Being Safe in the Pack
by Kim Moore

With the arrival of spring and daylight savings time, RABA weeknight rides are in full swing! Fast attacks, good bicycling handling skills, smooth pacelines and having fun are a part of group riding. Yet, there are other aspects that may make group riding dangerous not just for the bicyclists but for drivers as well. These are a few things to keep in mind and practice while you are riding:

1. Obeying traffic laws are a must! A bicycle is considered a vehicle and therefore a bicyclist is subject to the same laws as a car driver. Bicyclists can be ticketed for failure to stop or running red lights. Always follow the rules of the road!

2. Signal with your hands if you are coming out of the paceline so that other riders know that you are pulling off of the front and not just sliding to the right or left sides of the road.

3. The Richmond suburban and surrounding rural areas have seen tremendous traffic increases in the past few years. With the possibility of pacelines being 10-15-20 people long, motorists have a very difficult time of passing bicyclists. If someone is pulling off of the front of the paceline, a car is trying to pass and you are in the paceline as this person is sliding to back, let that person in! This may help the car pass safely and quickly. And the person who has been let into the paceline may pop back out and continue his journey to the back of the paceline.

4. Being on aerobars anywhere in the front or middle of the paceline is dangerous. For the safety of others, use your aerobars when you are the last person in the paceline or if no one is on your wheel.

5. The Commonwealth of Virginia amended a law pertaining to bicycling two years ago: the amendment stated that two bicyclists may ride side by side if there was no oncoming or passing traffic. This does NOT ever apply to riding 3, 4 or more riders across the road. Riding in groups of 3 or more across the road will anger drivers and cause dangerous incidents in drivers trying to pass. When in doubt, ride in single file and socialize before or after the ride is over. RABA has stopped sanctioning group rides in the past because of cyclists were not obeying traffic laws. The police may called to warn or possibly ticket cyclists for disobeying laws.

Have fun, but be mindful that you are sharing the road with cars and trucks that may not be happy that you are there.

RABA Photo Album

On April 22nd and 23rd, 15 cyclists weathered overcast skies to trek along the Skyline Drive. By mid-morning, skies cleared up and the scenery was beautiful. Riders rode up to 45 mph downhill (and 4.6 uphill).

Dee Nuckols, Jim Holgate, Jay Purdue, Bill Whitworth take a break on the Mount Vernon Ride in front of the Lincoln Memorial on April 9.

Jeanne, Becky, and Jay on the Mt. Vernon Ride.

One of the three SAG wagons on the Skyline Drive Ride, April 23.
**Heard & Seen Around the Club**

by Bud Vye

Mike & Kim Moore seem to be running their marathons just after *The Pedaler* deadlines. After having a goal of 3:15 while running his first ever marathon at the Shamrock in Virginia Beach on March 18th, Mike apparently went too fast early, paid for it in the latter stages of the run, and suffered home in a disappointing (to him) 3 hrs. 26 minutes. From where I sit, that’s a pretty good first effort that Mike should be OK with, and it sounds like he’ll start out at an easier pace the next time he runs one. This month its Kim that’s running (in the big one, up in Boston on Patriot’s Day, April 17th) and I’ll report on her in next month’s column.

One closing, and one opening, to report on among the local bike shops, as Karl Rhyner closes the Chesterfield branch of Cobblestone while Performance grand opens its store on West Broad St. on April 20th. Karl’s Ashland location continues to do quite well, but the Chesterfield store never seemed to catch on. Performance’s location has nice exposure along Broad St., but isn’t the easiest to get into so we’ll see how it does.

No sooner do I report that Bill Blon is working in the Collection Department at the Virginia Credit Union, than I learn that he’s left that job and is now on the staff at Conte’s. Seems he just didn’t have the heart to be hearing hard luck stories all day long after reminding borrowers that their payments were overdue.

On the medical front, we’ve got one coming out of the hospital (Bob Stiff, after undergoing surgery for an inguinal hernia at St. Mary’s) and one getting ready to go in (Rickey Davis, for vascular surgery on an enlarged artery in one of his legs), although he’s trying to postpone it as long as possible so he can finish his tax season work and miss as few of his heavy schedule of out of state rides as possible. Best wishes to Bob for a quick recovery, and to Rickey that his surgery goes smoothly!

Also best wishes to retiree’s rider Tim McDonald, who’s about to set out on the TransAmerica trail (Interstate Bike Rt. 76, in this area) from Yorktown to Astoria, Oregon. Looking forward to getting a full report upon completion of your adventure, Tim!

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**Advocacy Report** by Bud Vye, Advocacy Chair

I’ll slip a brief report on the April meeting in under this heading since the meeting topic was really an advocacy type item—Virginia Capital Trail Foundation Executive Director Doug Ellis made the trip up here from Williamsburg to Maria’s on April 12th to give us a progress report on the trail and on the fast approaching Capital to Capital ride which is coming up on May 13. The meeting turned out to be a cozy one, more like a staff meeting for the ride, since we had only nine in attendance, eight of whom were RABA Board members.

Doug gave us his PowerPoint presentation on the current status of the trail directly from his lap top computer in the main dining room, since the local motorcycle club had previously booked the meeting room. It worked well with the small assemblage and we learned that construction is well under way on the Green Springs Trail segment from Jamestown up to Rt. 5; that opposition to having the trail on their side of Rt. 5 by several of the major plantations has determined that the trail will be on the north side of the road for most of the way; that one land owner has granted an easement for the trail to run along a picturesque, old mill road on his property; that the developer of Rocketts Landing on the east side of Richmond has embraced the trail and wants it to run right through the heart of his major, mixed use project; and that plans are well underway for the trail to go on the Canal Walk in Richmond, where it will finish. Overall, the project appears to be a little more than half funded, and currently projected to be complete by 2010. Bookmark their website www.virginiacapitaltrail.org to follow the progress of the project.

Regarding the Cap2Cap Ride, Doug reported that registrations are already over the 100 mark (many of them on Active.com, continued on page 7

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**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: rabs@comcast.net. US mail: The Pedaler, c/o Bill Varjabedian, 3205 Ellwood Ave. # C, Richmond, VA 23227. Submission Deadline: Midnight the 15th of the Month.

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**Membership Information**

Annual RABA membership dues are: $20 per person (18 years or older) or $25 per family consisting of one or two adults and all dependents under 18. All memberships begin on January 1. If after July 1, memberships fees are prorated as follows: $10 per person (18 years or older) or $12.50 per family consisting of one or two adults and all dependents under 18. 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.
RABA Membership Dues Reminder

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

Central Virginia Bike Festival, May 21, 2006

For those who aren’t doing the Tour de Chesapeake, here’s an event in Forest, VA (Bedford County, just outside of Lynchburg) for the benefit of the Lance Armstrong Foundation. They have a 20 mile, 40 mile, and a Metric Century ride through the beautiful countryside on the east side of the Blue Ridge Parkway. The Metric looks to be a challenging one, with rolling hills, and a Category 1 climb to Thunder Ridge on the Blue Ridge Parkway. More details on their website www.cvbfestival.com or register online at www.active.com

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!”

May RABA Meeting Features

ABC Ride Meets UsedBicycleBuyer.com
Saturday, May 20
8 a.m. to 8:30 a.m. Start Laurel Park Shopping Center, corner of Woodman and Hungary Rds

This is unique meeting format for a unique business – RABA has been invited to meet Seth Schmidt and tour his business, UsedBicycleBuyer.com, in Ashland. So we are combining the tour with the ABC Ride so that cyclists may ride to Ashland using the normal route and, rather than stop at Ashland Coffee & Tea or Hardees, drop in to visit UsedBicycleBuyer. Seth has also graciously and generously agreed to provide light refreshments for all the cyclists who stop in! He will be hosting from 9 a.m. to 10:30 a.m.; if possible, please send a RSVP by Thursday, May 18, to Kim Moore at 358-0835 or juls2cycle@yahoo.com if you are interested visiting this business – this will help Seth prepare food and drinks accordingly. If there is inclement weather, the meeting has been tentatively rescheduled for Saturday, June 10.

UsedBicycleBuyer.com is located at 303 Ashcake Rd, Unit M, Ashland, VA, in the Hanover Business Center. Along the ABC route, before you arrive at Ashland, take a right turn onto Gwathmy Church Road, left turn onto Center Street Rd, railroad tracks will be on your right straight into Ashland. At the intersection of Center Street Rd and Ashcake Rd, turn right onto Ashcake, cross US Route 1 (there will be a Sheetz gas station at this intersection), and the business complex entrance will be approximately 200 yards on the right.

June Meeting – the return of the Pedal & Pizza series at Laurel Park Shopping Center, tentatively scheduled for Wednesday, June 14.
May 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 (non); 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: Ron Corio 804-643-6452 rcorio@verizon.net

If there is any question in your mind about whether a ride might be cancelled, call the ride leader. You may also call Rideline, 266-2453, and select option 3 to see if a cancellation notice has been posted.

In an effort to develop a RABA library of ride cue sheets, a periodic feature of this space will be tips for designing user-friendly cue sheets and encouraging ride leaders to submit them for posting to the RABA web site.

Cue Tip 1. The first tip is the size of the cues portion of the sheet. Riders who use a cue sheet holder clipped to their bike bar appreciate a cue sheet that can be folded into a quarter-page size. Send your suggestions for user-friendly cue sheets to rcorio@verizon.net.

Cue Tip 2. In a columnar cue sheet, provide these four elements: Mile (odometer reading), Cue, Road, and Leg (the distance traveled on that road). For example:

<table>
<thead>
<tr>
<th>Mile</th>
<th>Cue</th>
<th>Road</th>
<th>Leg</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.0</td>
<td></td>
<td>Start Hanover CH</td>
<td>0.1</td>
</tr>
<tr>
<td>0.1</td>
<td>R</td>
<td>Route 301</td>
<td>0.2</td>
</tr>
<tr>
<td>0.3</td>
<td>R</td>
<td>LR 1004 Fire Company</td>
<td>0.3</td>
</tr>
<tr>
<td>0.6</td>
<td>R</td>
<td>614 Norman’s Bridge</td>
<td>4.6</td>
</tr>
</tbody>
</table>

Combining the route number with the road name, e.g. 614 Norman’s Bridge, eliminates the need for another column on the cue sheet. Using “Road” as the column heading eliminates the need to repeat that word in the column. Making “Mile” the leftmost column helps readers to quickly compare their cyclocomputer odometer reading to the cue sheet odometer/location reading.

May 6 (Saturday) 7:30 a.m.
Prince George Century

[100 shorter options possible]–18 mph–S–F/G
Leader: Kathy Wood, 779-3802

Come join us for the annual rite of spring – an intermediate-to-fast, early season English century. The self-supported route, which starts at Prince George High School, is out and back and fairly flat, with several store stops. Start time is 7:30 a.m. and, as always, no sag support will be provided. Although most full century riders average around 18 mph, slower cyclists are welcome to ride on their own, preferably with a buddy. Participants may also elect to ride a shorter option, although this year there is no ride leader for a half-century distance. All riders are asked to be on time at the start and bring spares, water and money for lunch and snacks. If weather looks bad, please check ahead with the ride leader. Rain date will be Sunday, May 7.

From I-95 south: Take Exit 48A, Wagner Road east. Go Straight and cross Route 460. Continue down Courthouse Road (McDonalds on Right) to stop before ride start. Go 3.2 miles, turn right on Laurel Springs Road, drive 1.6 miles to Prince George High School, turn right into parking lot.

From I-295 South: Take Exit 38 to Route 460 west; go 0.4 miles and turn right on Courthouse Road. Go 3.2 miles, turn right on Laurel Springs Road, drive 1.6 miles to Prince George High School, turn right into parking lot.

May 7 (Sunday) 8:30, 9:00, 9:30 a.m.
Meet the Board Ride
[30+, 40+, 62-V-S-S/M]

62 mile: (8:30 a.m.)
Leaders: Kim & Mike Moore 358-0935, Bud Vye 262-9544, Ron Corio 643-6452
40-45 mile (9:00 a.m.)
Leaders: Brenda Hubbard 740-3678, Jack Huber 282-3872, Bill Varjadian 247-1654
30-35 mile (9:30 a.m.)
Leaders: Cindy Evans 789-0511, Gary Faison 794-6385, Debbie Gleason 755-3039, Doug Harrel, 368-0689

Join the RABA Board members for one of these three rides, all of which begin from Hanover Courthouse. Snacks and soft drinks will be provided at the end of the rides giving members and directors a chance to meet and chat. From Richmond, take Route 301 north. The Hanover Courthouse is located on the right, ten miles north of the intersection with I-295. Please RSVP to Kim Moore by Friday evening, May 5, 358-0935 or luvs2cycle@yahoo.com if you plan to eat afterwards. This will ensure that we have enough food and drinks for everyone. If weather looks iffy, please call one of the ride leaders to see if the ride is still happening.

May 14 (Sunday) 9:00 a.m.
Border Recon Patrol
[38/32/23 miles:12-S-S/M]
Leaders: Gloria Bazzoli and Frank Thomas 883-6611

Join us for a ride through the pretty country of northwestern Hanover County and across the border into Louisa County. Store stops are available on all rides. Meet in the parking lot of the Montpelier Arts Center. Park in the gravel and grass area in the rear.

From Richmond, take Route 33 (Staples Mill Road) west to Montpelier. The Center is located at the junction of Routes 33 and 715, 15 miles west of I-295 crosses Route 33.

May 19 (Friday)
Bike-to-Work Day

As part of its National Bike Month activities, the League of American Bicyclists is promoting Friday, May 19 as Bike-to-Work Day. To encourage bicycle commuting in Richmond, RABA will credit any member who rides to work on this day with RABA miles. Note that this applies to this day only.

If you ride a bicycle to work on this day, send the miles ridden and a description of your ride to Ron Corio at rcorio@verizon.net by May 31. Ride safely and wear a helmet.

May 20 (Saturday) 8:30 a.m.
Tour de Chesdin
[55-16 to 18 mph–S-S/M]
Leader: Kristin Andrà, 536-1805

Join Kristin for a ride around Lake Chesdin that will wind through Chesterfield, Amelia, and Dinwiddie Counties. It is important for riders to be self-sufficient as there is nothing between the start and the 25 mile mark then nothing else until five miles from the end.

Meet Kristin at 19300 Church Road, Petersburg (in Matsoaka). Park in the field across the street from the house. For more detailed directions, phone Kristin.
May 20 (Saturday) 9:00 a.m.
Waverly Ride
Claremont on the James
[49-15-S-F/S]
Leader: Jack Huber 282-3872
Meet at the Tavern in Waverly for a ride north on the
back roads of Sussex and Surry Counties to Claremont,
the sleepy town on the James River that time has almost
forgotten. Jack will host the rest stop at his family’s
cottage overlooking the river. As usual, plan to have
lunch after the ride at the Tavern.

This ride marks the fifth year anniversary for Jack
to be leading the popular Waverly rides. A big thank
you to Jack from all RABA members who have enjoyed
these rides.

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

May 21 (Sunday) 9:00 a.m.
Hanover-Louisa Metric
and Forty-miler
[62/40-14-17 mph-S-S/M]
Ride Leader: Bill Whitworth, 285-9183
wwwhitworth@vccs.edu
Join Bill for a metric century that features two store
stops and a beautiful ride through some of the most
scenic country in the Richmond area. For those who
would prefer a shorter route there is also a forty miler
with one store stop. Meet him at the Rockville Little
League Fields, 1.2 miles west of Rockville.

From Richmond, travel west on I-64 to the Rockville/
Manakin exit, left on Route. 623, one-half mile to a
right on 622/Rockville Road. Then travel five miles to
Rockville, and then a left on 620. After a mile, 620
goes left, but you go straight on Route. 676 for another
two-tenths of a mile to the parking lot on your left.

May 28 (Sunday) 9:00 a.m.
Smithfield Ride
[50-14-S-S/M]
Leader: Jack Huber, 282-3872
Join Jack for the spring version of this popular club
ride. Meet him at the Jamestown Settlement Park
parking lot, where the group will ride the 9:30 a.m. ferry
across the James River to Scotland, then ride 25 miles
through Surry Courthouse and across the sparsely popu-
lated, rural terrain of Surry County to the pretty town of
Smithfield, where we will have lunch at the Smithfield
Station. The return trip to Scotland and the ferry will
follow a different route, passing Bacon’s Castle and
Chippokes plantation.

From Richmond, take I-64 east to the Lightfoot
exit.

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Chippokes plantation.

From Richmond, take I-64 east to the Lightfoot
exit.

Take Route 199 south about a mile to west on Route 60
a very short distance, then left on Route 614 for about
ten miles to Jamestown. From Richmond the trip is 62
miles and about one hour and ten minutes driving time.

May 29 (Monday) 9:00 a.m.
Amelia to Crewe
[40-14-S- F/M]
Martha and Barry Pullen, 561-3950
Join Martha and Barry for this Memorial Day ride from
Amelia to Crewe and back, through pretty country with
few hills and a mid-ride rest stop at the Crewe Station.

Meet in the parking lot of Amelia High School.

From Richmond, take Route 360 west past the
traffic light at Village Shopping Center and past several
yellow blinking lights then turn left on Business Route
360, Goode’s Bridge Road (landmark is the heavy truck
dealer on the right side of 360). Follow Business 360
and take a right onto Route 614, Otterburn Road. Go
past Amelia Middle School on the right. Amelia High
School is on the right at the end of Otterburn Road.

June 2-4 (Friday-Sunday)
Virginia Creeper Trail
36 miles each day-slow pace
Leaders: Dee & Suzanne Nuckols, 749-3400
nuckolss@aol.com
Trail is suitable for all levels of riders on hybrid or
mountain bikes. We’ve blocked hotel rooms again at
the Quality Inn and Suites in Abingdon (I-81 South
exit 19), which is about a 4 1/2 to 5 hour drive from
Richmond, for Friday and Saturday nights. The block
will be held until May 25. Call 877-676-9090 and men-
tion RABA to get the group rate of $72 + tax. Camping
is also available.

On Saturday at 9:00 a.m. we ride from the trail head
in Abingdon to Damascus (18 miles) where we’ll have
lunch at our favorite sandwich and ice cream shop
before the return trip. On Sunday we drive to Damascus
for a 9:00 a.m. start to the trail end at White Top
Mountain station (18 miles) with lunch along the return
trip. A shuttle service is available for those who wish to
ride downhill only. Bikes are also available for rent from
several shops in the area.

Along with the trail, there are many things to enjoy
in this part of the state. Abingdon is home to the
historic Barter Theatre, with performances Friday and
Saturday nights. For information on what’s playing call
276-628-3991. If you can get away early on Friday you
might enjoy riding part of the New River Trail with Dee.
Contact him for directions to the start point before
the trip. A shuttle service is available for those who wish to
visit the trail, then ride back to Damascus and then ride
back to Abingdon, where we’ll have dinner on Saturday
night. Please let Suzanne know

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nuckolss@aol.com
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276-628-3991. If you can get away early on Friday you
might enjoy riding part of the New River Trail with Dee.
Contact him for directions to the start point before
the trip. We are also making a reservation for a group
dinner on Saturday night. Please let Suzanne know
ahead of time if you would like to be included

May 13 (Saturday)
Capital to Capital Half & Full
Century
Dorey Park
Registration can be found at www.virginiacapitaltrail.
org, cost is $25 to ride. If you volunteer, you ride for
FREE. Contact Gary Faison 794-6365 or garyfaison@
comcast.net ASAP if you can help out in any way!

May 14 (Sunday) – 8:30 a.m.
Laurel Park
Options [50-18-S-S/S]
Leaders: Mike & Kim Moore
The Moores hope to be volunteering and riding the
Cap to Cap Century the day before, so they hope to
do a steady pace on the ABC long route. Coatesville
Store is still closed, so please bring extra water and
food. Meet at Laurel Park Shopping Center, corner of
Woodman & Hungry Rds, longstanding start of the
Saturday ABC Ride.
May Rides

**May 21 (Sunday) – 9 a.m.**

**Bouncing Dogs Ride**

[40ish-18-N-S/S]

**Leader:** Mark Francis 364-2775

Mark is a regular leader of this ride, especially since it is so close to his home. The far west end has plenty of hills to build strength during the early part of the season. Please bring extra food and water as stores may not be open along the route. To get to Rockville Library, the start of the ride, take I-64 West to Rockville-Manakin exit. Take right off exit ramp onto Ashland Road (Route 623). Continue on Ashland Road (Route 623) for about 4 miles to intersection of Pouncey Tract Road (Route 271). Turn left onto Pouncey Tract Road (Route 271). Continue about 5 miles to Library, which is on the right next to the post office. Parking is available at the Library.

**May 21 (Sunday) – 2:00 p.m.**

**Bouncing Dogs Ride**

[35x240]

**Leader:** Barry and Martha Pullen 561-3950

Meet at the Powhatan Courthouse, this ride is best-suited for intermediate to advanced riders, 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 to those wishing to ride at their own pace. The ride leaves from the Bethia Methodist Church at the corner of Winterpock and Beach.

**Monday 3:00 a.m.**

**Meet at the Bethia Methodist Church at the corner of Winterpock and Beach.**

**5:00 a.m.**

**Meet at the Bethia Methodist Church at the corner of Winterpock and Beach.**

**6:00 a.m.**

**Meet at the Bethia Methodist Church at the corner of Winterpock and Beach.**

**Tuesday 4:30 a.m.**

**Meet at the Bethia Methodist Church at the corner of Winterpock and Beach.**

**Wednesday 5:00 a.m.**

**Meet at the Bethia Methodist Church at the corner of Winterpock and Beach.**

**Thursday 6:00 a.m.**

**Meet at the Bethia Methodist Church at the corner of Winterpock and Beach.**

**Sunday 6:30 a.m.**

**Meet at the Bethia Methodist Church at the corner of Winterpock and Beach.**

**May 21 (Sunday) – 9 a.m.**

**Bouncing Dogs Ride**

[40ish-18-N-S/S]

**Leader:** Barry and Martha Pullen 561-3950

Meet at the Powhatan Courthouse on Route 13. Route changes every Sunday depending on weather and distance desired by the group. Maps will be available for those wishing to ride at their own pace. If the weather is doubtful, call the leaders to confirm if they will be riding.

**Sunday 2:00 p.m.**

**East End Excursion**

[30 to 45+-16 to 19+ mph-SS-S/S/M]

**Leaders:** Randy and Katy Rosemond, 966-5472, velosalsaman@aol.com

Randy and Katy Rosemond, 966-5472, velosalsaman@aol.com

Ron Corio, 643-6452, rcorio@verizon.net

This ride has routes and distances for intermediate and fast groups. Maps are available for riders who wish to ride a slower pace, preferably with a buddy. If weather looks unfavorable, please contact Randy or Ron by 11:00 a.m. on ride day to confirm status.

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

**Monday 9:00 a.m.**

**Meet at the Bethia Methodist Church at the corner of Winterpock and Beach.**

**Mondays with Mary**

[30 to 40-16 to 18 mph-S-S/M]

**Leaders:** Mary Falterman 741-2116 and Barry Pullen 561-3950

The ride starts at a different location each week, and the meeting place and time are decided on Sunday evening at about 8:00 p.m. depending on Mary, Barry, and Chris Walke’s schedules. For meeting point, time, and any other information, please contact one of the ride leaders on Sunday evening.

**Tuesday 5:40, 5:50, and 6:00 p.m.**

**Innsbruck Options**

[31 to 34-21 to 24 mph-N-S/S]

**Leaders:** Mike & Kim Moore 358-0935

This ride is best-suited for intermediate to advanced bicyclists, with good bike handling skills and fitness level. There are three start times to keep packs of riders smaller and more manageable—the earlier the start time, the faster the group. Therefore, the 6 p.m. group will be the most “social” with an average pace of 20-21 mph. Note: The area has exploded with new housing developments and therefore roads are busier and drivers’ temps are shorter. Obeying traffic laws and riding single file are a MUST! Directions to the start: get on I-295, take the Nuckols Road North exit, go approximately one mile, right turn onto Concourse Blvd, park at the rear right parking lot.

**Tuesday 6:00 p.m.**

**Hanover Courthouse Ride**

[28/22-17 to 20 mph-N-M]

**Leaders:** Kathy Wood 779-3802, Dee Nuckols 749-3400

As in previous years, this ride is intended for riders of all speeds, but will be run as a group ride (or several group rides, if different pace riders are present) so you don’t have to bring a rider of your speed with you or worry about being left behind. Maps are available, if you want to start before or after the group. It remains a beautiful ride with lots of farmland, little traffic, and a couple of hills that will get you up out of your seat. The courthouse complex is on the east side of Route 301, 10 miles north of where it crosses I-295.

**Wednesday 6:00 p.m.**

**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 are I-64 West to the Rockville/Manakin exit. Turn left and go to Broad St, turn right and head out to Shellow Well Rd about 6 miles past Centerville. Right on Shellow Well and about 1/3 mile to 2030 Shellow Well, on the left. Take the side drive and park in the backfield.

**Wednesday 6:00 p.m.**

**Varina Cruise**

[25/22-15 to 18 mph-N-F/G]

**Leaders:** Ted Zeh, 932-4070 or 337-6172(c)

**tzeh@cox.net**

Ran Corio, 643.6452, rcorio@verizon.net

Meet at the Varina Food Lion Shopping Center on Route 5 and Strath Road one mile west of Route 295 and Route 5 and two miles east of Route 895 and Laburnum. Park behind Portabella Restaurant. Cue sheets provided.

**Wednesday 6:15 p.m.**

**Chesterfield County Ride**

[22/25-17 to 20 mph-N-M]

**Leaders:** Al & Lois Farrell 744-9306 afarrell3@comcast.net

This ride incorporates some of the back roads from the Old Boss and 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 Bethia Methodist Church at the corner of Winterpock and Beach.

From Richmond, take Hull Street 2.2 miles west of 288. Turn left at the light just past Lowes onto Winterpock. The church is 2.8 miles on the right just before the stop sign at Beach. Be sure to allow time for traffic congestion on Hull Street on your way to the ride.

**Thursday 5:50 and 6:00 p.m.**

**Glen Allen Elementary School Options**

[22/26/36/38-16 to 23 mph-N-S/S]

**Leaders:** Mike & Kim Moore 358-0935 and Jack Huber 282-3872

There are two start times to keep packs of riders smaller and more manageable. The faster paced cyclists leave at 5:50 and will ride such favorites as the Three Sisters, 

**The Korean War Memorial, from the Mount Vernon Ride. Photo by Mike Testerman.**
Rocket's Mill and Horseshoe hills. Social paced riders will ride approximately 20 miles and will be led by Jack Huber at 6 p.m. Obeying traffic laws and riding single file are stressed. Take Staples Mill Rd/Rt 33 West, right turn onto Mountain Rd, left turn onto Mill Rd, right turn into Glen Allen Elementary School parking lot.

Thursday 6:30 p.m.
East End Ride
[28/22/15-V-S-M]
Leader: Eleanor & Wayne Shipley, 737-7176
Cell 350-2529
Meet at the Black Creek Baptist Church on Route 628/McClellan Road; use the parking area beside the brick church on the south side. The short option is for new riders and stays together so no one is left behind, while experienced and faster riders may take off on the longer options. Many riders will arrive by 5:45 to 6:00 pm in order to complete the longest ride before dark. After the ride join the group for dinner at Stuart’s Restaurant in Highland Springs.

From Richmond, take I-64 east to Exit 197B 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 8:00-8:30 a.m.
The Ashland Breakfast Club (ABC)
Thanks to April ride leaders Doug Harrel, Kathy Wood, Debbie Gleason, Mark Bierly, and Jack Huber.

May leaders:
06 Gene Golden 266-3635
13 Ed Blank 749-8404
20 Chip Ford 528-0828
27 Brenda Hubbard 740-3678

Saturday 11:30-12:00 noon
The Ashland Lunch Club (ALC)
This ride has ended for this season and will begin again in the fall.
Thanks to April ride leaders Dea Nuckols, Bill Whitworth, Dick Pitini, Jinx Lucas and Paul Wolaskay, and Ron Cono.

RABA members stayed over night at Big Meadows Lodge Saturday April 22 on the Skyline Drive Ride. Photo by Jim Holgate.

Advocacy Report
continued from page 2
where the ride is listed), and RABA chair for the ride Gary Faison reported that he has placed ride brochures in all of the local bike shops, and that he is still looking for a few more volunteers to help with the Dorey Park end of the ride, which is our club’s responsibility. All in all, an excellent, though lightly attended, meeting.

Elsewhere on the Advocacy front, all of us who know him (he’s a strong and veteran cyclist, who I believe was a RABA member at one time) were pleased to learn that Jakob Helmoldt has been appointed as VDOT’s first Safe Routes to School Program coordinator, and that he started on April 10th. Jake has previously been on the staff of GRTC, and most recently the State Dept. of Conservation and Recreation. A number of us have been anxiously awaiting the kickoff of this program, which is funded out of the 18.4 cents per gallon federal gas tax we all pay when we fill up our vehicles. The program, which is aimed at encouraging more of our youngsters to walk or ride their bikes to school, rather than being chauffeured there, was included in the recent re-authorization of SAFETEA-LU, which establishes the ground rules for the distribution of the gas tax funds to the states for the next four years.

More good news from up in King George county (up Rt. 301 about 70 miles, on the south side of the Potomac) where it has been learned that David Brickley has acquired the rights to the 16 miles of the former Dahlgren Railroad and has revived the project of turning it into a trail for hikers and bikers. This rail line was installed in a hurry during the early days of World War II to connect the RF&P line at Fredericksburg with the Navy’s Dahlgren Weapons Center over on the Potomac, and went right through a number of properties, including one church where it went between the sanctuary and the graveyard.

Several efforts have been made over the years to turn this right of way over to the state Dept. of Conservation & Recreation but have always been rebuffed by “Not in my back yard” opposition by the adjacent landowners which has caused the King George Board of Supervisors to also oppose it, so that the state then backs off. Brickley, who was a state legislator from Woodbridge for 22 years, followed by serving a term as the Director of the State Dept. of Conservation and Recreation from ’98 to ’02, is an attorney, and an avid hiker who is our state representative on the East Coast Greenway Foundation, as well as being on the Board of BikeWalk Virginia.

He’s trying a different approach this time, having set up a non-profit entity called the Dahlgren Railroad Heritage Assn. which has acquired the rail bed and hopes to get it cleared enough that it can be hiked and biked (with an off road bike) on by this summer. One of my fellow Board members on the Virginia Bicycle Federation has the right of way going through his property and is organizing work parties to clear portions of it. Let me know if you interested in making a trip up there to do some trail clearing and riding on it. Its pretty country, about 90 minutes away, and maybe this attempt will result in making this trail a reality.
Membership Information—Annual RABA membership dues are: $20, individual, $25 family. Subscription to The Pedaler is included. Submit membership applications or renewals to: RABA Treasurer, PO Box 6565, Ashland, VA 23005. Go to www.raba.org and click on Membership tab to download a membership form.

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

Submissions for The Pedaler—The Pedaler welcomes submissions in any form; email preferred. All submissions will be confirmed. All become property of The Pedaler. E-mail: idzn@comcast.net. US mail: The Pedaler, c/o Bill Vaccarustian, 305 Ellwood Ave, Apt E, 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. Ten 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 a.m.ount of text per item. Send check or money order payable to: RABA Treasurer, PO Box 6565, Ashland, VA 23005

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)561-3950 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, $80. 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 FSA-aluminum bars and stem. $350.00
Mark Francis (804) 852-4619 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 Shimano laxis compatible. Zipp carbon cranks sell for over $750.00. Will sell for $250.00. Mark Francis (804) 852-4619 or markd.francis@sanofi-aventis.com (3/06)

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