Get It While You Can!

It’s time to apply the Janis Joplin principle -- Get it while you can -- to our cycling.

One of the great things about the Richmond area is that there is typically a 60-degree weekend in even the coldest months of the year. That’s the optimistic view of course. Some months, being able to enjoy a comfortable ride even one weekend a month is a real treat.

Those months are coming, but October combines moderate temperatures and low humidity like no other month. That’s not to mention the deep blue skies and fall colors along the way. So remember that the cold, wet day is the aberration in October and look past it to the next sunny day, even if it might be shorter than you would like.

Looking back, the 2014 edition of the Heart of Virginia was a great day for those riders fast enough to get back to the finish before the gray sky that threatened all morning finally opened up. The temperature was low enough to compensate for the high humidity, and the rolling hills on the way to the Caroline County rest stop gave way to the wonderful roll home from Penola Road. OK, there’s nothing wonderful about that hill on Mount Vernon Church Road unless you’re a true climbing masochist.

The number of registered riders was down a bit from the previous two years, and it appeared that more than a few of those potential riders paid too much attention to the weather forecast and decided that staying dry outweighed the cost of the ride. Their loss. I was involved just enough in the preparation for the event to be truly impressed with how much work goes into it. I’m reluctant to recognize a few people who played a significant role in making it work because so many more people had a hand in it, but Keith Van Inwegen was our century chair, Kim Moore coordinated dozens of volunteers, and

(Continued on page 8)
Bikes for Kids 2014

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 goal of buying 250 bikes and helmets, putting them together and delivering them to area 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 Donate (via PayPal) button at the bottom of the page.

Remember that contributions (make any checks payable to the RABA Foundation) are tax deductible this year.
H

Hear and Seen
Around the Club
by Bud Vye

Still in disbelief about the untimely death of Larry Skalak at the age of 61 on September 3rd. Champe Burnley and I, Hugh & Laura Aaron, Alan Cooper, Bob Gore, Ben Yeatts, and Deana Sun comprised the contingent representing RABA at his Memorial Service on September 12 at the Williamsburg Memorial Chapel, right across the road from Jamestown High School. A beautiful and very moving service with a big turnout, which more than half filled the huge Chapel.

Learned a lot we hadn’t known about Larry, some of which made the circumstances even harder to believe. A long career as an Adventurer, but not getting involved with bicycling until 2006, after he had a hip replacement. Early on, he had been a sailor on the Great Lakes, and his first great adventure, while still in his 20’s, was to sail his 25 foot sloop solo from the Great Lakes all the way to St. Thomas in the Virgin Islands. He then became an avid hiker, completing a number of the country’s well known Trails and ascending a number of well known peaks. After taking up cycling, he had ridden more than 80,000 miles, including several rides all the way across the U.S. 15,325 of those miles were in 2013, which made him RABA’s highest mileage rider for that year, a record that won’t soon be surpassed.

On this occasion, he was setting out to do the Adventure Cycling Assn.’s 1500 mile Western Express route from San Francisco to Boulder, CO. Contacting a friend who lived in Mountain View, CA. with whom he had ridden previously, Larry shipped his bike to that town and the friend (who was only available to ride with him on the first day of the ride) started the trip with him. On the first major climb (but certainly not one of great difficulty for a rider of Larry’s strength and experience) Larry got off his bike, telling his friend that he wasn’t feeling well, and collapsed. As I told the friend after the service, it was a terrible experience for him to have to go through, but I was glad that it happened while he was there, rather than later in the ride, when Larry would have been riding alone, to which the friend agreed.

As a fitting memorial to Larry, in lieu of flowers his family has suggested that contributions be made to the Williamsburg Area Bicyclists, P.O. Box 2222, Williamsburg, 23187 to establish a bench on the Capital Trail in his honor, or to the RABA Foundation Bikes for Kids Fund at www.RABA.org. Rest in Peace, Larry! We’ll miss you and doubt that we will see an Adventurer of your magnitude come through here again for many a year, if ever.

Later that day we were right into the Heart of Virginia, which went very smoothly, and I thought was a real artistic success, even though some of us were disappointed that the turnout was not a bit higher. Check in at the Bon Secours/Redskins Training Center had lots of parking and went without a hitch, as did the morning check in at Hanover CH. The glass instead of the Tee Shirt seemed to be well received. The Fife & Drum Corps again added a very nice touch to the start of the event. The changes in the course eliminated the confusion of previous years, although a very few still managed to get off course. The Rest Stops were well handled by both the Brain Injury Assn. & RABA volunteers.

Although the weather looked iffy, the rain held off until after we were finished, except for a few scattered areas of showers at certain points around the course. Back at the finish, the varied menu provided by the caterer was well received and I heard good comments about the food from all I talked to. No major mishaps with the riders, and the few lesser ones were quickly communicated and handled by the SAG patrols. All in all, a very successful event, for which all of the many who contributed should be proud, and special thanks above all to Kim Moore for an excellent job of recruiting and assigning the volunteers and keeping track of all the details. If you haven’t already seen them, here is the link to Alan Cooper’s photos from the event ---- https://www.flickr.com/photos/alancooper/sets/72157647612765865

Other happenings in what I think may be the busiest month of the year on the RABA calendar ----

A beautiful day for the rides and covered dish picnic afterward, again wonderfully hosted by Suzanne & Dee Nuckols on Labor Day. I particularly enjoyed talking to Dave Eliot, who is a surgeon who has done a couple of tours with Doctors Without Borders (one of my very favorite charities) in South Sudan and Jordan (I hadn’t realized that there were so many Syrian refugees in that country) and who is considering going to Africa to help out with the Ebola epidemic. Dave is one of my heroes and I’m very proud of him.

Had a chance to catch up with Jerry Hefele at Ashland Coffee who reported that his San Francisco to Virginia Beach Bicycle Adventure Club trip took 70 days, and went very smoothly with only a couple of days of rain.

As I write this, Barry & Martha Pullen are on another BAC trip, this one involving flying to Vienna to pick up their rental bikes. Then taking their bikes on the train up the Danube to Ulm, Germany where they are riding back down along the Danube to Vienna. We’ll get a report and some pictures upon their return, as we will from Paul Silverstein upon his return from his trip in Provance, and from Dick Hilliard & Dee Nuckols who are hiking out in the Grand Canyon area.

And word from John Clarke out in Lacey WA, that he continues to receive hospice care but, even with a congestive heart condition, continues to get out several times a week to ride his trike a mile or two on the adjacent Chehalis Western Trail. Keep it going John! You’re the only person I’ve known to still be riding at 94, no less while in Hospice care. I’m impressed and inspired.

Had a big day with Bruce Walton out at the Field Day of the Past on Sept.20, and promptly ran into Jeff Ault riding his high wheel Penny Farthing through the heavy crowds on the not so smooth and not so flat roads through the grounds. Very much impressed with how big this event has gotten, as in many respects it has become bigger than the State Fair.

(Continued on page 5)
Thank You, Heart of Virginia Volunteers!

By Kim Moore

Months of planning. Hours of meetings. Last minute scrambles. Triple-checking to-do lists. Doing three-four-five jobs at once. Early morning wake-ups. Loading, setting up and moving equipment. Giving strangers lots of smiles, hand-shakes and claps. Showing up and staying at jobs even when raining. What do all of these things have in common? These are some of the many things the Heart of Virginia volunteers did at this year’s Heart of Virginia Bike Festival. Whether 20 or 700 cyclists participate, we need many, many volunteers to provide the operational support and safe conditions on event day. We simply could not hold this event and raise money for our supported charities without the hard work and long hours put in by the following individuals from RABA and the Brain Injury Association of Virginia:

- Jason Aileo
- Theresa Alonso
- Lee Andrews
- Cathy Archer
- Breanne Armbrust
- Debbie Ashworth
- Christine Baggini
- Bradley Barr
- John Bennett
- Margaret Bloor
- Ann Burdick
- Amy Burket
- Kevin Campbell
- Darcy Carroll
- Steven Carter-Lovejoy
- Anne Chazal
- Beth Coskley
- Jim Cobb
- Theresa Conti
- Alan Cooper
- Maureen Cooper
- Graham Copeland
- Ron Corio
- Chip Coutts
- Dee Couvelha
- Colette Creamer
- Jean Creamer
- Lela Creamer
- Harry Davis
- Cindy Evans
- Michele Faison
- Lois Farrell
- Kelli Gary
- Amy George
- Jo Ann Gordon
- Karl Gordon
- Robert Gore
- Richard Halle
- Steve Hicks
- Vicki Hicks
- Gregg Hillmar
- Michelle Hoekstra
- Chuck Jajesnica
- Brian Keller
- Gayle King
- Andrew Mann
- Marvin Mason
- Anne McDonnell
- John McDowell
- Peggy Merritt
- Kharis Messaoudi
- Ron Miller
- Sue Molnar
- Mike Moore
- Monica Nichols
- Sheela Nimishakavi
- Konrad Orta
- James Peterson
- Joan Putney
- Daniel Riddle
- Gabriel Scala
- Lynn Scott
- John Senn
- Barbara Seymour
- Pen Shiflett
- D.Timothy Shirt
- Debra Shirt
- Jonathan Shirt
- Joshua Shirt
- Carl Smith
- Henry Smith
- Russ Starke
- Ellyn Sukonick
- Steve Sukonick
- Charlie Thomas
- Keith Van Inwegen
- Carl Virgin
- Bud Vye
- Jan Waldron
- Mary Wallace
- Beth Walsh
- Anna Warmolts
- Earl Warmolts
- Lee Wiles
- Kelci Wiley
- Kyle Wiley
- Ray Williams
- Ted Zeh

If your name was accidentally left off this list, please contact me at luvs2cycle@yahoo.com so that you can be acknowledged in another appreciation article. Volunteers will be invited to a volunteer recognition social later in the year.

The 2015 Heart of Virginia will be on Saturday, September 12, one week before the UCI World Cycling Championships descend into Richmond for one week of spectacular racing by the planet’s top male and female pro riders. We hope that you will consider being a part of the fun and giving back to cycling spirit by volunteering in RABA’s biggest fundraising event!
Bikejournal Club Stats on September 21, 2014:
As of September 21, 2014, 253 RABA riders logged 427,258 miles for an average of 1,625 miles per rider to remain in first place among Bikejournal clubs. RABA’s margin over second place club, Space City Cycling of Houston, was 194,752 miles.

RABA Leader Board on September 21, 2014

1. Harry Davis 8479
2. Paula Dahl 8367
3. Bob Gore 7690
4. Karl Schmitz 6891
5. Dee Nuckols 5976
6. Jim Lee 5875
7. Larry Skalak 5420
8. Tom Wyatt 5371
9. Jim Denoon 4865
10. Mike Moore 4864

Heard and Seen...

(Continued from page 3)
Jeff reported that Dawn wasn’t on the grounds, as she had taken their two kids, now ten and eight, to another event, but that they were doing fine. He also stated that he had seen Archie Marks there the day before, as he’s still involved heavily in the restoration of vintage Fords (and the Field Day features a great collection of vintage cars, most of which are in beautiful condition). Archie apparently is hanging in there as he now battles leukemia.

Latest posting I’ve seen from John Dawson shows him rock climbing in California, although it’s difficult to keep up with him as he is constantly on the move pursuing the things on his bucket list before old age catches up to him. Keep it going, John!

And a near miss to report from the Northern Neck Ride, as Frank Thomas is clipped by the mirror on a passing vehicle, but not seriously injured. So much for three foot passing!

And Bill Whitworth is reported to require some serious stitches in one leg as he is bitten by a pit bull on a ride in Western Hanover. I’ll report further details as I receive them.

Everyone who can make it should have Wednesday, October 15 on their calendars, as we are trying to get all hands down there to Charles City Court House, wearing your RABA jerseys, for a 9 a.m. ride down the Sherwood Forest segment of the Capital Trail, and back for the official opening of the segment at 11 by First Lady McAuliffe. If you’ve been down on Rt. 5 recently, you’ve probably noticed that the contractors have kicked it into a higher gear, and work is progressing on both the New Market Heights and Varina segments, as well as the finishing touches being done on the Sherwood Forest. Less than a year to go now before the 2015 Worlds, and there’s still some work to do if it’s to be complete by then, so here’s hoping they can get it done!
2014 Heart of Virginia Bike Festival

Photos by Alan Cooper
2014 Heart of Virginia Bike Festival Sponsors

Presenting Sponsor
Bon Secours Richmond Health System

Heart of Virginia Sponsor
Poole & Poole Architecture

Hanover Sponsor
Edward Jones®

Bike Sponsor
Ashland Coffee & Tea

The Fifes and Drums of York Town
Established 1976

Sports Backers

Keith Fabry

Diamond Springs
Soapbox...

(Charlie Thomas kept track of riders and sent sag drivers to those who needed help, Bud Vye directed traffic and attended to administrative details, and Cindy Evans headed up registration.

Looking forward, many of the proceeds from the event will go to Bikes for Kids to supplement the tax-deductible donations that many of you have made. If you haven’t made one, it’s easy and convenient to do so on the club’s website. RABA members typically assemble upwards of 200 bikes on the first Saturday in November, a day that always enhances the camaraderie of the club.

Further down the road, we have a volunteer-recognition event in the works at the Capital Ale House in November and the club’s annual meeting in December. Watch the message board and The Pedaler for details as we get closer to those occasions.

-Alan Cooper

Bike Shops Offering RABA Member Discounts

- Pedal Power Bicycles, Broad St./Staples Mill Rd (former Rowlets 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%.
- Molly’s Bicycle Shop, 2126 E. Hundred Rd, Chester, VA 23834, 10 percent discount on parts and accessories, 5 percent discount on bikes other than Felt.

Note: If anyone knows of any other bike shops that offer RABA members a discount, please contact Alan Cooper at alanhecooper@yahoo.com.

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

CLASSIFIEDS NOW EXCLUSIVELY at www.raba.org

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

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.
October, 2014 Monthly Rides

Ride Director (Monthly Road Rides): Kim Moore, 804-358-0935, luvs2cycle@yahoo.com

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

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

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

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

<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>
</tr>
<tr>
<td>5</td>
<td>Few/Gentle</td>
</tr>
<tr>
<td>MB</td>
<td>Mountain bike/off road</td>
</tr>
</tbody>
</table>

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

October 4 (Saturday)  RATS/RABA Dorey Park 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>A</td>
<td>9 am</td>
<td>32/43</td>
<td>3</td>
<td>1</td>
<td>TBD</td>
</tr>
<tr>
<td>B+</td>
<td>9 am</td>
<td>32</td>
<td>3</td>
<td>1</td>
<td>TBD</td>
</tr>
<tr>
<td>B</td>
<td>9 am</td>
<td>32</td>
<td>3</td>
<td>1</td>
<td>Jinx Lucas and Paul Walaskay 338-1838; <a href="mailto:jinxl@verizon.net">jinxl@verizon.net</a></td>
</tr>
<tr>
<td>C</td>
<td>9 am</td>
<td>23/32</td>
<td>3</td>
<td>1</td>
<td>TBD</td>
</tr>
</tbody>
</table>

Description and Directions: Join the RATS (Richmond Area Tandem Society) for a ride through eastern Henrico County from Dorey Park (2999 Darbytown Rd, Henrico, VA 23231) to the Horizon Store. Two mileage options — 23 or 32, with an optional 11 mile extension. Meet at the rear of the first parking lot on the left.

Lunch will follow at a restaurant to be determined.

October 4 (Saturday)  Cap to Cap 50 and Hogtoberfest

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B/B+</td>
<td>9:30 am</td>
<td>50</td>
<td>3</td>
<td>1</td>
<td>Coleen Moore, <a href="mailto:coleenmoore4@msn.com">coleenmoore4@msn.com</a></td>
</tr>
</tbody>
</table>

Description: Please join Coleen on Saturday morning for a re-do of the 2014 Cap to Cap Route-50 Miles. The group will try to stay together as much as possible; however, this is not a no drop ride so please bring a cue sheet with you. She will have a few printed copies with me. Bring: Helmet, water and snacks.

Other pace hosts are welcome. If you’re interested, please let her know.

After the ride, we will head over to Church Hill for bbq, brews and bands at Hogtoberfest.


Packing/Departing/Returning: Rockett’s Landing 5000 Old Osborne Turnpike, Richmond, VA 23231. Meet in the public parking lot across from Conch Republic.

October 5 (Sunday)  Spring Run/Beach Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>7:30 am</td>
<td>55</td>
<td>3</td>
<td>One</td>
<td>Kris Van Allen, <a href="mailto:krislva@hotmail.com">krislva@hotmail.com</a></td>
</tr>
</tbody>
</table>

Description and Directions: Meet at the VDOT parking lot at the intersection of Beach and Spring Run Roads in Chesterfield. The ride will go through the Spring Run, Beach and Woodpecker Road areas of Chesterfield County.

(Continued on page 10)
**October, 2014 Monthly Rides**

### October 5 (Sunday)  Jamestown Ferry to Smithfield Lunch Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C+</td>
<td>8:45 am</td>
<td>54</td>
<td></td>
<td>3</td>
<td>one 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 (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. After lunch there will be an optional stop at the ice cream parlor on Main Street in Smithfield. The return route will pass by Bacon’s Castle and Chippokes State Park to Scotland Wharf on the way to the ferry. 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 11 (Saturday)  South to Sussex Court House

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C+</td>
<td>9:30 am</td>
<td>39</td>
<td></td>
<td>4</td>
<td>one Jack Huber, 804-282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
</tbody>
</table>

**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 cycling friendly Thornton’s General Store in the middle of the route. Jack will lead a C+ pace group, but maps and cue sheets will be available for those wishing to ride faster. This is a joint ride for RABA and Williamsburg Area Bicyclists. Riders are invited to have lunch together at Giuseppi’s in Waverly after the ride.

**Directions:** The starting point is the parking lot behind the closed La Hacienda restaurant (101 S County Drive, Waverly, VA 23890) at the corner of Routes 460 and 40 (Main Street) in the town of Waverly. From Richmond take I-95 or I-295 to Route 460 east (toward Norfolk). Please watch your speed as you drive on Route 460 and especially in the town of Waverly. Speed limits are strictly enforced.

### October 12 (Sunday)  Spring Run/Beach Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>7:30 am</td>
<td>47</td>
<td></td>
<td>3</td>
<td>One Kris Van Allen, <a href="mailto:krislva@hotmail.com">krislva@hotmail.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** Meet at the VDOT parking lot at the intersection of Beach and Spring Run Roads in Chesterfield. The ride will go through the Spring Run, Beach and Woodpecker Road areas of Chesterfield County.

### October 12 (Sunday)  Ashland Area Ramble

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>2 pm</td>
<td>28</td>
<td></td>
<td>3</td>
<td>None Gregg Hillmar, 804.683.2503, <a href="mailto:bike@hillmardesign.com">bike@hillmardesign.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** Meet Gregg at the parking lot behind Duncan Memorial Church on the Randolph-Macon College Campus. 205 Henry Street, Ashland 23005. It’s a block and a half north of Rt 54, a block east of the train tracks. Wheels rolling at 2pm. He’s still riding what has been referred to as a “killer B” pace, (16-17mph average- faster than a B, slower than most B+), and would welcome other pace leaders. Cue sheets provided; gpx available upon request. There are restrooms available at the start/finish, but no store stops planned. The planned route runs south and east of Ashland, then returns. Some hills similar to the usual rides to/from Ashland.

### October 15 (Wednesday)  Capital Trail Ribbon Cutting Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>9 am</td>
<td>25+/-</td>
<td>4</td>
<td>None</td>
<td>None Bud Vye, 262-9544</td>
</tr>
</tbody>
</table>

**Description:** Join the RABA Retirees and the Williamsburg Area Bicyclists for a ride on the just completed Sherwood Forest segment of the Virginia Capital Trail down to the Chickahominy River Park and back (25 miles), returning in time to participate in the official opening of the segment which will be marked by a ribbon cutting by Virginia First Lady McAuliffe at 11 am.

All paces welcome. If you are running late, you may turn around prior to the Park, in order to return in time for the ceremony. Following the ceremony, we will have lunch at Cul’s Courthouse Grill. Wear your RABA jersey, as we will try to outnumber those from the Williamsburg Club.

**Directions:** Meet at the parking lot at Charles City Courthouse, 10780 Courthouse Road, Charles City, VA 23030. From Rich-
October, 2014 Monthly Rides

(Continued from page 10)

mond take I-295 to Exit 22A and follow Route 5 East for approximately 19.5 miles to Charles City Courthouse; or take I-64 to Exit 214 (Providence Forge), turn right on Route 155 (Courthouse Road) and go south approximately 11.5 miles to Charles City Courthouse.

**October 16 (Thursday)**

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

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

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

**October 18 (Saturday)**

<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>10:30 am</td>
<td>35-40</td>
<td>3</td>
<td>One</td>
<td>Andrew Mann, 266-9048, <a href="mailto:rabamann@aol.com">rabamann@aol.com</a></td>
</tr>
<tr>
<td>B</td>
<td>10:30 am</td>
<td>35-40</td>
<td>3</td>
<td>One</td>
<td>Ed Hellermann, <a href="mailto:ed.hellermann@gmail.com">ed.hellermann@gmail.com</a></td>
</tr>
</tbody>
</table>

**Description:** Join us for a cruise around the scenic back roads of Charles City County. This is a joint ride for RABA, Williamsburg Area Bicyclists (WAB) and Richmond Area Tandem Society (RATS). The route starts at the historic Charles City Courthouse, loops through Ruthville, then heads west to the Malvern Hill battlefield before returning to Charles City. Less than two miles of the ride is on Route 5. There will be store stops at the Horizon store on Charles City Road, and at Colonial Mart on Roxbury Road. After the ride join the group for lunch at Cul's Courthouse Grill in Charles City.

**Directions:** Meet at the parking lot at Charles City Courthouse, 10780 Courthouse Road, Charles City, VA 23030. From Richmond take I-295 to Exit 22A and follow Route 5 East for approximately 19.5 miles to Charles City Courthouse; or take I-64 to Exit 214 (Providence Forge), turn right on Route 155 (Courthouse Road) and go south approximately 11.5 miles to Charles City Courthouse.

**October 18 (Saturday)**

<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>41</td>
<td>4</td>
<td>Two</td>
<td>Reed &amp; Karen Nester, 757-869-2949, <a href="mailto:reednester@gmail.com">reednester@gmail.com</a></td>
</tr>
<tr>
<td>C+</td>
<td>9 am</td>
<td>41</td>
<td>4</td>
<td>Two</td>
<td>Jack Huber, 804-282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
</tbody>
</table>

**Description:** Tour de COTU-2. You are invited to meet at the "Center of the Universe" Brewery for a group ride through the rolling hills of Hanover County in support of 'Bikes for Kids' charity and enjoy post-ride beer(s) at the brewery! Website: www.cotubrewing.com.

**Directions:** Center of the Universe Brewery, 11293 Air Park Rd, Ashland, VA 23005

**October 19 (Sunday)**

<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>8 am</td>
<td>47</td>
<td>3</td>
<td>One</td>
<td>Kris Van Allen, <a href="mailto:krislv@hotmail.com">krislv@hotmail.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** Meet at the VDOT parking lot at the intersection of Beach and Spring Run Roads in Chesterfield. The ride will go through the Spring Run, Beach and Woodpecker Road areas of Chesterfield County.

**October 25 (Saturday)**

<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.

(Continued on page 12)
# October, 2014 Monthly Rides

## October 25 (Saturday)

**Cul's Courthouse Grille Lunch Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>10 am</td>
<td>40/50+</td>
<td></td>
<td>Two</td>
<td>Rich Thompson, 757-291-2548, <a href="mailto:lemondrdr@gmail.com">lemondrdr@gmail.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** Rich Thompson invites you to join him for a beautiful Fall ride from the Jamestown Settlement Parking in Williamsburg, VA lot (2110 Jamestown Rd, Williamsburg, VA 23185) to Cul's Courthouse Grille in Charles City County for lunch. If fully completed as advertised the ride will be on the VA Capital Trail for an out and back 40+ mile ride. If for some unforeseen reason that the VA Capital is Not Completed by the date of ride, Rich will reroute the ride to Cul's Courthouse Grille off of the trail via the beautiful low vehicle country roads of Wilcox Neck and Glebe for a 50+ mile round trip ride. To confirm your spot on this beautiful Fall ride please contact Rich by NO LATER THAN 12 PM on Friday, October 24th so that he can confirm seating at Cul's Courthouse Grille.

## October 26 (Sunday)

**Spring Run/Beach Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>8 am</td>
<td>47</td>
<td></td>
<td>One</td>
<td>Kris Van Allen, <a href="mailto:krislva@hotmail.com">krislva@hotmail.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** Meet at the VDOT parking lot at the intersection of Beach and Spring Run Roads in Chesterfield. The ride will go through the Spring Run, Beach and Woodpecker Road areas of Chesterfield County.

## October 26 (Sunday)

**Ashland Area Ramble**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>2 pm</td>
<td>28</td>
<td></td>
<td>None</td>
<td>Gregg Hillmar, 804.683.2503, <a href="mailto:bike@hillmardesign.com">bike@hillmardesign.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** Meet Gregg at the parking lot behind Duncan Memorial Church on the Randolph-Macon College Campus. 205 Henry Street, Ashland 23005. It's a block and a half north of Rt 54, a block east of the train tracks. Wheels rolling at 2pm. He's still riding what has been referred to as a "killer B" pace, (16-17mph average- faster than a B, slower than most B+), and would welcome other pace leaders. Cue sheets provided; gpx available upon request. There are restrooms available at the start/finish, but no store stops planned. The planned route runs south and east of Ashland, then returns. Some hills similar to the usual rides to/from Ashland.

## November 1 (Saturday)

**Pumpkin Pie Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C+</td>
<td>9:30 am</td>
<td>38</td>
<td>5</td>
<td>One</td>
<td>Jack Huber, 282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
</tbody>
</table>

**Description:** The ride will start in Waverly and head north through the forests, fields and swamps of Sussex and Surry Counties. There will be a special rest stop hosted by Surry County’s Watermelon Lady at her home. Don't expect watermelon this time, but something more fitting for November: homemade pumpkin pie and church basement coffee! Maps and cue sheets will be available for those wishing to ride slower or faster than a the C+ pace. This is a joint ride with the Williamsburg Area Cyclists. After the ride all participants are invited to have lunch together at Giuseppe's on Main Street in Waverly.

**Directions:** Meet at the parking lot behind the former La Hacienda restaurant (101 S County Drive, Waverly, VA 23890) at the corner of Routes 460 and 40 in the town of Waverly. From Richmond take I-95 or I-295 to Route 460 east (toward Norfolk). Please watch your speed as you enter Waverly by car - the speed limits are strictly enforced.
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

**October, 2014 Weekly Rides**

Sunday (Note: Start Time Change!)  
Powhatan Courthouse

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>1 pm</td>
<td>30-45</td>
<td>3</td>
<td>4</td>
<td>Barry and Martha Pullen, 561-3950</td>
</tr>
<tr>
<td>B</td>
<td>1 pm</td>
<td>30-45</td>
<td>3</td>
<td>4</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 (Note: Start Time Change!)  
Sunday Portabella Ride

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

**Leaders:**
- Oct 05  Noah Kaatz , Noahk5270@yahoo.com
- Oct 12  David McMillan, mcmillanmail@comcast.net
- Oct 19  Ken Robertson, robertson12001@comcast.net
- Oct 26  Marshall Brown , pedal2themedal@comcast.net

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

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

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

Monday  
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.

Monday  
New Kent Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C+</td>
<td>9 am</td>
<td>30-40</td>
<td>3</td>
<td>Varies</td>
<td>Deana Sun, <a href="mailto:MaElDsun@aol.com">MaElDsun@aol.com</a></td>
</tr>
</tbody>
</table>

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

Monday  
Prince George Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B/B+</td>
<td>5:15 pm</td>
<td>25-35</td>
<td>3</td>
<td>None</td>
<td>Chip England, <a href="mailto:cbe89usma@verizon.net">cbe89usma@verizon.net</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** Ride departs weekly on Mondays at 5:30 pm from the CCAM parking lot (West Quaker and Wells Station Roads). It’s a mostly level rural ride with a few gentle hills. Route option distances average between 25 to 35 miles. It’s currently at a B to B+ pace with other paces welcome to form. Contact Chip England at cbe89usma@verizon.net with questions.

(Continued on page 14)
### Monday
#### Start the Week at West Creek

**Pace** | **Time** | **Miles** | **Terrain** | **Stops** | **Leader**
--- | --- | --- | --- | --- | ---
Varies | 6 pm | 6-30 | many | Chris Cook, 804-512-8207 chrisck@aol.com

**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.

### Monday
#### Chesterfield County Ride

**Pace** | **Time** | **Miles** | **Terrain** | **Stops** | **Leader**
--- | --- | --- | --- | --- | ---
A | 5:30 pm | 25 | 3 | None | See below
B+ | 5:30 pm | 25 | 3 | None | Douglas Macauley, ddmacauley@comcast.net

**Description:** Come ride on some smooth, and scenic back roads in Chesterfield County. Only 4 stop signs. I will be leading an aspiring A-/B+ group pace. We don’t have any riders designated other paces (please contact me if interested!) but I will insure that no one is left behind! 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. Please note that on the first Monday of each month I will not lead but use the cue sheet for self guided ride.

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

### Tuesday
#### Tuesdays at Rockville

**Pace** | **Time** | **Miles** | **Terrain** | **Stops** | **Leader**
--- | --- | --- | --- | --- | ---
A++ | See below | Varies | 3 | None | Matt Satterwhite, 357-7490, giantbls@comcast.net
B+ | 9 am | 33 to 62 | 3 | One | Dee Nuckols, 382-6744, sdnuckols@yahoo.com
Dick Hilliard, 273-6578, rhilliard1@verizon.net

**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.

### Tuesday
#### Portabella Ride

**Pace** | **Time** | **Miles** | **Terrain** | **Stops** | **Leader**
--- | --- | --- | --- | --- | ---
Various | 5 pm | Various | 4 | None | Ken Robertson and/or Dave McMillan

**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 Tuesday, 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 several routes from 19-33 miles are available at [http://raba.org/cuemap.php?rname=&start=7](http://raba.org/cuemap.php?rname=&start=7). Print and bring your own cue sheet as none will be available at the ride.

**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.

### Tuesday
#### Hanover Courthouse After Work Ride

**Pace** | **Time** | **Miles** | **Terrain** | **Stops** | **Leader**
--- | --- | --- | --- | --- | ---
A++ | See below | Varies | 3 | None | Matt Satterwhite, 357-7490, giantbls@comcast.net
Wayne Flood, 641-0556, sept1flood@comcast.net
Rick Whittington, 363-4861, rick@rickwhittington.com
Ken Kolb, 357-6076, kwkolb@verizon.net
Andrew Mann, 266-9048, rabamann@aol.com

(Continued on page 15)
The route varies from week to week with routes with multiple mileage options starting and ending at the Hanover Government Center (i.e., Hanover Courthouse) parking lot. The slower pace groups will ride one of the shorter options and the faster pace groups will ride one of the longer options so that everyone finishes around the same time. The pace group leaders will announce the mileage for their group at the ride start. The pace groups will be spaced out at the ride start to avoid large groups of cyclists on the road.

**Important Safety Note:** This ride is often very well attended which creates the potential for large pace groups. Large pace groups tend to yo-yo increasing the likelihood of wheel bumps. Also, large pace groups are frustrating to motorists trying to get home from work on curvy country roads. That can result in frustrated drivers passing in an unsafe manner. Consequently, the ride leaders may group riders into smaller groups at the ride start in order to minimize large pace groups. Please cooperate with the ride leaders if they ask you to break into a smaller group. Also, do not regroup at stops if that will result in a large pace group. Pace groups should be no larger than 6 to 10 riders. Groups of less than 6 are preferred. 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. 7</td>
<td>5:15 pm</td>
<td>Dabneys Mill Options – 21, 22, 28 or 33 and GPX file</td>
<td>Center of the Universe Brewery</td>
</tr>
<tr>
<td>Oct. 14</td>
<td>5 pm</td>
<td>River Road Options – 18, 24, 29 or 33 and GPX file</td>
<td>Center of the Universe Brewery</td>
</tr>
<tr>
<td>Oct 21</td>
<td>5 pm</td>
<td>Mt. Gideon Options – 19, 24, 31 or 36 and GPX file</td>
<td>Center of the Universe Brewery</td>
</tr>
<tr>
<td>Oct. 28</td>
<td>5 pm</td>
<td>Dabneys Mill Options – 21, 22, 28 or 33 and GPX file</td>
<td>Center of the Universe Brewery</td>
</tr>
</tbody>
</table>

Paper cue sheets are not provided. You should print your own cue sheet prior to coming to the ride. 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 (7497 County Complex Road, Hanover, VA 23069) on US Route 301 at just south of the intersection of Routes 54 and 301.

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**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.

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**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.

---

**Thursday Unemployed Cyclists Ride**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B/B+</td>
<td>9 am</td>
<td>varies</td>
<td>3</td>
<td>Varies</td>
<td>Jerry McGuinn, 291-8468, <a href="mailto:jerrymcguinn@gmail.com">jerrymcguinn@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Bob Gore, 804 370-9906, <a href="mailto:gorerm0715@gmail.com">gorerm0715@gmail.com</a></td>
</tr>
</tbody>
</table>

(Continued on page 16)
The Pedaler

October, 2014 Weekly Rides

(Continued from page 15)

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.

Thursday

West End Manakin Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B/B+</td>
<td>See below</td>
<td>28/30</td>
<td>3</td>
<td>None</td>
<td>Mike Dieter, 804-314-6616; <a href="mailto:Godieter@aol.com">Godieter@aol.com</a>,</td>
</tr>
</tbody>
</table>

Start Times:
- Oct. 2 and Oct. 9: 5:15 pm
- Oct. 16, Oct. 23, & Oct. 30: 5 pm

Description: Enjoy a ride with lots of rolling hills, a few climbs, and nice scenery in eastern Goochland and western Hanover. We will start with shorter options until daylight allows us to do the 29 and 30 mile options. The 30 mile option includes a mile climb on Patterson Avenue at the end of the ride, the 29 mile option avoids this climb. This is a great way to get your legs in shape quick! Remember your blinkie.

Directions: Meet at Dover Baptist Church, 635 Manakin Road, Manakin-Sabot, VA. Take Patterson Avenue (Route 6) west. Once you pass the traffic light at the intersection of Patterson/Lauderdale in western Henrico, continue west on Patterson approximately 4.6 miles. Turn right on Manakin Road (Route 621) which is just after the fire station. Go about ½ mile on Manakin Road to Dover Baptist Church which is on the right. The church has asked us to park on the right hand side of the parking lot, as far away from the church as possible.

Thursday

BDR (Before Dinner Ride)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B/B+</td>
<td>See below</td>
<td>20-30</td>
<td>3</td>
<td>None</td>
<td>Gary Thabet, 402-9105, <a href="mailto:gethabet@gmail.com">gethabet@gmail.com</a>,</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Gregg Hillmar, 683-2503, <a href="mailto:bike@hillmardesign.com">bike@hillmardesign.com</a>,</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>David McMillan, 337-2710, <a href="mailto:mcmillanmail@comcast.net">mcmillanmail@comcast.net</a>,</td>
</tr>
</tbody>
</table>

Start Times:
- Oct. 2 and Oct. 9: 5:15 pm
- Oct. 16, Oct. 23, & Oct. 30: 5 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. Leaders will make sure that no one is dropped from their group, regrouping as often as needed. This ride is open to all cyclists. 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.

Thursday

Crump Park Options

<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>See below</td>
<td>24-38</td>
<td>2-4</td>
<td>None</td>
<td>Mike Moore, 358-0395; <a href="mailto:mike_moore@yahoo.com">mike_moore@yahoo.com</a>,</td>
</tr>
<tr>
<td>A+</td>
<td>See below</td>
<td>24-38</td>
<td>2-4</td>
<td>None</td>
<td>Jeff Nicklas 833-5382; <a href="mailto:jnicklas@shoneysofrichmond.com">jnicklas@shoneysofrichmond.com</a>,</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Jan Waldron; <a href="mailto:alienaardvark@gmail.com">alienaardvark@gmail.com</a>,</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Kim Moore, 358-0395; <a href="mailto:luvs2cycle@yahoo.com">luvs2cycle@yahoo.com</a>,</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Nick Morgan 912-0363; <a href="mailto:mrgn.nick@gmail.com">mrgn.nick@gmail.com</a>,</td>
</tr>
<tr>
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<td></td>
<td></td>
<td></td>
<td>Dave Murray; 804-240-0891; <a href="mailto:dmurrayva@gmail.com">dmurrayva@gmail.com</a>,</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Self led</td>
</tr>
</tbody>
</table>

Start Times:
- Oct. 2 and Oct. 9: 5:15 pm
- Oct. 16, Oct. 23, & Oct. 30: 5 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

(Continued on page 17)
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>East End Black Creek Ride</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pace</td>
<td>Time</td>
</tr>
<tr>
<td>A+</td>
<td>5:15 pm</td>
</tr>
<tr>
<td>B+/B</td>
<td>5:15 pm</td>
</tr>
</tbody>
</table>

Description: This Leader led evening ride features an A and B/B+ pace cruise through eastern Hanover and New Kent Counties. The 32 mile cue sheet is here. The 28 mile cue sheet is here.

Directions to Black Creek Baptist Church, 6289 McClellan Rd., Mechanicsville, VA 23111. From I-64, take exit 197B (Highland Springs, Rte.156N) onto Airport Drive (Rte. 156N), continue through 2 lights, over Rte 295, bear right at Market Rd. (Rte. 630), continue and bear right again on Fox Hunter Lane at Black Creek Country Store. Next, turn left on McClellan Rd. (Rte. 628). The Church is about 2 miles on the left. Use parking lot on north side of the church.

<table>
<thead>
<tr>
<th>Friday</th>
<th>Fridays at Hylas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pace</td>
<td>Time</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, 8:00-8:30 AM</th>
<th>The Ashland Breakfast Club (ABC)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pace</td>
<td>Time</td>
</tr>
<tr>
<td>Varies</td>
<td>8:00-</td>
</tr>
<tr>
<td></td>
<td>8:30 am</td>
</tr>
</tbody>
</table>

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

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

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

<table>
<thead>
<tr>
<th>Saturday</th>
<th>Centerville Saturday Ride–Food Lion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pace</td>
<td>Time</td>
</tr>
<tr>
<td>B+</td>
<td>9 am</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.
The Ride and Event Calendar later in the Pedaler Plus contains an abbreviated version of the following table. It only includes the information in the first three columns.

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

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

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