We’re now into the fall months with days getting shorter. Many of our evening rides are getting earlier or ending. We still have plenty to do as a club. As we move into cooler weather, we still have rides every day and many activities. I hope you will continue to join us for rides and other RABA activities during the coming months.

Thank you for supporting Bikes for Kids!

Andrew Mann has placed an order 230 bikes thanks to your generosity! These bikes will brighten the faces of many children in the Richmond area over the holidays. As we approach the holidays, we can still use support to purchase the helmets that we give with each bike. This leads to our annual Bikes for Kids Assembly Party, which will be at a new location this year:

**Saturday, November 2, 9 AM**
EnTrust Records Management Warehouse
1600 Rhoadmiller St, Richmond, VA 23220

This is a big event where we usually have 50 to 60 members participate. To all new folks, you don’t need to have tools or skills to help out. We can always use help uncrating bikes and helping us keep assembly moving.

After assembling the bikes, we will deliver them to area Christmas Mothers in December so they can be distributed to families. If you have not delivered bikes to one of these agencies, it is truly a rewarding experience!

**RABA General Meeting - Bike Friendly Richmond**

On Wednesday, October 16, Jake Helmboldt, Pedestrian, Bicycle, and Trails Coordinator, gave a presentation to a group of 30 RABA members about the City of Richmond’s efforts to develop a bicycle friendly environment. He
Deana Sun off the injured list and back in action, as her cracked scapula has healed enough for her doctor to clear her to ride. Larry Skalak rode up to be with us for the ride on Columbus Day from Shiplock Park where a number of the Retirees got a sneak preview of the improvements to the park, which is now the Western Trailhead of the Cap Trail, that Mayor Jones and a number of other contributors were going to cut the ribbon on the next day. The group got to meet Larry, and learn who Toano on the Bike Journal List is (that’s where he lives, and he is currently leading the Club in 2013 mileage with over 12,000). Larry brought the report on Deana that she has bought herself a new bike, has been out riding it, and that she and Larry will be co-leaders of the Monday morning rides from New Kent, that will resume shortly. When asked what prompted him to make the ride up on this occasion, he replied that he wanted to see the Trailhead improvements and beside that, had never ridden with our group, or had pizza at Bottoms Up, which was our plan for lunch. Beside that, he confessed that he had driven up to start riding from Providence Forge, so he hadn’t really ridden all the way from home. We excused him for that, as he would have cranked out about 120 miles by the time he got back to Providence Forge! On top of that, after lunch, we all went across the street and had a remembrance ceremony at Carl Armstrong’s monument and benches.

The following day, a decent crowd of over a hundred turned up for the ribbon cutting at Shiplock, where another 75 yards has been added onto the Trail taking it down to the downstream lock gate, re-locating the benches that had been temporarily placed along the Trail further west on Dock St., planting grass and trees, and generally sprucing up the area, including signage and access to Chapel Island and the River. I was pleased with the new location of my bench, as I can now sit on it, look up over my right shoulder and see Connecticut (with whom I have a relationship back 30 years to my Best Products days when he was located on our Bethesda, MD store facing I-270) peering down from the Lucky Strike build-

ing where Odell Architects have their offices. Since the area was really wet from several days of rain, I waved off several suggestions on both days to have my picture taken on the bench, since the young grass is just getting established. Good to hear the Mayor, after looking to the east, state that the next link of the Trail, through the Echo Harbor development, Intermediate Terminal, Lehigh Cement silos and Rocketts Landing, would be complete in time for 2015 since I’ve been doubting that this segment will get done that soon. Naturally, I’m hoping they can prove me wrong.

One speaker I was a bit surprised to see at the ceremony was Cul’s mother, who apparently is the owner of Cul’s Courthouse Grill across the street from the Charles City Courthouse. Those familiar with the area know that it is about the only place to get something to eat down there and as such is already getting significant business from Cap Trail and TransAmerica riders, and will get a lot more after the Sherwood Forest segment (and the entire Trail) is completed. As with the Mineral Fire Station and the Willis Road Church, Cul’s is keeping a guest book of the TransAmerica Trail riders that stop there, and is seeing riders from all over the country, and the world. In addition to extolling the economic benefits the Trail is bringing to the Charles City area (apparently nine people from there work at the Grill) they have been using a cycling theme to name certain items on their menu, including Winky’s Salad, named after Winky Vivas, who many of us know from the days he and Juana were regulars with RABA, and who are apparently regulars at the Grill.

The previous Thursday, we had a good contingent of RABA members at the meeting in the Varina Elementary School soliciting public comments on the Park Phase of the Trail. I thought VDOT should have done a general presentation on how the route was decided upon, but they left it to attendees to ask a VDOT staffer to explain the large map segments that were displayed on easels, and the hand out they distributed contained only general information. As a result, there appeared to be a great deal of ignorance as to what the phase was intended to do, and I took it upon myself to conduct several unofficial explanatory sessions for small groups of RABA members. Very simply, the plan is the solution to getting the Trail past I-295, without having to cross the exit ramps on to Rt. 5, which I personally feel are one of the most dangerous conditions a cyclist faces in riding on the road.

Fortunately, Henrico county had purchased the land on the east side of I-295, calling it Four Mile Creek Park, after the 2005 referendum was passed, and the bond issue floated, and it abuts the Southeast border of Dorey Park. When I-295 was in the planning stages, some equestrians who had been in the habit of riding along the Creek asked the planners to make the culvert that the Creek was going to run under the Interstate in high enough that a rider could ride their horse through without dismounting. So the culvert was built that way, and is a natural way to bring the Trail past the Interstate. A bit further up the Creek, on Henrico Parks and Recreation property, and then a turn back to the south on the west side of Doran Rd., closely passing only two adjacent property owners and then proceeding a good distance on the now vacant property of a man named Moseley, who wants the

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

(Continued from page 3)

Trail coming through his property to advertise as an amenity when he develops the property, which he intends to do eventually.

Back to VDOT Right of Way, the Trail will then proceed west on the north side of Rt. 5. A fairly simple solution to the problem, with Henrico Parks & Recreation already having a small parking area built just southeast of the I-295 & Rt. 5 intersection and wanting to have a spur off the Trail going on into the center of Dorey Park. In circulating around the meeting, however, I could still hear some local citizens commenting to one another that “the Trail will be used by thieves and muggers to come into the neighborhood at night, and is not something we need around here.” This is a common mantra I’ve heard before at planning meetings for trails and getting into a discussion about how the trail will improve their property value and be an amenity they can make good use of is usually unproductive so I just keep my mouth shut and listen.

On the 16th we had the RABA general meeting at the Community Room of the Cross Ridge Martins. A respectable turnout of about 30 to hear City of Richmond Bike & Pedestrian Coordinator Jake Helmboldt update us on the progress he is making in moving the City forward as a Bike Friendly place. Jake is an interesting and candid speaker, and a lot is going on, so I thought it was a very informative meeting. I was however, a bit disappointed that a club with over 1100 members could only attract 25 to a meeting like that, even with free pizza, but we’ve demonstrated a number of times that the vast majority of our members do not come to meetings. Once again, however, I was surprised to see Larry Skalak make the trip up from Toano. I got involved in a conversation with someone at the conclusion, so he got away before I could ask him how he got there, but I think he drove. Must not be any Pizza readily available down there. It was interesting to hear Jake describe how the local reaction has been to the plans for the Floyd Ave. Bike Boulevard (not all favorable), and to how he is constantly taking the heat for the “Scofflaws” who ride their bikes through Stop Signs and Red Lights (the same comments I constantly hear when I am at the Legislature).

Going back to the Sept. 26 Forum at the Science Museum that the SportsBackers & Partnership for Smarter Growth organized, which happened after last month’s column went to press. This one was a sellout with standing room only. A decent representation from RABA, including Chris Tompkins in his wheelchair, who got one of his drivers to bring him over from the Laurels. A good follow up to the bus trip to Arlington & DC that the SportsBackers had organized on 6/25, and all got a chance to view the video that had been made on that trip. Jake Helmboldt was holding forth at a table out in the atrium, while the panel that presented consisted of Beth Weisbrod from the Cap Trail Foundation, the Public Works Directors from Henrico and the City of Richmond, and the Parks & Recreation Director from Chesterfield, all of whom had been on the bus trip. It seemed obvious that the trip had made an impression on them, and that their jurisdictions

(Continued on page 5)
Heard and Seen...

(Continued from page 4)

were moving forward with their bike & pedestrian accommodations. As a Henrico resident, I was impressed that my county’s officials now seem to have bicycling on their radar screen as a mode of transportation, which has not always been the case. Beth got a chuckle from me and several others when she referred to the Capital Trail construction as “in the home stretch” when its less than complete, with a couple of key sections not yet in the planning stages. I might have to take her down to Colonial Downs and show her what a “home stretch” looks like. And I was pleased to hear the City’s Chief Engineer state that the 2nd section of the Cannon Run Trail is due to be complete in November. When it is, I’ll be putting out the call for a contingent to go over there and ride on it.

Jumping ahead to 10/11, I’m pleased to report that I did find a big contingent of RABA types at the Folk Festival, despite the wet weather and muddy grounds, and I sure I didn’t see them all. Its really great to have Alan Cooper at events like this one, and the Heart of Virginia, with his camera, and here is the link to his collection of Folk Fest photos, if you haven’t seen them already. I spent Friday evening with Bill Britton and the Zehs listening to The Stooges brass band from New Orleans on the Main Stage (Very Loud!). Then down the hill to a little bit of Don Carlos & his reggae group, and over to the Dance Tent to hear the Lurrie Bell Blues Band.

Saturday, though muddy, I ran into Julie Appleby volunteering in the Dance Tent, and the Sukonick’s doing the same over at the Community Foundation Stage. Sticking under the tent all afternoon, ran into Jack Kauffman & Judy Rumble, Fran Smith, Chip Coutts & Lynn Klanchar, Jesse & Cathy Archer, Bill Britton, Bruce Walton, Alan Cooper taking pictures, and I know I’m missing some others. Best act I saw (and I got a few others to agree with me) was Mighty Sam McClain the R&B singer.

Didn’t go back on Sunday, since a couple of acts I wanted to hear were being broadcast on public radio, so spent the afternoon listening at home. Certainly one of the best events Richmond presents all year, and it was another excellent one despite the weather. Hope they got enough dropping into the buckets so they can keep it funded for next year, as I, for one, plan my October calendar around it.

Running long, so I’ll wrap it up. Good to see Joe Kent back in action with his cracked pelvis healed. Jerry Hefele & Paul Silverstein back from their back to back Bicycle Adventure Club trips in Vermont & Mass. and Jerry already signed up for a BAC Cross Country ride (west to east) next Spring. Joan Putney & John Bennett back from France. The Pullens back from their BAC trip across Northern Spain. Rickey Davis back from riding up in Pennsylvania Dutch country, with his lifetime mileage now over 352K. Jay Perdue back on a bike and riding with us after a long absence. Still has his pretty motorcycle, but not racing this season so doing some cycling. Mark Bierly retired, but doing some substitute teaching.

And a group of the Retirees went over to check out the State Fair after our ride from King’s Dominion on 10/2. Very nice set up! Much more spread out than when it was at RIR. Biggest hit was the Giraffe, who we bought a packet of carrot strips to feed. He’s really tall (20 feet when he stands up straight!), and has a tongue about a foot long that comes out to grab the carrot strips with. Lots of fun to have him eat out of your hand! My annual fall trip up to the Zoo in DC on 10/20 was in doubt due to the Shutdown but that got settled in time. Had a small turnout of 7 which made it very easy to run, and we had a very nice trip on a beautiful day.

---

Thank You (Again),
Heart of Virginia Volunteers!

Some names were omitted from the list in last month’s Pedaler. Thanks again to all of the volunteers and sponsors who helped make the event a success!

Gerald Abbott
Deb Anderson
Lee Andrews
Debbie Ashworth
Mark Bierly
Cristina Bizzari
Charles Byrd
Anne Chazal
Alan Cooper
Maureen Cooper
Ron Corio
Susan Douglas
Ed Dunn
Cindy Evans
Lois Farrell
Mat Fisher

Amy George
JoAnn Gordon
Richard Halle
Charlie Hart
Gregg Hillmar
Ken Jurman
Jim Lee
Margaret Maslak
Peggy Merritt
Jeanne Minnix
Kim Moore
Mike Moore
Jeff Mostrando
Jeff Nicklas
Dee Nuckols
Konrad Orta

James Peterson
Sarah Pless
Tom Robinson
Garrie Rouse
Matthew Satterwhite
Carl Smith
Robert Sobecke
Michael Steeves
Deana Sun
John Surina
Keith Van Inwegen
Cindy Vaughn
Bud Vye
Beth Walsh
Earl Warmolts
Ted Zeh
discussed changes being implemented to Richmond’s streets to promote cycling and make it safer. He also covered existing bike routes within the City and future plans. His presentation also included lessons learned from other cities around the country.

In an urban environment, cycling can be quicker and cheaper than automotive travel. Multi-mode transportation where bicycles can access bus lines can further improve transportation efficiency.

What Can We Do to Promote a “Bike Friendly” Community?

A key point of our discussion at the general meeting was “Bike Friendly” as a culture that involves drivers and cyclists as well as infrastructure. While improved infrastructure will make cycling safer, we also need to create a culture where cyclists on roads is normal and drivers know they are sharing the road.

During Jake’s presentation, he noted that surveys from other areas indicate about 60% of residents are interested in cycling for health and transportation, but concerned about safety. Development of a Bike Friendly community involves in part getting riders to feel safe on the road. I recently rode my bike to a men’s group meeting at a local café. When I got there, several voiced concerns about my ride and the safety of biking. It will take a while to change the perception of risk!

Perhaps our best vote to promote a bike friendly community is to get out and ride locally. By being on the road, we visibly promote cycling and the need for infrastructure. Riding in urban or suburban areas does require more skill than on rural routes. There are classes available to help ride more safely offered by instructors certified by the League of American Bicyclists (LAB). Riding in these areas can also require some planning as the best routes are not necessarily the busy congested routes used for automotive transportation. I use Google Maps and similar tools to plan alternate routes. With some planning, we can hang up the car keys and get in some extra miles in the neighborhood.

-Charlie
Bikes for Kids Assembly Party... (Continued from page 1)

to the incredible generosity of EnTrust Records Management which is located off of Hermitage Rd, in the City of Richmond, near the Robin Starr SPCA and across the street of Feed-More / Central Virginia Food Bank.

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, screw-driver or a set of hex keys, bring them. But don’t worry about it if you don’t. There are lots of “tool-free” things to do! No experience is necessary.

We will have some coffee in the morning and ordering pizzas for lunch. If you would like be a part of the pizza order, please bring $5 cash or check with you. To keep track of our volunteers, lunch orders and allow easy and fast contact in case there are last-minute changes, please register HERE

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

of allocating the Sales Tax funds for Bike & Ped is still being developed, so we are trying to be there at the beginning, so as not to get left with just the crumbs.

Another area we have been working on, with Champe Burnley leading the effort, is getting AmTrak to permit the bringing of bikes onto trains, which they have been very bureaucratic about resisting back here on the East Coast, even though its been done for some time on the West Coast and other routes. Adventure Cycling and some of the other Advocacy groups are also working on this, and a recent test on the Chicago to DC route went smoothly, so we seem to be making some progress.

Some news from other states, as California passes a 3 foot passing of cyclists bill, which this time is signed by Governor Jerry Brown. It will go into effect in September of next year, making them the 22nd state with such a law. They had passed such a bill last year, but with Pennsylvania’s “OK to cross the double yellow line, as long as there is no oncoming traffic” provision in it and Gov. Brown vetoed it, citing that it would open the door to motorists crossing the double yellow line unsafely and too frequently, so he couldn't approve of it. Now he has approved it, without the crossing of the double yellow line.

And a very strong Anti-Cycling bill down in the Georgia legislature, which currently has 3 foot passing. That would not change, but bikes would have to be licensed by the State. ($15 per year per bike, or $48 for a permanent registration) Beyond this, it authorizes “the State DOT and local governing authorities to restrict persons from riding bicycles on the roadway or designate certain times when bicycle riding is permissible.” Further, it repeals the existing “shall not ride more than two abreast” provision and replaces it with “single file at all times”, and “persons riding bicycles upon a roadway shall ride not more than four riders per single file line, and at least four feet shall separate each bicycle.” And, finally, “At least 50 feet shall be maintained between each line of four riders at all times.” Now, there’s a bicycling advocacy nightmare, that the Georgia cyclists are working hard to see does NOT get passed, while those of us in other states are keeping a close eye on. Even John Cox wouldn't have done that to us.

Just at press time, I learn that the Jury Trial for the Tractor Trailer driver who hit Jonathan Clarke & Will Bagby on the Cap2Cap Ride has been scheduled for January 10th at 9 a.m. at Charles City Courthouse on charges of Reckless Driving and Felony Hit & Run.

Another area we've been devoting some attention to is the State Funding for Bicycling & Pedestrian projects, which has completely changed since the passage of Governor McDonnell’s tax package in the last session. No longer funded by the Gas Tax, but now instead by the increased tax package in the last session. No longer completely changed since the passage of Governor Jerry Brown. It will go into effect in September of next year, making them the 22nd state with such a law. They had passed such a bill last year, but with Pennsylvania’s “OK to cross the double yellow line, as long as there is no oncoming traffic” provision in it and Gov. Brown vetoed it, citing that it would open the door to motorists crossing the double yellow line unsafely and too frequently, so he couldn't approve of it. Now he has approved it, without the crossing of the double yellow line.

You may recall that I earlier reported that Del. John Cox of Hanover County had decided not to run again. His, and Frank Hargrove’s, long time aide, Buddy Fowler is running for the seat against Toni Radler. Since Del. Cox has been a major obstacle for any legislation that would benefit cyclists in his role as Chairman of House Transportation Subcommittee 2, we are anxiously awaiting the results of the elections to see the makeup of the House Transportation Committee and its Sub-Committees. Del. Tom Rust of Herndon has already been appointed Chair of House Transportation, replacing Joe May of Loudoun, who was defeated in a primary for having supported the Governor’s new tax package. Assuming that he gets re-elected, we expect that he will be a reasonable Chair, since he’s been on that committee and we’ve been him in action for some time.

Another area we’ve been working on, with Buddy Fowler leading the effort, is getting the bringing of bikes onto trains, which this time is signed by Governor Jerry Brown. It will go into effect in September of next year, making them the 22nd state with such a law. They had passed such a bill last year, but with Pennsylvania’s “OK to cross the double yellow line, as long as there is no oncoming traffic” provision in it and Gov. Brown vetoed it, citing that it would open the door to motorists crossing the double yellow line unsafely and too frequently, so he couldn't approve of it. Now he has approved it, without the crossing of the double yellow line.

Planned for the Legislative session will again focus on the Bill containing “Don’t Follow Too Closely” & “Three Foot Passing”, and several of us in the Virginia Bicycling Federation (VBF) have been making the rounds in an effort to line up Co-Patrons for the bill, which again will be carried by Sen. Bryce Reeves, a Republican from the Fredericksburg area. Several other obstacles have already agreed to sign on, and we are cautiously optimistic that we may be able to get the bill through this year. Secondly, we are trying to get the “Dooring” bill on the legislators radar screen, which will again be carried by Sen. Chap Petersen of Northern VA, but a number of the rural legislators see this as an “urban problem” they don’t seem to be that interested in solving.

Covered some items in Heard and Seen that might be called Advocacy, so won’t duplicate them here.

The Pedaler 7 November, 2013

www.raba.org
Bikejournal Notes

by Ron Corio

On Tuesday, October 1, RABA riders crossed 400,282 miles on Bikejournal, surpassing the 400,000 mile goal set for 2013. Will the club pass the half million mark in miles logged for the year? The colder and darker days to come in November and December will slow the pace of miles added, but do not count out this hardy group of bicyclists.

On October 17, 264 of the 289 RABA members on Bikejournal logged 420,129 miles for an average of 1591 miles per rider. RABA continued to lead second place Australian Cycling Forums by 130,714 miles. As the weather down under becomes more cycling-friendly, will the Aussies be able to overcome this margin? Stay tuned.

The individual leader board (shown to the right) remains essentially the same, with Toano (12,932) over 3000 miles ahead of JimL2020 (9,468). The riders in third to fifth place, DanC2006, velosalsaman, and TheMailman, have over 7000 miles. The next three riders, BillWhitworth, JimDenoon, and AKo-hut, over 5000 miles. They are followed by twelve riders with over 4000 miles.

2013 Bikejournal/RABA Monthly Log

<table>
<thead>
<tr>
<th>Date</th>
<th>Members</th>
<th>Total Miles</th>
<th>Club Rank</th>
<th>With Miles</th>
<th>Miles/Rider</th>
<th>Miles for Month</th>
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</thead>
<tbody>
<tr>
<td>31-May</td>
<td>324</td>
<td>158,424</td>
<td>1</td>
<td>204</td>
<td>777</td>
<td>NA</td>
</tr>
<tr>
<td>30-Jun</td>
<td>316</td>
<td>208,518</td>
<td>1</td>
<td>218</td>
<td>957</td>
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<td>31-Jul</td>
<td>337</td>
<td>279,944</td>
<td>1</td>
<td>244</td>
<td>1,173</td>
<td>71,426</td>
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<tr>
<td>31-Aug</td>
<td>305</td>
<td>342,672</td>
<td>1</td>
<td>253</td>
<td>1,354</td>
<td>62,728</td>
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<tr>
<td>30-Sep</td>
<td>292</td>
<td>396,837</td>
<td>1</td>
<td>243</td>
<td>1,532</td>
<td>54,165</td>
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</tbody>
</table>
Bike Shops Offering RABA Member Discounts

- **Pedal Power Bicycles**, Broad St./Staples Mill Rd (former Rowletts location), 10% discount.
- **Conte's of Richmond**, 4300 Pouncey Tract, Ste H, Glen Allen, VA 23060. 15% discount.
- **3Sports**, 6241 River Road Road, Richmond and at West Broad Village, 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@theaarone.com.

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

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**CLASSIFIEDS NOW EXCLUSIVELY at**

[www.raba.org](http://www.raba.org)

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**Thanks to our 2013 Heart of Virginia Sponsors!**

- **Bon Secours Richmond Health System**
- **Food Lion**
- **Cycles Ed**
- **Diamond Springs Water**
- **Keith Fabry**
- **Hanover County**
- **FLARE**
- **Carytown Bicycle Co.**
- **The Fifes and Drums of York Town**
- **Sports Backers**

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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, $77 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, 2013 Monthly Rides

Road Ride Pace Key

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

Terrain Key

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

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

November 2 (Saturday) Hanover (Scotchtown) 51

*Pace Time Miles Terrain Stops Leader*
B 8:30 am 51 3 One Konrad Orta, konrad.orta@gmail.com

**Description:** Extend the ABC ride by going out to Scotchtown. The route has options to extend it or cut it short as desired.

**Directions:** Start at Laurel Park Shopping Center at the corner of Woodman and Hungary Roads.

November 9 (Saturday) Pumpkin Pie Ride

*C (No Drop) 9:30 am 38 5 One Chuck Jajesnica, 543-8967, cervelo55@verizon.net*

**Description:** The ride will start in Waverly and head north through the forests, fields and swamps of Sussex and Surry Counties. There will be a special rest stop hosted by Surry County’s Watermelon Lady at her home. Don't expect watermelon this time, but something more fitting for November: homemade pumpkin pie and church basement coffee! This is a joint ride with the Williamsburg Area Cyclists. After the ride all participants are invited to have lunch together at Giuseppe’s on Main Street in Waverly. 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 the former La Hacienda restaurant (101 S County Drive, Waverly, VA 23890) at the corner of Routes 460 and 40 in the town of Waverly. From Richmond take I-95 or I-295 to Route 460 east (toward Norfolk). Please watch your speed as you enter Waverly by car - the speed limits are strictly enforced.

November 10 (Sunday) Columbia to Scottsville Loop

*Pace Time Miles Terrain Stops Leader*
B+ 9:30 am 64 2 One Noah Kaatz, noahk5270@yahoo.com

**Description:** This is an excellent ride to see more of the western reaches of the area with a few hills to get you up out of your seat. Please plan for longer than usual drive times to get to the start. The cue sheet for both routes is available on the RABA website. Jim will do the 41-mile ride but welcomes others who want to do a metric century.

**Directions:** Meet in the town of Columbia, which is 36 miles westward on Patterson Ave./Rt 6, past the Parham Rd./Patterson Rd...
November, 2013 Monthly Rides

Ave intersection. Park at the Columbia Corner Market (1 St James St, Columbia, VA 23038) or along Route 6.

<table>
<thead>
<tr>
<th>November 17 (Sunday)</th>
<th>Steve's Training Ride</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pace</strong></td>
<td><strong>Time</strong></td>
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<tr>
<td>B+</td>
<td>9 am</td>
</tr>
</tbody>
</table>

**Description**: You should be comfortable riding with traffic to come on this ride as we will be riding on Patterson Avenue for several miles as we make our way from western Henrico to eastern Goochland and back again. There are lots of rollers in the middle of this ride and a few good hills. There is a 37 mile option for this ride that we might do instead of the longer ride depending on the weather or the desires of the group. If someone would like to lead the shorter ride, contact Steve to arrange the details. After the ride, those who would like can have lunch at Vinnie's together.

**Directions**: Meet at the Shoppes at Wellesley parking lot which is located at the corner of Lauderdale Drive and Park Terrace Drive in western Henrico County at 3434 Lauderdale Drive. It is located at the second intersection of Lauderdale Drive and Park Terrace Drive if you are heading south from Broad Street on Lauderdale Drive.

<table>
<thead>
<tr>
<th>November 24 (Sunday)</th>
<th>Cosby to Skinquarter</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pace</strong></td>
<td><strong>Time</strong></td>
</tr>
<tr>
<td>C+</td>
<td>1 pm</td>
</tr>
</tbody>
</table>

**Description**: We will track slightly further south in our monthly excursion around Chesterfield County. The group will leave Cosby High School and follow the back roads between the school and Skinquarter Road. Other paces are welcome and will form at the start. The cue sheet will be sent via email prior to the ride.

**Directions**: The ride will leave from Cosby High School off Hull Street Road. The school is located at 14300 Fox Club Parkway in Midlothian.

Take Route 288 to the US 360 W/Hull Street Road exit and travel 4.4 miles to the stop light at Fox Club Parkway. Turn right on Fox Club Parkway and the school will be on the left in less than half a mile.
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 2013 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.

---

**Sunday (Note: Time Change)**

<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 store stops. Maps and cue sheets will be available for those wishing to ride at their own pace. If the weather is doubtful, call the leaders to confirm if they will be riding.

**Sunday 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>4</td>
<td>Various</td>
<td>See below</td>
</tr>
</tbody>
</table>

**Leaders:**
- Nov 03  David McMillan  mcmillanmail@comcast.net
- Nov 10  Ken Robertson  robertson12001@comcast.net
- Nov 17  Marshall Brown  pedal2themedal@comcast.net
- Nov 24  Noah Kaatz  Noahk5270@yahoo.com

**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. Print and bring your own cue sheet as none will be available at the ride.

**Parking:** Please park behind Portabella Ristorante in the rear of the shopping center. If this area is filled, park on the west (Richmond) side of the shopping center. Do not park in front of Portabella Ristorante or other areas in front of the shopping center.

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

**Monday 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>C+</td>
<td>9 am</td>
<td>30+/-.</td>
<td>4</td>
<td>None</td>
<td>Larry Skalak, 757-871-6198, <a href="mailto:Lskalaks@aol.com">Lskalaks@aol.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Deana Sun, <a href="mailto:MaElDsun@aol.com">MaElDsun@aol.com</a></td>
</tr>
</tbody>
</table>

**Description:** Ride will run from November through the end of March to give moderate riders an opportunity for some miles in over the off season. Route and mileage will go out 2 days before the ride date. Because weather is more variable this time of year ride any cancellation notices will be posted on the RABA message board no later than 7:00 am the day of the ride. BE SURE to check if conditions look questionable as most people will need to drive to the start. Ride cancellations will ALWAYS err on the side of caution.

**Directions:**
- 1st and 3rd Monday- New Kent Visitor Center (just off I-64 exit 211 towards Talleyville -double back on the round about to reach the visitors center)
- 2nd and 4th Monday- Charles City Courthouse (parking and restrooms across from Cull’s Courthouse Grill on Route 5)
- 5th Monday (if applicable) - Brickshire Owners Clubhouse. (I-64, exit 214 south, turn left on Kentland Trail and left on Villa Green Drive - (just inside Brickshire- park around flagpole.)

**Mondays with Mary**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>10 am</td>
<td>30-40</td>
<td>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.

(Continued on page 13)
**November, 2013 Weekly Rides**

*The Pedaler* 13 November, 2013

**www.raba.org**

If you are not on the list, please contact one of the leaders.

### Monday

#### 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 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.

### Tuesday

#### Tuesdays at Rockville

<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>33 to 62</td>
<td>3</td>
<td>One</td>
<td>Bill Whitworth, <a href="mailto:whitworth2@verizon.net">whitworth2@verizon.net</a> 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.

### Wednesday

#### Retiree’s Midweek Ride and Lunch

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>10 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>10 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>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Various</td>
<td>2 pm</td>
<td>18-32</td>
<td>2</td>
<td>None</td>
<td>See list below</td>
</tr>
</tbody>
</table>

**Leaders:**
- Nov.06   Bill Britton, billbritton@comcast.net
- Nov.13   Alan Cooper, alancooper@yahoo.com
- Nov.20   Ron Corio, rcorio@vcu.edu
- Nov.27   Joe Kent, jkent3@gmail.com

**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 14 mile loop through Salisbury and back to Old Gun for the return and a 32 mile ride. Download the cue sheet here at [http://www.raba.org/map/Stratford-Hills-to-Salisbury-32.pdf](http://www.raba.org/map/Stratford-Hills-to-Salisbury-32.pdf).

#### Endorphin Fitness Wednesday Indoor Training 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></td>
<td>5 pm</td>
<td></td>
<td></td>
<td></td>
<td>Andy Welch (804) 741-1599</td>
</tr>
</tbody>
</table>

**Description:** The Wednesday night ride is going to move indoors to Endorphin Fitness’ cycle studio. There are 40 trainers that anyone and everyone is welcome to come hook their bike up to. The ride will start at 5 pm and go until 7 pm each week. There will be a movie playing on the screen each week as well. These movie rides are free for everyone.

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

#### Ashland Dinner Club

<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>7 pm</td>
<td>20</td>
<td>5</td>
<td>None</td>
<td>Bill Britton, 804-347-5114, <a href="mailto:billbritton@comcast.net">billbritton@comcast.net</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** This nighttime ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. We ride to Ashland and have dinner before returning to Laurel Park. The group will ride at a C or faster

(Continued from page 12)
(Continued on page 14)
pace depending on the pleasure of the group.

Note: The ADC is a nighttime ride and 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.

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 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, leg bands, and/or arm bands.

CHECK ALL LIGHTS AND BATTERIES BEFORE YOU GET TO LAUREL PARK. CALL THE RIDE LEADER IF YOU HAVE ANY QUESTIONS.

### Thursday

**Unemployed Cyclists Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B/B+</td>
<td>9 am</td>
<td>varies</td>
<td>3</td>
<td>Varies</td>
<td>Jim Denoon, 370-6252</td>
</tr>
</tbody>
</table>

**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.

**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**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A/B++</td>
<td>9 am</td>
<td>35-40</td>
<td>3</td>
<td>Some</td>
<td>Dennis Conrad, 804-366-9317</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.

### Saturday

**Endorphin Fitness Saturday Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Various</td>
<td>8 am</td>
<td>30</td>
<td>3</td>
<td>None</td>
<td>Andy Welch  (804) 741-1599</td>
</tr>
</tbody>
</table>

**Description:** The ride starts at Endorphin Fitness and heads out toward River Road and into beautiful Goochland horse country before looping back to the start. 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

### Saturday, 8:30-9:00 AM

**The Ashland Breakfast Club (ABC)**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>8:30- 9:00 am</td>
<td>20 to 50+</td>
<td>5</td>
<td>Some</td>
<td>Nov 02, Konrad Orta</td>
</tr>
<tr>
<td></td>
<td>9:00 am</td>
<td>50+</td>
<td></td>
<td></td>
<td>Nov 09</td>
</tr>
<tr>
<td></td>
<td>9:00 am</td>
<td>50+</td>
<td></td>
<td></td>
<td>Nov 16, Wayne Flood</td>
</tr>
<tr>
<td></td>
<td>9:00 am</td>
<td>50+</td>
<td></td>
<td></td>
<td>Nov 23, Emily Kimball</td>
</tr>
<tr>
<td></td>
<td>9:00 am</td>
<td>50+</td>
<td></td>
<td></td>
<td>Nov 30, Sara Page</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. 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.

(Continued on page 15)
The Oak Grove-Bellemeade Biking Initiative began in September 2012 as an Action Step in the School’s Strategic Plan. All of our 600 children live within 7/10 of a mile from our school. Our children live in three Public Housing communities: Hillside Court, Jefferson Trace, and Afton Court. Ninety-nine percent (99%) of our students live below the poverty line.

We decided to promote biking to school. A group headed by Bob Argabright began to solicit the community for bikes. Many bikes were donated by the Police Department and a group of volunteers repaired them. Other bikes were secured from private individuals, as well as First Street Baptist Church who donated 50 new bikes.

On May 15, 2013, a bike rodeo was held at the school. The Richmond Police Department conducted the event and at that event the children were given safety instruction, locks, bike helmets, and went home with a bike.

A total of 250 bikes were placed in the community. In addition, the City of Richmond and Richmond Sports Backers assisted the program by installing bike racks as the school.

A bike repair shop will be established to teach our students how to maintain their bikes. While at the repair building, the volunteers will dialogue with the students to reinforce the “Circle of Courage” philosophy, which promotes individual growth and responsibility. A goal is to also establish an after-school Bike Club to promote physical fitness, as well as to reinforce the Circle of Courage. Surveys will be given to students and parents/guardians to address concerns of biking and walking initiatives. Block Moms, grandmothers, crossing guards and safety patrol involvement are being addressed as opportunities for the community to become engaged in the school.

Our goal is to continue this program with new students moving into the higher grades at Oak Grove – Bellemeade. We will schedule a “Walk to School” date for October 17, 2013 and May 8, 2014 to continue promoting a safe walk to school. This has been truly a collaborative effort and we wish to thank all who have participated and supported our efforts.

Previous RABA grants have been awarded to the Fulton Hill Neighborhood Resource Center ($1000) to install bike racks, the Virginia Bicycling Federation ($840) for construction costs at the Belle Island Bike Skills Park, and the Partnership for Smarter Growth ($400), for an interactive educational forum on the future of bicycling in the Richmond region.

The Board allocated $5000 for RABA grants for 2013. $3240 has been awarded, leaving $1760 RABA Grant funds available.
The **RABA Road Ride Standardized Paces** 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!

<table>
<thead>
<tr>
<th>Pace</th>
<th>Typical Average Riding Speed</th>
<th>Description</th>
<th>Group Dynamics</th>
<th>Rest Stops</th>
<th>Riders Must Have</th>
<th>Repairs</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>20+ mph</td>
<td>Very strenuous</td>
<td>Strict paceline riding with frequent rotations, minimal regrouping, leader rides anywhere within group, riders who fall off the paceline will be dropped</td>
<td>At leader’s discretion</td>
<td>Experienced paceline skills, basic bike repair skills</td>
<td>Riders fix their own bikes</td>
</tr>
<tr>
<td>A</td>
<td>18 up to 20 mph</td>
<td>Strenuous</td>
<td>Frequent paceline riding with frequent rotations, limited regrouping, leader rides anywhere within group, riders who fall off the paceline 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>B+</td>
<td>16 up to 18 mph</td>
<td>Fast social with emphasis on riding</td>
<td>Frequent paceline riding, occasional regrouping, leader rides anywhere within group, riders who fall off the paceline and slower riders may be dropped</td>
<td>About every 20-30 miles</td>
<td>Experienced group riding skills, paceline skills, basic bike repair skills</td>
<td>Riders fix their own bikes, leaders may assist</td>
</tr>
<tr>
<td>B</td>
<td>14 up to 16 mph</td>
<td>Moderate social with emphasis on riding</td>
<td>Limited paceline riding, occasional regrouping, leader rides anywhere within group, riders who fall off the paceline and slower riders may be dropped</td>
<td>About every 15-20 miles</td>
<td>Experienced group riding skills, basic understanding of paceline skills, basic bike repair skills</td>
<td>Riders fix their own bikes, leaders may assist</td>
</tr>
<tr>
<td>C</td>
<td>12 up to 14 mph</td>
<td>Brisk social</td>
<td>Riders usually stay together as a group, frequent regrouping, leader rides anywhere within group, slower riders rarely dropped</td>
<td>About every 10 miles and at major intersections</td>
<td>Knowledge of group riding skills and road hand signals</td>
<td>Leader assists or finds assistance</td>
</tr>
<tr>
<td>D</td>
<td>8 up to 12 mph</td>
<td>Relaxed social with emphasis on safety; perfect for new riders; no steep hills</td>
<td>Riders always stay together as a group, leader rides at the rear of the group, no rider will be dropped</td>
<td>About every 5 miles and at most intersections</td>
<td>Basic understanding of bike operation including shifting and braking</td>
<td>Leader assists or finds assistance</td>
</tr>
</tbody>
</table>

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