What a Month!

September has been a heck of a month for cycling in the area, both for RABA and the cycling community at large! We’re still trying to catch our collective breath from the Heart of Virginia on September 12 and the UCI races last week.

RABA members were out in force for the Heart of Virginia, both as participants and as volunteers. More than 500 riders signed up. Great news for Bikes for Kids and our charitable partner the Brain Injury Association of Virginia. Though the early morning rain forced more than a few adjustments, the event went smoothly and the consensus seemed to give it a big “Thumbs Up!” Read Bud’s column and Kim’s article and see Alan Cooper’s pictures for more about the event. Thanks to everyone involved!

The UCI races were great. Lots of RABA members were seen among the crowds of spectators and many answered the call for volunteers to help in both visible and behind-the-scenes roles. A big thanks goes to member John Johnson who made his house along the race route on Church Hill available to RABA members to enjoy a prime vantage spot. The contributions raised there will also allow Bikes for Kids to help out more kids this year!

While all the big stuff was going on, the regular RABA ride schedule went on, evening rides starting ever earlier and some dropping off the calendar like autumn leaves as the days got shorter and shorter. Despite this, there’s still at least one ride scheduled every day of the week.

There’s a lot coming up. On the following pages you’ll be asked to “Save the Date” for the Bikes for Kids Assembly Party on November 7. Also in November, you’ll be able to go to a Bike Tune-Up Class and/or attend a Custom Bike Building lecture.

The Nominating Committee (Chair Alan Cooper, CJ Jackson, David McMillan, Beth Norton, and Edwin Sulc) is hard at work coming up with a list of nominations for the 2016 RABA Board. Talk with these folks!

There’s other stuff coming up too. Keep an eye out on your email box.
Bikes for Kids 2015

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 website (http://www.raba.org/2015-bikes-for-kids/) and clicking the PayPal “Donate” button at the bottom of the page.

Remember that contributions (make any checks payable to the RABA Foundation) are tax deductible this year. Also check if your employer has a donation matching program.

Save the Date!
Bikes for Kids Assembly Party
Saturday, November 7
Be ready to help assemble the bikes for the Bikes for Kids project. Watch your email for more details.

Table of Contents

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

2015 Board of Directors

President: Gregg Hillmar, bike@hillmardesign.com 804-683-2503
Vice President: Paul Johnson, Pauljohnson@hotmail.com 804-432-4010
Treasurer: Cindia Evans, cnevans@comcast.net 804-789-0511
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Ride Director (Monthly Road Rides): Kim Moore, luvs2cycle@yahoo.com 804-358-0935
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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 Jajesmina, cervelo55@verizon.net 804-543-8967
RABA Grants Committee Chair: Ron Corio, rcorio@vcu.edu 804-643-6452
RABA Apparel Chair: Gregg Hillmar, bike@hillmardesign.com 804-683-2503

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

Membership Information
Annual RABA Membership Dues are $20 per person (25 years of age or older), $25 per family consisting of one or two adults and all dependents under 18, or $10 per person (under 25 years of age). The term of membership is 12 months from the enrollment date. The Pedaler subscription is included.
Submit membership application or renewals online (http://www.raba.org/membership-x.html).
A couple more to add to the Injured List in the persons of Tom Norton who broke his ankle while riding on a camping trip and has missed this entire season of riding, and Ron Seachrest, who went down on one of the early morning rides and broke several ribs. Adding these to the ones I noted last month makes “The List” about as long as its ever been. Let’s be careful out there and see if we can keep from adding any more to it for a while.

Had a small turnout of 10 for our outing to the Kickers game on 9/5. Despite ending up in a 0-0 tie, it was an interesting and well played game and a good time seemed to be had by all, most of whom (Bruce Walton, Jeanne Minnix, Susan Douglas, Randy & Linda Shavis) were first timers at the ancient City Stadium and a pro soccer game. Greg Johns, the Waldrons and I, being soccer parents and grand parents had been there previously.

In discussing writer’s block, and how to combat it, some time ago with reporter Ned Oliver, his response was “nothing beats writer’s block better than a solid deadline!” With the World Championship Bike Races providing the solid deadline, the contractors on the Capital Trail project (which I have been working in support of for almost 20 years, and was afraid I wouldn’t live to see finished) suddenly shifted into high gear about three months ago and the project is now COMPLETE. The Park Phase, which takes the Trail off of Rt. 5 so it can go under I-295 along with Four Mile Creek and then comes back down to be along Rt. 5 again, has turned out to be the prettiest part of the entire Trail. Henrico county’s spur off the Park Phase up into Dorey Park is scheduled to start construction soon and when complete will be another really nice way to park your car and get onto the Trail. Very happy to have to confess that the contractors proved me, and a few others, wrong as I really didn’t think they were going to finish it by this month as recently as a couple of months ago. When the plastic Jersey Barriers were installed on Dock St. to fill the gap between Shiplock Park and the Intermediate Terminal, that did it, well prior to the official ribbon cutting on October 2. Nice write up on the Trail in the just released “Discover Richmond” supplement of the Times Dispatch with a photo of Jack Huber on pg. 105 leading a RABA group on a section that had been completed earlier.

The immediate heavy use of the Trail really proves that “If you build it, they will come” but does mean that we will have to start paying attention to trail riders coming toward us (something we haven’t had much practice with, as we haven’t had any trails to ride on) and we’ve already had some incidents of riders forcing on coming riders off the trail. I did get a chuckle at seeing a ride on the just opened section of the Trail posted with an 18 mph pace on our web site. Don’t think we’ll be seeing too much of that, once the dog walkers and kids with training wheels and their parents get out there in full force.

Once again, Big Thank Yous in order to Suzanne & Dee Nuckols for hosting the Labor Day Rides and picnic at their home. A beautiful weather day and a big turnout on the 7th, including a number of members I hadn’t seen for some time. Had a chance to talk with Dave Elliot, one of my personal heroes, as he has previously done a hitch in Jordan working with Syrian refugees for my favorite charity, Doctors Without Borders. Asking him if he’s planning to go back out again, he replied affirmatively that he’ll soon be on his way to Nepal. Once again I told him how proud I am of him and his service.

Had an interesting experience on the 10th, as Champe Burnley and I and another fellow answered a request from AmTrak to bring our bikes to the Staples Mill station to participate in a training session for their baggage handling staff prior to their implementing their new policy of handling unboxed bikes in their baggage cars. For an additional charge of $20, you can now hand your bike up for them to rack in the baggage car, handing it back down to you when you reach your destination. The racking system works smoothly for the staff (and keeps the bikes from rattling around) and Champe is to commended for his persistence in pestering AmTrak to institute this service (again using the Worlds as a deadline for getting it started at this time).

The next night was the Memorial Service for Carrie Wortham at the Commonwealth Chapel on Old Hundred Rd. in Midlothian. Its a big place, and I would guess at least six or seven hundred were in attendance for a very moving service, with not a dry eye at the conclusion as we all sang “Amazing Grace” to the accompaniment of the bagpiper from VMI. Margaret & Dave Bloor took the news of this tragedy particularly hard, as Carrie was like one of the family to them, Margaret having taught her in Lower School, and Dave having coached her on the Track team in High School, at St. Catherines. Carrie’s untimely death is sparking a movement to see if we can get the legislature to stiffen up the Code in order to get Habitual Offenders, like the driver that killed her, off the road.

The next morning at 6 a.m. it was up to Hanover Courthouse for the Heart of Virginia. Registration stood at 509 (a one day record for the event) as Sheryl Finucane, Richard Halle, & I were directing parking for the early arrivals. At 7:10 began the predicted rain, coming down hard til about 8:15, causing some of our locals to stay at home, although registered, and some who were on the site to leave. It did stop shortly thereafter, however, permitting the Fife & Drum Corps, and Chairman Andrew Mann, to give a proper send off to the Century riders an hour late, at 8:30, and the shorter rides at intervals thereafter. Once on the road everyone experienced good riding conditions (except one of the groups on the Century who rode into a rain squall and had to take shelter in a farmer’s barn until it stopped) and the ride concluded with very few mishaps, none of a serious nature.

Despite the excellent cue sheets and a decent job of marking the turns, we did have our normal complement of riders doing extensions (“I must have missed the turn”) but I have come to expect that from the riders who just don’t seem to want to look at the cue sheet. Rest stops and food back at the tent seemed to be well received by the riders, and I would rate the event as a very successful one, despite the early wetness. Big thanks particularly to Chairman Andrew Mann, Volun-
Ashland Clunker Cruise
Sept. 19, 2015

Jeff Ault and the little people

The Start

The traveling sound system

Heard and Seen...

(Continued from page 3)

unteer Coordinator Kim Moore, Treasurer Cindy Evans, and
Community Dispatcher Charlie Thomas, as well as to the
lengthy list of Volunteers, for a job well done! Past Presi-
dent, and ace photographer, Alan Cooper was back in action
for this one, and the link to his photos is https://
www.flickr.com/photos/alanhooper/
albums/72157658589269665

Ashland again steps up as a Bike Friendly town with a
number of Bike Week events. First off was the free showing of
the classic bike movie “Breaking Away” at the Ashland Thea-
tre on the 18th. They’ve done a great job of sprucing up the old
theater, but had a sparse turnout for the movie, as my wife &
I and Don Eiler appeared to be the only RABA types in atten-
dance on the eve of the start of the Worlds. Neither Don nor I
had seen the film since back in the 80’s, and my wife had
never seen it, so we all enjoyed it.

The next evening, after viewing the first Practice Day for
the Worlds over in the Lewis Ginter/Lakeside Avenue area
and down on Broad St. by the Convention Center to see the
Start/Finish area, it was up to Ashland again for the Clunker
Cruise, at 5 p.m. Joel Street (now the bike mechanic at REI)
-founded this event about a decade ago when he was at the
Cobblestone bike shop in Ashland and it has become an an-
nual event. Jeff & Mitch Ault on their Penny Farthings; one
fellow I didn’t know riding one of the very first Safety Bikes,
vintage around 1888; Roy & Lissa Childrey, Greg Doggett,
Meade Anderson, all riding their clunkers, gave RABA a good
representation at the event, which was a ride of about 3 miles
around the town.

Tom Houff rode and then did a book signing for his 2nd
edition of “On Richmond’s Wheel”. With Deb Young now hav-
ing her book of “Cycling Adventures Along the Virginia Cap-
tal Trail” available and Emily Kimball’s latest book “A COT-
TON RAT FOR BREAKFAST: ADVENTURES IN MIDLIFE
AND BEYOND” hot off the press, we’ve got three authors in
our midst, all of whose efforts are worth checking out. Follow-
ing the ride, many of us went into “The Caboose”, right off the
Municipal Parking Lot, where they have set up a very nice
little restaurant, featuring a number of taps of local craft
beers at a bar made of one piece of beautiful white oak. This
place won’t be a secret for long, as word will quickly circulate
that it is a very nice addition to the Ashland scene.

As we go to press, we’re underway with the Worlds. Lots
of RABA types in evidence as Volunteers and spectators on
the Practice Day on the 19th; the Team Time Trials at Lewis
Ginter and Lakeside Avenue on the 20th; and the U23 Time
Trials at the turnaround at the Davis Monument on Monu-
ment Ave. on the 21st. Some of the other viewing points are
proving difficult for me to get close to by auto, but some
RABA types (Wayne Cox & Roy Childrey, in particular) and a
number of others are getting there by bicycle. Our RABA Cen-
tral at John Johnson’s house on Church Hill for the Road
Races on the 25, 26, & 27 is shaping up as a really memorable
RABA event, and I’m personally looking forward to it. Sounds
like a great way to watch the most exciting days of the Worlds
and surprised we haven’t yet got a full house signed up, as
the only members I know who are traveling during the
Worlds are the Pullens who are doing a bike trip between Pra-
gue and Poland. Many thanks to John Johnson for sharing
his historic home with us for this event!

(Continued from page 3)
Bikejournal Notes
by Ron Corio

RABA riders logged 380,339 miles year-to-date as of September 16 to remain in first place among Bikejournal clubs, 161,162 miles ahead of second-place Space City Cycling of Houston Texas. RABA’s average miles per rider of 1,769 was lowest among the top five clubs.

<table>
<thead>
<tr>
<th>Rank</th>
<th>Club</th>
<th>Num of Riders / Members</th>
<th>Location</th>
<th>Distance (miles)</th>
<th>Distance/Rider (miles)</th>
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<tr>
<td>1</td>
<td>Richmond Area Bicycling Associ...</td>
<td>215 / 248</td>
<td>Richmond, VA</td>
<td>380,339</td>
<td>1,769</td>
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<tr>
<td>2</td>
<td>Space City Cycling Club</td>
<td>90 / 180</td>
<td>Houston, TX</td>
<td>219,177 (-161,162)</td>
<td>2,435</td>
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<td>3</td>
<td>Sacramento Bike Hikers</td>
<td>75 / 147</td>
<td>Sacramento, CA</td>
<td>150,651 (-229,688)</td>
<td>2,009</td>
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<tr>
<td>4</td>
<td>'BentRider Recumbent Club</td>
<td>79 / 722</td>
<td>Tempe, AZ</td>
<td>146,614 (-233,725)</td>
<td>1,856</td>
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<tr>
<td>5</td>
<td>Phoenix Metro Bicycle Club</td>
<td>34 / 94</td>
<td></td>
<td>126,034 (-254,305)</td>
<td>3,707</td>
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RABA riders logged 62,316 miles in August, a decrease of 9,221 miles from August 2014.

RABA Leader Board
(September 16, 2015)

2. Ken Puryear 7099 7. Wes Surina 5820
4. Harry Davis 6826 9. Dee Nuckols 4765
5. Karl Schmitz 6108 10. John Loughran 4711

<table>
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<th>Month</th>
<th>2015</th>
<th>2014</th>
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<td>20,057</td>
<td>18,758</td>
<td>25,050</td>
<td>NA</td>
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<td>Feb</td>
<td>14,243</td>
<td>19,769</td>
<td>18,880</td>
<td>28,469</td>
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<td>Mar</td>
<td>25,051</td>
<td>31,143</td>
<td>23,178</td>
<td>32,731</td>
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<td>Apr</td>
<td>44,062</td>
<td>46,492</td>
<td>22,369</td>
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<td>61,610</td>
<td>57,267</td>
<td>68,947</td>
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<td>Jun</td>
<td>60,484</td>
<td>68,270</td>
<td>50,094</td>
<td>36,485</td>
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<td>Jul</td>
<td>62,904</td>
<td>72,553</td>
<td>71,426</td>
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<td>62,316</td>
<td>71,537</td>
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<td>Sep</td>
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<td>54,165</td>
<td>31,628</td>
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<td>39,154</td>
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<td>43,080</td>
<td>39,198</td>
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<td>Dec</td>
<td>55,827</td>
<td>54,169</td>
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<td>593,397</td>
<td>529,358</td>
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CANNON CREEK BIKE & PEDESTRIAN TRAIL CELEBRATION
Oct. 24, 9:30 am
This event was rained out a couple of times this summer. Hopefully the weather will cooperate this time.

On October 24th come to a 10.5 mile Bike Ride or 2.2 mile walk along the Cannon Creek Bicycle & Pedestrian Trail, and its North side street connectors. The Bike Ride and Walk begins at 9:30 a.m. at the small park and tennis courts across Dove St. opposite the old National Guard Armory at the intersection of Dove and Richmond-Henrico Turnpike.

http://cannoncreektrail.wix.com/bike
http://cannoncreektrail.wix.com/bike

Cycling Driving Survey
This card to the right was picked up at the downtown UCI Fan Fest. It has a QR code and link to a Cycling Driving Survey. If you’re interested, check it out.
The club’s biggest single-day event and fundraiser happened on Saturday, September 12, at the Hanover County Courthouse Complex. The day was marked with heavy rain in the morning, but the event still had over 500 registrants!

Tremendous appreciation goes to our volunteers. It took many, many hands to ensure all tasks, from the smallest detail to complicated interactions, to make this event happen and with minimal disruption to the riders. Many volunteers have done this for multiple years! We received compliments about the cheery dispositions of the volunteers despite the rainy weather. If you were accidentally left off the list, please contact me at luvs2cycle@yahoo.com so that I can recognize you in another communication. Note: Over 25 volunteers from the Brain Injury Association of Virginia, RABA’s charitable partner, are listed also below. They staffed the rest stops and made sure riders felt welcome and taken care of.

Special thanks go to Event Chair Andrew Mann for his tireless energy and ideas to make the event all about the riders. See you at the next Heart of Virginia, September 2016!

Thank You, Heart of Virginia Volunteers!

By Kim Moore

Melinda Aileo
Lee Andrews
Ken Ashworth
Christine Baggini
Greg Banks
Bradley Barr
Donald Barrett
Bill Bashton
Jamie Batten
Lynn Beville
Bryan Blaylock
Richard Blocker
Melanie Britton
Tom Brookfield
Janet Browning
Amy Burket
Kevin Browning
Darcy Carroll
Steven Carter-Lovejoy
Anne Chazal
Roy Childrey
Gary Cobb
Jim Cobb
Matt Cobb

Alan Cooper
Maureen Cooper
Mike Crecco
Harry Davis
Marty Donlan
Tracy Duarte
Sheryl Finucane
Kelli Gary
Jo Ann Gordon
Karl Gordon
Robert Gore
Courtney Green
Alexa Gross
Sage Gross
Richard Halle
Steven Herzog
Steven Hicks
David Hightower
Gregg Hillmar
David Hines
Michelle Hoekstra
Tremain Jackson
Chuck Jajesnica
Gregory Johns
Vera Jones
Ken Kolb
Chase Lamb
Wyatt Lamb
Lauren Lamb
Lendy Lane
Andrew Mann
Sheyne Martin
Eric Martin
Margaret Maslak
Anne McDonnell
David McMillan
Vicki Meininger
Peggy Merritt
Ron Miller
Mike Moore
Sharon Mounts
Jacob Mowen
James Peterson
Sandra Peterson
Steve Peterson
Caroline Pridgen
Lynn Pridgen
John Senn
Barbara Seymour
Trudy Shipes
Paul Silverstein
Susan Smithwick
Jack Speed
Russell Starke
Sarah Stein
Heather Sullivan
Isabell Surina
Gary Thabet
Ann Thomas
Charlie Thomas
Mary Tognarelli
Rhonda Utterback
Keith Van Inwegen
Bud Vye
Jan Waldron
Michelle Ward
Earl Warmolts
Charlene Watkins
Kathryn Weber
Nancy Wetherby
RABA Supports BIAV

Some of the 2014 and 2015 Heart of Virginia event proceeds have been donated to the Brain Injury Association of Virginia (www.biav.net), a 501-C-3 nonprofit organization. Head injuries, of which concussions are a part, are an unfortunate consequence of bicycle riding despite wearing helmets. The club’s financial donation to BIAV indicates its commitment to partnering with organizations that have a connection to bicycling. Thanks to those who were a part of the Heart of Virginia either as a rider or volunteer - your support makes a difference to head injury survivors and their caregivers!

Founded in 1983 by families and concerned professionals, the Brain Injury Association of Virginia (BIAV) is the only statewide non-profit organization in Virginia exclusively dedicated to serving individuals with brain injury, their families and those that care for and about them. Over 10,000 people find help from BIAV each year.

The BIAV exists to be the primary source of information and personal support for thousands of individuals, families and professionals living in Virginia whose lives have been touched by a life-altering, often devastating injury. Our primary programs are:

- **Information and Referral Helpline:** We are the only statewide organization dedicated to providing free confidential services to anyone who needs help finding information on brain injury, advice on where to seek professional help, or someone to listen; last year, we helped over 1,000 people through this program
- **Outreach and Family Support:** We contacted more than 7,000 individuals who sustained a brain injury last year, and let them know BIAV can provide help that leads to hope and healing. We provided technical assistance and support to more than 20 chapters and support groups around the state.
- **Education and Training:** Annually we conduct numerous events across the state for a wide variety of audiences – persons with brain injury, caregivers, school children, educators, domestic violence counselors, vocational counselors, health care professionals, and others.
- **Public Awareness and Prevention:** We have done campaigns related to the prevention and management of sports concussions, falls prevention and brain health; last year, we reached more than 1,200 people through our public awareness activities.
- **Advocacy:** Our staff provided assistance to persons with brain injury and family caregivers to help them protect their financial and legal rights. We advocated for the passage of the Student Athlete Protections Act (commonly known as the sports concussion bill) and have improved access to brain injury and mental health services.
- **Camp Bruce McCoy:** This nationally recognized program provides recreation and socialization opportunities for adult survivors of brain injury and respite for their caregivers; it also provides outstanding educational opportunities and life experiences to college students pursuing careers in health care, social services and education. 2016 will mark the 33rd anniversary of this amazing program.

*If you or someone you know might benefit from the services we provide, please contact us at 804-355-5758/800-444-6443 or info@biav.net; you can also visit our website at www.biav.net*

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### Basic Bicycle Tune Up Class for RABA Members

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

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

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### Custom Bike Building Lecture for RABA Members

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

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

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

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

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

Shops and Businesses Offering RABA Member Discounts

- **Pedal Power Bicycles**, Broad St./Staples Mill Rd (former Rowletts location), 10% discount on parts and accessories with proof of membership.
- **Conte’s of Richmond**, 4300 Pouncey Tract, Ste H, Glen Allen, VA 23060 10% discount.
- **3Sports**, 6241 River Road Road, Richmond and at West Broad Village, 10% discount on apparel, bike shoes, parts, but it does not apply to labor. Complete bikes are 5%.
- **Molly’s Bicycle Shop**, 2126 E. Hundred Rd, Chester, VA 23834, 10 percent discount on parts and accessories, 5 percent discount on bikes other than Felt.
- **Bikes4UShop**, 11000 Three Chopt Road, Suite E, Richmond, VA 23233, 804-447-4460, 20% off any item, sale or retail price.
- **Outdoor Adventure Store**, 318 N. Main St. Farmville 23901. 434-315-5736. 10% discount.
- **Deb Young, Road Tested Bike Tours LLC**, Richmond, VA. Also at [www.FaceBook.com/RoadTestedBikeTours](http://www.FaceBook.com/RoadTestedBikeTours) – 10% discount

**Note:** If anyone knows of any other bike shops that offer RABA members a discount, please contact Gregg Hillmar at [bike@hillmardesign.com](mailto:bike@hillmardesign.com). Get a membership “card” by following the steps [here](http://www.raba.org/). 

Become a RABA Ride Leader!

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

**For more information or to schedule a ride, contact:**

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

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

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

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**CLASSIFIEDS NOW EXCLUSIVELY at [www.raba.org](http://www.raba.org)**

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

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

The Pedaler October, 2015
October, 2015 Monthly Rides

Ride Director (Monthly Road Rides): Kim Moore, 804-358-0935, luv2cycle@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>
</tr>
</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>

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

Jamestown Ferry to Smithfield Lunch Ride

October 4 (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>9 am</td>
<td>54</td>
<td>3</td>
<td>one</td>
<td>Sara Page; <a href="mailto:saral.gray@gmail.com">saral.gray@gmail.com</a></td>
</tr>
<tr>
<td>C</td>
<td>9 am</td>
<td>54</td>
<td>3</td>
<td>one</td>
<td>Jack Huber; <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 a few miles on the Virginia Capital Trail to the Jamestown Ferry and cross the James River. After 24 more 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. Please arrive prior to the starting time in order to be ready to ride at 9 a.m. sharp. We have a ferry to catch!

Martin’s Tour of Richmond Training Ride One

October 4 (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>C</td>
<td>9 am</td>
<td>41</td>
<td>3</td>
<td>One</td>
<td>Chuck Jajesnica, 804-543-8367, <a href="mailto:cervelo55@verizon.net">cervelo55@verizon.net</a></td>
</tr>
<tr>
<td>C</td>
<td>9 am</td>
<td>41</td>
<td>3</td>
<td>One</td>
<td>John Moore, 804-338-9668, <a href="mailto:JMoore216@comcast.net">JMoore216@comcast.net</a></td>
</tr>
</tbody>
</table>

Description: This is the first of two training rides Chuck and John are doing for riders interested in completing the Martin’s Tour of Richmond 58-mile Piccolo Fondo ride (October 17th). These rides are designed to increase your weekly mileage so that the 58-mile Piccolo Fondo is obtainable. All paces are welcome but John and Chuck will be doing a lower C pace. This ride will leave Laurel Park Shopping Center for a 41 mile ride around Hanover.

Cue sheets will be sent out in advance on the RABA email lists. Please print a cue and bring it with you.

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

High Bridge Trail Loop

October 5 (Monday)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B/B+</td>
<td>10 am</td>
<td>41</td>
<td>2</td>
<td>One</td>
<td>Dick Hilliard, <a href="mailto:dlhilliard43@gmail.com">dlhilliard43@gmail.com</a>, 804-337-1217</td>
</tr>
</tbody>
</table>

Description: This ride is a loop that includes the High Bridge Trail and local paved roads. Options are available for shorter rides at other paces. The Trail is crushed gravel and accounts for about half the ride. If wet a trail/hybrid bike is appropriate. If (Continued on page 11)
(Continued from page 10)
dry a road bike is satisfactory. There are significant hills on the paved portion of the loop. Plan to have lunch at Charlies Restaurant. No reservations have been made

Directions: Meet at the trail parking lot at 401-411 Main St., Farmville, VA (37.304734-78.391024).

October 10 (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></td>
<td>8:15 am</td>
<td></td>
<td></td>
<td></td>
<td>Bud Vye, 262-9544</td>
</tr>
</tbody>
</table>

Description: All hands are needed if we are to continue our recent practice of knocking out this task in about an hour and 20 minutes. After the job is completed, the club will treat the pickers to a muffin and coffee at Ashland Coffee & Tea, following which the pickers who wish to do so may ride. As always, bring your gloves and wear long trousers over your riding outfit.

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 11 (Sunday)  Martin’s Tour of Richmond Training Ride Two

<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>49</td>
<td>3</td>
<td>One</td>
<td>Chuck Jajesnica, 804-543-8367, <a href="mailto:cervelo55@verizon.net">cervelo55@verizon.net</a></td>
</tr>
<tr>
<td>C</td>
<td>9 am</td>
<td>49</td>
<td>3</td>
<td>One</td>
<td>John Moore, 804-338-9668, <a href="mailto:JMoore216@comcast.net">JMoore216@comcast.net</a></td>
</tr>
</tbody>
</table>

Description: This is the second of two training rides Chuck and John are doing for riders interested in completing the Martin’s Tour of Richmond 58-mile Piccolo Fondo ride (October 17th). These rides are designed to increase your weekly mileage so that the 58-mile Piccolo Fondo is obtainable. All paces are welcome but John and Chuck will be doing a lower C pace. This ride will leave Laurel Park Shopping Center for a 41 mile ride around Hanover.

Cue sheets will be sent out in advance on the RABA email lists. Please print a cue and bring it with you.

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

October 15 (Thursday)  Downtown Happy Hour Ride

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

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

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

October 17 (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>9:30am</td>
<td>38</td>
<td>4</td>
<td>one</td>
<td>Jack Huber, <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 October: homemade pumpkin pie and church basement coffee! Cue sheets and maps will be available for those riding faster than a 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, speed limits are strictly enforced.

October 17 (Saturday)  Urbanna Crab Cake Ride (Southern Route)

<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 (18-19 mph)</td>
<td>10 am</td>
<td>62</td>
<td>3</td>
<td>One</td>
<td>Greg Johns, <a href="mailto:g.s.johns@verizon.net">g.s.johns@verizon.net</a>, 804-241-7623</td>
</tr>
</tbody>
</table>

Description: This route is an out and back from Walkerton to Urbanna on scenic county roads with light traffic. The terrain is relatively flat, although there are a few hills. The route crosses over several wooden bridges, which are quite bumpy. It is a good idea to slow down as you approach the bridges and proceed with caution over them. The cue sheet includes a lunch stop at Angelo's Colonial Pizza overlooking Urbanna Harbor. However, there are numerous other lunch options in and around Urbanna.

Direction: Ride starts at the Walkerton Boat Landing, 3000 Walkerton Rd, Walkerton, VA 23177.
Ride Director (Weekly Road Rides): Charlie Thomas, 804-747-3428, charlievthomas@gmail.com

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

Ride Leaders: Please submit Weekly Ride sign-up sheets to Charlie Thomas, 11901 Hunton Crossing Ct, Glen Allen, VA 23059

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

### Sunday Three Creeks

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>6:30 am</td>
<td>28</td>
<td>3</td>
<td>None</td>
<td>Ron Roades, 804-774-6540, <a href="mailto:ron@roades.us">ron@roades.us</a></td>
</tr>
</tbody>
</table>

Description: A ride in the county is a great way to start your week as we make our way in a wide circle around Ashcake crossing Campbell Creek, Crump Creek, and Totopotomoy Creek. This country ride will offer us a close up and personal view of the fall colors. No major highways and very little traffic on Sunday. Delightful!


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

### 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>9 am</td>
<td>19-52</td>
<td>4</td>
<td>Various</td>
<td>See below</td>
</tr>
</tbody>
</table>

Leaders:
- October 04 Jan Waldron
- October 11 Ken Robertson
- October 18 Randy Rosemond
- October 25 John Senn

Description: This weekly ride starts at the rear of Portabella Ristorante located in the Varina Food Lion Shopping Center. It is a show and go ride like the Saturday ABC ride. There will be no pace group ride leaders; riders will form their own groups. Ride leaders for each Sunday, listed above, will provide a sign-up sheet and help new riders match up with riders of a similar pace. Riders will choose their own route. Go to [http://www.raba.org/raba-cue-sheets-and-maps/](http://www.raba.org/raba-cue-sheets-and-maps/). Pick "Portabella" from the drop down box with the "Any Start Location" prompt at the top of the page. Print and bring your own cue sheet as none will be available at the ride.

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

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

### Sunday 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>9 am</td>
<td>30 to 45</td>
<td>3 to 4</td>
<td>see below</td>
<td>Barry and Martha Pullen, 561-3950</td>
</tr>
<tr>
<td>B</td>
<td>9 am</td>
<td>30 to 45</td>
<td>3 to 4</td>
<td>see below</td>
<td>Barry and Martha Pullen, 561-3950</td>
</tr>
</tbody>
</table>

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

### Monday 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.

(Continued on page 13)
(Continued from page 12)

### October, 2015 Weekly Rides

#### 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>10 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.

#### 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.

#### Tuesdays at Rockville

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>9 am</td>
<td>33 to 62</td>
<td>3</td>
<td>One</td>
<td>Dee Nuckols, 804-749-3400 , <a href="mailto:sdnuckols@yahoo.com">sdnuckols@yahoo.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Dick Hilliard, 273-6578, <a href="mailto:rhilliard1@verizon.net">rhilliard1@verizon.net</a></td>
</tr>
</tbody>
</table>

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

#### Hanover Courthouse After Work 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>5 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>Matt Satterwhite, 357-7490, <a href="mailto:giantbls@comcast.net">giantbls@comcast.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Wayne Flood, 804-297-5040, <a href="mailto:sept1flood@comcast.com">sept1flood@comcast.com</a></td>
</tr>
<tr>
<td>A</td>
<td>5 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>Ken Kolb, 357-6076, <a href="mailto:kwkolb@verizon.net">kwkolb@verizon.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Andrew Mann, 266-9048, <a href="mailto:rabamann@aol.com">rabamann@aol.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>5 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>Gregg Hillmar, 804-683-2503, <a href="mailto:bike@hillmardesign.com">bike@hillmardesign.com</a></td>
</tr>
<tr>
<td>C</td>
<td>5 pm</td>
<td>Varies</td>
<td>3</td>
<td>None</td>
<td>John Moore, 338-9668, <a href="mailto:jmoore216@comcast.net">jmoore216@comcast.net</a></td>
</tr>
</tbody>
</table>

**Description:** 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:** 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>Route Options</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>October 6</td>
<td>Dabneys Mill Options – 21, 22, 28 or 33 and GPX file</td>
<td>Marty’s Grill</td>
</tr>
<tr>
<td>October 13</td>
<td>River Road Options – 18, 24, 29 or 33 and GPX file</td>
<td>Marty’s Grill</td>
</tr>
<tr>
<td>October 20</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. 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, (Continued on page 14)
VA 23069) on US Route 301 at just south of the intersection of Routes 54 and 301.

**Tuesday 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>Various</td>
<td>5 pm</td>
<td>Various</td>
<td>4</td>
<td>None</td>
<td>Ken Robertson, <a href="mailto:robertson12001@gmail.com">robertson12001@gmail.com</a></td>
</tr>
</tbody>
</table>

**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 will provide a sign-up sheet and help new riders match up with riders of a similar pace.

**Note:** When the Capitol Trail officially opens, riders who cannot make the earlier start times, may opt to ride the trail instead. Front and rear lights are a must however, for riding after work this time of year, since riding at dusk is the most dangerous time to ride.

Riders will choose their own route. Cue sheets and maps for several routes from 19-33 miles are available on the RABA website. Go to [http://www.raba.org/raba-cue-sheets-and-maps/](http://www.raba.org/raba-cue-sheets-and-maps/). Pick "Portabella" from the drop down box with the "Any Start Location" prompt at the top of the page. Print and bring your own cue sheet as none will be available at the ride.

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

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

**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>9:30 am</td>
<td>25 to 40</td>
<td>Varies</td>
<td>Varies</td>
<td>Barry Pullen, 561-3950</td>
</tr>
<tr>
<td>C</td>
<td>9:30 am</td>
<td>25 to 40</td>
<td>Varies</td>
<td>Varies</td>
<td>Bud Vye, 262-9544</td>
</tr>
</tbody>
</table>

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

**Wednesday 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 route is [here](http://www.raba.org/raba-cue-sheets-and-maps/). Be sure to bring your blinkies this month as we're going to be racing a quickly setting sun!

**Directions:** Ride start is from 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.

(Continued on page 15)
October, 2015 Weekly Rides

(Continued from page 14)

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

<table>
<thead>
<tr>
<th>Thursday</th>
<th>Unemployed Cyclists Ride</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pace</td>
<td>Time</td>
</tr>
<tr>
<td>B/B+</td>
<td>10 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</th>
<th>BDR (Before Dinner Ride)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pace</td>
<td>Time</td>
</tr>
<tr>
<td>B/B+</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>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>C</td>
<td>See below</td>
</tr>
</tbody>
</table>

Start Times: Oct. 1 and 8: 5:15 pm  
Oct. 15, 22 and 29 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. Leaders generally 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, usually at Franco’s on Staple’s Mill Rd or another local restaurant.

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

<table>
<thead>
<tr>
<th>Thursday</th>
<th>Crump Park Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pace</td>
<td>Time</td>
</tr>
<tr>
<td>A+</td>
<td>See below</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>B+</td>
<td>See below</td>
</tr>
</tbody>
</table>

Start Times: Oct. 1 and 8: 5:15 pm  
Oct. 15, 22 and 29 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.

Download the cue sheet here.

Directions: To get to the start, please take Staples Mill Rd/Rt 33 West. Turn right onto Mountain Rd. Remain on Mountain Rd for approximately 1.3 miles - park entrance will be on the left. Look for bicyclists in the back lot, in the rear of the park.

<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 / B+</td>
<td>5:30 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.

Directions to Black Creek Baptist Church, 6289 McClellan Rd., Mechanicsville, VA 23111. From I-64, take exit 197B (Highland Springs, Rte.156N) onto Airport Drivo (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.

(Continued on page 16)
October, 2015 Weekly Rides

(Continued from page 15)

(Rte. 628). The Church is about 2 miles on the left. Use parking lot on north side of the church.

Friday

Fridays at Hylas

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A/B++</td>
<td>9 am</td>
<td>35-40</td>
<td>3</td>
<td>Some</td>
<td>Dick Hilliard, 804-337-1217, <a href="mailto:dlhilliard43@gmail.com">dlhilliard43@gmail.com</a></td>
</tr>
</tbody>
</table>

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

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>8-20</td>
<td>5</td>
<td>Some</td>
<td></td>
<td>October 3, Charlie Thomas</td>
</tr>
<tr>
<td></td>
<td>8:30 am</td>
<td>50+</td>
<td></td>
<td></td>
<td>October 10, Paul Silverstein</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>October 17, Charlie Thomas</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>October 24, John Moore / Chuck Jajesnica</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>October 31, 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. 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.

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.

Moseley Champions

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B/B+</td>
<td>9:30 am</td>
<td>33/41/51</td>
<td>3</td>
<td>1</td>
<td>Tony Pantoni, <a href="mailto:tpantoni31@verizon.net">tpantoni31@verizon.net</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** Meet at the Dorset Market Store at the intersection of Dorset Rd and Genito Rd in Powhatan (Continued on page 17)
County. The group will decide on the pace and the distance of the day’s route. There are 33, 41, and 51 mile routes with options to cut the ride short at numerous locations. The store stop is located at the 21 mile point.

**Saturday**

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

**Molly’s Women Beginner Ride**

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

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

(Continued from page 16)
RABA
Road Ride
Standardized
Paces

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.