Climb to Conquer Cancer Ride
By Susan Ann Glass

It was a rainy and dreary day, but 31 RABA riders came out to CLIMB TO CONQUER CANCER (C3) on Sunday September 23, 2018. The event is a bike ride that features two competitive climbs up iconic Libby Hill in Richmond, Virginia. This hill, made famous during the 2015 UCI Road World (Cycling) Championships, is curvy and made of cobblestones. Not everyone can climb the hill under normal circumstances, but these stalwarts did it on the slippery, wet cobblestones once at the beginning and then after 26, 44 or 63 miles in the rain up to the finish line!

RABA even had some WINNERS on the podium:
- Lucille O'Neill – Overall Female QOM & First Place Female 50-59
- Jan Waldron – Male Grand Master (60+) KOM & First Place Male 60+
- Susan Ann Glass – Female Grand Master (60+) QOM & First Place Female 60+
- Trey Dunnaville – First Place Male 30-39

- Sarah Look – Female Master (40+) KOM & First Place Female 40-49
- Melanie Britton – Third Place Female 40-49
- Renata Sampson – Second Place Female 50-59
- Beverly Schechter – Third Place Female 50-59

In addition to this, RABA members volunteered in many different capacities...from providing the audio system, registration support, set-up/take-down and even the day before, clearing the cobbles to assure everyone would have a safe ride! Thank you to Andrew Mann, Chris Reed, Ed Hellerman, Greg Hillmar, Jan Waldron, and Kim & Mike Moore and Melanie Britton!

(Continued on page 4)
October Club Program

When: Wednesday, October 17, 6 PM
What: Better Fit = Better Ride
Who: Erik Lineberry, PT, DPT, InMotion Physical Therapy
Where: InMotion Physical Therapy, 3001 Hungary Spring Rd Suite D, Richmond, VA 23228
We are back to having a program (or two) after a busy summer of club events and fundraisers! Our presenter Erik Lineberry is a physical therapist at InMotion Physical Therapy and relatively new RABA member. While in PT school, he became involved with an organization that built adaptive tricycles/bicycles for individuals that have physical or mental challenges that began my interest in cycling as a sport and hobby. Since then, he has completed specialty training in orthopedics including coursework in treatment of cycling-related injuries, clinical bike fitting, and providing guidance to improve the performance and movement of cyclists to (Continued on page 6)

Save the Dates

Saturday, November 3 – Bikes for Kids Assembly: More details coming out via the RABA Message Board and the November Pedaler. Note: this is the last event that members can participate in to qualify for the RABA Volunteer Appreciation Social.

Saturday, December 1 – Bikes for Kids Delivery to area Christmas Mother’s programs. Volunteer delivery drivers of SUVs, pick-up trucks, vans, cars with pull-behind trailers will be needed. Contact Andrew Mann for more details, rabamann@aol.com.

(Continued on page 6)

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2018 Board of Directors

President: Wes Surina, wessurina@gmail.com  804-687-3117
Vice President: Kim Moore  luwe2cycle@yahoo.com  804-358-0935
Treasurer: Cindia Evans, cnevans@comcast.net  804-789-0511
Secretary: Deanna Weiler, dfubanana@gmail.com  804-334-6860
Ride Director (Monthly Road Rides):
John Johnson, mksm1@msn.com  804-814-1066
Ride Director (Weekly Road Rides):
Konrad Orta, konrad.orta@gmail.com  804-386-7120
Public Relations Director: open-
Membership Communications Director:
Richard Halle, rrichhalle@verizon.net  804-744-1760
Bicycling Advocacy Director: Bud Vye
bdvye@comcast.net
Membership Director: Kristen Swanson, swansonka@gmail.com  804-399-7672
Century Chair: Greg Hillmar,
bike@hillmardesign.com  804-683-2503
Past President: Andrew Mann
rabamann@aol.com  804 266-9048
Committee Chairs
Web Administrator: Richard Halle
rrichhalle@verizon.net  804-744-1760
E-Mail List Moderator: Kim Moore
luwe2cycle@yahoo.com  804-358-0935
Safety: Eric Martin
martin4bike@gmail.com  804-402-3471
RABA/BikeJournal Administrator: Ron Corio,
rcorio@ccu.edu  804-332-9906
New Rider Recruitment & Retention:
Chuck Jajesnica, cervels53@verizon.net
804-543-8967
RABA Grants Committee Chair: Ron Corio,
rcorio@ccu.edu  804-332-9906
RABA Apparel Chair-Keith VanInwegen,
keithvandinwegen@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-information/).

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.
What a bummer, to have to cancel the Heart of Virginia on the 15th, and then to have the Weather Gods stall Florence and turn her to the south. Fortunately for our area, but terrible flooding for Wilmington, New Bern, and the Low Country of South Carolina. Even though, as it turned out, it would have been rideable for the HOV on 9/12, I’m not hearing any 2nd guessing on the decision to cancel several days ahead of time, since our tent provider was not wanting to erect one with a Hurricane warning looming, and all of our local Law Enforcement agencies wanted to be occupied elsewhere as they were under a “State of Emergency”.

What a difference a week made, as we had an absolutely beautiful morning on 9/22 for the Adopt a Highway Trash Pickup as 12 of the regulars (Trevor Calame, Lissa & Roy Childrey, Don Collins, Alan Cooper, Rickey Davis, Don Eiler, Stan Goldman, Richard Halle, Brian McCahill, Carl Smith, and Deanna Weiler) joined me in trying out the new “grabbers” the club has provided us with and getting the job done in under 1.5 hours. Noting the lack of any new faces out there, regular Don Eiler wondered if perhaps my announcement language that the job isn’t taking us that long is conveying the impression that we really don’t need any help and keeping the turnout down. I hope you haven’t been getting that idea, as we would love to have you join us. With veterans like those listed above, the job does go very quickly. We would love to have you with us when we come out again next Spring and help us get the job done even more quickly. Not to mention the enjoyable fellowship we have afterwards at the Caboose, with the club picking up the tab. Plus, this time almost the entire group got in a nice ride after we had our refreshments.

Then the tornados on the rear end of Lucille hit us on the afternoon of Monday, 9/17. I think I saw one of these up close as I was driving east on I-64 between Gaskins & Parham at about 3:48 p.m., when all of a sudden I see what looks like a wall of water in front of me. Barely seeing the lights of a tractor trailer in the next lane over, I duck in behind him, happy to have him slowly running interference for me as I can barely see out the windshield and I have no place to get over onto the shoulder. Only a few seconds past the Parham underpass and the cell seems to be gone with the rain intensity much diminished, so I can see to get off 64 at the Glenside exit and complete my trip home. Not til the next day when reading the Weather Service reports do I realize that that must have been the tornado that touched down in the Parham & Patterson area that I drove through. Thank You, Lord, for staying with me! That could have been a real problem.

Then during the next day, I’m still trying to figure out who (and how) hacked into both my Credit Card & my Debit Card (from different banks) in a very short period of time on the same afternoon (even though I hadn’t used my debit card for several days), charging more than $1200 in Gift Cards (from Gift Card Granny) on my Credit Card, plus about $400 on my Debit Card (also for gift cards, but from Gift Card Spread). Fortunately, both of my card companies spotted the unusual activity and we closed out both cards immediately, with the banks taking the hits. A couple of days later, I learn from two friends that they both also were hacked on the same afternoon at about the same time (but not for gift cards). Must be more credit card skimming going on than I had realized. And must be pretty lucrative for the skimmers, in whatever far distant locale they may be, if no one is pursuing and catching any of them, but just writing it off as fraud.

Then, on my way home the next day from a conference at the Doubletree in Midlothian, the quarter I’m throwing into the exact change toll hopper at the Midlothian entrance to the Powhite Expressway misses its mark and falls to the pavement. With no more quarters handy, four cars behind me, and no semaphore down in front of me at that entrance, I proceed onto the Expressway. Upon getting home comes the challenge of trying to pay my quarter so as to avoid receiving a violation. RMA does have a website to cover that eventuality, but its not user friendly, and doesn’t recognize my license plate number as being in violation anyway. So, after more than an hour of trying to get straight, I’m letting it ride and waiting to see if I get a violation notice.

The Distracted Driving Summit that had me over that way did yield some interesting information to me, as I learned that Georgia had become the 15th state to completely ban the use of hand held communication devices, with their law going into effect on 7/1. Since I have been working on similar legislation for our state for several years now, it appears that the upcoming session may be the one where we get it through. Hopefully, we won’t need a major tragedy to focus more attention on the issue as Georgia had with 2 cars of girls, 10 in all, heading to the beach stopped at the side of the interstate and all killed as a tractor trailer driver is on his phone and plows into both cars. It appears we have a general realization now that this problem is of epidemic proportions, while Law Enforcement has made their case that they can’t enforce a law with a bunch of exceptions in it (such as doing Email, getting GPS directions, etc.) so Georgia law gets you ticketed if you have a communication device in your hand while driving. No Exceptions!

Spoke too soon last month in indicating that two of the area’s long running projects had finally gotten to completion, as both Monroe Park and the sidewalk on Wistar Road seem to have slowed down as they approach the finish line. It does, however, look as though I will live to see them completed, maybe even in the next month or two.

The first cyclist to get hit by a car while in the Franklin St. bike lane gets a lot of press, even though she is not seriously injured, and the driver who hit her is ticketed. On top of the reporting of the incident, the Times-Dispatch writes an Editorial opposing the similar bike lane proposed for Brook Rd. which is not helpful to the cause of increased bike infrastructure in the city. Hope it doesn’t set back the program too much, as we have been making good progress led by Max Hepp-Buchanan and his SportsBackers staff.

(Continued on page 4)
AMY’S ARMY OF CANCER WARRIORS reached out to us after our Heart of Virginia ride was canceled due to Hurricane Florence and asked us to join them in this endeavor. They sweetened the pot, too! For every RABA rider who signed up, AMY’S ARMY donated back $5 to fund our Bike For Kids/Brain Injury charity; thus, we earned $155! What a win-win for both our organizations.

Moreover, many of our 31 RABA riders fundraised individually for AMY’S ARMY (Trey Dunnaville is currently in fourth place) and have collectively raised nearly $1000! RABA is in third place among the teams who are fundraising...some with as few as five riders! Can RABA be Number One? You can still make a donation until October 6! Go to: https://www.pledgereg.com/climb-to-conquer

Remember that all the money raised for CLIMB TO CONQUER CANCER will go to support cancer patients and fund life-saving cancer research taking place at Massey Cancer Center at VCU, right here in Richmond. RABA is excited to have partnered with AMY’S ARMY at C3 and looks forward to this event again next year! We should be very proud of ourselves. Go to Facebook and “Like” their page to get information about next year’s event: https://www.facebook.com/AmysArmyofCancerWarriors/

And...on behalf of all of us at AMY’S ARMY...a huge THANK YOU!

(Climb to Conquer Cancer Ride... (Continued from page 1)

Told you it was rainy.....
Bikes for Kids Update
By Andrew Mann

This is the 18th year the club has held its “Bikes for Kids” drive. It was originally started by Dee & Suzanne Nuckols as a way to give back to the community we live & cycle in. I currently head the effort and have been a volunteer for 15 years.

When Dee stated that he was 'retiring' from the Bikes for Kids project I knew that I had to keep it going. With a great deal of help from RABA members the program has continued to grow significantly. But I need your help.

We will pick up the bikes from Wal-Mart Short Pump on Monday, October 22, 2018 and deliver them to Entrust behind the Richmond SPCA. We will assemble the bikes on Saturday, November 3 and distribute them on Saturday, December 1. Please save those dates and come help me make it all happen.

For more information please check out: http://www.raba.org/bikes-for-kids/

Please consider donating to this great cause:
https://www.paypal.com/donate/?token=Q2qBniiLaEaK9UuXasa7KMv7m7xy1QQGo087pqSYF118M2eiuQUZdoPJmkYfkF27Usughm&country.x=US&locale.x=US

All donations are tax deductible.

This year I plan to buy 450 new bicycles and helmets for donation to area Christmas Mother Programs. We will distribute the bikes to area Christmas Mothers on Saturday, December 1. Volunteers will load up trucks & trailers and deliver the bikes to Richmond, Hanover, Goochland, New Kent, Chesterfield, Powhatan, Henrico, & Charles City Counties. The Christmas Mothers will give them to needy families who have applied for help.

I work closely with the Christmas Mothers to match appropriate bicycles to the needs of the children in the various counties.

Please feel free to email questions to Andrew Mann at: rabamann@aol.com

Fondo Fredericksburg
October 21 (Sunday)

Following this year’s cancellation of the Heart of Virginia Bike Festival (HoVA), the organizers of the upcoming Fondo Fredericksburg on Sunday, October 21, would like to offer you a special discount to their event. Part of FCCUSA’s series of 30, 50 and 75 mile cycling events, Fondo Fredericksburg concludes with local food trucks, craft beer and live music. While more recreational in nature, several timed KOM sections offer a competitive element for cyclists looking for a challenge.

The first 150 cyclists to register for the 50 or 75 mile routes receive a FREE Pearl Izumi cycling jersey!

We invite you to participate by using code 18HRTVRG for $10 off each registration. A $10 donation per registration using this code will go toward RABA’s Bikes for Kids program!

To check out the routes or for more event info, click here. Register before the price increase on October 11.

See you in Fredericksburg!

RIDE PRAY LOVE A Blessing of the Bikes
Westover Church, 6401 John Tyler Highway, Charles City, VA

Located just west of mile marker 25 on the Virginia Capital Trail, Westover Episcopal Church, opens its doors to the thousands of cyclists who pedal past each year. We welcome all cyclists regardless of religious affiliation or none, brand of bike—fat or thin tires, speed or leisure to join a Blessing of the Bikes, October 21st, at 2pm (for 20-30mins). Grounds will be open for BYO-picnic at 12:45. All are welcome beforehand to our 10am Sunday service. No pressure to dress up; it’s a come-as-you-are in those “oh, so attractive bicycle shorts”.

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Bikejournal Report

As of September 20, 2018, RABA riders logged 327,397 miles year-to-date on Bikejournal for second place among Bikejournal clubs.

<table>
<thead>
<tr>
<th>Rank</th>
<th>Club</th>
<th>Miles Logged</th>
<th>Location</th>
<th>Total Miles Logged</th>
<th>Difference</th>
<th>Points</th>
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<tbody>
<tr>
<td>1</td>
<td>Sumter Landing Bicycle Club</td>
<td>183 / 315</td>
<td>The Villages, FL</td>
<td>371,964 (+44,567)</td>
<td>2,282</td>
<td></td>
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<tr>
<td>2</td>
<td>Richmond Area Bicycling Association</td>
<td>189 / 199</td>
<td>Richmond, VA</td>
<td>327,397</td>
<td>1,732</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Sacramento Bike Hikers</td>
<td>76 / 123</td>
<td>Sacramento, CA</td>
<td>165,373 (-162,024)</td>
<td>2,176</td>
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<td>4</td>
<td>Phoenix Metro Bicycle Club</td>
<td>26 / 96</td>
<td>Tempe, AZ</td>
<td>103,664 (-223,733)</td>
<td>3,987</td>
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<tr>
<td>5</td>
<td>'BentRider Recumbent Club</td>
<td>60 / 730</td>
<td>International</td>
<td>94,033 (-233,364)</td>
<td>1,567</td>
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Miles Logged by Month

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<tr>
<td>Jan</td>
<td>15,152</td>
<td>18,900</td>
<td>19,649</td>
<td>20,057</td>
<td>18,758</td>
<td>25,050</td>
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<td>Feb</td>
<td>36,063</td>
<td>33,774</td>
<td>26,698</td>
<td>14,243</td>
<td>19,769</td>
<td>18,880</td>
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<td>Mar</td>
<td>16,171</td>
<td>30,943</td>
<td>45,213</td>
<td>25,051</td>
<td>31,143</td>
<td>23,178</td>
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<tr>
<td>Apr</td>
<td>38,223</td>
<td>42,862</td>
<td>42,138</td>
<td>44,062</td>
<td>46,492</td>
<td>22,369</td>
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<td>May</td>
<td>49,315</td>
<td>47,599</td>
<td>49,246</td>
<td>61,610</td>
<td>57,267</td>
<td>68,947</td>
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<td>Jun</td>
<td>47,344</td>
<td>50,375</td>
<td>59,572</td>
<td>60,484</td>
<td>68,270</td>
<td>50,094</td>
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<td>Jul</td>
<td>48,899</td>
<td>55,303</td>
<td>61,788</td>
<td>62,904</td>
<td>72,553</td>
<td>71,426</td>
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<td>Aug</td>
<td>70,312</td>
<td>54,377</td>
<td>57,786</td>
<td>62,316</td>
<td>71,537</td>
<td>62,728</td>
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<td>Sep</td>
<td>50,209</td>
<td>50,908</td>
<td>50,013</td>
<td>48,132</td>
<td>63,198</td>
<td>54,165</td>
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<td>Oct</td>
<td>51,344</td>
<td>53,565</td>
<td>50,051</td>
<td>45,503</td>
<td>39,154</td>
<td>24,585</td>
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<td>Nov</td>
<td>29,459</td>
<td>43,561</td>
<td>44,648</td>
<td>43,080</td>
<td>39,198</td>
<td>26,102</td>
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<tr>
<td>Dec</td>
<td>48,064</td>
<td>55,632</td>
<td>52,199</td>
<td>55,827</td>
<td>54,169</td>
<td>42,833</td>
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<td>Total</td>
<td>322,009</td>
<td>513,209</td>
<td>565,756</td>
<td>545,757</td>
<td>593,397</td>
<td>529,358</td>
</tr>
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</table>

2018 RABA Leader Board

as of September 20, 2018

1. Steve Rosen 8975
2. Paula Dahl 7909
3. Karl Schmitz 5743
4. Lucille O’Neil 5719
5. Ray Reed 5525
6. Harry Davis 5373
7. Eric Weissbart 5131
8. Keith VanInwegen 4918
9. Jan Waldron 4886
10. Tim Kelly 4751

October Program...

(Continued from page 2)

allow them to reach their goals for training, commuting, and competing.

Erik will address 1. the differences between a retail shop fitting versus a rehab bicycle fitting and 2. review common injuries related to bicycle riding and poor fit and what might be done to alleviate those aches and pains. InMotion PT is also graciously providing light refreshments, so to help them with getting a proper headcount, please register by Monday, October 15, at: https://www.viethconsulting.com/members/evr/reg_event.php?orgcode=RABA&evid=19863289

(Continued from page 2)

To keep on your “radar”:

Mid-November – RABA Volunteer Appreciation Social: specific date and location being determined at the time of this newsletter’s publication, but it will definitely be after November 3 and before Thanksgiving.

Early-December – RABA Holiday Social and Gift Exchange: Specific date and location being worked on, but it should be sometime during the first week of December.

Save the Dates...

(Continued from page 2)
RABA APPAREL

Here is the new design for RABA apparel. We are using Starlight out of Roanoke. They re-open their online store for us occasionally for a limited time. Then, order your gear and have it shipped to your home. You can get a short sleeve jersey (club fit), bibs or shorts, arm warmers and a wind/rain jacket. 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**, 12256 W Broad St, Henrico, VA 23233 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, 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: RABA2018

Note: If anyone knows of any other bike shops that offer RABA members a discount, please contact Wes Surina at wessurina@gmail.com. Get a membership “card” by following the steps here.

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)**:
  - John Johnson, mksm1@msn.com 804-814-1066

The deadline for getting November, 2018 rides listed in The Pedaler is October 15

CLASSIFIEDS NOW EXCLUSIVELY at www.raba.org

Classified ads on the web site are free for RABA members or for paying non-members. Members may have no more than two bicycles for sale on this site at any one time. Ads will run for 90 days unless informed that the items have been sold. The date submitted will be displayed on each. If you want your ad to continue running, you must notify the Editor prior to the expiration. The web site’s Classified page is here.
October, 2018 Monthly Rides

Ride Director (Monthly Road Rides): John Johnson, 804-814-1066, mksm1@msn.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

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<thead>
<tr>
<th>Pace</th>
<th>Typical Average Riding Speed</th>
<th>Description</th>
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<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 6 (Saturday) [Rain Date: Sunday, October 7]
Heart of Virginia Community 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>Your Pace</td>
<td>8 am</td>
<td>102</td>
<td>2 (Rolling)</td>
<td>2 or 3</td>
<td>Self led</td>
</tr>
<tr>
<td>Your Pace</td>
<td>8:30 am</td>
<td>65</td>
<td>2 (Rolling)</td>
<td>2</td>
<td>Self led</td>
</tr>
<tr>
<td>Your Pace</td>
<td>9 am</td>
<td>34</td>
<td>2 (Rolling)</td>
<td>1</td>
<td>Self led</td>
</tr>
</tbody>
</table>

Description and Directions: The official event had to be cancelled due to the weather effects of Hurricane Florence on central Virginia, much to the great disappointment of the Heart of Virginia Chair Gregg Hillmar and committee members, riders and volunteers. But, it has been resurrected as a community ride (read “free”) for anyone to ride the routes.

Since this is a community ride, it will be organized more much like a big club ride: cue sheets / Garmin links available, but no road markings or signs, no SAGs, no mechanical support. We may have some volunteers and standalone rest stops outside of retail convenience stores found along or near the routes – volunteers are be sought – so riders need to be prepared to be self-sufficient with money, extra food, fluids and basic bike repair tools.

A very simple registration has been set up for riders and volunteers for rest stops, SAGs and ride leaders. If you are interested in riding or volunteering, want to learn more about the event or just want to be kept abreast with details and changes as they evolve, please register by Thursday, October 4, at: https://www.eventbrite.com/e/heart-of-virginia-community-ride-registration-50764658460

Registering does not commit you to ride, but it is a great way to receive information without having to constantly blast the club member via the message board.

Start/Finish Location is at Hanover County Administration Complex (aka Hanover Court House).

October 21 (Sunday)
Blessing of the Bikes at Westover Plantation Chapel

<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>All paces</td>
<td>12:30 PM</td>
<td>29.5</td>
<td>5</td>
<td>1</td>
<td>Deanna Weiler, (804) 334-6860</td>
</tr>
</tbody>
</table>

Description and Directions: I'll be leading a B pace from Four Mile Creek to A Blessing of the Bikes at the chapel at Westover Plantation (Go here for info) at 12:30 pm on October 21. All paces are welcome. The church is right on the trail and 14.65 miles from Four Mile Creek. Would like other pace leaders if anyone is interested. A very welcoming place as I was treated so well when I dropped in on their service.

If you have any questions, just give Deanna a call at (804) 334-6860.
October, 2018 Weekly Rides

**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.

---

**Sunday**

**Sunday Casual Breakfast 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>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.]

**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>TBD</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.]

**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.]

---

**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 email list. If you are not on the list, please contact one of the leaders.

[Ride Information HERE.]

**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>Varies</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 Roads. Distances and routes will be determined by the riders.

Start time varies. Check your email.

[Ride Information HERE.]

---

**Tuesday**

**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.

(Continued on page 11)
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>B</td>
<td>9:30 am</td>
<td>28-32</td>
<td>3 or 4</td>
<td>one</td>
<td>Bill Bandy, <a href="mailto:BillBandy@gmail.com">BillBandy@gmail.com</a></td>
</tr>
<tr>
<td>C</td>
<td>9:30 am</td>
<td>28-32</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. We will partner with the Williamsburg Area Cyclists’ ride leader Fran Wenbert on this ride. There are several different routes that are chosen on a rotating basis, all are about 30 miles long with a rest stop along the way. After the ride the group has lunch at the Surry Seafood Company on Gray’s Creek.

**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 &amp; C</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></td>
<td></td>
<td></td>
<td></td>
<td></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 and start time 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

#### Anything Goes Thursday

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A/B+</td>
<td>9 am</td>
<td>varies</td>
<td>3</td>
<td>Varies</td>
<td>Ray Reed <a href="mailto:r.reed02@gmail.com">r.reed02@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Karen Murphy <a href="mailto:murphykaren5@yahoo.com">murphykaren5@yahoo.com</a></td>
</tr>
</tbody>
</table>

**Description:** This ride meets at a different location each week for a West End 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.

**Ride Information HERE.**

#### 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>Josh Silverman, 804-307-3338, <a href="mailto:jds17@yahoo.com">jds17@yahoo.com</a></td>
</tr>
</tbody>
</table>

**Start Times:** Oct. 4– 5:15 PM; Oct. 11, 18, and 25– 5:00 pm

**Description:** This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. The twenty mile route follows the ABC route which is almost flat to Ashland and back to Laurel Park Shopping Center. Longer routes have a few hills. While the faster paces, B and up, are not no drop, leaders will generally try and make sure that no one is dropped from their group, regrouping 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.

**Ride Information HERE.**

(Continued on page 12)
(Continued from page 11)

### East End Black Creek 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>6 pm</td>
<td>28 - 32</td>
<td>None</td>
<td>None</td>
<td>Park Previs, <a href="mailto:sp00ne@yahoo.com">sp00ne@yahoo.com</a></td>
</tr>
<tr>
<td>C+ / B</td>
<td>6 pm</td>
<td>16-20</td>
<td>None</td>
<td>None</td>
<td>Megan &amp; Kris, <a href="mailto:mbprevis@gmail.com">mbprevis@gmail.com</a></td>
</tr>
</tbody>
</table>

**Description and Directions:** This Leader led evening ride features different paced cruises through eastern Hanover and New Kent Counties starting at Black Creek Baptist Church, 6289 McClellan Rd., Mechanicsville, VA 23111. Please use parking lot on north side of the church.

This is not a "no-drop" ride, but we will make sure that everyone is taken care of and makes it back to the finish. I hope that all the regulars from years past will return, and I hope that some new riders come out and join us.

[Ride Information HERE.](#)

### Friday

#### Charlie Thomas Memorial Ride (Charlie’s Hylas Ride)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leaders</th>
</tr>
</thead>
</table>
| B    | 9:30 am | 25-33  | 2/3  | 1     | Dave Miller, dialdave@aol.com  
Trevor Calame, trvr.calame@verizon.net |

**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.

[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/Coordinator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>8:30 am- 20-50+</td>
<td>5</td>
<td>Some</td>
<td>0</td>
<td>Konrad Orta, 804-386-7120, <a href="mailto:konrad.orta@gmail.com">konrad.orta@gmail.com</a></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.

[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>Karen Murphy, <a href="mailto:murphykaren5@yahoo.com">murphykaren5@yahoo.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).

[Ride Information HERE.](#)

#### Molly’s 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>3 pm</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

[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 and slower riders may 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.