It’s Fall

Wow, we had an awesome Heart of Virginia (HOV) ride this year. Thanks to everyone who worked on the committee and volunteered for this event. We had an interesting new venue for packet pick up and new this year HOV jerseys. Because of the hard work of the planning committee I was able to ride this year and rode the whole 100 miles. The weather was great and the route was really well marked. I was riding with a relatively fast group and it helps a

(Continued on page 4)

Thank You, Heart of Virginia Volunteers!
by Kim Moore

There isn’t enough room or words to express the gratitude for every volunteer from the club who contributed to this year’s event. We had the most volunteers ever for this one-day event:

(Continued on page 12)

October Club Meeting

What: Staying Healthy Through the Holidays
Who: Abby Forman, MS RD
Bon Secours Physical Therapy & Sports Performance
When: Wednesday, October 18, 6 PM
Where: Bon Secours Washington Redskins Training Center
Rear Conference Room
2401 W Leigh St, Richmond, VA 23220
**Parking lot is free and this is a club members-only event**
Additional details: With the return of Fall with its cool

(Continued on page 12)

In the Public Eye

By Fran Smith, RABA Public Relations Director

The month of September always seems to be the beginning of some fantastic cycling weather. Certainly we’ve seen our fair share of continued high temperatures but there is the whisper of Fall in the air. In the RABA world, that means our signature cycling event – the Heart of Virginia (HOVA) Bike Festival – and which was held on Saturday, September 16, 2017! This year was another of those milestones as we had 558 riders join in the fun. According to our RABA treasurer, Cindy Evans, we attracted 91 out-of-area cyclists (60 minutes or more) and the second best year ever for such an attraction. A beautiful day for cycling, good eats, and lots of wonderful cycling energy at every turn of the road.

This year I had the good fortune of introducing our ride to a newer member and, even with a few flat tires, she could not say enough good things about the ride, the views, and the impressive RABA sag support. From the start at registration pickup, volunteer supports, riders of all shapes and cycles, and the finish --- I continued to hear “what a great ride”.

At the end of the ride I watched an elated Mom cheering in her daughter as she finished her first ever metric. As I left, I

(Continued on page 5)
Save the Dates: Nov. 7 and Nov. 11 or 18
Traffic Safety 101 Course
Become a more confident cyclist by advancing your knowledge and skills for staying safe on a variety of road conditions.

This class will teach you how to ride confidently in traffic! You will have the opportunity to practice what you learn in the classroom. Expect to refresh and expand your knowledge of traffic laws and the rights and responsibilities of cyclists on the road; learn the 5 “layers of safety” that you can put to use on every ride (it’s not just about the helmet), learn emergency handling skills and riding techniques that can prevent motorists’ mistakes and allow you to avoid trouble, and much more!

- Classroom: Libbie Mill Library 11/6/2017 - 5:30 PM to 8:30 PM
- Bike Handling Skills and Road Ride will be offered on both Saturday 11/11 and Saturday 11/18 approximately 11AM - 3PM.

Watch for email announcement with further details on how to sign-up.

Save the Date!
Bikes for Kids Assembly Party
Saturday, Nov. 4
Be ready to help assemble the bikes for the Bikes for Kids project. Watch your email for more details.

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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.

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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-information/).
A big turnout on a beautiful day for Suzanne & Dee Nuckols’ traditional Labor Day Rides and picnic. Recent rains had left the back yard swampy so lawn chairs were all set up on the gravel drive outside the garage this time. Their grandkids are now big enough to drive the golf cart, so they were busy shuttling riders who had parked down near the road (and in the usual grassy area half way up) up to the house. Some soon noticed a new feature as two bee hives out away from the house in the front had their inhabitants busily buzzing in and out. Dee & Suzanne had apparently gotten the idea and some advice from Dennis Conrad, who has gone heavily into beekeeping and who had contributed a number of bottles of various types of honey to be sold for the benefit of the Bikes for Kids program. On another table, a number of beautiful wooden bowls that Dee had made were also for sale to benefit the program. I think I noticed in Dee’s report later that over $1000 had been raised between the sales and contributions from members present. Andrew (who was missing in action) was pleased when he got the report! One other feature those of us who had set up near the rear of the house noticed was the unusually heavy hummingbird activity the Nuckols were getting at their numerous feeders along that side of the house. I always enjoy watching them in action!

The rides were uneventful other than a couple of spills. One of which was yours truly, who somehow managed to drop his chain while shifting on a minor uphill (hard to keep the bike going uphill with the chain hanging loose) and couldn’t get unclipped before going over at zero mph. Scuffed up a little on one leg below the knee, more embarrassed than hurt, but able to get the chain back on with Grace Silverstein’s help and ride on in. Very much impressed by Grace’s report that she had just completed the Great Allegheny Passage ride all by herself. Not so fortunate was Susan Douglas, who got tangled up with another bike which braked in front of her and then she was run over by a third one coming along behind. Fortunately, all that sounds like it happened at low speed so could have been worse. Scuffed up a little and right arm & thumb injured, Suzanne drove out and brought Susan in to get some first aid and enjoy the picnic as best she could, but it looked like she was heading for one of the ER’s a little later to get the arm Xrayed. Hope the damage turned out to be minor!

Paul Silverstein was quietly enjoying his 83rd birthday, after proudly riding on his fairly new, 43 lb. E-Bike which I still think is the first one in the club, but which I’m sure we’ll see more of before long. For me, it seemed like old home week, as I saw many I hadn’t seen in some time. Two using canes, as Maggie Hilliard was there with Dick, and she was walking with one as she continues to make a comeback from the spill she had while on vacation in Arizona. Joy Zeh also using one, as she had recently had knee surgery. Great to see Barb Garazo for the first time in about a decade, and to learn that she was doing well professionally after completing her training as a nurse anesthesiologist since the last time I had seen her. Bert & Linda Wright (maybe 5 years since I’d seen them) made the trip down from Aylett and Linda showed us her modern style quilt (the first I had ever seen) depicting a number of the rides they had done back in the day. Took me a minute to recognize Jack Kaufman (now sporting a beard) who was there with Judy, and I was happy to hear that they were doing well. Also in my long time, no see, category were Al & Leslie Calambro, Ling & Bill Whitworth, Brenda Hubbard, Dave Elliott, and Steve Carter-Lovejoy enjoying retirement from the Henrico Library and keeping busy as the Advocacy Chair of the local Sierra Club group. Also met some folks for the first time and all in all had a great time. Thanks to Alan Cooper for being there with his camera, so we can see his photos at https://www.flickr.com/.../72157685878094680/ with/37035447445/

Also an excellent turnout of 558 at our highly successful Heart of Virginia ride on the 16th. Good weather, a little on the warmish side; only one mishap of note, resulting in a broken collarbone; and again Alan Cooper and his trusty camera were on hand to capture the flavor of the event at https://www.flickr.com/photos/alancooper/sets/72157685278094680/

Another highlight of the month was our contingent that represented the club in the Glen Allen Day Parade on 9/23. Starting just west of the RR tracks on Mountain Rd. and continuing into Crump Park, Jeff Ault and son Mitch again were the stars of the show on their high wheelers in 1890 era costumes, doing their usual impressive job of maneuvering their bikes in close quarters at low speed (a skill I don’t possess), all the while smiling and waving to the spectators along both curbs. All of us who took part were also impressed by the
Heard and Seen...

(Continued from page 3)

turnout along the parade route, as it was much larger than any of us expected. Jeff & Mitch were joined by mom Dawn, Steve Bolte, Rickey Davis, Trevor Calame, Deanna Weiler, Mark Bierly, Roy & Lissa Childrey, me, and surprise visitor Dave Strickland, who has made great progress at riding with his prosthetic leg since the last time he was up from the Emporia area to ride with us. Thanks to all for a fine job of representing the club in this parade!

Beside those high spots, we also saw the launch by Mayor Stoney of the Richmond Ride Share program on a rainy 8/29 down at Kanawha Plaza. With 17 other stations like the one down there, and more coming, along with some E-bikes to make the uphills easier, the program appears to be off to a good start as over a thousand users were logged in the first week of operation.

Another launch, but not one we've cared anything about, as the Piedmont Smokehouse barbecue restaurant finally opens across Rt. 250 from the Hickory Notch Grill. Some may have heard the story of how owner Chris McPherson had a couple of our Retirees MidWeek riders' cars towed for parking on his property on a ride from the Hickory Notch when we had more cars than their lot could handle and he was in the process of readying his restaurant. He made it clear at that time, and left messages to the effect that "he didn't want any flabby ass senior cyclists on his property" so it's not likely any of us will be patronizing his place, even if I don't think any of us resemble that remark. We certainly won't be parking there for any of our rides, either, since his inhospitable attitude has caused us to move our rides to the nearby Elpis Christian Church, where Rev. Paul Simrell has made us welcome.

Nice update on the “bikes on trains” situation in the Sept. 18 posting of the On the League blog from LAB at [https://www.amtrak.com/bring-your-bicycle-onboard](https://www.amtrak.com/bring-your-bicycle-onboard) We seem to be making real progress in this area, as Champe Burnley has been working on the problem for a number of years now.

And Rickey Davis is back from his cycling trip to Iowa, Minnesota, and Wisconsin reporting that his lifetime mileage is now over 392,000 and that Iowa was much warmer and more hilly than he had expected. I had told him that after hearing it from our RAGBRAI veterans, but he hadn't believed me. Now, he does.

Bikes for Kids 2017

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/bikes-for-kids/](http://www.raba.org/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.
In the Public Eye...

(Continued from page 1)

congratulated another fellow RABA member who had just
finished his first century. In both of these instances, I was
reminded of how important these “firsts” are to all of us when we
complete them after months of training over the summer. As the
various e-comments started to pour across the emails, I read a very
telling summation from Heart of Virginia Bike Festival Chair, Greg Hillmar, that
really gets to the “heart” of the HOVA and it’s repeated in
print here.

Another successful cycling event was in process on Saturday,
September 23, 2017 – the Conquer the Cobbles ride. While not
a RABA sponsored event, a number of RABA members were
riding and, for many, challenging their skills in cycling up
that steep cobblestone path that many international cyclists
braved in 2015. As with the HOVA, there were also some
RABA members gaining “air time” on the local television
waves to promote these important cycling events. We hear
this was a profitable event as well.

Several of us were riding on the VA Capital Trail last
Saturday and loved the opportunity to have these “Conquer
the Cobbles” riders fly by or yell hello. It’s a great feeling
to see more cyclists out and about, as part of these safe
cycling events, connecting with activities sponsored by our
Sports Backers friends (did you catch Bike RVA restaurant
week?), or just continuing to populate the trails and
pathways. Truly, Richmond is growing into a cycling
destination! Looking forward to more October adventures in
cycling!

Thanks to Alan Cooper and members of the Friends of RABA
Facebook page for the pictures.

(Continued from page 1)

A New Home for Big Bike

by Dan Schmitt

I just wanted to give
you guys a heads up
that HHHunt pur-
chased the Big Bike
shown in the photo be-
low from the owner who
built it in 2015 and
installed it in his front
yard on Route 5 near
the Capital Trail. It’s a
convoluted story, but I
have had a vision for
that bike for quite some
time and the owner has now moved and the bike needed a
better home. The bike is currently at a local metal fabrication
shop being restored and painted and will be reinstalled, un-
veiled and dedicated to the County and Cap Trail at its new
location at an event on Wednesday, October 25 at 4 PM at
Four Mile Creek Park in Henrico County.

It’s a cool bike story and preserves some great bike art in
RVA. I just wanted you to know about it in case you were
interested in attending or have suggestions for me of others
to invite or notify and if you have any ideas to maximize the
event.

You guys think about this bike stuff more than I do - and
that’s A LOT. I would love to have any feedback or ideas from
you if you have them. You can contact me here.

(Continued on page 9)

Labor Day 2017– Duck
Donut Ride

by Richard Borie

As usual, another great ride! A bit chilly (low 60's) and at
6:30am the sun wasn't due up over the horizon for another 12
minutes or so. I don’t know how warm it got but after the
sun came up, some of us ditched the jackets on the return leg.
Its amazing the amount of air drag those things have and the
difference without them. Of course, Monument Ave's cobble-
estones need to be mentioned. Ok, they've been men-
tioned.......
At 5 pm on Saturday, Sept. 16, a rider finished her very first Century. Two members of the Communications team, the sweep SAG driver, and I were there to cheer her in and celebrate with her and her two friends who were also waiting. Yes she was the last rider. The 2017 edition of the Heart of Virginia Bicycle Festival was officially in the history books!

And cheer we did, for her, but more importantly, for all of RABA and all of the riders and volunteers who contributed to make this edition of the HoVA a truly memorable one, whether you were doing your first century or your 50th. Whether you were the first one finishing, or the last. Whether you were doing a metric century, or celebrating finishing 35 miles. Indeed, some athletes that RABA welcomed found great joy in finishing 11 miles. I could not be more proud for, and of, all of you.

I am proud of the committee of folks I was elected to chair. Most of them have been working on the HoVA for longer than I have been a RABA member. Bud Vye was telling me stories about the genesis of this ride going back into the ’80’s. Our committee- your committee, really- works for 9 or 10 months to make this event happen. Every one of them deserves thanks for their contributions.

I am proud of the RABA members who chose to volunteer to work that day instead of riding their bikes. RABA members are passionate about their rides, and for a member to think that helping someone else have a great ride is more important than riding themselves is a wondrous thing. We also had volunteers from the Brain Injury Association of Virginia, and some from other sources. Every volunteer at the rest stops, at the lunch tent, and taking care of others all inspired riders with smiles, and encouragement.

I am proud of the Communications crew, the SAG drivers, and the SOS riders. The unexpected road construction on Edgar Road created lots of issues- one SAG driver reported changing more flats than he has ever seen at an event. Luckily, the first SAG driver to get to the construction crew was an engineer who spoke reason and convinced them to postpone their work until after our event. While there were few issues, Communications, SAG drivers, and SOS riders were instrumental in supporting all riders.

I am proud of the dozens of volunteers who worked before the event to mark all of the turns on all of the courses, visiting close to 100 intersections to paint arrows and place signs. Others volunteered to deliver supplies and tents and goods to the rest stops. Some volunteered to work registration events or to help direct riders to parking spots. Volunteers set up the tables and chairs, and served lunch. More than 100 volunteers make this event special for the 600 riders who ride it.

I am proud of the riders, many of whom were achieving personal bests. Most, or all, were riding to have fun and enjoy the comraderie and the beautiful central Virginia scenery. They were not disappointed. The ride is a joy unto itself.

I am proud of the sponsors. We lost our Platinum sponsor earlier in the year. BUT if you look at your cue sheet or noticed the map, or go to our webpage, you will see a multitude of smaller sponsors who stepped up! I couldn't be prouder of these friends of RABA. People and businesses think we are important to our -and their- communities, and therefore support us. And, on a personal note, the RABA HoVA Training Team, which I coached with 9 great ride leaders and 53 registered riders, contributed more than $500 to become a Silver Sponsor. People and businesses stepped up for our event, and for our charity partners.

I am proud that all of these things will contribute to our ability to make sizable donations to Bikes For Kids and the Brain Injury Association of Virginia.

But mostly I am proud of the Richmond Area Bicycling Association, whose members stepped up to volunteer, ride, and support our most important annual event, and which helps defines us as an organization. So lets see; great rider experience, check. Great volunteer involvement, check. Great support to our charity partners, check.

RABA worthy event, CHECK!

I am proud of us. It is a good day to be a RABA member!
Virginia Center for the Blind Receives a RABA Grant  
by Ron Corio

The Virginia Rehabilitation Center for the Blind and Visually Impaired (VRCBVI) was awarded a grant in the amount of $1665 for the purchase of a tandem bicycle. The tandem will be part of a project that VRCBVI describes as follows:

Each fall and spring, we would like to offer a 6 week tandem cycling program for our clients who are blind, with an option for clients to “check out” bikes during times outside those programs. We would, therefore, like to purchase 5 tandem cycles and 5 helmets to begin group rides and training. We would also like to purchase a utility trailer and 5 bike hitches (fork mounts) to transport the bikes to ride sites.

The grant application described VRCBVI as follows:

The VRCBVI provides residential orientation and adjustment training to blind and vision impaired adults. We also offer services to commuter students who return to their homes in the evenings and on weekends. Students generally remain in training from six to nine months depending upon individual needs; however, this can be modified according to individual student goals and needs. The full training curriculum includes orientation and mobility, personal and home management, Braille, keyboarding and access technology, academic instruction (GED) (if needed), conversations about blindness, vocational services, health education, wellness instruction, case management services, low vision services, and dormitory services.

All classes emphasize the development of self-confidence and promote a positive attitude about blindness. On average, the Center serves approximately 25-35 students in the general program. During training, most students live in the dormitory located on VRCBVI’s campus. We have private dorm rooms with shared en suite bathrooms, and independent living apartments. The VRCBVI cafeteria provides breakfast, lunch, and dinner seven days a week to residential students who are in training at VRCBVI. Upon request, special dietary and nutritional needs will be accommodated, to the extent practical. Food services are provided by ABL Management, Inc.

Next month we’ll have an article by VRCBVI’s Greg Chittum describing more about what they do.

This grant award brings the total amount of RABA grants for 2017 to $5,469. The RABA Grant program, initiated in 2013, has awarded $23,209 to date.

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<th>Year</th>
<th>Project Name</th>
<th>Month</th>
<th>Amount</th>
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<td>2013</td>
<td>Fulton Hill Neighborhood Resource Center</td>
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<td>VCU Dept of PT and Urban Regional Planning (Bike Skills Park)</td>
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<td>Oak Grove-Bellemade School</td>
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<td>Virginia Supportive Housing</td>
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<td>Ride Richmond Spoke Cards</td>
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<td>2014 Women’s Cycling Summit</td>
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<td>Crestwood Elementary School</td>
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Summary

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2017 Heart of Virginia Bike Festival

Gold Sponsors

Silver Sponsors

Bronze Sponsors

Other Contributors

Thanks to our Sponsors!

www.raba.org
Bikejournal Report

As of September 18, 2017, 196 RABA riders logged 360,964 miles year-to-date to put RABA in second place among Bikejournal clubs, 59,221 miles behind first-place club Sumter Landing Bicycle Club of The Villages, Florida.

RABA riders logged 54,377 miles in August, down from 57,786 miles in August of last year and from a high of 71,537 in August of 2014.

RABA Leader Board
(September 18, 2017)

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<td>2</td>
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<td>3</td>
<td>Space City Cycling Club</td>
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<td>4</td>
<td>'BentRider Recumbent Club</td>
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Labor Day Duck Donut Ride..

(Continued from page 5)

Attendance was way down from the 4th of July's 47 riders, as the picture shows. We had the more usual number of 12 this time but that was probably due to temperature and darker light of the morning. Think of the ride as a training session for the Thanksgiving ride, which starts a bit later due to the later sunrise and that almost every business will be closed so we should have even less traffic at the later time. Hopefully it'll be warmer than 2015 Thanksgiving's 35 degrees.

Ever the life guard, Wes led from the rear so as to pick up stragglers separated from the lead group. After all, anyone crazy enough to get up at oh-dark-hundred for a stupid donut and have to pedal 27 miles for it, deserves (at the very least) to get that donut. So from all of us...thank you again Wes...
**RABA APPAREL**

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

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**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.
- **Molly’s Bicycle Shop**, 4515 W. Hundred Rd, Chester, VA 23831, 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.
- **Sweet Spot Cycling** is offering RABA members 10% off indoor training classes (drop-in rate and class packages) using the following discount code: **RABA2017**

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

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**Become a RABA Ride Leader!**

For more information or to schedule a ride, contact:

**Ride Director (Weekly Road Rides):**
Konrad Orta, konrad.orta@gmail.com 804-386-7120

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

The deadline for getting October, 2017 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).

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**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

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The Pedaler 10 October, 2017
October, 2017 Monthly Rides

Ride Director (Monthly 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.

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>

Terrain Key

<table>
<thead>
<tr>
<th>Terrain</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Many/Steep (knee alert!)</td>
</tr>
<tr>
<td>2</td>
<td>Some/Steep</td>
</tr>
<tr>
<td>3</td>
<td>Moderate</td>
</tr>
<tr>
<td>4</td>
<td>Some/Mild</td>
</tr>
<tr>
<td>5</td>
<td>Few/Gentle</td>
</tr>
<tr>
<td>MB</td>
<td>Mountain bike/off road</td>
</tr>
</tbody>
</table>

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

October 8 (Sunday) Jamestown Ferry to Smithfield Lunch Ride

Pace | Time | Miles | Terrain | Stops | Leader
---|------|-------|---------|-------|---------|
B    | 9 am | 54    | 3       | one   | Sara Page, SaralGRAY@gmail.com |
C    | 9 am | 54    | 3       | one   | Jack Huber, jhuber1111@yahoo.com |

Description and Directions: 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. The group will have lunch at the Smithfield Station on the Pagan River. The return route will have an optional ice cream stop and 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.

Ride Information HERE.

October 14 (Saturday) Waverly Big Woods Tour

Pace | Time | Miles | Terrain | Stops | Leader
---|------|-------|---------|-------|---------|
B    | 9:30 am | 40 | 4       | one   | Sara Page, Saral_gray@gmail.com |
C    | 9:30 am | 40 | 4       | one   | Jack Huber, jhuber1111@yahoo.com |

Description and Directions: The October Waverly ride will be a repeat of September’s ride through Sussex, Surry and Southampton Counties. The route will pass through the Big Woods Wildlife Management Area in Sussex County and past some plantings of the endangered long-leaf pine. Meet behind the closed La Hacienda restaurant (101 South County Drive, Waverly, VA 23890). Please do not park in the unpaved portion of the parking lot. Please remember that speed limits are strictly enforced in Waverly.

Ride Information HERE.

October 19 (Thursday) Downtown Happy Hour Ride

Pace | Time | Miles | Terrain | Stops | Leader
---|------|-------|---------|-------|---------|
B/C  | 6 pm | 20    | 3       | None  | Michael Todd, 908.419.7322, mtodd@richmond.edu |

Directions: Start Location: 600 East Main Street (Main Street Center Courtyard).

Ride Information HERE.

October 21 (Saturday) - 8:15 a.m. Adopt a Highway Trash Pick Up and Ride

Information: Bud Vye, 262-9544, bdvye@comcast.net

Description: This is our third trash pickup of the year. Let’s have a big group out there so we can continue our recent practice

(Continued on page 12)
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 Route 626 just across the railroad tracks from the old Elmont Market, at the intersection of Elmont Road and Old Elmont Road on the ABC Route.

**October 28 (Saturday) Halloween Costume 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>28</td>
<td>5</td>
<td>one</td>
<td>Deb Young, <a href="mailto:dabikeva@gmail.com">mailto:dabikeva@gmail.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** Enjoy a RideWithGPS Ride Ambassador route out of Fort Harrison National Visitor Center at a true C pace (12-14). 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 I will post a cancellation online early Saturday morning.

**Volunteers...**

(Continued from page 1)

114 people including over 40 people from the Brain Injury Association of Virginia, one of our charity partners. The event committee, chaired by Gregg Hillmar, received many, many compliments on the friendliness and helpfulness of volunteers on event day. We had many people donate use of their trucks, coolers and tents – that logistical support was invaluable! We had others who ferried equipment from warehouses to Hanover Courthouse and/or rest stops. We had some who spent many hours marking the routes or driving SAG on event day and providing mechanical support (fixing a great number of flat tires). The duties are endless. We are truly blessed to have such terrific volunteer each and every year, thank you!


**October Club Meeting...**

(Continued from page 1)

temps and darker evenings, let’s head inside to Bon Secours to hear how to manage our weight since we aren’t exercising as much outdoors.

Our guest speaker, Abby Forman, MS RD, received her Bachelors of Science in Dietetics from Virginia Tech in 2013, along with a Bachelors of Fine Arts in Studio Arts. She then received her Masters of Science in Public Health –Nutrition and completed her Dietetic Internship at the University of Tennessee, Knoxville in 2015. Abby has always played sports, including lacrosse in college and fell in love with the concept that what you eat affects how you play on the field. Now she aims to help others achieve their athletic potential and enjoy their healthiest self.

The club will provide pizzas and bottled water to attendees. If you would like to be counted in for pizza, please register by Monday, October 16, 5 PM, at: https://www.viethconsulting.com/members/evr/reg_event.php?orgcode=RABA&evid=17616031

Questions about the event, please contact VP Kim Moore at luve2cycle@yahoo.com
Ride Director (Weekly Road Rides): Konrad Orta, 804-386-7120, konrad.orta@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

**Sunday Casual Ride**

<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>C</td>
<td>8:30 am</td>
<td>22-26</td>
<td>5</td>
<td>1</td>
<td>Grey Nugent</td>
</tr>
<tr>
<td>D</td>
<td>8:30 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>

**Directions:** Start at Four Mile Creek parking area on Rt. 5, (across from the Dairy Queen at I295 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.

[Ride Information HERE.](http://www.raba.org)

**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>8:30 am</td>
<td>19-52</td>
<td>4</td>
<td>Various</td>
<td>See below</td>
</tr>
</tbody>
</table>

**Leaders:**

**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.

[Ride Information HERE.](http://www.raba.org)

**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 and Directions:** Meet at the Powhatan County Courthouse on Route 13.

[Ride Information HERE.](http://www.raba.org)

### 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.

[Ride Information HERE.](http://www.raba.org)

**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>
</table>
| B/C  | 10 am | Varies | 3       | Varies | Trevor Calame, trvr.calame@verizon.net  
Steve Bolte, sebolte@yahoo.com |

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

[Ride Information HERE.](http://www.raba.org)

### Tuesday

**Ashland Coffee 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>5:45 am</td>
<td>20-27</td>
<td>5</td>
<td>1</td>
<td>Seth Schmidt, 804-683-5512, <a href="mailto:seth@smashdirect.com">seth@smashdirect.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** Meet at Laurel Park Shopping Center (Hungary and Woodman) every Tuesday from

(Continued on page 14)
October, 2017 Weekly Rides

(Continued from page 13)

April 4th through October 31st. 5:45 am prompt start time. Ride to Ashland and back (20-27 miles depending on desires of group). C+ Pace; other paces welcome. The only thing Seth asks is to text him by 7pm that Monday evening to let him know you will be riding. No texts = No ride. So, please make sure to text Seth at 804-683-5512. Ride cancellations for weather or otherwise will be sent via email to the RABA email list. Headlight(s) and Taillight(s)/Blinkie(s) are REQUIRED.

Ride Information HERE.

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>
</tbody>
</table>

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.

Ride Information HERE.

Surry Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>9 am</td>
<td>30-32</td>
<td>3 or 4</td>
<td>one</td>
<td>Jack Huber (<a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a>)</td>
</tr>
</tbody>
</table>

Description and Directions: Meet Tuesday mornings at the Surry Government Center on School Street, (45 School Street, Surry, VA 23883) just off of Routes 10 & 31 in the Town of Surry. There is some great cycling in Surry County and the roads are mostly flat with little traffic. Jack starting doing this ride back in May with the Williamsburg Area Bicyclists (WAB) and now invites RABA to join in. There are several different routes that are chosen on a rotating basis, all are about 31 miles long with a rest stop along the way. After the ride the group has lunch at the new Surry Seafood Company on Gray's Creek.

Ride Information HERE.

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>5:30 pm</td>
<td>Various</td>
<td>4</td>
<td>None</td>
<td>John Senn, <a href="mailto:john.senn@comcast.net">john.senn@comcast.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Dave McMillan, <a href="mailto:mcmillanmail@comcast.net">mcmillanmail@comcast.net</a></td>
</tr>
</tbody>
</table>

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.

Ride Information HERE.

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></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Brian McCahill, 389-6067</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.

Ride Information HERE.

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>Bob Gore, 804 370-9906, <a href="mailto:gorerm0715@gmail.com">gorerm0715@gmail.com</a></td>
</tr>
</tbody>
</table>

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.

Ride Information HERE.

(Continued on page 15)
### 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></td>
<td></td>
<td></td>
<td></td>
<td>Gregg Hillmar, 804-683-2503, <a href="mailto:bike@hillmardesign.com">bike@hillmardesign.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>David McMillan, 337-2710, <a href="mailto:mcmillanmail@comcast.net">mcmillanmail@comcast.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>John Moore, 804-338-9668, <a href="mailto:jmoore216@comcast.net">jmoore216@comcast.net</a></td>
</tr>
</tbody>
</table>

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

**Start Times:** Oct. 5 – 5:15 pm; Oct. 12, 19 & 26 – 5:00 pm

[Read Ride Information HERE.](#)

### Friday

#### 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>25-33</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>Trevor Calame, <a href="mailto:trvr.calame@verizon.net">trvr.calame@verizon.net</a></td>
</tr>
</tbody>
</table>

**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.

[Read Ride Information HERE.](#)

#### 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>10 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.

[Read Ride Information HERE.](#)

### 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>8:30 am-20-50+</td>
<td>5</td>
<td>Some</td>
<td>Konrad Orta, 804-386-7120, <a href="mailto:konrad.orta@gmail.com">konrad.orta@gmail.com</a></td>
<td></td>
</tr>
</tbody>
</table>

**Directions:** 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.

[Read Ride Information HERE.](#)

#### 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>

**Directions:** The ride leaves from the parking lot of the Food Lion in the Broadview Shopping Center in Centerville (30 Broad Street Rd, Manakin-Sabot, VA 23103).

[Read Ride Information HERE.](#)

#### 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>

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

[Read Ride Information HERE.](#)
The Ride and Event Calendar later in the Pedaler Plus contains an abbreviated version of the following table. It only includes the information in the first three columns.

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

### Road Ride Pace Key

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

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