Message from the President

I am honored to have this opportunity to serve as RABA president for 2005. I’m excited about the coming year and I believe we’ve assembled another very capable board to carry us through the year.

Our club has so many things to be proud of—a thriving membership, a strong advocacy program, a growing and promising fund raiser event in the Heart of Virginia century, and a heart-warming commitment to our community (as evidenced recently by our donation of 150 bicycles in our Bikes for Kids program) and to each other.

As you’re making your New Year’s resolutions for 2005, I encourage each of you to resolve to get more involved in the club in the new year. In addition to participating in the many rides that we have planned throughout the year, we can use your help in so many ways. This could include anything from writing emails or making phone calls during this year’s General Assembly session, volunteering for the Heart of Virginia or Bikes for Kids programs, volunteering as a ride leader, or just making new members feel welcome.

I look forward to the year ahead of us and I hope you’ll join me for the ride. See you on the road!

Brenda Hubbard

Harvey Award Presented

by Bud Vye, Social Ride Captain

First showing up on RABA ride sheets in 1988, this year’s Harvey Award recipient joined RABA in ‘89, logging a respectable number of miles over the next four years, and leading an occasional fast ride from Innsbrook. From 1993 on, he became one of RABA’s highest mileage riders, logging between 1500 and 3300 RABA miles a number of years in a row, ranking in the top ten every year, and at the end of ‘01 Al & Lois Farrell’s stats showed him to be 3rd in the club in mileage over the past five years behind only Kim & Mike Moore.

For several years from 1993 on he was a regular at Dave Bloor’s Nuckols Rd. time trials, usually doing the 10 miles in 21.something mph. He continued to serve as leader on fast rides through these years, usually from Innsbrook.

Bay Report

Bay Bridge-Tunnel/Eastern Shore

Three RABA members braved a showery forecast and the unpredictable Hampton Roads traffic to take part in a weekend of riding on the Chesapeake Bay Bridge-Tunnel and the backroads of Virginia’s Eastern Shore Oct. 2-3.

Riders Joe Dettrick and Ola Badaru beat huge delays at both the Hampton Roads Bridge-Tunnel and the CBB-T itself and arrived on time for the planned 10 a.m. start. But ride leader Brian Eckert, trailing by just a few minutes on I-64, caught a sudden shutdown at the first tunnel and huge backup at the north terminus of the CBB-T.

Thanks to cell phones, Joe and Ola waited for Brian’s 11:30 arrival, and the three pedalers took off on a weekend of scenic beauty, quiet roads and lessons learned about the annual CBB-T “Family Fun Day” cycling event.

The foray onto the bridge-tunnel from the north terminus proved as exciting as the riders hoped. The CBB-T closed its westernmost span for the first nine miles from northern toll booth out to the first tunnel island. Although riding under deep overcast skies and into two soaking showers, the group enjoyed the spectacular landscape of the cape.
**Heard & Seen Around the Club**

**RABA/Social Ride Captain & Advocate**

*Bud Vye*

Hope you had a chance to hear the Henrico Pops Chorus in one of their many December concerts. If you did, you would have noticed RABA members George Kugler (right up front) and Mark Bierly (a little further back, in the 60 voice group), anchoring the tenor section. The group gives a very nice concert, and I recommend them to you.

Though she was active in the club before my time, old timers will remember Mary Ann Saunders, a very active member of RABA in its early days, until she married John Graebner and left the area. I’ve just learned from Bob Stiff that Ann’s husband John recently passed away, after a long illness.

As nine of the bundled up retirees (the temperature was around the freezing point) were getting ready to start their ride on December 15th at the Rockville Little League fields, a young driver sped past, rolled down his window, and shouted a salutation the latter part of which was “a bunch of faggots”. The group got such a chuckle out of being so described that it was suggested that we change the name of the ride to include that description, but we eventually decided to leave the name as the more politically correct “Retiree’s Mid-Week Ride.” It was, however, a reminder that there are a few out there who apparently don’t think we belong on the road. Which brings me to the “Bicycles Belong” license plate campaign, which is coming down the homestretch to its New Year’s Eve deadline to secure 350 applications statewide. As we’ve all done in a number of cases, many of our members have held off until the deadline is upon them, so that the applications have really been rolling into the BikeWalk/Virginia office in December. I believe that RABA applicants number somewhere in the mid-60’s at this point, but will hold off in recognizing them until next month when I get the official list from BikeWalk.

I’m very proud of the response from our club thus far, which is clearly setting the pace for the rest of the state. Hopefully the other clubs will also come through before the deadline, and put this effort over the top, but they need to come up with about 100 more as I go to press. I’ve been disappointed to see some nit-picking of the design, and other minor criticisms of the plate, coming to BikeWalk from several cyclists around the state as reasons they are not ordering a plate. Since its always easy to find fault, I’m hoping that these folks are in the minority, and that I’ll be able to give you a favorable report next month.

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**MANY THANKS FOR CARING**

_from Suzanne and Dee Nuckols_

With the club’s Bikes For Kids Christmas project now complete, we just wanted to convey, to the membership, the deep gratitude expressed by all the Christmas Mothers for your caring and generosity. We echo that same sentiment to all of you who helped, in whatever way you could, to make this year’s event such a joyous success.

On Dec. 4, club members turned out in overwhelming numbers to help transport 150 bikes and helmets to five different Christmas Mother locations. They loaded up and left in groups, like small caravans, each to a different locale to deliver some Christmas spirit. And because you cared, there are 150 happier, and healthier, children out there with new bikes to enjoy riding for years to come.

It has, once again, been a joy and privilege to work with all of you who answered our repeated requests for donations and volunteers. Your selfless giving has been inspiring, but not surprising; for we have met and become friends with more wonderful people, since joining this club, than we ever imagined.

THANK YOU!
RABA OFF-ROAD RIDES

By Jim Temple

I want to take the opportunity to introduce myself as the Off-Ride Ride Captain for 2005 and express my hope for the future of off-road rides in the club. I am committed to enhancing RABA's position in the local mountain biking community by working to improve the quality of our off-road rides, encouraging more RABA members to try or return to the fun of trail riding and establishing effective working relationships with other organizations such as RA MORE (Richmond Area / Mid-Atlantic Off Road Enthusiasts).

We have many excellent and experienced mountain bikers already in the club who can lead rides and provide instruction and encouragement for “newbies” to learn the skills of off-road riding. So please let me know when and where you would like to lead a group ride.

I am asking that all off-road ride leaders follow some basic rules. We will use sign up sheets like the “roadies” do. Before the ride starts, ask people to designate their pace (fast, medium, social), their level of experience on the trails (newbie, sport, expert) and how long they plan on riding (1 hour, 2 hours, etc.). This will help the ride leader organize the ride so that no one gets lost or left on the trail and also get those wanting some instruction matched with experienced riders. The ride leader can decide if the ride will be split into smaller groups based on speed and experience or if the group will ride together; either way, this will help keep the group together. I encourage all ride leaders to function as a true leader by showing up on their schedule day to lead, providing sign up sheets and planning with the group how they will organize.

Rides will be held as scheduled unless cancelled by the ride leader or if there has been rain. The rule of thumb is to allow trails to dry 24 hours for each inch of rainfall. Ride leaders can check www.more.org (Richmond area) for up to date conditions of the local trails. Trail maintenance and protection are part of the sport of off-road riding. MORE and others have worked hard with the local/state parks and other landowners to keep the trails open. We can do our part by volunteering on trail maintenance days and observing trail friendly behavior; such as sticking on the main trail and not littering.

RABA is a leader in the local bicycling community and we can set a good example. When I first considered taking on the responsibility of the off road ride captain for the club, I found out that unfortunately there were some misunderstandings with other cycling enthusiasts regarding RABA. The good thing is we can change that and make new friends on and off the trails. I am convinced that you can meet the nicest people on a bicycle.

Finally, please let me know what suggestions you have and how we can put off road riding on the RABA menu for good. See you on the trails!

2004 Holiday Celebration Photos

LEFT: Barry Pullen closely studies ingredients of the candy box before stealing it from Wayne Shipley.

RIGHT: Jack Huber checking the alcohol content before stealing the keg of Beck’s from Bud Vye.

LEFT: Suzanne Nickels checking the songs on the CD while trying to decide whether to steal it from Wayne Shipley.

RIGHT: Liza Hines happily making off with the keg of Bavarian beer after stealing it from its original owner.
January 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
budotvye@erols.com
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 am on the morning of the ride.

Saturday January 1, 10:30 a.m.
New Years Day Ride in King William
31/24 Miles — All Speeds
Ride Leader: Bert Wright (804)769-8926
Meet at Zoar State Forest parking lot in King William County, to start the NEW YEAR off right.

From Richmond take Rt 360 East to Aylett (approx 20 miles from Mechanicsville). Turn left at blinking light onto River Rd. (Rt 600), go 1.5 miles to park entrance and parking lot on right.

Sunday January 2, 1:00 p.m.
Eastern Henrico New Year’s Slow and Short Ride
[25-12-S-F/M]
Leader: Emily Kimball, 358-4959
Meet Emily at the Richmond National Battlefield Park for a short and leisurely paced ride through the flatlands of Varina, during which I am assured that no one will be left behind. If you’ve not been there before, it’s about a mile east of Laburnum on Rt. 5 (New Market Rd.) and then turn right at the chocolate colored sign for the Park on Battlefield Park Drive until you come to the Visitor Center on your left.

Saturday January 8, 9:30 a.m.
Waverly Leader’s Choice Ride
[40/35-14-S-F/G]
Leader: Jack Huber, 282-3872
Meet Jack at The Tavern’s parking lot in Waverly to ride another of his circuits through the quiet country roads of cotton, tobacco, and peanut

WEEKLY RIDES

Sunday January 9, 1:00 p.m.
Stratford Hills to Salisbury
[29-13-S-S/S]
Leader: Dick Pitini, 272-6795
This is always an enjoyable ride, with most of the uphills on the way out, and mostly downhill on the way back, and a store stop at the mid-point. We ride up the James River via Riverside Drive and Cherokee Road, through the Salisbury subdivision, and return the same way.

The ride starts in the Stratford Hills Shopping Center. From the north side of the James, cross the Powhatan Bridge, take the Forest Hill Avenue exit before you are fully across the bridge, and after about a mile west on Forest Hill you will see the shopping center on your right.

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 Rosemond 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 December ride leaders Dave Talley, Rickey Davis, Gary Faison, and Debra & David Gardner.

January Ride Leaders are:

January 1  Bud Vye 262-9544
January 8  Dave Bloor 285-6177
January 15 Rickey Davis 755-6336
January 22  Gene Golden 266-3635
January 29  Alan & Maureen Cooper 231-1997

Please note that with the onset of colder weather, the Ashland Breakfast Club rides will begin from 8:30 to 9:00 am for the months of December, January, and February. For the first time in many years New Years fall on a Saturday. The ABC rides will run at 10:00 am.

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.
January Rides

**FAST RIDES**
No fast rides are scheduled for January

**OFF ROAD RIDES**
Coordinator: Jim Temple jimmatt2@excite.com 266-9048

**Saturday, January 1, 2:00 p.m.**
**Poor Farm Park**
Leader: Mark Mason cell: 769-9789
North of Richmond on I95 take the Ashland exit & take Rt54 West for about 4 miles take a left at Liberty middle school on Rt.810. Miles & miles of trails intertwine to make this a very interesting adventure. This is a medium difficult trail system.

**Sunday January 2, 2:00 p.m.**
**York River State Park**
Leader: Jerry Cell: 426-8682
North of Richmond on I95 take the Ashland exit & take Rt. 54 West for about 4 miles take a left at Liberty Middle School on Rt.810. Miles & miles of trails intertwine to make this a very interesting adventure. This is a medium difficult trail system.

**Saturday January 8, 2:00 p.m.**
**Pocahontas State Park**
Leader: Lew Lott 987-3836
This is a good easy ride. We will be taking it easy. There is single track & if you want to tackle the expert trails be my guest. We will meet at the Heritage Center.

**Sunday January 16**
**Poor Farm Park**
Leader: Jerry Cell: 426-8682
North of Richmond on I95 take the Ashland exit & take Rt. 54 West for about 4 miles take a left at Liberty Middle School on Rt.810. Miles & miles of trails intertwine to make this a very interesting adventure. This is a medium difficult trail system.

**Saturday January 22, 2:00 p.m.**
**Pocahontas State Park**
Leader: Lew Lott 987-3836
This is a good easy ride. We will be taking it easy. There is single track & if you want to tackle the expert trails be my guest. We will meet at the Heritage Center.

**Sunday January 30, 10:00 a.m.**
**York River State Park**
Leaders: Tom Gumpel Cell: 868-9062
Some small hills and ravines make this more challenging then you would expect for the tidewater area. This trail is also fast so it cuts down on your margin of error. There is also a new trail across from the loop trail. Meet the gang at the McDonalds at 9:00 a.m. for a quick breakfast just off I-64 East, Toano exit, or at the park at 10:00 a.m. It does cost a couple of dollars to enjoy this fine state park. To get to the park, take I-64 East, towards Williamsburg, 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 (also watch for brown signs to park).

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**THANKS TO THE RIDE LEADERS**

*From Bud Vye, Social Ride Captain*

As I conclude another year as Social Ride Captain, I have to recognize, and express my appreciation to, the many Ride Leaders who have enabled RABA to offer another excellent year of social rides. Once again, we have offered a Social Ride on every Sunday of the year, except Easter, plus a number on Saturdays, as well as on a number of Holidays, in addition to our every Saturday morning ABC rides.

Beyond that, we had the one Saturday a month Waverly Ride, led by Jack Huber, the Powhatan Sunday rides led by Martha and Barry Pullen, the Sunday afternoon East End rides led by Randy Rosemond and Bert Wright, the Mondays with Mary rides led by Mary Falterman and Barry Pullen, the Retirees Mid-Week Ride and Lunch (which also sees a number of non-retirees, on vacation or a day off), and Winky and Juanita Vivas leading a long list of their impromptu rides.

And don’t forget the regular evening rides during Daylight Savings Time—the Tuesday Night Rides from Hanover Courthouse led by Kathy Wood and Dee Nuckols, the Wednesday evening Chesterfield County Rides led by Al and Lois Farrell, and the Thursday evening East End Rides led by Eleanor and Wayne Shipley.

A total of 23 leaders made the Sunday and Holiday Social Rides possible—Jack Huber led the way with 7, while I led 6. Rickey Davis, Kathy Gammon, Duane Brown, Rosemary Tyson, Barry Pullen, and Jerry Hefele all led 3. Roy and Becky Crosse, Dee and Suzanne Nuckols, Susan and Bill Church, Ron Hayford, John and Joyce Knox, Mark Bierly, Ron Corio, and Dick Pitini led 2 each, with Wayne Shipley, Winky and Juanita Vivas, Kristin Andris, Bill Whitworth, Brian Eckert, Gloria Bazzoli and Frank Thomas, and Carl and Barb Armstrong each leading one.

The list of ABC Ride Leaders also is a lengthy one, as 23 covered that ride during 2004. I covered 4, as did Maureen and Alan Cooper, and Gary Faison, but Rickey Davis outdid us all by leading 7! Debra and David Gardner led 3, as did Mike and Kim Moore, and Brenda Hubbard, Ron Corio, Mark Forte, Gene Golden, Morty Norman, Dee Nuckols, Becky Tobey, Dave Bloor, and Dave Talley all led 2; while Emily Kimball, Duane Brown, Sandy Norman, Dick Pitini, Dave Strickland, Jack Huber, Jerry Hefele, and Doug Harrel each covered one.

Thirteen need to be thanked for their leadership of the Retirees Mid-Week Ride and Lunch, with Duane Brown leading 11, Barry Pullen 8, and Ed Blank 7. Juanita and Winky Vivas led 6, Cam Hoggan 4, and Rickey Davis 3. Becky Crosse and Liz Settle, Joyce and John Knox, Bill Sisco and Bud Vye each led 2, while Dave Bloor, Graham Horne, and Art Casavant each led one.

Thanks to all listed for their contribution to a great cycling year! As you can see, it’s not an exclusive club, and please let me know if you would like to lead any of these rides and thereby get your name on this list next year at this time.

The more that lead ‘em, the more variety, and the easier it is for the rest of the leaders. Give me a call and let me know what ride, and when, you’d like to be leading.

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**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.**

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**January 2005**
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**Contact Us**
call 266-BIKE for the latest ride information.
RABA will not be have a January meeting

Off-Road Trail Builders Needed
Some time in January, MORE, the Mid-Atlantic Off-Road Enthusiasts, will be putting in a new trail from Tredager (Bill will you check this spelling?) Ironworks, on north side of the James River, to the Boulevard. They are looking for trail building help. If ten volunteers from RABA work on this project, the new trail will be named after RABA! If you have any interest in helping and would like to get RABA some positive publicity in the off-road community, please watch for an email in January 2005 with details of the exact date, time and meeting place for this volunteer work to take place. Then bring your work gloves and energy to learn about how trails are built properly.

Advocacy Report
by Bud Vye, Advocacy Chair
Next month also brings the convening of the state legislature for its 2005 Session. As I reported a number of times last year, our success with Senate Bill 252 left us with a short wish list for this year. We’ve secured patrons, and three bills have been pre-filed for, that would give us the other items on our list if we can get them through. One, patroned by Del. Frank Hargrove of Hanover county, would require the use of a solid or blinking tail light when cycling after dark on highways with speed limits of 35 mph or higher. The other two bills, which will be patroned by Del. Adam Ebbin of Fairfax county, establish a penalty for a motorist who opens their door into vehicular traffic causing another vehicle, including a bicycle, to hit it, and require VDOT to establish Bicycle and Pedestrian Advisory Committees in each of their nine Construction Districts. I’m optimistic about the tail light bill, but the other two may be difficult. The VDOT Advisory Committee bill has been tried twice before, and come close to passage before being defeated, but we still have only one such committee (in the Hampton Roads District) in the state.

As in previous years, I believe the House Transportation Committee will be meeting on Tuesdays at 8:30 am, while the Senate Committee meets at 2:00 pm on Thursdays. If you find yourself free at either time, come on down and join me at these Committee meetings. You’ll find it fascinating to see how our state legislative process works, and if you come on a day when one of our bills is being discussed, you can join me in testifying for it.

I will also be calling upon club members who live in the various jurisdictions to come and testify with me during the New Year at their Board of Supervisors meetings, urging them to receive, and adopt the recommendations of, the Regional Bicycling and Pedestrian Study that was concluded early last year. So far, the study is a nice piece of academic work, but it will remain only that if the various jurisdictions are allowed to ignore it. Since I’m a resident of only one of the jurisdictions (Henrico), others of you will be needed to show your elected officials that there is some interest in seeing improvements made in cycling conditions in your county. With your help, we’ll have another productive year in the Advocacy arena.

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 dpoynter@comcast.net.
or Hanover CH, and occasionally as leader of the ABC ride.

The Retiree’s mid-week ride officially started in 1999, and he soon became assistant coordinator of the ride and leader of about one third of them. In 2000 he took gold medals in the 60 - 64 year age group 10 & 20k races at the Richmond Senior Games at West Creek (outprinting Tom Doyle at the 20k finish), along with a Silver in the 5k (he would have had a gold there, also, except the front wheel fell off his bike early in the race and he had to stop and install it properly before getting back in the race).

In ‘01, he became co-leader, with Lanny Levenson, of the Friday afternoon West End Spin from Broadview Shopping Center, until that ride ended in the Spring of this year.

In the Spring of ’02 he picked up the leadership of the Powhatan Sunday ride, which had been started by Arthur Jenkins, and then led by Linda Brown for several years, while he was a regular participant. Then in ’03, when the Mondays with Mary Faltermann ride started, he was the co-leader of it, so that as long as the West End spin continued he was either leader or co-leader of three weekly, year-round rides, in addition to leading about 16 Retiree’s mid-week rides per year, plus an occasional Sunday social ride when asked to do so.

In addition to leading all of these rides, he and Martha also occasionally ride a tandem with the RATS, and have been taking part in a number of Bicycle Adventure Club rides both in this country and overseas, riding in such distant locales as Corsica, Germany, and Italy, probably ranking 2nd in our club in taking part in BAC rides, behind only Jerry Hefele.

Consistently one of our highest mileage riders, as well as one of our more prolific ride leaders, while also being the one in the club that logs the most automobile miles in getting to and from our rides (although Winky and Juanita Vivas could make a good argument on their own behalf), Barry Pullen is the worthy recipient of the 2004 Ed Harvey Award, has had his name added to the plaque, and is charged with keeping it safely until this time next year.

Cont’d from page 1

—Ride Report

Fisherman’s Island and cruising above the waves at 15 m.p.h. The bridge was crowded with riders—we heard estimates of 10,000 expected at some point during the day—and riding conditions were occasionally hazardous because of failure by many cyclists to heed the “slow and stopping traffic keep right!” and “ride on your side” rules. An out-of-control 10-year-old boy sped across the center line and clipped Ola, knocking both to the pavement. Fortunately, both suffered only minor cuts, and his helmet saved Ola a severe knock on the head.

Thanks to a repair tent by Conte’s, Ola was able to continue riding, and the group returned to land safely despite the heavy showers. Damp and hungry, we lunched at the nearest (only) restaurant, overlooking the baycoast at the Best Western Sunspree Resort. Fortified and dried, we lit out along the old Seashore Rd. past fields of cotton, tomatoes, soybeans and corn, through woods and past ponds, to the old town of Oyster. We returned by the same route, proving along the way that Brian’s long-unused “Aeroflate” canister really could reinflate Joe’s flat rear tire. Ola had to return to Richmond to meet church obligations, but Brian and Joe chowed down at Stingray’s—the old-fashioned seafood restaurant on US 13.

On Sunday, Joe and Brian followed breakfast at the classic Exmore Diner with a 16-mile jaunt from there to the natural preserve at Brownsville Seaside Farm, historic Willis Wharf, and back. Joe had to head home, but Brian added another 28 mile circuit to Machipongo and Wachapreague—probably the most scenic stretch of the trip. The perfect fall Sunday morning included a brief but soaking rain shower.

Joe, Ola and Brian hope to lead another group back to the Eastern Shore in the spring. They learned that anyone hoping to do the CBB-T bike ride should plan to arrive very early and not recross the bridge until late afternoon—the traffic tie-ups on the north end were monstrous in both directions. They learned that a helmet probably saved Ola serious injury in a crash that was completely beyond his control. And, they learned that the Eastern Shore is full of scenic, historic, smooth and empty backroads, perfect for cycling any day!
Richmond Area Bicycling Association
PO Box 6565, Ashland, VA 23005

Official Membership Card
expires on date shown below

MEMBER’S SIGNATURE

Classifieds

WANTED: Bike Work Stand. I want to be able to clean my bike without breaking my back. Does anyone have a used work stand for sale that is taking up space in their garage? Call Debra at 740-6811 or debgar@cavtel.net thanks.


Ride Inside - CatEye CS1000 trainer - set magnetic resistance level while riding, simulating a hill climb, turbo fan keeps the noise down, cycle computer tracks speed, distance, time, load, grade, power, watts and energy, calories. $100. Call Debbie 231-0377

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) 833-7896

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 Ike at 257-9294.

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

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

Schwinn collection: 2001 Schwinn SS, Shimano STI 27 speed, $500; 2001 Schwinn Fastback, Campagnolo 20 speed $1250; also Yakima roof rack for 2 bikes, Jeep Grand Cherokee, $150. Please call Barry Pullen 561-3950 or email pul-len_39@yahoo.com

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. lburkholdt@verizon.net, 938-4151.


Trek 2290. 8-10 years old. 62 cm dark green, carbon fiber frame, Scott extender, computer, Auto carrier. Needs tires. Make an offer. call Ed Lane at 288-0965

2003 Seven Alaris. 53cm c-t, 54 cm tt, 73/73 degrees, Brand new Shimano Ultegra group and Shimano R540 wheel set (no miles). The frame is a custom and was designed with drive train stiffness of a Cannondale with compliancy of a high end steel frame. Head tube has a 1cm extension, curved seat and chain stays... Please call direct with questions and pics. $2,500. JB Elliott 804 301 0845 Jay.elliott@mckesson.com

For rent: Performance hard-sided air-line/ shipping case. Lockable, wheeled. $25 a trip (two weeks or less). Brian Eckert 804-560-2095 or beckert@richmond.edu.

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

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: idan@comcast.net. US mail: The Pedaler, c/o Bill Varjabedian, 3205 Ellwood Ave. Apt C., Richmond, VA 23221. Submission Deadline: Midnight the 15th of the Month

Advertising: Rates are: $198-full page, $99-half page, $67-quarter page, $48-eighth page. Two bicycling classified ads are free to member; 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