Lots of RABA Cycling Left in 2009
by Champe Burnley

Though the “official,” riding season is quickly winding down, don’t think it’s time to hang up the bike and spend your time watching football during the last quarter of 2009. We have a lot of RABA activities to keep you busy as the days grow shorter.

With the Heart of Virginia in the history books (and one of the best events ever thanks to Bud Vye’s direction and efforts) we can look back on a very strong year for the club. Membership is at an all time high; ride offerings have been very strong with great rider participation and multiple pace groups; mileage stats are through the roof; advocacy issues (Continued on page 11)

RABA Volunteer Appreciation Party-October 30
by Kim Moore

RABA volunteers have shown dedication and commitment to keeping the bicycling community alive and vibrant. Without the many people to volunteer to lead rides, work events, pick up trash and be on the board of directors, this club would not be as successful in engaging the public and bicycling community as it is today. As a testament to the efforts of volunteers to provide club services, RABA membership is at its highest level ever with over 700 memberships! (Continued on page 4)
Welcome to RABA’s newest members. We hope to meet you and see you on some of our rides!

Mike Asip
Whit Baldwin
Mark Bare & Anne Brown
Matthew & Christina Bizzarri
John & Maggie Bland
Marsell & Tina Bustos
Brad Butterfield
Teresa Green
Nathaniel & Sandra Gregor
Jason & Amy Guest
Patricia Harper
Joel Imburg

John Johnson
Mike & Kim Kremer
Steven & Nancy Martin
Van McMillian
Robin Nyhart
Jack Preis
Meg Ridley
Sheine Schanuel
Kevin & Carmen Sheppard
Bill Snodgrass & Becky McCormick
Ninad Walavalkar
Alva Williams

Safe Cycling Class

RABA will offer a safe cycling class October 13 and 17 to teach basic riding and mechanical skills. The class is based on the League of American Bicyclists, Road 1 Course. This is a two part class with one evening of classroom instruction and a half day of on-the-road training.

This level will teach skills which will benefit a cyclist of any skill level. Cost for the class is $10 for RABA members, $25 for non-members. Attendance is limited to 12 cyclists. Bring a check or cash to the Tuesday event.

To register for the class go to http://www.rabasafety2.eventbrite.com

Question? Contact Sheryl Finucane, sdgf@vcu.org

Tuesday, Oct 13: 5:30 - 8:30 pm, Tuckahoe Library
Cycle Smart (part 1): Classroom portion of the League of American Bicyclists Traffic Skills 101 course. Get comfortable on your bike and riding on the road, traffic and all. Topics covered include: how to do a quick bicycle safety check, fix a flat and perform other minor mechanical adjustments; the basics of gears and shifting; bike fit; state traffic laws; principles of riding smart; crash types and crash avoidance techniques. Traffic Skills 101 course manual included.

Saturday Oct. 17: 8:30 am - 1:00 pm, Laurel Park Shopping Center
Cycle Smart (part 2): On-bike portion of the League of American Bicyclists Traffic Skills 101 course. Learn and practice proper road positioning in a variety of situations and crash avoidance techniques. Session will include both drills in parking lots and on road practice.

Submission 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.
Heard and Seen
Around the Club
by Bud Vye

After spending the better part of a month at the Sheltering Arms Rehab Center on Atlee Rd. (which is really a first rate operation), Chris Tompkins is now back at the Laurels of University Park, 2420 Pemberton Rd.(just north of Three Chopt). He’s continuing to make progress, but slowly, and is going to Sheltering Arms for his PT sessions on an out patient basis. He’s super appreciative of all who have contributed to the Rector’s Discretionary Fund at St. Paul’s Church on his behalf, and he always closes our visits by reminding me to be sure and thank everyone at RABA for their support. His financial needs continue, however, so if you haven’t yet done so, a contribution to the Church at 815 E. Grace St., 23219 for Chris’ fund is certainly in order, and don’t be afraid to pay him a visit at the Laurels, or give him a call at 747-9200.

Making faster progress in their recoveries are Brenda Hubbard (from her knee surgery) and Mike Moore (from his hip surgery), as both seem to have gotten proficient quickly in their use of crutches.

Also recovering nicely from her breast cancer surgery is Gloria Bazzoli, (and her hair has grown back well beyond the point where I was kidding her that I had more than she did) as she and husband Frank Thomas were spotted among the regulars at the Ashland Bluemont concerts on the Sunday evenings in August. We had a decent RABA contingent at all of them, but I was a little surprised that we didn’t have even more, since they are a really neat, small town event, with some excellent entertainment, at the whopping admission price of $5.

We seem to be having far too many spills these days, as Steve Carter-Lovejoy went down on the Sunday morning Powhatan CH ride on 8/23 causing Dave Bloor, who was right behind him, to come down on top of Steve and his bike. Sounds like Dave got the worst of it, with a broken collarbone and a number of broken ribs. Seems the word went around the Powhatan Rescue Squad that “an ELDERLY rider was involved in the spill and had to be taken to MCV”. Since I have a few friends out that way, that resulted in me getting a couple of calls wondering if it were me, before I heard who was involved. Welcome to the elderly club, Dave! (That should be good for his morale.)

And then Richard Peyton also suffers a broken collarbone from a spill on the Shiplock Park Ride on Sunday, 9/13, adding his name to the already lengthy injured list.

Speaking of Shiplock Park, if you are down that way, you will see the latest segment of the Capital Trail under construction, if you get there before too much longer. The contractor is really moving it along from there upstream to the flood wall, as the protective screen is being hung under the railroad trestle, and the paving and plantings should be complete by the time you read this. Not so quickly done will be the next segment downstream, as the Lehigh Cement property has to find a new location to move to so the rail line to it that goes through Rocketts Landing can be abandoned, since that is where the trail will run.

I haven’t taken a ride down there in almost a month, but the approaches of the Trail up to the new bridge across the Chickahominy on both sides appeared to be getting close to completion. When they are, that will add a little over a mile to the eastern end of the trail, and will enable the riders to get off the motor vehicle lanes of the bridge and onto the 10 ft. wide bike and pedestrian lane, which will be a big improvement.

I write this on the eve of the Heart of Virginia, and it looks like we’ve got good weather, and a good turnout, coming up. As usual, we have an excellent outpouring of volunteer workers from the club which makes it possible for us to run an event of this nature. Thanks in advance to all of you, and I look forward to reporting a successful event to you next month.

Safe Cycling Class...
(Continued from page 2)

pants will leave the two sessions with confidence in their riding ability knowing that they are riding legally and safely. Must bring: helmet and bicycle in good working order. Recommended: bring plenty of water and snacks or money to purchase.

Participants who desire a certificate of completion must complete written and on road tests. Required for anyone planning on using this as the first step to certification as a League (of American Bicyclists) Cycling Instructor, optional for others. These will be given following the conclusion of the 2nd session.

2009 Bikes for Kids
It’s that time again. It’s time to raise money for the Bikes for Kids fund and we need your help!

Every year RABA raises money to buy bikes, assembles them, and finally donates them to area county Christmas Mothers so that the bikes can be given to kids who otherwise won’t get them. It takes money to buy those bikes. That’s where you and your generosity come in.

You remember how much fun you had with your bike as a kid, don’t you? Help a kid experience that same joy!

So please help out by writing out a check and putting it into the mail to:

RABA
P.O. Box 6565, Ashland, VA 23005

www.raba.org
RABA Volunteer Appreciation Party...

(Continued from page 1)

As a thank you to all of these hardworking and tireless volunteers, there will be a party on Friday, October 30, from 6 to 8 p.m. at the Savor restaurant, 201 West 7th St, Richmond, VA 23224. Light hors d’oeuvres and the first round from the bar will be provided free of charge. **Attendees must RSVP** to me either by calling 358-0935 or email luv2cycled@yahoo.com by Wednesday, October 28, so that the restaurant can accurately prepare the amount of food based on the club’s set budget for this event.

The following volunteer list was drawn from events and rides held October 1, 2008, to September 30, 2009. 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! Revisions to the list will be posted on www.raba.org, so keep checking!

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2009 RABA Volunteers. Thanks!

- Hugh Aaron
- Laura Aaron
- Bob Allen
- Kathleen Anderson
- Meade Anderson
- Julie Appleby
- Jessie Archer
- Cathy Archer
- Barbara Armstrong
- Susan Bain
- Tim Ballenger
- Ellie Basch
- Charley Beall
- Sharon Becker
- Dave Bloor
- Bill Britton
- Gordon Brostrom
- Champe Burnley
- Bob Carlson
- Bill Collins
- Charlie Comly
- Alan Cooper
- Maureen Cooper
- Ron Corio
- Chip Coutts
- Linda Coyer
- Jim Creegan
- Susan Curtis
- Cathy Davenport
- Rickey Davis
- Jane Dejarnette
- Louis Delavault
- Jim Deno
- Susan Douglas
- Ed Dunn
- Don Eiler
- Frank Erdt
- Cindy Evans
- Morris Evans
- Michele Faison
- Mary Falterman
- Al Farrell
- Lois Farrell
- Sheryl Finucane
- Wayne Flood
- Tom Foster
- Sonya Gagnon
- Betsy Garber
- Debra Gardner
- David Gardner
- Debbie Gleason-Morgan
- Mike Gleason
- Karen Goldman
- Stan Goldman
- Ginger Greene
- Mark Gregory
- LaDonna Groven
- Greg Guinther
- Richard Halle
- Doug Harrel
- Karen Hawkins
- Joe Hazel
- Steve Herzog
- Debbie Herzog
- Cam Hoggan
- Brenda Hubbard
- Peter Hubbel
- Jack Huber
- Mike Iannuzzi
- Gary Janak
- Noah Kaatz
- Mary Ann Kaveski
- Paul and Sherry Keefer
- Liz Keith
- Emily Kimball
- Jim Kirchner
- Michelle Kirchner
- Courtney Kirchner
- Lynn Klanchar
- Sharon Klein
- Joyce and John Knox
- Kristin Kruse
- Paul Kugelman
- Marc Lipschultz
- Charlie Lohmuller
- Donna Lotito
- Jinx Lucas
- Andrew Mann
- Eric Martin
- Martin Maslak
- Margaret Maslak
- Gayle McMunn
- Peggy Merritt
- Chuck Miffleton
- Jeanne Minnick
- Kim Moore
- Mike Moore
- John Moore
- Nick Morgan
- David Murray
- Andrea Napolowski
- Jeff Nicklas
- Sandy Norman
- Tom Norton
- Dee Nuckols
- Suzanne Nuckols
- Nan Ottenritter
- Techa Pacitto
- Gina Paige
- Chuck Paige
- Megan Paul
- Dale Peacock
- Jim Peterson
- Barbara Pinter
- Dick Pitini
- Barry Pullen
- Martha Pullen
- Tom Richeson
- Randy Rosemond
- Pat Ryan
- Julielen Sarver
- Matt Satterwhite
- Dave Schmidt
- Wayne Shipley
- Eleanor Shipley
- Deb Silbert
- Paul Silverstein
- Andy Smith
- Henry Smith
- Fran Smith
- Viki Sondecker
- Steve Sukonick
- Ellyn Sukonick
- Jack Speed
- Kirk Sweeney
- Sheila Talley
- Dave Talley
- Mike Testerman
- Gary Thabet
- Charlie Thomas
- Sally Tirs
- Becky Tobey
- Newton Todd
- Dorian Tranks
- Tom Veazey
- Bud Vye
- Paul Walaskay
- Bobby Weitzel
- Bill Whitworth
- Kathy Wood
- Bert Wright
- Ted Zeh
October, 2009 Monthly Rides

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

Off-Road Ride Captain: Clark Jones, 527-0480, we3jones@comcast.net

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

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

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

<table>
<thead>
<tr>
<th>Terrain</th>
<th>Description</th>
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<tbody>
<tr>
<td>1</td>
<td>Many/Steep (knee alert!)</td>
</tr>
<tr>
<td>2</td>
<td>Some/Steep</td>
</tr>
<tr>
<td>3</td>
<td>Moderate</td>
</tr>
<tr>
<td>4</td>
<td>Some/Mild</td>
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<tr>
<td>5</td>
<td>Few/Gentle</td>
</tr>
<tr>
<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 (Sunday) Palani Drive Ride

<table>
<thead>
<tr>
<th>Pace</th>
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<th>Miles</th>
<th>Terrain</th>
<th>Store Stop</th>
<th>Leader</th>
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<tbody>
<tr>
<td>C</td>
<td>9:30 am</td>
<td>30</td>
<td>2</td>
<td>0</td>
<td>Mark Lipschultz, <a href="mailto:marcips@gmail.com">marcips@gmail.com</a>, (215) 460-5810</td>
</tr>
</tbody>
</table>

Description: This ride starts off near the Palani Drive restaurant, so named for the road that serves as the final stretch in Hawaii's famed Ironman World Championships. Well, this ride won’t be *quite* that tough, but it does feature some challenging terrain. At the beginning we cut through U of Richmond's campus and get our dentures rattled as we cross the Huguenot Bridge. Once over the bridge we will ride along Bike Route 1 for several miles, including a real thighbuster hill up Old Gun Road to Robious Road in Chesterfield before looping around and going back down that same hill. The ride then cuts to the east to Pony Pasture Park, back over the Huguenot Bridge, and sightsee in some of the prettiest areas of U of Richmond's campus (including its hardest hill) before heading home. Afterward, consider grabbing some grub, smoothies, and/or beer at Palani Drive.

Location: Meet in the parking lot behind Westhampton Theatre (5706 Grove Ave, Richmond, VA 23226), at the corner of Grove Ave and Libbie Drive in the near West End.

October 10 (Saturday) Ride to "Savor"

<table>
<thead>
<tr>
<th>Pace</th>
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<th>Terrain</th>
<th>Store Stop</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>8 am</td>
<td>62</td>
<td>4</td>
<td>1</td>
<td>Kim Moore, <a href="mailto:luvs2cycle@yahoo.com">luvs2cycle@yahoo.com</a>, 358-0935</td>
</tr>
<tr>
<td>B</td>
<td>8 am</td>
<td>62</td>
<td>4</td>
<td>1</td>
<td>Ron Corio, <a href="mailto:rcorio@vcu.edu">rcorio@vcu.edu</a>, 643-6452</td>
</tr>
<tr>
<td>D</td>
<td>9 am</td>
<td>20</td>
<td>4</td>
<td>1</td>
<td>John Moore, <a href="mailto:jmoore216@comcast.net">jmoore216@comcast.net</a>, 338-9688</td>
</tr>
</tbody>
</table>

Description: This will be the last ride of the season from Savor. The ride will feature the flatter and quieter roads of the East End and beyond. While there are store stops on the route, please bring plenty of fluids even though it might be cooler than the summer time. Dehydration occurs any time of the year. Afterwards, everyone is invited to eat lunch at the cafe as Chef/owner Ellie Basch will be opening it up just for RABA!

Directions: Parking is available on the street or you may park in Savor's free lot on the corner of Bainbridge and 7th Sts (one and half blocks away from the restaurant). The address for Savor: 201 West 7th St (corner of Porter and 7th Streets), Richmond, VA 23224, 527-2867. Savor is located in the first floor of the Corrugated Box Building, please go to the restaurant's website http://savorecompany.com for directions and the menu.

October 10 (Saturday) Yale Education

<table>
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<tr>
<th>Pace</th>
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<th>Miles</th>
<th>Terrain</th>
<th>Store Stop</th>
<th>Leader</th>
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<tbody>
<tr>
<td>B</td>
<td>9:00 am</td>
<td>48</td>
<td>4</td>
<td>2</td>
<td>Jack Huber, 804-282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
</tbody>
</table>

Description: This is an extension of the old favorite ride to Sussex Court House that continues on to the quiet village of Yale. (Continued on page 6)

The Pedaler 5 October, 2009
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 Coppahaunk 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 11 (Sunday)

#### Jamestown Ferry Ride to Smithfield

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<tr>
<th>Pace</th>
<th>Time</th>
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<th>Terrain</th>
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<tbody>
<tr>
<td>B</td>
<td>8:45 am</td>
<td>54</td>
<td>4</td>
<td>1</td>
<td>Jack Huber, 804-282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
</tbody>
</table>

**Description:** Meet at Jamestown High School (3751 John Tyler Highway, Williamsburg, VA 23185) for the fall version of this popular ride. 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 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. Note the new starting point for this old favorite ride.

**Directions:** 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.

### October 11 (Sunday)

#### Hanover Breeze

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<th>Pace</th>
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<tr>
<td>C</td>
<td>9 am</td>
<td>37</td>
<td>3</td>
<td>1</td>
<td>Mary Ann Kaveski, <a href="mailto:mjkatcpw@aol.com">mjkatcpw@aol.com</a>, 330-3786</td>
</tr>
</tbody>
</table>

**Description:** Join Mary Ann as she leads one of the clubs most popular rides through some beautiful farm country.

**Directions:** The Hanover County Government Complex (7497 County Complex Rd., Hanover, VA 23069) is on US Route 301 at just south of the intersection of Routes 54 and 301. From I-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.

### October 18 (Sunday)

#### Washington’s Rock Creek Park & Capitol Crescent Trail

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<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Rest Stops</th>
<th>Leader</th>
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</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.

### October 18 (Sunday)

#### Exploring the Neighborhoods Around Battlefield National Park

<table>
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<tr>
<th>Pace</th>
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<th>Leader</th>
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<tbody>
<tr>
<td>D</td>
<td>10 am</td>
<td>35</td>
<td>3</td>
<td>1</td>
<td>Emily Kimbal, <a href="mailto:etkimball@aol.com">etkimball@aol.com</a>, 358-4959</td>
</tr>
</tbody>
</table>

**Description:** This is a ride that Emily developed last year and she has invited the Old Dominion Appalachian Trail Club to join RABA for this event. This will be a ride sponsored by both clubs. For those of us who prefer shorter routes, Emily has several options that will make this a shorter ride.

**Directions:** Meet at the Fort Harrison Visitor Center (8621 Battlefield Park Road, Richmond, VA 23231). From Laburnum Ave, turn left onto Route 5 (New Market Road). In .9 miles, turn right onto Battlefield Park Road. The Visitor Center parking lot will be on your left in about 2.5 miles. From I-295, take exit 22 onto Route 5 (New Market Road) west towards Varina. In 2.7 miles, turn left onto Battlefield Park Road. The Visitor Center parking lot will be on your left in about 2.5 miles.

(Continued on page 7)
October 25 (Sunday)  
**Steve’s Training Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
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</thead>
<tbody>
<tr>
<td>B+</td>
<td>9 am</td>
<td>50</td>
<td>2</td>
<td>1</td>
<td>Steve Herzog, <a href="mailto:sp_herzog@verizon.net">sp_herzog@verizon.net</a>, 360-3853</td>
</tr>
</tbody>
</table>

**Description:** Meet Steve for one of his favorite training rides. You should be comfortable riding with traffic to come on this ride as we will be riding on Patterson Avenue for several miles as we make our way from western Henrico to eastern Goochland and back again. There are lots of rollers in the middle of this ride and a few good hills. After the ride those who would like can have lunch at Vinnie’s together.

**Directions:** Meet at the Shoppes at Wellesley parking lot (located at the corner of Lauderdale Drive and Park Terrace Drive in western Henrico County at 3434 Lauderdale Drive).

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

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

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

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

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**Too Many Broken Bones**  
RABA Safety Committee

It seems there has been a steady stream of crash reports these past few months. Of the incidents that have occurred during RABA rides, most have occurred during pace line rides. Unfortunately, schedules couldn’t be worked out to get Richmond Pro Cycling to lead a second pace line clinic this summer. But since the good riding weather isn’t over, we’d like to propose enhanced efforts by everyone to make this a crash free Fall on RABA rides.

We’re asking ride leaders to review some simple safety guidelines before each ride. This is what you should be hearing:

- When in a pace line, try to ride single file. Avoid overlapping the wheel in front of you, especially on the right side. Try to stay a minimum of 2 to 3 feet behind the wheel in front of you.
- Ride at a steady pace and avoid coasting. Try to minimize braking in the pace line. If possible, soft pedal instead. If you must use your brakes, try to brake as smoothly as possible. Also, when slowing, give the ‘slowing’ signal as needed. Always give the stopping signal whenever you are coming to a stop.
- If you need to pass a rider, always pass on the left side and give the verbal “passing on your left” signal.
- Limit pulls to one mile or less. If you don’t want to pull, simple rotate through the pull when your turn comes up. Don’t feel like you need to pull it is strictly optional.
- Try to minimize casual conversation in the pace line.
- Please point out any obstacles in the road such as holes, bumps, sticks, etc. If a car is approaching from behind, please give the “car back” signal. Also, if the pace line is long, make sure that the “car back” signal is repeated up the pace line.
- If you feel fatigued, drop out of the pace line.
- Finally, if someone is riding in an unsafe or dangerous manner, please point it out to them. They probably don’t even realize they are doing it.

Also, as the days are getting shorter, make sure you have both headlights and tail lights. On roads with speed limits at or above 35 mph both are legally required between sunset and sunrise. While tail lights aren’t required on roads with lower speed limits (rear reflectors are) using them only makes good safety sense.

So be seen and be smart and enjoy the great fall weather.

If you are involved in a crash (whether or not on a RABA ride), please go to the RABA web site and fill out the crash incident survey so we can continue to analyze problems that are occurring out on the road.

---

**So You Want to be a Star...**

This could be your big break! For those who missed your chance for a Hollywood film career when the movie, “Breaking Away” was shot - in 1979- don’t squander your second chance for fame and stardom!

The Virginia Capital Trail Foundation will be filming a promotional video on October 16 and we need extras on bikes for the big shoot.

If you’re interested, we’ll meet Friday, October 16 at 7:45 a.m. at the Great Shiplock Park on Dock Street, along the new section of the Virginia Capital Trail. Filming should be complete by 9:00. That’s the Great Shiplock Park, Dock Street, Richmond, VA 23233.

Any questions? Call Champe, 804.358.5801
Road Ride Captain: Bill Whitworth, 285-9193, wwhitworth@reynolds.edu

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

Sunday

Powhatan Courthouse

Pace | Time | Miles | Terrain | Store Stops | Leader
--- | --- | --- | --- | --- | ---
B | 9:00 am | 30 to 60 | 3 to 4 | See below | Barry and Martha Pullen, 561-3950

Description: Meet at the Powhatan County Court House 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 about 30 miles with a longer option usually available. There may be no store stops. Maps and cue sheets will be available for those wishing to ride at their own pace. If the weather is doubtful, call the leaders to confirm if they will be riding.

Sunday (Starting October 4)

Dorey Park

Pace | Time | Miles | Terrain | Stops | Leaders
--- | --- | --- | --- | --- | ---
A | 1:00 pm | 30-50 | 4 | 1 | Randy Rosemond 966.5472; velosalsaman@aol.com
B | 1:00 pm | 30-50 | 4 | 1 | Ron Corio, 804-643-6452; rcorio@vcu.edu
C | 1:00 pm | 30 | 4 | 1 | John Moore, 804.338.9668; jmoore216@comcast.net

Description: All rides lead from Dorey Park to Horizon store and back on a network of flat roads. Rides of 14 to 40 miles can be crafted using various route combinations. Additional out-and-back loops from Horizon Store can add 12 to 18 miles for longer rides. Cue sheets with maps are available for those who want to ride at their own pace.

Directions: From I-64 take Exit 195 Laburnum south (toward the James River) and continue 3.6 miles to Darbytown Road. Turn left on Darbytown and continue 1.3 miles to the Dorey Park entrance on the right. From I-895 exit at Laburnum and continue for 2.1 miles to Darbytown Road. Turn right on Darbytown and continue for 1.3 miles to the Dorey Park entrance on the right. Meet at the first parking lot on the left.

Monday

Mondays with Mary

Pace | Time | Miles | Terrain | Store Stops | Leader
--- | --- | --- | --- | --- | ---
B+ | 9:00 am | 30-40 | 3 | Some | Mary Falterman, 741-2116, Barry Pullen, 561-3950

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

Tuesdays at Rockville

Pace | Time | Miles | Terrain | Store Stops | Leader
--- | --- | --- | --- | --- | ---
B+ | 9:00 am | 32-62 | 3 | One | Bill Whitworth 285-9193, wwhitworth@reynolds.edu

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

Hanover Courthouse Evening Ride

Pace | Miles | Terrain | Store Stops | Leader
--- | --- | --- | --- | ---
A++ | 28 to 34 | 3 | None | Wayne Flood, 804-641-0556, sept1flood@comcast.net
A+ | 28 to 31 | 3 | None | Jeff Nicklas, 804-833-5382, jnicklas@shoneysofrichmond.com
A | 28 to 31 | 3 | None | Jeanne Minnix, 804-405-6433, jminnix@comcast.net
B+ | 23 to 28 | 3 | None | Hugh & Laura Aaron, 804-690-9720, hugh@theaarons.com
B | 23 to 28 | 3 | None | Dale Peacock, 804-304-6041, older_ape@yahoo.com
C | 18 to 21 | 3 | None | Charlie Thomas, 804-747-6633, c.thomas53@verizon.net

(Continued on page 9)
October, 2009 Weekly Rides

(Continued from page 8)

D 14 to 18 3 None John Moore, 804-338-9668, JMoore216@comcast.net

Start Times: Oct. 6 & 13: 5:15 pm  
Oct. 20 & 27: 5:00 pm

Description: As the days get shorter, the pace group leaders will be adjusting their routes as needed to try and avoid getting back too late. The pace group leaders will be sending out email updates as needed prior to each week’s ride. So, make sure that you are signed up for the RABA email list (and make sure you check the email list before coming out for the ride). As the ride start times move up, some of the pace group leaders will not be able to make it every week. However, we will try to find substitute leaders as needed. Headlights and taillights will be required for this ride for the remainder of the season.

After the ride, join your fellow riders at Brunetti’s for dinner. Brunetti’s (9167 Atlee Rd, Mechanicsville) is located at the intersection of Atlee Road and Route 301, just a little north of I-295.

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

Wednesday 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 invited. Each week’s location will be announced to the RABA E-mail lists. If you are not on the list, please call Bud Vye, 262-9544 or Barry Pullen, 561-3950

Wednesday Ashland Dinner Club

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

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

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

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

Thursday Unemployed Cyclists Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>9:00 am</td>
<td>33 to 55</td>
<td>3</td>
<td>Varies</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>33 to 55</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>

*** Note new B pace group for October ***

Description: The route for this ride will vary from week to week. However, all routes cover some part of central Hanover County and the surrounding areas (which offer a lot of beautiful countryside). Some routes do not have a store stop, so bring plenty of water. This is a very social ride; however, our first priority is safety. If you are not completely confident in your pace line riding skills; please contact Hugh or Bill for assistance. They will be happy to assist you in learning to ride safely in a pace line. The cue sheet will be sent out on the RABA email list prior to the ride each week. If you do not subscribe to the RABA email list, contact Hugh or Bill prior to the ride for a copy of the cue sheet.

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.

Thursday Black Creek Church

<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>24-32</td>
<td>3</td>
<td>None</td>
<td>Ron Corio, 804-643-6452; <a href="mailto:rcorio@vcu.edu">rcorio@vcu.edu</a></td>
</tr>
</tbody>
</table>

(Continued on page 10)
October, 2009 Weekly Rides

Description: This ride features multiple distances through eastern Hanover and western New Kent Counties. Cue sheets with maps are available for those who want to ride their own pace. The sign-up sheet and cue sheets will be available for anyone who arrives after 5:00 P.M. Please use front and rear lights. After the ride, join the group for dinner at the Nine Mile Grill in Highland Springs.

Directions: From I-64 exit at 197-B (Highland Springs, Route 156) onto Airport Drive (156 North), continue through two traffic lights and over I-295. Bear right at Market Road, Route 630, then bear right on Fox Hunter Lane at the Black Creek Country Store. Turn left on McClellan Road, Route 628, and continue for about two miles to the Black Creek Church on the left. Use the parking lot at the north side of the church.

Thursday

<table>
<thead>
<tr>
<th>Pace</th>
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<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>See below</td>
<td>29</td>
<td>2</td>
<td>None</td>
<td>Jeff Nicklas 833-5382, David Murray 240-0891</td>
</tr>
</tbody>
</table>

Start times: October 1 & 8: 5:15 pm; October 15 & 22: 5:00 pm.

Description: The longer routes will include such favorite hills as Animal Shelter, the Three Sisters, Rocket’s Mill and Horseshoe. Riders of the A pace may have a less hilly route – all paces are welcome as cue sheets are available. Obeying traffic laws and riding single file are a must.

Directions: To get to the start, 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.

Friday East Hanover Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>9:00 am</td>
<td>30-40</td>
<td>3</td>
<td>Varies</td>
<td>Andy Smith, 804-339-8227, <a href="mailto:asmith2954@yahoo.com">asmith2954@yahoo.com</a>, Jim Peterson, 804-432-9679, <a href="mailto:jdp789@hotmail.com">jdp789@hotmail.com</a></td>
</tr>
<tr>
<td>B</td>
<td>9:00 am</td>
<td>30-40</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>

*** Note new B pace group for October ***

Description: This ride starts and ends at the National Park Service Cold Harbor Battlefield Visitor Center, which is a few miles off I-295 near the Richmond Airport. Starting at the Battlefield Visitor Center provides multiple routes options, all of which offer relatively light traffic. The Visitor Center has both a water fountain and restrooms. This is a very social ride; however, our first priority is safety. If you are not completely confident in your pace line riding skills; please contact one of the ride leaders for assistance.

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

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

Friday

<table>
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<tr>
<th>Pace</th>
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<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>10:00 am</td>
<td>35-40</td>
<td>3</td>
<td>Some</td>
<td>Dave Bloor, 285-6177, Jim Denoon, 370-6252</td>
</tr>
</tbody>
</table>

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

(Continued on page 11)
October, 2009 Weekly Rides

Saturday, 8:00-8:30 AM  The Ashland Breakfast Club (ABC)

<table>
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<tr>
<th>Pace</th>
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<th>Store Stops</th>
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</thead>
<tbody>
<tr>
<td>Varies</td>
<td>8:00-8:30 am</td>
<td>20 to 50+</td>
<td>Some</td>
<td>Some</td>
</tr>
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</table>

**Description and Directions:** This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. The basic ride is ten almost flat miles to Ashland where riders stop at Hardees or Ashland Coffee & Tea for breakfast or hot or cold drinks before retracing the route back to Laurel Park. There are a number of variations to this ride with many riders choosing a 30 mile route to the Coffee Shop while others prefer the basic route where they then meet up with other riders interested in doing additional miles before returning to the starting point. Riders may join the ride leader's group or form a group of their own based on preferred pace and distance. Unlike most RABA rides, this ride does not have a group start. Riders may sign the ride sheet and depart anytime between 8:00 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.

Saturday, 11:30 AM-12:00 PM  (Starting October 17)  The Ashland Lunch Club (ALC)

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

**Description and Directions:** This ride is held in fall/winter months only and is identical to the Ashland Breakfast Club (ABC) ride above except that it starts a little later so temperatures have a chance to warm up. Maps and cue sheets are available for those wishing to ride at their own pace. Riders arriving after the ride leader has left will find the sign-up sheet and route maps on the ride leader's car.

Soapbox...

(Continued from page 1)

and bike awareness are really making progress. This has been a great year for RABA. Let’s keep the momentum going as we head towards the finish line of 2009.

What can you look forward to in the final quarter of the year? This month, keep your eyes open for details on our annual RABA Volunteer Party; RABA will host another Bike Safety Class (appropriate for every level of rider). In November, we’ll be holding our annual Bikes for Kids Assembly Party. December marks our annual Christmas Light ride and our RABA Annual Meeting to elect our next board and officers.

In addition to these fun events, we still have over a hundred club rides between now and New Year.

October means it’s time look forward to 2010 as well. We need members to fill key positions as officers and board members and committee chairs. If you’re interested in helping the club, please contact Jack Huber (jhuber1111@yahoo.com), our Nominating Committee Chair and let him know. There are plenty of openings for motivated, hard working people. Let’s use some of that cycling energy we see on the road to help make 2010 the best year ever for RABA.

As we finish the year, please remember to think safety, safety, safety when riding. Stay focused; communicate with other riders; don’t ride beyond your capabilities. As days grow shorter, wear bright, reflective clothing; equip your bike with blinkies and head light (and add new batteries).

There’s plenty of riding left to do in 2009. Before you head to the attic with your bike, add a layer of warm clothing, have a warm cup of cocoa, get outside and keep it rolling. Catch those fall ball games after hours on the TiVo. There are plenty of cycling activities - both on the road and off - for you between now and New Years.

Safe cycling,

Champe

Become a RABA Ride Leader!

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

For more information or to schedule a ride, contact:

Road Ride Captain:
Bill Whitworth
wwhitworth@reynolds.edu, (804) 285-9193

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

The Pedaler 12 October, 2009
RABA MEMBERSHIP RENEWAL

Yes, your membership will expire as of December 31! We know it’s easy to forget, so please take a minute to fill out your renewal form below and send it with your dues check or money order made payable to RABA by November 30, 2009, to ensure uninterrupted mailing of the newsletter.

Don’t miss the benefits of being a member of RABA! These include continued subscription to the Pedaler where fun rides, trips, informative articles and club news are announced, being on the RABA email distribution list, discount on bicycle parts at various Richmond area bicycle shops and a standing invitation to the monthly speaker / supper meetings.

**In order to meet our insurance underwriter’s requirements, you must complete and SIGN the insurance waiver that is a part of the application. Don’t forget!**

Thank you for your support!
RABA Membership Chairman

The Richmond Area Bicycling Association
Membership Renewal Application

Please complete form and sign the required insurance release on the reverse side. Make check/money order payable to RABA. Mail completed renewal form to RABA Treasurer, P.O. Box 6565 Ashland, VA 23005. Please allow at least four (4) weeks for processing.

Check one:

[ ] Individual, $20 annual dues – open to all persons at least 18 yrs who have an interest in bicycling or bicycling-related activities.

[ ] Family, $25 annual dues – open to any family consisting of one or two adults and all dependents under 18 yrs who will participate in club activities, all of whom have an interest in bicycling or bicycling-related activities.

Print Individual Name: ______________________________________________________________

If Family Membership, please print all other adult and minor dependent names: _________________

________________________________________________________________________________

Print Address:   ____________________________________________________________________

City _________________________________    State ___________      Zip   __________________

Telephone (H) ____________________ (W) ______________________(Cell) __________________

Print current email address __________________________________________________________

(Optional – Address is added to RABA email distribution list and will also be used to send out an electronic copy of the Pedaler. It is kept PRIVATE.)
LEAGUE OF AMERICAN WHELMEN D/B/A LEAGUE OF AMERICAN BICYCLISTS ("LAB") RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT AGREEMENT ("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in the Richmond Area Bicycling Association, Inc. ('Club') sponsored Bicycling Activities ('Activity') I, for myself, my personal representatives, assigns, heirs and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ('RISKS'); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the NEGLIGENCE OF THE 'RELEASEES' NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation or that of the minor in the Activity.

3. HEREBY RELEASE, DISCHARGE AND COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the 'Releasees' herein) FROM ALL LIABILITY, CLAIMS, DEMANDS LOSSES OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE 'RELEASEES' OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage or cost which any may incur as the result of such claim.

4. I CONSENT TO EMERGENCY MEDICAL TREATMENT IF I AM INJURED.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Printed Name of the Participant: ________________________________________________________________

Print Address: ________________________________________________________________________________

(Street) (City) (State) (Zip)

Phone: __________________________

Participant’s Signature (only if age 18 or over): ____________________________________________________

I HAVE READ THIS RELEASE

Date: __________________________

And I, the Minor's Parent and/or Legal Guardian, understand the nature of bicycling activities and the minor's experience and capabilities and believe the Minor to be qualified, in good health, and in proper physical condition to participate in such activity. I hereby release, discharge, covenant not to sue and agree to indemnify and save and hold harmless each of the Releasees from any liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or in part by the negligence of the "Releasees" or otherwise, including negligent rescue operations and further agree that if, despite this release, I, the Minor, or anyone on the Minor's behalf makes a claim against any of the Releasees named above, I will indemnify, save and hold harmless each of the Releasees from any litigation expenses, attorney fees, loss liability, damage or cost any may incur as the result of any such claim.

Printed Name of Parent/Guardian: _________________________________________________________________

Print Address: ________________________________________________________________________________

(Street) (City) (State) (Zip)

Phone: __________________________

Parent/Guardian Signature (only if participant is under the age of 18): __________________________________

I HAVE READ THIS RELEASE

Date: __________________________

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