Club Mileage Leaders For 2005  By Al & Lois Farrell

As of January 10, we received and processed ridesheets for 426 club rides scheduled by RABA during 2005. The list on pages 6 and 7 shows the top 100 club mileage leaders based on these data. A more complete listing by quarter and annual totals for all members is posted on the RABA website. As always, these figures are only as accurate as the data we received and don’t include all the mileage club members accrue.

Congratulations to Bill Whitworth for his impressive total of 5,485 club miles during 2005! During the other years for which we have club statistics (1997-2002) the 5,000 mile barrier has only been broken twice before. We understand his total has been broken twice before. We understand his total (i.e., including non-RABA rides) were over 8,000. There were 4 members with over 4,000 club miles this year. During the years for which we have statistics, 7 different club members have exceeded 4,000 annual club miles, several more than once (see table to the left)!

<table>
<thead>
<tr>
<th>Name</th>
<th>Year</th>
<th>Rides</th>
<th>Miles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bill Whitworth</td>
<td>2005</td>
<td>143</td>
<td>5,485</td>
</tr>
<tr>
<td>Randy Rosemond</td>
<td>2001</td>
<td>133</td>
<td>5,265</td>
</tr>
<tr>
<td>Randy Rosemond</td>
<td>2002</td>
<td>133</td>
<td>5,130</td>
</tr>
<tr>
<td>Randy Rosemond</td>
<td>2000</td>
<td>116</td>
<td>4,485</td>
</tr>
<tr>
<td>Dee Nuckols</td>
<td>2005</td>
<td>115</td>
<td>4,449</td>
</tr>
<tr>
<td>Ron Corio</td>
<td>2005</td>
<td>110</td>
<td>4,398</td>
</tr>
<tr>
<td>Katy Rosemond</td>
<td>2002</td>
<td>118</td>
<td>4,335</td>
</tr>
<tr>
<td>Winky Vivas</td>
<td>2002</td>
<td>131</td>
<td>4,159</td>
</tr>
<tr>
<td>Chip Ford</td>
<td>2002</td>
<td>112</td>
<td>4,118</td>
</tr>
<tr>
<td>Winky Vivas</td>
<td>2005</td>
<td>107</td>
<td>4,111</td>
</tr>
<tr>
<td>Dee Nuckols</td>
<td>2001</td>
<td>122</td>
<td>4,054</td>
</tr>
</tbody>
</table>

Annual Ride Statistics Al & Lois Farrell

Last January we began a new term as statisticians for RABA – a position we previously held from 1997-2001. Although the database we developed to track club statistics has a gap of three years, it does provide an opportunity to examine some trends in club rides that have occurred across these years. These data must, of course, be interpreted with caution.

Board Changes by Brenda Hubbard, President

I want to announce two very recent changes to the RABA Board of Directors and Committee Chairmen. As you may know, the Heart of Virginia Chairman position has been vacant for 2006 leaving us in a precarious position where this event is concerned. Bud Vye has decided to accept the position of Heart of Virginia Chairman for 2006. In doing so, he’s resigned from his position as Social Ride Captain; a position he’s held for 13 years. I’m pleased to announce that Ron Corio has agreed to fill the position of Social Ride Captain. Please join me in welcoming Bud and Ron to their new positions and in thanking them for their continued commitment to the club.

Advocacy Report by Bud Vye, Advocacy Chair

As the 2006 session of the Legislature begins, there are only three bills affecting bicyclists and pedestrians that I am following. (Our success in the past three sessions has given us most of what we wanted in the way of state legislation regarding changes to the vehicular code.)

First is House Bill 219, patroned by Delegate Dwight Jones, who represents Richmond south of the James, and small portions of Henrico and Chesterfield. This bill would provide State Tax credits of up to $240 for each employee who comes to work by alternative transportation, or up to the employer’s entire tax liability for the year, for an employer’s expenses in providing ride sharing vehicle transportation, parking fees, and bicycle parking facilities, showers and changing facilities for employees who ride their bicycles to work. This bill has been referred to the House Finance Committee, which generally does not treat Tax Credit bills kindly, but I’ll be there to support it and report what happens.

The second bill, which I’ll be supporting for the fourth year in a row, would require Motorists to STOP for Pedestrians in Crosswalks. Most people I talk to about it think that this is already the law, but it never has been in this state, whose current code provides that “Drivers shall YIELD the right of way to pedestrians in any clearly marked crosswalk.” This year’s bill is Senate Bill 233, which is patroned by Senators Ticer and Cuccinelli, both of Northern Virginia. We’ve had two cyclists killed on the Washington and Old Dominion Trail last year, who were crossing streets in the crosswalk after stopping and dismounting as the sign directed them to do, so I have more than just the pedestrian’s interest at heart. This bill will be in the Senate Transportation Committee, and with both Democrat and Republican sponsorship, as well as the continued support of several law enforcement agencies, I think we may get it through this year. The rural legislators who think that it might give too much power to the pedestrians, which they might “intentionally or mischievously use to obstruct vehicular traffic” have killed the bill in the past, so I’ll be interested to see if we can change their thinking this time around.

The third bill is coming out of Charlottesville, and would ban “pocket rockets”- the small, motor driven cycles, and motor driven scooters...
Heard & Seen Around the Club

RABA/Social Ride Captain & Advocate

by Bud Vye

Right on schedule with the healing of her broken patella, Adventurer Emily Kimball was able to remove the brace from her right leg on January 13th, and is beginning rehab on a stationary bike to get her full range of motion back prior to getting back on the bike and the tennis court.

Also good to hear that Morty Norman is making a good recovery from his spinal stenosis surgery and is looking forward to being back out with us this Spring.

And to see that Rickey Davis appears to be fully recovered from his hernia surgery (which took a good bit longer than he had been led to expect) and continuing to crank out the miles (currently close to the 273,000 mark) on his way to 300,000, which is his next major target. Now that tax preparation season has started, he’s back at work, which is curtailed his riding some but he still manages to spend a little time in the saddle almost every day.

Surprised to hear that Jerry Hefele experienced chest pains and had to go to the hospital on Christmas eve where he was scheduled for cardiac surgery later that week for the placement of a medicated stent in one of his heart’s major arteries. Turns out the artery was more than 90% obstructed. Thankfully, Jerry caught the situation before having a heart attack, and he should be able to get back on his bike in a month or so. This should serve as a good reminder to the rest of us older riders to keep regular with our annual physical exams, and to go in and see your doctor if you start getting some signals that are out of the ordinary.

Paul & Grace Silverstein are touring Morocco (no cycling involved on this one) as I write this. Not one of the places high on my list to visit, but I’ll be interested to hear their report when they return. More up my alley is the trip he’s going to be my room mate on in May of next year when we’re just signed up for a bike tour of Puglia (the heel of the boot of Italy, way down at the bottom). It’ll be my fourth trip to Italy, but I’ve never been anywhere near this part of the country, so I’m looking forward to it. The popular Bicycle Adventure Club trips fill up so quickly, you’ve got to get your deposit in right after they are announced or you don’t get on them, which is why we’ve signed up so far ahead. This one filled up in less than a month, a year and a half ahead of its starting date.

Speaking of traveling, I was pleased to spot in the MetroBusiness section that Visual Aids Electronics had named Andrew Mann their Associate of the Year. Yes, they did! It must be because he handles all of those far distant assignments for them, providing the audio visual support for the big conventions in all of the exotic locations.

Speaking of far distant assignments, it was good to have Jeff Ault riding with us on a recent Saturday, just before he headed back down to the Gulf coast, where he’s been spending a lot of time since Hurricane Katrina. His employer, Columbia Gas, has a number of off shore platforms and on shore transmission towers in Louisiana, and Jeff is one of the guys who goes up as high as 500 feet to do wiring, lamp changing, etc. on them. Since not everyone is capable of doing that kind of work, I would think he’s got pretty good job security. He reports that Dawn, Carly Grace, and Mitchell are all doing well.

Also good to see Larry Nelson out with us (I only see him for a short time, until he’s warmed up and kicks it into high gear) when he’s home from his current power plant design engineering assignment way out in the mountains of West Virginia.

Looks like the “Share the Road” license plates have all been received and installed, with the recipients generally being luke warm about the design. Typically, they like the message, but are not thrilled with the size of it, or the graphics. Be that as it may, I still commend the 82 RABA members (out of 371 total applicants) who stepped up and supported the program! For anyone who was not part of the initial application process, the plate now appears on the DMV website, and can be ordered for an additional cost of $10 directly from them.

And I’ll close with big congratulations to Bill Whitworth, our club mileage champ for ‘05 with 143 rides totaling 5485 miles! As you will see when you look for your name on the top 100 list on pages 6–7, Dee Nuckols was a not so close 2nd, while Ron Corio was close behind Dee in third.
With colder weather comes the inevitable colds, flu and sinus infections. This season so far has been marked with wild swings in temperature: from an early December bitter chill to a milder than normal temperatures in late December through most of January. If you are fairly dedicated to keeping a certain level of fitness, being sick can interrupt the exercise routine from a few days to weeks to possibly months. Come out and hear what Dr. Teresa Stadler has to say about what to expect from your body when you are sick and how to get back on track once the worst is over. She also hopes to bring along physical therapist Jim Miller to field questions about injuries and problems.

March Meeting Alert – Tentatively scheduled for Wednesday, March 8, with Michael Harlow, founder and sports coach at Endorphin Fitness.

cont’d from page 1

**Club Ride Statistics**

Interpreted cautiously. We don’t receive all the ridesheets, and many riders choose not to sign in. It is also important to note that these statistics are restricted to club rides (i.e., those listed in The Pedaler) and do not reflect all the other organized and informal rides done by our members. Nonetheless, these data do provide an interesting picture of the Club’s rides. In this report we summarize rides according to how they are listed in The Pedaler. These include the ABC ride, evening rides, monthly rides listed as fast rides or social rides, year-round weekly rides, and off-road rides.

**Number of Rides and Participation**

For 2005, we received ridesheets for 426 club rides. This is slightly lower than in 2000 & 2001, but higher than in 1997-1999. The average turnout has not changed much over the years, averaging around 14 participants. The total miles recorded for club rides in 2005 was 201,029 miles; a drop of nearly 7% compared to 2001, but higher than in 1997-1999. The average, participated in 23 club rides and rode 777 club miles during the ride activity of the 218 active members. Active members, on average, participated in 23 club rides and rode 777 club miles during 2005. This is less than the record year of 2001, but in line with 1999 (see Table 2). This average is inflated by the high mileage of some RABA members (see mileage leaders in this issue of The Pedaler for the guilty parties). Another way to represent these data is by quartiles. Twenty-five percent of active members participated in less than 12% of club rides for 2005. This is an increase from 8% in 1998. These are probably underestimates as nonmembers may be less likely to sign in. They do, however, suggest that there are a sizeable number of cyclists participating in club rides, who choose for whatever reason not to join RABA.

**What Kind of Riding Does the Typical RABA Member Do?**

A total of 359 of the people signing up for rides in 2005 identified themselves as a RABA member. This number had been decreasing from a high of 369 in 1998 to a low of 337 in 2001. Of the 359 members who signed up for a ride in 2005, 23% signed up for only one ride. If we use participation in at least 4 rides as a cutoff, we have 218 “active members,” which represents 61% of those members who signed up for at least one ride. This figure is up slightly over previous years (see Table 2) and sustains the increase over 1997-1998.

Because infrequent riders dominate the statistics, we focused on ride activity of the 218 active members. Active members, on average, participated in 23 club rides and rode 777 club miles during 2005. This is less than the record year of 2001, but in line with 1999 (see Table 2). This average is inflated by the high mileage of some RABA members (see mileages leaders in this issue of The Pedaler for the guilty parties). Another way to represent these data is by quartiles. Twenty-five percent of active members participated in less than 12% of club rides for 2005. This is an increase from 8% in 1998. These are probably underestimates as nonmembers may be less likely to sign in. They do, however, suggest that there are a sizeable number of cyclists participating in club rides, who choose for whatever reason not to join RABA.

**Note:** Active refers to those who signed up for at least 4 rides.
February Rides

Ride Ratings: (Distance-Pace-Stops-Hills)

**SOCIAL RIDES**

Coordinator: Bud Vye 252-9544
bdvye@comcast.net

PLEASE NOTE—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 5 (Sunday) 1:00 p.m. West Creek Options**

[20/32/34/56-12-S-S/M]

Leader: Kathy Gammon, 360-0982

Here’s another of Kathy’s rides aimed at our slower and newer riders and no one will be left behind (but they should have enough conditioning to be able to handle the miles at a slow pace). The route will also have longer variations, crossing Broad St. and going on to Rockville, of her popular Goochland Figure 8 that we’ve run several times in the past, and it will have store stops, so no need to bring provisions.

As on her previous rides, we’ll start at the Luck Stone offices, 12820 West Creek Parkway, in West Creek. From Rt. 288, take the West Creek Parkway - West exit and it will be the second building on the right. Coming in from Patterson Avenue, it will be the first building on the left.

**February 9 (Thursday) 12:00 noon Louisa County Raba Bike Loop**

[35 miles, 15 mph S-S/M]

Leader: Bill Whitworth, 285-9133, wwillwhitworth@jsr.vccs.edu

Jeanne Minnix, 594-0842 or jminnix@comcast.net

Meet at the Rockville Little Fields, 1.2 miles west of Rockville. From Richmond, west on I-64 to the Rockville/Manakin exit, left on Rt. 623 a half mile to a right on Rt. 622/Rockville Rd. where 5 miles will bring you to Rockville, left on 620. After a mile, 620 goes left but you go straight on 676 for another .2 mile to the parking lot on your left.

**February 10 (Friday) 9:30 a.m. Waverly Leader’s Choice**

[38-15-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 after the ride at the Tavern.

**February 11 (Saturday) 9:30 a.m. Tour de Matoaca**

[30 miles, 14-18 mph]

Leader: Kristin Andrs 536-1805

This is a training ride for those who just want to develop base mileage. While this isn’t about speed, this ride is intended to keep you working.

Meet at corner of Church Rd. & Little Rd. in Matoaca, VA. 23803. Park in field (a sign will be up). Ride will be canceled if we have inclement weather or expected high temperature is less than 40 degrees. Call Kristin if you have any questions.

**February 12 (Sunday) 10:00 a.m. Down into New Kent and Back**

[46/35/24/17-13-S-S/M]

Leader: Rosemary Tyson, 779-2300

Lots of options on this popular ride, and Rosemary’s reworking of the route to put a store stop into the two longer options after the closing of the Adams store has been very well received. Meet her 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.

**February 19 (Sunday) 10:00 a.m. Maiden’s Adventure**

[34-13-3-S/S]

Leaders: Carl and Barbara Armstrong, 804 239-6835 or cb_armstrong@alumni.kenyen.edu

Barb and Carl have done some research and dug this classic ride out of RABA’s “Rides Around Richmond” which has been out of print for more than a decade (and we have not done this ride for at least that long, other than on a Retirees’ Mid-Week Ride). There are few scenes in the metro area more peacefully pastoral than the western crossings of the James River. In Goochland there are several healthy climbs required to earn these spectacular views, but most cyclists will find their efforts well rewarded. We will rest our legs at the Blanton & Pleasants country store in Cartersville, where there is a restroom available, before returning through Powhatan county over gently rolling countryside.

To get to the Maiden’s Boat Landing starting point from Richmond, take Rt. 6 (Patterson Avenue, eventually becomes River Road) west to Rt. 522 (approximately 18 miles from the intersection of Patterson and Gaskins). Turn left on 522 and go south approximately one mile to the boat landing entrance on your right after you cross the bridge. Alternatively, if you prefer the Interstate, you can get to the landing by taking I-64 to the Oilville exit (#167) where you should go left (south) on Oilville Rd (Rte 617) for 0.4 miles, then right (west) on Broad St Road (Rte 250) for 0.8 miles, then left (south) on Fairground Rd (Rte 632) for 3.5 miles, then left (south) on Maders Rd (Rte 634) for 2.5 miles, then straight (south) on US 522 for 0.9 miles, looking for the landing off to your right after you cross the bridge over the James.

**February 26 (Saturday) 12:00 noon Border Recon Patrol**

[38/32/23-12-S-S/M]

Leaders: Gloria Bazzoli & Frank Thomas, 883-6611

Here’s a popular route we haven’t done for a while through the pretty country of far northwestern Hanover and across the border into Louisa county. Store stops are available on all of the options. Meet in the parking lot of the Montpelier Arts Center, (parking in the back in the gravel and grass area since a nearby church is under renovation and is using the paved lot). The Center is at the junction of Rts. 33 (Staples Mill Rd. in the city) and 715, which is 15 miles west of where 33 crosses I-295.

**WEEKLY RIDES**

**Sunday 1:00 p.m. Powhatan Courthouse**

[distance varies -14 and up-S-F/G]

Leaders: Martha and Barry Pullen 561-3950

Meet at Powhatan CH on Rt. 13. Route changes every Sunday, as a route will be selected depending on the weather, and the distance desired by the group. Maps will be available for slower riders. Call to confirm that the leaders are riding that weekend, if the weather is doubtful.
Sunday 2:00 p.m.
East End Excursion
[30 to 45+ - 15/19+ - SS - S/M]
Leaders: Randy Rosemond, 966-5472 or velosasaman@aol.com
Ron Corio, 643-6452 or rcorio@verizon.net
Thanks to Ron’s kind offer to share ride leader duties with Randy, the Sunday afternoon EEE is back as a club ride beginning in January through early spring 2006. Depending on weather and who shows up, there will usually be an intermediate-speed group and a faster group. Slower cyclists are welcome to ride on their own with provided maps, preferably with a buddy. If weather looks unfavorable, please contact Randy or Ron by 11 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 the Laburnum Ave. exit, turn right at the ramp and drive south on Laburnum to the stoplight at Darbytown Rd. 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 (across from the soccer fields).

Mondays w/Mary 9:00 a.m.
[30 to 40-18/SS - S/M]
Barry Pullen 561-3550
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 1:00 p.m.
Retiree’s Mid-Week Ride and Lunch
Meets at a different location each week for a ride of 25-40 miles, preceded 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 (ABC)
Leaders: Brenda Hubbard 740-3678, Karen Hanson 784-2909 & Kim Moore 358-0935
Meet Steve at the Carillon at the end of the Boulevard for a casual group ride. This ride is geared for strong intermediate & advanced riders. He will occasionally have test bikes out to do your favorite aerobic activity on the trail and cannot walk. If it has been a while (or never) since you have been on single track this is a good place to get back in the groove.

February 26 (Sunday) 1:00 p.m.
Pocahontas State Park
Leader: Andrew Mann 266-9048 rabamann@aol.com
There is a very good beginner trail that is about 3 miles & an intermediate trail that is about 4.5 miles & makes for a good work out. If it has been a while (or never) since you have been on single track this is a good place to lead the ride.

Take 95 south to 288 to Iron Bridge Road south to Beach Road. Take a right onto Beach till you see the entrance to the park. Pay your $2 and follow the main road till you see a sign for a left hand turn to Heritage center. Please call if you have questions.

The park closes the single track when it is raining or very wet.

February 12 (Sunday) 10:00 a.m.
James River Park System
Leader: Steve Crozier 364-5880 sgc@yahoo.com
Meet Steve at the Carillon at the end of the Boulevard for an off road tour around the James River Park system and thru Forest Hill Park. Steve will come back up the Northshore trail along the James River below Hollywood Cemetery. There will be lots of pretty technical sections but should be shortcuts over the roads & nothing you cannot walk.

February 19 (Sunday) - 10:00 a.m.
Run, Hike, Bike or Eat
[5.25 miles of trail]
Leaders: Brenda Hubbard 740-3678, Karen Hanson 784-2909 & Kim Moore 358-0935
Cliff Pleasant welcomed RABA to his homemade trail back in November and it was a hit with everyone! Come out to do your favorite aerobic activity on the trail and then come inside the house for some chili. If you would like to participate in the eating portion of the day, please RSVP by Friday, Feb 17, to any of the leaders listed to make sure there is enough food. The leaders also ask eaters to bring some chili to share or a favorite chili side dish. The leaders will offer their own fixings too. To get to the ride: take I-64 West to the Gum Springs Exit (Rt. 522). At the end of the exit ramp, turn right. Go about 2 1/2 miles to Owens Creek Rd, make a hard right. Go past the Owens Creek Store, look for 1162 Owens Creek Rd. Turn left, go approx 1/4 mile down the hill. If the weather looks iffy, please call one of the ride leaders to make sure that the event is still on.

February 20 (Sunday) 12:00 p.m.
Highland Park Contes ride
Coordinator: Andrew Mann, 266-9048, rabamann@aol.com. Jim Temple has stepped down as of December 1 and Andrew is taking up the duties through the end of 2006.

Sundays) 12:00 p.m.
Poor Farm Park Contes ride
Aaron Wells 804-935-0500
Meet Aaron any Sunday at 12noon for a casual group ride. This ride is geared for strong intermediate & advanced riders. He will occasionally have test bikes out to ride but call ahead if interested. This will be a 2 hour ride & if Aaron is not available someone will be out there to lead the ride.

Benevolink by Kim Moore
In case you missed earlier articles about the Ukrops Golden Gift program now changing to Benevolink, the Ukrops program has been retired for this new funding raising program. If you haven’t already joined, please consider taking a few minutes to join. Your earned charity dollars can go to participating nonprofits, not just RABA! It’s simple and fast.

The Basics: Consumers join at www.benevolink.com/richmond/ and register UVC card(s) online.

**Shoppers must join the new program, even if they’ve done Golden Gift in the past.**

Registered shoppers earn:
1% for charity with purchase of any of 7,000 items from Ukrop’s “family of brands.”
3% for charity on every Campbell’s product purchased at Ukrop’s.
1-26 cents for charity, on every dollar they spend online with 200+ stores like GAP, Best Buy, Barnes & Noble, simply by clicking through the Benevolink website to shop.

There’s no additional cost for items purchased and 100% of earned charity dollars go to charity 4x a year.
Club Ride Statistics

8 club rides and less than 232 club miles. Half the active members participated in at least 14 club rides for 443 club miles. Twenty-five percent participated in more than 30 club rides for over 1,058 miles. The average ride length of active members was 33 miles, which is in line with previous years.

Profile of RABA Rides

As reported in Table 3, the largest number of ridesheets we received for 2005 were for the year-round weekly rides. The number of weekly rides was about the same as 2001, and up from previous years. The number of social rides increased somewhat in 2005. In contrast, the number of fast rides appears to be declining. This may reflect missing ride sheets rather than a decrease in rides as there were 27 fast rides listed in The Pedaler. Similarly, the small number of off-road rides listed is far below the number of such rides listed in The Pedaler.

The ABC ride drew the most riders across the year, with an average turnout of 28 riders (see Table 4). The average turnout for the ABC Ride for May-September was 42. The best turnout was 67 on August 20. Participation in the ABC ride decreased substantially in 2005 – down 23% to 33% compared to 1998-2001. The average distance ridden on the ABC ride has also decreased. In 2005 it was 30 miles which is down from 2000 and 2001 when it was 34 and 33, respectively. In contrast, the average number of participants in the other categories of rides was generally consistent with previous recorded years.

Table 3: Total Rides by Category

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>ABC</td>
<td>47</td>
<td>41</td>
<td>48</td>
<td>49</td>
<td>44</td>
</tr>
<tr>
<td>Evening</td>
<td>124</td>
<td>129</td>
<td>143</td>
<td>142</td>
<td>117</td>
</tr>
<tr>
<td>Fast</td>
<td>16</td>
<td>21</td>
<td>24</td>
<td>30</td>
<td>32</td>
</tr>
<tr>
<td>Off-Road</td>
<td>3</td>
<td>19</td>
<td>11</td>
<td>28</td>
<td>15</td>
</tr>
<tr>
<td>Social</td>
<td>69</td>
<td>64</td>
<td>62</td>
<td>69</td>
<td>48</td>
</tr>
<tr>
<td>Weekly</td>
<td>165</td>
<td>166</td>
<td>156</td>
<td>102</td>
<td>32</td>
</tr>
</tbody>
</table>

Table 4: Average Turnout by Category

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>ABC</td>
<td>28</td>
<td>39</td>
<td>36</td>
<td>42</td>
<td>38</td>
</tr>
<tr>
<td>Evening</td>
<td>15</td>
<td>16</td>
<td>14</td>
<td>13</td>
<td>11</td>
</tr>
<tr>
<td>Fast</td>
<td>8</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>8</td>
</tr>
<tr>
<td>Off-Road</td>
<td>9</td>
<td>10</td>
<td>9</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>Social</td>
<td>17</td>
<td>15</td>
<td>12</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>Weekly</td>
<td>9</td>
<td>9</td>
<td>8</td>
<td>5</td>
<td>6</td>
</tr>
</tbody>
</table>

Table 5: Average Turnout for Weekly Rides

<table>
<thead>
<tr>
<th>Ride</th>
<th>Total Rides</th>
<th>Avg. Distance</th>
<th>Average turn-out</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Daytime Rides</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Retiree’s Ride</td>
<td>48</td>
<td>33</td>
<td>13</td>
</tr>
<tr>
<td>East End Excursion</td>
<td>37</td>
<td>38</td>
<td>8</td>
</tr>
<tr>
<td>Powhatan Courthouse</td>
<td>45</td>
<td>38</td>
<td>8</td>
</tr>
<tr>
<td>Mondays w/ Mary</td>
<td>35</td>
<td>36</td>
<td>4</td>
</tr>
<tr>
<td><strong>Evening Rides</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hanover Courthouse</td>
<td>27</td>
<td>27</td>
<td>25</td>
</tr>
<tr>
<td>Chesterfield County</td>
<td>23</td>
<td>23</td>
<td>21</td>
</tr>
<tr>
<td>East End Ride</td>
<td>20</td>
<td>26</td>
<td>16</td>
</tr>
<tr>
<td>Innsbrook Options</td>
<td>13</td>
<td>33</td>
<td>9</td>
</tr>
<tr>
<td>Varina Cruise</td>
<td>8</td>
<td>23</td>
<td>8</td>
</tr>
<tr>
<td>Glen Allen School</td>
<td>15</td>
<td>29</td>
<td>6</td>
</tr>
<tr>
<td>Glen Allen Light</td>
<td>18</td>
<td>22</td>
<td>6</td>
</tr>
</tbody>
</table>
Attendance for social rides continued the increase that began in 2001.

The biggest turnout for the year-round weekly rides in 2005 (see Table 5) was for the Retirees’ Mid-Week Ride and Lunch. Participation in this ride has been increasing slightly each year. There has also been a consistent increase in the distance of the rides which averaged 27 miles in 1999, 32 miles in 2001, and 33 miles this year.

We received ridesheets for 124 evening rides in 2005. This is down slightly from 2001, and down by 18-19 rides from 1999 and 2000. Two new evening rides were added in 2005 (i.e., a Glen Allen Lite option, and Varina Cruise). In contrast, several evening rides that were regularly offered in previous years have since been discontinued. These include Beach and Bundle, Oxbridge Square, and the Richbrau Chesterfield and Downtown rides. Average attendance at the Hanover Courthouse Ride was down from 2001, but it remains the most popular ride. Average attendance on the Chesterfield County Ride (known as the Old BOSS Ride before moving a few miles further west) showed the only increase for an evening ride relative to 2001. Average attendance at the Thursday night East End Ride decreased from 2001, but was fairly consistent with participation from previously recorded years. Although it appears that attendance at the Glen Allen Elementary School Ride decreased in 2005, this is misleading in that the ride split into two rides (i.e., we received separate ridesheets for each).

What Were the Most Popular Club Rides in 2005?
Based on ridesheets, in 2005 there were 10 rides with 50 or more participants, and 22 with 40 or more participants. Altogether 43 rides had 30 or more participants. Twenty of these were ABC rides. There were 30 or more participants 14 times on the Hanover Courthouse ride, and 3 times on the Chesterfield County ride. Six social rides in 2005 had 30 or more riders. These are listed below along with other social rides with relatively high participation rates. These may represent the most popular routes or the days with the nicest weather.

Conclusions
Our current database provides an interesting picture of the Club’s level of activity. Several highlights are:

• The club offers a substantial number of rides, and in general they are well attended.

• There has been a growing participation in club rides by nonmembers, especially on evening rides. Nonmembers represent 13% of those signing in on average across all ride categories.

• There is a steady core of about 210-218 members that participate in 20-22 club rides per year.

• The level of participation in the ABC ride has dropped considerably relative to previous years.

• There is a small contingent of members who are accruing impressive numbers of club mileage.
cont’d from page 1

Advocacy Report

ers, from all public highways. I’m primarily observing the progress of this bill to make sure that bicycles don’t end up getting unintentionally restricted, as the legislators attempt to restrict these toy-like motor vehicles, which have become a nuisance in some areas of the state.

Fatality statistic wise, we’ve had a terrible year, dramatically breaking the downward trend where 2001, ‘02, ‘03, and ‘04 saw cycling fatalities in the state total 19, 17, 12, and 9. As I couldn’t explain why the numbers were improving so dramatically, I can’t explain why ‘05 is going to come in in the low 20’s (the number was 18 through 12/15, but I know of at least 3 after that). A high percentage were children. None of the six in the Tidewater area were wearing helmets, and other fragments of anecdotal data trickle in. Some say many more are riding because of Lance Armstrong’s high profile. Whatever the final analysis may suggest, its not good news, and is a reminder to all of us to pay attention and ride safely.

Beyond these sobering stats, there is a real groundswell of optimism among the cycling advocacy folks and the conservation community generally, as we begin the four years of the Kaine Administration. The Governor, his wife, Transportation Secretary Pierce Homer, Assistant Secretary Jim Carr, and Bicycling and Pedestrian Coordinator David Patton all are “Bicycling Friendly” and we are looking forward to continued progress on the Virginia Capital Trail, and with a number of other initiatives involving the Dept. of Transportation. I’ll report on them as the year progresses.

Classifieds

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 unless informed that the items have been sold. The date submitted will be displayed on each ad. Inclusion in no more than two bicycles for sale on this site at any one time. Ads will run for three consecutive unless

Colnago 56CM titanium road bike. Dura-ace cranks, brakes, hubs and seat post. Ultegra drive train. Mavic CXP rims. $650. Fritz Mehler fameshler@vasc.com (804)337-8475 (01/06)

Schwinn Fastback Comp road bike. The new aluminium frame is size Small (compact geometry) seat tube is 42cm c-c. Top tube is 57cm c-c, standover is approx 29”. Used Shimano Dura Ace 105 crank & shifters. Wheels are ECCO tubs & FIR SRG rims. $125. Barry Pullen pullen_39@yahoo.com (804)561-3950 (01/06)

Wegman 29” 24 speed M-50 TI road bike. 29” rims, 1040mm dd frame with front shock. Shimano 105 (slight wear). $650. Barry Pullen pullen_39@yahoo.com (804)561-3950 (01/06)

Alex North American titanium road bike. Dura-ace triple chain set, Sti levers, Easton AX1.8 stem, Zipp 100mm wheel set, Zipp 60mm front wheel. About 1600 lbs. Immaculate. $1250. Bill Egan (804) 337-0397 (01/06)

Annual RABA membership dues are:

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 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: std@comcast.net. US mail: The Pedaler, c/o Bill Vakoc, 302 Elmwood Ave. Apt E, Richmond, VA 23221. Submission Deadline: Midnight the 15th of the Month

Advertising: Rates are $65 for 1 full page, $59 - half page, $67 quarters page, $49 - eighth page. Ten bicycling classified ads are free to member; non-member rates apply thereafter. Non-member Classified Rates: $5 for 1 item; $10 for 2-5 items; $15 for 6-9 items, $25 for 10-15 items - all with a reasonable a.m.ount of text per item. Send check or money order payable to: RABA Treasurer, PO Box 6565, Ashland, VA 23005