Heart of Virginia Volunteers

“We make a living by what we get and make a life by what we give.” These wise words, often attributed to Winston Churchill, were spoken decades ago in recognition of volunteering but are still salient today. They can most definitely be applied to all of the RABA and Non-RABA volunteers who organized, assisted with, and supported the Heart of Virginia cycling event on September 17th.

Consider the Heart of Virginia event for a moment. There were well over 600 registered cyclists, which makes 2016 one of the best attended rides since the inception of the event. Such a large undertaking doesn’t just happen. It unfolds as a result of countless meetings, emails and phone calls and after hundreds of decisions have been contemplated and made well before the scheduled day arrives. The organizing committee, under the leadership of Century Chair Gregg Hillmar, arranged to have everything in place. The

October RABA Meeting: Learn about Overtraining

We took a break from the club program schedule during the busy summer riding season, but we’re back with a topic that you may be of interest especially since it isn’t talked about too much: overtraining. Bon Secours Training Center will again be our host and Rishi Bala, MD, will be our speaker (https://bonsecours.com/richmond/find-a-doctor/physicians/rishi-bala).

Save the Date! Bikes for Kids Assembly Party

Sunday, Nov. 6

Be ready to help assemble the bikes for the Bikes for Kids project. Watch your email for more details. Yes, due to a conflict, it is taking place on a Sunday rather than the normal Saturday.
Bikes for Kids 2016

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/2016-bikes-for-kids/) and clicking the PayPal 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.

Ride Start Time

Changes for Fall

As the days keep getting shorter and the leaves turn, the pedals for some RABA rides will start turning at different times also. Some rides have ended, others will be ending this month and still others are changing the times they start.

Be sure to check the ride schedules here in the Pedaler, the web site, and e-mail notices you receive to see if the rides you’re interested in are affected.

Table of Contents

Club News .................................................. 1, 2, 8, 19
Heard and Seen Around the Club ......................... 3
Thank You, Heart of Virginia Volunteers! ............... 5
Bikes for Kids + Answer Brewpub = Donations! ....... 6
Cycling Trip: Williamsburg Winery Luxury Tour ....... 7
BikeJournal Notes ........................................ 8
Heart of Virginia Pictures ............................... 9
Heart of Virginia Sponsors ............................. 10
Analysis of Club Mileage Through August, 2016 ....... 11
Classifieds and Info ..................................... 12
October, 2016 Monthly Rides ............................ 13

The Pedaler

2016 Board of Directors

President: Paul Johnson, Palanjohnson@hotmail.com 804-432-4010
Vice President: Kim Moore luvs2cycle@yahoo.com 804-358-0935
Treasurer: Cindia Evans, cnevans@comcast.net 804-789-0511
Secretary: Peggy Merritt, pttbrghrwa804@verizon.net 804-337-8385
Ride Director (Monthly Road Rides): John Moore, JMOore216@comcast.net 804-338-9668
Ride Director (Weekly Road Rides): Wes Surina, wessurina@gmail.com 804-687-3117
Public Relations Director: Coleen Moore, coleenmoore4@msn.com 804-379-9880
Membership Communications Director: Richard Halle, rrichhalle@verizon.net 804-744-1760
Bicycling Advocacy Director: Bud Vye bduyce@comcast.net 804-262-9544
Membership Director: Kristen Swanson, swansonka@gmail.com 804-399-7672
Century Chair: Gregg Hillmar, bike@hillmardesign.com 804-683-2503
Past President: Gregg Hillmar, bike@hillmardesign.com 804-381-7731

Committee Chairs

Web Administrator: Richard Halle rrichhalle@verizon.net 804-744-1760
E-Mail List Moderator: Kim Moore luvs2cycle@yahoo.com 804-358-0935
Safety: Eric Martin martin4bike@gmail.com 804-402-3471
RABA/BikeJournal Administrator: Ron Corio, rcorio@vcu.edu 804-332-9906
New Rider Recruitment & Retention: Chuck Jajesnica, cervelo55@verizon.net 804-543-8967
RABA Grants Committee Chair: Ron Corio, rcorio@vcu.edu 804-332-9906
RABA Apparel Chair: Keith VanInwegen, keithvaninwegen@gmail.com 804-339-2820

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).
Lots of rain during the month, but we were blessed with beautiful weather for the three major RABA events on my calendar for September. The first of which was the rides and picnic at the Nuckols' beautiful home which has become such a Labor Day tradition. A big turnout, with a great assortment of food as all of the attendees brought something, and fortunately Alan Cooper brought his camera (along with Maureen) to capture the event with the link to his photos here ------- https://www.flickr.com/photos/alancooper/albums/72157673499567615

Jeanne Minnix impressed all of us, moving remarkably well so soon after her recently replaced hip. Robert Gore with one arm in a sling, and injuries to both arms and shoulders from a spill on the Capital Trail. Dave Elliott just back from his two months in South Sudan as a trauma surgeon with Doctors Without Borders. I was worrying about him as a full scale civil war flared up just after he left to go over there, but he and his unit apparently were spared any unusual problems, which was good since their usual problems are always more than enough to keep them busy.

Great to see Linda & Bert Wright for the first time in more than 10 years. Still living up in King William, retired but not riding anymore as both have some physical ailments. Also in attendance who I hadn't seen in a long time was Maurice Schwartz, who apparently lives out that way and now is doing some riding again. Also good to see Leslie Calambo, along with Al. Al's been riding with us on some of the Retiree's midweek rides, but Leslie has been hiking instead, which she seems to enjoy more than riding. And Ling & Bill Whitworth in attendance, as Ling is now retired and doesn't have to make that long commute out to Longwood U. in Farmville every day, which she doesn't miss a bit. With all that new found free time, she and Bill have been joining the group of us history buffs that have been regularly attending the Thursday noon lectures at the Historical Society. There's room for more, if any of you are interested in joining us. Many thanks to Suzanne & Dee for making their home available to us! It just wouldn't be Labor Day for many of us without this end of Summer tradition.

Another perfect weather day for the Heart of Virginia on the 17th, certainly partially responsible (along with the cancelation of the Sports Backers Gran Fondo, since they lost the sponsorship of Martin's) for the great turnout of about 630 riders. Once again, Alan Cooper on hand with his camera to capture the full flavor of the event and share the link to his photos with us ---- https://www.flickr.com/photos/alancooper/albums/72157670740728983

Had to be a good omen, as we saw the hot air balloon float into view from the North just as we were getting ready to send off the Century riders at 7:30. Low over the trees, and with very little breeze blowing, I thought the pilot was going to try a landing, but then he hit the burner, lifted it up 50 feet or so and gradually drifted off to the East. Lucky to have a very nice surprise like that, and one you would never be able to schedule, to make the event even more memorable. Once again, the Yorktown Fife & Drum Corps added a very nice touch to the starts of the various distances and were very well received by all. After we got the last riders parked (pretty easy to do at the Hanover Courthouse venue), I set out on SAG patrol and it wasn't long before I ran into riders who had missed their turn and were heading in the wrong direction. Chasing them down and getting them turned around before continuing on the course, it wasn't long before I encountered another group similarly disoriented. Seemed to be more of this than usual this year, even though the cue sheets done by Richard Halle were right on the money, and the turns seemed to be well marked. Seems like no matter what we do, some riders are not paying attention and are bound to get off the routes.

Coming west on Rt. 600 in the middle of nowhere and seeing a group of riders stopped by a King William county Deputy's car and he holding a dog by its collar, I thought a rider might have been knocked over by the dog. Not that at all, as the dog loving riders had come across this abandoned dog who had just given birth to pups and had called 911 to try to get Animal Protection to come and get the dog. That unit being otherwise occupied, the Deputy stepped up and was going to take the dog in to the Animal Protection unit. That situation under control, I got back on the route and the rest of the day was relatively uneventful, with only the usual flat tires and equipment breakdowns to contend with. I did hear of a few spills (didn't sound like any were major) and one medical issue that were handled by other SAG drivers, but I didn't run across any. Thought the Brain Injury Assn. volunteers at the very busy Mount Vernon rest stop did an excellent job, as did Cycles Ed with his usual fine job of getting most of the riders with equipment problems back on the road, while back at the tent a number of compliments received about Ellie Basch and the job her catering crew did with the food. A big GOOD JOB! to Konrad Orta on bicycle patrol as he brought up the rear, encouraging and herding the very last riders into the finish, so concluding a highly successful event.

No space for me here to thank the very long list of volunteers who made it possible, but I do have to mention Chairman Greg Hillmar, with assistance from Dave McMillan on some of the real tough details, Kim Moore for her usual fine job of recruiting and organizing all the volunteers, Cindy Evans for her usual fine job of overseeing registration and packet pickup both at the Bon Secours/Redskins location on Friday evening and bright and early on Saturday at the Government Center. While the ladies at Communications Central did a nice job of replacing Charlie Thomas, keeping track of all of the SAG and bike patrol people and fielding the calls with the problems as they came in, and as mentioned earlier, Richard Halle's maps and cue sheets were first rate, as always. Thanks to all for their contributions to a first rate ride that received many compliments from its participants and made us all proud to have played a part in a well run operation.

And yet another pretty day for my third major RABA event of the month, as my wife and I found our way to the... (Continued on page 4)
Heard and Seen...

(Continued from page 3)

Upper Shirley Vineyard on 9/24 for Deborah LaPiece’s wedding to David Lowe. Having visited Shirley Plantation several times but never to this new off shoot of it, everyone was blown away by the beauty of its location and how spectacular the brand new building was. According to the staff, this was the very first wedding to be held at the Vineyard, and I can assure you there will be many more. With David being Jewish, and Deborah from a Catholic background, the wedding ceremony was an unusual mixture of both traditions as conducted by an Episcopal priest, with low key music provided by a ukulele duo in a lovely setting with the James River flowing by. Definitely a unique ceremony.

The ceremony concluded, and a candle lit by everyone, it was back to the patio behind the building where a duo of soprano sax and guitar provided the music for the reception while the food and drink was being dispensed at multiple locations. After a time, the duo concluded and a DJ took over providing the music which a number of dancers took advantage of and enjoyed. After another interval, it was up the steps and into the building for toasts and cutting of the cake. That concluded a very nice affair, with a decent sized RABA contingent including the Pullens, Faltermans, Waldrons, Joan Putney & John Bennett, Lynn Klanchar & Chip Coutts, Jeanne Minnix, Gary Thabet, and Juliellen Sarver (and I'm probably forgetting some) blending in with Deborah’s relatives (most of whom seemed to be from the New Orleans area) and David's relatives (from all over). It was pretty clear that almost all of the relatives were new to this area, as I was asked a number of times “What river is that?” All in all, a very nice affair, in a beautiful setting, with the Vineyard handling everything in first class fashion. Add this venue to the list of places you might want to take visitors to, since it is really spectacular.

Some other club members to mention, as Mark Hoerath is posting photos on Facebook from Athabaska Glacier, Jasper Natl. Park, and Capital Reef Natl Park in Utah. John Dawson is doing the same from Durango, Silverton, and Mesa Verde Natl. Park in Colorado.

Noted that John Loughran is mentioned and pictured in the book “Facts & Legends of Sports in Richmond” as one of the 6 “Old Lions of the Richmond Marathon” who have run, and completed, every one of the races since the first one in 1978. Keep it going, John, that’s quite an honor! Welcome to Bill Fitzgerald of Channel 6 News, who took part in the Heart of Virginia Training Rides organized by Greg Hillmar this year for the first time. Sounds like they may become another club tradition going forward.

Diane Woolard in the news in connection with her State Health Dept. post regarding the Hepatitis A problem at the Tropical Smoothie restaurants. With that and the Zika virus both getting attention as public health problems, its a real shame that Carl Armstrong left us so early as he would be right in the middle of both situations. And Sandy Dacus getting some notice as Musical Director for the 1776 play, which is just now opening. Scott Wichman is in it, so it is bound to be good, and I'm looking forward to seeing it.

A nice article in the 9/12 Metro Business section about Bike Virginia’s Shane Cusick and his Pello Bikes company which has developed a line of light weight children’s bikes, with 14”, 16”, and 20” wheels ranging from $289 to $429 in price. Shane recognized, in trying to get bikes for his kids (as I did for my grand kids), that the bikes they are selling for children are way heavier than the bikes we are riding. He’s done something about it and the bikes can be tried out at the Kickstand bike rental which is being operated by Richmond Cycling Corps down on the Capital Trail just upstream of Rockett’s Landing. It’s a great idea, meeting a real need, and the sales should really take off once people know they can sell, or trade in, the bikes once the kids outgrow them.

And, in closing, we never did see an obituary on Mark Batterson, but there was a nice, informal Memorial Service for him on the evening of 9/22 at the Doubletree Hilton in Midlothian. Attendees tended to be from an earlier generation of RABA members who had ridden with Mark on tours, or whose bikes he had worked on, and the local bike mechanic fraternity was heavily represented. No services or eulogies, just a chance to talk to some folks you hadn’t seen for a while and get caught up with what they are doing. Joyce & John Knox were in that category for me, as was Fred Allyn, who I hadn’t realized was working at an ABC store over in Bon Aire since Rowlett’s closed, and Marty Blankenship, who is still the service manager at an auto repair shop in Innsbrook. So long, Mark! We’re missing you, Rocket Man.

For those that like to follow the court trials, we’ve got that of Stanley Dawson (who hit and killed Carrie Wortham) at 9 am on Oct. 6 at Hanover Courthouse, and that of Keyona Washington (the ring leader of the muggers who robbed Bill Britton and Kirk O’Brien) at Henrico Courthouse on Oct. 25.
Thank You, Heart of Virginia Volunteers!

The 2016 edition of the club’s signature 102-64-34-10 mile rides on Saturday, September 17, was finally blessed with clear skies and fair amount of sun after having rainy weather in 2014 and 2015. Because of the good, stable weather, the Heart of Virginia had over 650 registrants this year! Volunteers were needed more than ever to handle the large crowds and the help with logistics of the event. There were ninety (90) volunteers, some doing more than one job, who donated their time, equip-

(Continued on page 6)
Bikes for Kids + Answer Brewpub = Donations!
by Kim Moore

Thanks to Answer Brewpub for donating 10% of the entire day’s receipts on August 26 to the RABA Foundation’s Bikes for Kids charity effort! The Brewpub was celebrating the new introduction of a craft beer from Cycling Brewing, St Petersburg, FL and it wanted to do something a little extra. The restaurant / pub was packed on that Friday evening and due to the great amount of traffic, Answer donated over $1000 to the RABA Foundation! Richmond Recycles was on hand to hold a raffle of a bike giveaway and donate the raffle proceeds to Bikes for Kids. They also have given three repaired kids bikes to the cause, so thank you, Richmond Recycles!

Who do you know from the pictures below?

Thanks to the HOVA Volunteers...
(Continued from page 5)

Here are some “high-five” comments about our volunteers from grateful cyclists:

- “Can't say enough for how friendly and helpful the volunteers were.”
- “Please let them know they were very helpful and that without them your ride would not be the same.”
- “BEST. VOLUNTEERS.”
Cycling Trip: Williamsburg Winery Luxury Tour
By Kim Moore

My husband Mike and I wanted to share our experience of “test driving” a new overnight cycling trip from Richmond to Williamsburg and back via the Virginia Capital Trail. We went on September 11-12 and the trip was put together by Williamsburg Winery to take advantage of the popularity of the Trail and to bring some traffic to the winery. The cost of the trip is valued at $500 per couple, and while this may sound expensive, there are many deluxe details. The organizers provide round-trip luggage transport, overnight stay at a well-appointed old-world country inn called the Wedmore Place, $100 voucher for an upscale dinner at the Inn, couples massage, wine-tasting and tour at the Williamsburg Winery, complimentary emergency bike repair service at the Inn just in case you need it, bike goodie bag of snacks, bars and bottled water, complimentary bottle of wine for the hotel room and a delicious continental breakfast the next morning before you leave. All you have to do is ride your bike!

We were part of a group that included Tim Mullins, owner of Carytown Bikes, Lester Brown, semi-pro racer for Giant Bicycles Off-Road Team, Mike from Williamsburg Winery and local business freelance writer Phaedra Hise. We had clear weather and relatively cool temperatures at the start – we rode at a chat pace of 15-17 mph for most of the 56 miles. Once we arrived, we checked in at the beautiful Inn where our bags were already waiting for us. The winery whisked our bikes to a secure/locked storage building, so no worries about our precious rides being tampered with while we relaxed. Mike and I had lunch on our own nickel at an onsite café – delicious sandwiches and salads followed by a free winery tour (who knew French oak wine barrels cost so much?) and wine tasting of Williamsburg Winery’s most popular wines. The afternoon was capped off by a couples’ massage session where our bodies were treated to the benefits of muscle relaxation and recovery. Now we know why the pro riders depend on daily massage so much when they are racing and training!

Dinner was a luxurious affair on Sunday evening – a five course, five-star meal, with careful wine pairings to bring out the best of the food and drinks were the highlights of the evening. We had explanations of how each dish was prepared and the source of each ingredient from the head waiter. Mike and I thought this was probably one of the more delicious meals we’ve had in a very long time.

On Monday morning, we woke up to have fresh croissants, fruit, quiche, muffins, cereals, juice, tea and coffee. While we were reluctant to break the spell of our plush stay at the Wedmore Inn, Richmond beckoned to us and we headed home by going onto the Colonial Parkway. What a lovely ride on this road – the river to our left, clear and open roads ahead of us. We made good time back to Richmond, enjoying the Capital Trail and arriving back at the large lot just east of Shiplock Park, safe, sound and lucky to have gone on this trip. The Winery calls this trip the “Cycling Experience Package” and it is available now. Check it out: http://williamsburgwinery.com/wessex-hundred-cycling-experience
The Pedaler
8
October, 2016

www.raba.org

Table of Contents

Bikejournal Notes
by Ron Corio

On September 20, 2016, RABA riders logged 398,075 miles year-to-date on Bikejournal, 48,414 miles ahead of second place club Sumpter Landing Bicycle Club of The Villages, FL.

<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>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Richmond Area Bicycling Association</td>
<td>228 / 245</td>
<td>Richmond, VA</td>
<td>398,075</td>
<td>1,746</td>
</tr>
<tr>
<td>2</td>
<td>Sumter Landing Bicycle Club</td>
<td>156 / 172</td>
<td>The Villages, FL</td>
<td>349,661 (48,414)</td>
<td>2,241</td>
</tr>
<tr>
<td>3</td>
<td>Space City Cycling Club</td>
<td>76 / 114</td>
<td>Houston, TX</td>
<td>206,887 (191,188)</td>
<td>2,722</td>
</tr>
<tr>
<td>4</td>
<td>The Village Bicycle Club</td>
<td>44 / 47</td>
<td>The Villages, FL</td>
<td>161,208 (236,667)</td>
<td>3,664</td>
</tr>
<tr>
<td>5</td>
<td>Sacramento Bike Hikers</td>
<td>79 / 162</td>
<td>Sacramento, CA</td>
<td>145,982 (251,093)</td>
<td>1,861</td>
</tr>
</tbody>
</table>

RABA Leader Board
(Sept. 16, 2016)

1. Paula Dahl 7405
2. Ken Puryear 6550
3. John Jenks 6244
4. Karen Murphy 6055
5. Mike Burdick 5551
6. Karl Schmitz 5485
7. Gene Golden 5309
8. Keith VanInwegen 5275
9. Ray Reed 5136
10. Scott Lewis 4992

Miles Logged by Month

<table>
<thead>
<tr>
<th>Month</th>
<th>2016</th>
<th>2015</th>
<th>2014</th>
<th>2013</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan</td>
<td>19,649</td>
<td>20,057</td>
<td>18,758</td>
<td>25,050</td>
<td>NA</td>
</tr>
<tr>
<td>Feb</td>
<td>26,698</td>
<td>14,243</td>
<td>19,769</td>
<td>18,880</td>
<td>28,469</td>
</tr>
<tr>
<td>Mar</td>
<td>45,213</td>
<td>25,051</td>
<td>31,143</td>
<td>23,178</td>
<td>21,728</td>
</tr>
<tr>
<td>Apr</td>
<td>42,138</td>
<td>44,062</td>
<td>46,492</td>
<td>22,369</td>
<td>32,731</td>
</tr>
<tr>
<td>May</td>
<td>49,246</td>
<td>61,610</td>
<td>57,267</td>
<td>68,947</td>
<td>35,789</td>
</tr>
<tr>
<td>Jun</td>
<td>59,572</td>
<td>60,484</td>
<td>68,270</td>
<td>50,094</td>
<td>33,173</td>
</tr>
<tr>
<td>Jul</td>
<td>61,788</td>
<td>62,904</td>
<td>72,553</td>
<td>71,426</td>
<td>36,485</td>
</tr>
<tr>
<td>Aug</td>
<td>57,786</td>
<td>62,316</td>
<td>71,537</td>
<td>62,728</td>
<td>35,841</td>
</tr>
<tr>
<td>Sep</td>
<td>48,132</td>
<td>63,198</td>
<td>54,165</td>
<td>54,169</td>
<td>42,833</td>
</tr>
<tr>
<td>Oct</td>
<td>50,051</td>
<td>45,503</td>
<td>39,154</td>
<td>24,585</td>
<td>26,102</td>
</tr>
<tr>
<td>Nov</td>
<td>44,648</td>
<td>43,080</td>
<td>39,198</td>
<td>22,585</td>
<td>26,102</td>
</tr>
<tr>
<td>Dec</td>
<td>52,199</td>
<td>55,827</td>
<td>54,169</td>
<td>42,833</td>
<td>34,936</td>
</tr>
<tr>
<td>Total</td>
<td>362,090</td>
<td>545,757</td>
<td>593,397</td>
<td>529,358</td>
<td>349,364</td>
</tr>
</tbody>
</table>

Soapbox...

(Continued from page 1)
routes had to be mapped, driven, tested and marked - which all by itself is a significant undertaking. The food was selected and ordered along with the tables and chairs and tent.

Just as importantly, many more volunteers were recruited to help with the support services key to operating a successful cycling event. Registration was set up before sunrise and the tables and chairs under the tent followed soon thereafter. Parking coordination was necessary to accommodate such a large turnout. Staffing for the help desk was provided along with the all important SAG drivers who made repairs, changed tubes and assisted riders having difficulty. The delicious catered lunch had to be served and when the last riders rolled past the finish line in late afternoon, the final cleanup of the remaining food, stacking of chairs and tables and litter cleanup took place. All of these tasks were only completed thanks to the help from persons who committed the better part of the day to supporting the event.

The results of these efforts are easy to identify. Combined with the gorgeous weather, it was a wonderful day of fun, adventure and cycling fellowship. There had to be a strong feeling of accomplishment for participants, whether they rode their first century, metric century, a shorter ride, or worked all day as a volunteer. Of course, the icing on the cake has to be the thousands of dollars raised for the RABA Foundation Bikes for Kids project in addition to the portion shared with our non-profit partner, the Brain Injury Association of Virginia.

All thanks and congratulations for a job well done to Gregg and his fellow committee members Cindia Evans, Kim Moore, Bud Vye, Andrew Mann, Alan Cooper, Steve Herzog.
2016 Heart of Virginia Century

Photos by Alan Cooper
Thanks to our Sponsors!

Platinum Sponsor

SUPERVALU

Gold Sponsors

VCU Health

Silver Sponsors

GROUNDFORCE IT
POOLE & POOLE ARCHITECTURE
VIRGINIA Credit Union

Bronze Sponsors

Ashland Coffee & Tea
Franco’s
Hilton Richmond Downtown
Keiter Your Opportunity Advisors
StateFarm Paul Martin, Agent
TSRC, Inc.

Other Contributors

EnTrust Records Management
Performance Bicycle
Sports Backers
Analysis of Club Mileage
Through August, 2016
by Ken Kolb

Note:
If you're a RABA member and keep track of your mileage on Bikejournal you can play with the numbers using an Excel app written by Ken Kolb.

Link to Download the Application

Location of Application Documentation:
http://www.raba.org/mileage/RABA_Stats_Application.pdf
Here is the new design for RABA apparel. We are using Starlight out of Roanoke. They set up an online store for us that was open until April 30. and, later, for two weeks in July. Members ordered the items they wanted directly on the web and had them shipped to their homes. We offered and will be offering a short sleeve jersey (club fit), bibs or shorts, arm warmers and a wind/rain jacket.

Depending on demand, the online store may reopen again. Some popular sizes will be kept in stock but anyone interested in this gear is encouraged to order directly from the web when the store reopens. Keep an eye on your mailbox for notices.

Contact Keith at keithvaninwegen@gmail.com if you have any questions.

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 Paul Johnson at Palanjohnson@hotmail.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):**
John Moore, jmoore216@comcast.net 804-338-9668

**Ride Director (Weekly Road Rides):** Wes Surina, wecssurina@gmail.com 804-687-3117

The deadline for getting November, 2016 rides listed in The Pedaler is October 15

---

**RABA APPAREL**

**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

---

October, 2016
October 1-2 (Saturday-Sunday)  RATS Williamsburg Overnight on Capital Trail

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B/C+</td>
<td>9 am</td>
<td>60/48</td>
<td>3</td>
<td>Two</td>
<td>Frank Zwemer and Laura Brewer; 804-379-9120, <a href="mailto:frank_zwemer@verizon.net">frank_zwemer@verizon.net</a></td>
</tr>
</tbody>
</table>

**Description:** Join the RATS (Richmond Area Tandem Society) for their Richmond-to-Williamsburg Ride along the Virginia Capital Trail. This is an overnight trip from Richmond area, with lodging in Williamsburg on your own. We leave on Saturday am, and return on the same route on the Capital Trail on Sunday. You can start either at the beginning of the Virginia Capital Trail in downtown Richmond (60 mile route), or at Four Mile Creek Park (48 mile route). Lunch will be at Charles City Courthouse, and dinner can be coordinated with the group in Williamsburg. We return the same route on Sunday Oct 2 after a leisurely breakfast.

**Directions:** The ride start is at Ship Lock Park in downtown Richmond, or at Four Mile Creek Park (near milepost 40 of the Virginia Capital Trail). Parking details and options pending.

October 9 (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>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 1-64 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 at least 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!

October 15 (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>B</td>
<td>9:30 am</td>
<td>38/43</td>
<td>4</td>
<td>one</td>
<td>Sara Page, <a href="mailto:Saral.gray@gmail.com">Saral.gray@gmail.com</a></td>
</tr>
</tbody>
</table>

(Continued on page 14)
October, 2016 Monthly Rides

(Continued from page 13)

<table>
<thead>
<tr>
<th></th>
<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>4</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 at the ride start. 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 23889) 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 20 (Thursday)  Downtown Happy Hour Ride

<table>
<thead>
<tr>
<th></th>
<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>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 22 (Saturday)  Adopt-a-Highway Trash Pick Up and Ride

<table>
<thead>
<tr>
<th></th>
<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>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:** 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 30 (Sunday)  Halloween Costume Ride

<table>
<thead>
<tr>
<th></th>
<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>B</td>
<td>10 am</td>
<td>28</td>
<td>3</td>
<td>1</td>
<td>Deb Young, <a href="mailto:dabikeva@gmail.com">dabikeva@gmail.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** Enjoy a RideWithGPS Ride Ambassador route out of Fort Harrison National Visitor Center (8621 Battlefield Park Rd, Henrico, VA 23231) at a true B pace (14-16). This 28-mile route is filled with Civil War history. You will cycle through several major battlefields and cemeteries within the Richmond National Battlefield Park.

Ronnie has invited us to lunch at Ronnie's BBQ after!

Click on the following link for a detailed ride description, pictures, map, cue sheet and gpx file: https://ridewithgps.com/ambassador_routes/916-vct-fh-28-e

No go in rain and leader will post a cancellation online early Sunday morning.
**Ride Director (Weekly Road Rides):** Wes Surina, 804-687-3117, wessurina@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.

Note: [www.raba.org](http://www.raba.org) and [here](http://www.raba.org) for the complete Pace Key Tables

### 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>Various</td>
<td>4</td>
<td>See below</td>
</tr>
</tbody>
</table>

**Leaders:**
- Oct 02  David McMillan
- Oct 09  Jan Waldron
- Oct 16  Ken Robertson
- Oct 23  John Senn
- Oct 30  David 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 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.

**Packing:** 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).

### Powhistan Courthouse

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stop</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.

### Sunday D Pace

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stop</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>D</td>
<td>11 am</td>
<td>22</td>
<td>5</td>
<td>1</td>
<td>Wes Surina, (804) 234-4030, <a href="mailto:wessurina@gmail.com">wessurina@gmail.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** Start at Four Mile Creek parking area on Rt. 5. (across from the Dairy Queen at I-295 and Rt. 5). Ride eastward 11 miles along the Capital Trail to the flashing light at Route 5/ Roxbury Rd. Then return back along the same route. This is a great ride for new riders wanting to ride with a group. All paces are welcome.

### Mondays with Mary

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stop</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 Ashland 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>9:30 am</td>
<td>Varies</td>
<td>3</td>
<td>Varies</td>
<td>Trevor Calame, <a href="mailto:trvr.calame@verizon.net">trvr.calame@verizon.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Steve Bolte, <a href="mailto:sebolte@yahoo.com">sebolte@yahoo.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary

*(Continued on page 16)*
October, 2016 Weekly Rides

(Continued from page 15)

Roads. Distances and routes will be determined by the riders. AC&T is closed on Monday but Monique’s Crepe truck (http://www.moniquescrepes.com/) is there most Mondays with serving starting at 11:30. Cross Bros Grocery across the tracks is also open. Ashland Visitor’s Center (Train Station) has restrooms.

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>A</td>
<td>5 pm</td>
<td>22-34</td>
<td>4</td>
<td>None</td>
<td>Jason Aileo, <a href="mailto:jason.p.aileo.civ@mail.mil">jason.p.aileo.civ@mail.mil</a></td>
</tr>
<tr>
<td>B+</td>
<td>5 pm</td>
<td>22-34</td>
<td>4</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 and Thursdays at 5:30 pm from the Prince George Courthouse parking lot (Laurel Springs Road & Courts Drive). It’s a mostly level rural ride with a few gentle hills. Route option distances average between 22 to 34 miles. It’s currently at a B to B+ pace with other paces welcome to form. Contact Chip England at cbe89usma@verizon.net or Jason Aileo at jason.p.aileo.civ@mail.mil with questions or just show up.

The route varies from week to week with routes with multiple mileage options starting and ending at the Prince George Courthouse parking lot. The slower pace groups may 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. Pace groups will be spaced out at the ride start to avoid large groups of cyclists on the road.

Paper cue sheets are not provided. You should print your own cue sheet prior to coming to the ride. GPX files and cue sheets are available on the RABA website.

New members and those just getting started (or re-started) with cycling are encouraged to come out. You will not be dropped and left behind.

See the web site for links to routes.

Tuesday

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stop</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B-/C+</td>
<td>5:45 am</td>
<td>20-25</td>
<td>5</td>
<td>1</td>
<td>Seth Schmidt, 804-683-5512, <a href="mailto:seschmidt@smashdirect.com">seschmidt@smashdirect.com</a></td>
</tr>
</tbody>
</table>

Description and Directions: Meet at Laurel Part Shopping Center (Hungary and Woodman) at 5:45 am (sharp!) every Tuesday morning between April 5 and November 15. Ride to Ashland, stop at the Starbucks, and return to the start point.

Come on out and beat the traffic. Bright Headlights and rear blinkies are required for this ride. Any weather related or other reasons for cancellation will be emailed to the RABA email list, typically by early evening the night before. Rules of thumb regarding weather cancellations is that the ride leader doesn’t like to ride in the rain, ice or snow or when the ride start time temp is forecast at less than 40 degrees. This is not a beginner’s ride as it is pitch black out during the first part of the ride; you need to be comfortable riding with lights and have good bike handling skills.

Tuesday

<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:rhiilliard1@verizon.net">rhiilliard1@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, Dee or Dick sends 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

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 4</td>
<td>5 pm</td>
<td>Ken Robertson</td>
</tr>
<tr>
<td>Oct 11</td>
<td>5 pm</td>
<td>John Senn</td>
</tr>
<tr>
<td>Oct 18</td>
<td>5 pm</td>
<td>Anthony Consorte</td>
</tr>
<tr>
<td>Oct 25</td>
<td>5 pm</td>
<td>John Loughlan</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

(Continued on page 17)
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. 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 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 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.

#### 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>A/B+</td>
<td>9 am</td>
<td>varies</td>
<td>3</td>
<td>Varies</td>
<td>Bill Battle, <a href="mailto:wobattle@gmail.com">wobattle@gmail.com</a></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.

#### 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, 804-402-9105, <a href="mailto:gethabet@gmail.com">gethabet@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td>Gregg Hillmar, 804-683-2503, <a href="mailto:bike@hillmardesign.com">bike@hillmardesign.com</a></td>
<td>David McMillan, 804-337-2710, <a href="mailto:mcmillanmail@comcast.net">mcmillanmail@comcast.net</a></td>
<td>John Moore, 804-338-9668, <a href="mailto:jmoore216@comcast.net">jmoore216@comcast.net</a></td>
<td>Wayne Davis, 804-564-2712, <a href="mailto:cyclewayne7@aol.com">cyclewayne7@aol.com</a></td>
<td></td>
</tr>
</tbody>
</table>

**Start Times:** Oct 6 5:15 pm
October, 2016 Weekly Rides

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. The C pace is a no drop ride, but for other paces, leaders will generally try and 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 head-light 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.

Thursday

Prince George (Fort Lee) 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>22-34</td>
<td>4</td>
<td>None</td>
<td>Jason Aileo, <a href="mailto:jason.p.aileo.civ@mail.mil">jason.p.aileo.civ@mail.mil</a></td>
</tr>
<tr>
<td>B+</td>
<td>5 pm</td>
<td>22-34</td>
<td>4</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 and Thursdays at 5:30 pm from the Prince George Courthouse parking lot (Laurel Springs Road & Courts Drive). It's a mostly level rural ride with a few gentle hills. Route option distances average between 22 to 34 miles. It's currently at a B to B+ pace with other paces welcome to form. Contact Chip England at cbe89usma@verizon.net or Jason Aileo at jason.p.aileo.civ@mail.mil with questions or just show up.

The route varies from week to week with routes with multiple mileage options starting and ending at the Prince George Courthouse parking lot. The slower pace groups may 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. Pace groups will be spaced out at the ride start to avoid large groups of cyclists on the road.

Paper cue sheets are not provided. You should print your own cue sheet prior to coming to the ride. GPX files and cue sheets are available on the RABA website.

New members and those just getting started (or re-started) with cycling are encouraged to come out. You will not be dropped and left behind.

See the web site for links to routes.

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>29</td>
<td>2/3</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>29</td>
<td>2/3</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; 938-9181; <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>
</tbody>
</table>

B+    | See below | 29 | 4       | None  | Self-led |

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

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

Friday Hylas "B" Ride

<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>9:30 am</td>
<td>24-29</td>
<td>2/3</td>
<td>1</td>
<td>Dave Miller, <a href="mailto:dialdave@aol.com">dialdave@aol.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Charlie Thomas, <a href="mailto:charliethomas@gmail.com">charliethomas@gmail.com</a></td>
</tr>
</tbody>
</table>

Description and Directions: This ride is at a B pace averaging 15 (+/-) MPH. The route varies each week and distance is determined by the group at the start of the ride. Depending on attendance, we may break the ride into different pace groups.

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.

(Continued on page 19)
October, 2016 Weekly Rides

(Continued from page 18)

October RABA Meeting...

(Continued from page 1)

The club will provide pizza and drinks. However, a sudden conflict has appeared at the time of writing this article. The original meeting date has had to be moved from October 12 to another date yet to be determined in October. Please watch the RABA Message Board for a new meeting date and a registration link to attend.

(Continued from page 18)

**Friday**

<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 Aw Shucks Country Store, 6100 Pouncey Tract Rd., Hylas, VA. Please park to the right of the store beside the propane tank. The ride will vary each week. Maps and cue sheets will be available for those wishing to ride at their own pace.

**Saturday**

**The Ashland Breakfast Club (ABC)**

<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 am</td>
<td>20-50+</td>
<td>5</td>
<td>Some</td>
<td>Wes Surina, <a href="mailto:wessurina@gmail.com">wessurina@gmail.com</a>, 804-687-3117, Coordinator</td>
</tr>
</tbody>
</table>

**Description and Directions:** The Ashland Breakfast Club (ABC) ride is one of the more popular RABA rides and is one of the best opportunities for riders new to group riding to experience this form of road cycling. See some additional information here.

Most groups depart Laurel Park Shopping Center at the posted ride time. Riders may join the ride leader's groups or form a group of their own based on preferred pace and distance. Riders may also sign the ride sheet and depart anytime after the posted ride time. 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.

The basic ride is ten almost flat miles to Ashland where riders stop at Ashland Coffee & Tea for refreshments and socializing before retracing the route back to Laurel Park. There are a number of variations to this ride with many riders choosing longer routes at the descretion of the ride groups with distances of up to 35 to 40 miles for faster paces.

This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads, which is at the next traffic light north of the intersection of Parham and Woodman Roads.

**Centerville Saturday Ride– Food Lion**

<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>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.

**Saturday**

**Molly’s Women Beginner 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>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>

**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
### Road Ride Pace Key

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

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

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!