March Meeting Report  by Bud Vye

Twenty one curious RABA members found their way to the newly opened (on February 25th) Endorphin Fitness for our meeting on March 8th. Not far from the Tuckahoe Y, you’ll have trouble finding the place without using the two landmarks of next door to the CVS pharmacy and behind MoJo’s since its entrance is in the back of the building near the trash container and the sign at the door quite small, with no identification in the front of the building. Since this is not a retail location, however, and no walk-ins are expected, the location should be satisfactory even though there’s not much parking.

Once inside, we had a couple slices of pizza and then convened in the one big, open room with a few pieces of exercise and testing equipment at one end, and an impressive collection of kinetic bike trainers along the outer wall. An endless pool and an office were in small rooms on the opposite side, and a number of bikes were hanging in the upstairs storage area, awaiting use on the trainers.

As soon as we got settled in our seats, Endorphin’s owner, Michael Harlow, greeted us and launched into his presentation on how to train, which was geared toward triathletes (of which he is one, still competing at a high level and just appearing on USA Triathlon’s Honorable Mention All-American list for his age group, signifying a ranking in the top 10% nationwide for last year) and the three activities that sport consists of.

Some of his points stuck with me, as I had never thought about them that way, previously.

Michael Harlow shows off the center’s $22,000 Endless Pool with underwater camera attached to the overhead TV

Advocacy Report  by Bud Vye, Advocacy Chair

A generally disappointing legislative session as I reported on in the March Pedaler was made even more disappointing when the State House Appropriations and Senate Finance Committees took the axe to the proposed biennial budget that outgoing Governor Warner submitted back in December. Chopped out was the $950,000 that had been included to acquire abandoned railway corridors in Southside Virginia that would become segments of the proposed Tobacco Heritage Trail. In addition to this, House

2005 Fan Free Clinic Ride to Provide: Plans for 2006 by Mary Lynn White

Last June, 33 riders took off from a school just outside Richmond heading towards Farmville amid wild applause from their supporters. It was the start of the first annual Fan Free Clinic Ride to Provide, a 150-mile round trip ride to raise much needed funds for the Richmond area’s under and uninsured. Fan Free Clinic provides medical treatment, health education and social services to those with limited access to care. They place special emphasis on welcoming the least served. Anyone requesting services is provided care. The only eligibility requirement is the need for service.

With blue skies and lots of sun, we pedaled along beautiful, scenic, low-traffic roads. The stops were well-timed and well-stocked, and volunteers cheered when we rode up. After we arrived at Longwood University and got settled in our rooms, we were treated to dinner (college food has come a long way since I was a student) and an animated bike movie, The Triplets of Belleville, which was amazing and even inspiring.

We set off the next morning after a good breakfast. Spirits were high and the sun made the dewdrops sparkle in the fields beside the road. Arriving back at our starting point, we all felt tired, but great about having been a part of such an important effort for such a valuable cause.

You too, can feel good about your contribution to a great cause by joining the 2nd Annual Fan Free Clinic Ride to Provide on May 20-21. You will never find a more supportive, appreciative group with which to be involved. Hope you will join us!

100% of the money raised will go to support the clinic and last year we raised nearly $17,000!

Call Cat Hulburt at (804) 358-6343 x103 for more information.
Heard & Seen Around the Club

RABA Advocate

by Bud Vye

After a year during which the situation seemed to be well under control, Carl Armstrong’s colon cancer has reared its ugly head again, so he’s back to the chemo regimen, this time with even stronger dosage. He’s looking forward to escorting daughter Amelia (who’s ridden with us a few times both up in DC and down in this area) down the aisle at her wedding on August 5th, and he knows we’re all pulling for him, so his spirits are as good as can be expected under the circumstances.

Another offspring worthy of mentioning, as Cathy Rolfe’s son Zach (who’s also ridden with us on occasion) makes All-American for the second time at the National Prep Wrestling Tournament in Bethlehem, PA. Zach wrestles in the 152 lb. weight class for St. Christopher’s and is having an outstanding career, worthy of our congratulations.

And more All-Americans to congratulate, as USA Triathlon’s recently released list of those who rank in the top 5% nationally in their age group includes Mark Junkerman and Bolling Lewis.

As I go to press, Mike Moore is wrapping up his preparations for running his first Marathon which will be down in Virginia Beach on March 18th. His goal is to finish somewhere around the 3 hr. 15 minute mark, which is pretty ambitious, so look for the report here next month.

Lots of traveling going on, as Paul & Grace Silverstein return from Morocco, having learned that the winter weather over there is not exactly balmy. Luckily they did take some warm clothes with them, which they wore almost all the time, as it got very cold at night in the desert and they never saw a daytime high above 60. Now Paul is heading down to Bike Florida (along with Jerry Hefele and Emily Kimball, that I know of) where it should be a lot warmer.

Also down in that area, but not to do Bike Florida, are Dave & Margaret Bloor, who are vacationing in the Ft. Lauderdale area and spending some time watching the Orioles in Spring Training. While Bud & Andrea Brooks just arrived back here from spending the winter in the Tampa area. Encountering 30 mph winds on his first ride with us while back Bud wondered if maybe they didn’t return a little too soon.

Since his wife Dixie is a travel agent who drags him along to a number of exotic locales, Cam Hoggan usually one ups the rest of us when we are discussing trips. This time was no exception, as his excuse for being slow to return my phone call was that he was down in Ecuador. Upon getting a debriefing, it turns out that they also visited the Galapagos Islands (which I hadn’t realized were part of Ecuador) and then the highlands outside of Quito where they spent several days trying to catch their breath at the 9,200 ft. elevation. Come on, Cam, lets go somewhere interesting for a change!

Nick Sippi showed up unexpectedly on a Retiree’s Ride recently and has been with us regularly since then. Though not retired yet, Nick & Linda are back from their extended trip to the west coast and Wisconsin. He reports that the twin babies are doing fine and he’s getting a few mid-week rides in before he returns to work.

The beautiful, short pants, weather on March 11th brought a number of the winter hibernators out to the ABC ride on that morning. It was good to see Mark Forte and Sandy Norman out with us again (but not brother Morty, who seems to be having a slow recovery from his spinal stenosis surgery). And, after a couple of double takes, I recognized my old riding buddy Bill Britton who finally broke down and bought himself a new bike to replace the one that was stolen from his home more than a decade ago. We were trying to remember when he last rode with us, and after some discussion we concluded that it had to be about 11 years ago. Good to have you back, old buddy! Next time your bike is stolen, don’t stay away quite so long.

Also at the same ride, lots of wishing of a Happy 60th birthday to David Gardner, and lots...
RABA Membership Dues Reminder

The club has moved to a new membership cycle and prorated everyone’s dues for this year. If you have not paid your dues, please take a minute to do so now. If you have paid them, the Board thanks you and looks forward to having you at events and rides through 2006. Note: only paid RABA members will have their ride miles tallied for the RABA ride statistics! If you have questions about the dues amount or the membership cycle, please contact Kristin Andrs by email kandrs@comcast.net or 590-9467.

Coatesville Store is Closed

Just as RABA begins another full season of cycling, Bud Vye reports that the Coatesville Store has closed again. This popular store stop in Hanover is a welcome respite on the ABC 50 mile (or longer) route and on other rides in the area. Please be mindful to bring extra food and water if you are planning to ride long miles in that area and Coatesville was to be an intended rest stop. If the store should reopen, news will be published in the newsletter and via the email distribution list.

The National MS Society Bike Tour

The National MS Society Bike Tour is a two-day 150-mile bike tour event traveling from Richmond, VA through spectacular plantations, seasonal scenery and the Colonial tourist attractions along the James River to the beautiful Colonial Williamsburg, VA area. Cyclists have a choice of riding the full two-day 150-mile tour or the one-day, 25 or 50-mile loop on Sunday and overnight stay options of the historical College of William & Mary dorm rooms or a hotel room. Any cyclist who turns in $1000 joins our elite group of fundraisers—the “Thousandaire” club. All the “Thousandaire” cyclists will receive special recognition and a “Thousandaire” cycling jersey at our overnight recognition program. One cyclist surveyed after the event declared: “This bike tour was one of the most sensational rides I have ever gone on. What a great way to have fun and help fight MS!”

Join us on June 3rd and 4th, 2006. For more information or to register, please call Christine Roberts @ 804-353-5008x18 or christine.roberts@var.nmss.org.

Capital to Capital Century, May 13, 2006

This year’s upcoming Capital to Capital Century, May 13, 2006. RABA will again Cosponsor the ride with WABA for the Virginia Capital Trail Foundation. Volunteers are needed for registration, rest stops, limited sag, route marking, and other duties prior to ride day and on the day of the ride. To volunteer, call Gary Faison, 804-794-6365 or email Garyfaison@comcast.net.

Ride On for CASA Kids
June 3, 2006
Shepherdstown, West Virginia

Ride 10, 25, 50 and 100 mile routes of easy or more difficult circuits through beautiful, historic Civil War countryside! Come join the fun and participate in a very worthy cause! CASA–EP is a non-profit organization that trains volunteers to be Court Appointed Special Advocates who serve abused and neglected children in the tri-county area. In 2004 there were 1,497 reported cases of child abuse and neglect in our community—these children need our help. For more information contact: Joan at earthmothers@earthlink.net or 876-2775
**April 2 (Sunday) 10:00 a.m.**

**Halifax History Ride**

[40 miles-14mph-S/S-M]

**Leader:** Dave Strickland 434-594-5371

**skimohop_99@yahoo.com**

We will meet at the Boat Landing at Weldon, NC. From there we will wind about 40 miles through Halifax County and stop at a 19th century corn mill owned by General Mahone, CSA. From there we will stop at an aqueduct in excellent condition constructed in the 1820's, several old rail road stations, a canal museum built on the Locks of the Roanoke Navigation Canal. Then to Roanoke Rapids Dam and then onward winding through Halifax County to the county seat of Halifax, a very historical river port in the 18th century, where the Halifax Resolves were signed. Many historical buildings are still standing from this era. From there back to Weldon and past some beautiful homes constructed when the railroads were the main mode of transport in the 19th Century. For those who ride the ride this year, I have reworked it so several uncomfortable places have been avoided or will be passed at an earlier time when traffic is lighter. If anyone wishes to eat afterwards, we will eat at Ralph’s Barbecue in Weldon.

From Richmond, take I-95 or I-295 south to the Route 360 exit in the Mechanicsville/Route 360 area. Continue on Route 360 south approximately 20 miles to Aylett. Turn left at the blinking light, Route 600 (River Road), go approximately 1 and 1/2 miles to the Zoar State Forest entrance on right.

**April 8 (Saturday) 9:00 a.m.**

**Waverly Leader’s Choice**

[38-15 mph-S/F/G]

**Leader:** Jack Huber 282-3872

Jack will select one of his many routes, depending on the weather, the mood, and the composition of the group. Whatever he picks will be flat and lightly trafficked, as we have come to expect on these rides. As usual, plan to have lunch at The Tavern after the ride.

From Richmond, take I-95 or I-295 south to the Route 460 east (toward Norfolk). The Tavern is at the intersection of Routes 40 and 460 in Waverly.

**April 9 (Saturday) 9:30 a.m.**

**Mount Vernon Trail**

[38-12-S-S/M]

**Leader:** Bud Vye, 252-9544

Here’s our annual quest to catch the cherry blossoms in full bloom. Meet at the Mount Vernon parking lot (about a one hour and forty minute drive from the north side of Richmond --- N on I-95 to Ft. Belvoir/Mt. Vernon exit, [do not get on the HOV lanes, since they have no exit for Ft. Belvoir/Mt. Vernon], N on Rt. 1 through Ft. Belvoir to a right on Mt. Vernon Parkway) to ride the famed Mount Vernon Trail. We'll stop at Sutton Place Gourmet in Alexandria to get sandwiches and drinks to take with us, so no need to bring your lunch from home, but better have a pannier or knapsack to carry it in. As usual, we’ll have lunch in front of the Lincoln Memorial, and will stop at the Viet Nam Wall, the Einstein statue, the Korean War, World War II, FDR, George Mason, and Jefferson Memorials, plus whatever special event may be taking place that day.

**April 16 (Sunday) Easter**

See the Powhatan Courthouse and East End Excursion rides in the Weekly Rides section.

**April 21 (Friday) 2:00 p.m.**

**King William and King and Queen County Ride**

[47-16 to 18 mph-S/S-M]

**Ride Leader:** Bert Wright 760-8926

Meet at Zoar State Forest in Aylett for a ride through King William and King and Queen Counties. There will be a store stop in Walkerton.

**April 22 (Saturday) 8:30 a.m.**

**Mayor’s Walk & Roll and Earth Day Ride**

[approx. 25-13 mph]

**Leader:** Bud Vye, 262-9544

As we’ve done in past years, RABA riders will ride from the Laurel Park shopping center downtown to take part in the Mayor’s Walk & Roll festivities, which this year have been combined with the Earth Day events. Wear your RABA jersey and join Bud for the ride down to this year’s venue, which is on Hull St. just on the south side of the Mayo/14th St. Bridge. Once there, we will ride down the Floodwall/Slave Trail to the Old Manchester landing and back before taking part in the festivities which will include music and entertainment from two stages, an art exhibit at Art Works, exhibits and food vendors. If you haven’t been down in this area (Old Manchester) recently, here’s a great chance to do so. You’ll be impressed and will help RABA make a good showing at this annual event, before we make the return trip to Laurel Park.

**April 22-23 (Saturday and Sunday)**

**Scoot Along Skyline Drive**

[105-variable-N-M/M]

**Ride Leaders:** Mark and Karen Hoerath, mhoerath@comcast.net

Join Mark and Karen for a two day bike ride along The Skyline Drive starting at the entrance to Skyline Drive in Front Royal. We bike 51 miles (and almost 5,000 vertical feet) to our overnight stop at Big Meadows. Big Meadows has a lodge, camping and restaurant. You can call 800-999-4714 for room or 800-365-CAMP for camping reservations. On Sunday we bike 54 miles (and 4,430 vertical feet) to Rockfish Gap and I-64 for the return drive to Richmond. The views are spectacular. Car traffic is usually minimal and friendly. The road surface is in great shape and the climbs only average 4-6%, “easier than the Blue Ridge Parkway”. The route is a no-brainer...just ride on Skyline Drive, no turns and no way to get lost.

They will SAG for all riders. Transportation to Front Royal and Rockfish Gap is your responsibility. Mark will try to network cars and riders to make it easier for all concerned. Please email mhoerath@comcast.net if you plan to ride, drive or do both. It’s never too early to think ahead to those fine warm spring days.
April Rides

April 23 (Sunday) 9:30 a.m.
Down into New Kent and Back
[47/34/27-13-S-S/M]
Leader: Rosemary Tyson, 779-2300
Lots of options on this popular ride as the routes overlap and share a stop near the midpoint of each route. Meet Rosemary at the Battlefield Park Elementary School in Mechanicsville (where Rt. 615 crosses Rt. 360, which is 3.6 miles east of I-295) for this ride through the pretty country of southeastern Hanover county and a little bit of New Kent.

April 29 (Saturday) 7:15 a.m.
Adopt-a-Highway Trash Pickup
Coordinates: Mike & Kim Moore 358-0535
luvs2cycle@yahoo.com
Ron Corio 643-6452 rcorio@verizon.net
This is the first trash pick up of 2006. As many hands as possible are needed to clean the stretch of the ABC route. The early start time allows people to help and then get back at Laurel Park to ride with others around 8:30 a.m., or go to Ashland, where RABA will buy you coffee and a muffin, and begin riding from there. Please wear long pants, heavy work shoes and work gloves. The club will provide trash bags and day-glo vests. Meet at the Adopt-A-Hwy sign at the intersection of Old Elmont and Elmont Roads, just north of the railroad tracks on the ABC route.

April 30 (Sunday) 9:00 a.m.
Mileage Mavens’ Special
[37-15 mph-S-S/M]
Leader: Chip Ford 527-0828
Meet Chip at the rear parking lot at Dorey Park for a morning ride over the flat to rolling roads of eastern Henrico County. Those who want to build endurance and RABA miles will have time after the ride to grab lunch and then return to Dorey Park for the East End Excursion at 2:00 p.m.

May 6 (Saturday) 7:30 a.m.
Prince George Century
[100 (shorter options possible)-18 mph-S-F/G]
Leader: Kathy Wood, 779-3802
Meet Chip at the trail head in Abingdon to Damascus (18 miles) where we’ll have lunch at our favorite sandwich and ice cream shop before the return trip. On Sunday we drive to Damascus for a 9:00 a.m. start to the trail end at White Top Mountain station (18 miles) with lunch along the return trip. A shuttle service is available for those who wish to ride downhill only. Bikes are also available for rent from several shops in the area.

Along with the trail, there are many things to enjoy in this part of the state. Abingdon is home to the historic Barter Theatre, with performances Friday and Saturday nights. For information on what’s playing call 278-628-3991. If you can get away early on Friday you might enjoy riding part of the New River Trail with Dee. Contact him for directions to the start point before Friday. We are also making a reservation for a group dinner on Saturday night. Please let Suzanne know ahead of time if you would like to be included

Coming Attractions
May 7 (Sunday) Meet the Board Ride
Leaders: RABA Board Members 643-6452
May 13 (Saturday) Cap-to-Cap Century
RABA Leader: Gary Faison 794-6365
May 20 (Saturday) Waverly Ride
Leader: Jack Huber 282-3872
May 28 (Sunday) Smithfield Ride
Leader: Jack Huber 282-3872
May 29 (Monday) Memorial Day Ride
Leaders: Martha and Barry Pullen 561-3950

Fast Rides
Coordinator Mike Moore 358-9835
luvs2cycle@yahoo.com
April 9 (Sunday) – 9:30 a.m.
Beaverdam or Bust [55-18-S/S]
Leaders: Mike & Kim Moore 358-9835
Join the leaders as they celebrate the return to bicycling after a long winter of being indoors. The store stop will be at the Beaverdam Amoco, so bring some cash for snacks and drinks. Directions to the start: get on I-295, take the Nuckols Road North exit, go approximately one mile, right turn onto Concouse Blvd, park at the rear right parking lot.

April 30 (Sunday)- 9:30 a.m.
The Two Steves Ride
[50-18-S-S/S]
Leader: Steve Crozier 364-5880
Steve led this ride a few times in 2005 and it proved to be quite popular. He’s hoping to go out from the Nuckols Rd, in the far West End, to Inez and beyond. Bring an extra water bottle and some food in case stores are not open. And Steve is hoping to get some extra help in leading ride from Steve Herzog (hence the title of the ride). Directions to the start: get on I-295, take the Nuckols Road North exit, go approximately one mile, right turn onto Concouse Blvd, park at the rear right parking lot.

WEEKLY RIDES

Sunday 9:00 a.m. (note time change)
Powhatan Courthouse
[Mileage varies-14 mph and up-S-F/G]
Leaders: Barry and Martha Pullen 561-3950
Meet at the Powhatan Courthouse on Route 13. Route changes every Sunday depending on weather and distance desired by the group. Maps will be available for those wishing to ride at their own pace. If the weather is doubtful, call the leaders to confirm if they will be riding.
Sunday 2:00 p.m.
East End Excursion
[30 to 45+/- 16 to 19+ mph-SS/S/M]
Leaders: Randy and Kate Rosemond,
966-5472; velosalsaman@aol.com
Ron Corio, 643-6452, rcorio@verizon.net
This ride has routes and distances for intermediate
and fast groups. Maps are available for riders who wish to
ride at a slower pace, preferably with a buddy. If weather
looks unfavorable, please contact Randy or Ron by 11:00
a.m. on ride day to confirm status.

The ride starts at Dorey Park in eastern Henrico
County. Take I-64 east from Richmond to Exit 195
Laburnum, turn right on Laburnum and drive south to
the stoplight at Darbytown Road. Turn left on Darbytown,
drive about a mile and turn right into Dorey Park. The
group meets in the first parking lot on the left near the
Recreation Center and across from the soccer fields.

Monday 9:00 a.m.
Mondays with Mary
[30 to 40-16 to 18 mph-S-S/M]
Leaders: Mary Falterman 741-2116 and
Barry Pulin 561-3990
The ride starts at a different location each week, and the
meeting place and time are decided on Sunday evening
at about 8:00 p.m. depending on Mary, Barry, and Chris
Walke’s schedules. For meeting point, time, and any other
information, please contact one of the ride leaders on
Sunday evening.

Tuesday 5:40, 5:50, and 6:00 p.m.
starting April 4
Innsbruck Options
[31 to 34-21 to 24 mph-N-S/S]
Leaders: Mike & Kim Moore 358-0935
This ride is best-suited for intermediate to advanced
bicyclists, with good bike handling skills and fitness level.
There are three start times to keep packs of riders smaller
and more manageable—the earlier the start time, the
faster the group. Therefore, the 6 p.m. group will be the most
“social” with an average pace of 20-21 mph. Note:
The area has exploded with new housing developments
and therefore roads are busier and drivers’ tempers are
shorter. Obeying traffic laws and riding single file are
a MUST! Directions to the start: get on I-295, take the
right fork on 613/Fox Hunter Lane at the Black
Creek Store. Continue 0.75 of a mile to a left turn at 628/
Laburnum, turn right on Laburnum and drive south to
the stoplight at Darbytown Road. Turn left on Darbytown,
drive about a mile and turn right into Dorey Park. The
group meets in the first parking lot on the left near the
Recreation Center and across from the soccer fields.

Tuesday 6:00 p.m., starting April 4
Hanover Courthouse Ride
[28/22-V-N-M]
Leaders: Kathy Wood 779-3802, Dee Nuckols 749-3400
As in previous years, this ride is intended for riders of all
speeds, but will be run as a group ride (or several group
rides, if different pace riders are present) so you don’t
have to bring a rider of your speed with you or worry
about being left behind. Maps are available, if you want
to start before or after the group. It remains a beautiful
ride with lots of farmland, little traffic, and a couple of
hills that will get you up out of your seat. The courthouse
complex is on the east side of Route 301, 10 miles north
of where it crosses I-295.

Wednesday 9:30 a.m. (note time change)
Retiree’s Midweek Ride and Lunch
Meets at a different location each week for a ride of 25 to
40 miles, followed by lunch. Each week’s location will be
announced on Rideline (266-2453). All riders invited.

Wednesday 6:00 p.m., starting April 5
Girls Night Out
[10/17/22/30-T-N-S/S]
Leader: Karen Hanson 784-2909
All levels of female cyclists are welcome to ride in the
beautiful far West End. The group will practice bike
handling skills and build fitness. Speed is not the focus;
safety, obeying traffic laws and having fun riding with
other women are! If you are coming out to this ride for
the first time, give Karen a quick call the night before to
let her know to expect you. Directions to Karen’s house
are I-64 West to the Rockville/Manakin exit. Turn left and
go to Broad St, turn right and head out to Shallow Well
Rd-about 4 miles past Centerville. Right on Shallow Well
and about 1/3 mile east to 2030 Shallow Well, on the left.
Take the side drive and park in the backfield.

Wednesday 6:00 p.m., starting April 5
Varina Cruise
[25/22-15 to 18 mph-N-F/G]
Leaders: Ted Zeh, 932-4070 or 337-6172(c)
tzeh@cox.net
Ron Corio, 643.6452, rcorio@verizon.net
Meet at the Varina Food Lion Shopping Center on Route
5 and Strath Road one mile west of Route 295 and Route
5 and two miles east of Route 895 and Laburnum. Park
behind Portabella Restaurant. Cue sheets provided.

Wednesday, 6:15 p.m., starting April 5
Chesterfield County Ride
[22/25-17 to 20 mph-N-M]
Leaders: Al & Lois Farrell
744-9306 afarrell3@comcast.net
This ride incorporates some of the back roads from the
Old Boswell area and some scenic bridal trails. A slower
pace group will ride with the main group. If you don’t
want to ride with the main group, please call one of the
leaders at least one day before the ride to confirm a spot
in the main group.

Maps will be available to those wishing to ride at their
own pace. The ride leaves from the Bethia Methodist
Church at the corner of Winterpock and Beach.

From Richmond, take Hull Street 2.2 miles west
of 288. Turn left at the light just past Lovestos 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.

Thursday 5:50 and 6:00 p.m.,
starting April 6
Glen Allen Elementary School Options
[22/26/36/38-16 to 23 mph-N-S/S]
Leaders: Mike & Kim Moore 358-0835 and
Jack Huber 282-3872

There are two start times to keep packs of riders smaller
and more manageable. The faster paced cyclists leave
at 5:50 and will ride such favorites as the Three Sisters,
Rocket’s Mill and Horseshoe hills. Social paced riders
will ride approximately 20 miles and will be led by Jack
Huber at 6 p.m. Obeying traffic laws and riding single file
are stressed. Take Staples Mill Rd/Rt 33 West, right turn
onto Mountain Rd, left turn onto Mill Rd, right turn into
Glen Allen Elementary School parking lot.

Thursday 6:30 p.m., starting April 13
(note parking change below)
East End Ride
[28/22/15-V-S-M]
Leader: Eleanor & Wayne Shiplely 737-7176, cell
350-2529
Meet at the Black Creek Baptist Church on Route 628/
McClellan Road; use the parking area beside the brick
church on the south side. The short option 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 to 6:00 pm in
order to complete the longest ride before dark. After the
ride join the group for dinner at Stuart’s Restaurant in
Highland Springs.

From Richmond, take I-64 east to Exit 197 Highland
Springs; continue north on Airport Road/156, crossing
Nine Mile Road, I-295 and the Chickahominy River before
turning right on 630/Market Road. After 0.8 of a mile
take the right fork on 613/Fox Hunter Lane at the Black
Creek Store. Continue 0.75 of a mile to a left turn at 528/
McClellan Road. Then two miles to the church on the left side.

April Rides
April Rides

Saturday 8:00-8:30 a.m.  (note time change)
The Ashland Breakfast Club (ABC)
Thanks to March ride leaders Dave Bloor, Wayne Cox, Bill Whitworth, and Bud Vye.
April leaders:

- April 1  Doug Harrel  368-0689
- April 8  Kathy Wood  779-3802
- April 15 Debbie Gleason  755-3039
- April 22  Mark Biery  282-836
- April 29  Jack Huber  282-3872

Saturday 11:30-12:00 noon
The Ashland Lunch Club (ALC)
Thanks to March ride leaders Ted Zeh, Dave Talley, Winky Vivas, Jim Holgate
April leaders:

- April 1  Dee Nuckols  749-3400
- April 8  Bill Whitworth  285-9193
- April 15 Dick Pitini  403-3250
- April 22  Jinx Lucas & Paul Walaskay  358-1155
- April 29  Ron Corio  643-6452

Heard & Seen

of discussion on where to have a 60 mile ride to commemorate it. Since both he and Debra insisted that the route selected had to be FLAT, several of us agreed to refer them on to Katy & Randy Rosemond who certainly ought to be able to come up with a 60 miler out of Dorey Park.

Ran into a couple of former members recently, first of which was Bill Blon at the supermarket. Learned that he’s not at Goodly’s anymore, but working at the Virginia Credit Union gently reminding borrowers who are overdue to get their payments in, or else. In addition to that day job, you are apt to run into him at Topeka’s, where he waits on tables a couple of nights a week. Then it was Greg Doggett, who I hadn’t seen in at least five years, when I ran into him in Blue Ridge Mountain Sports, where he works part time, primarily on weekends. He and Karen are doing fine, but not doing much riding, like Bill, and I told them both that they know where to find us when they get the urge to come back out again.

And some closing bad news to close with, as both the Coatesville Store and Perrin’s Barbecue (on Rt. 60 about five miles east of Powhatan CH) are no longer open. Perrin’s seemed to be doing a pretty robust lunch business whenever the Retiree’s ate there, but the owner decided to concentrate on his catering work and closed the restaurant. Nothing to report yet on the status of the Coatesville Store, although the owners are trying hard to secure a tenant who will get it back into operation. I told them the cycling community is rooting for them and they told me that we are welcome to continue to use it as a rest stop on our rides and particularly on the Lake Anna Metric during the Heart of Virginia.

March Meeting

Harlow instructed, “You never get stronger during a workout; you break the body down… You get stronger during the rest, after the workout, so you cannot train continuously. Don’t go hard every day. Work out to reach a peak, then rest… Set your goals for the year noting which events you want to peak for, then schedule your training periods: Prep: base 1, 2, and 3, build: 1 and 2, the event: and then transition into the next training cycle.” Each period concludes with a rest week. Don’t build beyond your capability, he says. “Avoid injuring yourself. Train purposefully: every week, every workout. When you are not doing a peak workout, get some mileage in, improve your technique, prevent injury.”

To offer this type of training, Endorphin has a stable of top flight coaches in swimming, cycling, running, and strength available for customized workout planning and private sessions (with fees in the vicinity of $30 per hour), or group coaching. They have the latest in state of the art training and physiological testing equipment, including the endless pool with underwater camera for swimming technique coaching and race course simulation devices to make the cycling training more realistic.

In summary, a very impressive training facility, headed up by a very impressive young athlete, for those who want to improve their performance to the very highest level possible. Michael stressed that he was offering discounts on memberships to RABA members, and invited us all to check the place out by attending one of their Friday night movie rides, where you ride the kinetic trainer while watching a movie and then have refreshments, all for $5. Sounds like fun, so give Michael a call at 741-1599, if you are planning to come, to find out which movie is showing and make sure there will be a trainer available for you.

Advocacy

Appropriations also scuttled a budget amendment proposed by Delegate Wittman from the Northern Neck that would have added $2 million to help construct segments of the Potomac Heritage National Scenic Trail. Sadly, it appears that any transportation items in these committees, as was the case with funding for the DC area Metro system. As we go to press, advocates are watching to see how the Transportation funding impasse gets resolved, and are hoping to get some of these projects resurrected when it becomes clear how much funding will be available.
It’s free

Here’s How To Get Started

Membership Information- Annual RABA membership dues are: $20, individual, $25 family. Subscription to The Pedaler is included. Submit membership applications or renewals to: RABA Treasurer, PO Box 6565, Ashland, VA 23005. Go to www.raba.org and click on Membership tab to download a membership form.

Note: Membership dues must be accompanied by a completed, signed membership application and waiver of liability.

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: idzn@comcast.net. US mail: The Pedaler, c/o Bill Varabatan, 2025 Elwood Ave, Apt 5, Richmond, VA 23221. Submissions Deadline: Midnight the 10th of the Month.

Advertising: Rates are: $198—full page, $99—half page, $67—quarter page, $48—eighth page. Ten bicycling classified ads are free to members; non-member rates apply thereafter. Non-member Classified Rates: $5 for 1 item; $10 for 3-5 items; $15 for 6-9 items, $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

Join Benevolink and Help RABA

Thank you for your past donations of Ukrops Golden Gift Certificates. RABA has benefitted from those receipts! As you know, nonprofit organizations are constantly challenged to meet fundraising goals without incurring additional costs. Continued support from donors like you is highly valued—now, more than ever.

To help with our fundraising efforts, we have recently enrolled in a new program called Benevolink. This unique concept provides RABA with a perpetual funding source to increase financial support. Now, the simple act of everyday shopping can do more than you ever imagined. In fact, you could earn $100 or more in a year for RABA just by shopping. And best of all...

• It’s free
• It’s easy
• Dozens of quality retailers to choose from

Up to 13% of your purchase price is deposited into your Benevolink account (in some cases even more!)

100% of your Benevolink account is sent to your choice of charity, school, cultural or religious organization(s).

It’s Giving Made Simple. How Does It Work?

Join. Shop. Give. It’s that simple! Here’s How To Get Started

Visit the Benevolink website at www.benevolink.com and join online or contact Benevolink at 1-800-681-GIVE (4483) to speak to a Benevolink representative. Don’t forget to tell your friends and family. Working together multiplies the impact for RABA.

For every Ukrops branded item you buy, it goes towards a tally of purchases. From that, you will be able to direct a portion of those purchases to RABA throughout the year.

So take a few minutes and join Benevolink and help RABA raise funds for its treasury!

You buy the things you want. Your favorite charity gets the things it needs.