I pedaled on, thinking happy thoughts as directed, and trying to convince myself to feel confident, despite exhaustion and discomfort. As I reached the crest of another short hill, a sign read, “ANY HAPPY THOUGHT” – Peter

A rider wearing a bright red helmet overtook me. We approached the next hill together, the terrain causing both of us to slow somewhat. “Not much further now. How are you doing?” he asked. “Mrrgff,” I replied, with my customary eloquence. I tried to keep up, but he increased his pace and widened the distance between us. I sat in the saddle and watched with some discouragement as he pedaled away. When I reached the top of the next hill, the red helmet was outside my field of vision.

The next sign had the words, “WE CAN FLY!”—Wendy, Michael and John Darling”. Smiling inside with that encouragement, I found the strength to measurably increase my cadence. I took a long swig of warm water, draining the

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**Advocacy Report—**

**Support Pro-Bicycling Bills in the Virginia General Assembly**

*by Bud Vye*

*RABA Advocacy Chair and Vice President, Virginia Bicycling Federation*

Three good bicycle-related bills—HB 1818, HB 1883, and HB 2677—have been filed for the 45-day 2005 session of the Virginia General Assembly and need your immediate support.

Each bill is now before the House of Delegates and must be sequentially approved by a subcommittee, a full committee, and the entire House of Delegates by February 8th before the Virginia Senate can similarly consider any resulting bills, approved by the House, between February 9th and 26th. The Virginia Bicycling Federation is working with the three bill patrons to improve the wording of each bill during committee action. We need hundreds of bicyclists from across Virginia to express their general support to their own legislators.

It’s quick and easy to ask your legislators in Richmond to vote for these bills and to co-patron (endorse) these bills before they are first heard in committee.

1) Phone the Constituent Viewpoint Hotline at 800-889-0229 (or 804-698-1990) between 8 AM and 5 p.m. on weekdays. State your home address and that you support HB 1818, HB 1883, and HB 2677, and this basic information should be reported to your delegate and senator.

2) Phone, email, fax, or mail your legislators directly. Use the “Who’s My Legislator” tool at http://convview.state.va.us/whosmy.nsf/main?openform to find your delegate and senator and to send them

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**Triathlon Training Clinics Underway**

The Richmond Triathlon Club (RTC) is offering a great selection of training and informative clinics in the upcoming months. Whether you’re looking to attempt your first triathlon this season, or just want to improve your form and efficiency—there is something for everyone in the schedule.

These are great clinics taught by some of the most knowledgeable people in the Richmond area, so don’t miss the opportunity to learn from the best. The first clinic was on January 23rd but more are to follow. Visit richmondticlub.com. The cost of each clinic is only $5 for non-RTC members and is free to RTC members, but you must sign up. To register, email ClinicRegistration@RichmondTriClub.com. In the event that clinics fill, RTC members will be given preference and non-members who RSVP’d will be invited by lottery.

**SAT 2/5**—BIKE MAINTENANCE

Sponsored by 3Sports, this clinic will review how to bring a “dormant” bike back to life. It will cover the basics for getting your bike ready for the season as well as keeping it in condition throughout the season. Regular drive train cleaning, frame and fork inspection, brake adjustments, and cable inspection are all integral parts of regular maintenance. You will learn about what to use and what not to use when cleaning your bike. In addition, 3Sports will go over a safety checklist that each rider should run through when getting his bike set for the upcoming race season.

**PRIZE GIVEAWAYS**

10 Psycho Lube Warrior Packs (a $150 value) complements of 3Sports.

The clinic will be held at 3Sports from 4:30pm to 6:00 p.m. Address is 445 North Ridge Road; Richmond, VA (Tuckahoe Shopping Center). The Tuckahoe Shopping Center is located where Forest, Ridge and North Ridge Road come together.
**Heard & Seen Around the Club**

**RABA/Social Ride Captain & Advocate**

**Bud Vye**

Big news of the month has to be the recovery of Ron Corio from his bad spill on the Westmoreland ride the first weekend of October. He’s now been cleared to resume riding, has his old, firm handshake back, and is everlastingly grateful for the tremendous support he has been provided by the RABA family during his recovery and rehab. Welcome back, Ron!

Carl Armstrong also appears to be recovering nicely from his intestinal cancer. Although I’d like to see a little more weight back on him, he’s riding strongly, and it also great to have him back on the road.

Not on the road for awhile is Dick Pitini, who was hit with a good-sized kidney stone on January 9th, and as of Pedaler deadline is awaiting a procedure to break it up and pass it. He describes the initial pain as excruciating, and wonders how people dealt with that affliction a century ago when they didn’t have the procedures and medications we have today. We’re pulling for you, Dick, to get the situation resolved as quickly and easily as possible, and get back out with us.

Harvey award winner Barry Pullen and Martha on the move this winter, with a trip to Texas already completed, and trips to Solvang, California and then Hawaii coming up shortly. Have good trips, and we’ll see you on your return.

As we will Becky Tobey when she finishes her winter sojourn in St. John in March. From reports it sounds like she’s really enjoying it down there. It sounds like tough duty, but I guess someone’s got to do it.

Not enjoying it as much, but hacking away at their graduate studies, and finding time to get in some occasional cycling, are our three scholars, Fran Smith, Kim Moore, and Barb Garazo. Keep it going, ladies, as we are looking forward to seeing you back on the road with us on a more regular basis, sporting your advanced degrees.

Congratulations to Stan Goldman, who has won a beautiful, carbon fiber, Trek 5200 bike in a drawing at LAB for new members and those who were renewing at a higher level of support. Not on the road for awhile is Dick Pitini, who was hit with a good-sized kidney stone on January 9th, and as of Pedaler deadline is awaiting a procedure to break it up and pass it. He describes the initial pain as excruciating, and wonders how people dealt with that affliction a century ago when they didn’t have the procedures and medications we have today. We’re pulling for you, Dick, to get the situation resolved as quickly and easily as possible, and get back out with us.

Siding for the cyclist, Richmond Traffic Court Judge Jones dismissed the “Aggressive Driving” (on his bicycle) charge against Mike Gleason on January 19th, as RABA member J.H. Revere did a nice job as defense attorney. The charge was adding insult to injury as Mike had been taken unconscious in an ambulance to MCV after the incident on Harvie St. in the Fan on November 6th, and the responding officer had come down to MCV to give Mike the "Driving" (on his bicycle) charge against Mike Gleason on January 19th, as RABA member J.H. Revere did a nice job as defense attorney. The charge was adding insult to injury as Mike had been taken unconscious in an ambulance to MCV after the incident on Harvie St. in the Fan on November 6th, and the responding officer had come down to MCV to give Mike the Fan on November 6th, and the responding officer had come down to MCV to give Mike the Harvey award winner Barry Pullen and Martha on the move this winter, with a trip to Texas already completed, and trips to Solvang, California and then Hawaii coming up shortly. Have good trips, and we’ll see you on your return.

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Congratulations to Stan Goldman, who has won a beautiful, carbon fiber, Trek 5200 bike in a drawing at LAB for new members and those who were renewing at a higher level of support. Even though he has been riding a very nice Litespeed, Stan likes this bike even better.

**Submissions for The Pedaler**

The Pedaler welcomes submissions in any form; email preferred. All submissions will be confirmed. All become property of The Pedaler. Unless otherwise noted, opinions expressed in The Pedaler are those of the author, and not necessarily those of the Richmond Area Bicycling Association or its members.

**Membership Information**

Annual RABA membership dues are: $15, individual; $18 family. Subscription to The Pedaler is included. Submit membership applications or renewals to: RABA Treasurer, PO Box 6566, Ashland, VA 23005.

**Advising:** SEE BACK PAGE
February RABA Meeting

If the Bike Fits, Then Ride It!

Thursday, February 10 (It’s a different night!)

6:00 p.m. for dinner
6:45 p.m. for meeting

at

Maria’s Italian Restaurant, 264-7224
9570 Woodman Rd, Laurel Park Shopping Center

RABA’s membership chair, Kristin Andrs, will be our guest speaker and demonstrator on all the components of proper bicycle fit. From seat height, to stem length, to seat angles, Kristin will touch upon the importance of a bicycle that fits the rider so that maximum comfort and performance can be achieved. Bring your questions and observations for this timely and little understood aspect of the sport. NOTE: Due to scheduling conflicts, the meeting night will vary from month to month until mid-May. This month, we break an old tradition by hosting the meeting on a Thursday evening. For March, we’ll return to Wednesday, and for April, we will return to a Thursday. Please watch for the meeting notices in the Pedaler.

Teammates Needed

If you need a goal to keep your training fires stoked through the winter months, you might want to check this out. A southern tier cross-country cycling trip is in the planning stages right now for late Summer or early Fall 2005. This will be a supported ride that will benefit a charity and will need a team of well-matched riders who can ride 100 miles a day. If you’re interested or know someone who might be interested, please call Doug Poynter at 804-426-5866 or email at dkpoynter@comcast.net.

New Statisticians

Attention: Ride Leaders! Al and Lois Farrell are the RABA ride statisticians for 2005. If you have any ride sheets for rides in 2005, please mail them to:

4202 Hickory Nut Place
Midlothian, VA 23112

In order to appear in their quarterly reports they need to receive ridesheets by the following dates: 4/10, 7/10, 10/10, and 1/10. Any received after these dates will go in the next report. The accuracy of the reports depends on the accuracy of the data they receive. All members are encouraged to sign up (and write legibly). This is also important for insurance purposes. Ride leaders should make sure the correct date and ride is listed on the ride sheet and might help out by clarifying any names that might not be easily read.

To save some time, preserve their eyesight and lessen their frustration, the Board asks that ride leaders stress to cyclists to write their names legibly on the sheets on the appropriate spots. The “illegible” rider has been a significant participant in past years. So, RABA cyclists, please do your part to make this “rider” less prevalent and practice good handwriting on the ride sheets!

RABA Email Distribution List

With winter in full force, don’t be left out in the cold of late breaking emails that feature RABA news, alerts, ride changes/additions and general items of interest to the everyday cyclist. In many cases, the distribution list covers noteworthy items not found in the newsletter or web site. If you are interested in receiving such notices, please write to Kim Moore, luvs2cycle@yahoo.com. The addresses are kept private and not sold to third party vendors.
February Rides

Ride Ratings: (Distance-Pace-Stops-Hills)
Distance - may be several options Pace - V (variable) or given in mph Stops - F (frequent); S (some); N (none); R (rare) Hills - F/G (few/gentle); S/M (some/mild); M (moderate); S/S (some steep); M/S (many steep) Ride times listed are departure times

SOCIAL RIDES
Coordinator: Bud Vye 262-9544
bdvy@comcast.net

PLEASE NOTE—Winter riding adds a few more variables to the challenge of offering scheduled rides, in the form of snow, ice, and low temperatures. Since each ride leader has a different low temperature limit below which they will not start a ride, if there is any question in your mind about whether the ride might be canceled, call the ride leader the night before, or the morning of, the ride. If you can not reach the ride leader, call RideLine (266-2453), option 3, since Social Ride cancellations are usually posted on there by 8:00 a.m. on the morning of the ride.

February 6 (Sunday) 11:00 a.m.
Old West End Spin
[40/30-15-S-F/M]
Leader: Dee Nuckols, 749-3400
Meet Dee at the Broadview Shopping Center in Centerville (I-64 west of Richmond to the Rockville/Manakin exit, south on Rt. 623 almost two miles to a right on Rt. 250 a short distance, where the shopping center is on your right, park to the right rear of the Food Lion) for a brisk paced swing through the pretty country of far western Hanover, and a bit of Goochland county. He intends to use the same route of the old Spin Doctors ride, which was an every Friday afternoon fixture on the schedule for several years. The front end will be moving for them. Not sure that any stores will be open on this one, so plan to be self-contained.

February 13 (Sunday) 10:00 a.m.
Beulahville or Bust
[43/48/33-22- all speeds - S-S/M]
Leaders: Carl & Barb Armstrong, 934-9784
It's been great to see Carl back out with us again, and he's selected this long-time club favorite (which is the one I submitted for this area for Jim Homerosky's Road Biking Virginia book that some of you have, and I recommend to you) to lead for us. The ride starts from Hanover Courthouse with four different distance options through the pretty, rural countryside of King William county. The only problem is that the only store on the route is only 9 miles into the ride, so you better bring a snack and a couple of water bottles with you. Tropical storm Gaston's flooding back on August 30th did cause a number of the pond dams in the area to wash out, so we can no longer ride across the one at Mitchell's Millpond (which I have felt to be one of the top scenic views in our area, but now is basically a mudhole), but there is plenty of pretty scenery remaining. If you're new to the area, Hanover Courthouse is on Rt. 301, ten miles north of where it crosses I-295.

February 20 (Sunday) 12:00 noon
City Ride and Lunch at Legend
[25-13-S-S/M]
Leader: Mark Bierly, 282-8936
With his heavy singing schedule concluded for a while, Mark will be leading his patented city ride from the Village Shopping Center at Patterson & Three Chopt (park at the Ukrops end of the lot) through some neighborhoods you haven't been in previously, across the river to Legend Brewing for lunch and back by a different route. If he's lucky and the weather is nice, the Legend deck has the best view of the downtown Richmond skyline.

February 27 (Sunday) 9:00 a.m.
Laurel Park to Ashland, then a Hill Workout
[40-14-S/S]
Leader: Doug Harrel, 269-5568
Doug's been doing some indoor training this winter, like a number of us, but he sees the need of some hill climbing to test what shape he's in. Accordingly, he plans to start from Laurel Park shopping center, at Hungary and Woodman, as we do every Saturday, ride to Ashland for a break at Ashland Coffee, and then do the 40 mile ABC extension, which will catch the Blunt's Bridge, Rockett's Mill and Horseshoe hills, before returning. As with the ABC rides, there are a number of shorter options for those desiring a less strenuous ride, and all speeds are welcome.

WEEKLY RIDES

Sunday 1:00 p.m.
Powhatan Courthouse
[46-14 and up-S-F/G]
Leaders: Martha and Barry Pullen 561-3950
Meet at Powhatan on Rt. 13. Ride west on 13 and return. Maps available. Call to confirm that the leaders are riding that weekend.

Sunday 2:00 p.m.
East End Excursion
[30 to 60-17/20-S-S/M]
Leaders: Randy Rosendond 966-5472, Bert Wright 329-5999
Meet at Dorey Park on Darbytown Road, one mile east of Laburnum Avenue, for a fast spin. Slower riders welcome to ride in their group; maps provided.

Mondays w/Mary 9:00 a.m.
[30 to 40-16/18-S-S/M]
Leaders: Mary Falterman 741-2116, Barry Pullen 561-3950
They meet at a different part of town each week, and the meeting place and time are decided on Sunday evening at about 8:00, depending on Mary, Barry, and Chris Walke's schedule. To obtain the location, time and any additional information, please contact one of the ride leaders on Sunday evening.

Wednesday 10:00 a.m.
Retiree’s Mid-Week Ride and Lunch
Meets at a different location each week for a ride of 25-40 miles, followed by lunch. Each week's location will be announced on Rideline (266-2453). All riders invited.

Saturday 8:30 - 9:00 a.m.
The Ashland Breakfast Club
Thanks to January leaders Bud Vye, Dave Bloom, Rickey Davis, Gene Golden, Alan & Maureen Cooper
February Ride Leaders Are:

- **February 5** Rickey Davis 755-6336
- **February 12** Wayne Cox 264-8897
- **February 19** Gary Faison 794-6385
- **February 26** Doug Harrel 269-5568

*Please note that with the onset of colder weather, the Ashland Breakfast Club rides will begin from 8:30 to 9:00 a.m. for the months of January, and February.

For the first time in many years New Year’s fall on a Saturday. The ABC ride will run at 10:00 a.m.

IMPROMPTU RIDES

The RABA Impromptu Rides are short notice club bicycle rides that are scheduled by way of an email distribution list. This efficient method alerts its subscribers about spur of the moment cycling events that are being offered by other club members.

To become a member of this mailing list, send an email along with your name to winkybikes@aol.com, or go to the RABA Website at www.raba.org and click on the Impromptu Rides link.

FAST RIDES

No fast rides are scheduled for February

OFF ROAD RIDES

Coordinator: Jim Temple jimmat2@excite.com 266-8694

Leaders may cancel due to weather in order to preserve the trails. Rule of thumb being to wait 24 hours before riding for each 1” of rain.

**Sunday February 6, 10:00 a.m. and 1:00 p.m.**

**Tidewater Double Down**

Leader Ben Buchanan 744-0309 e-mail bbbuchanan.va@netzero.net.

Meet Ben at Freedom Park at 10:00 a.m. and/or at New Quarter Park at 1:00 p.m.

Take 64E to exit 234 to Route 199. Take Longhill Rd exit and turn right onto Longhill Rd. Stay on Longhill Rd which will take you directly into the park. This is a new park created by EVMA so checkout the ride at www.evma.org. Lots of turns and up and downhill to keep it interesting.

If that isn’t enough Ben will direct you to New Quarter Park for a 1:00 p.m. ride... he might even let you get a lunch break in between. Sounds like an enduro kind of day.

**Sunday February 13, 1:00 p.m.**

**Poor Farm**

Leader Jim Temple, 266-8694

North of Richmond on I95 take the Ashland exit and take Rt. 54 west for about 4 miles take a left at Liberty Middle School on Rt. 810. Follow the road all the way to the large parking lot on the right just past the soccer fields. Lots of options for beginner or seasoned riders. Beginners are encouraged to practice skills with one or more of the vets on the flat upper trails. We will divide into groups at the start of the ride. No one will be dropped or left alone on the trail.

**Sunday February 20, 10:00 a.m.**

**York River State Park**

Leader Mike and Kim Moore 358-0935

Some small hills and ravines make this more challenging than you would expect for the tidewater area. This trail is also fast so it cuts down on the margin of error. The trails are in great shape and a fun ride well worth the trip. Take I64 East, get off at the Croaker exit and head east approx. 1.5 miles. Turn right on Riverview Rd, go approx. 2 miles, park entrance is on left. There is a $2 parking fee at the gate. Meet at the parking lot just inside the gate.

**Sunday February 27, 10:00 a.m.**

**Pocahontas State Park**

Jerry Mcguinn 426-8862

Take 95 South to 288 to Iron Bridge Road south to Beach Road. Take a right onto Beach till you see a sign to the entrance to the park. Pay the $2 entrance fee and follow the main road until you see a sign for a left hand turn to the Heritage Center. The single track is closed when raining or wet. The fire roads could be a wet weather alternative.

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Pan-Massachusetts

last of my bottle’s contents. Though I did not regain the rider with the red helmet, I picked up my pace and passed several others on the way to Bourne. In the last few miles there were more people gathered by the roadside, watching and cheering us on.

At 1:34 p.m., after 112 miles, I rolled into the Massachusetts Maritime Academy, where one volunteer scanned my wristband and another handed me a bottle of chilled spring water. Dripping with condensation, the bottle almost slipped from my hand. I twisted off the top, raised it to my lips and consumed a significant portion of the contents in one immense gulp.

My most immediate need thus satisfied, I stumbled to the massage tent and made a reservation. I found my room, showered, dressed and ate, then arrived at table #19 at 2:45 p.m., right on schedule. I was greeted by a smiling young woman with pronounced biceps and triceps. “I hope you had a good ride. Where does it hurt the most?” she said.

“Yes,” I replied. “I can take care of that.” She tapped the cushioned surface. “Lie down right here.”

Sunday – Bourne to Provincetown

At 5:10 a.m. I pedaled through the sleeping town of Bourne. The sun had not risen, and the early morning air was cool and invigorating. I circled the rotary, thanked a police officer holding back the minimal amount of traffic, and rode up the entrance ramp to the Bourne Bridge. To accommodate large ships, the center of this span is 135 feet above the mean high water level. The approach and the bridge itself are both quite steep. I stayed in the saddle, pedaled steadily but not rapidly, and reached the apex. In the dark, high above the water, I shuddered in the chill of the brisk crosswinds. The stars sparkled in the black pit of the sky. I sped down the other side of the bridge, and after several turns, rode alongside the Cape Cod Canal.

Michele has endured much since her initial non-Hodgkins Lymphoma diagnosis in 1994. She underwent a stem cell transplant, followed by extensive chemotherapy and radiation. As intended, this held off the demons for a time, in the hope that an effective long-lasting procedure would be developed in time to save her life. In the years since then, the cancer approached several times, then receded after various chemotherapy techniques. In 2001 she received a bone marrow transplant from a medically compatible and extremely generous young man. The procedure went well, and after nine years of trench warfare against the disease, last summer Michele’s doctors said she should consider herself cured.

That conclusion was premature. A recent mammogram revealed the presence of breast cancer, and as I write this she is preparing herself for a double mastectomy.

Michele is one of the bravest people I have met.

I rode in a group of six as we approached the 40 mile rest stop at Nickerson State Park in Brewster. On this stretch of rolling hills the exhilaration of the descents more than compensates for the short climbs. Among the repeat riders, there was a sense of excitement as we closed in on “The Hedge”.

Just before the rest stop, a thick, well-trimmed hedge lines the left side of the road. Each year, behind the hedge there is a crowd of spectators unequalled anywhere else on the two day ride. They yell, scream, stamp their feet, play bagpipes, drums and horns, wave signs and create a commotion such that passengers on distant ocean-going vessels pause to ask each other “What was that?”

Riders jockeyed for position. Coming to the crest of the final roller, the hedge and accompanying throngs came into view. As they saw our little group, the volume of their cacophony increased noticeably. They cheered wildly as each of us rode by. Not for the first time, I wondered how members of the crowd can possibly have the stamina to cheer at full volume for every individual rider. That really is what they do, which must be exhausting, with thousands of cyclists riding past.

At the rest stop I found Jack, with his sign in big blue and red characters, “I’M 8 NOW THANKS TO YOU!” Jack’s cancer is in remission, and he has become something of a celebrity at this rest stop. Both his parents rode in the event this year. His father, a medically compatible and extremely generous young man. The procedure went well, and after nine years of trench warfare against the disease, last summer Michele’s doctors said she should consider herself cured.

That conclusion was premature. A recent mammogram revealed the presence of breast cancer, and as I write this she is preparing herself for a double mastectomy.

Michele is one of the bravest people I have met.

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At the rest stop I found Jack, with his sign in big blue and red characters, “I’M 8 NOW THANKS TO YOU!” Jack’s cancer is in remission, and he has become something of a celebrity at this rest stop. Both his parents rode in the event this year. He smiled and thanked me when I gave him an orange T-shirt emblazoned with “Virginia Tech Hokies.” I am sure that’s the first time he has received that particular gift. His mom later sent me a photo of Jack wearing the shirt.

After replenishing my water and consuming a light snack (two bananas, several orange slices, peanut butter on wheat bread and an energy bar), I got back on the machine and headed north.

Route 6 is the main drag on Cape Cod. In the summer months this road is thick with traffic. The p.m.C takes the back roads in most places, but not everywhere. About 65 miles into the ride on Sunday, I turned left onto Route 6, headed out of Truro and toward Provincetown. Drivers were considerate, leaving as much space as possible for cyclists on this busy highway.

For 8 miles I rode on this straight, level road. To my right I occasionally saw the blue waters of the Atlantic Ocean, and to my left the visibly lighter blue of Cape Cod Bay. Wispy clouds interrupted the otherwise clear blue sky, and a brutal headwind made the ride difficult. I slowed with the effort of fighting the wind, and a line of four professional-looking cyclists overtook me. I fought to increase my pace so I could draft, but was unable to catch them. It took 13 minutes to cover the next three miles. Another short pace lane approached and passed, and I pedaled furiously, this time hanging on.

The ride’s final few miles include a series of terrible hills. Aching with fatigue, I repeatedly climbed and descended. On the final, most difficult hill, my mind turned to those whose fight is so much harder than mine. I thought of what Michele said when she learned that she would lose both her breasts. “Well, it can’t be as bad as what I’ve been through already.” I considered Marie, sickened and nauseated from the chemotherapy. Her parents both died from cancer, and her sister fought it off. How difficult this must be for her. I thought of Pam, cheerful and friendly despite the pain and the approach of what she clearly knew would be the end.

Pedaling my bicycle up the Hill of Hope wasn’t so difficult after all. With that behind me, I cruised through the home stretch and finished the 80 mile ride at 10:37 a.m.
Pam is gone, but the world is a better place for her having been here. Michele and Marie look to the future with a mixture of trepidation and hope. And I train for the 2005 Pan-Massachusetts Challenge.

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**Advocacy Report—**

Bill Summary Page:
[http://leg1.state.va.us/cgi-bin/legp504.exe?051+sum+HB1883](http://leg1.state.va.us/cgi-bin/legp504.exe?051+sum+HB1883)

Bill Text as Introduced:
[http://leg1.state.va.us/cgi-bin/legp504.exe?051+ful+HB1883](http://leg1.state.va.us/cgi-bin/legp504.exe?051+ful+HB1883)

HB 2677 Regional Pedestrian and Bicycle Advisory Committees Chief Patron is Del. Adam Ebbin (D-HD49, Arlington) House Committee Referral Still Pending on 1-16-05

Would require the Virginia Department of Transportation (VDOT) to establish regional pedestrian and bicycle advisory committees with citizen members for all nine VDOT districts. This bill may be amended to also require a statewide pedestrian and bicycle advisory committee since VDOT’s statewide bicycle advisory committee has not held a regular meeting in more than two years.

Bill Summary Page:
[http://leg1.state.va.us/cgi-bin/legp504.exe?051+sum+HB2677](http://leg1.state.va.us/cgi-bin/legp504.exe?051+sum+HB2677)

Bill Text as Introduced:
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**Training Clinics**

**THU 2/10 -- INTERMEDIATE/ADVANCED IRONMAN PREPARATION**

Featuring some of the best Ironman talent in the region, this panel discussion will highlight how the key principals of ultra-distance training have evolved in recent years and what experienced Ironman athletes can do to take their game up a few notches. Local pro Karen Holloway and Multisports.com coach (and elite athlete) Chris “Slice” Danahy will offer their insights, and the panel will open to include local elite athletes Joe Vagi and Jinx Mancini.

**PRIZE GIVEAWAYS** Two (2) Fitness Evaluations including cardiovascular (VO2 max), body composition, muscular endurance, muscular strength, and flexibility (a $150 value) complements of Maramarc Fitness.

The location of the clinic is TBA. It will take place from 6:30pm to 8:30pm.

**SAT 2/12 -- IMPROVED RUNNING FORM THROUGH VIDEO ANALYSIS**

Have you experienced nagging recurring injuries related to your running? Have you been told that you pronate too much? If so what is the evidence that you do? Sponsored by Damien Howell Physical Therapy, this clinic will review faulty habits, postures, and movements that contribute to pain and early fatigue. Addressing these habits is the first step towards improving your running form to become more fluid and efficient.

Damien Howell will identify both ideal and faulty postures and movements for push off, swing phase, foot strike, and stance phase of running. He’ll also discuss, through slow motion video analysis, how form affects economy of running. Finally, Damien will identify potential tactics to self check your running form and discuss possible training strategies and drills to make improvements.

**PRIZE GIVEAWAYS** Two (2) Fitness Evaluations including cardiovascular (VO2 max), body composition, muscular endurance, muscular strength, and flexibility (a $150 value) complements of Maramarc Fitness.

The clinic will be held at Damien Howell Physical Therapy. It will take place from 3:00pm to 4:30pm. Address is 4914 Fitzhugh Avenue, Suite 103; Richmond, VA

**SUN 2/20 -- PEDAL TECHNIQUE: EFFICIENCY & POWER**

Sponsored by Maramarc Fitness and 3Sports, this clinic will review basic concepts behind pedal technique on the bicycle and feature three effective tools in improving efficiency and power: CompuTrainer, PowerCranks and the SRM Power Meter. The clinic will allow attendees the opportunity to experience each of these tools first hand.

Mark Burnside of Maramarc Fitness will open the clinic by reviewing the basic concepts behind pedal technique, discussing how to incorporate power and efficiency drills into your workout. We will then split into three groups of 10 (30 max overall) and rotate between each of the three tools introduced above.

**PRIZE GIVEAWAYS** Two (2) Fitness Evaluations including cardiovascular (VO2 max), body composition, muscular endurance, muscular strength, and flexibility (a $150 value) complements of Maramarc Fitness.

The clinic will be held at Maramarc Fitness from 3:00pm to 4:30pm. Address is 4914 Fitzhugh Avenue, Suite 103; Richmond, VA

For more information on CompuTrainer, PowerCranks and the SRM Power Meter, see the links below:
- [www.racermateinc.com/computrainer.asp](http://www.racermateinc.com/computrainer.asp)
- [www.powercranks.com/](http://www.powercranks.com/)
- [www.srm-usa.com/products.htm](http://www.srm-usa.com/products.htm)

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Attention Writers: If you have a story to tell, we want to hear it. Share your experiences with other club members through The Pedaler. E-mail Word documents to idzn@comcast.net for publication. Please keep stories around 500 words.
Richmond Area Bicycling Association
PO Box 6565, Ashland, VA 23005

MEMBER'S SIGNATURE

Classifieds

Yakima roof rack. 48” bars; Towers (with locks) for vehicles with gutters; no bike attachments. $40.00 obo - 10% goes to RABA. Call Linwood Hines at 748-5611 or email lshines@comcast.net.

New Terraferma Columbus Zonal steel 55cm frame with lugged joints, Columbus Carve carbon fiber fork and Campagnolo Daytona 20 speed. $1450. Barry Pullen (804)561-3950 pullen_39@yahoo.com. Posted 02/05.

New Univega 56cm Columbus Torn steel with Campagnolo Mirage 27 speed. $550. Barry Pullen (804)561-3950 pullen_39@yahoo.com. Posted 02/05.

Yakima roof rack for Jeep Grand Cherokee or similar car $150. Barry Pullen (804)561-3950 pullen_39@yahoo.com. Posted 02/05.


For Sale – CAT EYE CS 1000 cyclosimulator / trainer. This was purchased ~ 1995 and was used at most 20-25 times before a cycling crash took me out of the sport. The unit has been in storage ever since and is in perfect condition. $250 OBO. Contact Bob at (804) 883-7896. Posted 02/05.

Terry road bike, purple with Shimano STI and comfortable seat. Female specific handlebars and shifters. Excellent for a woman about 5’4” in height. Great bike at $400. Call Judith at 784-5757 or like at 257-9234. Posted 02/05.

Bike medic volunteers needed. EMTs, nurses, medical professionals on bikes needed for outdoor events such as Ukrops 10 k, Xterra, Balance Bar, etc. Some pay or free stuff. Contact Matt Marchal mmarchal@vcu.org. Posted 02/05.

FOR SALE – TREK 5200 road bike. 56cm very light, carbon fiber frame. Shimano Ultegra component group, Rolf Vector wheelset, Mavic (Look) pedals. Bought new in March 2000 for $2,500. Like new condition (less than 1200 miles of use due to two hip replacements in three years. Asking $1,750. Call Bob Fox at (804) 438-5947. Posted 02/05.


Yakima LocoJoe bike carrier. Never been used. Still have the directions, measurement sheets and the glass hatch hooks (if needed) which have also never been used. $50. lburkholder@verizon.net. 938-4151. Posted 02/05.


Trek 2200. 8-10 years old. 62 cm dark green, carbon fiber frame, Scott exten-ders, computer, Auto carrier. Needs tires. Make an offer. call Ed Lane at 288-0965. Posted 02/05.

For rent: Performance hard-sided air-line/ shipping case. Lockable, wheeled. $25 a trip (two weeks or less). Brian Eckert 804-560-3056 or beckert@richmond.edu. Posted 02/05.