“Have you gained 5lbs since the first of October? Have Halloween candy, Thanksgiving turkey and Christmas Cookies done a number on your waistline? Then it is time to get out on your mountain bike and off the couch! What are you waiting for, daylight savings time? We are here to keep you riding.”

Brought to you by the Off Road Dept. of RABA-Crazy Greg & Bad Andy

Advocacy Report
by Bud Vye, Advocacy Chair

Not much of a positive nature to report from this year’s Legislative Session regarding the bills I have been supporting and following. **House Bill 219**, patroned by Delegate Dwight Jones, who represents a district in Richmond south of the James, would have provided state tax credits of up to $240 per employee to employers who provided bicycle parking and storage facilities, showers, and changing facilities, for employees who ride their bicycles to work, along with other measures that would reduce single occupancy vehicle commuting, was promptly killed in the House Finance Subcommittee chaired by Powhatan’s Lee Ware, along with a number of other bills that would have provided tax credits for various and sundry worthy causes. In the 7:00 a.m. session I attended, only one such bill out of 15 was reported out to go on to the full House Finance Committee, proving what I had been told in advance that “this committee is death on tax credit bills.”

There turned out to be two virtually identical bills (**Senate Bill 233**), cont’d on page 7

RABA Membership Dues Reminder

As announced at the end of 2005, RABA is adopting a new membership cycle: all memberships will run from January 1 to December 31. In order to get everyone’s membership on the same cycle, the Board mailed a membership application with your prorated dues amount - affixed as a small white label on the inside of the application. This amount was determined by using your current expiration date and assessing a prorated amount determined by the number of months for your membership to cover to the end of 2006. By now, all of you have received a RABA application that has the prorated amount. If you have not paid your dues, please take a moment to do so now. If you have paid them, the Board thanks you and looks forward to having you at events and rides through 2006. Note: only paid RABA members will have their ride miles tallied for the RABA ride statistics! If you have questions about the dues amount or the membership cycle, please contact Kristin Andrs by email kandrs@comcast.net or 590-9467.
Heard & Seen Around the Club

RABA/Social Ride Captain & Advocate

by Bud Vye

Very sorry to hear that Dave Strickland’s dad died last month down in the Roanoke Rapids area. You know you have our support and sympathy, Dave!

Better news comes from the rehab department, as Emily Kimball continues to push that knee a little harder on the bike and go after a few more balls on the tennis court as she works hard to get back in shape for her several major rides this year, the first of which is Bike Florida. Also making good progress is Morty Norman as he recuperates from his spinal stenosis surgery. His range of motion is much improved, although he still has some numbness in one of his legs. He’s aiming to be back out with us in late March. Not so sure how quickly brother Sandy will be back on the bike, as his back continues to have him on the Injured List. Jerry Hefele is another one progressing well after having a stent installed in one of his arteries back around the first of the year.

The return of the Farrell’s as our statisticians has coincided with a markedly increased interest in the club’s mileage records. The Board has responded by establishing a new Annual High Mileage Award, the first of which was presented to 2005 leader Bill Whitworth at the February 8th Club Meeting at Maria’s, recognizing his impressive year of 143 rides and 5,485 miles. Congratulations, again, Bill!

The Board has also decided to recognize the 57 riders who logged 1,000 or more miles on club rides last year, and to carry this practice forward in future years. The recognition award will be a nice one that I think will be well received and will be prized by the recipients. It is currently being designed and produced, with the intent to present the awards by the time the evening rides start in April.

The featured presentation at the February meeting was an outstanding one (Jack Huber was overheard remarking that “it was the best program we’ve had in several years”) by Dr. Teresa Stadler, the Medical Director in charge of Sports Medicine at Henrico Doctors Hospital. As a triathlete, she’s in a good position to comment on the effects of various medications on the body as you train and compete. Her advice on the various categories of medication (cough syrups, anti-histamines, anti-inflammatories, cold remedies, etc.) was not exactly the same as you get from the ads on TV.

Her comments that really stuck with me are that the fever, pain, nasal discharge, coughing, and other symptoms that we are usually trying to treat are all part of nature’s way of either dealing with a problem or telling us that we have one. Further, in many cases, the problem will be cured in seven days if we take the medicine, or in a week if we don’t. Not exactly the party line of the pharmaceutical companies! A most interesting, dynamic and fast paced presentation by Dr. Teresa, and those of you who missed it should be alert to any chances you have to hear her in the future.

In closing, my thanks to Ron Corio for accepting the position of Social Ride Captain so I could accept the position as Chair of the Heart of Virginia rides. I know the regular ride leaders will continue their willingness to contribute to the variety of our ride schedule with Ron, as they have with me for the past 13 years. Thanks to everyone who stepped up, and let’s keep things rolling and have an even better program under Ron’s leadership.

On the Heart of Virginia, you’ll be hearing plenty from me as we go along. For now, get September 16 &17 on your calendars. Brochures and posters with all of the details are being finalized, and the particulars will be posted on our website as soon as they are complete. We are again partnering with the Hanover Mental Health Association, and again will park, start and finish at the Patrick Henry YMCA in Ashland, (by far the best venue we’ve ever had) where we
March RABA Social

Bring a Buddy Social V
Hosted by RABA, Richmond Road Runners and Richmond Triathlon Clubs

Wednesday, March 22, from 6pm to 9pm
Richbrau Brewing Co
1214 E Cary St. • In Shockoe Slip
Downtown Richmond
Upstairs bar area • On street parking available

Once again, RRRC and RTC clubs have asked RABA to co-host a spring social at the popular downtown watering hole. This is a cash bar; light snacks and pool will be provided free of charge. Bring a friend, your spouse or a significant other to meet other active people who swim, bike and run in the Richmond area and learn about the clubs that promote these sports. RRRC has been the winner so far with the most attendees, so let’s show that bicyclists know how to socialize and consider coming out to celebrate the arrival of spring. In order to ensure that we have the proper amount of snacks, please RSVP by Tuesday, March 21, to Kim Moore at 358-0935 or luvs2cycle@yahoo.com. Hope to see you there!

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

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

Ride On for CASA Kids, June 3, 2006
Shepherdstown — West Virginia’s Ride 10, 25, 50 and 100 mile routes of easy or more difficult circuits through beautiful, historic Civil War countryside! Come join the fun and participate in a very worthy cause! CASA—EP is a non-profit organization that trains volunteers to be Court Appointed Special Advocates who serve abused and neglected children in the tri-county area. In 2004 there were 1,497 reported cases of child abuse and neglect in our community—these children need our help. For more information contact: Joan at earthmothers@earthlink.net or 876-2775
March 2 (Thursday) 12:00 Noon Louisa County Bike Loop
[35-15 mph- S-S/M]
Leader: Bill Whitworth, 804.285-9193, wwhitworth@jsr.vccs.edu
Join Bill for a ride through beautiful farm country that includes an official RABA “Bicycle Friendly” store stop in Orchid. Meet at the Rockville Little League Fields, 1.2 miles west of Rockville.
From Richmond, west on I-64 to the Rockville/Manakin exit, left on 623 a half mile to a right on 622/Rockville Rd. where five miles will bring you to Rockville. Left on 620. After a mile, 620 goes left but you go straight on 676 for another two-tenths of a mile to the parking lot to your left.

March 5 (Sunday) 11:00 a.m. Rockville
[35 to 50-V-S-S/M]
Leader: Dee Nuckels (804)749-3400
Meet Dee at the Rockville Little League fields for a ride that has distances from 35 to 50 miles. There will be hills and one store stop.
From Richmond, travel west on I-64 to the Rockville/Manakin exit, left on 623, one-half mile to a right on 622/Rockville Road where five miles will bring you to the heart of Rockville, and then a left on 620. After a mile, 620 goes left, but you go straight on 676 for another two-tenths of a mile to the parking lot on your left.

March 11 (Saturday) 9:30 a.m. Waverly to Historic Sussex Courthouse Ride
[38-15 mph-S-F/G]
Leader: Jack Huber 804-282-3872
Meet Jack at The Tavern’s parking lot in Waverly to ride over the quiet country roads of Sussex, Surry, and Southampton counties to historic Sussex Courthouse, where there will be a store stop at the “Bicycling Friendly” Thornton Store. As always, plan to have lunch after the ride at The Tavern.
From Richmond, take I-95 or I-295 south to Route 460 east (toward Norfolk). The tavern is at the intersection of Routes 40 and 460 in Waverly.

March 12 (Sunday) 12:00 noon I-64 Crisscross
[36-15 mph-S-S/M]
Leader: Jeanne Minnix, (804)594-0842 jminnix@comcast.net
Meet at the Luck Stone offices in Centerville behind the right (Food Lion) side of the Broad View Shopping Center to see how many times you can cross over I-64 as you wind your way through western Hanover and Goochland counties before returning.
From Richmond, take I-64 west to the Rockville/Manakin exit, then south on 623 about a mile, to a right on Route 250 a short distance and you’ll see the shopping center on your right.
There’s a store stop on this route, so you won’t have to bring provisions.

March 16 (Saturday) 9:30 a.m. Tour de Matoaca
[30 miles, 14-16 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 bad weather or expected high temperature is less than 40 degrees. Call Kristin if you have any questions.

March 19 (Saturday) 10:30 a.m. Half Century for Joy
[36-44-16 mph-S-S/M]
Leader: Ted Zeh, (804)932-4070 zeh@cox.net
This ride starts at the Zeh’s home in Quinton. There will be maps and cue sheets, so faster and slower riders can ride their own pace. After the ride please stay to enjoy meat and veggie pasta and cake in honor of Joy’s chronological half century. RSVP requested but not required, so we can get a feel for how many will be eating after the ride. Directions to ride start at 7440 Pinehurst Dr, Quinton VA.
From Richmond, take 64 East to Exit 205 Bottoms Bridge and then get on Route 60 East for one mile and make a left on Longview (1208); go one-half mile and make left on Pinehurst (1240). Our house is one-half mile on the left and the number is on mailbox.

March 25 (Saturday) 9:30 a.m. Historic Triangle Trek
[40–16 mph-S–SS]
Leaders: Reed & Karen Nester, (757)229-2017 reedcycle@verizon.net.
Join the RATS (Richmond Area Tandem Society) at the Williamsburg Outlet Mall for a scenic 40-mile ride through James City County, York County and Williamsburg — gently rolling, with a few good hills for variety, and a rest stop at the Jamestown Pie Company at the midpoint of the ride. Single bikes are also welcome, but will be asked to observe proper etiquette when riding around the tandems. Lunch will follow at a local restaurant.
From Richmond, take I-64 east to Exit 234 Lightfoot, turn right onto Route 199 East, take the next right to Route 603 Mooretown Road (to Lightfoot Road), turn left at traffic light onto Lightfoot Road (Route 646), go straight at next traffic light into the Williamsburg Outlet Mall – we will meet in the parking lot behind McDonalds.

March 26 (Sunday) 10:00 a.m. North and West From Rockville
[50/40-14 mph-S-S/M]
Leader, Bill Whitworth, 804.285-9193, wwhitworth@jsr.vccs.edu
Join Bill for a circuit through the pretty country of far western Hanover and eastern Louisa counties, with a store stop. Meet him at the Little League fields, 1.2 miles west of Rockville.
From Richmond, travel west on I-64 to the Rockville/Manakin exit, left on 623, one-half mile to a right on 622/Rockville Road where five miles will bring you to the heart of Rockville, and then a left on 620. After a mile, 620 goes left, but you go straight on 676 for another two-tenths of a mile to the parking lot on your left.

April 2 (Sunday) 10:00 a.m. Halifax History ride
[40 miles-14 mph-S-S/M]
Leader: Dave Strickland (434)594-5371 skimohop 99@yahoo.com
We will meet at the Boat Landing at Weldon, NC. From there we will wind about 40 miles through Halifax County and start at an 19th century corn mill owned by General Mahone, CSA. From there we will stop at an aqueduct in excellent condition constructed in the 1820’s, several old rail road stations, a canal museum built on the Locks of the Roanoke Navigation Canal. Then to Roanoke Rapids Dam and then onward windind through Halifax County to the County Seat of Halifax a very historical river port in the 18th century where the Halifax Resolves were
Richmond Area Bicycling Association

WEEKLY RIDES

signed. Many historical buildings are still standing from this era. From there back to Weldon and past some beautiful homes constructed when the railroads were the main mode of transport in the 19th Century. For those who rode the ride this year, I have reworked it so several uncomfortable places have been avoided or will be passed at an earlier time when traffic is lighter. If anyone wishes to eat afterwards, we will eat at Ralph’s Barbecue in Weldon.

From Richmond, take I-95 South to Exit 173. Take US 158 East approximately 3 miles to the boat landing in Weldon. Park in the Parking Area.

April 7 (Friday) 2:00 p.m. Friday Glide
[32-18 mph-N-S/M]
Leader: Richard Chandler 804.855-4770
Join Richard for a brisk spin through the east end environs of the Richmond International Airport, the James River, and some Civil War battlefields. The ride begins at the Albermarle Hangar at the airport.

From Richmond: I-64 east to Exit 197A Richmond International Airport Enter main airport entrance and follow the rental car return signs (a left turn) to the double-deck return lot. Turn left just before the entrance to the double-deck return lot. The Albermarle Hangar is the first building on the left. The address is 5608 Clarkson Road.

April 22-23 (Saturday and Sunday) Scoot Along Skyline Drive
[105-Variable-N-M/M]
Join Mark & Karen Hoerath for a two day bike ride along The Skyline Drive starting at the entrance to Skyline Drive in Front Royal. We bike 51 miles (and almost 5,000 vertical feet) to our overnight stop at Big Meadows. Big Meadows has a lodge, camping and restaurant. You can call 800.999.4714 for room or 800-365-CAMP for camping reservations. On Sunday we bike 54 miles (and 4,430 vertical feet) to Rockfish Gap and I-64 for the return drive to Richmond. The views are spectacular. Car traffic is usually minimal and friendly. The road surface is in great shape and the climbs only average 4-6%, “easier than the Blue Ridge Parkway”. The route is a no-brainer... just ride on Skyline Drive, no turns and no way to get lost.

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

March Rides

Sunday 1:00 p.m. Powhatan Courthouse
[mileage 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 to 19 mph-S-S/M]
Leaders: Randy Rosemond 804.966.5472, velosalsaman@aol.com
Ron Corio 804.643.6452, rcorio@verizon.net
The ride starts at Dorey Park in eastern Henrico County. Depending on weather and who shows up, there will usually be an intermediate pace group and a faster pace group. Slower riders are welcome to ride on their own with a map and preferably with a buddy. If weather looks unfavorable, please contact one of the ride leaders by 11:00 a.m. on the day of the ride to confirm status.

From Richmond, take I-64 East to the Laburnum Avenue exit, turn right on Laburnum at the end of the exit ramp and continue to the traffic light at Darbytown Road. Turn left on Darbytown and travel about one mile to Dorey Park on the right. Meet in the first parking lot on the left near the Recreation Center and across from the soccer fields.

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.

Tuesday 5:40, 5:50 and 6:00 p.m., starts April 4 Innisbrook Options
[31 to 34-21 to 24 mph-N-S/S]
Leaders: Mike & Kim Moore 358-0835
This ride is best-suited for intermediate to advanced bicyclists, with good bike handling skills and fitness level. There are three start times to keep packs of riders smaller and more manageable—the earlier the start time, the faster the group. Therefore, the 6 p.m. group will be the most “social” with an average pace of 20-21 mph. Note: The area has exploded with new housing developments and therefore roads are busier and drivers’ tempers are shorter. Obeying traffic laws and riding single file are a MUST!

From Richmond, take I-64 west to I-295; take the Nuckols Road North exit; go approximately one mile then right turn on Concourse Boulevard. Park in the rear right parking lot.

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

Wednesday 6:00 p.m., starts April 5 Girls Night Out
[10/17/22/30-?-N-S/S]
Leader: Karen Hanson 784-2909
All levels of female cyclists are welcome to ride in the beautiful far West End. The group will practice bike handling skills and build fitness. Speed is not the focus; safety, obeying traffic laws and having fun riding with other women are! If you are coming out to this ride for the first time, give Karen a quick call the night before to let her know to expect you.

Directions to Karen’s house from Richmond: Take I-64 West to the Rockville/Manakin exit. Turn left and go to Broad Street (Route 250), turn right and continue to Shallow Well Road about 4 miles past Centerville. Right on Shallow Well and about 1/3 mile to 2030 Shallow Well, on the left. Take the side drive and park in the backfield.

Wednesday 6:00 p.m., starts April 5 Varina Cruise
[25/22-15 to 18 mph-N-F/G]
Leaders: Ted Zeh 932-4070 or 337-6172(c), tzeh@cox.net
Ron Corio, 643-6452, rcorio@verizon.net
Meet at the Varina Food Lion Shopping Center on Route 5 and Strath Road one mile west of Route 295 and Route 5 and two miles east of Route 895 and Laburnum. Park behind Portabella Restaurant. Cue sheets provided.
**March Rides**

**Wednesday, 6:15 p.m., starts April 5**  
*Chesterfield County Ride*  
[22/25-17 to 20 mph-N-M]  
Leaders: Al & Lois Farrell 744-9306  
lojafarrell@verizon.net

This ride incorporates some of the back roads from the Old Boss & Beach and Bundle routes. It combines some smooth, flat sections and some rolling hills. There are typically two groups — one that averages about 17 mph and a faster group that averages around 20 mph. Maps will be available to those wishing to ride at their own pace. The ride leaves from the Bethel Methodist Church at the corner of Winterpock and Beach.

From Richmond, take Hull Street 2.2 miles west of 288. Turn left at the light just past Lowes onto Winterpock. The church is 2 miles on the right just before the stop sign at Beach. Be sure to allow time for traffic congestion on Hull Street on your way to the ride.

**Thursday 5:50 and 6:00 p.m.**  
*Glen Allen Elementary School Options*  
Starting April 6

There are two start times to keep packs of riders smaller and distance. A cue sheet for the basic ride will be available. Riders arriving after the ride leader has left will find a return trip directly back to Laurel Park for a twenty mile ride or a return by one of various extensions for a total ride of 30-40 miles.

**Thursday 6:30 p.m., starting April 13**  
*East End Ride*  
[28/22/15-V-S-F/G]  
Leader: Eleanor Shipley, 804.737.7176

Meet at the Black Creek Baptist Church on Route 628/McClellan Road. The short option is for new riders and stays together so no one is left behind, while experienced and faster riders may take off on the longer options. Many riders will arrive by 5:45 to 6:00 pm in order to complete the longest ride before dark.

From Richmond, take I-64 east to Exit 1978 Highland Springs; continue north on Airport Road/156, crossing Nine Mile Road, I-295 and the Chickahominy River before turning right on 630/Market Road. After 0.8 of a mile take the right fork on 613/Fox Hunter Lane at the Black Creek Store. Continue 0.75 of a mile to a left turn at 628/McClellan Road. Then two miles to the church on the left side.

**Saturday 8:30—9:00 a.m.**  
*The Ashland Breakfast Club (ABC)*  
Thanks to February ride leaders Paul Silverstein, Bud Vye, Gene Golden, and Rickey Davis.

**March's ABC Leaders Are**

- March 4 Dave Bloor 285-6177
- March 11 Wayne Cox 264-8897
- March 18 Bill Whitworth 285-9133
- March 25 Bud Vye 262-9544

April (starting from 8:00-8:30 a.m.)

- April 01 Doug Harrel 368-0689

**Saturday 11:30 a.m.—12:00 noon**  
*The Ashland Lunch Club (ALC)*  

(Mileage varies - All speeds - S - S/M)

This ride is a duplicate of the ABC ride (see above), but with a later start time during cold months. The ride leaves from the Laurel Park Shopping Center at Hungary and Woodman Roads. The basic ride is ten miles to Ashland with the return trip directly back to Laurel Park for a twenty mile ride or a return by one of various extensions for a total ride of more than twenty miles. Riders may join the ride leader’s group or form a group of their own based on preferred pace and distance. A cue sheet for the basic ride will be available. Riders arriving after the ride leader has left will find a sign-up sheet and route maps on the ride leader’s car.

**March’s ALC Leaders Are**

- March 4 Ted Zeh 932-4070
- March 11 Dave Talley 746-9142
- March 18 Winky Vivas 526-8708
- March 25 Jim Holgate 672-6532
- April 1 Dee Nuckols 749-3400

**OFF-ROAD RIDES**

Coordinator: Andrew Mann, 266-9048, rabamann@aol.com.

**WEEKLY**

(Sunday) 12:00 p.m.  
*Poor Farm Park Contes ride*  
Aaron Wells 804-935-9580

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.

**Scheduled Rides**

**March 5 (Sunday) 10:00 a.m.**  
*York River State Park*  
Leaders: Dan Widner 559-7644

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 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 of 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-64East, towards Williamsburg. South off at the crossing 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).

**March 12 (Sunday)**  
*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 get back in the groove. 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.

**March 19 (Sunday) 1:00 p.m.**  
*Walden Creek Park*  
Leader: Lew Lott cell 216-0733

Walden Creek Park in Albemarle County, south of Charlottesville, has 15 miles of beautiful trails from easy to challenging for off-road use. These trails are not for first timers but a lot of fun for moderate off-roads. Take 64 West to exit 120 in Charlottesville. Proceed south on 631-Old Lynchburg Road, maybe 8 miles. The Park is on the left. We’ll meet at the first parking area by the lake. For more information about the park and different directions, visit www.albamore.org and follow ‘for our Visitors’.

**March 26 (Sunday) 10:00 a.m.**  
*Byrd Park*  
Leader: Mike & Kim Moore 358-0935

Meet Mike & Kim at the Carillon at the end of the Boulevard for an off road tour thru Richmond. Mike will lead a faster pace group & Kim will sweep up with us regular folks. We will travel all over the James River Park System. There will be some pretty technical sections but should be shortcuts over the roads & nothing you cannot walk.
patroned by Senators Ticer and Cuccinelli of Northern Virginia, and House Bill 1211, patroned by Delegate Moran, also of Northern Virginia) that would require motorists to stop for pedestrians in marked crosswalks (the current code requires them only to yield). Both met similar fates, altho by somewhat different routes. SB233, after failing to be reported out of the Senate Transportation Committee by a narrow 7-8 vote, was brought back a week later to be reconsidered. During that discussion (in the words of Patron Senator Ticer) it was “emasculated” by changing the wording back to, “...yield, and stop if necessary...”, which is very similar to the current code. In this form it was reported out of committee by a 14-1 vote.

Meanwhile, over in House Transportation, HB1211 did get reported out, by a 15-7 vote. On the House floor however, it ran into a buzzsaw, where it, too, got amended and “emasculated” and eventually referred to the Courts of Justice Committee (along with SB233) where the entire section of the code that refers to pedestrians will be looked at, reworked, and brought back next year. That will mark the 5th year I will have been following, and supporting, bills addressing this problem, so you can see how slowly this process works. What doesn’t take long to figure out is how strongly some of our legislators (most, but not all, of them rural Republicans) feel that pedestrians are just cluttering up the roads for the motor vehicles. I’ll follow this one through the off season and next year and let you know what happens. In the mean time, pay attention and be fleet of foot when crossing in a crosswalk.

The other bill, House Bill 366, which deals with the noise, and where they can operate, of mopeds, motorized skateboards or scooters, and “motor driven cycles” (which is the name they finally arrived at for the “pocket rockets”), which they finally defined as “a motorcycle with a gasoline engine displacing less than 150 cc and a seat height less than 24”; has passed the full House and is on to the Senate Transportation Committee and eventual passage. As I stated previously, the only reason I’ve been following this bill is to make sure that bicyclists receive no unintended consequences from it, and that appears to be the case. As the subcommittee was discussing the banning of some of these vehicles from “highways, sidewalks, and trails” I was reminded of the necessity of having someone there to represent our interests as the chief wordsmith from the Legislative Services Dept. (who is counted on to draft the language of the laws) stated to the committee’s legislators that “had bicycles not been invented before automobiles, they probably would have been prohibited from riding on all highways.” That’s the kind of thing that gets your attention at 7:15 in the morning.

Outside of the State Legislature, I have been making some progress on Interstate Bike Routes(IBR) 1 and 76, as the City of Richmond and the Counties of Chesterfield and Henrico have all approved the changes I have recommended. David Patton at VDOT has been waiting for these approvals and now will submit the changes to the national body, who has the final approval. Once these changes receive final approval, IBR 1 will follow our ABC route down from Ashland, then go down Purcell to Hungary and east to a south on Woodman (it presently goes down to Hunton and then left on Greenwood to a right on Woodman over I-295 and down past Laurel Park S.C.). In the City of Richmond, IBR1 will now go across the Lee Bridge and upstream on the James River Trail, rather than across the Huguenot Bridge. In Chesterfield county, IBR1 will now go down Charter Colony Parkway, rather than down Coalfield Rd. where it presently dead ends into Rt. 288. It’s been an exercise in persistence, as I’ve been working on this about 30 months now, but it looks like its going to get completed. Once the final approvals are granted, I’ll be working to get the signage installed in Henrico, Richmond, and Chesterfield, as you now see in Hanover. We’re making progress, but it doesn’t come quickly.

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RICHMOND

Think Fast... Be Faster!!

Think Strong... Be Stronger!!

Group Indoor Trainer Classes

Classes begin Tuesday, October 4th

When: Tuesday and Thursday 6:00-7:15 pm

Cost: $8 per class (non-RABA members)

$5 per class (RABA Members)

Instructor: Kevin Reid, USAC Expert Coach

Please call to reserve a spot – limit 10

Each participant brings their own bike and trainer. Will have full access to weight equipment after each class. Showers available.

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have the facilities to have a shower or swim after completing the ride. We again are welcome to eat dinner after the rides at Randolph-Macon’s Estes Dining Hall. In addition to the Y, the Town of Ashland, the Metropolitan Richmond Sports Backers, and GRTC’s RideFinders are all on board as Sponsors. Plan to be there.

As always, we need a lot of helpers to stage a successful event and former event Chair Wayne Shipley will be back as Chairman of Volunteers. Give him a call at 737-7176 if you’d like to help. I need your help in getting your riding friends from out of town to come and join us, so let me know if you have any contacts around the Mid-Atlantic area who could get some of our posters and brochures displayed in their area. And join me in praying for a good weather weekend. More as we get closer.

### 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 The Pedaler does not guarantee your ad will be included on the website. If you want your ad to continue running, you must notify the Editor prior to the expiration.

**Yakima roof rack** for Jeep Grand Cherokee or similar car $150. Barry Pullen (804)681-3950 pullen_39@yahoo.com

**1960’s Schwinn Super Sport, 27” x 1 1/4”, ten-speed, reasonably good condition, unused tires two years old, wheels good, $100, Chester, VA (804) 706-4720 (03/06)**

**53cm Colnago Technos frame.** This frame is made of Columbus Nivacrom Steel with a matching steel fork. Built up with Dura-Ace components, it weighed 18.6 lbs. It features chrome lugs, chrome chain stays, hand air-brushed finishing with only one decal on the entire frame. It is Black-white with yellow and purple mixed in. It has the famous Colnago cyclist on the top-tube. This paint scheme is world famous and no longer available through Colnago. It is a work of art. The fork is steel and painted to match the frame. I have never raced this bike and only took it out on Club rides. It is in excellent condition and has been mounted on the wall of my garage for over a year. Price includes frame, fork, Dura-Ace headset and bottom bracket. Will include ITM aluminum bars and stem, $350.00. Mark Francis (804) 852-4819 or markd.francis@sanofi-aventis.com (3/06)

**Zipp Carbon Crank set:** I have a BRAND NEW 1st generation Zipp carbon crank set. The carbon arms are 170mm, the spider is aluminum and the FSA rings 53/39. It is Shimanoisis compatible. Zipp carbon cranks sell for over $750.00. Will sell for $250.00. Mark Francis (804) 852-4819 or markd.francis@sanofi-aventis.com (3/06)

Visit the Benevolink website at www.benevolink.com and join online or contact Benevolink at 1-800-681-GIVE (4483) to speak to a Benevolink representative.