2013 HoVA - What a Great Ride!

This year’s Heart of Virginia Ride was highlighted by a great challenging and scenic course, pleasant rural roads and near perfect weather. Like last year, we had over 500 riders and left from Hanover Courthouse. I did the metric century this year and had a great time on the ride, meeting a number of familiar and out of town riders along the way.

Cristina Bizzari and her team did a great job of putting the event together while tackling all of the hurdles needed to get volunteers, sponsors, and all of the required permits needed to hold the event. As with last year, the Yorktown Fife and Drum Corps provided a nice send off to the riders as they departed Hanover Courthouse.

This year, we partnered with the Frog Level Amateur Radio Enthusiasts (FLARE) who is the ham radio operator club that have supported us in the past. We’re hoping the great turnout for the ride will help further our funding for “Bikes for Kids” as well as help FLARE install some critical equipment to be used for ham radio emergency communications.

The Heart of Virginia team has already started reviewing feedback from the event on ways we can make next year’s event even better. We look forward to their ride plans for 2014!

Bikes for Kids Time is Here

Andrew Mann is going to be -

Makin’ his list and checkin’ it twice,
Gonna be buyin’ a bunch of new bikes!

This is going to start happening in early October when Andrew places his bicycle order for Bikes for Kids. As always, we can use additional contributions for the bikes and helmets that we will be distributing to our area Christmas Mothers. Andrew’s October order will largely determine the number of bikes we have to provide to our needy kids in the area. The Christmas Mothers usually have a waiting list of candidates and have to select a few from the many.

We’ll be doing our bike assembly party in early November and distributing our bikes in early December. We look forward to the fun and fellowship while assembling the bikes!

Fall Riding Season

The days are quickly drawing shorter as we lose daylight time. Our evening rides are posting earlier start times and going less distance as we try to finish rides before sunset. As we move up our starting times, we are also riding more during rush hours when many motorists are trying to get home.

Save the Date!
RABA October Meeting with Jakob Helmboldt

Wednesday, October 16 (RSVP by Oct. 15) at 6:30 pm
Community Room, Martin’s Food Market
Cross Ridge Shopping Center,
10250 Staples Mill Road in Glen Allen
More Info Here
RABA October Meeting
with Jakob Helmboldt

Wednesday, October 16 (RSVP by Oct. 15) at 6:30 pm
Community Room, Martin’s Food Market
Cross Ridge Shopping Center,
10250 Staples Mill Road in Glen Allen

Jakob Helmboldt, the pedestrian, trails and bicycle coordinator for the city of Richmond, will talk to us about sharrows, bike boulevards and other concepts the city has in mind to make Richmond more bike friendly.

The club will provide pizza and soft drinks at 6:30 p.m. on Wednesday, October 16, at the Community Room of the Cross Ridge Martin’s store at 10250 Staples Mill Road before Jake’s presentation.

Please tell us if you plan to attend so we’ll know how much pizza to have available. You can click here to do so, and we’ll have a reminder on the message board with a link closer to the event.

A cyclist for more than 30 years, Jake grew up in Maine and holds undergraduate and graduate degrees from Virginia Commonwealth University. He was the state bicycle and pedestrian planner for the Virginia Department of Transportation before taking on the task of finding more ways for people to move themselves around the city in August 2011.

Note!
Beginning Jan. 1, 2014 all RABA Membership Applications, Renewals and Dues Payments will be Electronic Only!

Table of Contents

- Club News .......................................................... 1, 2, 6
- Heard and Seen Around the Club .................................... 3
- Heart of Virginia Volunteers ............................................. 4
- RABA Team Time Trial Results ..................................... 5
- Re-Joining the RABA Message Board ............................. 6
- Advocacy Report .................................................. 7
- RABA Grants .......................................................... 8
- Bikejournal Report .................................................. 9
- What’s Going On Today? ............................................ 10
- Classifieds and Info ................................................ 12
- October, 2013 Monthly Rides ...................................... 13
- October, 2013 Weekly Rides ....................................... 16
- RABA Standard Road Ride Paces .................................. 21
- Ride Calendar ..................................................... On RABA Web Site

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.

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Past President: Hugh Aaron, hugh@theaaron.com 804-690-9720

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E-Mail List Moderator: Kim Moore luvs2cycle@yahoo.com 804-358-0935
Safety: Eric Martin martin4bike@gmail.com 804-402-3471
RABA/BikeJournal Administrator: Ron Corio, rcorio@vcu.edu 804-643-6452
New Rider Recruitment & Retention:
Chuck Jajesnica, cervelo55@verizon.net 804-543-8967
RABA Grants Committee Chair: Ron Corio, rcorio@vcu.edu 804-643-6452

Submissions for The Pedaler:
The Pedaler welcomes submissions in any form, email preferred. All become property of The Pedaler.
E-Mail: rrlichhalle@verizon.net.
Submission Deadline: 15th of Month at midnight.

Membership Information
Annual RABA Membership Dues are $20 per person (25 years of age or older), $25 per family consisting of one or two adults and all dependents under 18, or $10 per person (under 25 years of age). The term of membership is 12 months from the enrollment date. The Pedaler subscription is included.
Submit membership application or renewals online (http://www.raba.org/memberx.html) or to RABA Treasurer, PO Box 6565, Ashland, VA 23005. Note: Membership dues must be accompanied by a completed signed membership application and a waiver of liability.
Biggest activity of the last month certainly was the Heart of Virginia. As an all volunteer conducted event, it has a lot of moving parts, all of which came together on September 14th, blessed with a perfect weather day, to result in a highly successful event. From my perspective, in charge of parking (which goes very smoothly with all the marked spaces at the Hanover Government complex, and was even more so with the assistance of the high school kids from the leadership group) and then driving the sweep SAG vehicle at the very tail end of the Century and Metric processions, I didn't have a chance to have any of the food back at the tent or hear the band, but heard reports from riders that both were good. Most of all, it was a safe ride, with no mishaps of any consequence to any of our 525 participants, which is always a relief to those of us who chair such an event. We are doubly fortunate to have a photographer of Alan Cooper's caliber involved, so you can check his links to view the photos he took. http://www.flickr.com/photos/alanhooper sets/72157635742587603/. Alan also set up a link for Wayne Davis' pictures here: http://www.flickr.com/photos/alanhooper sets/72157635565660295/. The Pedaler 3 October, 2013

Don't know how I missed him, but Ed Dunn was up from South Carolina to do the ride, and Emailed me later with his latest plans for Extreme Adventures, which now include a Shark Tank snorkel in Hawaii in January, followed by visits to Fiji, Auckland, NZ, and Sydney, Melbourne, & New South Wales in Australia, where I'm sure he'll have some interesting activities to report on.

Barry Pullen due back shortly from his Bicycle Adventure Club ride across Northern Spain, and I'll get a report as soon as he is.

Dick Pitini IS back from his trip to Northern Italy. No riding, but some hiking, and lots of his professional quality photos, which he shares here http://www.dickpitini.com/Places/Italian-Dolomite-Region

Paul Silverstein and Jerry Hefele heading for New England to do back to back Bicycle Adventure Club rides in Western Mass. and Vermont. Just before leaving, Jerry got a call from the ride leader informing him that his wife had fallen and broken her arm so he couldn't do the ride, and could Jerry lead it. As a veteran of numerous BAC rides, Jerry accepted, so we'll also look forward to getting his report upon his return.

Not one of our members, but of interest to those of us who rode the Cap2Cap is the report on Jonathan Clark, who is having a rough time in recovering from his injuries incurred when hit by the tractor trailer on that ride. In addition to losing a leg, he has recently had to have his gall bladder removed, and needs a hip replacement which will be scheduled when he is a little stronger. With all that, he seems to be gradually healing, and is home from his lengthy stay in the Rehab facility. Hang in there, Jon! Meanwhile, the Motions hearing for the driver from VA Beach who hit him is scheduled for this month down at Charles City CH, which will probably result in his trial being scheduled for early next year on felony hit and run charges.

And those of us who rode the Anthem Moonlight Ride will be interested to know that the sirens we heard about midway through the ride were heading for Monument & Libbie, where the driver of a vehicle had disregarded the police officer's instructions and cut across the coned off lane reserved for the cyclists directly in front of a bike. That caused the rider to veer into the median where she went down and suffered a cracked vertebrae in her neck. Fortunately, no paralysis or permanent injury. Although she's wearing a cervical collar for a few more weeks, she feels fortunate as it could have been worse.

From my view as former chair of this event for five years, I will not attempt to thank all of the long list of folks whose efforts made it successful, but at the risk of slighting some, will only call your attention to those key few, without whom in my opinion the event could not have even been held. First among those was our Chair, Cristina Bizzarri, who despite contending with some serious personal problems during this period, hung in there and kept things moving in the right direction. Then we had Cindy Evans, who has been on board for more than a decade handling the finances and registrations, and providing institutional continuity and good advice. Then Kim Moore, a former Chair of the event in her own right, as the recruiter and coordinator of the long list of volunteers needed, who provided the attention to the even smallest of details. George Bean, with his FLARE (radio club) members, and in his role as logistics coordinator, handled a long list of details too numerous to even start on. Sometimes appearing to be one step ahead of the breaking ice, but always coming through in the clutch, his contribution to the success of the event was impressive to all of us who were involved. And last on my short list is Richard Halle, whose skill, and immediate response, in making changes to the web site and cue sheets, quietly and in the background, is appreciated by everyone else on the team. To these, and to all of the volunteers, my personal appreciation for a job well done, for an event well conducted!

Morphing into my Injured List, it was good to see both Deana Sun and Kirk Warmolts, though not healed enough to ride, well enough to contribute on the SAG detail. Also on that detail, although never on the List, was David Hines, who was stationed at the Reedys Mill/Mt. Vernon intersection with the mission of preventing the riders from making the wrong turn. Though not always successful, he gave it a good try. It was great to see him, and he reported that Liza was doing well.

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Thank You, Heart of Virginia Volunteers!
By Kim Moore

Beautiful sunny skies and cooler than normal temperatures set the tone for the Heart of Virginia Bike Festival, Saturday, September 14, at Hanover Courthouse complex. The event had a record number of registrants for this now one-day event at a new location as of 2012, with over 513 riders doing the 10, 31, 62 or 101 mile routes! RABA volunteers were on hand at various positions to make sure that the event ran smoothly and safely. Volunteers wore happy smiles, were very friendly and worked hard to accommodate tired riders. We owe a big debt of gratitude to the following individuals for donating their time and energy to the event, some of them are multi-year veterans and/or worked two or more positions this year.

All club volunteers will be recognized at the end of the year; if anyone was accidentally left off this list, please contact Kim Moore luvs2cycle@yahoo.com so that you may be added for recognition. We hope that you will consider joining the volunteer team for 2014’s century event. Thanks again to everyone who worked so hard to make this event a success!

-Photos by Alan Cooper

Note: List of Volunteers was corrected/updated on Oct. 1, 2013

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

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

James Peterson
Sarah Pless
Tom Robinson
Garrie Rouse
Matthew Satterwhite
Carl Smith
Robert Sobecke
Michael Steeves
Deana Sun
John Surina
Keith Van Inwegen
Cindy Vaughn
Bud Vye
Beth Walsh
Earl Warmolts
Ted Zeh
Pedal Pushers and Coastbusters Win RABA Team Time Trial
by Ron Corio

The Pedal Pushers, Wayne Flood, Jim Peterson, Tom Alley, and Matt Satterwhite, won the men’s division of RABA’s 2013 four-person Team Time Trial (TTT) on August 26, and the Coastbusters, Mike Moore, Kim Moore, Rick Babin, and Mark Francis, the mixed division. The Pedal Pushers averaged 24.60 mph and the Coastbusters 23.56 over the 13.2 mile course.

The fastest time, however, was recorded by the men’s team RBS +1, that was minus one when Jeff Moulton could not ride due to illness. The remaining three members: Bill Battle, Rich Shurtz, and Ed Baumgardner averaged 26.74 mph.

A last minute tire puncture did in the Richmond Rockets and the FSR/Harem team withdrew.

Staging, starting, and timing the event was done by Dave Bloor, Margaret Bloor, Carolyn Goble, and David Murray. Chuck Jajesnica, Gary Thabet, Sara Page, and David McMillan served as course and parking marshals. Garrie Rouse provided a lot for parking cars and did course reconnaissance.

The TTT Committee was Andrew Mann, Dave Bloor, Mike Moore, Wayne Flood, and Ron Corio.

Prizes were provided by Pedal Power Bicycles, located at 1904 Staples Mill Road in Richmond.

<table>
<thead>
<tr>
<th>Category</th>
<th>Team</th>
<th>Members</th>
<th>Average Age</th>
<th>Time</th>
<th>Average Speed (mph)</th>
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<tr>
<td>Men</td>
<td>RBS +1</td>
<td>Bill Battle</td>
<td>43.5</td>
<td>29.62</td>
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<td></td>
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<td>Rich Shurtz</td>
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<td></td>
<td></td>
<td>Ed Baumgardner</td>
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<tr>
<td>Men</td>
<td>Pedal Pushers</td>
<td>Wayne Flood</td>
<td>46</td>
<td>32.20</td>
<td>24.60</td>
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<td>Jim Peterson</td>
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<td></td>
<td></td>
<td>Tom Alley</td>
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<td></td>
<td></td>
<td>Matt Satterwhite</td>
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<tr>
<td>Men</td>
<td>Wheelman of the World</td>
<td>Andrew Mann</td>
<td>53</td>
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<td></td>
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<td>Jan Waldron</td>
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<td>Paul Martin</td>
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<td>Men</td>
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<td>John Summerville</td>
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<td>Jo Levine</td>
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<td>Tom Beuhler</td>
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<tr>
<td>Mixed</td>
<td>Coastbusters</td>
<td>Mike Moore</td>
<td>51</td>
<td>33.62</td>
<td>23.56</td>
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<td></td>
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<td>Kim Moore</td>
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<td>Rick Babin</td>
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<td>Frank Erdt</td>
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<td>Ken Robertson</td>
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<td>Susan Lipp</td>
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<td>Mixed</td>
<td>FSR/Harem</td>
<td>Mark Pye</td>
<td>55</td>
<td>Withdrew</td>
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<td>Sharon Leary</td>
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<td>Pam Webb</td>
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<td>Alan Hoff</td>
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The Pedaler 6 October, 2013

www.raba.org

Julie Appleby, Susan Douglas, and Beth Norton take a Coney Island break at Nathan's during last month's NYC Century!

Bikes for Kids 2013

Every year RABA raises money to purchase bicycles to donate to area county Christmas Mothers so they in turn can give them to kids less fortunate in our community.

With your support we can achieve our $12,000 goal of buying bikes, putting them together and delivering them to five area county Christmas Mothers.

You remember how much fun it was to find a bike next to the Christmas tree? Help us make that dream come true for some kids in need.

Any amount you can give helps. Large bikes for teenagers cost about $100, mid-size bikes $75 and small bikes $50.

Please give by going to the web site (http://www.raba.org/bikesforkids.html) and clicking the PayPal button at the bottom of the page.

October General Club Meeting

We'll have our October General Club Meeting at the Martins’ Community Room in the Cross Ridge Shopping Center on Wednesday, October 16. Mr. Jake Helmboldt, who is overseeing the City of Richmond’s Bicycle Master Plan, will be our speaker. We’ll have pizza and soft drinks starting at 6:30 PM with the program starting at 7:15 PM.

I look forward to seeing you at our general meeting or on a ride soon!

—Charlie

(Continued from page 1)

Soapbox...

(Continued from page 1)

Unfortunately, there are things that can happen during a ride to cause late returns such as flat tires or mechanical problems. If you do plan to ride in the evening, please be sure you have working blinkies and head lights as well as light / reflective clothing. Remember that you need to be more distracting on the road than the driver’s cell phone!

October General Club Meeting

We’ll have our October General Club Meeting at the Martins’ Community Room in the Cross Ridge Shopping Center on Wednesday, October 16. Mr. Jake Helmboldt, who is overseeing the City of Richmond’s Bicycle Master Plan, will be our speaker. We’ll have pizza and soft drinks starting at 6:30 PM with the program starting at 7:15 PM.

I look forward to seeing you at our general meeting or on a ride soon!

—Charlie

(Continued from page 1)

Re-Joining the RABA Message Board

by Kim Moore, Email Admin

If you have clicked on the “Unsubscribe” link at the bottom of every RABA message to stop receiving messages, it not only opts you out of the message board, but also places a block so that an administrator cannot re-add you to the message board as per the provisions in the CAN-SPAM Act of 2003 (http://www.infront.com/blogs/the-infront-blog/2011/12/27/the-can-spam-act-in-plain-english).

If you would now like to receive RABA messages, here is a list of steps to add yourself back to the RABA message service:

1. Go to www.raba.org
2. Go to the upper left hand corner and click on button that says “Login to Member Area”
3. Sign on - if you don't know your password, there are instructions on how to reset it
4. Once you get in, you will be taken to a page that says “Welcome to the Member's Area!”
5. Go down about 2/3 of the page to a section called “Members Area Functions”
6. Within that area, you will see “Message Boards” - click

(Continued on page 20)
Advocacy Report

by Bud Vye,
Bicycling Advocacy Director

Some trail construction progress to pass along this month, with gratitude to Jack Kauffman for his updates and photos. Jack's job takes him down to Jamestown on a daily basis, and though he usually uses I-64, he periodically takes Rt. 5 so he can see how the Cap Trail construction is progressing, thereby sparing me a hundred mile round trip. As you can tell from his photos, significant progress has been made on all three of the trail bridges the contractor has been working on. The one just a short distance east of Charles City Courthouse, across the road from the Parrish Hill Church, which is the longest and highest bridge on the trail, looks to be almost complete, as are the two shorter ones further to the east near Sherwood Forest Plantation.

All the way to the west, at the Richmond end, we see a lot of work in progress at Shiplock Park, with a 100 yard spur of the Trail recently paved all the way to the downstream lock gate. Still some work to be done on the project, but the ribbon cutting with Mayor Jones and dignitaries has been scheduled for Tuesday, Oct. 15 at 2 p.m. Come on down and swell the crowd to see what the new Trailhead looks like.

Meanwhile, up in Northside, it looks like they are getting close to paving time on the upper end of the Cannon Run Trail. You can catch a good look at the project at Brookland Park Boulevard & Richmond-Henrico Turnpike, or by following the detour signs down to the corner of Fourquerean & Richmond-Henrico Turnpike. You can be sure that I'll give you an invitation to join me and go down and ride on it, as soon as this segment is completed.

Another date to get on your calendar, particularly for Henrico residents, is Thursday evening, Oct.10th, from 5 to 7 p.m. at the Varina Elementary School on New Market Rd., just west of the shopping center where Portabella's is located. This will be the public presentation and discussion of the Park Phase of the Capital Trail. Several alignments were considered to get the trail past I-295 and its exits to Rt. 5. Eventually it was decided to swing north on Henrico Parks & Recreation property on the east side of 295, then through an existing high culvert that carries 4 Mile Creek under the Interstate, continuing along the creek a short distance, and then turning south to come back down on the west side of Doran Rd. until turning and continuing west on the north side of Rt 5. While the main Trail does that, a spur will continue northwesterly into Dorey Park. Sounds like an excellent plan to me. Be there if you can, to support it, particularly if you are a Henrico resident, since that county has not been particularly supportive of the project in its earlier stages.

Another meeting that may have been held by the time you read this is being jointly sponsored by the Partnership for Smarter Growth and Sports Backers' BikeWalk RVA, with formal support from RABA. “A Look into the Richmond Re-

(Continued on page 8)
And, a Distracted Driving Summit just concluded at the Westin Hotel on 9/19, at which Champe Burnley and I staffed a booth in the Exhibit Hall for the Virginia Bicycling Federation. When I first heard of the event, I was skeptical that there would be enough interest and content to fill an entire day long Conference. That turned out to be a mistake on my part, as the event was sold out, the Exhibit Hall was full, and the Program was varied and well attended.

A Keynote speech by the Director of the National Transportation Safety Board (where we learned that Distracted Driving didn't occur only on the highways, but had shown up in incidents with Airline pilots, Railroad engineers, and Tugboat skippers). A panel devoted to Research being done on the topic, with academics from Kansas U., U of Washington, VA Tech, and U of Michigan. Findings are showing a long list of Distracting activities are being done while driving, far beyond just cell phones ---- Eating, Shaving, Reading, Putting on Make Up, Changing radio stations and CD's, but by far and away the activity that causes the most accidents is Texting. Now a primary offense in this state, but still being widely done.

An interesting panel on Law Enforcement, chaired by Steven Flaherty, our Superintendent of State Police. I had met him a number of times, but never had heard him speak. He's an excellent speaker, very knowledgeable, articulate, personable, and interesting. His panel included several officers who concluded that few tickets were being written since it was very difficult to differentiate between whether a driver is texting or just keying a cell phone number or seeking directions on a GPS device.

An officer from Illinois told an interesting story of how they had officers dressed as panhandlers standing in a median, who would approach the driver of a car stopped when the light was red so they could get a good look, and then write them a ticket if they determined they were texting. Now that's sneaky! And evidently very effective.

Another panel with Legislators who were the leaders of the successful effort to get Texting made a primary offense. They are now moving ahead to try to get hand held cell phone usage also made illegal, which they feel will be more difficult, but will eventually come to pass.

All in all, an excellent Conference and very encouraging to see so much interest, from far beyond the cycling community, in trying to get the problem under control. There seemed to be agreement that a culture change was the only way to solve the problem, starting at the Elementary School level. They cited the changes in attitude about drinking and driving, and fastening seat belts, that had occurred over the years as evidence that progress could be made here, also, but that it might take a generation to do it.

(Continued from page 7)

RABA Grant Awarded to Partnership for Smarter Growth (PSG)

by Ron Corio

A RABA Grant of $400 was awarded to the Partnership for Smarter Growth (PSG), a non-profit in the Richmond region addressing where and how the region grows. PSG’s mission is to educate and engage the communities in the Richmond region to work together to improve the quality of life by guiding where and how we grow.

The RABA Grant helped fund an educational forum held on September 26, 2013 titled “A Look into the Richmond Region’s Bike Future,” co-sponsored by PSG and Bike Walk RVA, a program of the Sports Backers. With this event, the co-sponsors sought to bring lessons learned on bicycle and pedestrian planning from the Arlington/Washington D.C. region to the Richmond region. The forum, which was held in the Science Museum of Virginia featured Jim Sebastian, Manager of the Active Transportation Branch of the Washington, D.C. Department of Transportation as the keynote speaker.

In their grant application, PSG said “the grant will allow PSG to maximize the impact of this event on a wide and varied audience and spark a deeper discussion of the value of bicycling in the Richmond region and policy and infrastructure improvements that will promote it as a safe and viable means of transportation and recreation.”

The RABA Grant program, supported by funds raised by the Heart of Virginia Bike Festival and membership dues, awards grants of up to $1000 in support of bicycle-related programs, projects, and events sponsored or offered by governments, organizations, and individuals in the City of Richmond and surrounding counties.

Previous RABA Grants awarded this year include $1000 to the Neighborhood Resource Center in the Greater Fulton area for the installation of bike racks and $840 to the Virginia Bicycling Federation for construction costs at the Bicycle Skills Park on Belle Isle in Richmond.
Bikejournal Notes
by Ron Corio

As of September 17, 2013, Club RABA on Bikejournal had 300 members, 257 of whom logged 376,439 to date. This is just 23,561 miles short of the goal of 400,000 miles this year. RABA remained in first place for clubs on Bikejournal, 11,276 miles ahead of Australian Cycling Forums.

<table>
<thead>
<tr>
<th>Rank</th>
<th>Club</th>
<th>Riders / Members</th>
<th>Location</th>
<th>Distance (miles)</th>
<th>Distance/Rider (miles)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Richmond Area Bicycling Assoc...</td>
<td>267 / 300</td>
<td>Richmond, VA</td>
<td>376,439</td>
<td>1,455</td>
</tr>
<tr>
<td>2</td>
<td>Australian Cycling Forums</td>
<td>136 / 290</td>
<td>Australia</td>
<td>255,163 (-111,276)</td>
<td>1,950</td>
</tr>
<tr>
<td>3</td>
<td>Space City Cycling Club</td>
<td>96 / 268</td>
<td>Houston, TX</td>
<td>235,124 (-140,315)</td>
<td>2,460</td>
</tr>
<tr>
<td>4</td>
<td>BentRider Recumbent Club</td>
<td>114 / 119</td>
<td>International</td>
<td>229,048 (-147,391)</td>
<td>2,009</td>
</tr>
<tr>
<td>5</td>
<td>Phoenix Metro Bicycle Club</td>
<td>67 / 90</td>
<td>Tempe, AZ</td>
<td>210,937 (-165,501)</td>
<td>3,575</td>
</tr>
<tr>
<td>6</td>
<td>yACF</td>
<td>41 / 168</td>
<td>The Interweb</td>
<td>114,645 (-261,754)</td>
<td>2,796</td>
</tr>
<tr>
<td>7</td>
<td>Middle Georgia Cyclists</td>
<td>48 / 49</td>
<td>Cochran, GA</td>
<td>112,273 (-263,166)</td>
<td>2,360</td>
</tr>
<tr>
<td>8</td>
<td>Sacramento Bike Hikers</td>
<td>52 / 82</td>
<td>Sacramento, CA</td>
<td>111,175 (-265,260)</td>
<td>2,138</td>
</tr>
<tr>
<td>9</td>
<td>Commuter Cycling Century</td>
<td>49 / 177</td>
<td></td>
<td>92,287 (-204,152)</td>
<td>1,883</td>
</tr>
<tr>
<td>10</td>
<td>Memphis Hightailors</td>
<td>46 / 176</td>
<td>Memphis, TN</td>
<td>89,445 (-268,994)</td>
<td>1,944</td>
</tr>
</tbody>
</table>

RABA Miles. On September 17, it took 4600 miles in order to be in the top ten. Toano, in first place was close to 12,000 miles and JimL in second place was over 8000 miles. In third place was DanC2006 with over 7000 miles.
RABA has rides scheduled every day of the year, even in winter. On most days there is more than one. In the spring and fall, the amount of daylight affect the starting times of the after-work rides.

So, how can you quickly keep up with what’s going on? In the Pedaler and on the web site traditionally there has been a distinguishing between the recurring weekly rides and rides that only take place once a month, usually on a Saturday or a Sunday.

Though the information about the rides and their starting time is accurate and accessible, it makes sense to package and present it more conveniently.


Near the bottom left of the page see the list of rides and starting times for the current date. Click the button indicated in blue and you’ll see the rides and starting times for the following day. In both cases, clicking the following “Info…” button brings up a page with the complete information for each of the day’s rides.

You can also see what’s going on for the entire month by looking at a calendar view of the schedule. It’s located at http://www.raba.org/ride-calendar.php. You can access this page from the home page by clicking the links indicated in red. The menu bar is on all of the site’s pages so if you click the “Ride Schedules” button, pick the pull-down menu’s “Month Ride Calendar” option to go to the calendar.

The ride calendar looks like the image to the left. The (Continued on page 11)
What’s Going on Today?...

(Continued from page 10)

rides and starting times are shown for each day along with a link to the complete ride listing (see the image at the bottom of the page).

The drop-down lists above the calendar itself allow you to display scheduled rides for future months or years. Members could look at available dates at any time, notify one the Ride Directors about a ride they’d like to lead and have it added to the calendar.

For example, the current calendar for November, 2013 (http://www.raba.org/ride-calendar.php?month=11&year=2013) shows the recurring weekly rides that usually start each November. If you want to lead a different one, either weekly or monthly, just pick a date and let Jim Venning or Joan Putney know. They’ll pass the info along and it’ll show up on the schedule.

You can pick any date for any month in the future. Want to do something in December, January, February, later? I’m pretty sure Jim or Joan will be...

(Continued on page 20)
Bike Shops Offering RABA Member Discounts

- **Pedal Power Bicycles**, Broad St./Staples Mill Rd (former Rowletts location), 10% discount.
- **Conte's of Richmond**, 4300 Pouncey Tract, Ste H, Glen Allen, VA 23060, 15% discount.
- **3Sports**, 6241 River Road Road, Richmond and at West Broad Village, 10% discount on apparel, bike shoes, parts, but it does not apply to labor. Complete bikes are 5%.

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

Get a membership “card” by following the steps here.

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

Thanks to our 2013 Heart of Virginia Sponsors!

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

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.
Note: www.raba.org and here for the complete Pace Key Tables
October, 2013 Monthly Rides

(Continued from page 13)

C 8:45 am 54 4 one Chuck Jajesnica, 543-8967, cervelo55@verizon.net

Description: Meet at Jamestown High School (3761 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 on Surry and Isle of Wight County roads, the group will have lunch at the Smithfield Station on the Pagan River. The return route will pass by Bacon’s Castle and Chippokes State Park to Scotland Wharf for the return trip on the ferry. Chuck will lead a "no drop" group that will stay together during the ride. This is a joint ride for RABA and Williamsburg Area Bicyclists.

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 intersection of Route 5 and Eagle Way. Allow about 1 hour and 10 minutes of driving time from Richmond.

October 12 (Saturday)  South To Sussex Court House

Pace  Time  Miles  Terrain  Stops  Leader
C+  9 am  39  4  one  Jack Huber, 282-3872, jhuber1111@yahoo.com
C  9 am  39  4  one  Chuck Jajesnica, 543-8967, cervelo55@verizon.net

Description: Meet in Waverly for a ride on the flat lightly traveled country roads of Sussex County to historic Sussex Court House. Rest stop at Thornton’s General Store in the middle of the route. Chuck will lead a "no drop" group that will stay together during the ride. This is a joint ride for RABA and Williamsburg Area Bicyclists. Riders are invited to have lunch together at Giuseppi’s in Waverly after the ride.

Directions: The starting point is the parking lot behind the now closed La Hacienda restaurant (101 S County Drive Waverly, Va 23890) at the corner of Routes 460 and 40 (Main Street) in the town of Waverly. From Richmond take I-95 or I-295 to Route 460 east (toward Norfolk).

October 13 (Sunday)  Columbia to Scottsville Loop

Pace  Time  Miles  Terrain  Stops  Leader
A  9 am  64  2  One  Jimmy Denoon, 370-6252, delaniewdeno@verizon.net
B+  9 am  41  2  One  Barry Pullen, 561-3950, pullen_39@yahoo.com

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

Directions: Meet in the town of Columbia, which is 36 miles westward on Patterson Ave./Rt 6, past the Parham Rd./Patterson Ave intersection. Park at the Columbia Corner Market (1 St James St, Columbia, VA 23038) or along Route 6.

October 14 (Monday)  Columbus Day - Bud Vye - Bottom’s Up

Pace  Time  Miles  Terrain  Stops  Leader
B  10 am  30ish  4  one  Barry Pullen, 561-3950, pullen_39@yahoo.com
C  30ish  4  one  Bruce Walton, altonway@gmail.com

Description: The group will gather in the Holocaust Museum parking lot for a casual ride into the Varina area of eastern Henrico County and back, with a photo op just after the start of the ride at the bench installed in honor of Bud Vye on the Cap2Cap Trail. Lunch after the ride will be at Bottom’s Up Pizza.

Directions: The Virginia Holocaust Museum is at 2000 East Cary Street, just east of Shockoe Bottom.

October 20 (Sunday)  Skinquarter Bow Tie

Pace  Time  Miles  Terrain  Stops  Leader
C+  9 am  40  3  One  Sara Page, 804-819-0168, saral.gray@gmail.com

Description: This is a retry of August’s Sweat Your Butt Off ride and January’s Freeze Your Butt Off ride, but since it’s October, it is doubtful we will either sweat or freeze our butts off. In honor of the (very rough) shape it makes on the map, the route gets a new name that won't tie it to the weather. The group will leave Woolridge Elementary School and explore the beautiful countryside of Chesterfield and Powhatan counties. We will meander the rural roads between routes 360 and 60 without riding on either one (crossing for the store stop doesn't count). Other paces are welcome and will form at the start. The cue sheet will be sent via email prior to the ride.

Directions: The ride will leave from Woolridge Elementary School in Woodlake. The school is located at 5401 Timber Bluff Parkway, Midlothian.

From the north or west take the Powhite Parkway south to where it ends at the traffic light at Charter Colony Parkway (VA 754).

(Continued on page 15)
October, 2013 Monthly Rides

(Continued from page 14)

- Turn left on Charter Colony Parkway and go 0.8 miles to the traffic light at Genito (VA 604).
- Turn right onto Genito and go 2.2 miles crossing the Swift Creek Reservoir to the traffic light at Woolridge Road.
- Turn left on Woolridge and go 1.3 miles to Timber Bluff Parkway.
- Turn left on Timber Bluff Parkway and you’ll find the school on your left immediately after you turn.

October 20 (Sunday) Blue Ridge Parkway

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>7 am</td>
<td>32</td>
<td>2</td>
<td>None</td>
<td>Richard Garyantes, 852-4826, <a href="mailto:rcgaryantes@comcast.net">rcgaryantes@comcast.net</a></td>
</tr>
</tbody>
</table>

**Description:** Meet at 7 am at the park-and-ride at the Rockville-Manakin exit on Interstate 64 to consolidate vehicles for the drive to exit 99 at Afton Mountain. Park at the old hotel and head south for an out-and-back on the parkway. The ride is largely self-directed, so Gary’s distance and pace is just a suggestion. The best suggestion he has is lunch on the way home at Devil’s Backbone or Blue Mountain Brewery.

October 20 (Sunday) Washington’s Rock Creek Park & Capitol Crescent Trail

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>D</td>
<td>10 am</td>
<td>varies</td>
<td>3</td>
<td>multiple</td>
<td>Bud Vye, 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, after touring that Memorial, we’ll head up Rock Creek Drive to the National Zoo, where the Halloween decorations should be in place. Then on up Beach Road to the top of Rock Creek Park, where we will pick up the Georgetown Branch Trail and ride it over to lunch in Bethesda. Then it’s all downhill on the Capitol Crescent Trail to a brief stretch along the Potomac alongside the C & O Towpath to see what is happening at the Georgetown Marina, and back to the start. If we should have time, we might stop over 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 I wouldn’t recommend a tandem. 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 the “Mixing Bowl” at Springfield, and then straight ahead on I-395 about 8 miles. After you pass the Glebe Rd./Shirlington exit and come up the hill, stay to the right and take the exit marked Rt. 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. We are a week before the Marine Corps Marathon this year, so should not run into the road closures that have given us some challenges in getting to our starting point in the past.

October 26 (Saturday) Adopt-a-Highway Trash Pick Up and Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>8:15 am</td>
<td>varies</td>
<td>3</td>
<td>One</td>
<td>Bud Vye, 262-9544</td>
</tr>
</tbody>
</table>

**Description:** Our last pick up was in June, and the segment does not appear to have been badly trashed since then, so we should be able to make short work (70 minutes or less) of the pick up if we have a good turnout. As usual, the club will treat the pickers to coffee and a bagel at Ashland Coffee after we complete the pickup, following which the pickers who wish to do so will ride. Don't forget your long trousers and gloves. We've got the rest of the equipment you’ll need.

**Directions:** Meet at the south end of RABA’s adopted highway segment, which is on Rt. 626 just across the RR tracks from the Elmont Market, at the intersection of Elmont Rd. & Old Elmont Rd., Ashland, VA 23005 on the ABC route.

October 27 (Sunday) Frog Level Metric and McBryant Corner

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>9 am</td>
<td>62</td>
<td>3</td>
<td>Two</td>
<td>Wayne Flood, 787-0388, <a href="mailto:sept1flood@comcast.net">sept1flood@comcast.net</a></td>
</tr>
<tr>
<td>B+</td>
<td>9 am</td>
<td>62</td>
<td>3</td>
<td>Two</td>
<td>Jim Lee, 332-1274, <a href="mailto:jamesmleeone@gmail.com">jamesmleeone@gmail.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>9 am</td>
<td>46</td>
<td>3</td>
<td>One</td>
<td>Jeanne Minnix, 594-0842, <a href="mailto:minnix1@verizon.net">minnix1@verizon.net</a></td>
</tr>
<tr>
<td>B</td>
<td>9 am</td>
<td>46</td>
<td>3</td>
<td>One</td>
<td>Deb Anderson, 412-417-2987, <a href="mailto:DYAO624@gmail.com">DYAO624@gmail.com</a></td>
</tr>
</tbody>
</table>

**Description:** If you liked the Heart of Virginia metric century, here’s your chance to do it again. If that was a bit much for you, Jeanne Minnix and Deb Anderson have shorter version that includes the beginning and end of that ride at Hanover Courthouse. Cue sheets and maps for the metric and the McBryant Corner routes are on the RABA website.

**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.
Ride Director (Weekly Road Rides): Jim Venning, 550-7250, jalisvenn@gmail.com

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

Ride Leaders: Please submit 2013 Weekly Ride sign-up sheets to Jim Venning, 9136 Fox Hill Race Court, Mechanicsville, VA 23116.

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

### Sunday (Note: Time Change)

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

Description: Meet at the Powhatan County Courthouse on Route 13. There are many nice rides from the Court House, mostly with good scenery and low traffic. The ride leaders will select a route that will be at least 30 miles with a longer option usually available. There may be no store stops. Maps and cue sheets will be available for those wishing to ride at their own pace. If the weather is doubtful, call the leaders to confirm if they will be riding.

### Sunday Portabella Ride

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

Leaders:
- Oct. 6 Marshall Brown pedal2themedal@comcast.net
- Oct. 13 Chuck Jajesnica cervelo55@verizon.net
- Oct. 20 Randy Rosemond velosalsaman@aol.com
- Oct. 27 Ron Corio rcorio@vcu.edu

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

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

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

### Mondays with Mary

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

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

### Start the Week at West Creek

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

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

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

### Chesterfield County 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>5:30 pm</td>
<td>25</td>
<td>3</td>
<td>None</td>
<td>See below</td>
</tr>
<tr>
<td>B/B+</td>
<td>5:30 pm</td>
<td>25</td>
<td>3</td>
<td>None</td>
<td>Douglas Macauley, <a href="mailto:ddmacauley@comcast.net">ddmacauley@comcast.net</a></td>
</tr>
</tbody>
</table>

(Continued on page 17)
October, 2013 Weekly Rides

Description: Come ride on some smooth, scenic, and generally little traveled back roads in Chesterfield County. I will be leading an aspiring B+ group pace (i.e., in the low 16s). We don’t have any riders designated other paces (please contact me if interested). Maps will be available to those wishing to ride at their own pace. The ride will be cancelled if there is a high probability of rain so check your email if the weather is questionable.

Directions: The ride leaves from the Clover Hill Athletic Complex on Genito Road. The Clover Hill Athletic Complex is 4.4 miles west of the intersection of Charter Colony and Genito. We will meet in the parking lot.

Tuesdays at Rockville

Description: Please join us for a great ride through western Hanover, Goochland, and eastern Louisa. We leave from what is popularly referred to as the “Rockville Little League Fields”. Cue sheets are always available. Often, we divide into more than one group as both faster and slower riders attend. The ride varies weekly and on the day before each ride, I send out a message on the club email list announcing the distance and other particulars of the ride.

Directions: Headed west from Richmond, take the Rockville/Manakin exit off of I-64. Go right at the top of the ramp onto Route 623 toward Ashland. Turn left at the first stoplight onto Pouncey Tract Rd. The little league fields are 3.8 miles to the left. The address is 17347 Pouncey Tract Road.

Portabella Ride

Description: This ride begins at the parking lot behind Portabella Ristorante at 2627 New Market Road in the Varina Food Lion Shopping Center and follows various routes on a network of relatively flat roads. Click on the route links below for the cue sheet. Print and bring a copy to the ride.


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

Directions: Portabella Ristorante is located at 2627 New Market Road (Route 5). Park in the lot behind the building (see note above).

Hanover Courthouse After Work Ride

Description: The route varies from week-to-week with all routes starting and ending at the Hanover Government Center (i.e., (Continued on page 18)
October, 2013 Weekly Rides

(Continued from page 17)

Hanover Courthouse) parking lot. All routes include a climb up either Bleak Hill or Mount Gideon. Each route offers multiple distance options. The slower pace groups ride one of the shorter options and the faster pace groups ride one of the longer options so that everyone finishes around the same time. The pace groups are spaced out at the ride start to avoid large groups of cyclists on the road. The routes for this month are:

<table>
<thead>
<tr>
<th>Date</th>
<th>Start Time</th>
<th>Route</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 1</td>
<td>5:15 pm</td>
<td>Mt. Gideon Options – 19, 24, 31 or 36 and GPX file</td>
<td>Marty's Grill</td>
</tr>
<tr>
<td>Oct. 8</td>
<td>5:15 pm</td>
<td>River Road Options – 18, 24, 29 or 33 and GPX file</td>
<td>Marty's Grill</td>
</tr>
<tr>
<td>Oct. 15</td>
<td>5:00 pm</td>
<td>Mt. Gideon Options – 19, 24, 31 or 36 and GPX file</td>
<td>Marty's Grill</td>
</tr>
<tr>
<td>Oct. 22</td>
<td>5:00 pm</td>
<td>River Road Options – 18, 24, 29 or 33 and GPX file</td>
<td>Marty's Grill</td>
</tr>
<tr>
<td>Oct. 29</td>
<td>5:00 pm</td>
<td>Mt. Gideon Options – 19, 24, 31 or 36 and GPX file</td>
<td>Marty's Grill</td>
</tr>
</tbody>
</table>

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

Last minutes changes, including weather related cancelations, are announced on the RABA email list. New members and those just getting started (or re-started) with cycling are encouraged to come out. After the ride, everyone who is interested has dinner at a local restaurant (cycling clothes are fine for dinner).

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>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>10 am</td>
<td>25 to 40</td>
<td>Varies</td>
<td>Varies</td>
<td>Barry Pullen, 561-3950</td>
</tr>
<tr>
<td>C</td>
<td>10 am</td>
<td>25 to 40</td>
<td>Varies</td>
<td>Varies</td>
<td>Bud Vye, 262-9544</td>
</tr>
</tbody>
</table>

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

Wednesday Endorphin Fitness Wednesday Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Various</td>
<td>6 pm</td>
<td>30</td>
<td>3</td>
<td>None</td>
<td>Andy Welch (804) 741-1599</td>
</tr>
</tbody>
</table>

Description: The ride starts at Endorphin Fitness and heads out toward River Road and into beautiful Goochland horse country before looping back to the start. Total distance approx 30 miles. All ride paces are welcome. Please bring plenty of fluid and food with you as there are no store stops on the loop. Parking will be in the Endorphin Fitness parking lot. The ride is here.

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

Wednesday Ashland Dinner Club

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>7 pm</td>
<td>20</td>
<td>5</td>
<td>None</td>
<td>Bill Britton, 804-347-5114, <a href="mailto:billbritton@comcast.net">billbritton@comcast.net</a></td>
</tr>
</tbody>
</table>

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

Note: The ADC is a nighttime ride and is not recommended for novice riders. You must be comfortable with group riding and be confident with your bike handling skills. Adequate lights, blinkies and reflective clothing are absolutely mandatory.

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

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

(Continued on page 19)
### October, 2013 Weekly Rides

(Continued from page 18)

<table>
<thead>
<tr>
<th>Thursday</th>
<th>Unemployed Cyclists Ride</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pace</strong></td>
<td><strong>Time</strong></td>
</tr>
<tr>
<td>B/B+</td>
<td>9 am</td>
</tr>
</tbody>
</table>

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

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

<table>
<thead>
<tr>
<th>Thursday (Note: Start Time Change)</th>
<th>Crump Park Options</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pace</strong></td>
<td><strong>Time</strong></td>
</tr>
<tr>
<td>A+</td>
<td>See below</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>A</td>
<td>See below</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>B+</td>
<td>See below</td>
</tr>
</tbody>
</table>

**Starting Times:**
- Oct 3 and Oct. 10- 5:15 pm
- Oct. 17, Oct 24 & Oct. 31- 5:00 pm

**Description:** This evening ride features multiple distances beginning in Henrico county progressing through Ashland and western Hanover County. We have prepared cue sheets of 4 distances on roads familiar to all RABA riders. The shortest ride is 24 miles and basically flat. The longest is 38 miles and ascends 3 Sisters, Rocketts Mill, and Horseshoe. Each week the ride leaders will choose the distance for their group. The cue sheet is here.

**Directions:** To get to the start, 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 parking lot at the rear of the park.

<table>
<thead>
<tr>
<th>Thursday</th>
<th>BDR (Before Dinner Ride)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pace</strong></td>
<td><strong>Time</strong></td>
</tr>
<tr>
<td>B/B+</td>
<td>See below</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Starting Times:**
- Oct 3 and Oct. 10- 5:15 pm
- Oct. 17, Oct 24 & Oct. 31- 5:00 pm

**Description:** This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. The twenty mile route follows the ABC route which is almost flat to Ashland and back to Laurel Park Shopping Center. Longer routes have a few hills. This ride is open to all cyclists and is generally relaxed pace. Due to the possibility of returning in low light, each rider should have a working headlight and a rear blinkie. After the ride join your fellow riders for dinner at Maria’s or another local restaurant.

**Directions:** Laurel Park Shopping Center (9500 Woodman Rd, Richmond, VA 23228) at Hungary and Woodman Roads

<table>
<thead>
<tr>
<th>Friday</th>
<th>Fridays at Hylas</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pace</strong></td>
<td><strong>Time</strong></td>
</tr>
<tr>
<td>A/B++</td>
<td>9 am</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.

<table>
<thead>
<tr>
<th>Saturday</th>
<th>Endorphin Fitness Saturday Ride</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pace</strong></td>
<td><strong>Time</strong></td>
</tr>
<tr>
<td>Various</td>
<td>8 am</td>
</tr>
</tbody>
</table>

**Description:** The ride starts at Endorphin Fitness and heads out toward River Road and into beautiful Goochland horse coun-

(Continued on page 20)
try before looping back to the start. All ride paces are welcome. Please bring plenty of fluid and food with you as there are no store stops on the loop. Parking will be in the Endorphin Fitness parking lot. The ride is here.

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

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

**The Ashland Breakfast Club (ABC)**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>8:00-</td>
<td>20 to</td>
<td>5</td>
<td>Some</td>
<td>Oct. 5- Stan Goldman</td>
</tr>
<tr>
<td></td>
<td>8:30 am</td>
<td>50+</td>
<td></td>
<td></td>
<td>Oct. 12- Charlie Thomas</td>
</tr>
</tbody>
</table>

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

Riders may join the ride leader's group or form a group of their own based on preferred pace and distance. Unlike most RABA rides, this ride does not have a group start. Riders may sign the ride sheet and depart anytime 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 Centerville Saturday Ride– Food Lion

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

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

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

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**What's Going on Today? ...**

(Continued from page 11)

happy to have you stake a claim. Just let them know.

This will help address the desires of members who wanted to see the schedules being put together. It will make it easier to spread out a variety of rides around the Richmond area and avoid having multiple similar rides scheduled on the same day or weekend.

It should also cut down on the need for some of the ride announcement e-mails. You can see from the September listing that the calendar takes the changing start times and the ending of rides into account. The only schedule notification necessary that should be necessary is one that says a ride is cancelled or rescheduled for weather or other reasons.

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**Re-Joining the RABA List...**

(Continued from page 6)

on that link

7. It will show you a page with a table where the "RABA" board is listed, you will also see column headers "Opt-in" and "Daily Digest"  
8. To add yourself back to the message board, select the little box inside the "Opt-in" column, beside the "RABA" name  
9. You should start receiving messages from RABA members within 24 hours.

If you have difficulty with these steps or you are still not receiving emails after opting-in, please contact me at [luvs2cycle@yahoo.com](mailto:luvs2cycle@yahoo.com).
The Ride and Event Calendar later in the Pedaler Plus contains an abbreviated version of the following table. It only includes the information in the first three columns.

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

### Road Ride Pace Key

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

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