop through Salisbury and back to Old Gun for the return and a 27 mile ride. Download the cue sheet here at [http://www.raba.org/map/Wednesday-Stratford-Hills-Ride.pdf](http://www.raba.org/map/Wednesday-Stratford-Hills-Ride.pdf).

#### Ashland Dinner Club

The ADC ride is currently on hiatus.

#### Unemployed Cyclists Ride

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thurs</td>
<td>9 am</td>
<td>varies</td>
<td>3</td>
<td>Varies</td>
<td>Joe Kent, 804-278-8917, <a href="mailto:jfkent3@gmail.com">jfkent3@gmail.com</a></td>
</tr>
</tbody>
</table>

(Continued on page 13)
November, 2012 Weekly Rides

(Continued from page 12)

B+  9 am  varies  3  Varies  Bill Whitworth, 708-0932, whitworth2@verizon.net
B+/B  9 am  See below  Varies  Varies  Hugh Aaron, 804-690-9720, hugh@theaarons.com

Description:  This ride covers parts of central Hanover County and the surrounding areas, which offer a lot of beautiful countryside. Most routes include a few good hills. Some routes do not have a store stop, so bring plenty of water. Notwithstanding the name of the ride, everyone is invited to join us, whether employed or not.

Paper cue sheets are not provided. You should print your own cue sheet prior to coming to the ride. Click the following links.

Date  Route  Stop Options
Nov. 1  Manquin Store (Cattledrive) 38 and GPX file  Mile 21.5
Nov. 8  Burkes Bridge 38 and GPX file  Mile 25.5
Nov. 15  Perennial Pickle 38 and GPX file  Mile 25
Thanksgiving Day  Wild Turkey Ride 41 and GPX file  Mile 11 (If open)
Nov. 29  Manquin Store Options Clockwise 37/47 and GPX file  Mile 16, 38.5

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

Friday  Fridays at Hylas
Pace  Time  Miles  Terrain  Stops  Leader
A/B++  9 am  35-40  3  Some  Jim Denoon, 370-6252
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  Friday Night Lights
Pace  Time  Miles  Terrain  Stops  Leader
C  6 pm  20  4-5  As needed  Amy George, 804-763-9646, georgeae@gmail.com
Description and Directions: Friday Night Lights is an evening group ride through the heart of Richmond. Enjoy 20 miles of historic houses, tree lined streets, and views of the James River, with dinner following at a great selection of restaurants. You'll become more familiar with getting around Richmond on a bicycle, and learn traffic safety and urban riding skills. This ride leaves from Shafer Court at the VCU Campus (specifically the "compass"). You are encouraged to leave your car at home but if you must drive, parking is available on-street in the Fan, Oregon Hill, and Carver Neighborhoods, as well as paid parking in VCU Parking Decks. Since this is not a rural ride, store stops are easy to come by. The group will ride at a C or faster pace depending on the pleasure of the group.

Remember to bring
• at least one headlight which provides <strong>enough light to illuminate the road</strong> in front of you. A second, spare light with charged batteries is strongly recommended.
• at least one bright-red blinkie for the rear of your bike. (Two are recommended.)
• fully charged and/or spare batteries for all lights.
• lots of reflective clothing, vests, legbands, and/or armbands.

Saturday  Endorphin Fitness Saturday Ride
Pace  Time  Miles  Terrain  Stops  Leader
Various  7:30 am  30  3  None  Andy Welch (804) 741-1599
Description: The ride starts at Endorphin Fitness at 7:30 am and heads out toward River Road and into beautiful Goochland horse country before looping back to the start. Total distance approx 30 miles. All ride paces are welcome. Please bring plenty of fluid and food with you as there are no store stops on the loop. Parking will be in the Endorphin Fitness parking lot. The ride is here.

Directions: The ride starts at Endorphin Fitness, 8908 Patterson Avenue, Richmond, VA 23229

(Continued on page 14)
November, 2012 Weekly Rides

The Ashland Breakfast Club (ABC)

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

**Leaders**

- Nov 3 - Gary Thabet
- Nov 10 - Jim Venning
- Nov 17 - Jeanne Minnix
- Nov 24 - Chuck Jajesnica

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Centerville Saturday Ride – Food Lion

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<tr>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
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</thead>
<tbody>
<tr>
<td>9 AM</td>
<td>Varies</td>
<td>26+</td>
<td>Some</td>
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**Description and Directions:** This ride leaves from the Broadview Shopping Center on Broad Street in Manakin-Sabot, VA. There are a number of ride options available from this starting point. Cue sheets will be available. The group will break up into different pace groups and regroup along the route.

**Leaders**

- Nov 3 - John Bennett
- Nov 10 - Ron Corio
- Nov 17 - Steve Herzog
- Nov 24 - Joan Putney

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The Ashland Lunch Club (ALC)

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<thead>
<tr>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
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<tbody>
<tr>
<td>11:30 AM-12:00 PM</td>
<td>Varies</td>
<td>20 to 50+</td>
<td>Some</td>
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**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.

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Welcome to Full Moon Farm in Farmville.

A house directly on the trail that can host up to 8 people. We are a horse, dog and people friendly 4 bedrooms, 3 bath house next to High Bridge Trail on 72 acres with a pond, pasture, and forest. Our rates start at $150 for up to 4 people, with a 2 night minimum.

Horses and horse trailers are welcome as are dogs for which we charge $10 per day per animal. The house is fully furnished, linens are provided. There is a woodstove in the center of the house and wood is provided for your convenience. We do not allow hunting due to the horses and other animals that we share the farm with. This is a great place to get on the trail and bike about 10 miles east to cross the High Bridge, and about 10 miles west to Pamplin where the trail ends. Bring your own bikes or horses or just walk the trail with your dogs. The house has front and rear 12 x 18 decks, perfect for watching the sunrise in the morning and the sun setting over the pond in the evening.

Reservations are made by check and or money order paid in advance. Reservations are a minimum of 2 days and maximum of 14 days. You can get all the exercise you need or just sit on the deck and read a good book. There is a gas grill for barbecues and the yard is fenced. There is a pine shed with a fenced area for your dogs to enjoy while vacationing with us. You can email us at joececil@juno.com or call Rich at 540-832-0550 or Joe at 434-390-0158 – we have direct access to the park for your bikes, horses or yourself. 543 Dry Bridge Road Farmville VA 23901 We are 4 miles from a hospital and 6 miles from Super WalMart and Lowes.
The Ride and Event Calendar later in the Pedaler Plus contains an abbreviated version of the following table. It only includes the information in the first three columns.

The additional information shown in the rest of the table will help you choose the type of ride you would enjoy!

### Road Ride Pace Key

<table>
<thead>
<tr>
<th>Pace</th>
<th>Typical Average Riding Speed</th>
<th>Description</th>
<th>Group Dynamics</th>
<th>Rest Stops</th>
<th>Riders Must Have</th>
<th>Repairs</th>
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<tbody>
<tr>
<td>A+</td>
<td>20+ mph</td>
<td>Very strenuous</td>
<td>Strict paceline riding with frequent rotations, minimal regrouping, leader rides anywhere within group, riders who fall off the paceline will be dropped</td>
<td>At leader’s discretion</td>
<td>Experienced paceline skills, basic bike repair skills</td>
<td>Riders fix their own bikes</td>
</tr>
<tr>
<td>A</td>
<td>18 up to 20 mph</td>
<td>Strenuous</td>
<td>Frequent paceline riding with frequent rotations, limited regrouping, leader rides anywhere within group, riders who fall off the paceline will be dropped</td>
<td>At leader’s discretion</td>
<td>Experienced paceline skills, basic bike repair skills</td>
<td>Riders fix their own bikes</td>
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<td>B+</td>
<td>16 up to 18 mph</td>
<td>Fast social with emphasis on riding</td>
<td>Frequent paceline riding, occasional regrouping, leader rides anywhere within group, riders who fall off the paceline and slower riders may be dropped</td>
<td>About every 20-30 miles</td>
<td>Experienced group riding skills, paceline skills, basic bike repair skills</td>
<td>Riders fix their own bikes, leaders may assist</td>
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<td>B</td>
<td>14 up to 16 mph</td>
<td>Moderate social with emphasis on riding</td>
<td>Limited paceline riding, occasional regrouping, leader rides anywhere within group, riders who fall off the paceline and slower riders may be dropped</td>
<td>About every 15-20 miles</td>
<td>Experienced group riding skills, basic understanding of paceline skills, basic bike repair skills</td>
<td>Riders fix their own bikes, leaders may assist</td>
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<td>C</td>
<td>12 up to 14 mph</td>
<td>Brisk social</td>
<td>Riders usually stay together as a group, frequent regrouping, leader rides anywhere within group, slower riders rarely dropped</td>
<td>About every 10 miles and at major intersections</td>
<td>Knowledge of group riding skills and road hand signals</td>
<td>Leader assists or finds assistance</td>
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<tr>
<td>D</td>
<td>8 up to 12 mph</td>
<td>Relaxed social with emphasis on safety; perfect for new riders; no steep hills</td>
<td>Riders always stay together as a group, leader rides at the rear of the group, no rider will be dropped</td>
<td>About every 5 miles and at most intersections</td>
<td>Basic understanding of bike operation including shifting and braking</td>
<td>Leader assists or finds assistance</td>
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- All riders are welcome to attend any ride although any rider riding slower than the lower range of the advertised average riding speed could be dropped. Consider attending a slower paced ride if you are uncertain of your ability and want to ride with the leader.
- The speeds listed are average speeds over ride distance.
- All riders must have a helmet and water. It is recommended each rider also have a spare tube and pump.
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<td>1:00 PM</td>
<td>Mondays with Mary West Creek</td>
<td>Tuesdays at Rockville</td>
<td>Retirees Mid-Week Ride and Lunch Stratford Hills Ride</td>
<td>Unemployed Cyclists' Ride</td>
<td>Fridays at Hylas</td>
<td>Endorphin Fitness Ride Ashland Breakfast Club (ABC)</td>
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<td>Tuesdays at Rockville</td>
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<td>Wild Turkey Ride</td>
<td>Fridays at Hylas</td>
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**Note:** See [www.raba.org](http://www.raba.org) or the November edition of *The Pedaler* for ride descriptions and starting locations.