Bikes for Kids Update

By Dee Nuckols

Through the generous donations of our club members, and some from corporate sponsorship, our order has been placed for new bicycles and helmets that will be given to needy children this holiday season. We have scheduled the ever popular bike assembly party for Sat, Nov 12 at 8:00 a.m. This event will be held at a new location this year that will afford us more indoor space for assembling the bikes. Watch for the notice with directions in November’s The Pedaler. At this time we wish to gratefully acknowledge those members whose donations we have received: Robert Bailie, Paul Silverstein, Frank Bradley, Becky Tobey, Cathy Davenport, Emily Kimball, Dave Talley, Jeff Wilkins, Criss and Gary Farson, John and Joyce Knox, Brenda Hubbard, Timothy Thornton, Ricky Thornton, Sheryl Finucane, Eleanor and Wayne Shipley, Thomas Jennings, Ron Corio, Debbie Gleason, Anne Pryor, Archie Marks, Ike Koziol, Jinx Lucas and Paul Walaskay, Peter and Mary Lynn White, Bob Carlson, Kathy Wood, Bob Merrill and Kimberly Scarborugh, Frank Martin, Art Casavant, Dee and Suzanne Nuckols, Norman Melcher, Cam Hogann, Kevin Blount, Luck Stone Corp, James River Equipment Corp, Bud and Dot Vye, Cathy and Jesse Archer, Jack Huber, your Ukrops Golden Gift receipts, and RABA.

Peddle the Parkway

A Triple Blast

by Mark Hoerath

Jupiter did align with Mars, along with the Moon and Sun and most of the galaxy to create a better than perfect bike trip along the Blue Ridge Parkway (BRP). The core group of Martha and Barry Pullen and Mark Hoerath enjoyed a seven day, 392 mile, 35,356 feet of climb bike ride! And what a ride it was.

The first part of the trifecta was incredible scenery along America’s favorite road, the BRP. The BRP winds from a 649 ft. James River low through mountain meadows and past hundreds of endless vistas, to a North Carolina high of 6,047 ft. Each of us saw bears, along with turkey, fox and deer. Photos are posted on RABA.org.

The second part was the road itself. No more than an 8% grade with a great surface and predictable curves. True there were two to three hour grinds uphill, “bless you triple”, but the 20-mile long descents balanced our bike life. The fastest speed was 43 mph. And we had very low car traffic due to our early morning timing and high gas prices.

There were hours during which only two or three cars went by. Started in 1935 and completed in 1985, the BRP is a great road going through wonderful places.

The third part of the trifecta was the weather. We enjoyed morning lows in the mid-40’s to highs in the mid 80’s, very low humidity, lots of sun and a tailwind for the entire week! You could see to the earth’s horizon due to extremely clear conditions. We even had a night time sighting of the Milky Way.

The fourth part of the trifecta... uh, who’s counting? was the friendly atmosphere and companionship. Plus, we had a great and devoted SAG driver, thanks to Karen Hoerath. We all had fun, rode bikes, ate, shopped, saw the sights and simply enjoyed. One of the highlights was the 5-mile ride to the highest point east of the Mississippi; 6,684 ft. Been there and got the coffee cup!


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For a change the weather stayed nice for us, enabling us to have a highly successful series of Heart of Virginia rides on September 17 and 18. The venue at the Patrick Henry Family YMCA proved to be a big improvement over previous starting points, with ample parking enabling us to handle the 340 registrants with ease and the availability of showers after the rides providing a big improvement for those who took advantage of the offer. The power being off in the area on Saturday morning meant that no barbecue could be cooked, so the Hanover Mental Health Association volunteers went to Plan B for the Old Church lunch stop and offered sandwiches with a variety of cold cuts instead. Other than that minor problem, and some recent VDOT chip sealing of a couple of the segments of the western Century loop (which made several of the downhills a little dicey), the rides went smoothly on both days. Ling Whitworth was involved in the only significant spill of the two days, as the group she was riding with got squeezed by a pick up pulling a trailer, when the driver encountered an on-coming vehicle while passing the group and came over close to the cyclists. Although not contacted by the trailer, Ling lost control and fell. Although unconscious for a time, and taken to MCV for testing and observation overnight, at latest report she seems to be free of serious injury and back at work.

In a new twist for the HoVA, the Virginia Bicycling Federation (VBF, the statewide cycling advocacy body of which I am currently Vice President) held its annual meeting at the YMCA on Saturday after the rides, so that several of its Board members took part in the rides. Newly appointed VDOT Bicycle and Pedestrian Coordinator David Patton was with us at the meeting and gave us an update on the state of bike/ped affairs at the department. All of us in attendance were impressed with David and look forward to working with him in the future. At the election of Board members, I was pleased to nominate and see unanimously elected RABA president Brenda Hubbard, who joins me as the second RABA member on the nine person VBF Board. After our meeting, more than 20 of us went up to dinner at Randolph-Macon’s Estes Dining Hall, as the work is gradually getting out on what a great deal it is to have an all you can eat meal, with many choices, for $4.25.

A good time was being had by all until we got word from long time member, and former member on the nine person VBF Board. After our meeting, more than 20 of us went up to dinner at Randolph-Macon’s Estes Dining Hall, as the word is gradually getting out on what a great deal it is to have an all you can eat meal, with many choices, for $4.25.

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RABA’s October meeting

How to Build a Carbon Fiber Bike

Will be held Wednesday, October 5 • 6:00 p.m. for pizza and soda dinner, cost is $3 • 6:45 p.m. for guest speaker Evan Claytor at 3Sports, 445 North Ridge Rd, Tuckahoe Shopping Center 288-4000

Evan Claytor decided to build a bike, but not just any bike. He wanted to work with carbon fiber, the space age material that is very light and very strong. So with research and lots of questions, Evan has a design and is happy to show it to us. Learn about what it takes to build a bike from scratch! Also, Ben and Jennifer Johnson from 3Sports will bring us up-to-date on what’s going on at 3Sports and tell us about what they have seen and heard at Interbike, the bicycle’s industry annual convention at Las Vegas. Don’t miss it!

If you would like to participate in the pizza and soda dinner, please RSVP to Kim Moore at 358-0935 or luvs2cycle@yahoo.com by Tuesday, October 4. Cost is $3. Your RSVP will ensure that there is plenty of food and drinks for those that attend. Bring a chair just in case there is a seating shortage!

Next meeting: Wednesday, November 9, meet the new Bicycling Coordinator for Virginia. Details to follow in the November newsletter.

Bring a Buddy Social IV

The Richmond Road Runners Club (RRRC) and the Richmond Triathlon Club (RTC) have asked for another social with RABA. Our fellow sports enthusiasts have enjoyed the past socials and meeting others from the various clubs. So come out and join us for a fun evening of food and libation on Wednesday, October 26, 2005, from 6:00 p.m.–9:00 p.m. at Richbrau Brewing Company, downtown Richmond. Address is 1214 E. Cary St, 644-3018, second floor bar area. There is on-street parking only. You may bring your spouse, significant other or a buddy to learn about the sports that we do. There will be a cash bar, while light hors d’oeuvres and pool will be provided free of charge. Let’s show RRRC and RTC that bicyclists know how to socialize by having good attendance at the event!

2006 Board of Directors Search

As another cycling year winds down, another process takes place as new board members and volunteers are sought for 2006. All positions are open, with filling the president and century chair being top priorities. These positions on the board are a great way to learn new skills, make new friends and serve the bicycling community in exciting and positive ways. If you or someone you know has the time, sense of humor, patience and enthusiasm to fill any position, please contact Kim Moore at 358-0935 luvs2cycle@yahoo.com and Brenda Hubbard at 740-3678 brenda_hubbard@yahoo.com. Nominees will be presented to the members who attend the December club meeting.

RABA Mileage for Heart of Virginia Riders

Thanks to Ron Corio for reminding us that RABA members who participated in the Heart of Virginia should be able to count the HoVA miles toward your cumulative RABA miles for the year.

If you rode in the Heart of Virginia event on September 17/18 and are interested in getting credit for the miles you rode, please contact me via email (preferably) or via phone and provide your name, the day(s) you rode, and the number of miles you rode each day. Contact me at Brenda_hubbard@yahoo.com or (804) 740-3678.

Lost & Found

On Thursday, September 15, at the Glen Allen Elementary School ride, a front wheel was found in the school parking lot. If you or someone you know has lost a wheel, please contact Kim Moore 358-0935 or luvs2cycle@yahoo.com to claim it. Some identifying details, like manufacturer or model, will have to be given to make sure you are the owner.

RABA Email Distribution List

As the road riding season slows down with the approach of fall and winter, don’t get left out in the cold from club and general bicycling news, alerts, reminders and up-to-the-minute changes in rides and info! Send your email address to Kim Moore at luvs2cycle@yahoo.com to have yourself added to the RABA email distribution list. While email addresses are solicited at the time of joining the club and at renewal, addresses are not added to the list without your permission. Sending your address to Kim is the only way to get added to the list. And once added, you may drop yourself from the list at any time. Email addresses are kept private and not released to the public or third-party vendors. Keep yourself in the know and send your email address to Kim!

Off-Road Ride Volunteers Needed

The Shenandoah Fall Foliage Bicycle weekend will be held on Saturday, October 15 and Sunday, October 16. Off-road ride leaders are needed for the Big Levels Ride at Sherando Lake on Saturday and for the Lake Todd Loop on Sunday. The Big Levels ride is rated for intermediate to advanced level cyclists due to the very long, sometimes steep, rocky climb and steep and technical descent. The Lake Todd Loop is rated for beginners to intermediate and features water crossings to fairly easy descents. If you are interested in helping the organizers lead riders on either or both days, in return for your volunteering, you will receive free registration, camping, lunch on the rides, the apple dumpling dessert on Saturday afternoon and admission to the Saturday night dance. Contact Kim Moore at 358-0935 or luvs2cycle@yahoo.com by Monday, October 10 if you would like to volunteer. Go to www.shenandoahbike.org for more general details about the weekend’s events and rides.

Off-Road Questionnaire

1. Are you interested in participating in off-road rides?
2. When would you like to start riding off-road?
3. Are you interested in leading an off-road ride?

Send responses to Jim Temple at Jimmat2@excite.com
October 2, Sunday 9:00 a.m.
Innsbrook to Beaverdam Short Metric
[58/42-13-S-M/S]
Leaders: Carl and Barbara Armstrong, (804) 934-9784 or carlarmstrong@sprintmail.com
After negotiating some back roads through the Innsbrook Corporate Center, this ride takes us over the rolling hills of western Hanover County through Coatesville to the Town of Beaverdam, where we will stop at the convenience store on Rt 715. We will loop back south through Montpelier. The starting point will be from the lot for the Shops at Innsbrook (park in the lot just east of the Exxon station). Shorter options available.
To get to the starting point from Richmond, take Broad Street west about a quarter-mile past the entrance to Innsbrook and turn right onto Dominion Boulevard, then take another immediate right into the shopping area. If using Interstate 64, go west to the Short Pump (Rt 250 East) exit. After exiting onto Broad Street/250 East, quickly merge left across all lanes to turn left at the next intersection (Dominion Boulevard). Once on Dominion, turn right into the shopping area parking.

October 8, Saturday 9:00 a.m.
RATS/RABA ride in Goochland
[40/25-25 - 17 - S/M]
Leaders: Paul Walaskay and Jinx Lucas, 358-1155
This is a Richmond Area Tandem Society sponsored ride for all RABA riders and RATS riders. We will tour the pretty countryside of eastern Goochland county. Meet at the Tuckahoe Village Shopping Center (Patterson and Lauderdale). Cue sheets will be provided. We can have lunch together at one of the several restaurants in the shopping center after the ride.

October 9, Sunday 9:30 a.m.
Dinwiddie Down Under
[45-13-S-S/M]
Leader: Al Calambro, 282-0637
It doesn’t seem that long ago, but the records indicate that we haven’t done this ride in a couple of years, so its more than time to offer it again. Meet Al at the Johnson Rd. parking lot of Richard Bland College (just south of Petersburg, and just to the west of I-95) Take I-95 to exit 48B, Wagner Rd. West; to Crater Rd. & turn Right; to Frank Rd. & turn Left; to Johnson Rd. & turn Left, where the parking lot will be on the Right.
This is beautiful, historic countryside that we don’t often ride in, with very little traffic, over to Dinwiddie Courthouse and back. There will be a stop for lunch at the Home Place in Dinwiddie, so no need to bring food. Don’t be put off by the location, it’s only about 35-40 minutes from the north side of Richmond.

October 16, Saturday 9:00 a.m.
Jamestown Ferry to Lunch at Smithfield Station
[50-14-S-S/M]
Leader: Jack Huber, 282-3872
This is one of the club’s most popular rides, so come and ride the fall version by meeting Jack at the Jamestown Settlement Park parking lot, where the group will ride the 9:30 ferry across the James to Scotland, then ride 25 miles through Surry Courthouse and across the sparsely populated, rural terrain of Surry county to the pretty little town of Smithfield, wherein we will have a very pleasant lunch at Smithfield Station. We’ll then return by a different route (passing Bacon’s Castle and Chippokes Plantation) to Scotland for the ferry ride back.

October 23, Sunday 10:00 a.m.
Washington’s Rock Creek Park & Capitol Crescent Trail
[34-13-S-S/M]
Leader: Bud Vye, 262-9544
Meeting at the parking lot of the Teddy Roosevelt Memorial, we’ll take a quick ride over to catch a glimpse of the WW II Memorial, then up Rock Creek Park to the National Zoo, then on up Beach Rd. to the top of Rock Creek Park where we will pick up the Capitol Crescent Trail in Silver Spring, ride it to lunch in Bethesda, continuing to a brief stretch along the Potomac and C & O Towpath into Georgetown, and then back to the start with a stop at the very moving “Faces of the Fallen” exhibit at Arlington National Cemetery. As with the Mt. Vernon ride, hybrids and mountain bikes, as well as road bikes, are OK on this one, but I don’t think I’d bring a tandem.

Since the start of this ride is about 20 minutes further than Mt. Vernon, allow 2 hours driving time from the north side of Richmond. Anyone who has additional car and rack space, or who is interested in riding with someone else, please check in with the ride leader. Take I-95 north all the way to Springfield, and then straight ahead on I-395 about 8 miles. After you pass the Glebe...
October 23, Sunday – 10:00 a.m.
Gum Springs to Columbia
[52-18-S-S/S]
Leaders: Mike & Kim Moore 358-0935
This is annual favorite of the ride leaders as the route goes through pretty horse country, has rolling hills, crosses the James River and shows off the fall colors. They plan on having a rest stop in Columbia, but bring extra food and water in case the country store is not open. Take some extra time to get to the start: take I-64 West to the Gum Springs exit, take a left turn at the end of the ramp. Go approximately 1/3 miles to the Park & Ride area, on the right side of the road (a graveled area). Please park in this lot. This parking area is also very close to the stoplight intersection that crosses Rt. 250.

WEEKLY RIDES

Sunday 9:00 a.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 40-18/12-S-S/M]
Leaders: Mary Falterman 741-2116
Burt Pullen 561-3950
They meet at a different part of town each week, and the meeting
time 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 9:30 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 (286-2453). All riders invited.

Wednesday 5:30 P.M.
Varina Cruise
[25/16 -V-N- S/M]
Leaders: Ted Zeh 522-4070(b), 337-6172(c), zeh@cox.net
Ron Corio 643-6432, rcorio@vcu.org
Meet at the Varina Food Lion Shopping Center on Route 5 and Strath Rd., one mile west of I-295 and Rt. 5, and two miles east of I-895 and Laburnum. Cue sheets provided.

Saturday 8:00–8:30 a.m.
The Ashland Breakfast Club
Thanks to September ride leaders Gene Golden, Dave Talley, Bud ‘Vee’ and Mark Forte.

October Ride Leaders Are:

Oct. 1 Sandy Norman 740-7300
Oct. 8 Mark Bierly 282-8936
Oct. 15 Debbie Gleason 755-3039
Oct. 22 Jack Kauffman 231-3767
Oct. 29 Becky Tobey 674-9802

IMPROMPTU RIDES
Impromptu Rides: Due to the recent resignation of our RABA Impromptu Ride Coordinator, we regretably must suspend RABA Impromptu Rides until that position has been refilled. Though we heartily encourage everyone to take full advantage of any opportunity to ride their beloved bicycles, for the time being, only the rides listed in the ‘Pedaler’ and on the RABA website will be considered official RABA rides. Club member benefits, such as insurance and mileage statistics, will sadly not be available for any rides that are not specifically RABA rides, effective midnight July 20, 2005. If you are interested in filling this position, please contact RABA President, Brenda Hubbard, or any member of the RABA board of directors as soon as possible. Thank you in advance for your understanding and cooperation.

OFF-ROAD RIDES
Coordinator: Jim Temple
jimmat2@excite.com 266-8694
No off-road rides are scheduled.


Sunday’s HoVA rides also went well, as the Hanover Mental Health Volunteers did a nice job of serving lunch at the Coatesville Store rest stop, and those of us who did the Historic Ride enjoyed the presentations at Church Quarter, North Anna Battlefield, and Scotchtown. Kudos to Chairman George Talley and the long list of volunteers who helped him in staging the event! Having the event be successful at the Box Office, in addition to on the stage, is always satisfying to those who work so hard to put it on, so thanks both to those who worked on it, and those who rode in it.

A couple of final comments on the event: It was easy to notice when driving a SAG car, as I did on Saturday, that some riders ride as though they are on a closed course like the Tour de France — riding several wide and failing to get into single file when being overtaken from the rear. From this perspective, its easy to see how the motorists get irritated. I did not witness it, but it was reported to me that on Saturday we also had the second incident in the last few weeks of a state policeman stopping one of our riders who was riding in front of him, in Hanover county, and lecturing the rider for failing to get off the road and let the motorists pass. Unfortunately, in neither incident did the cyclist get the trooper’s name or badge number, but should anyone else run into this situation, please — in a courteous fashion, so as not to get ticketed — do so and relay it to me so I can contact his unit and clear up their misconception regarding the law.

There is no requirement to get off the road and let anyone pass — unless it is a police, fire, or emergency vehicle with lights flashing, which was not the case here in either incident — although I have occasionally done so as a courtesy when I’ve had a big truck, or a long line of vehicles, behind me on a narrow, curvy, country road.

If some one wants to look it up, the section of the code that applies here is 46.2-905, which is too lengthy to recite here in its entirety. In short, it says that a bicycle “shall ride as close as safely practicable to the right curb or edge of the roadway” with a number of exceptions, one of which is “surface hazards”. Later in the section is the amendment we got last year, which now reads “Persons riding bicycles shall not ride more than two abreast. Persons riding two abreast shall not impede the normal and reasonable movement of traffic, and shall move into a single file formation as quickly as is practicable when being overtaken from the rear by a faster moving vehicle.”

Secondly, it has finally dawned on me that — although we have arguably the nicest maps and cue sheets, thanks to Jerry Hefele’s work, of any of the rides I’ve ridden — riders hardly ever look at the map, and very few look at the cue sheet, during the course of the ride. In stead, more than 90% of the riders are following wherever the leader goes, or looking only for the arrows on the pavement, so that if they miss one, or see one from a previous ride, they are apt to be off and running in a wrong direction for miles before taking the trouble to check the cue sheet or map as a last resort. As a former field artillery forward observer and battery executive officer, I was taught to read a map instantly and accurately with serious consequences if I was wrong, but I have now finally come to the conclusion that I am the exception rather than the rule. I’m not sure what this revelation indicates regarding what we should do for our future rides, and would appreciate any input. For now, perhaps its just frustration over the fact that a lot of work went into doing the maps and cue sheets so that they came out in very accurate fashion, only to have a number of riders disregarding them and making wrong turns.

Beyond the HoVA, there’s some good news to report, as Nick Sippl’s wife Linda gave birth to our newest members on September 6th, and we welcome twins Jesse, 4 lbs-11oz and Grace, 4 lbs-8oz, reported by their proud pop to be, “tiny but very healthy”. Congratulations and best wishes to all involved!

And a second reminder that proud dad Cam Hoggan’s daughter Rebecca and her Hit & Run Bluegrass band will be at Ashland Coffee & Tea at 8:00 p.m. on Saturday, October 1. A number of us were there when the Boulder, Colorado based group was here last fall and they are very good, so get it on your calendar and let’s sell the place out. Also some news on other musicians in the club, as Paul Walaskay has joined the Doctors of Jazz, the top local dixieland group comprised mostly of professors from the U of R, all of whom have doctorates, as their keyboard/piano player. As they’ve done in the past, they’ve got a tour of Russia booked during the coming season. And baritone sax man Mike McPhillips, who has been playing in the show band on Carnival...
line cruises for the past several years—as well as with the Kings of Swing, when he’s been in town—is temporarily out of work as Carnival has rented all of their cruise ships to the government for the purpose of housing refugees from Hurricane Katrina.

Seems to be slow motion at DMV in getting the Share the Road license plates out. The sample apparently has been approved and now they’re getting the blanks made up. I think it’s a prison industries job, so we have to be patient, and keep on inhaling and exhaling. That’s it for now.

Flamingos Geraldine & Josephine AKA Madge & Rosemary bookend Stu Reid at Carter Park

Left to right: Brenda Hubbard, Bud Vye, Wayne Shipley, Cindy Evans and Elanore Shipley carry on at the Heart of Virginia registration table on Sunday.

Volunteers provide entertainment at the Hanover Court House rest stop. Left to right: Jerry Williams (HAM radio operator), Gina Compton, Larry Andrews, Jim Hall, Andrew Compton, Linda Evans and Diane Wade  

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.

www.accelerationrichmond.com
(804)545-3278

www.raba.org
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.

Diamondback Expert touring bike. 57cm steel frame, Shimano RSX 21 speed, triple crank, RX100 brake calipers, wide tires. Ready to go cross country? $375. Barry Pullen (804)561-3950 pullen_39@yahoo.com

Mongoose IBOC carbon fiber 59cm racing bike with Shimano 105 16 speed components. Very good condition. $475. Barry Pullen (804)561-3950 pullen_39@yahoo.com

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

Heart of Virginia

George Talley

I wish to express my gratitude to all of those who participated in the 2005 Heart of Virginia Century and Bike Festival. Especially to all of those fine folks who volunteered their time and efforts to make HoVA a successful event, it could not have been as successful as it was without each of you. Thank you All!!