RABA September Monthly Meeting
Brand New and Not So New Rider How To & Equipment Migration
Performance Bicycles, 9015 W. Broad St Wednesday, Sept. 10, 7:30 PM

The September 10th RABA meeting is a basic how-to meeting intended for new to 1 year bicyclists. Join us at Performance Bicycles to learn what to take on a ride and how to fix a flat (hint: they are related). We’ll also provide practical perspective on “valuing” your biggest cycling investment—The Bike—and advice on bike migration between cycling levels.

We’ll close the meeting with a good old fashioned swap meet. Bring your gently used bicycling goods to offer for sale or swap. One cyclist’s “find” may be another’s “see ya later.” A raffle for a nice prize and to help out the Cookie Lady? Well, maybe. Keep an eye on the web site and your e-mail as we get closer to the day of the meeting. Lots of great topics and events will be taking place at the September RABA meeting so come on by and join the crowd.

Our October meeting will feature presentations and pictures from over the summer bike odysseys. E mail mhoerath@comcast.net with your ideas or contacts for our October meeting.

Remember to Take a Look at the Pedaler Plus Supplement
Check out the Pedaler Plus, a supplement in PDF format, that you can read, download, and/or print from either http://www.raba.org/asp/pplus.asp or http://mysite.verizon.net/rrichhalle/pplus

Look for additional features and pictures as well as an 8 1/2”x11” calendar for September showing all the RABA rides. This month the features include some of the pictures Jeanne Minnix took at the RABA Picnic on August 10 as well as an article about how to get ready to ride your first century.

RABA in September
It’s going to be busy! The biggest event is the 2008 Heart of Virginia Bike Festival which takes place on Sept. 13 and 14. If you haven’t registered yet, please do so. The information is at www.raba.org. We also need volunteers to help out. See page 5 and offer to help if you can.

September is also National Century Month. Appropriately, the Heart of Virginia event includes both English and Metric century routes. See the Pedaler Plus for an article about century preparations.

The rest of the ride calendar includes rides of all types and distances. There’s something for everybody! Have fun!

RABA members enjoyed a beautiful day with a ride and picnic at Dorey Park on August 10

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Welcome to RABA's newest members. We hope to meet you and see you on some of our rides!

One of Our Favorites Had a Serious Fall

by Fran Smith

On Thursday, August 14, 2008, one of our favorite RABA cyclists had a serious fall. Gary Faison took a fall while riding on the Thursday night Black Creek ride and broke ribs, punctured his lung, and damaged his shoulder. In his typical resilient fashion, Gary completed the ride after his initial fall-only to find he was dealing with more issues than he realized. He was involved in an automobile accident after the ride and was transported to the emergency room at MCV and will be continuing a lengthy recuperation as he continues to heal.

However, the image below was taken that following Sunday and just confirms Gary’s typical positive spirit and strong perseverance. We’re not sure who the fluffy animal is in the picture but we hear there’s a story that dates back to Gary’s ride at the 2003 Pennsylvania Covered Bridge Metric—a ride that Gary was training for as a planned participant in 2008. We wish you continued strength as you heal and look forward to seeing you back on the RABA rides in the very near future!!
Two of our three cross country riders are back, as the 32 person America by Bicycle ride reached Portsmouth, NH in 52 days, as scheduled, on 7/22, having started on June 1 at Burlingame, CA near the San Francisco airport. Jay Rohrer and Rick Tangard, Richmond residents who live about 5 miles apart, and RABA members, met each other for the first time in the hotel lobby in Burlingame and became both room and riding mates for the rest of the trip. They both seem to have come through the experience in great shape, and Rick immediately continued his odyssey by riding the Pan-Massachusetts Challenge (a several thousand rider cancer fund raiser from Sturbridge to Provincetown in two days), which he has done several times in the past. I had mentioned Jay's blog, http://jaysride.blogspot.com in a previous column, but not Rick's, which is http://www.teamnaturespath.com/forum.html Both are very well done, and worth spending some time with, as is Cal Pletcher's, http://cycal.blogspot.com/ whose longer, and more leisurely paced, Bicycle Adventure Club cross-country tour is still grinding it out in Mississippi as I write this, on their way to a 8/31 finish in St. Augustine, FL. A big WELL DONE to all three of them! Take a look at their blogs, and look forward to getting an in-person report at a future club meeting.

Also back in town is Jerry Hefele, the club's unchallenged leader in doing “State Rides”. He's had a fairly light 2008 (for him) as he's only ridden Bike Florida, Bike Nebraska, and Bike Wyoming (which he reckons might be the toughest one he's done), while cutting back on his foreign rides due to the weakness of the dollar. I'm personally glad to see him back, to do his usual fine job on the maps and cue sheets for the Heart of Virginia (although I sometimes wonder why we go to all that trouble, since a number of our peloton riders won't bother to look at them, and will come back complaining that they missed a turn along the route, and receive absolutely no sympathy from me).

Retiree's continue to do a lot of traveling, as Charlie Thomas is in Kansas on a combined business and sight-seeing trip (after spending two years at Fort Riley during my younger days, I'm anxiously awaiting his report on what sights he may have found to see, since I couldn't think of any to recommend to him). And Dick Pitini is off to Alaska to do some fishing and bear watching. While we await Holly Smith's return from Iowa, and her report on how RAGBRAI went.

After an absence from club rides that I reckon at about 15 years, I was pleased to see Greg & Karen Doggett turn up at Ashland Coffee during an ABC ride, and then Greg the following Wednesday on a Retiree's Ride, as he had the week off from his job at Blue Ridge Mountain Sports. Don't know if it helped that I had seen Karen (who works downtown in the Federal Court's Bankruptcy division) at the recent RideFinders Bike Commuting event and told her that we missed having them out with us, but it may have done some good. In any case, Greg is regularly cycling to work about 3 days a week from their home near Patrick Henry HS west of Ashland and has refined a fairly traffic-friendly route of 21 miles, that he does in about 1 hr. 20 minutes. One of the more versatile outdoor sports guys I've met (he's long been a strong white water paddler), his latest favorite is Cave Diving, and he and Karen have bought a house in the Yucatan region of Mexico, not far from Cozumel, where he says the cave diving is spectacular. Good to have them both back, and I'll try to keep up with their exploits.

Haven't seen Mary Ann Kaveski's picture in Style recently, advertising her as one of the top OBGyn doctors in the area, but now Mary Falterman's is being used in some big ads in the Times-Dispatch, promoting Kids' Health in her capacity as a Pediatric Cardiologist. And we've still got Liza Bruce on both billboards, advertising the VCU Transplant Center.

Looks like we've stirred up a little interest in the subject, as several of us (Champe Burnley, Charlie Thomas, and I, that I know of) fired off rebuttals to the woman from Goochland who wrote the letter to the T-D Editor asking her Board of Supervisors to ban bicycles from their rural roads since they are “impossible to pass” (obviously meaning when traffic is on-coming in the other lane). My letter seems to have gotten a lot of attention, judging from comments I've received at church, my senior tennis group, and elsewhere beyond the cycling community. As one who doesn't often read the Letters to the Editor, I've learned that quite a few people do.

I've also learned that we've got a big community out there who is quick to point out that cyclists have Responsibilities as well as Rights. There is nothing I can do about the guys riding up and down West Broad on the wrong side of the street, or the riders in the Fan and VCU area who commonly violate just about every rule. I am however, getting tired of having to be an apologist for the strong, experienced riders from our club who run red lights, refuse to get into single file when being approached from the rear, and generally seem to ride like the rules don't apply to them. With some of our regular rides attracting larger turnouts, the big pelotons on such rides as the ABC and the Tuesday Night from Hanover Courthouse are really attracting a lot of negative attention and engendering ill will for us. As one who has never been much of a peloton rider, it's hard for me to appreciate the attraction of riding in the middle of a pack of 30 or 40 riders, as I've personally seen on Saturday morning, and have had reported to me by area residents regarding the Tuesday ride.

I'm one of the few still riding who remembers when the Tuesday Night Ride was at Broadview Shopping Center (until the late '80s), when the Center owner began calling the Sheriff's Dept. to ticket rider's cars who were parking there, and the Sheriff's Dept. began closely monitoring the rides on the road and issuing tickets. The situation got so bad we discontinued the ride and moved it to Hanover Courthouse. I'm afraid if we don't clean up our act, we may see history repeat itself. Please --- break these pelotons into groups of not more than 10 or 12. They still will be difficult for the motor-
Heard and Seen Around the Club
(Continued from page 3)

ist to safely pass, but not impossible as is presently the case. Not more than two abreast at any time, and falling into single file when being approached from the rear. We’ve made some real progress in improvements to the code in the last decade. Let’s follow its provisions, or we’re apt to see some legislative
delay in the other direction.

Also, not good to learn that the statewide cycling fa-
talities for this year are now up to 10, after having only 7 all year in ’07. Most seem to be the result of the cyclist getting hit from the rear, so wear bright clothing, ride with your blinkie on in the daylight, and be careful in making left turns in front of traffic approaching from your rear.

The fatality that seems to have gotten the most attention, and has really saddened and infuriated the cyclists in the Roanoke, Blacksburg, Radford area, was that of Fess (short for Professor) Green back in April. A faculty member at Rad-
ford, and advocacy chair of the local bike club, Green was a well known and well liked, 67 year old, avid cyclist. An on-
coming car did an abrupt left turn in front of him into a park entrance. Riding into the passenger side of the car, Green died of spinal injuries. At trial, the driver was charged with, and
convicted of, Improper Driving. As is always the case, his de-
fense was, “I didn’t see him”. The sentence was --- a $1500 fine, a 6 month jail sentence (suspended, with a year of super-
vised probation), and a 6 month suspension of the driver’s license. Although the local cyclists have been expressing outrage at the lightness of the sentence, it is by far the toughest one I have seen in several years of following such cases. Unless the driver had been drunk, drove away from the incident, or done something really outrageous, there could really be no charge of manslaughter. That leaves Improper Driving (which is where most such cases end up) or Reckless Driving, which is by far the stiffer of the two charges.

I’ll close with some good news, as Heart of Virginia reg-
istrations are rolling in at a record clip, and point to the larg-
est ever turnout in the history of the event. Thanks to all who have registered early, as well as to those who have already stepped up to offer their help! We could still use some more volunteers, particularly at the Registration Table, for Parking Marshals (you can do this early and still ride), and Sag Vehi-
cle Drivers (we’ll reimburse your auto expense) so, if you can help, please check in with me or Kim Moore.

New Group Formed to Champion Cycling as a Viable Mode of Transportation in Area

With gasoline at nearly four dollars per gallon, a number people in the Richmond area are suddenly using bicycles to get to work, shop for groceries or run errands about town. For some, cycling is no longer a weekend sport but is becoming a daily activity and an integral part of their daily routine.

Unlike some cities such as Portland or Boulder, Rich-
mont’s bicycling infrastructure of trails, paths and greenways leaves much to be desired. Granted, we have interstate bike routes, great single track trails and fantastic facilities such as the Virginia Capital Trail on the horizon. However, many of these amenities do little for people who would like to ride
their bikes to commute downtown to work or ride to the local grocery store for provisions.

That may be changing in the next few years in the Rich-
mond area.

A group has recently been formed who want to make Cen-
tral Virginia as bike friendly as the best cycling communities in the US and even cities in Europe.

The Capital Region Greenways Group is an organization whose mission is to advise communities in Central Vir-
ginia on planning, developing and maintaining an intercon-
nected system of greenways and trails that can be used by
walkers and cyclists and make cycling a viable and safe trans-
portation mode for all type of riders.

The group, which as been meeting for around five
months, is composed of government officials, planners, council
members, representatives from non-profits (including RABA!) and, most importantly, citizens from the community. The group hopes to identify potential route opportunities, support
existing projects and promote cycling as a viable mode of trasnportation.

With the increased concert for petroleum prices, a gen-
eral concern for the environment and an appreciation of eco-
nomic benefits that bike facilities can bring to a community, the timing seems great to finally make these a reality in Cen-
tral Virginia.

To be successful, though, the Greenway Council needs
input and participation from citizens who live here in Central Virginia (especially Henrico, Chesterfield, Hanover and Goochland Counties) who will be proactive in letting their supervisors, delegates and state senators know that bike friendly facilities are important to them.

The Council has been meeting on the third Wednesdays
of the month at 10:30 a.m. in the Roundhouse at Byrd Park,
(just south of Swan Lake.) Meetings typically last until noon.

If you would like to know more about the group, and how
you can make a difference on the future of cycling in our area, please contact Champe Burnley (champe_burnley@hotmail.com - 358-5801) to confirm meeting details.
Heart of Virginia Volunteers Still Needed

This looks to be a record-breaking attendance at the Heart of Virginia bicycling event, September 13-14, 2008. As of August 15, there are over 300 cyclists registered, way above the registration count from the same time last year! While this is exciting for RABA since this event is the club's only fundraiser, this means volunteers are needed more than ever to ensure participants have fun and are safe on this weekend.

RABA still needs SAG drivers, rest stop greeters, registration helpers, post-ride ice cream scoopers and parking marshals for both Saturday and Sunday of the event. Volunteers will receive an invitation to the RABA volunteer party later in the fall and also receive a T-shirt.

If you are interested or available to volunteer in any of these positions, for any amount of time, please contact Kim Moore 358-0935 or luvs2cycle@yahoo.com by Wednesday, Sept 10. Some of the proceeds from the event are used to fund charitable efforts like the Bikes for Kids and the Cookie Lady Donation Drive.

Bikes for Kids
RABA’s Annual Christmas Project
by Dee Nuckols, Chairman

RABA's "Bikes for Kids" project is once again gearing up for our fund drive to raise money for the club's 7th annual charitable gift program. For those new to the club; through donations from our membership and a few businesses, RABA purchases new bicycles and helmets to be given to the Christmas Mother programs in the counties where we ride. After collecting your donations (100% of which goes to the purchase of bikes and helmets) and placing our order, we look forward to the big bike assembly party held in early November. The bikes are then securely stored until we deliver them in early December to the Christmas Mothers.

While remembering those less fortunate, we hope to introduce many children to the joys of cycling and a healthy, active lifestyle. For this purpose we are now accepting donations so that our bike order can be placed on time. Please make checks payable to RABA with a notation of "Bikes for Kids". Mail to: Dee Nuckols, 11301 Cedar Glade, Rockville, VA 23146.

A thank-you note from a family who received a bike last year

The Pedaler
Bicycle Commuting in Richmond  
by Steve Samora

As the rising cost of gas and constant car maintenance became overwhelming, I decided to investigate an alternative way of getting to work. At that time, the idea of cycling to work seemed very remote but as few other options were available, it turned out that cycling might work for me. It had been years since I rode a bike and current bikes had come a long way in technology to make long range commuting a possibility.

Since I live about 8 miles from work and the roads were good, I decided to give it a try. After doing extensive research on the internet and bike forums, I finally decided on the type of bike, the gear, and the logistic arrangements needed at work to get started. Then I began the commute. Now, it has been two years and I have been commuting daily.

At first, there was that initial fear of how to negotiate with traffic and deal with any possible hazard that may result in an accident. But taking small steps and getting information from other cyclists in group rides such as with RABA - Richmond Area Bicycling Association easied me into it. The cyclist has to take command of the road and show confidence in his maneuvers and bike handling. It’s referred to as “Vehicular Cycling” where the cyclist obeys state laws and considers him or herself also a vehicle with the same rights to the road as an automobile. Obeying these laws greatly increases the safety and confidence factor in bike commuting.

Here are some short suggestions to help you get started.

The Bicycle:

The type of bicycle you will need will depend on the distance and road conditions on the commute. Short commutes in the city might be better with hybrid or urban commuter bikes with flat handlebars that can take the rough cobblestones, potholes and trash on the streets that are more prevalent in downtown Richmond. But longer range commutes in the suburbs would need a bike that can take the weight of extra clothing, lunch, and pannier bags.

A touring bike with a rack would work well. Expensive carbon sport bikes are not built for comfort and have flat prone tires and mountain bikes with slower knobly tires may not be the best choice for long range commuting. If you can only afford one bike, a touring bike may be the solution for commuting as well as group riding where distance and speed is a factor.

Buy from a proper bicycle store where quality and service is assured. Expect to pay more than you would at a department store for a bike. Modern bikes are sensitive hi-tech machines that occasionally require derailleur adjustments by a qualified mechanic. A good bike store will offer free lifetime adjustments which is a big plus.

The Route:

The route can be varied or direct. That’s the beauty of bike commuting. Richmond has a wide range of routes to build your commute. You can decide to take a slower scenic route home or a faster way home. Every day can be different. When exploring the side streets, you’ll be amazed where you can find shortcuts. Side streets have less traffic and are great for going slow and enjoying the scenery.

There are times where you’ll need to negotiate with traffic, especially at intersections and left turns. It may take time but eventually you will. Develop confidence not complacency as the bike commuter needs to be constantly sensitive to his or her surroundings, unlike a motorist who tends to have tunnel vision when approaching intersections and making turns. The cyclist needs to be constantly aware at these critical locations.

Clothing:

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September, 2008 Monthly Rides

Social Monthly Ride Captain: Hugh Aaron, 690-9720, hugh@theaarons.com
Weekly Ride Captain: Brenda Hubbard, 740-3678, Brenda_hubbard@yahoo.com
Fast Ride Captain: Kim Moore, 358-0935, luvs2cycle@yahoo.com
Off-Road Ride Captain: Andrew Mann, 266-9048, rabamann@aol.com

New Riders: Please call the ride leader ahead of ride time to be sure that the ride will be at your pace and skill level.
Ride Leaders: Please submit ride sheets to statisticians Al and Lois Farrell, 4202 Hickory Nut Place, Midlothian, VA 23112

Ride times listed are departure times.
Check RABA or Ridefinder E-mail distribution lists for latest updates

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<th>Pace</th>
<th>Typical Average Riding Speed</th>
<th>Description</th>
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<td>A+</td>
<td>20+ mph</td>
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</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>
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<tr>
<td>C</td>
<td>12 up to 14 mph</td>
<td>Brisk social</td>
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<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>
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Note: See The Pedaler Plus and www.raba.org for the complete Pace Key Tables

September 1 (Monday) Labor Day at the Nuckols

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<tr>
<th>Pace</th>
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<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
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<td>A</td>
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<td>45</td>
<td>3</td>
<td>One</td>
<td>Dee Nuckols, 804-749-3400, <a href="mailto:nuckolss@aol.com">nuckolss@aol.com</a></td>
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<td>Bill Whitworth, 804-285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a></td>
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<tr>
<td>B</td>
<td>8:30 AM</td>
<td>45</td>
<td>3</td>
<td>One</td>
<td>Jim Denoon, 804-370-6252, <a href="mailto:delaniewdeno@verizon.net">delaniewdeno@verizon.net</a></td>
</tr>
<tr>
<td>D</td>
<td>9:30 AM</td>
<td>20</td>
<td>3</td>
<td>None</td>
<td>Karen Powell, 804-697-7335, <a href="mailto:karen.powell@wachovia.com">karen.powell@wachovia.com</a></td>
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Description: Join Dee and the other ride leaders for a Labor Day ride through western Hanover and Goochland counties. After the ride, everyone is invited to stay and join Dee and Suzanne for lunch. Bring a lawn chair and a side dish to share. Cold cuts, beverages, etc. will be provided. Please RSVP by Sat 8/30, so Dee and Suzanne will know how many to expect, and what you're bringing.

Directions: To reach Dee’s and Suzanne’s house (11301 Cedar Glade Lane, Rockville, VA 23146) from Richmond, travel west on I-64 to Oilville (exit 167). Turn right (north) on 617 staying straight when the road number changes to 620. 2.8 miles after leaving I-64, turn right on Cedar Glade Lane and continue approximately .3 miles to the grassy parking area on the left of the drive.

September 6 (Saturday) Abbreviated 30th Great Peanut Tour

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<th>Pace</th>
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<td>B</td>
<td>9:30 AM</td>
<td>40</td>
<td>4</td>
<td>Two</td>
<td>Jack Huber, 804-282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
<tr>
<td>C</td>
<td>9:30 AM</td>
<td>40</td>
<td>4</td>
<td>Two</td>
<td>Thomas Huber, 757-866-8352</td>
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Description: The Great Peanut Tour lives! In order to keep the Great Peanut Tour alive, Bobby Wrenn and the Emporia Bicycle Club have decided to do an abbreviated version this year. There are two routes – a 40 mile route and a 25 mile route. There is no fee or pre-registration required this year. SAG support will be limited; however, the routes will be marked and cue sheets will be available. In support of Bobby’s efforts, Jack and Thomas Huber will be leading a pace groups as shown above. For more info, see http://www.greatpeanuttour.com.

Directions: The ride will start and end at Cattail Creek Campground (3901 Moores Ferry Road, Skippers, Virginia 23879).

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September, 2008 Monthly Rides

(Continued from page 7)

Take I-95 south toward Emporia. Take the VA-629 exit (Exit 4) toward Skippers. Turn right onto Moores Ferry Road. Proceed 2.9 miles to the campground.

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<th>September 6 (Saturday)</th>
<th>Historic Triangle Trek (Joint Ride with WAB and RATS)</th>
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**Description:** Join Reed and Karen for a scenic 41-mile ride through James City County, Williamsburg and York County – the route includes Waller Mill Trail, Colonial Williamsburg, Colonial Parkway, Virginia Capital Trail and Jolly Pond Road. This is a joint ride for RABA, Williamsburg Area Bicyclists (WAB) and Richmond Area Tandem Society (RATS) - Reed and Karen will be riding their tandem.

**Directions:** The ride starts at the Williamsburg Outlet Mall, 6401 Richmond Road, Lightfoot, VA 23090. From Richmond, take I-64 east to Exit 234 Lightfoot, turn right onto Route 199 East, take the next right to Route 603 Mooretown Road (to Lightfoot Road), turn left at traffic light onto Lightfoot Road (Rt. 646), go straight at next traffic light into the Williamsburg Outlet Mall – we will meet in the parking lot behind McDonalds.

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<tr>
<th>September 7 (Sunday)</th>
<th>The Lesser Peanut Tour</th>
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<td>9:10 AM</td>
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**Description:** Emporia’s Great Peanut Tour has been greatly scaled down but Jack offers you a chance to ride through the northern tier of Virginia’s peanut growing area. This will be a joint ride with the Williamsburg Area Cyclists (WAB). We’ll start at Surry and ride to Waverly and return. The route is very rural with light traffic. After the ride there are several options for lunch in Surry.

**Directions:** Meet at the Surry County Government Center (45 School Street, Surry, Virginia 23883) parking lot on Route 1002 just off Route 10/31 in the town of Surry. From the Richmond area, take I-95 or I-295 to Route 10 east. The town of Surry is about 30 miles east of Hopewell on Routes 10 and 31. The 9:10 starting time will allow riders from Williamsburg to catch the 8:30 ferry and have ample time to get to Surry.

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<tr>
<th>September 7 (Sunday)</th>
<th>Warm-Up for Heart of Virginia</th>
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<tr>
<td>B+</td>
<td>8:30 AM</td>
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<td>B</td>
<td>8:30 AM</td>
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**Description:** As we wind our way across Western Hanover, Eastern Louisa and Southern Caroline and Spotsylvania counties, you’ll enjoy some lovely rural scenery. You will also get enough miles and hills to know you can handle the next week's Heart of Virginia rides. Beginning with a long warm-up, the ride gradually adds rolling hills, a few steep hills with good recovery zones some more rollers and then, a couple steep ones near the end with just enough recovery distance afterwards to remind your legs who's boss and have them actually believe you. There are two store stops along the way, though no guarantees for bathrooms. Bushes-a-plenty, though.

**Directions:** Meet at Patrick Henry High School (12449 Patrick Henry Road, Ashland, VA 23005). From Richmond, head to Ashland on 95 North. Take the Ashland exit onto Route 54 West. About 5 miles past Ashland (a little less than a mile past the stoplight at Blanton Road), pull into Patrick Henry High School on the left.

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<th>September 13 (Saturday)</th>
<th>Heart of Virginia - Day One</th>
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<tr>
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<td>All</td>
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(Continued on page 9)
September, 2008 Monthly Rides

September 14 (Sunday)  Heart of Virginia - Day Two

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<th>Pace</th>
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<tbody>
<tr>
<td>All</td>
<td>7:00 to 9:00 AM</td>
<td>72</td>
<td>3</td>
<td>Four</td>
<td>Show and go ride - no formal pace group leaders</td>
</tr>
<tr>
<td>All</td>
<td>9:00 to 10:00 AM</td>
<td>32</td>
<td>3</td>
<td>Five</td>
<td>Show and go ride - no formal pace group leaders</td>
</tr>
<tr>
<td>All</td>
<td>9:00 to 10:00 AM</td>
<td>25</td>
<td>3</td>
<td>One</td>
<td>Show and go ride - no formal pace group leaders</td>
</tr>
</tbody>
</table>

(Continued from page 8)

Description: See www.raba.org for a complete description of the 2008 Heart of Virginia Bike Festival, including registration information.

Directions: All routes start and end at the Patrick Henry YMCA (217 Ashcake Road, Ashland, VA, 23005). Take Exit 92 B off I-95 (Route 54 West/Ashland). Go 1 mile to Route 1 (Washington Hwy South). Turn Left on Route 1. Go 1 mile to Ashcake Road and Turn right onto Ashcake Road (there will be a large Sheetz gas station on the corner). Go approximately ½ mile and turn left into the Patrick Henry Family YMCA.

September 21 (Sunday)  Ocular Options (Chula Spectacle or Dorset Monocle)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>9:00 AM</td>
<td>54</td>
<td>3</td>
<td>Two</td>
<td>Bobby Weitzel, 804-484-0054, <a href="mailto:bobby23227@gmail.com">bobby23227@gmail.com</a></td>
</tr>
<tr>
<td>B</td>
<td>9:00 AM</td>
<td>54</td>
<td>3</td>
<td>Two</td>
<td>Richard Halle, 744-1760, <a href="mailto:rrichhalle@verizon.net">rrichhalle@verizon.net</a></td>
</tr>
<tr>
<td>C</td>
<td>9:00 AM</td>
<td>27</td>
<td>3</td>
<td>One</td>
<td>Susan Curtis, 973-886-0029, <a href="mailto:susan.curtis@att.net">susan.curtis@att.net</a></td>
</tr>
</tbody>
</table>

Description: The 54 mile route to Chula and back is spectacle shaped with one lens in Chesterfield and Powhatan Counties and the other in Amelia. There are two stores along the route. It crosses the Appomattox River and a number of creeks and streams that feed into it so expect some ups and downs. The 27 mile just loops around one of the “spectacles” lenses. It also has a store and a few hills along the way.

Directions: Meet at Woolridge Middle School in Chesterfield (5401 Timber Bluff Parkway, Midlothian, Va 23112) near the rear entrance to Woodlake off of Woolridge Road. In Chesterfield County, take the Powhite Parkway (Route 76) to the stoplights .9 miles past the Route 288 exits. That’s Charter Colony Parkway. Turn left. Go about .8 miles to the light at Genito Road. Now turn right. Proceed along Genito for 2.2 miles and turn left at Woolridge Rd (2nd light). Go along Woolridge for 1.26 miles and turn left at Timber Bluff Parkway (the rear entrance to Woodlake). The school is about .1 mile on the left.

September 21 (Sunday)  Gum Spring to Columbia

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>9:00 AM</td>
<td>52</td>
<td>2</td>
<td>One</td>
<td>Mike &amp; Kim Moore 804-358-0935</td>
</tr>
</tbody>
</table>

Description and Directions: Seeing the pretty countryside and crossing the James River are always highlights of this ride. Plus everyone gets to practice their hillclimbing! The store stop will be at the Columbia Corner Market, but bring extra food and fluids as a precaution. To get to the start, take I-64 West to the Gum Spring exit. Take a left turn at the end of the exit. Drive approximately ¼ mile and park at the gravelled lot on the right (former Park & Ride). Please allow for extra driving time.

September 27 (Saturday)  Chimborazo Challenge 45

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>9:00 AM</td>
<td>45</td>
<td>3</td>
<td>One</td>
<td>Ron Corio, 804-643-6452 or <a href="mailto:rcorio@vcu.edu">rcorio@vcu.edu</a></td>
</tr>
<tr>
<td>C</td>
<td>9:00 AM</td>
<td>45</td>
<td>3</td>
<td>One</td>
<td>Susan Curtis, 973-886-0029, <a href="mailto:susan.curtis@att.net">susan.curtis@att.net</a></td>
</tr>
</tbody>
</table>

Description: This ride begins in Chimborazo Park, created in 1874 and named after the highest peak in Ecuador. Chimborazo Hospital, established here during the Civil War, cared for thousands of Confederate wounded and was one of the world's largest military hospitals. Surrounding the park are houses in a variety of styles that reflect the neighborhood's growth and expansion. There is a miniature Statue of Liberty in the park. The route starts down Chimborazo Hill, one of the so-called seven hills of Richmond, then winds through the Varina area to Horizon Store and loops back. The finish includes two thigh-burning hills on the climb back up to Chimborazo. Refuel after the ride with fire-roasted pizza at Sette at 7 North 23rd Street, off of East Main and across from the Tobacco Row Apartments.

Directions: Chimborazo Park is located on East Broad Street (3215 East Broad Street, Richmond, Virginia, 23223) between

(Continued on page 10)
September, 2008 Monthly Rides

(Continued from page 9)

32nd and 36th Streets. From I-95, take Exit 74, Broad Street then continue to Broad Street East.

September 27 & 28 (Saturday and Sunday) Westmoreland Bike and Camp Weekend

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>8:00 AM</td>
<td>67/Day</td>
<td>3</td>
<td>Two/Day</td>
<td>Mike and Kim Moore, 358-0935, <a href="mailto:luvs2cycle@yahoo.com">luvs2cycle@yahoo.com</a></td>
</tr>
<tr>
<td>B</td>
<td>8:00 AM</td>
<td>67/Day</td>
<td>3</td>
<td>Two/Day</td>
<td>Jack Huber, 804-282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
</tbody>
</table>

Description: For the 11th year, Mike, Kim and Jack are hosting this fun-filled weekend of riding, eating and camping. This is an OVERNIGHT CAMPING trip to Westmoreland State Park on the Potomac River. As in the past, we expect cyclists of varying abilities and speeds. There will be SAG vehicles provided for you luggage and camping gear. Volunteers will also be needed to help with SAG duties. The lunch stop both days will be at Lowrey's Restaurant in Tappahannock and dinner Saturday will be at a restaurant in Montross near the park. If you would like to go, contact one of the ride leaders no later than Tuesday, September 23 so a campsite can be reserved for you. Note: Participants who cancel at the last minute or are no-shows will be responsible for paying the Virginia State Park camping fee.

Directions: The ride will start/finish at the Hanover County Government Complex (often called the “Hanover Courthouse”). The Hanover County Government Complex (7497 County Complex Rd., Hanover, VA 23069) is on US Route 301 at just south of the intersection of Routes 54 and 301. From I-295, take Exit 41 onto Route 301, travel north for approximately 10.5 miles and turn right onto County Complex Rd. From I-95, take Exit 92 (Rt. 54 East) towards Hanover. Travel approximately 5 miles to the intersection with Rt. 301. Turn right onto Rt. 301. Travel approximately one-half mile and turn left onto County Complex Rd.

September 28 (Sunday) Manakin Ten Mile Time Trial

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any</td>
<td>2:00 PM</td>
<td>10</td>
<td>3</td>
<td>None</td>
<td>Dave Bloor, 285-6177, <a href="mailto:dandmbloogl@comcast.net">dandmbloogl@comcast.net</a></td>
</tr>
</tbody>
</table>

Description: This is a chance to test your riding skills in a friendly and supportive venue. While racers and experienced time trial riders are welcome, you do need any time trial or racing experience to participate. Also, you do not need to be a particularly fast rider. If you have never ridden a rime trial before, Dave and his assistants (usually Margaret Bloor and Carolyn Gobel) will be available to help you get started and give you tips for maximizing your performance. The course runs 5 miles south on Manakin Road to the junction with Snead Road (route 668) and then returns to the starting line. Manakin Road is newly paved and rolls a little bit. Signups will be accepted up until 2 pm. There will be 1 minute intervals between riders.

Directions: Parking and signup at Towne and Country Professional Building (1900 Manakin Road, Manakin Sabot, VA 23103), 0.1 mile south of the intersection of Broad Street (Route 250) and Manakin Road (Route 621). The starting line (and finish line) is another 0.1 miles south on Manakin at the intersection with Forest Meadows Lane (Route 1019).

September 28 (Sunday) Post Time Trial Cool Down Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>3:00 PM</td>
<td>30</td>
<td>3</td>
<td>One</td>
<td>Dave Bloor, 285-6177, <a href="mailto:dandmbloogl@comcast.net">dandmbloogl@comcast.net</a></td>
</tr>
<tr>
<td>D</td>
<td>3:00 PM</td>
<td>30</td>
<td>3</td>
<td>One</td>
<td>Susan Curtis, 973-886-0029, <a href="mailto:susan.curtis@att.net">susan.curtis@att.net</a></td>
</tr>
</tbody>
</table>

Description: This will be a casual afternoon ride through the Goochland countryside. This ride is open to everyone regardless of whether or not you participated in the time trial.

Directions: This ride will also start at the Towne and Country Professional Building. See the Manakin Ten Mile Time Trial ride description above for directions.

Results of Manakin 10 mile time trial; July 13, 2008

Dave Bloor is holding another one of these on September 28. See the ride listing above.

Here’s what happened on July 13. The weather conditions were hot, with a moderate wind from the South.

<table>
<thead>
<tr>
<th>Rider</th>
<th>Time</th>
<th>Speed</th>
</tr>
</thead>
<tbody>
<tr>
<td>R Suydam</td>
<td>23:10</td>
<td>25.9 mph</td>
</tr>
<tr>
<td>Ed Baumgartner</td>
<td>23:37</td>
<td>25.4</td>
</tr>
<tr>
<td>Pat Ryan</td>
<td>27:56</td>
<td>21.5</td>
</tr>
<tr>
<td>Tom Alley</td>
<td>28:36</td>
<td>21.0</td>
</tr>
<tr>
<td>Hugh Aaron</td>
<td>29:39</td>
<td>20.2</td>
</tr>
<tr>
<td>John Levy</td>
<td>32:17</td>
<td>18.6</td>
</tr>
<tr>
<td>Ron Corio</td>
<td>33:52</td>
<td>17.7</td>
</tr>
</tbody>
</table>
September, 2008 Weekly Rides

Weekly Ride Captain: Brenda Hubbard, 740-3678, Brenda_hubbard@yahoo.com
Fast Ride Captain: Kim Moore, 358-0935, luvs2cycle@yahoo.com

NEW RIDERS: Please call the ride leader ahead of ride time to be sure that the ride will be at your pace and skill level.
RIDE LEADERS: Please submit ride sheets to Statisticians Al and Lois Farrell, 4202 Hickory Nut Place, Midlothian, VA 23112 no later than 14 days after the ride to ensure that all riders get mileage credit.

Sunday, 9:00 AM (NOTE THE NEW START TIME) Powhatan Courthouse

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>9:00 AM</td>
<td>35 to 60</td>
<td></td>
<td>Some</td>
<td>Barry and Martha Pullen, 561-3950</td>
</tr>
</tbody>
</table>

Description: Meet at the Powhatan County Courthouse on Route 13. There are many nice rides from the Courthouse, mostly with good scenery and low traffic. The ride leaders will select a route that will vary between 35 and 60 miles. Usually there will be shorter options available, though they may not have any store stops along them. Maps and cue sheets will be available for those wishing to ride their own pace. If the weather is doubtful, call the ride leaders to confirm that they will be riding.

Sunday East End-Dorey Park Ride

The Sunday afternoon Dorey Park Ride is “on sabbatical” till late fall. See you then!

Monday, 9:00 AM Mondays with Mary

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>9:00 AM</td>
<td>30-40</td>
<td></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. The meeting place and start times are decided on Sunday evening at about 8:00 PM, depending on Mary, Barry, and Chris Walke’s schedules. Please contact one of the ride leaders on Sunday evening to get information about the upcoming ride.

Tuesday, 1:00 PM Tuesdays at Rockville

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>1:00 PM</td>
<td>32-50</td>
<td></td>
<td>One</td>
<td>Bill Whitworth 285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a></td>
</tr>
</tbody>
</table>

Description: Come join us for a great ride through western Hanover and eastern Louisa. We leave from the Rockville Little League Fields. Cue sheets will be available. Distance of this ride varies weekly. Please contact Bill the day before the ride if you’re interested in knowing the distance of the upcoming ride.

Directions: Take the Rockville/Manakin exit off of I-64. Go right (North) at the top of the ramp onto Route 623 toward Ashland. Turn left at the first stoplight on Pouncey Tract Rd. The Little League Fields are 3.8 miles to the left.

Tuesday, see start times below (NOTE NEW START/FINISH) Deep Run High School Options

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A++</td>
<td>5:30 PM</td>
<td>47</td>
<td></td>
<td>None</td>
<td>Mike Moore 358-0935</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(23-24.5 mph moving avg.)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>A</td>
<td>5:35 PM</td>
<td>33</td>
<td></td>
<td>None</td>
<td>Kim Moore 358-0935</td>
</tr>
</tbody>
</table>

Description: Last ride of the season is September 30. Riders should have a strong fitness level, paceline riding skills and good bicycle handling before attempting this ride at these fast paces. However, other paces are welcome to ride on their own as maps will be provided. Because this area of town is choked with houses and traffic, obeying traffic laws and riding single file are a must!

Directions: There is a NEW start/finish for June through Sept: Deep Run High School. To get to the start, take I-64 West to I-295; take the Nuckols Road North Exit. Go approx 3/4 mile, left turn onto Twin Hickory Rd (traffic light/intersection). Go approx 3/4 mile, high school will be on your right.

Tuesday, 6:00 PM Hanover Courthouse Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>6:00 PM</td>
<td>28</td>
<td>3</td>
<td>None</td>
<td>Dee Nuckols, 749-3400</td>
</tr>
</tbody>
</table>

(Continued on page 12)
September, 2008 Weekly Rides

(Continued from page 11)

B+ 6:00 PM  28  3  None  Kathy Wood, 779-3802
B  6:00 PM  28  3  None  Dale Peacock, 556-6908

Description: Another club favorite, this route travels through portions of Hanover and King William counties. With the exception of a 2.6 mile leg on Route 30, this route is quite rural with relatively light traffic. Much of the route is surprisingly flat; however the route climbs both the front and back sides of Bleak Hill. Both climbs are fairly short; however, by Richmond standards they are relatively steep. Cue sheets and maps provided for 22 and 28 mile options.

Directions:  Meet at the Hanover Courthouse on the east side of Route 301, 10 miles north of where it crosses I-295

Wednesday, 9:30 AM  Retiree’s Midweek Ride and Lunch

Pace Time Miles Terrain Store Stops Leader
B 9:30 AM  25 to 40 Varies Varies Barry Pullen, 561-3950
C 9:30 AM  25 to 40 Varies Varies Bud Vye, 262-9544

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 and Ridefinder E-mail lists. If you are not on either, please call Bud Vye, 262-9544 or Barry Pullen, 561-3950.

Wednesday, 6:00 PM  Chesterfield County Ride

Pace Time Miles Terrain Store Stops Leader
B+ 6:00 PM  25  3  None  Al & Lois Farrell, 744-9306, afarrell3@verizon.net

New route gets rave reviews!! Join Lois and Al for this ride on some smooth and scenic back roads in Chesterfield County. They’ve revised the route this year to incorporate some recently re-paved and lightly traveled roads in the area. One or both of them will be leading a low B+ group pace (i.e., 16.5 mph). There is a group of faster (A/A+) riders to join if you are so inclined. Maps will be available to those wishing to ride at their own pace. Shorter options are available.

Directions: The ride leaves from the Bethia Methodist Church at the corner of Winterpock and Beach. Take Hull Street 2.2 miles west of 288. Turn left at the light just past Lowes onto Winterpock. The church is 2.8 miles on the right just before the Stop sign at Beach. Be sure to allow time for traffic congestion on Hull Street on your way to the ride.

Wednesday, 7:00 PM  Ashland Dinner Club

Pace Time Miles Terrain Store Stops Leader
C 7:00 PM  20  5  None  Champe Burnley, 358-5801, champe_burnley@hotmail.com

Description and Directions: This evening ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. We will ride to Ashland and stop for dinner at a selected restaurant. Afterwards, the group retraces the route back to Laurel Park for a total of 20 miles. The pace is generally relaxed so any type of bike is appropriate.

Remember to bring:
• at least one headlight which provides enough light to illuminate the road in front of you.
• at least one bright-red blinkie for the rear of your bike.
• spare batteries for all lights.
• lots of reflective clothing, vests, legbands, and/or armbands.

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

Thursday, 1:00 PM  Leader’s Choice Ride

Pace Time Miles Terrain Store Stops Leader
A 1:00 PM  33-55  3  Varies Hugh Aaron, 690-9720, hugh@theaarons.com
Bill Whitworth 285-9193, wwhitworth@reynolds.edu

Description: The route for this ride will vary from week to week. However, most weeks, the route will cover some part of central or eastern Hanover County (which offers a lot of beautiful countryside). Bill or Hugh will announce the route each week on the Ridefinder email list (if you are not receiving the Ridefinder emails, send an email to “ridefinder-subscribe@yahooogroups.com” to subscribe). If you have a favorite route in the area, or an idea for a new route you would like to explore, please contact Bill or Hugh. Cue sheets will be available for all routes.

(Continued on page 13)
September, 2008 Weekly Rides

(Directions: The ride will start/finish at the Hanover County Government Complex (often called the “Hanover Courthouse”). The Hanover County Government Complex (7497 County Complex Rd., Hanover, VA 23069) is on US Route 301 at just south of the intersection of Routes 54 and 301. From I-295, take Exit 41 onto Route 301, travel north for approximately 10.5 miles and turn right onto County Complex Rd. From I-95, take Exit 92 (Rt. 54 East) towards Hanover. Travel approximately 5 miles to the intersection with Rt. 301. Turn right onto Rt. 301. Travel approximately one-half mile and turn left onto County Complex Rd.)

Thursday, see start times & NEW START below Crump Park Options (formerly Glen Allen Elementary School Opts.)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A++</td>
<td>5:30 PM</td>
<td>41</td>
<td>2</td>
<td>None</td>
<td>Mike Moore 358-0935</td>
</tr>
<tr>
<td></td>
<td>(22-23 mph moving avg.)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>A+</td>
<td>5:35 PM</td>
<td>39</td>
<td>2</td>
<td>None</td>
<td>Kim Moore 358-0935</td>
</tr>
<tr>
<td>Following A pace start time is for Sept. 4 &amp; Sept.11:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>A</td>
<td>5:45 PM</td>
<td>33</td>
<td>3</td>
<td>None</td>
<td>David Murray, 240-0891 and Jeff Nicklas, 833-5382</td>
</tr>
<tr>
<td>A</td>
<td>5:30 PM</td>
<td>33</td>
<td>3</td>
<td>None</td>
<td>David Murray, 240-0891 and Jeff Nicklas, 833-5382</td>
</tr>
</tbody>
</table>

Description: Last ride for A++ and A+ paces is September 25. The longer routes will include such favorite hills as Animal Shelter, the Three Sisters, Rockett’s Mill and Horseshoe. Riders of the A pace may have a less hilly route – all paces are welcome as cue sheets are available. Obeying traffic laws and riding single file are a must.

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

Thursday, 6:00 PM East End Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>6:00 PM</td>
<td>23</td>
<td>4</td>
<td>Some</td>
<td>Tom Norton (beginning on Sept. 11)</td>
</tr>
<tr>
<td>B</td>
<td>6:00 PM</td>
<td>23</td>
<td>4</td>
<td>Some</td>
<td>Wayne Shipley, 737-7176, cell 350-0597 (Sept. 4 only)</td>
</tr>
<tr>
<td>B+</td>
<td>6:00 PM</td>
<td>23</td>
<td>4</td>
<td>Some</td>
<td>Ron Corio, 643-6452 (beginning on Sept. 11)</td>
</tr>
<tr>
<td>D</td>
<td>6:00 PM</td>
<td>15</td>
<td>4</td>
<td>Some</td>
<td>Eleanor Shipley, 737-7176, cell 350-2529</td>
</tr>
</tbody>
</table>

Description: Beginning September 11, Tom Norton and Ron Corio will assume responsibility as ride leaders for this ride as the Shipleys have other obligations for the remainder of the month. Meet at the Black Creek Baptist Church on Route 628/McClellan Road. The short ride is for new riders and stays together so no one is left behind, while experienced and faster riders may take off on the longer options. Many riders will arrive by 5:45 pm in order to complete the longest ride (28 miles) before dark. After the ride join the group for dinner at Nine Mile Grill formerly Stuart’s Restaurant in Highland Springs. We need to be at the restaurant by 8:00 pm.

Directions: From Richmond take I-64 east to Exit 173 (Rockville/Manakin), go right (north) on 628 and travel 2.5 miles to the Berea Baptist Church. Continue 0.75 of a mile to a left turn at 628/McClellan Road, then two miles to the church on the left side. Use the parking area beside the brick church on the north side.

Friday, 9:00 AM Fridays at Hylas

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<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
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<tbody>
<tr>
<td>B+</td>
<td>9:00 AM</td>
<td>35-40</td>
<td>3</td>
<td>Some</td>
<td>Dave Bloor, 285-6177</td>
</tr>
<tr>
<td>B</td>
<td>9:00 AM</td>
<td>35-40</td>
<td>3</td>
<td>Some</td>
<td>Jim Denoon, 355-0121</td>
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Description and Directions: The ride will start and end at the Berea Baptist Church at the intersection of 623 (Ashland Road) and 271 (Pouncey Tract Road). To get there, take I-64 West to Exit 173 (Rockville/Manakin), go right (north) on 623 and travel 2.5 miles to the Berea Baptist Church on your right just before the intersection with 271. The ride will vary each week. Maps and cue sheets will be available for those wishing to ride at their own pace.

Friday, 2:00 PM East Hanover Ride

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<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
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<tbody>
<tr>
<td>A</td>
<td>2:00 PM</td>
<td>30 to 40</td>
<td>3</td>
<td>Varies</td>
<td>Hugh Aaron, 804-690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
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</table>

Description: This ride replaces the Pedal Power ride. While the support RABA received from Pedal Power was great, Hugh

(Continued on page 14)
September, 2008 Weekly Rides

This month, you might think I am getting lazy (and you could be right), but I have a guest writer. Under 23 racing is tough. As any of you with kids in that 18-23 bracket know, priorities shift, motivation and money are often tight. This can make it difficult for a successful U23 team to emerge. It needs money, and guidance from someone with the disposition of a saint. Carytown Bicycle Company and other sponsors are the money, and Braden Govani is the saint. He has assembled a great group of guys for the 2008 season and now that the team has had a chance to look back on what they have accomplished, I wanted one of their racers to write an article about his experience. I have known Robert for several years, and he has grown by leaps and bounds with the help of the team this year. Enjoy.

Matt Marchal

In cycling, few people understand the teamwork that goes into a successful win. Even racers themselves often do not have the luxury of riding for a well established team or in the company of athletes who can explain the strategic details of each race. The benefits of racing as a team however extend well beyond the race course and often present members with a greater sense of enthusiasm for the sport, and occasionally with much needed financial backing. This year eight beginner level cyclists got the opportunity to ride as a team and train with some of the best in the area.

The Carytown Bicycle Company (CBC) U23 Development team was the brainchild of Braden Govoni. He is the manager and partial owner of Carytown Bicycle Company. The idea of the team was to give younger riders the chance to race on a regular basis, something that is often not financially possible to college students.

Of the team’s eight members, all were enrolled full time in classes and worked outside of school in part time jobs. Despite the scheduling conflicts, Govoni organized a weekly ride that met in collaboration with members of the Richmond Pro Cycling (RPC) team. This regular encouragement and men-

(Continued on page 15)
Racing 101

(Continued from page 14)

In addition to group rides, each member of the team trained on an individual basis during the week, often under the advisement of Govoni and members of the RPC team. When the season began, the hard work put in during the winter months was clear with Andrew Alli and Ben Rickey scoring podiums and wins at bigger races such as the Jefferson Cup Road Race, and quickly advancing to the more competitive category-3 level. Working together as a team, CBC has made the top five in most races, and has now upgraded four of the eight riders to the category-3 level, with the remaining four anticipating upgrades soon.

Without a doubt this amount of racing was only financially possible for the young team with the financial support of Govoni and CBC, who provided paid race entry, organized car-pools to races, and discounts on necessary equipment through the shop.

In only our first season of racing, the CBC U23 Development Team has made a mark on the Virginia racing scene, and in doing so, has demonstrated the wide array of benefits presented by riding, racing, and working together as a team. As a member of the CBC U23 team myself, I know that I would not have had half the opportunity to race my bike this season without the help from this organization, and I would like to personally thank Braden Govoni and all of the people at Carytown Bicycle Company, as well as Craig Dodson and members of the Richmond Pro Cycling team for their support, coaching, and encouragement this season.

Ride safe,
Robert Pullin.

Matt Marchal (mmarshall@altiusfsm.com) is owner of Altius Family Sports and Medicine (www.altiusfsm.com) and president of Altius Cycling Team

Bike Commuting in Richmond

(Continued from page 6)

Central Virginia winter weather is usually mild, so it’s possible to commute all year around. The type of clothing to wear can vary. Clothes for a short range commute could be just street clothes or what you would wear to work. A long range commute -about 8 miles or more- may require more specialized wear for sweat absorption, breathability and comfort. Winter riding would require layered, wind resistant material. Most bike stores would stock these items in season. Rain gear is also available especially made for cyclists.

Safety:

A helmet is a must! This is not only for safety but for bike commuter identification. The more bike commuters are identified on the street, the more awareness there will be for prospective cyclists and automobile traffic. Flashing lights are a must for at least the rear of the bike. There are some that work well in daylight. Cars will give you a wide berth when they see rear flashing lights. There are other safety equipment accessories available such as helmet mirrors and bright vests. The more visible you are, the better you’ll be seen. An excellent book by Robert Hurst, The Art of Urban Cycling: Lessons from the Street, goes into the concept of “Vehicular Cycling”, where the cyclist obeys traffic laws and learns to safely maneuver through traffic.

The Work Place:

Showers and lockers at work would be ideal as well as a secure place to park the bike. Check out the bike forums for ideas if the conditions aren’t ideal. A cooperative workplace is a big plus. Many companies now are becoming more active in wellness programs that hopefully will reduce rising health-care costs. The health benefits gained from active employees makes for a more productive and energetic workplace environment. More needs to be done to make the workplace bike friendly through government incentives and cyclists demanding change.

Richmond isn’t noted for its cycling community, so the commuting cyclist out on the road may experience a wide range of reactions from motorists who would wave encouragement to those who would show annoyance- perhaps evoking the feeling that the automobile culture may be changing. But Richmond is ideal for the cyclist as traffic isn’t heavy in most places, the roads are in reasonable shape and the mild winter weather makes a year around commute possible. As more commuters decide to switch to cycling, their presence will show and perhaps trigger a more bike and car friendly environment. Cycling can be an option to using restrictive public transportation or car pooling so you can preserve your individuality and choice by cycling to work.

If you have any questions or comments, I’ll be glad to help. You can email me at samora_steve@yahoo.com

Become a RABA Ride Leader!

- No experience necessary
- Cue sheet library available
- Great way to become more involved in the club

For more information or to schedule a ride, contact:

**Social Monthly Ride Captain:**
Hugh Aaron
hugh@theaarons.com, (804) 690-9720

**Weekly Ride Captain:**
Brenda Hubbard
Brenda_hubbard@yahoo.com, (804) 740-3678

**Fast Ride Captain:**
Kim Moore
luvs2cycle@yahoo.com, (804) 358-0935

The deadline for getting October rides listed in The Pedaler is September 15

ThePedaler

September, 2008
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.