October, Good-Bye and...Thanks!

Ah, the passing of October. I'm not sure what I think about this past month. The month before, September, was so full of greatness! Despite the weather at the early starts, our Heart of Virginia Bike Festival had the most pre-registrations of any of our festivals! We had an active volunteer group, and, once the rain passed, the day turned out to be excellent for a ride in the beautiful Hanover County countryside. September continued with what, by all accounts, was a stellar event in Richmond - the 2015 Worlds. RABA had a presence right in the middle of the event thanks to member John Johnson. RABA Central raised several thousand dollars for BIKES FOR KIDS as RABA members and others donated money to have a central location (Franklin and 26th) from which to venture forth into the wonderful crowds and excitement that existed in Richmond that week. On a personal note, I was privileged to work with my fellow cyclist Michael Stewart to provide event lighting for the Richmond Cycle Corps Gala at the Virginia Museum of Fine Arts, raising a substantial amount of money for the work of RCC with inner city kids, putting them on bicycles in competitive teams. Many other RABA members were instrumental in that effort both as artists and as participants. September was just an excellent month!

November is looking like an exciting time too. Elsewhere in this issue, you will find the results of the hard work of our nominating committee as they put forth a slate of officers for your 2016 Board of Directors. I am exceedingly proud of, and pleased with the work of, this committee. If you see any of them, please give them your thanks. Alan Cooper, Edwin Sulc, Beth Norton, Dave McMillian, and CJ Jackson have found an excellent board to move RABA forward. We'll vote on the results of the nomination committee at the December members meeting.

November also brings our Volunteer Appreciation Party, scheduled this year at the Answer Brew Pub, the site of a memorable BIKES FOR KIDS fundraiser earlier in the year.
2016 RABA Board Nominations..

(Continued from page 1)

Communications .......................... Richard Halle
Bicycling Advocacy ......................... Bud Vye
Membership .................................. Kristen Swanson
Century ....................................... Gregg Hillmar
Past President ............................. Gregg Hillmar

Committee Chairs and Others
RABA / Bike Journal
Administrator ............................... Ron Corio
Safety Chair ................................. Eric Martin
New Rider Recruitment / Retention .......... Chuck Jajesnica
RABA Grants Committee Chair .......... Ron Corio
RABA Apparel Chair ........................ Keith Vanlnwegen
Web Site Administrator ....................... Richard Halle

The Nominating Committee would like to thank all who have agreed to serve next year. We also note that enlisting new leadership is a primary goal to keeping RABA as the active and vibrant cycling club that it is. With almost 1,100 members and multiple rides offered most days of the week, we have a lot of activity. If you haven't served in a leadership position, we hope you will consider being part of the core team that helps make this happen!!

The slate will be presented to the membership during the business portion of the December meeting. If there are any other nominations from the floor, they will be added to the slate.

Nominating Committee
Chair Alan Cooper, CJ Jackson, David McMillan, Beth Norton, and Edwin Sulc

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.

2015 Board of Directors

President: Gregg Hillmar,
bike@hillmardesign.com . 804-683-2503
Vice President: Paul Johnson,
Palanjohnson@hotmail.com . 804-432-4010
Treasurer: Cindia Evans,
cnevans@comcast.net . 804-789-0511
Secretary: Julie Appleby,
jw47@hotmail.com . 804-282-5123
Ride Director (Monthly Road Rides):
Kim Moore, luvs2cycle@yahoo.com . 804-358-0935
Ride Director (Weekly Road Rides):
Charlie Thomas, charlesthomas@gmail.com . 804-747-3428
Public Relations Director: Coleen Moore,
coleenmoore4@msn.com . 804-379-9880

Membership Communications Director:
Richard Halle, rrichhalle@verizon.net . 804-744-1760
Bicycling Advocacy Director: Bud Vye
bdcyve@comcast.net . 804-262-9544
Membership Director: Kristen Swanson,
swansonko@gmail.com . 804-399-7672
Century Chair: Andrew Mann,
rabamann@aol.com . 804-266-9048
Past President: Alan Cooper,
alancooper@yahoo.com . 804-381-7731

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
martin4bike@gmail.com . 804-402-3471
RABA/BikeJournal Administrator: Ron Corio,
corio@vcu.edu . 804-643-6452
New Rider Recruitment & Retention:
Chuck Jajesnica, cervelo55@verizon.net . 804-543-8967
RABA Grants Committee Chair: Ron Corio,
corio@vcu.edu . 804-643-6452
RABA Apparel Chair– Gregg Hillmar,
bike@hillmardesign.com . 804-683-2503

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 (25 years of age or older), $25 per family consisting of one or two adults and all dependents under 18, or $10 per person (under 25 years of age) 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).
A huge month for me personally, as the long awaited World Bicycling Championships arrives and Richmond does a great job of hosting them and comes across extremely well to visitors. Both Lewis Ginter Botanical Garden & Kings Dominion did nice jobs of hosting the starts of the two Time Trials. RABA types much in evidence as Volunteers all around, and Mark Hoerath particularly as the Volunteer Supervisor at the Lewis Ginter starting area. Patty Kruzewski’s tent on Lakeside Ave., in memory of her daughter Lanie, was a popular place to drop by on the Team Time Trial day, while many club members were in evidence at the turnaround at the Davis statue on the Individual Time Trial days since nearby parking was available at the Branch House and elsewhere in the area. I heard that this vantage point was also popular during the four Road Race days, but I spent all of those at RABA Central.

We were so fortunate to have John Johnson make his beautiful home available right on the Road Course on Franklin St., with the Libby Hill climb three blocks to the east and the high speed downhill turns onto 25th and then Main Sts. (the most exciting part of the course to me) plus the 23rd St. climb, within three blocks to the west. The roof of the parking deck at 23rd & Franklin proved a very popular vantage point with Porta Johns, a beer truck (Meade Anderson doing a nice job of pouring the beer on one day) and Trek’s $13,000 bike on display, and it seemed at least half of the Club was either on it or spotted walking below on 23rd to get closer to the climb at one time or another. Once we determined that it took the riders about 28 minutes to do a lap, we could watch them come by the house from the porch or down on the street then head in either direction to catch them on the next lap. Jeff Ault and son Mitch, with their costumes and high wheelers were big hits (and interviewed by the TV Channels) as they rode outside the house on the cobble of 26th St.

A great nine days (four at RABA Central) that I won’t soon forget, and the only obvious shortcomings were the absence of TV coverage on a major channel (can’t count the number of times I heard from friends, neighbors, church and barber shop that they couldn’t see any of it on TV) and the shortage of Porta Johns in the Church Hill area. Kudos to 2015 organizers and the City Staff for a job very well done! And to Jan Waldro, Russ Starke, (and I wish the other members who did it would check in with me so I can recognize them) for conquering the cobble. Although that’s beyond my skill and interest level, I was very impressed by those who did it. Many thanks again to John Johnson for allowing us to turn his beautiful, historic home into RABA Central for this event, which I believe netted about $5,000 for our Bikes for Kids campaign!

Then, an even longer awaited event on October 2, with the official ribbon cutting to open the Capital Trail. Lots of rain on that date, so Shiplock Park was not an option for the ceremony. Fortunately, the Holocaust Museum stepped up and hosted the event in their synagogue-like Auditorium only a couple of blocks up the hill. A packed house, many of them RABA members, much nicer than it would have been as originally scheduled outdoors, and a real milestone for me, as I have been attending meetings in support of this project since 1992, and had often wondered if I would live to see it completed. Disappointed that Senator Mark Warner, Whitt Clement, the Secretary of Transportation during Warner’s term as Governor (reportedly now in poor health), retired VDOT District Administrator Tom Hawthorne were unable to be present. But they were about the only key players in the success of the project missing, and it was good to see that Doug Ellis, the first Exec. Director of the Capital Trail Foundation, and Jimmy Carr (Whitt Clements’ deputy back in the early 2000’s) were able to make it. A seven block walk in a light rain along Tobacco Row to get to the reception (in a tent in a parking area at the top of Pearl St. two levels above Odell’s offices in the Lucky Strike building) where the beverages were served in a nice souvenir in the form of an engraved aluminum cup.

I had a long scheduled wedding in the family the next day up at Oatlands Plantation in Loudoun county, so could not take part in the 10/3 Open House along the Trail including the dedication of the Larry Skalak Memorial Repair Station, to which a number of us have contributed. It’s down at the James City County Park on the east side of the bridge across the Chickahominy, and looks like a beautiful tribute to Larry, which I look forward to seeing in person.

The Trail has been receiving heavy usage, and has proven the accuracy of the adage “If you build it, they will come”, as everyone is getting their bike out of the shed, dusting it off, and riding on it. Parking in the vicinity of the Trail has been in short supply, and I think Dorey Park will be a very popular choice, once the spur from there into the Park Phase loop is built. Sorry to just learn that Henrico county has delayed the project about six months and will not be putting the project out for bids until next Spring, so we’ll have to wait ’til next year. Also learned that they are now studying how to provide rest room facilities at the Four Mile Creek Trailhead (I-295 & Rt. 5), which is also receiving heavy usage, but not finding an easy solution since water and sewer is not available right there.

A week to catch our breath, but 10/7 turned out to be an eventful day as first Greg Doggett and Carl Smith were towed away, after I directed them to park there, from the closed Feed Store across the road from the Hickory Notch Grill. We’ve been getting turnouts in the mid-30’s for the Retirees Rides and the Hickory Notch can’t handle that many cars, so we have been sending the overflow across the road. Not any more, since an outfit called Piedmont Smokehouse is getting ready to move into that building. Presently, that is a Food Truck operation, but they may also be planning to serve customers on the premises despite the fact that they have an excellent restaurant specializing in barbecue right across the road. In any case, the owner is adamantly unfriendly toward bicyclists so he won’t see any of our group parking there, or patronizing his establishment. For future rides from the Hickory Notch, I’m working on arrangements to park the overflow.
 Heard and Seen...

(Continued from page 3)

at a nearby church but don't have details finalized yet.

Later on the same day, as they were almost back to Laurel Park Shopping Center from the ADC Ride to Ashland, Bill Britton & Kirk O'Brien were mugged by a group of young thugs, who were apparently out looking for some excitement. Their next stop was over to Woodman Ave., where they robbed a pizza deliveryman before being arrested and taken to the Henrico county jail. Bill & Kirk got all of their belongings back, but had a scary experience, while the muggers are reported to be in custody and out of commission for a while. Not sure what to make of that bizarre incident other than to make sure I'm riding in a group, particularly if I were riding at night, which I rarely do.

Then we had the Folk Festival. Weather threatened, but the rain held off (except right at the end on Friday night). Crowds and drops in the bucket were bigger than ever, with Deacon John, Rev. John Wilkins, and the Bruce Daigrepont Cajun Band appearing to draw the biggest crowds. Again saw many RABA members among the multitudes, with the picture including Jeanne Minnix, Margaret Maslak (if there is an event that has called for volunteers, you can count on her being there!), & Julie Appleby in front of the main stage on opening night appearing in the Times-Dispatch, not once but twice. Spent most of my time this year in the Community Foundation Tent, and was happy to see Alan Cooper there with his camera, so didn't have to use mine. RVA Folk Festival - October 2015 is the link to his photos Only grumbling I heard was over the cut back in the shuttle bus service. No Park & Rides this year from south of the river or from the Anthem lot, but only from City Stadium (not the greatest parking area when you compare it to Anthem, and I heard a few complaints from the south siders on the buses “I have to pay bridge tolls both ways, in order to take the bus from here”). Other than that, everyone seemed pleased with the weekend, though I thought the talent level was a cut below that of previous years.

Next weekend was the Gran Fondo on 10/17, with a large number of RABA members in evidence, both as participants and volunteers. As did Dave McMillan & Gregg Hillmar, Bruce Walton & I manned a SAG Patrol van, with Debbie Trainer as our leader at Command Central. A fairly active day, with flats, equipment breakdowns, lost riders (like on the Heart of Virginia, they just don't want to read that cue sheet), & Brian McCahill, Pat Reddington, Rick Schoepke, Carl Smith, Wes Surina, Michael Testerman, & Gary Williams. One interesting point of this pickup was that there were an impressive number of quart Colt 45 bottles going into the pickers' bags. They definitely make an impression, since a few of them tend to make your bag heavy very quickly.

After being rescheduled from Oct. 10, our final Adopt a Highway of 2015 went like clockwork on Oct. 24, as fourteen joined me on a cool morning and made quick work of our adopted 2.7 mile section of the ABC route, finishing the job in a new record time of ONE HOUR flat! That makes the third time in the same week that I was impressed (something I don't easily get), so high fives all around to the RECORD SETTING CREW consisting of Katie Barto, Lissa & Roy Childrey, Alan Cooper, Rickey Davis, Don Eiler, Richard Halle, Brian McCahill, Pat Reddington, Rick Schoepke, Carl Smith, Martin's report, I was impressed!! Because the dog owner at Duane Farm was solicitous and very upset at the incident, Erik did not want to make a complaint to Animal Control. I did call them and report the incident, however, and learned that King William (though a rural county) does have an ordinance requiring residents to keep their dogs under control, and that the county’s two Animal Control Deputies are Bicycling Friendly. Rather than give you their names and number, anyone with dog problems to report up that way, give them to me and I'll pass them along.

Emily Kimball, our Aging Adventurer, reports that her latest book, “A Cotton Rat for Breakfast” is now back from the publisher and is available for purchase. Details at www.theagingadventurer.com

Just got a report from Chris Tompkins and have been over to visit him. He has moved to Room 416 at The Virginia Home (TVH) in Byrd Park on October 2. Address: 1101 Hampton St, Richmond, VA 23220 Phone:(804) 359-4093.
Volunteer Recognition and Party
by Kim Moore

Every year, RABA is so blessed to have tremendous support from many members each and every year. The following list shows commitment not only to the club but also to the bicycling community. There are ride leaders, event supporters and club leaders of all kinds, doing self-less acts on and off two wheels. THANK YOU, THANK YOU, THANK YOU!

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<tr>
<th>Lee Andrews</th>
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<td>Andrew Mann</td>
<td>Caroline Pridgen</td>
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In appreciation for the hard work and hours spent by club volunteers over this past year, there will be a RABA Volunteer Appreciation Party for those listed above:

When: Monday, November 16
Time: 6:30 pm to 8:30 pm
Where: The Answer Brewpub, 6008 W Broad St, Richmond, VA 23230, 804-282-1248
Party Room: Go to the back of the restaurant and head up to the second floor

There will be some light refreshments provided, and volunteers will be treated to one free drink from the bar. The Answer Brewpub is known for having 56 beers on tap, so we hope that everyone will enjoy the wide variety on site! Please register to attend by Monday, November 9: [http://www.viethconsulting.com/members/evr/reg_event.php?orgcode=RABA&evcid=10126393](http://www.viethconsulting.com/members/evr/reg_event.php?orgcode=RABA&evcid=10126393)

Heard and Seen...

(Continued from page 4)

He's apparently been on the waiting list for this Home for five years (since shortly after his accident) and has just gotten to the top of the list. The Home is on the east edge of the lake at Byrd Park, seems to be a top notch facility, and Chris is very happy there. Don't be afraid to go over and visit him (and perhaps have a nice meal with him, which will cost you all of $3).

Also learned that Andy Clarke has now taken a position with the Toole Design Firm (one of the top consultant firms to governmental jurisdictions who are developing Bike & Pedestrian Plans) a short time after leaving the League of American Bicyclists.

And surprised to learn that REI will not only be closed on Thanksgiving, but also on Black Friday, and is urging its members and staff to get out and enjoy the outdoors rather than shopping on that date. If you are planning to make any purchases from REI, do so on another day, so hopefully they won't lose any business from this landmark decision among retailers.
Bikejournal Notes  
by Ron Corio

As of October 19, 2015, RABA riders logged 428,435 miles on Bikejournal to remain in first place, 182,170 miles ahead of Space City Club of Houston, TX, the number two club. For September, RABA riders logged 48,132 miles this year, versus 63,198 in September 2014, a drop of 15,066 miles.

### RABA Leader Board  
(October 19, 2015)

1. Ken Puryear  8029  
2. Paula Dahl  7971  
3. Harry Davis  7773  
4. Bob Gore  7524  
5. Karl Schmitz  7034  
6. Dick Hilliard  6592  
7. Wes Surina  6162  
8. Ken Kolb  5611  
9. Bill Whitworth  5402  
10. John Loughran  5368

### Basic Bicycle Tune Up Class for RABA Members

This 4 hour class will cover basic bike maintenance including gears and brakes. **This event will take place at Streetcar Cyclery located at 8 East Brookland Park Boulevard on Saturday, November 7th from 9:00 am to 1:00 pm.** The training will be part lecture and part hands on tuning at 3 separate bike stand stations. Participants can bring their own bikes but the trainer can’t guarantee that all bikes will be worked on by the students.

The training will be provided by Rob Gassie and the cost is $10.00 for RABA members. Take advantage of this opportunity to enhance your tune up and repair skills! [Register using this link.](#) For questions call Rob Gassie at (804) 549-2755.

### Custom Bike Building Lecture for RABA Members

This 2 hour lecture will instruct the attendees about the art and science behind custom bike building. It is meant to raise the students awareness about the planning and technical processes associated with building a bike from scratch. The class will consist of a Power Point presentation/lecture and a display of custom frames. Ever thought about building your own bike? You can do it! This class is free to RABA Members. **However, you must register via this link as space is limited.** For questions call Rob Gassie at (804) 549-2755.

**This informative lecture will take place at Streetcar Cyclery, located at 8 East Brookland Park Boulevard on November 11th from 6:00 pm - 8:00 pm.**

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www.raba.org
**RABA APPAREL**

Want to add to your RABA wardrobe? Well, here’s your chance! Go to [http://www.raba.org/raba-apparel/](http://www.raba.org/raba-apparel/) and pick from the items there.

All of the jerseys and riding jackets are available in most sizes. The wind jackets are available in limited sizes and have been discontinued by Primal. You can get the socks in SM/MED and LG/XL sizes.

Contact Gregg at bike@hillmardesign.com to confirm the size you want. Once he has verified that your size is available, you will need to send him a check made out to RABA Apparel for the total cost of your items. Once he receives your check, your items will be shipped to you on the next business day. There is no hassle of trying to coordinate a time and place to meet to obtain your purchase.

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**Shops and Businesses Offering RABA Member Discounts**

- **Pedal Power Bicycles**, Broad St./Staples Mill Rd (former Rowletts location), 10% discount on parts and accessories with proof of membership.
- **Conte’s of Richmond**, 4300 Pouncey Tract, Ste H, Glen Allen, VA 23060  10% 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%.
- **Molly’s Bicycle Shop**, 2126 E. Hundred Rd, Chester, VA 23834, 10 percent discount on parts and accessories, 5 percent discount on bikes other than Felt.
- **Bikes4UShop**, 11000 Three Chopt Road, Suite E, Richmond, VA 23233, 804-447-4460, 20% off any item, sale or retail price.
- **Outdoor Adventure Store**, 318 N. Main St. Farmville 23901. 434-315-5736. 10% discount.
- **Deb Young, Road Tested Bike Tours LLC**, Richmond, VA. Also at [www.Facebook.com/RoadTestedBikeTours](http://www.Facebook.com/RoadTestedBikeTours)  10% discount

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

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**Become a RABA Ride Leader!**

- **Cue sheet library available**
- **Great way to become more involved in the club**

For more information or to schedule a ride, contact:

**Ride Director (Monthly Road Rides):** Kim Moore, luvs2cycle@yahoo.com  358-0935

**Ride Director (Weekly Road Rides):** Charlie Thomas, charliethomas@gmail.com  747-3428

The deadline for getting December, 2015 rides listed in The Pedaler is November 15

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**CLASSIFIEDS NOW EXCLUSIVELY at [www.raba.org](http://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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**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: rricchalle@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
Ride Director (Monthly Road Rides): Kim Moore, 804-358-0935, luvs2cycle@yahoo.com

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

Ride Leaders: Please submit 2014 Monthly Ride sign-up sheets to Kim Moore, 2007 West Grace Street, Richmond, VA 23220.

Directions

- The starting point is the parking lot behind the closed 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. Please park on the paved portion of the parking lot. From Richmond take I-95 or I-295 to Route 460 east (toward Norfolk). Please watch your speed as you drive on Route 460 and especially in the town of Waverly. Speed limits are strictly enforced.

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

- The ride starts and ends at West Point Middle School Parking Lot (Next to the Tennis Courts & Water Tower), 1040 Thompson Ave, West Point, VA 23181.

- Meet in Waverly for a ride on the flat, lightly traveled country roads of Sussex County to historic Sussex Court House. Rest stop at cycling friendly Thornton's General Store in the middle of the route.

- Rich Thompson & Jack Huber invite you to join them for lunch at one of West Point's local eateries. So please bring some extra cash or your credit card.

- To reserve your spot on this popular ride, please contact Rich or Jack No Later Than 7 PM on Friday, November 6.

- To check the RABA E-mail distribution lists and web site for latest updates, please visit the RABA web page and paper copies of the sign-up sheets will also be available at the ride start. This is a joint ride for RABA and Williamsburg Area Bicyclists. Riders are invited to have lunch together at Giuseppi's in Waverly after the ride.

- West Point Ride: Rich Thompson & Jack Huber invite you to join them for the popular West Point Area ride. Those that have ridden this route previously can vouch that the route offers a variety of scenic country back roads, with low vehicle traffic, and a rolling terrain which makes this ride such a treat. Another highlight of this ride is that the rest stop is at a turn of the century general store before the last 10 miles of the ride. Yes, it is like stepping back in Time. The owner of the General Store does not take credit cards so remember to bring cash.

- After the ride, Rich & Jack invite you to join them for lunch at one of West Point's local eateries. So please bring some extra cash or your credit card.

- The cue sheet and GPX file for the route are available on the RABA web page and paper copies of the cue sheet will also be available at the ride start. This is a joint ride for RABA and Williamsburg Area Bicyclists. Riders are invited to have lunch together at Giuseppi's in Waverly after the ride.

- November 14 (Saturday): Meet in Waverly for a ride on the flat, lightly traveled country roads of Sussex County to historic Sussex Court House. Rest stop at cycling friendly Thornton's General Store in the middle of the route. The cue sheet and GPX file for the route are available on the RABA web page and paper copies of the cue sheet will also be available at the ride start. This is a joint ride for RABA and Williamsburg Area Bicyclists. Riders are invited to have lunch together at Giuseppi's in Waverly after the ride.

- Directions: The starting point is the parking lot behind the closed 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. Please park on the paved portion of the parking lot. From Richmond take I-95 or I-295 to Route 460 east (toward Norfolk). Please watch your speed as you drive on Route 460 and especially in the town of Waverly. Speed limits are strictly enforced.

(Continued on page 10)
(Continued from page 9)

November 19 (Thursday) Downtown Happy Hour Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B/C</td>
<td>6 pm</td>
<td>20</td>
<td>3</td>
<td>None</td>
<td>Michael Todd, 908.419.7322 , <a href="mailto:mtodd@richmond.edu">mtodd@richmond.edu</a></td>
</tr>
</tbody>
</table>

Description and Directions: Start Location: 600 East Main Street (Main Street Center Courtyard). Starting downtown, we’ll cross the river on Belvedere/US 301 and head west on Riverside Drive, we’ll continue on Riverside after a brief connection point over the Powhite via Forest Hill, we’ll cross back over the river via the Huguenot Bridge, take a short excursion through UofR campus before connecting with Grove Avenue, which we’ll take all the way back downtown.

What to Expect: This ride is meant to be a quick workout after a day in the office. It is an urban route with traffic expected, we’ll stay on an easier pace on the heavily trafficked roads to maximize safety and hopefully push ourselves a bit on the stretches of Riverside, UofR's campus and Grove, which are all bike friendly routes. With total mileage of just under 20 miles, it shouldn’t take any more than 1.5 hours. (bring a light).

November 22 (Sunday) Three Creeks

<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>2 pm</td>
<td>28</td>
<td>3</td>
<td>None</td>
<td>Ron Roades, 804-774-6540, <a href="mailto:ron@roades.us">ron@roades.us</a></td>
</tr>
</tbody>
</table>

Description: A ride in the county is a great way to start your week as we make our way in a wide circle around Ashcake crossing Campbell Creek, Crump Creek, and Totopotomoy Creek. This country ride will offer us a close up and personal view of the fall colors.


Directions: Meet in front of the American Family Fitness facility at Virginia Center Commons located in northern Henrico County along U.S. Route 1 near the intersection of Interstate 295. 10101 Brook Road, Glen Allen, VA 23059

Soapbox...

(Continued from page 1)

the year. This event celebrates and says thanks to the hard-working folks who make every one of our rides happen, every one of our events happen, every one of our outreach activities (like the RABA presence at Streets Alive festival or the Moonlight Ride) happen, and every bit of Board activity, Apparel activity... ANY club activity happens because some part of YOU the members volunteer to do it. Come out to The Answer Brew Pub and have a beer and/or some food and good company, on RABA's dime, as a small way that we can say thanks!

November will bring a couple of interesting "classes," hosted by RABA. We’ll also be seeing a few other celebratory events coming along, to be announced.

Have I mentioned BIKES FOR KIDS? November is THE important month. Check out the RABA webpage for information on our premiere charity event, on track this year to deliver a record number of bicycles to Christmas Mothers for distribution to less fortunate children in the Richmond area.

All of those bikes have been purchased and are awaiting willing hands to assemble them and transport them as needed.

Please volunteer your time just as your donations have made this a stellar year in numbers of bikes.

November looks tremendous...

But what about the month just past? This particular October may go down in my history as the least miles per month since I started tracking. I've not looked at my BikeJournal miles... wait... Okay, I just did. I rode ONCE on a ride that qualifies for RABA miles in October. Thanks to weather, work, and the sun setting earlier each week, this past month qualifies as a disaster. I MISS riding my normal Tuesday night Hanover Courthouse rides, and the Before Dinner Ride on Thursday. But, sorry gang, I often cant get out of work early enough to be wheels rolling at 5:15, or 5pm as the month of October goes by. The RABA evening rides wind down this month and mostly stop- the end of Daylight Savings Time on Nov. 1 puts an end to them rather efficiently.

A fellow board member texted me yesterday asking about indoor cycling classes at Richmond Bicycle Studio. Managed by Sweet Spot Cycling, full weekly classes start there November 2nd. Endorphin Fitness and other members of our cycling community offer indoor classes so we can keep some semblance of even if our outdoor miles dwindle this month. Find a way to keep riding! While I’m hoping for mild Saturdays (as that may be the only day I have available to ride outdoors until mid-December), working with a coach in an indoor group, spinning your own pedals with your butt on your own saddle (as opposed to the generic spin classes at the "gym"), at least keeps the blood moving and can certainly improve your overall ride.

But, damn, it's not outside. I miss that. Thanks, October. BYE...

—Gregg
Ride Director (Weekly Road Rides): Charlie Thomas, 804-747-3428, charlievthomas@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 Weekly Ride sign-up sheets to Charlie Thomas, 11901 Hunton Crossing Ct, Glen Allen, VA 23059

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

Sunday (Note: Changed Start Time)                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>4</td>
<td>See below</td>
</tr>
</tbody>
</table>

Leaders:
- November 01: Ron Corio
- November 08: David McMillan
- November 15: Jan Waldron

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. Go to http://www.raba.org/raba-cue-sheets-and-maps/. Pick “Portabella” from the drop down box with the “Any Start Location” prompt at the top of the page. 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).

Sunday (Note: Changed Start Time)                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>
<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.

Monday

Monday Portabella Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
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<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>1 pm</td>
<td>19-52</td>
<td>Various</td>
<td>4</td>
<td>See below</td>
</tr>
</tbody>
</table>

Leaders:
- November 01: Ron Corio
- November 08: David McMillan
- November 15: Jan Waldron

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. Go to http://www.raba.org/raba-cue-sheets-and-maps/. Pick “Portabella” from the drop down box with the “Any Start Location” prompt at the top of the page. 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 (Note: Changed Start Time)                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: 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.

Monday

Monday Ashland Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B/C</td>
<td>10 am</td>
<td>Varies</td>
<td>3</td>
<td>Varies</td>
<td>Trevor Calame, <a href="mailto:badpikney@verizon.net">badpikney@verizon.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Steve Bolte, <a href="mailto:sebolte@yahoo.com">sebolte@yahoo.com</a></td>
</tr>
</tbody>
</table>

Description and Directions: This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. Distances and routes will be determined by the riders. AC&T is closed on Monday but Monique’s Crepe truck (http://www.moniquescrepes.com/) is there most Mondays with serving starting at 11:30. Cross Bros Grocery across the tracks is also open. Ashland Visitor’s Center (Train Station) has restrooms.

Monday

New Kent Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
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<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C+</td>
<td>1 pm</td>
<td>30-40</td>
<td>3</td>
<td>Varies</td>
<td>Deana Sun, <a href="mailto:MaElDsun@aol.com">MaElDsun@aol.com</a></td>
</tr>
</tbody>
</table>

(Continued on page 12)
### November, 2015 Weekly Rides

(Continued from page 11)

**Description and Directions:** This ride meets at a different location each week for a ride of 30-40 miles. Each week's location will be announced on the RABA message board on the preceding Friday or Saturday.

#### 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>
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</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>Dee Nuckols, 804-749-3400, <a href="mailto:sdnuckols@yahoo.com">sdnuckols@yahoo.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Dick Hilliard, 273-6578, <a href="mailto:rhilliard1@verizon.net">rhilliard1@verizon.net</a></td>
</tr>
</tbody>
</table>

**Description:** Please join us for a great ride through western Hanover, Goochland, and eastern Louisa. We leave from what is popularly referred to as the "Rockville Little League Fields". Cue sheets are always available. Often, we divide into more than one group as both faster and slower riders attend. The ride varies weekly and on the day before each ride, Dee or Dick sends 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.

#### Wednesday

**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></td>
<td>1:30 pm</td>
<td>18-32</td>
<td>2</td>
<td>None</td>
<td>Dave McMillan, <a href="mailto:mcmillanmail@comcast.net">mcmillanmail@comcast.net</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 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).

#### Wednesday

**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>
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**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 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.

(Continued on page 13)
CHECK ALL LIGHTS AND BATTERIES BEFORE YOU GET TO LAUREL PARK.

Thursday

<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>10 am</td>
<td>varies</td>
<td>3</td>
<td>Varies</td>
<td>Bob Gore, 804 370-9906, <a href="mailto:gorer0715@gmail.com">gorer0715@gmail.com</a></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

<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>10 am</td>
<td>35-40</td>
<td>3</td>
<td>Some</td>
<td>Dick Hilliard, 804-337-1217, <a href="mailto:dlhilliard43@gmail.com">dlhilliard43@gmail.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** The ride will start and end at the Berea Baptist Church at the intersection of 623 (Ashland Road) and 271 (Pouncey Tract Road). To get there, take I-64 West to Exit 173 (Rockville/Manakin), go right (north) on 623 and travel 2.5 miles to the Berea Baptist Church on your right just before the intersection with 271. The ride will vary each week. Maps and cue sheets will be available for those wishing to ride at their own pace.

Friday

<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>B</td>
<td>10 am</td>
<td>24-29</td>
<td>2/3</td>
<td>1</td>
<td>Dave Miller, <a href="mailto:dialdave@aol.com">dialdave@aol.com</a></td>
</tr>
<tr>
<td>C+</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Charlie Thomas, <a href="mailto:charlievtthomas@gmail.com">charlievtthomas@gmail.com</a>, Trevor Calame, <a href="mailto:badpikney@verizon.net">badpikney@verizon.net</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** This ride is at a B pace averaging 15 (+/-) MPH. We also have a C+ group starting on this ride. Our departure time is will move to 10 AM, for November and December. We will give the faster paced Hylas ride time to depart before we leave the parking lot. The route varies each week and distance is determined by the group at the start of the ride. Depending on attendance, we may break the ride into different pace groups.

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.

Saturday, 8:30-9:00 AM

<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>8:30-</td>
<td>20 to</td>
<td>5</td>
<td>Some</td>
<td>Wes Surina, <a href="mailto:wessurina@gmail.com">wessurina@gmail.com</a>, 804-687-3117, Coordinator</td>
</tr>
<tr>
<td></td>
<td>9 am</td>
<td>50+</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Description and Directions:** This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. The basic ride is ten almost flat miles to Ashland where riders stop at Hardees or Ashland Coffee & Tea for breakfast or hot or cold drinks before retracing the route back to Laurel Park. There are a number of variations to this ride with many riders choosing a 30 mile route to the Coffee Shop while others prefer the basic route where they then meet up with other riders interested in doing additional miles before returning to the starting point.

Riders may join the ride leader’s group or form a group of their own based on preferred pace and distance. Unlike most RABA rides, this ride does not have a group start. Riders may sign the ride sheet and depart anytime. If you are new to this ride, please introduce yourself to the ride leader and he or she will assist you in finding other club members who ride your pace.

Maps and cue sheets are available for those wishing to ride at their own pace. Riders arriving after the ride leader has left will find the sign-up sheet and route maps on the ride leader’s car.

Saturday

<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>B+</td>
<td>9 am</td>
<td>35-45</td>
<td>3</td>
<td>Some</td>
<td>Robert Mullins, 338-2782, <a href="mailto:rsm.mullins@gmail.com">rsm.mullins@gmail.com</a></td>
</tr>
</tbody>
</table>

**Description:** Come out on Saturday mornings and enjoy a ride through the rolling, rural countryside of Goochland, Hanover, and Louisa counties. We ride a variety of routes in the 35 to 45 mile range at an honest B+ pace. We also usually have a few riders who ride a faster pace on their own. A reminder including the cue sheet for the week’s ride is typically sent via the mailing list on Thursday or Friday.
**November, 2015 Weekly Rides**

(Continued from page 13)

**Directions:** The ride leaves from the parking lot of the Food Lion in the Broadview Shopping Center in Centerville. The Food Lion is about 8 or 9 miles west on Broad Street from the Parham Rd intersection. If you’re coming via I64 take exit 173 and turn left. In less that a mile turn right on Broad St and then the shopping center will be a few hundred feet on the right. Click [here](#) to see the shopping center location in Google Maps.

**Saturday, Moseley Champions**

<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>8:30-9</td>
<td>33/41/51</td>
<td>3</td>
<td>1</td>
<td>Tony Pantoni, <a href="mailto:tpantoni31@verizon.net">tpantoni31@verizon.net</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** Meet at the Dorset Market Store at the intersection of Dorset Rd and Genito Rd in Powhatan County. Depending on the weather, the ride will start at 8:30, 9:00- or 9:30 am. The official time will be listed in the weekly email thread posted on Fridays for the ride.

The group will decide on the pace and the distance of the day’s route. There are 33, 41, and 51 mile routes with options to cut the ride short at numerous locations. The store stop is located at the 21 mile point.

**Saturday, Molly’s Women Beginner Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>10 am</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>Amy Ballard, 214-957-2898, <a href="mailto:Amy@mollosbicycleshop.com">Amy@mollosbicycleshop.com</a></td>
</tr>
</tbody>
</table>

**Description:** This is a beginner C paced ride in Chester. Great for women who are training for triathlons and learning to ride in a group setting or anyone who starting riding and wants to get better at it. We can also use help from experienced riders who want to support more women getting out there and enjoying a group ride.

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

**Saturday, 11:30 AM-12:00 PM**

**The Ashland Lunch Club (ALC)**

<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>11:30 am-</td>
<td>20 to</td>
<td>5</td>
<td>Some</td>
<td>Coordinator: Charlie Thomas</td>
</tr>
<tr>
<td></td>
<td>12 pm</td>
<td>50+</td>
<td></td>
<td></td>
<td>Nov 7: Amy Tankoos</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Nov 14: Edwin Sulc</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Nov 21: Ann Kaplan</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Nov 28: Fran Smith</td>
</tr>
</tbody>
</table>

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

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 rid-ers 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.

**Bikes for Kids Assembly Party...**

(Continued from page 1)

Party. It’s at the same location we’ve been for the previous two years- an EnTrust Records Management warehouse. It is located off of Hermitage Rd, in the City of Richmond, near the Robin Starr SPCA and across the street from FeedMore / 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, screwdriver 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](#)
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!

<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.