Remember to Take a Look at the Pedaler Plus Supplement

Check out the Pedaler Plus, a supplement in PDF format, that you can read, download, and/or print from either http://www.raba.org/asp/pplus.asp or http://mysite.verizon.net/rrichhalle/pplus

Look for the RABA Financial Report, additional features and pictures as well as an 8 1/2"x11" calendar for October showing all the RABA rides.

It’s October. ....Boo!

That thing off to the left? It’s a pumpkin wearing a bike helmet. It’s that time of the year...

The days are getting shorter and RABA’s ride schedule is adjusting. Especially if you’ve been doing some of the RABA weekly evening rides after work, be sure look at the Ride Schedules in the Pedaler or on the web site and see which of the rides have ended, which are continuing, and if the starting times and/or ride distances have changed.

Another thing to think about this time of year is the item below. We’re looking for the Board of Directors and Volunteers for 2009. Take a look at the column on the right of page 2 of the Pedaler. You can see that it takes a bunch of folks to

(Continued on page 5)

Search for 2009 RABA Board of Directors and Volunteers

• Looking for fun, excitement, an opportunity to work with others and a way to learn leadership skills?
• Want to find ways to make a positive and lasting impact on the bicycling community?
• Do you have organizational and problem-solving skills lying dormant?

(Continued on page 2)

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

2009 RABA Board of Directors and Volunteers

If you answered “yes” to any of these questions, please consider joining the club's board of directors and volunteers for 2009.

People with diverse backgrounds and strengths make for a strong and active board. With RABA doing more with rides, events and initiatives, our need for energetic people is greater than ever.

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

Become a RABA Ride Leader!

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

For more information or to schedule a ride, contact:

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

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

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

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

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The Pedaler is a monthly publication of the Richmond Area Bicycling Association (RABA) for its members and the Richmond cycling community. Unless otherwise noted, opinions expressed in The Pedaler are those of the author, and not necessarily those of RABA or its members.

2008 Board of Directors & Committee Chairs

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

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

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

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

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

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

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

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

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

Off-Road Ride Captain: Andrew Mann
rabamann@aol.com
266-9048

Racing Coordinator: Susan Curtis
susan.curtis@att.net
756-2001

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

Advocacy & Century Chair: Bud Vye
bdbye@comcast.net
262-9544

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sgagnon@dekanresearch.com
752-1050

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rrichhalle@verizon.net
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champe_burnley@hotmail.com
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lojafarrell@verizon.net
afarrell3@verizon.net
744-9306

Web Administrator: Doug Harrel
dlharrel@comcast.net
368-0689

Submissions for The Pedaler:
The Pedaler welcomes submissions in any form, email preferred. All become property of The Pedaler. E-Mail: rrichhalle@verizon.net.

Submission Deadline: 15th of Month at midnight.

Membership Information

Annual RABA Membership Dues are $20 per person (18 years and older) or $25 per family consisting of 1 or 2 adults and all dependents under 18. All memberships begin January 1. After July 1, memberships are prorated as follows: $10 per person (18 years and older) or $12.50 per family. The Pedaler subscription is included.

Submit membership application or renewals to RABA Treasurer, PO Box 6565, Ashland, VA 23005. Note: Membership dues must be accompanied by a completed signed membership application and a waiver of liability.
Good to see that Gary Faison is making a nice recovery from his 8/14 spill and auto accident. In visiting him at MCV, I found him in the Burn Unit (not because he had burns, but because they had extra room there). Never having been in that unit, I did fine with the scrubbing up part, but really botched putting on the paper, “clean suit” over my clothing, so that a nurse had to come and help me. I sincerely hope I never have to visit that unit again, but if I do, I’ll be able to put on the clean suit properly. Gary had recovered enough to do his usual fine job of directing parking at the Heart of VA, but he’s still not cleared to drive, so Criss drove the SAG vehicle for him.

I think everyone had gotten the word that this year’s Peanut Ride had been cancelled, but only a few heard the late announcement that there would be a low key ride, after all, on Saturday, 9/6. As that date approached, so did Tropical Storm Hannah, with its monsoon like rain, so the ride was then rescheduled to Sunday, 9/7. That day turned out to be beautiful, and Champe Burnley, Barbara Pinter, Ted Zeh, and I made up the RABA contingent, having a great ride on the 47 mile option (they also offered a 25 mile route), from the closed Cat-tail Creek Campground, which featured the Peanut’s usual nice rest stops, sag patrols, and flat, traffic-free countryside. It turned out that Bobby Wrenn has a permit from the county to conduct the event that would have lapsed if there were no ride this year, necessitating him starting from scratch in getting five approvals if he were to resurrect the ride in the future. Since he has now had an “official” Peanut Ride in 2008, even though only about 20 rode it, his permit continues to be valid, and we are all rooting for him to continue the ride next year and beyond.

Holly & Don Smith are back from RAGBRAI (Holly’s 18th), reporting that it went pretty typically (it continues to have about 10,000 riders), although the route did not go through her parent’s town this year. The big excitement was a tornado warning one night (that turned out to be high winds and hail) where the police ordered all campers to get into some kind of shelter. Holly & Don were invited into a nearby home, where they camped on their floor.

Martha & Barry Pullen are back from the Bicycle Adventure Club (BAC) trip across Nebraska, with Barry reporting that he now knows why he never sees any bike trips advertised in that state. Generally flat, and desolate, he was expecting to see plenty of corn (the University’s teams are called the Cornhuskers), but instead saw huge feed lots of cattle. Before they left, Martha was prominently featured in an article in the 9/4 issue of the Amelia Bulletin Monitor (shared with me by Cathy Davenport) about the county’s Social Services Department, which she has directed since 1980.

With the Heart of Virginia just concluded, and final details being wrapped up, a few preliminary comments --- registrations totaled around 670, versus a previous high last year of 402, with significant numbers from outside Central Virginia for the first time. Very lucky with the weather, which though warmer than usual, was dry on both days, as the heavy rains stayed to the north of us. Big turnouts on the Saturday Short, and the Sunday Historic, Rides, which appealed to those interested in a ride shorter than a Metric on either, or both, days. With us for the first time were the Ham Radio Club members, who did great work in providing us with state of the art communications between the Y and the Rest Stops and SAG vehicles, and made a real contribution to the smooth operation of the event. Also with us for the first time was the contingent of Sports Management Graduate Students from Virginia State University in Ettrick, who were very helpful with Registration and Parking throughout the weekend. And a real kick for me, (who had to be talked into letting him participate in the event by his father) when 7 year old, 2nd grader, Sam Kirby from Alexandria turned out to be a strong rider, leading his grandfather, mom and pop around the course on the 35 mile, Saturday Short Ride. A minimum of mishaps were also appreciated by the Chairman, as we had only one worth mentioning on each day, but neither resulted in any broken bones.

Many, many thanks to all who volunteered in so many different ways in order to make this year’s Heart of Virginia our most successful one ever! I’ll try to get a complete list in print for next month. As I have been, you will be impressed at how many people it takes to successfully conduct an event like this. Thanks again, to everyone who had a part in it! It really is satisfying to see our hard work yield results we can be proud of.
The club’s community gift program is getting into full swing now, and the donations received to date are greatly appreciated. The ever popular bike assembly party will be held on Sat, Nov 8. We always look forward to a big turnout of "elves" to help the work go quickly and smoothly. Strangely enough, no matter how much the number of bikes increases each year, you always seem to finish about the same time the pizza arrives!

The bike order will be placed in mid-Oct and donations are still needed, so it’s not too late to respond. Please make checks payable to RABA with a notation of “Bikes for Kids”

Richmond Cycling Federation
Asks Questions of Richmond’s Mayoral Candidates

Cyclists will play an active role electing the next Mayor or Richmond on November 4. On September 19, the Richmond Cycling Federation (RCF) met. RCF is a loose coalition of organizations including RABA, Virginia Capital Trail Foundation, Bike/Walk Virginia, Richmond MORE, Richmond Multisports, The Richmond Triathlon Club and the Virginia Cycling Federation. The organizations behind this effort represent the interests of over 4000 cyclists in Central Virginia.

The goal of the questionnaire is to determine how mayoral candidates would recognize cycling as a viable transportation option in Richmond. The candidates were asked how cycling fits into their plans for the City and how Richmond can become a model city for green and sustainable transportation alternatives in the future.

Richmond has a rich history of professional cycling events. Candidates were asked what they might do bring Richmond back into the spotlight as a venue for bike racing, bringing in valuable tourist dollars to the city.

The questionnaire also discusses the creation of major commuter arteries for cycling as well as supporting the establishment of a Cycling Liaison to represent cyclists’ views to City Hall.

The RCF plans to release these answers to RABA prior to the election. Though there are no plans to endorse a particular candidate by the RCF, it is hoped that voters will take the candidates’ positions into consideration when they cast their vote on November 4.

Questions for the Candidates:

1. As a representative of over 4,000 active cycling club members within the city we would like to see Richmond become one of the greenest transportation friendly cities. As newly elected Mayor what steps would you take to make Richmond a model for alternative transportation (cycling in particular)?
2. More specifically, how would cycling commuting and community cycling livability be enhanced while taking steps to make Richmond one of the greenest transportation friendly cities?
3. City Council recently passed a resolution to allow for more bikeways, trails and greenways. Do you support this type of resolution and why? (You can find it by going to http://www.richmond.gov/applications/clerksTracking/index.asp and searching for Paper Number 2008-R118-119)
4. Cyclists view Richmond as needing a North/South and East/West bike corridor that begins on the outskirts of the surrounding counties and goes through the city to meet at a central hub. Would you support this initiative for these corridors? If yes, how would you help make this happen? If no, why not?
5. Professional cycling helps raise cycling awareness in the community. How could you help gather city support and business sponsorship of these large cycling oriented events such as the US Cycling Championship, the Cap Tech Classic and the National Duathlon road and off-road events?
6. The recently approved city master plan briefly discussed various options for making the city center more cycle accessible. Do you agree with these findings? Would you be willing to consider alternatives suggested by the cycling community?
7. Many of our progressive peer cities have created positions in City Hall for a “Cycling Liaison”. If elected mayor, would you consider such a position a possibility?
Watch Out for School Buses!
(Some Bus Drivers Need More Education about Cyclists’ Rights)

by Brian Eckert

Huguenot Road in Chesterfield County is a challenging place to cycle anytime, and most of riders stay off it if they can. But on those days when there’s no alternative route when you have to cycle—as I did to pick up my car on Friday morning, Sept. 5 from a repair shop—beware Chesterfield school bus drivers, who despite their special driver training and licenses, do not know the rules of the road concerning bicycles.

As I pedaled along Huguenot near Featherstone Drive in the direction of Chesterfield Towne Center around 7:15 a.m., I was riding as far to right as possible, almost directly on the white line. Suddenly, a half-size school bus blew by me at 45 m.p.h. less than a foot away. I was so surprised and the bus moved so fast, I didn’t think to get the number. Then, not thirty seconds later, a full-size school bus blew by my at full speed, within six inches, its wind nearly pushing me off the edge of the road. That time, I got the bus number. And I happened to see #118 pull into the Office Depot parking lot, where it met up with another school bus. I turned on Alverser Drive, then into the parking lot to bring it to the driver’s attention.

“Excuse, me, ma’am,” I said through the open driver’s side window while straddling my bike (so not to appear threatening), “do you know close you came to hitting me back there?”

Her answer, unbelievably, was, “Well, you were on the road.” And she got off her bus and walked around to the other, starting to get on that one.

“Yes, I was, and I have every right to be, just like any other vehicle,” I said.

“Well, you were on the road,” she repeated loudly.

“Never mind, I’ll take up with your supervisor,” I said riding off, recognizing that the driver didn’t have a clue about the rules of the road.

After taking the weekend to cool off, I called the school district’s transportation office and spoke with Dr. Goodman. She was very attentive and understood the situation. She said that drivers receive training that covers how to drive school buses in relation to bicycles. She noted that, with the price of gas, there are more cyclists on the road during school bus hours. She promised to address the complaint with both drivers, offered to call me back with the results of talking to the driver and the area assistant transportation director, and asked me to report any future such problems.

If you have any similar problems with Chesterfield bus drivers, call Dr. Goodman at 748-1656.

October...Boo!

(Continued from page 1)

make RABA work It would be great if you could help. Despite it being Halloween season, we’re not trying to “trick” you. We’re hoping you’ll find volunteering a “treat.”

Note that there are a couple of events coming up early in November where you can help, too. There’s the Adopt-A-Highway trash pickup on November 1 (Pedaler, page 10) and the Bikes for Kids assembly party on November 8 (Pedaler, page 4).

If you’ve helped out sometime within the past year, the club would like to thank you with a Volunteer Appreciation Party on October 22. Look at page 6 for the details and for the list of those who have chipped in. It’s only because so many give generously of their time and effort that the club is what it is today. Thanks!

Oh, one last thing. Those of you who attended the Heart of Virginia on September 13 and 14 received an email from Champe Burnley asking you to complete an on-line survey asking what you thought about the event and what we can do to make it better in the future. If you haven’t done it yet, please do. We welcome your comments. Here’s the link: http://FreeOnlineSurveys.com/rendersurvey.asp?sid=9e12nefdjiwrf6d483748. Yup, rather than you trying to typing the link in, it probably would be easier for you to look through your mailbox for the September 16 message, copy the link and paste it into your browser.

Decisions, Decisions....

In late July we started planning our weekend bike camping trip to Twin Lakes State Park near Burkeville. Of course, we asked Lynn Klanchar and Chip Coutts if they wanted to join us. They declined, saying that it would conflict with a European bike tour they had scheduled.

I’m sure that they weighed the choices (Burkeville vs. Europe) for at least a complete micro-second.

And I know that they sent us this photo of them in Grenoble just to validate their decision... OK, OK, I get it.

Europe’s fine, but you should have seen that buffet we came across at the Hillside Restaurant on our trip... <g>.
Volunteers are the lifeblood of any nonprofit organization, and RABA is no exception. Without the many people to volunteer to lead rides, work events, pick up trash and be on the board, this club would not be as successful in the public and bicycling community as it is today.

As a thank you to all of these hardworking and tireless volunteers, there will be a party on **Wednesday, October 22**, from **6 to 8 p.m. at the Savor restaurant, 201 West 7th St, Richmond, VA 23224**. Food and soft drinks will be provided free of charge; the first round from the bar will also be provided free of charge. Attendees must RSVP to me either by calling 358-0935 or email **luvs2cycle@yahoo.com** by Wednesday, October 15, to ensure that we have enough food and drinks for everyone.

The following volunteer list was drawn from events and rides held October 1, 2007, to September 30, 2008. Please check to see if your name appears and RSVP if you would like to attend. If you would like to bring a friend or spouse, there will be an additional charge of $10, which will be donated to the Bikes for Kids charity project. If I have missed anyone who has volunteered, please let me know ASAP using the contact info above and I will be happy to add you to the invitation list!
October, 2008 Monthly Rides

Social Monthly Ride Captain: Hugh Aaron, 690-9720, hugh@theaarons.com
Weekly Ride Captain: Brenda Hubbard, 740-3678, Brenda_hubbard@yahoo.com
Fast Ride Captain: Kim Moore, 358-0935, luvs2cycle@yahoo.com
Off-Road Ride Captain: Andrew Mann, 266-9048, rabamann@aol.com

New Riders: Please call the ride leader ahead of ride time to be sure that the ride will be at your pace and skill level.
Ride Leaders: Please submit ride sheets to statisticians Al and Lois Farrell, 4202 Hickory Nut Place, Midlothian, VA 23112

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

<table>
<thead>
<tr>
<th>Pace</th>
<th>Typical Average Riding Speed</th>
<th>Description</th>
<th>Terrain</th>
<th>Description</th>
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<tr>
<td>A+</td>
<td>20+ mph</td>
<td>Very strenuous</td>
<td>1</td>
<td>Many/Steep (knee alert!)</td>
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<tr>
<td>A</td>
<td>18 up to 20 mph</td>
<td>Strenuous</td>
<td>2</td>
<td>Some/Steep</td>
</tr>
<tr>
<td>B+</td>
<td>16 up to 18 mph</td>
<td>Fast social with emphasis on riding</td>
<td>3</td>
<td>Moderate</td>
</tr>
<tr>
<td>B</td>
<td>14 up to 16 mph</td>
<td>Moderate social with emphasis on riding</td>
<td>4</td>
<td>Some/Mild</td>
</tr>
<tr>
<td>C</td>
<td>12 up to 14 mph</td>
<td>Brisk social</td>
<td>5</td>
<td>Few/Gentle</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>MB</td>
<td>Mountain bike/off road</td>
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Note: See The Pedaler Plus and www.raba.org for the complete Pace Key Tables

October 4 (Saturday)  Historic Triangle Trek (Joint Ride with WAB and RATS)

<table>
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<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>9:00 am</td>
<td>41</td>
<td>3</td>
<td>One</td>
<td>Reed &amp; Karen Nester, 757-229-2017, <a href="mailto:ReedCycle@verizon.net">ReedCycle@verizon.net</a></td>
</tr>
</tbody>
</table>

Description: Join Reed and Karen for a scenic 41-mile ride through James City County, Williamsburg and York County – the route includes Waller Mill Trail, Colonial Williamsburg, Colonial Parkway, Virginia Capital Trail and Jolly Pond Road. This is a joint ride for RABA, Williamsburg Area Bicyclists (WAB) and Richmond Area Tandem Society (RATS) - Reed and Karen will be riding their tandem.

Directions: The ride starts at the Williamsburg Outlet Mall, 6401 Richmond Road, Lightfoot, VA 23090. From Richmond, take I-64 east to Exit 234 Lightfoot, turn right onto Route 199 East, take the next right to Route 603 Mooretown Road (to Lightfoot Road), turn left at traffic light onto Lightfoot Road (Rt. 646), go straight at next traffic light into the Williamsburg Outlet Mall – we will meet in the parking lot behind McDonalds.

October 5 (Sunday)  Henricus Park to Jordan Point Marina Ride

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<tr>
<th>Pace</th>
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<th>Miles</th>
<th>Terrain</th>
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<th>Leader</th>
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<tr>
<td>A</td>
<td>9:30 am</td>
<td>38</td>
<td>4</td>
<td>One</td>
<td>Reed Dunn, 804-339-3899, <a href="mailto:eddunn@aol.com">eddunn@aol.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>9:30 am</td>
<td>38</td>
<td>4</td>
<td>One</td>
<td>Marc Lipschultz, 215-460-5810, <a href="mailto:marclips@gmail.com">marclips@gmail.com</a></td>
</tr>
<tr>
<td>B</td>
<td>9:30 am</td>
<td>38</td>
<td>4</td>
<td>One</td>
<td>Peggy Merritt, 804-337-8385, <a href="mailto:ptsbbrghriva80@comcast.net">ptsbbrghriva80@comcast.net</a></td>
</tr>
</tbody>
</table>

Description: Come out and join Ed Dunn and the other ride leaders as they explore this brand new route Ed has created south of the James. This route includes a nice view of the Appomattox River while crossing the bridge into Hopewell and a scenic view of the James at Jordan Point. There will be one store stop in Hopewell. Cue sheets will be provided.

Directions: The ride will begin and end at Henricus Park (251 Henricus Park Road, Chester, VA 23836). Take Route 10 East Exit towards Hopewell and turn left at the stoplight at Old Stage Road. Follow the road to the entrance to the park and park in the first parking lot.

(Continued on page 8)
October, 2008 Monthly Rides

October 5 (Sunday)  Columbia to Scottsville

<table>
<thead>
<tr>
<th>Pace</th>
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<th>Terrain</th>
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<td>62</td>
<td>2</td>
<td>Two</td>
<td>Jeanne Minnix 804-405-6433, <a href="mailto:jminnix@comcast.net">jminnix@comcast.net</a></td>
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<tr>
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<td>9:00 am</td>
<td>62</td>
<td>2</td>
<td>Two</td>
<td>Nick Morgan, 804-740-2861, <a href="mailto:mrgn.nick@gmail.com">mrgn.nick@gmail.com</a></td>
</tr>
<tr>
<td>B</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Pace leader needed, email hugh@theaarons to volunteer</td>
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<tr>
<td>C</td>
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<td></td>
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<td>Pace leader needed, email hugh@theaarons to volunteer</td>
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<td>D</td>
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<td></td>
<td></td>
<td></td>
<td>Pace leader needed, email hugh@theaarons to volunteer</td>
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</table>

**Description:** We rode this last spring and had a great time. It’s 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. Two stops are planned, one in Scottsville and the second in Palmyra. Cue sheets will be provided.

**Directions:** Meet at the Columbia Corner Market (1 St James Street, Columbia, VA 23038), which is 36 miles westward on Patterson Avenue/Route 6, past the Parham Road/Patterson Avenue intersection.

October 11 (Saturday)  Yale Education

<table>
<thead>
<tr>
<th>Pace</th>
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<td>Pace leader needed, email hugh@theaarons to volunteer</td>
</tr>
<tr>
<td>B</td>
<td>9:00 am</td>
<td>48</td>
<td>4</td>
<td>Two</td>
<td>Jack Huber, 804-282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
<tr>
<td>C</td>
<td>9:00 am</td>
<td>48</td>
<td>4</td>
<td>Two</td>
<td>Charlie Lohmuller, 804-357-4423, <a href="mailto:charlieloh@comcast.net">charlieloh@comcast.net</a></td>
</tr>
<tr>
<td>D</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Pace leader needed, email hugh@theaarons to volunteer</td>
</tr>
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**Description:** This is an extension of the old favorite ride to Sussex Court House that continues on to the quiet village of Yale. Not the site of the Ivy League school, but there was a one-room school there years ago and some of the older locals can boast of having "gone to school at Yale." The stops are at friendly country stores with that most welcome amenity for cyclists - rest rooms! Cue sheets will be provided.

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

October 12 (Sunday)  Varina Cruise

<table>
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<th>Pace</th>
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</thead>
<tbody>
<tr>
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<td>51</td>
<td>4</td>
<td>Two</td>
<td>Bill Whitworth, 804-285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a></td>
</tr>
<tr>
<td>B+</td>
<td>9:00 am</td>
<td>51</td>
<td>4</td>
<td>Two</td>
<td>Ron Corio, 804-643-6452 or <a href="mailto:rcorio@vcu.edu">rcorio@vcu.edu</a></td>
</tr>
<tr>
<td>B</td>
<td>9:30 am</td>
<td>27</td>
<td>4</td>
<td>None</td>
<td>Peggy Merritt, 804-337-8385, <a href="mailto:ptsbrghrnva80@comcast.net">ptsbrghrnva80@comcast.net</a></td>
</tr>
<tr>
<td>C</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Pace leader needed, email hugh@theaarons to volunteer</td>
</tr>
<tr>
<td>D</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Pace leader needed, email hugh@theaarons to volunteer</td>
</tr>
</tbody>
</table>

**Description:** Meet behind Portabella’s Restaurant located in the Varina Shopping Center at the intersection of Route 5 and Strath Road for a casual Sunday morning ride through rural Varina. After the ride, the group will reconvene at Portabella’s for lunch. Cue sheets will be provided.

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

October 12 (Sunday)  Jamestown to Smithfield Ferry Ride (Joint Ride with WAB)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>9:00 am</td>
<td>54</td>
<td>4</td>
<td>One</td>
<td>Henry Smith, 804-382-9217, <a href="mailto:hmsmith@comcast.net">hmsmith@comcast.net</a></td>
</tr>
<tr>
<td>B+</td>
<td>9:00 am</td>
<td>54</td>
<td>4</td>
<td>One</td>
<td>Pace leader needed, email hugh@theaarons to volunteer</td>
</tr>
<tr>
<td>B</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Jack Huber, 804-282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
<tr>
<td>C</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Pace leader needed, email hugh@theaarons to volunteer</td>
</tr>
</tbody>
</table>

(Continued on page 9)
October, 2008 Monthly Rides

(Continued from page 8)

Pace leader needed, email hugh@theaarons to volunteer

Description: We'll ride the Virginia Capital Trail to the Jamestown Ferry and cross the James River. After 24 quiet miles in Surry and Isle of Wight County roads the group will have lunch at Smithfield Station in historic Smithfield. The return route will pass by Bacon's Castle and Chippokes State Park to Scotland Wharf for the return trip on the ferry. The route is mostly flat with a few hills thrown in. South of the James, the car traffic is very light. This will be a joint ride with the Williamsburg Area Bicyclists (WAB) so there should be a good turnout. Cue sheets will be provided. Please be there in time to start riding by 9:00 am so that we can be sure to catch the 9:30 ferry.

Directions: The ride will start and end at Jamestown High School (3751 John Tyler Highway, Williamsburg, VA 23185). Take I-64 east to the Route 199 exit and travel south to Route 5 (John Tyler Highway) and turn right. Go west on Route 5 about 3.5 miles. Jamestown High School (3751 John Tyler Highway, Williamsburg, VA 23185) is on the left at the corner of Route 5 and Eagle Way. Allow about 1 hour and 10 minutes driving time from Richmond.

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>9:30 am</td>
<td>44</td>
<td>3</td>
<td>One</td>
<td>Kirk Sweeney, 804-370-9121, <a href="mailto:ksweeney@geoenvironmental.net">ksweeney@geoenvironmental.net</a></td>
</tr>
<tr>
<td>B+</td>
<td>9:30 am</td>
<td>44</td>
<td>3</td>
<td>One</td>
<td>Liz Keith, 804-337-4459, <a href="mailto:lizzardkeith@gmail.com">lizzardkeith@gmail.com</a></td>
</tr>
<tr>
<td>B</td>
<td>9:30 am</td>
<td>30</td>
<td>3</td>
<td>One</td>
<td>Viki Sondecker, 804-747-2221, <a href="mailto:vsondecker@yahoo.com">vsondecker@yahoo.com</a></td>
</tr>
<tr>
<td>D</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Pace leader needed, email hugh@theaarons to volunteer</td>
</tr>
</tbody>
</table>

Description: Meet at the Hanover Courthouse for a ride out to Frog Level. Those riding the longer route will have a chance to try out one of the new routes developed this year for RABA’s Thursday Leader’s Choice Ride. That route includes a really nice (and fast) stretch down Frog Level (which turns into River Road). The name of the route is based on the fact that the route includes stretches on both West River Road in King William and River Road in Hanover. The shorter route is one of RABA's traditional Frog Level routes. Both routes include a store stop at the 600 Market on Frog Level. For those riding the long route, the store stop is fairly early in the ride, so make sure that you bring enough water for a long leg with no stores. Cue sheets will be provided.

Directions: The ride will start/finish at the Hanover County Government Complex (often called the “Hanover Courthouse”). The Hanover County Government Complex (7497 County Complex Road, Hanover, VA 23069) is on US Route 301 at just south of the intersection of Routes 54 and 301. From I-295, take Exit 41 onto Route 301, travel north for approximately 10.5 miles and turn right onto County Complex Rd. From I-95, take Exit 92 (Route 54 East) towards Hanover. Travel approximately 5 miles to the intersection with Route 301. Turn right onto Route 301. Travel approximately one-half mile and turn left onto County Complex Road.

October 19 (Sunday) Washington's Rock Creek Park & Capitol Crescent Trail

Pace | Time | Miles | Terrain | Rest Stops | Leader |
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>D</td>
<td>10 am</td>
<td>34</td>
<td>3</td>
<td>Multiple</td>
<td>Bud Vye, 804-262-9544, <a href="mailto:bdvye@comcast.net">bdvye@comcast.net</a></td>
</tr>
</tbody>
</table>

Description: Meeting at the parking lot of the Teddy Roosevelt Memorial, we’ll take a quick ride over to catch a glimpse of the WW II Memorial, then up Rock Creek Park to the National Zoo, then on up Beach Road to the top of Rock Creek Park where we will pick up the Capitol Crescent Trail in Silver Spring, ride it to lunch in Bethesda, continuing to a brief stretch along the Potomac and C & O Towpath into Georgetown, and then back to the start with a stop at the very moving “Faces of the Fallen” exhibit at Arlington National Cemetery. As with the Mt. Vernon ride, hybrids and mountain bikes, as well as road bikes, are OK on this one, but tandems are not recommended. Since the start of this ride is about 20 minutes further than Mt. Vernon, allow 2 hours driving time from the north side of Richmond. Anyone who has additional car and rack space, or who is interested in riding with someone else, please check in with Bud.

Directions: Take I-95 north all the way to Springfield, and then straight ahead on I-395 about 8 miles. After you pass the Glebe Road/Shirlington exit and come up the hill, stay to the right and take the exit marked Route 27/Rosslyn. As you pass the Pentagon, follow signs to the George Washington Parkway. After you pass the Memorial Bridge and the entrance to Arlington Cemetery, watch for the entrance to the parking lot for Roosevelt Island and the Teddy Roosevelt Memorial.

(Continued on page 10)
October, 2008 Monthly Rides

(Continued from page 9)

October 26 (Sunday) **Ride to Manquin**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>9:30 am</td>
<td>52</td>
<td>3</td>
<td>One</td>
<td>Pace leader needed, email hugh@theaarons to volunteer</td>
</tr>
<tr>
<td>B</td>
<td>9:30 am</td>
<td>37</td>
<td>3</td>
<td>One</td>
<td>Nick Morgan, 804-740-2861, <a href="mailto:mrgn.nick@gmail.com">mrgn.nick@gmail.com</a></td>
</tr>
<tr>
<td>C</td>
<td>9:30 am</td>
<td>37</td>
<td>3</td>
<td>One</td>
<td>Donna Lotito, 804-380-0729, <a href="mailto:dllotito@yahoo.com">dllotito@yahoo.com</a></td>
</tr>
</tbody>
</table>

Description: Meet at the Hanover Courthouse parking lot for a ride out to Manquin in King William County. Both the long and short routes include a nice stretch along Hanover County’s River Road, which most area cyclists really enjoy. In general, the hills are moderate, although the 37 mile route climbs the back side of Bleak Hill on the return. Both routes include a store stop at the One Stop Market in Manquin on Route 360. Cue sheets will be provided.

Directions: The ride will start/finish at the Hanover County Government Complex (often called the “Hanover Courthouse”). The Hanover County Government Complex (7497 County Complex Road, Hanover, VA 23069) is on US Route 301 at just south of the intersection of Routes 54 and 301. From I-295, take Exit 41 onto Route 301, travel north for approximately 10.5 miles and turn right onto County Complex Road. From I-95, take Exit 92 (Route 54 East) towards Hanover. Travel approximately 5 miles to the intersection with Route 301. Turn right onto Route 301. Travel approximately one-half mile and turn left onto County Complex Road.

November 1 (Saturday), 8:30 AM **Adopt-A-Highway Trash Pick Up and Ride**

Coordinators: Mike and Kim Moore, 358-0935
Bud Vye, 262-9544, bdvye@comcast.net

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

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

What to Try for Cycling Aches and Pains…..

If you are experiencing aches and pains after a bike ride, here are some common causes and solutions to the problems. Remember, a bike fitting by a trained professional should eliminate many of these from the start.

<table>
<thead>
<tr>
<th>Problem</th>
<th>Likely Cause</th>
<th>Solution</th>
</tr>
</thead>
<tbody>
<tr>
<td>You’re always scooting back on the seat</td>
<td>Stem is too; saddle nose may be tipped down too much</td>
<td>Install a shorter stem; level saddle</td>
</tr>
<tr>
<td>You’re always scooting forward on the seat</td>
<td>Stem is too; saddle nose may be tipped back or the seat may not be far enough back on the rails</td>
<td>Install a longer stem; level the seat and center it on the rails</td>
</tr>
<tr>
<td>Lower back hurts</td>
<td>Stem too low or too long; must strain back to reach bars; or seat may be too high causing rocking when pedaling</td>
<td>Raise the stem/handlebars; still hurts?; try shorter stem; check and adjust seat height</td>
</tr>
<tr>
<td>Neck hurts</td>
<td>Stem too low; must crane neck to see</td>
<td>Raise the stem/bars</td>
</tr>
<tr>
<td>Hands hurt</td>
<td>Stem too low; too much weight on hands</td>
<td>Raise the stem/bars</td>
</tr>
<tr>
<td>Front of knee hurts</td>
<td>Seat too low, straining knees</td>
<td>Raise the seat</td>
</tr>
<tr>
<td>Back of knee hurts</td>
<td>Seat too high, overextending legs</td>
<td>Lower the seat</td>
</tr>
<tr>
<td>Numb rear all the time</td>
<td>Too much weight on the seat</td>
<td>Try a lower handlebar position; check seat height as it may be too high</td>
</tr>
<tr>
<td>Achilles tendon hurts</td>
<td>Pedaling too much on your toes; cleats too far forward on your shoes</td>
<td>Balls of your feet should be over the pedals when you’re riding; move cleats back</td>
</tr>
</tbody>
</table>
Weekly Ride Captain: Brenda Hubbard, 740-3678, Brenda_hubbard@yahoo.com
Fast Ride Captain: Kim Moore, 358-0935, luvs2cycle@yahoo.com

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

Sunday, 9:00 AM (NOTE THE NEW START TIME) Powhatan Courthouse

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>9:00 AM</td>
<td>35 to 60</td>
<td>5</td>
<td>Some</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 Courthouse, mostly with good scenery and low traffic. The ride leaders will select a route that will vary between 35 and 60 miles. Usually there will be shorter options available, though they may not have any store stops along them. Maps and cue sheets will be available for those wishing to ride their own pace. If the weather is doubtful, call the ride leaders to confirm that they will be riding.

Sunday East End-Dorey Park Ride
The Sunday afternoon Dorey Park Ride is “on sabbatical” till late fall. See you then!

Monday, 9:00 AM Mondays with Mary

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>9:00 AM</td>
<td>30-40</td>
<td>3</td>
<td>Some</td>
<td>Mary Falterman, 741-2116, Barry Pullen, 561-3950</td>
</tr>
</tbody>
</table>

Description: The ride starts at a different location every week. The meeting place and start times are decided on Sunday evening at about 8:00 PM, depending on Mary, Barry, and Chris Walke’s schedules. Please contact one of the ride leaders on Sunday evening to get information about the upcoming ride.

Tuesday, 1:00 PM Tuesdays at Rockville

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>1:00 PM</td>
<td>32-50</td>
<td>2</td>
<td>One</td>
<td>Bill Whitworth 285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a></td>
</tr>
</tbody>
</table>

Description: Come join us for a great ride through western Hanover and eastern Louisa. We leave from the Rockville Little League Fields. Cue sheets will be available. Distance of this ride varies weekly. Please contact Bill the day before the ride if you’re interested in knowing the distance of the upcoming ride.

Directions: Take the Rockville/Manakin exit off of I-64. Go right (North) at the top of the ramp onto Route 623 toward Ashland. Turn left at the first stoplight onto Pouncey Tract Rd. The Little League Fields are 3.8 miles to the left.

Tuesday, 5:00 PM Hanover Courthouse Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>5:00 PM</td>
<td>28</td>
<td>3</td>
<td>None</td>
<td>Hugh Aaron, 690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a>, Andrew Mann, 266-9048, <a href="mailto:rabamann@aol.com">rabamann@aol.com</a></td>
</tr>
</tbody>
</table>

Description: Another club favorite, this route travels through portions of Hanover and King William counties. With the exception of a 2.6 mile leg on Route 30, this route is quite rural with relatively light traffic. Much of the route is surprisingly flat; however the route climbs both the front and back sides of Bleak Hill. Both climbs are fairly short; however, by Richmond standards they are relatively steep. Cue sheets and maps provided for 22 and 28 mile options.

Directions: Meet at the Hanover Courthouse on the east side of Route 301, 10 miles north of where it crosses I-295

Wednesday, 9:30 AM Retiree’s Midweek Ride and Lunch

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>9:30 AM</td>
<td>25 to 40</td>
<td>Varies</td>
<td>Varies</td>
<td>Barry Pullen, 561-3950</td>
</tr>
<tr>
<td>C</td>
<td>9:30 AM</td>
<td>25 to 40</td>
<td>Varies</td>
<td>Varies</td>
<td>Bud Vye, 262-9544</td>
</tr>
</tbody>
</table>

Description: This ride meets at a different location each week for a ride of 25 to 40 miles, followed by lunch. All riders are

(Continued on page 12)
invited. Each week's location will be announced to the RABA E-mail list. If you are not on either, please call Bud Vye, 262-9544 or Barry Pullen, 561-3950.

Wednesday, 7:00 PM

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

Description and Directions: This evening ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. We will ride to Ashland and stop for dinner at a selected restaurant. Afterwards, the group retraces the route back to Laurel Park for a total of 20 miles. The pace is generally relaxed so any type of bike is appropriate.

Remember to bring:
- at least one headlight which provides enough light to illuminate the road in front of you.
- at least one bright-red blinkie for the rear of your bike.
- spare batteries for all lights.
- lots of reflective clothing, vests, legbands, and/or armbands.

CHECK ALL LIGHTS AND BATTERIES BEFORE YOU GET TO LAUREL PARK.

Thursday, 1:00 PM

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>1:00 PM</td>
<td>33-55</td>
<td>3</td>
<td>Varies</td>
<td>Hugh Aaron, 690-9720, <a href="mailto:hugh@theaarsons.com">hugh@theaarsons.com</a> Bill Whitworth 285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a></td>
</tr>
</tbody>
</table>

Description: The route for this ride will vary from week to week. However, all routes will cover some part of Central or Eastern Hanover County and the surrounding areas (which offer a lot of beautiful countryside). Bill or Hugh will announce the route each week on the RABA email list. If you have a favorite route in the area, or an idea for a new route you would like to explore, please contact Bill or Hugh. Cue sheets will be available for all routes.

Directions: The ride will start/finish at the Hanover County Government Complex (often called the “Hanover Courthouse”). The Hanover County Government Complex (7497 County Complex Rd., Hanover, VA 23069) is on US Route 301 at just south of the intersection of Routes 54 and 301. From I-295, take Exit 41 onto Route 301, travel north for approximately 10.5 miles and turn right onto County Complex Rd. From I-95, take Exit 92 (Rt. 54 East) towards Hanover. Travel approximately 5 miles to the intersection with Rt. 301. Turn right onto Rt. 301. Travel approximately one-half mile and turn left onto County Complex Rd

Thursday, see start times & dates below

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>5:15 PM</td>
<td>29</td>
<td>3</td>
<td>None</td>
<td>David Murray, 240-0891 and Jeff Nicklas, 833-5382</td>
</tr>
<tr>
<td>A</td>
<td>5:00 PM</td>
<td>29</td>
<td>3</td>
<td>None</td>
<td>David Murray, 240-0891 and Jeff Nicklas, 833-5382</td>
</tr>
</tbody>
</table>

Description and Directions: The ride leaders will squeeze out the last ray of sunshine as we delve deeper in the fall. Remember to dress appropriately as the temperature drops as well. To get to Crump Park, take Staples Mill Rd/Rt 33 West. Turn right onto Mountain Rd, then turn left onto Mill Rd (fire station at this corner). The school will be on the right. To get to the start at Crump Park, please take Staples Mill Rd/Rt 33 West. Turn right onto Mountain Rd. Remain on Mountain Rd for approximately 1.3 miles - park entrance will be on the left. Look for bicyclists in the back lot, in the rear of the park

Thursday, 5:00 PM

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>5:00 PM</td>
<td>26</td>
<td>3</td>
<td>Some</td>
<td>Ron Corio, 643-6452</td>
</tr>
</tbody>
</table>

Description: This October-only evening ride will start at Portabella's restaurant, located in the Varina Food Lion Shopping Center at the intersection of Route 5, (New Market Road Road) and Strath road and follow a 26 mile counter-clockwise loop. Anyone arriving after the 5:00 p.m. start will find sign-up and cue sheets on the ride leader's car. Front and rear bike lights recommended. Those interested will join for a post-ride dinner at Portabella's.

Directions: From I-64 Exit 195 Laburnum South. Continue to Route 5, New Market Road. Turn left and continue for about

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October, 2008 Weekly Rides

(Continued from page 12)
two miles to the Varina Food Lion Shopping Center on the right (at intersection with Strath Road). From I-295 take Exit 22 Route 5, New Market Road west. Continue for one mile to traffic light at the intersection with Strath Road. Turn left then right to enter the Varina Food Lion Shopping Center. From I-894 take the Laburnum Exit. Continue to intersection with Route 5, New Market Road. Turn right and continue for two miles to the Varina Food Lion Shopping Center on the right (at intersection with Strath Road).

Friday, 10:00 AM

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>10:00 AM</td>
<td>35-40</td>
<td>3</td>
<td>Some</td>
<td>Dave Bloor, 285-6177</td>
</tr>
<tr>
<td>B</td>
<td>10:00 AM</td>
<td>35-40</td>
<td>3</td>
<td>Some</td>
<td>Jim Denoon, 355-0121</td>
</tr>
</tbody>
</table>

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

Friday, 2:00 PM

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>2:00 PM</td>
<td>30 to 40</td>
<td>3</td>
<td>Varies</td>
<td>Hugh Aaron, 804-690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
</tbody>
</table>

**Description:** This ride starts and ends at the National Park Service Cold Harbor Battlefield Visitor Center, which is a few miles off I-295 near the Richmond Airport. Starting at the Battlefield Visitor Center provides multiple route options, all of which offer relatively light traffic. The Visitor Center has both a water fountain and restrooms. Hugh varies the route somewhat from week to week in order to keep things interesting. Most of the routes stay within the Cold Harbor, Old Church and Black Creek areas of rural eastern Hanover County. Due to the rural nature of the area, not all routes include a store stop. Please make sure that you bring enough water to safely complete the ride without a store stop. Cue sheets will be provided. In the event that Hugh has a conflict and cannot find an alternate ride leader, he will send out a cancellation notice on the RABA email list. Also, please contact Hugh if you are interested in leading a slower pace group for this ride.

**Directions:** The National Park Service Cold Harbor Battlefield Visitor Center is located at 5515 Anderson-Wright Drive, Mechanicsville, VA, which is off of Cold Harbor Road (Route 156) about five miles southeast of Mechanicsville. Get on I-295 and head (North or South) towards the Creighton Road exit (Exit 34). Take the Creighton Road exit (Exit 34) onto Creighton Road (Route 615) heading east. Proceed approximately 1 mile east on Creighton Road. Turn right at the first stoplight (there will be a Fas Mart on your right and a 7-11 on your left as you make the turn) onto Cold Harbor Road (Route 156) heading south towards Old Cold Harbor. Proceed approximately 2 miles to the National Park Visitor Center, which will be on your left.

Note: The Park Service has requested that we park in the grassy area across from the parking spaces adjacent to the visitor center building.

Saturday, 8:00-8:30 AM

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>8:00-</td>
<td>20 to</td>
<td>5</td>
<td>Some</td>
<td>Oct 4 - Fran Smith, 804-967-9244</td>
</tr>
<tr>
<td></td>
<td>8:30 AM</td>
<td>50+</td>
<td></td>
<td></td>
<td>Oct 11 - Brenda Hubbard, 804-740-3678</td>
</tr>
<tr>
<td>Varies</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Oct 18 - Sharon Becker, 804-852-5282</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 others riders interested in doing additional miles before returning to the starting point. Riders may join the ride leader’s group or form a group of their own based on preferred pace and distance. Unlike most RABA rides, this ride does not have a group start. Riders may sign the ride sheet and depart anytime between 8:00 and 8:30. 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.
"Car Back" took on a whole new meaning for 4 intrepid RABA members (Julie Appleby, Susan Bain, Sheila Roberts, and SanDee Gammon) who ventured to NYC for the 19th annual NYC Century Tour September 7. Surrounded by city buses, double-decker tour buses, taxis, sanitation trucks, limo’s, the occasional ambulance, the rare privately owned automobile, and of course yielding to every jay-walking pedestrian, this fearless foursome navigated some 100 miles over the course of 3 days of urban biking, including the 55 mile course of the Tour. In NYC bicycles are considered vehicles, and had better act like one. No pulling over to the right, jumping signals, or riding on sidewalks. “Stay in your Lane” is the mantra up there.

Our trusty bikes survived the train ride, the rare pothole and the ubiquitous construction sites, and the riders mostly survived with only a few bumps and bruises.

Sponsored by Transportation Alternatives, the Century Tour is their big fund raiser for all the lobbying work they do to get people out of cars and using any alternative form of transportation that doesn’t burn gas. They sponsor numerable events throughout the year, including a “No Parking” event where parking lots are closed to cars so the neighborhoods can enjoy them. They have created Bike Pools to escort riders home to show the need for bike lanes for commuters. They are also working hard to establish bicycle access in office buildings so bikers will have a safe and secure place for their bikes during the work day. Visit their web site at: T.A. StreetBeat (feedback@transalt.org).

The Tour was well-marked, with excellent cue sheets, five great rest stops, abundant food and beautiful post-Hannah clear skies. (They claim that it has NEVER rained the day of the Tour in 19 years!) The 100’s started at 5:30am, with staggered starts for the 75, 55, 35 and 15, all leaving from the top of Central Park and biking all the way to Coney Island and back via the Tri-Borough Bridge (yes, we had to carry our bikes up and down the steps!) The roads are not closed to traffic (that’s the 5 Boro Tour in May) but with 5,200 riders out on the roads, we felt pretty safe the entire ride.

The 20th Annual NYC Century Tour is scheduled for Sunday, Sept 13, 2009. Save the Date - It’s great fun!

Ride for Jim

Congratulations to Dr. Jack Haar (Professor, Department of Anatomy) (7th from right) who recently completed a 4,000 mile cross country bike ride with a little help from his friends.

"The Ride for Jim" officially ended on Saturday, August 23rd with a "Ride for Jim Finale Rally" from Richmond to Yorktown. Haar was joined on the final leg of his trip by 12 other riders (including several MCV alumni).

"The Ride for Jim" was in memory of Dr. Jim Popp (M88) who lost his battle with cancer in 2007. The ride has resulted in over $21,000 being raised through the MCV Foundation for cancer research. To read more about Haar’s trip or to make a donation, go to www.rideforjim.org
Cyclo-Cross • 5K Cross Country • Fat Tire Duathlon

VIRGINIA BEACH

CycloCross

Winter Endurance Challenge

Event Dates
January 17-18, 2009

Event Location
Virginia Beach SportsPlex

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

Registration and event info www.vbchallenge.kalerunning.com
Questions Call 1-800-822-3224
SUBMISSIONS FOR THE PEDALER:
The Pedaler welcomes submissions in any form, email preferred. All submissions will be confirmed. All become property of The Pedaler. E-Mail: rrichhalle@verizon.net. Submission Deadline: Midnight the 15th of the Month. Advertising rates: $198 full-page, $99 half-page, $149 2/3 page, $67 1/3 page, $48 1/6 page. Two bicycling classified ads are free to members; non-member rates apply thereafter. Non-Member Classified Rates: $5 for 1 item, $10 for 2-5 items, $15 for 6-9 items and $25 for 10-15 items—all with a reasonable amount of text per item. Send check or money order payable to RABA Treasurer, PO Box 6565, Ashland, VA 23005.

UPCOMING EVENTS

Nov. 1  Adopt-A-Highway Trash Pickup
There’s a saying, “One man’s trash is another man’s treasure. Hope springs eternal, but I think all we’re going to find along RABA’s stretch of our Ashland route is trash. Come out and help! See page 10 of the Pedaler.

Nov. 8  Bikes for Kids Assembly Party
Plan to come out and help assemble the bikes for the “Bikes for Kids.” Be an “Elf for a Day.” See page 4 of the Pedaler for more information.

CLASSIFIEDS
Classified ads in The Pedaler are free for RABA members or for paying non-members. Members may have no more than two bicycles for sale on this site at any one time. Ads will run for three consecutive months unless informed that the items have been sold. The date submitted will be displayed on each. Inclusion in The Pedaler does not guarantee your ad will be included on the website. If you want your ad to continue running, you must notify the Editor prior to the expiration.

SPEEDPLAY Zero cromoly pedals, used approx. 10 times. 215 grams, no cleats, great for your 2nd bike. $50.00 Jim Denoon 370 6252 (8/2008)
Selle Italia split tail racing saddle $30; Forte Pro SLX carbon racing saddle $20; Forte Classic saddle $10; Giro Indicator helmet large AUG 07 304g $30; Bell Influx helmet large JAN 07 352g $20.

Each item was used 2 or 3 times at most. Paul Reese 257-4360 reese65@gmail.com (8/2008)
SCATTANTE carbon fiber road bike with Shimano Ultegra hardware; 52 cm; 1 year old. $900. Please contact Mike Iannuzzi; 360-5975 or a2p9979e10@gmail.com. (9/2008)