It’s (Still) the RABA Busy Season...

by Champe Burnley

Q. What’s the hardest part of learning to ride a bike?
A. The pavement.

Though everyone loves a good joke, we always need to stay focused and observant to make sure that the joke doesn’t become a reality. Common sense, obeying the laws and not riding above one’s capability is critical to avoiding accidents. Safety is the top priority for the Club so when on the road, use caution and good judgment and obey the laws so that this remains a joke and not a reality.

For our new riders who may want to learn safe riding skills, RABA Safety Committee Chairperson Dr. Sheryl Finu-

(Continued on page 4)

Heart of Virginia Volunteers Still Wanted

The Heart of Virginia Event on Sept 19-20 is the only fundraising event that the club organizes to raise funds to help pay for club operating expenses and administrative costs. Bud Vye, the event chair, is working hard again this year to make the weekend’s rides the best ever, so many hands are needed to ensure riders’ safety and enjoyment. Kim Moore is helping Bud as the volunteer coordinator. A call for help was printed in last month’s Pedaler and some of you have answered, which is much appreciated. But volunteers are still needed for:
- Bag stuffing
- Event setup and breakdown
- Parking marshals on Saturday and Sunday morn-

(Continued on page 7)
Welcome to RABA's newest members. We hope to meet you and see you on some of our rides!

Alfred & Sheryl Arzuaga
Gary Austin
Erik Bodin
Jessica Bohn
Roger & Barrie Bowers
Rich Brady
Anne Broadhead
Jonathan Chambers
Michael Dieter
Philip Dunn
Lisa Ebeling
France English
Patricia Garrity
Bill Gary
Douglas Greene & Mary Secret
William Griffin
Christopher & Nancy Habenicht
Tim Hall
Kathleen Harrington
Jerry Hill
Mark & Mary Hom
Michael Horner
Bob Hyde
Priya Khazanchi
Yanice Kovach
Jennifer Lantz
Susan Lipp
John Loughran
Timothy Loughran
Rob & Michelle McBane
Kelly McDonald
David & Alison Meehan
Bob & Cheryl Mitchell
Jeff Moulton
Bart Nelson & Bethany Lukitsch
Leslie & Claire Newman
Peter Nguyen
Don Osborne
Jim & Lisa Richardson
Charles Rightnour
Kimberly Rilee
Wesley Sanders
Albert & Dawn Schiele
Kristen Swanson
Marc & Cheryl Swienton
Karen Talley
Paul Tashner
Jed Vanickachorn
William Walsh, Jr
Jennifer Weisberger
Gary Wettle
Rick Whittington
Ray Williams
Charles & Robin Wintzer
Kea Yoon

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:

Road Ride Captain: Bill Whitworth
wwhitworth@reynolds.edu, (804) 285-9193

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

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.

2009 Board of Directors

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Road Ride Captain: Bill Whitworth, wwhitworth@reynolds.edu 285-9193
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chascomly@gmail.com 432-8542
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Publicity Director: Liz Keith
lizzardkeith@gmail.com 337-4459

Committee Chairs

Statistics: Steve and Debbie Herzog
sp_herzog@verizon.net 360-3853
Web Administrator: Nick Morgan
hoppocket@msn.com 740-2861
Century Chair: Bud Vye
bdvye@comcast.net 262-9544

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 (18 years and older) or $25 per family consisting of 1 or 2 adults and all dependents under 18. All memberships begin January 1. After July 1, memberships are prorated as follows: $10 per person (18 years and older) or $12.50 per family. The Pedaler subscription is included. Submit membership application or renewals to RABA Treasurer, PO Box 6565, Ashland, VA 23005. Note: Membership dues must be accompanied by a completed signed membership application and a waiver of liability.
Heard and Seen Around the Club
by Bud Vye

Just back from a visit with Chris Tompkins at the Sheltering Arms Rehab Center on Atlee Rd. As I turned into the parking lot it dawned on me that its located on U.S. Bike Rt. 76, which has got to be some kind of a favorable omen. Surprised to learn that he was having a PT session shortly (it was Sunday afternoon), so stayed around to observe. First thing I noticed was how proficient he’s become at operating his fancy wheelchair as we headed over to the PT room. Then, a session of volleyball with a balloon indicated the extent to which he is getting the feeling and movement back in his arms. (not quite as good with his right arm, as with his left, but a decided improvement since I had last seen him two weeks previously). I was really impressed with the quality of treatment he is receiving, and the fact that they are really pushing him. They still haven’t solved his urinary problems, but they are working on them, and he is really making good progress in improving his strength and balance.

Rather than getting shorter, however, the Disabled List seems to be getting longer as we’ve had a rash of mishaps. Saw Mark Batterson with his arm in a sling at the club picnic. Broken clavicle suffered when he was standing up to drive hard on an uphill and the worn out cleat, that he had meant to replace, slipped out of the pedal and caused him to go down. As he readily admitted, “we can’t blame that one on anybody but me.” Amy Harris also on the list from an encounter with a dog, but I didn’t hear the details. Jon Rittling hit from behind by a car down on Dock St., near Stool Pigeons. (Broken clavicle and ribs, but sounds like it could have been worse.) Chip Coutts also hit by a car (but at low speed, and from the side), so no serious injuries. Chris Walke got involved with a dog on Al & Lois’ Wednesday night ride, and suffered a dislocated shoulder, but I’ve already seen him back in action. Mike Moore is scheduled for surgery on 8/21 that, hopefully, will fix a labral tear in his hip and permit him to run again. He is still working with PT to stop the pain in his left hamstring so that he can bike again. Hope to see him on run again. He is still working with PT to stop the pain in his left hamstring so that he can bike again. Hope to see him on run again. He is still working with PT to stop the pain in his left hamstring so that he can bike again.

Any dog that has bitten, attacked, or inflicted injury on a person and establishes restrictions and penalties for their owners.

On a happier note, congratulations are in order to Julie Appleby for winning her age group in the Pink Power Sprint Triathlon in Midlothian on 8/9; to my wife and I, who are celebrating our 50th Wedding Anniversary on 8/29; and to Paul Silverstein, celebrating his 75th birthday on 9/4. Paul, and Jerry Hefele, plus Dave Depp (and I think some others) just back from doing the Bon Ton Roulet (if that’s how its spelled) hill climbing ride up in New York’s Finger Lakes region. Never done that one myself, but have always gotten good reports from Emily, and the others who have.

Got a pleasant surprise recently when driving on Forest Ave. south of Patterson to check out a report by Adam Haller that Henrico county had come through and installed a crushed run gravel, bordered by timber, “sidewalk” along one side of the street. Not an “official” sidewalk or bike lane, but a huge improvement, as had been requested at the big public meeting at the Tuckahoe Elementary School on 3/16. Big THANK YOU's to Henrico Public Works Director Tim Foster, and to Tuckahoe District Supervisor Pat O’Bannon, who really came through with a very nice “Safe Routes to School” improvement in response to the interest shown at the public meeting. Thanks also to the number of RABA members who came to that meeting to express their support. As Adam stated, it’s really nice to see something you’ve suggested and supported actually get implemented. (and fairly quickly, I might add).

And Henrico again in the news as the Supervisors approve the 2026 Comprehensive Plan on 8/11. Far more bike and pedestrian friendly, and supportive of open space and agriculture in Varina, than when we saw the first draft about a year ago. Thanks again are due to all the RABA members from Henrico who came out to the meetings to let the Planning Commission members and Supervisors know that someone is interested. It really made a difference. Chesterfield members, pay attention, because it looks like you are about to start the same process.

A little behind last year at the same time, but still a respectable number of registrations, as we enter the last month prior to this year’s Heart of Virginia. Some changes this year, as we will have lunch after the rides, with Buzz & Ned’s providing the barbecue; Sunday’s Historic Ride features two new stops at the Cre Run and Horseshoe thoroughbred breeding farms; and the Saturday Century has been modified so that it is completely to the east and north of Ashland, into some beautiful areas of Caroline and King William. As always, we need plenty of help, and I continue to be impressed by the willingness of the club members to fall out when needed, as they did at the Muddy Buddy, Cap2Cap, and Moonlight Rides. Looking forward to having you with us, as we make this the best Heart of Virginia ever!

Cyclist Wins Dangerous Dog Prosecution

A Rockbridge cyclist was successful in having a pitbull ruled a dangerous dog under Virginia’s Dangerous Dog Act. This 2006 Virginia law provides requirements for any dog that has bitten, attacked, or inflicted injury on a person and establishes restrictions and penalties for their owners.

In May, a 65 year old Rockbridge County woman was bicycling on a rural road in the George Washington Na-
(Continued on page 12)
The club’s membership has expanded to over 600 members in the past two years thanks in part to the dedicated services of its ride leaders and board members, special events and programs and interest generated from the Rides for New Riders. To help keep members abreast of bike/club related events, news and sudden changes to scheduled rides, there is a RABA email distribution list on Yahoo Groups. This is a benefit that is only given to current RABA members. New member applications solicit for email addresses, and any addresses input on the application are sent by the RABA membership chair Sonya Gagnon on the 15th of the month to be added to the email list. This coincides with member addresses that are sent to our newsletter publisher so the Pedaler arrives at your door. The new member info addition to the club’s database and email list takes 4-6 weeks as the applications are received by the treasurer, Cindy Evans, and then passed on to membership chair.

If you are a current member and do not currently receive any RABA email, but would like to be added to the list, please send an email to Kim Moore luvs2cycle@yahoo.com. Please include your first and last name so that your membership status can be verified. You may unsubscribe from the list at any time; just click on the “unsubscribe” link that appears at the end of every RABA Yahoo Groups email. Your email address is not released to the public or to sales groups.

Some additional notes: if you are receiving the Pedaler but are not getting RABA email and you have already submitted your address, your email service may be blocking RABA email as spam. So you may want to check to see that RABA@yahoogroups.com is in your email address book. This may allow RABA messages to bypass your email filter. You may also double-check with Kim that your email address is on the email list.

Also, the volume of email sent out to the club by club members is quite large. During the most active times of the year, 65+ messages are sent per month! While some members have no problem with this large volume of emails, others have expressed frustration at having their inboxes filled with so many messages every day and have dropped from the list altogether. Rather than unsubscribing from the RABA email list, please consider using the Daily Digest feature of Yahoo Groups. This feature groups messages received in a 24 hour period into one email and sends it to you. The link for the Daily Digest feature is at the end of every RABA email message.

To Ride Leaders: to help with email volume, please consider sending an email to the club only if there is a material or major change to your ride (e.g., start location, time or cancellation). Rides are already posted in the Pedaler and on www.raba.org, ride schedule section, and the assumption is that rides will go on as posted unless a material change has taken place since the Pedaler’s publication and members need to be contacted about the change. Weekly reminders for long-standing recurring rides may not be needed. Please also consider sending ride changes to Richard Halle rrich-halle@verizon.net so that he may post them to RABA’s website ride schedule section. This will allow members who choose not to be on the email distribution list to find out about changes.

Soapbox...
(Continued from page 1)

cane, who is a League of American Bicyclists Certified Instructor has agreed to host a “Cycling Smart Skills” class, September 21 and 26.

This course will be aimed at newer riders and will focus on basic riding skills and techniques. You learn techniques such as how to ride safely on the road and in traffic, how to shift properly, avoidance and emergency braking maneuvers, basic mechanical skills, changing tires, etc. If you are interested in learning – or reviewing- some of these skills, keep your eyes on the RABA website to register. Costs are $10 for RABA members, $25 for non-members. See page 2 of this month’s Insert for more details.

We are also interested in training other RABA members to become LCI instructors, as well, so if you’re interested, just let us know.

It appears we are on our way to a record breaking Heart of Virginia as registrations continue to roll in. Bud has really worked hard to insure that this is the best Heart of Virginia ever. We’ve teamed with Hanover Habitat for Humanity who will be managing the rest stops. We have an all new Century route for you, Jeanne Minnix has designed great t-shirts, and there will be an Ashland Street Festival afterwards as well as a great lunch and lots of delicious ice cream waiting at the finish. If you haven’t signed up, go to the RABA website and register today. Your participation helps fund Club activities for the upcoming year – like the Bikes for Kids Project, helps the Club and keeps annual dues down.

We continue to make great strides with bike advocacy issues and I invite any members who are interested in making the Richmond metro area bike and pedestrian friendly to work with us on these efforts. The Partnership for Smarter Growth is moving forward with its Voices for Transportation Choices project which will identify top bike and pedestrian projects in Central Virginia. We need citizen input so please let me know if you would like to work with us to move these projects forward.

Remember, safe cycling is no joke, so ride smart!

Safe cycling,

Champe
**Road Ride Captain:** Bill Whitworth, 285-9193, wwhitworth@reynolds.edu

**Off-Road Ride Captain:** Clark Jones, 527-0480, we3jones@comcast.net

**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 Steve & Debbie Herzog, 13204 Forest Light Court, Richmond, VA 23233 no later than 14 days after the ride to ensure that all riders get mileage credit.

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**Terrain Key**

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<tr>
<th>Terrain</th>
<th>Description</th>
</tr>
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<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>
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<td>MB</td>
<td>Mountain bike/off road</td>
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**Road Ride Pace Key**

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<td>20+ mph</td>
<td>Very strenuous</td>
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<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>

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**September 5 (Saturday) Culpeper Ride (Joint Ride with Fredericksburg Cyclists)**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
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<tbody>
<tr>
<td>A</td>
<td>9:00 am</td>
<td>53</td>
<td>2</td>
<td>Two to Three</td>
<td>Wayne Flood, (804) 641-0556, <a href="mailto:Sept1Flood@comcast.net">Sept1Flood@comcast.net</a></td>
</tr>
<tr>
<td>B+</td>
<td>9:00 am</td>
<td>53</td>
<td>2</td>
<td>Two to Three</td>
<td>Jeanne Minnix, cell (804) 405-6433, <a href="mailto:jminnix@comcast.net">jminnix@comcast.net</a></td>
</tr>
<tr>
<td>B</td>
<td>9:00 am</td>
<td>53</td>
<td>2</td>
<td>Two to Three</td>
<td>Bill Collins, cell (703) 967 6066, <a href="mailto:bcollins8@cox.net">bcollins8@cox.net</a></td>
</tr>
<tr>
<td>B</td>
<td>9:00 am</td>
<td>53</td>
<td>2</td>
<td>Two to Three</td>
<td>Sheryl Finucane, cell ( 804) 833-5434 <a href="mailto:sdgf@vcu.org">sdgf@vcu.org</a></td>
</tr>
</tbody>
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**Description:** A very special ride is being co-led by RABA and the Fredericksburg Cyclists following some of the routes on this year's Bike Virginia tour. If you missed BVA this year, now is your chance to pedal through the rolling green hills of Culpeper county and take in beautiful views of Old Rag and the Blue Ridge Mountains. For the history buffs we've added Kellys Ford, Remington, and Brandy Station.

We will have lunch afterwards at the Clearwater Grill, so plan to spend the day. The Grill is 5 minutes east on Route 3 from Lignum. Its been given a thumbs up by the Fredericksburg Club for our after ride meal. Please RSVP to Jeanne so she can let the staff at the Grill know how many to expect.

**Directions to start:** We will meet at the Ruritan Club parking lot in Lignum. The Ruritan Club is having an event the same day involving homemade apple butter but we have permission to park in the grassy field beyond the gravel. If anyone is interested in apple butter then they are welcome to sample and purchase.

From Richmond take I 95 north to Fredericksburg, exit number 130 B Route 3 west.  Proceed west on 3 approximately 20 miles to the village of Lignum. Left at Lignum on Route 647, Revercomb Road. Make a right .1 miles at stop sign on Lignum road. The Ruritan Club is .1 miles on the left at the next intersection, Batna Road. Park in the grassy field beyond the gravel.

**Note:** The ride start is about 1.25 hours from Richmond, so be sure to give yourself plenty of travel time.

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**September 6 (Sunday) Rappahannock River Tour (Joint Ride with Northern Neck Cycling)**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leader</th>
</tr>
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<tbody>
<tr>
<td>A</td>
<td>10:00 am</td>
<td>41</td>
<td>3</td>
<td>Three</td>
<td>Hugh Aaron (RABA), 804-690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>10:00 am</td>
<td>41</td>
<td>3</td>
<td>Three</td>
<td>Ran Marshall (NNO), 804-435-8740, <a href="mailto:ynotbike@nnwifi.com">ynotbike@nnwifi.com</a></td>
</tr>
<tr>
<td>B</td>
<td>10:00 am</td>
<td>41</td>
<td>3</td>
<td>Three</td>
<td>Jack Huber (RABA), 804-282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
<tr>
<td>C</td>
<td>10:00 am</td>
<td>41</td>
<td>3</td>
<td>Three</td>
<td>Bob Fox (NNC), 804-438-5947, <a href="mailto:rfox@kaballero.com">rfox@kaballero.com</a></td>
</tr>
<tr>
<td>D</td>
<td>10:00 am</td>
<td>30</td>
<td>3</td>
<td>Three</td>
<td>John Moore (RABA), 804-338-9668, <a href="mailto:JMoore216@comcast.net">JMoore216@comcast.net</a></td>
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</table>

**Description:** RABA is once again teaming up with Northern Neck Cycling, (the bike club on Virginia's Northern Neck) for a leisurely ride through Lancaster County on Virginia's so-called “Northern Neck.” The route starts at the Steamboat Era Museum in Irvington and then heads out to Windmill Point beach for a great view of the mouth of the Rappahannock River. The route (Continued on page 6)
then travels around Fleets Bay into downtown Kilmarnock. All pace groups will meet up in Kilmarnock for lunch on the patio at Savannah Joes (formerly Smokin Joes). After lunch, the shorter route returns to Irvington and the longer route travels down to the Corrotoman River, then into the historic village of Weems with two view stops – one on the Carters Creek side of Weems and another on the Corrotoman River side. From Weems, the route heads back to Irvington.

Steve Reiss, our host from Northern Neck Cycling, has invited all riders back to his house after the ride for a very informal libation and snack gathering. Steve’s address is 729 Chesapeake Drive in Irvington, which is the street on the other side of Commons area from the Steamboat Museum. Follow Chesapeake Drive to the end of the street. Cars can park in the cul-de-sac. Bicycles should come down the driveway to the house. If you are planning on joining us on this ride, you must pre-register at http://rivertour.eventbrite.com by 5 pm on Friday, September 4th so that we can give an accurate head count to the restaurant and to Steve.

Cue sheets will be sent out in advance on the RABA and NNC email lists. Please print a cue sheet for your desired route and bring it with you. If you are not on the email lists, contact Hugh prior to the ride and he will email you a cue sheet.

**September 7 (Monday)**  
**Labor Day at the Nuckols**

<table>
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<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>8:30 am</td>
<td>45</td>
<td>3</td>
<td>One</td>
<td>Dee Nuckols, 804-749-3400, <a href="mailto:nuckols@aol.com">nuckols@aol.com</a></td>
</tr>
</tbody>
</table>

**Description:** Join Dee 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, September 5th, 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 13 (Sunday)**  
**Great Shiplock Park Tour**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>8:30 am</td>
<td>60</td>
<td>4</td>
<td>One</td>
<td>Kim Moore 358-0935, <a href="mailto:luvs2cycle@yahoo.com">luvs2cycle@yahoo.com</a></td>
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</tbody>
</table>

**Description and Directions:** It’s been over a year since this ride has been done. Come down to the downtown dock area and explore the gentler terrain, but sometimes windy, East End. Also, Virginia Capital Trail is working to bring the trail to this area. Other places are invited to Kim will have cue sheets available; if you would like to lead a pace, please contact her. This is also a fun, last tune-up for the Heart of Virginia event on the very next weekend. The start/finish is at Great Shiplock Park, 2600 Dock St, at the Dock and Pearl Streets intersection. Dock Street runs along the James River – go through Shockoe Slip, stay on East Cary St. Turn right onto Pear St, continue 1 block to the entrance of the Park. Bring extra food and water in case the weather is still warm.

**September 19 (Saturday)**  
**Heart of Virginia Rides  100, 62, & 35 miles**

Through an unusual, and unavoidable, conflict in schedules this year our Jewish members will be in Temple for Rosh Hashanah on Saturday, but we will be able to be with us on Sunday. The **Century** (100 miles), which starts between 7 and 8, features a new route which goes to the east out of Ashland, eliminating the western loop that climbed the Three Sisters and passed the Gospel Chicken House. Instead, we will pass the Caroline County Jail and tour some areas of Caroline and King William counties we seldom ride in, with two new rest stops, before we return to Hanover county. The **Metric** Route (62 miles), starting between 7 & 9, is unchanged from last year, as is the 35 mile **Short Ride**, which starts between 9 & 10. Upon returning, all will again have ice cream, along with a barbecue lunch from Buzz & Ned’s. Bring your suit and a towel if you would like to swim at the Y, keeping in mind that we are all invited to eat dinner at the Estes Dining Hall at Randolph-Macon, and to attend the Annual Ashland Street Party, which starts at 6 p.m. and features the Beach Music of Ron Moody & the Centaurs.

**September 20 (Sunday)**  
**Heart of Virginia Rides  72 & 32 miles**

(Continued on page 7)
Hopefully, no surprise detours this year on the Metric Plus (72 mile) route (starting between 7 & 9) which will again go out to Lake Anna and back. For the first time, in addition to the popular stops at Church Quarter, Del. Hargrove’s CoolWater, and Patrick Henry’s Scotchtown, the Historic Ride (32 miles) will feature stops at two thoroughbred horse breeding farms, Cre-Run and Horseshoe. As on Saturday, ice cream and Buzz & Ned’s barbecue upon your return, bring a suit and towel if you want to swim, and dinner at the Estes Dining Hall, but no Street Party tonight.

If you haven’t registered yet, details on how to do so at www.raba.org.

### Westmoreland Ride and Campout

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
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</thead>
<tbody>
<tr>
<td>A</td>
<td>8 am</td>
<td>67</td>
<td>each day</td>
<td>3</td>
<td>Two Kim Moore, 358-0935, <a href="mailto:luvs2cycle@yahoo.com">luvs2cycle@yahoo.com</a></td>
</tr>
<tr>
<td>B</td>
<td>8 am</td>
<td>67</td>
<td>each day</td>
<td>3</td>
<td>Two Jack Huber, 282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
</tbody>
</table>

**Description:** This is a joint social/fast ride and camping weekend. Ride will start/finish at Hanover Courthouse, with a lunch stop on both days in Tappahannock and Saturday dinner in Montross. A. Riders will camp at Westmoreland State Park; please bring appropriate camping gear. SAG drivers will be needed to help transport gear and also riders who may only want to ride a portion of the route. If you can help as SAG or want to SAG and bike a portion of the ride, please contact the ride leaders. SAG drivers will also transport people to and from Saturday’s dinner spot. To help defray the rest stop food costs, participants are asked to chip in a few dollars. Riders should contact the leaders by Wednesday, Sept 23, so that camp reservations can be made and food supplies bought ahead of time. And because camping reservations must be paid in advance, last minute no-shows or cancellations will be charged a portion of the camp site cost. The 2008 ride had to be cancelled due to rain, so the leaders look very much forward to this year’s event and they hope for clear skies! Past editions of this ride have been lots of fun!

**Directions to start/finish:** Hanover Courthouse is located at 7497 County Complex Rd, Hanover, VA 23069. It is just south of the junction of Rt 301 and Rt 54. From I-95 North, take the exit 82 / 301 North / Chamberlayne Rd, take a left off of the exit ramp, travel approximately 15 miles north on Rt 301 (or approximately 10 miles north of the junction of Rt 301 and I-295). The Courthouse will be on the right.

### Chimborazo Challenge

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>9:00 a.m.</td>
<td>53</td>
<td>4</td>
<td>One</td>
<td>Ron Corio, 804-643-6452 or <a href="mailto:rcorio@vcu.edu">rcorio@vcu.edu</a></td>
</tr>
</tbody>
</table>

**Description:** This ride begins at Richmond’s historic Chimborazo Park then wends its way through eastern Henrico County and into western Charles City County. The store stop is at the 19.5 mile mark at which point riders can opt for the 53 mile route or a 43 mile option. Riders of all paces are welcome. If you would like to lead another pace group, contact the ride leader listed above.

---

**Heart of Virginia Volunteers...**

(Continued from page 1)

- Registration on Friday evening 9/18, Saturday morning 9/19 and Sunday 9/20
- SAG drivers
- Ice cream servers
- Rest stop greeters
- Other miscellaneous jobs as developed over the course of the event

If you can help out in any way, for any length of time, please contact Kim at 358-0935 or luvs2cycle@yahoo.com and indicate when you can help and what you would like to do. If you express no preference, you will be assigned to where you are most needed. Thanks to those who have volunteered so far, and more details will be coming as the event approaches.

---

**First-ever Virginia Cycling and Pedestrian Awareness Week September 13-20, 2009**

Last year 90 cyclists and pedestrians were killed and over 2,300 people were injured while walking or biking on Virginia roads. Two state-wide non-profits have joined forces in effort to reduce those numbers and make Virginia roadways safer for all users. BikeWalk Virginia and Drive Smart Virginia just launched a new initiative, Virginia Cyclist and Pedestrian Awareness Week with funding support from the DMV.

BikeWalk Virginia and Drive Smart Virginia developed a campaign, Respect- We are All on the Road Together then reached out to the community through partnerships to create a truly statewide effort. A list of our partners can be found at www.sharingtheroadinvirginia.org

The organizations invite you to become an individual or organizational partner as well. Check out a list of ways to engage the community in the electronic toolkit, download materials, order printed tools, and see a list of events at www.sharingtheroadinvirginia.org or by contacting BikeWalk Virginia by phone or email 804-261-0507 or kperry@bikewalkvirginia.org
**September, 2009 Weekly Rides**

**Road Ride Captain:** Bill Whitworth, 285-9193, wwhitworth@reynolds.edu

**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 Steve & Debbie Herzog, 13204 Forest Light Court, Richmond, VA 23233 no later than 14 days after the ride to ensure that all riders get mileage credit.

---

**Sunday, 9:00 AM**

**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>30 to 60</td>
<td>3 to 4</td>
<td>See below</td>
<td>Barry and Martha Pullen, 561-3950</td>
</tr>
</tbody>
</table>

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

---

**Monday, 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>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. 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, 9:00 AM**

**Tuesdays at Rockville**

Note: The start time will change to 12 pm on August 25 and remain there for several months.

<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>32-62</td>
<td>3</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 onto Pouncey Tract Rd. The Little League Fields are 3.8 miles to the left.

---

**Tuesday, 6:00 PM**

**Hanover Courthouse Evening 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 to 31</td>
<td>3</td>
<td>None</td>
<td>Wayne Flood, 804-641-0556, <a href="mailto:sept1flood@comcast.net">sept1flood@comcast.net</a></td>
</tr>
<tr>
<td>A+</td>
<td>6:00 pm</td>
<td>28 to 31</td>
<td>3</td>
<td>None</td>
<td>Jeff Nicklas, 804-833-5382, <a href="mailto:jnicklas@shoneysofrichmond.com">jnicklas@shoneysofrichmond.com</a></td>
</tr>
<tr>
<td>A</td>
<td>6:00 pm</td>
<td>28 to 31</td>
<td>3</td>
<td>None</td>
<td>Andrew Mann, 804-266-9048, <a href="mailto:rabamann@icloud.com">rabamann@icloud.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>6:00 pm</td>
<td>28 to 31</td>
<td>3</td>
<td>None</td>
<td>Hugh &amp; Laura Aaron, 804-690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
<tr>
<td>B</td>
<td>6:00 pm</td>
<td>28</td>
<td>3</td>
<td>None</td>
<td>Dale Peacock, 804-304-6041, <a href="mailto:older_ape@yahoo.com">older_ape@yahoo.com</a></td>
</tr>
<tr>
<td>C</td>
<td>6:00 pm</td>
<td>19 to 23</td>
<td>3</td>
<td>None</td>
<td>Charlie Thomas, 804-747-6633, <a href="mailto:c.thomas53@verizon.net">c.thomas53@verizon.net</a></td>
</tr>
<tr>
<td>D</td>
<td>6:00 pm</td>
<td>19 to 23</td>
<td>3</td>
<td>None</td>
<td>Nan Ottenritter, 804-306-1078, <a href="mailto:nottenritter@yahoo.com">nottenritter@yahoo.com</a> &amp; John Moore, 804-338-9668, <a href="mailto:JMoore216@comcast.net">JMoore216@comcast.net</a></td>
</tr>
</tbody>
</table>

**Description:** The A pace groups will typically be riding tight pace lines with few, if any, stops. Hugh and Laura will typically be riding their tandem at a more moderate pace with at least one stretch stop. Other tandem teams, as well as singles who would like to ride a B+ pace, are welcome to join them. Dale, Charlie, Nan and John invite all B, C and D paced riders to join their pace groups for a more casual tour through the countryside. Regardless of your pace group, please be sure to ride single file whenever a car approaches from behind.

The route may vary from week to week; however, all routes travel through portions of both Hanover and King William counties (both of which offer a lot of beautiful countryside). Most of the roads are relatively rural with mostly light traffic. However, some routes include a leg on Route 30 which can be busy with fast moving traffic, including big trucks heading to and from the West Point paper mill. Riders should exercise extra precaution on Route 30. Cue sheets for most of the routes are available on www.raba.org. Check the RABA email list for the latest updates on this ride, or contact one of the ride leaders.

After the ride, join your fellow riders at Brunetti’s for dinner. Brunetti’s (9167 Atlee Rd, Mechanicsville) is located at the intersection of Atlee Road and Route 301, just a little north of I-295.

(Continued on page 9)
Directions: The ride starts and finishes at the Hanover County Government Complex (often called the “Hanover Courthouse”). The Hanover County Government Complex (7497 County Complex Road, 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 (Route 54 East) towards Hanover. Travel approximately 5 miles to the intersection with Route 301. Turn right onto Route 301. Travel approximately one-half mile and turn left onto County Complex Road.

Tuesday, See Starting Times Below

<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>5:40 pm</td>
<td>47</td>
<td>2</td>
<td>None</td>
<td>No leader</td>
</tr>
<tr>
<td>A+</td>
<td>5:50 pm</td>
<td>35</td>
<td>2</td>
<td>None</td>
<td>Kim Moore, 358-0935</td>
</tr>
</tbody>
</table>

Note: last organized ride of the season is Sept 29 – riders may continue to come out at their own discretion.

Description and Directions: Riders should have a strong fitness level, be very comfortable in large and fast pacelines 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! 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.

Wednesday, 9:30 AM

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

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

Wednesday, 6:00 PM (**Note: Parking Change**)

<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>25</td>
<td>3</td>
<td>None</td>
<td>See below</td>
</tr>
<tr>
<td>B</td>
<td>6:00 pm</td>
<td>25</td>
<td>3</td>
<td>None</td>
<td>Al &amp; Lois Farrell 744-9306 <a href="mailto:afarrell3@verizon.net">afarrell3@verizon.net</a></td>
</tr>
</tbody>
</table>

Description: B Riders Wanted! Join Lois and Al for this ride on some smooth, scenic, and little traveled back roads in Chesterfield County. One or both of us will be leading a B group pace – we are hoping to build a core group of B riders this year. There is also generally a group of faster (AA+) riders to join if you are so inclined, but currently no designated A pace leader (contact us if interested!). Maps will be available to those wishing to ride at their own pace. Shorter options are available.

Directions: We are now parking at the Winterpock Recreation Area at the corner of Winterpock and Beach while Bethia Church undergoes renovations. Take Hull Street 2.2 miles west of 288. Turn left at the light just past Lowes onto Winterpock. Proceed 2.8 miles on Winterpock until you come to the stop sign at Beach. Turn right onto Beach and you’ll see the sign for the Winterpock Recreation Center on your immediate left. Be sure to allow time for traffic on Hull Street on your way to the ride.

Wednesday, 7:00 PM

<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>C</td>
<td>7:00 pm</td>
<td>20</td>
<td>5</td>
<td>None</td>
<td>Champe Burnley, 358-5801, <a href="mailto:champe_burnley@hotmail.com">champe_burnley@hotmail.com</a></td>
</tr>
</tbody>
</table>

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.
### September, 2009 Weekly Rides

**Thursday, 9:00 AM**

<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>A</td>
<td>9:00 am</td>
<td>33 to 55</td>
<td>3</td>
<td>Varies</td>
<td>Hugh Aaron, 804-690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>9:00 am</td>
<td>33 to 55</td>
<td>3</td>
<td>Varies</td>
<td>Bill Whitworth, 804-285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a></td>
</tr>
</tbody>
</table>

**Description:** The route for this ride will vary from week to week. However, all routes will cover some part of Central Hanover County and the surrounding areas (which offer a lot of beautiful countryside). Some routes do not have a store stop, so bring plenty of water. The cue sheet will be sent out on the RABA email list prior to the ride each week. If you do not subscribe to the RABA email list, contact Hugh or Bill prior to the ride for a copy of the cue sheet. Also, please contact Hugh or Bill if you are interested in leading a slower (or faster) pace group for this ride.

**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.

### Thursday, 6:00 PM

#### West End Manakin Road Ride.

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>5:50 pm</td>
<td>30</td>
<td>3</td>
<td>None</td>
<td>Steve Herzog,360-3853, <a href="mailto:sp_herzog@verizon.net">sp_herzog@verizon.net</a></td>
</tr>
<tr>
<td>B+</td>
<td>5:50 pm</td>
<td>30</td>
<td>3</td>
<td>None</td>
<td>No leader</td>
</tr>
</tbody>
</table>

**Note:** September is the last month of this ride.

**Description:** Enjoy a ride with some rolling hills, nice scenery, and very light traffic. We travel on Manakin Rd., Shallow Well Rd., Dogwood Trail, Manakin Seay, Three Chopt, and back down Hermitage to the Dover Baptist Church.

**Directions:** Meet at **Dover** Baptist Church, one block north from Patterson Rd. on Manakin Rd. Please park far to the right of the church.

#### Black Creek Church

<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>30</td>
<td>3</td>
<td>None</td>
<td>Self directed</td>
</tr>
<tr>
<td>B</td>
<td>6:00 pm</td>
<td>23</td>
<td>3</td>
<td>None</td>
<td>Wayne Shipley, 441.0664 (Sept. 3 &amp; 10)</td>
</tr>
<tr>
<td>B</td>
<td>6:00 pm</td>
<td>23</td>
<td>3</td>
<td>None</td>
<td>Ron Corio, 804-643-6452 or <a href="mailto:rcorio@vcu.edu">rcorio@vcu.edu</a> (Sept. 17 &amp; 24)</td>
</tr>
<tr>
<td>D</td>
<td>6:00 pm</td>
<td>15</td>
<td>4</td>
<td>None</td>
<td>Eleanor Shipley, 572.1791 or 737.7176 (Sept. 3 &amp; 10)</td>
</tr>
</tbody>
</table>

**Description:** This evening ride features multiple distances through eastern Hanover and New Kent Counties. Maps are available for riders who want to ride at their own pace. The D pace ride targets beginners who will stay together. All riders are invited to join the leaders for dinner afterwards at Nine Mile Grill in Highland Springs.

**Directions:** From I-64, take exit 197B (Highland Springs, Rte 156N) onto Airport Drive (Rte156N), continue through 2 lights, over Rte 295, bear right at Market Rd. (Rte. 630), continue and bear right again on Fox Hunter Lane at Black Creek Country Store. Next, turn left on McClellan Rd. (Rte. 628). The church is about 2 miles on the left. Use parking lot on north side of the church.

#### ABC Ride without the B

<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>D</td>
<td>6:00 pm</td>
<td>20</td>
<td>5</td>
<td>One</td>
<td>John Moore, 804-338-9668, <a href="mailto:JMoore216@comcast.net">JMoore216@comcast.net</a></td>
</tr>
</tbody>
</table>

**Description:** This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. This is twenty almost flat miles to Ashland and back to Laurel Park Shopping Center. The pace is generally relaxed so any type of bike is appropriate. This ride targets beginners, and those looking for D pace rides so the group will stay together. Riders riding at a higher paces are welcome, please let the ride leader know you will not stay with the group. Due to the possibility of low light a blinkie for the rear of your bike is suggested.

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

### Thursday, See start times below

#### Crump Park 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>5:45 pm</td>
<td>41</td>
<td>2</td>
<td>None</td>
<td>No leader</td>
</tr>
<tr>
<td>A+</td>
<td>5:50 pm</td>
<td>38</td>
<td>2</td>
<td>None</td>
<td>Kim Moore, 358-0935</td>
</tr>
</tbody>
</table>

(Continued on page 11)
September, 2009 Weekly Rides

September, 2009 Weekly Rides

A  6:00 pm  31  2  None  Jeff Nicklas 833-5382, David Murray 240-0891

Note: last organized A+ pace ride of the season is Sept 24 – riders may continue to come out at their own discretion. Start times may be earlier and/or distances will be shortened as days get shorter with the oncoming of Fall.

Description: The longer routes will include such favorite hills as Animal Shelter, the Three Sisters, Rocket’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: To get to the start, please take Staples Mill Rd/Rt 33 West. Turn right onto Mountain Rd. Remain on Mountain Rd for approximately 1.3 miles - park entrance will be on the left. Look for bicyclists in the back lot, in the rear of the park.

Friday, 9:00 AM

Pace  Time  Miles  Terrain  Store Stops  Leader

B+  9:00 am  35-40  3  Some  Dave Bloor, 285-6177
B  9:00 am  35-40  3  Some  Jim Denoon, 370-6252

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, 9:00 AM

Pace  Time  Miles  Terrain  Store Stops  Leaders

A+  9:00 am  30 to 40  Some Hills  Varies  Andy Smith, 804-339-8227, asmith2954@yahoo.com
                                 Jim Peterson, 804-432-9679, jdp789@hotmail.com
A  9:00 am  30 to 40  Some Hills  Varies  Hugh Aaron, 804-690-9720, hugh@theaarons.com

Description: This ride starts and ends at the National Park Service Cold Harbor Battlefield Visitor Center, which is a few miles off I-295 near the Richmond Airport. The Visitor Center has both a water fountain and restrooms. We vary the route from week to week in order to keep things interesting. Most of the routes stay within the Cold Harbor, Old Church and Black Creek areas of rural eastern Hanover County and the Quinton area of western New Kent County. Please make sure that you bring enough water to comfortably complete the ride without a store stop as not all routes will have one. The cue sheet will be sent out on the RABA email list prior to the ride each week. If you do not subscribe to the RABA email list, contact Hugh prior to the ride for a copy of the cue sheet. Also, please contact Hugh if you are interested in leading a different pace group for this ride.

Directions: The National Park Service Cold Harbor Battlefield Visitor Center is located at 5515 Anderson-Wright Drive, Mechanicsville, VA, 23111 which is off of Cold Harbor Road (Route 156) about five miles southeast of Mechanicsville. Note: The Park Service has requested that we park in the grassy area across from the parking spaces adjacent to the visitor center building.

Saturday, 8:00-8:30 AM

Pace  Time  Miles  Terrain  Store Stops  Leader

Varies  8:00- 20 to 5  Some
8:30 am  50+

Description and Directions: This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. The basic ride is ten almost flat miles to Ashland where riders stop at Hardees or Ashland Coffee & Tea for breakfast or hot or cold drinks before retracing the route back to Laurel Park. There are a number of variations to this ride with many riders choosing a 30 mile route to the Coffee Shop while others prefer the basic route where they then meet up with other riders interested in doing additional miles before returning to the starting point. Riders may join the ride leader’s group or form a group of their own based on preferred pace and distance. Unlike most RABA rides, this ride does not have a group start. Riders may sign the ride sheet and depart anytime between 8:00 and 8:30. If you are new to this ride, please introduce yourself to the ride leader and he or she will assist you in finding other club members who ride your pace. Maps and cue sheets are available for those wishing to ride at their own pace. Riders arriving after the ride leader has left will find the sign-up sheet and route maps on the ride leader’s car.
Classified ads in The Pedaler 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 three consecutive months 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.

**Saras Bones 2 rack.** Holds 1 or 2 bikes. Used twice, but we’ve replaced our car and now have a roof rack for the bikes and have no need for this trunk-mounted rack. Excellent condition. $70 Dan Cherkins, 804-502-0814 (8/09)

**BIKE RACK Hollywood Road Runner Deluxe Trailer Hitch Rack, 4-bike model (Model HR400) for 2" receiver, currently retails for $280, used twice, will sell for $180.** Call Bob Clay at 639-1788 or mutlovbc@aol.com.

**Almost new! Giant Womens Cypress DX (Silver/White) bicycle - beautiful hybrid, purchased new in Jan 2009 and has only 300 miles on it (owner converted to road bike). Great commuter bike or comfort/lifestyle bike for new riders. Includes upgraded seat, water bottle & holder, CatEye computer, and spare tire tube. Sale Price = $375. For full specs on this bike see Giant info at website [http://www.giant-bicycles.com/en-US/bikes/lifestyle/2300/32207/(7/09)]

**Pyramid 3-bike carrier # 45622 - 4 strap mounting system. Folds flat when not in use. Only used only a few times. Sale Price $30. If interested, contact twodillmans@comcast.net. (8/09)**

**Shimano Dura ace 7850 scandium wheelset.** Very light and strong. Can be used with tubless or standard clincher tires. Including a very good condition Hutchinson tire set and a brand new set of tubless tires. $650 obo Charlie 432-8542 (7/09)

**Schwinn Fastback 2007 CX bike.** Size small. This is a cyclocross frame - so a small fits a 56" to 59"ish and makes for a good commuter or bike for a newer road rider. Shimano Tiagra 9 spd components. In like new condition. $700 OBO Have rack and lights available as well. Charlie 432-8542 (7/09)

**CAMPY CHORUS front derailleur.** New, still in box. Clamp-on model, compatible with 9 or 10 speed. 54-tooth max. chaining. 152 capacity. 102 grams. $45 Paul Germain 804-794-0772 or GermainArt@aol.com. (7/09)

**THOMSON ELITE X2 ROAD STEM. 110 length, 73/107 (17 degree high rise) for 1-1/8" steerer, 31.8 clamp (bulge bar). 175 grams lighter than the Elite model. Like new, no marks. MRSP: $150. (see: [www.Thomson.com/elite_x2]) $55 Paul Germain 804-794-0772 or GermainArt@aol.com. (7/09)

**QUINTANA ROO PR7Sigma Sport road bike, 57 cm aluminum frame with Reynolds Ouzo Pro all carbon fiber fork, Chris King threadless headset. It is bright red. The top tube is 59 cm, it has a 32.5 inch standover height; good for someone 5’10” to 6’2” tall. The 20 speed Campagnolo Chorus carbon components are lightly used and very clean. The Chorus hubs are laced to Mavic Open Pro rims, 32 spokes front, 36 rear. Weight is 19 pounds. MSRP was about $3,400 in 2002. Barry Pullen pullen_39@yahoo.com (804)561-3950 (7/09)

**SPECIALIZED SEQUOIA - 06 for $450. 24 speed aluminum with carbon fork, 56.5 centimeter frame with Sora Tiagra components. Triple 50-39-30 - Shimano 560 wheel set – It includes a computer, new Hutchinson tires and a new chain. Great condition and an excellent starting bike. Call Richard at 804-677-1191 (7/09)**

**Used, but like new, M.O.S.T./PINARELLO carbon compact crankset (50/34); 175mm - $100.00. Made by the same company that makes FSA crankset. Used for about 200 miles; I bought this new recently for $230 but am selling because I need shorter crank arms. Beautiful cranks with virtually no scrapes, scratches, etc. Uses newer-style bottom bracket with external bearings. Bottom bracket not included. Contact Robbie at Robert.s.andrews@verizon.com or 310-7812 if interested. (7/09)**

**TRI-BIKE WANTED: Looking for a 54” tri-bike for a friend of mine. If you have one for sale, please advise me. Ike Kozioi ikozioli@ucom.com (7/09)**

**Dangerous Dog...** (Continued from page 3)

The Rockbridge County General District Judge found the dog to be a “dangerous dog” as defined under Virginia's statute. This required the dog's owner to pay a $50 registration fee, have an approved fence installed and carry liability insurance.

If you are bitten by a dog in Virginia, here’s what you should do: [http://www.vabike.org/dangerous-dogs-campaign](http://www.vabike.org/dangerous-dogs-campaign)
July and August had two great events for the club, with outstanding attendance by members and non-members. The Tour de France Fundraiser Social for RABA’s Bikes for Kids program and the Leukemia and Lymphoma Society was held on the evening of July 22 at the Curbside Café, a local bar and restaurant in the heart of the Fan District. There was a standing room only crowd by 8 p.m. of bicyclists, runners, triathletes and admirers of the Tour from the local area. Some came to socialize and try to watch Stage 17 of the Tour (amid the din of the crowd), but many more participated in the fundraising activities of a silent auction, raffle prizes and cover charge donation at the door. There is obvious interest in doing this type of event and if done again, a much larger venue will be chosen. Many, many thanks go the following businesses and people who donated items for the silent auction and raffle: Audi West Broad, Carytown Bicycle Company, Conte’s Bicycle & Fitness Equipment, Chipotle, Chris Venter, Curbside Café, Efficient Endurance/Jim Miller, Laura Coleman, Pedal Power, Performance Bike, Stephanie Peters and 3Sports. The evening raised almost $700 to be split between both charities!

On August 2, RABA held its annual picnic at Dorey Park, in the East End of Richmond. Every year, the picnic enjoys club support as over 50 people attend the rides and/or picnic.

This year was no exception as there were 80 people who rode and then stayed for the picnic afterwards. There was lots of tasty food, happy conversation and cooking at the grill.

Even the threat of rain (yes, there were a few drops felt on the ride, but the weather held) and strong winds did not deter people from getting a plate of food and socializing with others.

Thanks to everyone who came out to make this year’s event so much fun, and special thanks goes to Andrew Mann and Liz Keith who bought soft drinks, ice, paper products, charcoal and organized coolers to be brought to the site.

Hope to see you next year!
2009 Bikes for Kids

It’s that time again. It’s time to raise money for the Bikes for Kids fund and we need your help!

Every year RABA raises money to buy bikes, assembles them, and finally donates them to area county Christmas Mothers so that the bikes can be given to kids who otherwise won’t get them. It takes money to buy those bikes. That’s where you and your generosity come in.

You remember how much fun you had with your bike as a kid, don’t you? Help a kid experience that same joy!

So please help out by writing out a check and putting it into the mail to:

RABA
P.O. Box 6565,
Ashland, VA 23005

The 31st Annual Great Peanut Tours
Sept. 10-13:

After some problems the last two years, the event again is back to its traditional location at the Cattail Creek Campground near Emporia. Get details at www.greatpeanuttour.com or 1-800-449-2453

4th Annual Northern Neck RiverRide
Saturday, Sept. 26, 2009:

The event will offer cyclists a full weekend of riding, camping, and exploring the byways and waterways of Virginia’s historic Northern Neck. The weekend opens Friday with free weekend camping on the Chesapeake Bay, fully supported Saturday rides of 100, 60, 50 and 25 miles, and unsupported group rides available on Sunday.

All the information you need to get ready for the RiverRide can be found at www.riverride.org.

12th Annual Fredericksburg Cannonball Century
Sunday, Sept. 27, 2009:

Come join the Fredericksburg Cyclists Club on their annual century and this year, they’re also celebrating the club’s 25th Anniversary. Choose from 35, 62 and 100 mile routes.

The ride will take you through the beautiful countryside of Stafford and Fauquier Counties. The ride is fairly flat with some rolling hills. There will be well stocked rest stops featuring homemade breads, cue sheets, well marked routes, SAG vehicles, mechanical support by Olde Towne Bicycles, and communication services offered by the Rappahannock Amateur Radio Club.

Registration is from 7 a.m. - 8:30 a.m. and the route opens at 7:30 a.m. This year you can register and ride. There will be no mass start.

GREAT rest stops, SAG and mechanical support and a free lunch are just a part of the fun you’ll have. Registration is available on www.bikereg.com, www.active.com, and on their website: www.bikefred.com. Questions, call Morgan at 540-372-705 or e-mail at morgkell@cox.net.

Safe Cycling Class

RABA will offer a safe cycling class September 21 and 26 to teach basic riding and mechanical skills. The class is based on the League of American Bicyclists, Road 1 Course. This is a two part class with one evening of classroom instruction and a half day of on-the-road training.

This level will teach skills which will benefit a cyclist of any skill level. Cost for the class is $10 for RABA members, $25 for non-members. Attendance is limited to 12 cyclists.

To register for the class go to http://www.rabasafety1.eventbrite.com

Question? Contact Sheryl Finucane, sdgf@vcu.org

Monday Sept 21: 5:30 - 8:30 pm
Cycle Smart (part 1): Classroom portion of the League of American Bicyclists Traffic Skills 101 course. Get comfortable on your bike and riding on the road, traffic and all. Topics covered include: how to do a quick bicycle safety check, fix a flat and perform other minor mechanical adjustments; the basics of gears and shifting; bike fit; state traffic laws; principles of riding smart; crash types and crash avoidance techniques. Traffic Skills 101 course manual included.

Saturday Sept 26: 8:30 am - 1:00 pm
Cycle Smart (part 2): On-bike portion of the League of American Bicyclists Traffic Skills 101 course. Learn and practice proper road positioning in a variety of situations and crash avoidance techniques. Session will include both drills in parking lots and on road practice. Participants will leave the two sessions with confidence in their riding ability knowing that they are riding legally and safely. Must bring: helmet and bicycle in good working order. Recommended: bring plenty of water and snacks or money to purchase.

Participants who desire a certificate of completion must complete written and on road tests. Required for anyone planning on using this as the first step to certification as a League (of American Bicyclists) Cycling Instructor, optional for others. These will be given following the conclusion of the 2nd session.