What’s Inside?

There’s a lot of content in this month’s Pedaler. It didn’t leave all that much to overflow into The Pedaler Plus. Here’s what we have:

- List of RABA members participating in the Bike MS ride. It’ll also be in the May and June editions. Send me your name if you’re taking part!
- More pictures from the BMX club.
- RABA Member/Ride pictures. Zebra Right!
- The complete Road Ride Pace Key table for RABA’s new standardized ride paces.
- An enhanced Ride Calendar and Event Calendar showing what’s happening each day of the month, formatted so you can print it out, check-off, and keep track of your mileage.
- The Weekly Ride Descriptions.
- An 8 1/2”x11” calendar for April showing all the RABA scheduled rides and their starting times. Note the new weekly rides and some of the starting time changes.

Bike MS: Virginia Credit Union Ride Virginia 2008

This event is taking place on May 31 and June 1. See Bud Vye’s “Heard and Seen Around the Club” column in this month’s Pedaler for more information. Below are listed the RABA members of whom I am aware (as of March 24) that are participating in this ride. If you want to help, I’m sure any of them would appreciate your support. Go to this link.

- Sharon Becker
- Susan Douglas
- Stephanie Williams
- Richard Halle

I’m sure I’ve left people out. So, if you’re a RABA and are doing the ride, please send an email message to me at richhalle@verizon.net and I’ll include your name in the list, too. Both the May and June editions of the Pedaler Plus will be available before the ride.

Fred. Bike Friendly?

In last month’s Pedaler Plus you saw a picture of Dave Talley meeting Fred, the friendly bloodhound at Yowell and Blanton. Here Dave introduces him to Bud Vye. I believe Bud was in the process of conducting an interview to determine Fred’s worthiness to receive RABA’s coveted Bike Friendly award. There’s a place on Fred’s chain link fence where an all-weather version of the certificate would look good!

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<th>1,2,3</th>
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</thead>
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</tr>
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<td>Enhanced April, 2008 Ride and Event Calendar</td>
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<td>11</td>
</tr>
<tr>
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<td>Back Page</td>
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The Pedaler and Pedaler Plus are monthly publications of the Richmond Area Bicycling Association (RABA) for its members and the Richmond cycling community. Unless otherwise noted, opinions expressed in The Pedaler are those of the author, and not necessarily those of RABA or its members.
BMX– Bicycle Motocross

I hope you read the BMX article in this month’s Pedaler on page 8. Doug Potts sent along the following pictures, too.

To the right you see riders attacking the course. Below you see the group’s look to the future as they bring along their “Stars of Tomorrow.”

While Scouting Out the Capital to Capital Route on a Beautiful Friday Afternoon……

It won’t be long before this portion of the Capital to Capital Trail, approximately 4 miles west of Charles City Courthouse, stops looking like the picture on the left and more like the one on the right. The work is moving right along.

Jack Huber and Champe Burnley pose with Mayor Wilder’s stand-in at a display in the Charles City County Visitor’s Center.

It was Good Friday and the sign offered food for thought.
“Zebra Right” was probably not a call Bill Britton ever figured he would have to use on a RABA ride. However, it was necessary on March 16th’s Maiden’s Adventure ride. The ride started at Maiden’s Landing, went west through Powhatan and Cumberland counties, crossed the James River and returned via Goochland County. There was a fast group of 5 riders and a less fast one of 7.

The zebra was spotted in a pen up on a rise off the road as we pedaled along Rock Castle Road (SR600) in Goochland on our way back to the start point. Yes, it would have been nice so have photographic evidence, but someone with a camera (Guilty as charged-sorry about that...) didn’t have the presence of mind to use it.

We took a detour to Tamworth at the Cumberland/Powhatan County border and explored old Muddy Creek or Moon’s Mill, established in 1753.

Bill Ben and Steve “milled” about, looking around the building and its surroundings.

When asked about how much of Muddy Creek had to be blocked off in order to create a millpond, the exasperated engineer might just have said, “Dam it all!

Bill Britton, RABA “road kill-ologist” displays his magnificent plumage at the ride’s store stop as Jim Creegan looks on. Don’t know if a wild turkey voluntarily bought into “weight weenie-ness” and decided to travel a little lighter or what... I’d say something about it being a real feather in Bill’s cap, but it would raise issues about cap location.
The **Ride and Event Calendar** later in the *Pedaler Plus* contains an abbreviated version of the following table. It only includes the information in the first three columns.

The additional information shown in the rest of the table will help you choose the type of ride you would enjoy!

### Road Ride Pace Key

<table>
<thead>
<tr>
<th>Pace</th>
<th>Typical Average Riding Speed</th>
<th>Description</th>
<th>Group Dynamics</th>
<th>Rest Stops</th>
<th>Riders Must Have</th>
<th>Repairs</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>20+ mph</td>
<td>Very strenuous</td>
<td>Strict paceline riding with frequent rotations, minimal regrouping, leader rides anywhere within group, riders who fall off the paceline will be dropped</td>
<td>At leader’s discretion</td>
<td>Experienced paceline skills, basic bike repair skills</td>
<td>Riders fix their own bikes</td>
</tr>
<tr>
<td>A</td>
<td>18 up to 20 mph</td>
<td>Strenuous</td>
<td>Frequent paceline riding with frequent rotations, limited regrouping, leader rides anywhere within group, riders who fall off the paceline will be dropped</td>
<td>At leader’s discretion</td>
<td>Experienced paceline skills, basic bike repair skills</td>
<td>Riders fix their own bikes</td>
</tr>
<tr>
<td>B+</td>
<td>16 up to 18 mph</td>
<td>Fast social with emphasis on riding</td>
<td>Frequent paceline riding, occasional regrouping, leader rides anywhere within group, riders who fall off the paceline and slower riders may be dropped</td>
<td>About every 20-30 miles</td>
<td>Experienced group riding skills, paceline skills, basic bike repair skills</td>
<td>Riders fix their own bikes, leaders may assist</td>
</tr>
<tr>
<td>B</td>
<td>14 up to 16 mph</td>
<td>Moderate social with emphasis on riding</td>
<td>Limited paceline riding, occasional regrouping, leader rides anywhere within group, riders who fall off the paceline and slower riders may be dropped</td>
<td>About every 15-20 miles</td>
<td>Experienced group riding skills, basic understanding of paceline skills, basic bike repair skills</td>
<td>Riders fix their own bikes, leaders may assist</td>
</tr>
<tr>
<td>C</td>
<td>12 up to 14 mph</td>
<td>Brisk social</td>
<td>Riders usually stay together as a group, frequent regrouping, leader rides anywhere within group, slower riders rarely dropped</td>
<td>About every 10 miles and at major intersections</td>
<td>Knowledge of group riding skills and road hand signals</td>
<td>Leader assists or finds assistance</td>
</tr>
<tr>
<td>D</td>
<td>8 up to 12 mph</td>
<td>Relaxed social with emphasis on safety; perfect for new riders; no steep hills</td>
<td>Riders always stay together as a group, leader rides at the rear of the group, no rider will be dropped</td>
<td>About every 5 miles and at most intersections</td>
<td>Basic understanding of bike operation including shifting and braking</td>
<td>Leader assists or finds assistance</td>
</tr>
</tbody>
</table>

- All riders are welcome to attend any ride although any rider riding slower than the lower range of the advertised average riding speed could be dropped. Consider attending a slower paced ride if you are uncertain of your ability and want to ride with the leader.
- The speeds listed are average speeds over ride distance.
- All riders must have a helmet and water. It is recommended each rider also have a spare tube and pump.
Social Monthly Ride Captain: Hugh Aaron, 690-9720, hugh@theaarons.com
Weekly Ride Captain: Brenda Hubbard, 740-3678, brenda_hubbard@yahoo.com
Fast Ride Captain: Kim Moore, 358-0935, luvs2cycle@yahoo.com
Off-Road Ride Captain: Andrew Mann, 266-9048, rabamann@aol.com

New Riders: Please call the ride leader ahead of ride time to be sure that the ride will be at your pace and skill level.
Ride Leaders: Please submit ride sheets to statisticians Al and Lois Farrell, 4202 Hickory Nut Place, Midlothian, VA 23112 no later than 14 days after the ride to ensure that all riders get mileage credit.

Ride times listed are departure times.
**Check RABA or Ridefinder E-mail distribution lists for latest updates**

### April, 2008 Ride and Event Calendar

#### March 31-April 2 Weekly Rides

- **Monday, 9:00 AM**
  - Mondays with Mary
  - Pace: A+, Time: 5:30 PM, Distance: 25 Miles
  - Terrain: Many/Steep
  - Leader: Mark Pye, 804-393-0382 or mpye@cycorsports.org
  
- **Tuesday, 2:00 PM**
  - Tuesdays at Rockville
  - Pace: A, Time: 5:40 PM/5:50 PM, Distance: 22 Miles
  - Terrain: Some/Steep

- **Tuesday, 6:00 PM**
  - Hanover Courthouse Ride
  - Pace: B, Time: 5:30 PM, Distance: 17 Miles
  - Terrain: Some/Mild

- **Wednesday, 9:30 AM**
  - Retiree’s Midweek Ride and Lunch
  - Pace: C, Time: 5:00 PM/5:10 PM, Distance: 12 Miles
  - Terrain: Few/Gentle

See the Weekly Ride Descriptions section following the Ride and Event Calendar for more information about these repeating weekly rides.

#### April 2 (Wednesday), 5:30 PM

**Training Ride with the Rostello presented by Fiorucci Team**

- **Pace**: A+ 5:30 PM
- **Time**: 25 Miles
- **Terrain**: Many/Steep
- **Store Stops**: None
- **Leader**: Mark Pye, 804-393-0382 or mpye@cycorsports.org

**Description**: You should have no trouble keeping your heart rate up on this one. We will be riding the short hills along the river for 20-25 miles.

**Directions**: Meet in the side parking lot at Robious Middle School, 2701 Robious Crossing Drive, Midlothian, VA 23113.

#### April 2-April 4 Weekly Rides

- **Wednesday, 6:15 PM**
  - Chesterfield County Ride
  - Time: 5:30 PM, Distance: 25 Miles

- **Wednesday, 7:00 PM**
  - Ashland Dinner Club
  - Time: 5:30 PM, Distance: 25 Miles

- **Thursday, 1:00 PM**
  - Leader’s Choice Lunch Ride
  - Time: 5:30 PM, Distance: 25 Miles

- **Thursday, 5:45 PM/5:50 PM/6:00 PM**
  - Glen Allen Elementary School Options
  - Time: 5:30 PM, Distance: 25 Miles

- **Friday, 10:00 AM**
  - Fridays at Hylas
  - Time: 5:30 PM, Distance: 25 Miles

- **Friday, 2:00 PM**
  - Pedal Power Ride
  - Time: 5:30 PM, Distance: 25 Miles

See the Weekly Ride Descriptions section following the Ride and Event Calendar for more information about these repeating weekly rides.

(Continued on page 6)

Distance this Page:_______ Miles
April, 2008 Ride and Event Calendar

(Continued from page 5)

April 5 (Saturday), 8:30 AM

**Group Rides for New Riders**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>8:30 AM</td>
<td>30</td>
<td>3</td>
<td>One</td>
<td>Susan Curtis, 973-886-0029, <a href="mailto:susan.curtis@att.net">susan.curtis@att.net</a></td>
</tr>
<tr>
<td>D</td>
<td>8:30 AM</td>
<td>20</td>
<td>4</td>
<td>One</td>
<td>Champe Burnley, 358-5801, <a href="mailto:champe_burnley@hotmail.com">champe_burnley@hotmail.com</a></td>
</tr>
</tbody>
</table>

**Description:** Please join Champe and Susan to assist with the Group Ride for New Riders. This ride is aimed at attracting new cyclists to RABA and getting riders into the sport. We expect to have all levels of cyclists participate, including those who are new to the cycling and experienced riders new to the Richmond area. The ride will depart from Laurel Park and follow the normal ABC route with a stop-over at Ashland Coffee and Tea. For stronger riders, there will be a 30 mile extension. Three to six volunteers are needed to assist with this ride (help pumping tires, manning sign-up sheets, leading different pace groups, etc.). If you would like to volunteer, please arrive at 8:00. Contact Champe for details.

**Directions:** The ride leaves from the Laurel Park Shopping Center (9500 Woodman Rd, Richmond, VA 23228) at Hungary and Woodman Roads.

April 6 (Sunday), see start times below

**Manakin Ten Mile Time Trial**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>2:00 PM</td>
<td>10</td>
<td>3</td>
<td>None</td>
<td>Dave Bloor, 285-6177, <a href="mailto:dandmbloor@comcast.net">dandmbloor@comcast.net</a></td>
</tr>
<tr>
<td>B</td>
<td>3:00 PM</td>
<td>TBD</td>
<td>3</td>
<td>None</td>
<td>Dave Bloor, 285-6177, <a href="mailto:dandmbloor@comcast.net">dandmbloor@comcast.net</a></td>
</tr>
</tbody>
</table>

**Description:** The course runs 5 miles south on Manakin Road to the junction with Snead Road (route 668) and then returns to the starting line. Manakin Road is newly paved and rolls a little bit. Signups will be accepted up until 2 PM. We will probably have 1 minute intervals between riders. There will be a cool down ride of 10 to 30 miles at 3 PM.

**Directions:** Parking and signup at Towne and Country Professional Building at 1900 Manakin Road, Manakin Sabot, VA 23103, 0.1 mile south of the intersection of Broad Street (route 250) and Manakin Road (route 621). The starting line (and finish line) is another 0.1 miles south on Manakin at the intersection with Forest Meadows Lane (route 1019).

April 6 (Sunday), 9:00 AM

**Pamunkey River Ride– Long Loop**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>9:00 AM</td>
<td>45</td>
<td>4</td>
<td>One</td>
<td>Susan Curtis, 973-886-0029, <a href="mailto:susan.curtis@att.net">susan.curtis@att.net</a></td>
</tr>
</tbody>
</table>

**Description:** A scenic country ride through northern Hanover and King William County. There is one store stop at the 20 mile point. Cue sheets and maps will also be available for a 30 mile route for those who wish to ride a shorter distance at their own pace.

**Directions:** Meet at the faculty parking lot of Rural Point Elementary School, 7161 Studley Road, Mechanicsville, VA 23116. From Richmond take 301 north past 295. About 3 miles north of 295, turn right onto Shady Grove. Turn left at the first light onto Studley Road. The school is on the right before the intersection of Rural Point Road.

April 6 (Sunday), 9:00 AM

**Cap 2 Cap Preview**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>9:00 AM</td>
<td>50</td>
<td>3</td>
<td>Some</td>
<td>Mike &amp; Kim Moore 358-0935</td>
</tr>
</tbody>
</table>

**Description:** Since Kim is the RABA coordinator for the Capital to Capital Century this year, she thought it would be fun to preview the half-century route. All paces are invited as there will be cue sheets available. The start will be at Dorey Park, parking will be at the back shelters.

**Directions:** To get to the park, take I-64 East to the Laburnum Ave exit. Take a right at the stoplight onto Laburnum Ave. Continue on Laburnum Ave, crossing Williamsburg Rd, then Charles City Rd, and then pass Nabisco manufacturing plant. Continue on to Darbytown Rd. Take a left onto Darbytown Rd and stay on it for approximately 1.5 miles. Dorey Park will be on your right.

April 6 (Sunday), 9:30 AM

**Mount Vernon Trail**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>D</td>
<td>9:30 AM</td>
<td>38</td>
<td>3</td>
<td>Several</td>
<td>Bud Vye, 262-9544, <a href="mailto:bdvye@comcast.net">bdvye@comcast.net</a></td>
</tr>
</tbody>
</table>

**Description:** Here's our annual quest to catch the cherry blossoms in full bloom. We'll stop at the Gourmet Deli in Alexandria to get

(Continued on page 7)
sandwiches and drinks to take with us, so no need to bring your lunch from home, but better have a pannier or back pack to carry it in. As usual, we'll have lunch in front of the Lincoln Memorial, and will stop at the Vietnam Wall, the Einstein statue, the Korean War, World War II, FDR, George Mason, and Jefferson Memorials, plus whatever special event may be taking place that day. We'll also check out the location of the Martin Luther King Memorial, and see what progress has been made there. Bring your camera! Road bikes, hybrids, and mountain bikes are all OK on this one, but I wouldn't try it with a tandem. If you are interested in carpooling, call Bud prior to the ride, since he may be able to take you in his car, or hook you up with someone else.

Directions: Meet at the Mount Vernon parking lot: 3200 Mount Vernon Memorial Highway, Mount Vernon, VA 22121 (approx. 1 hr. 40 min. driving time from the north side of Richmond). North on I-95 to Ft. Belvoir/Mt. Vernon exit, (do not get on the HOV lanes, since they have no exit for Ft. Belvoir/Mt. Vernon). North on Route 1 thru Ft. Belvoir to a right on Mt. Vernon Parkway.

April 6-April 9 Weekly Rides

☐ Sunday, 1:00 PM Powhatan Courthouse Miles
☐ Sunday, 2:00 PM East End-Dorey Park Ride Miles
☐ Monday, 9:00 AM Mondays with Mary Miles
☐ Tuesday, 2:00 PM Tuesdays at Rockville Miles
☐ Tuesday, 5:40 PM/5:50 PM Rockville/Inez Options Miles
☐ Tuesday, 6:00 PM Hanover Courthouse Ride Miles
☐ Wednesday, 9:30 AM Retiree's Midweek Ride and Lunch Miles
☐ Wednesday, 6:00 PM Chesterfield County Ride Miles
☐ Wednesday, 7:00 PM Ashland Dinner Club Miles

See the Weekly Ride Descriptions section following the Ride and Event Calendar for more for information about these repeating weekly rides.

April 9 (Wednesday), 7:00 PM RABA Meeting

Meet at the VHDA Cafeteria at 601 S. Belvedere St. for the Second Annual RABA Year in Pictures Show. See pages 1 of The Pedaler for additional information.

April 10-April 11 Weekly Rides

☐ Thursday, 1:00 PM Leader’s Choice Lunch Ride Miles
☐ Thursday, 5:45 PM/5:50 PM/6:00 PM Glen Allen Elementary School Options Miles
☐ Friday, 10:00 AM Fridays at Hylas Miles
☐ Friday, 2:00 PM Pedal Power Ride Miles

See the Weekly Ride Descriptions section following the Ride and Event Calendar for more for information about these repeating weekly rides.

☐ April 12 (Saturday), 8:00-8:30 AM The Ashland Breakfast Club (ABC)

Pace Time Miles Terrain Store Stops Leader
Varies 8:00-20-50+5 Some Brenda Hubbard, 740-3678, Brenda_hubbard@yahoo.com
8:30AM

Description: This is RABA’s basic Saturday ride. The route goes from Laurel Park Shopping Center at the intersection of Hungary and Woodman Roads to Ashland but offers a wide variety of options to suit riders of all interests and skill levels. See the Weekly Ride Descriptions section following the Ride and Event Calendar for more for information about this repeating weekly ride.

☐ April 12 (Saturday), 9:00 AM Waverly Ride to Claremont on the James

Pace Time Miles Terrain Store Stops Leader
B 9:00 AM 49 4 One Jack & Thomas Huber, 804-282-3872, jhuber1111@yahoo.com

Note: The Waverly ride is returning to an earlier start time of 9:00 AM for the warmer months.

Description: Join the Huber brothers for a ride north on the back roads of Sussex and Surry Counties to Claremont, a sleepy town on the James River that time has almost forgotten. Jack and Thomas will host a rest stop at their family cottage overlooking the river. All riders are invited to eat lunch together after the ride at Giuseppe's on Main Street in Waverly.

Directions: Meet at the (now closed) Coppahunk Tavern parking lot (101 South County Drive, Waverly, VA 23890). From Richmond, take I-95 or I-295 south to Route 460 east (toward Norfolk). The parking lot is behind the former Coppahunk Tavern at the intersection
April 13 (Sunday), see start times below

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>9:30 AM</td>
<td>62</td>
<td>2</td>
<td>One</td>
<td>Mike Moore, 804-358-0935, <a href="mailto:mike_moore@yahoo.com">mike_moore@yahoo.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>9:15 AM</td>
<td>62</td>
<td>2</td>
<td>One</td>
<td>Jeanne Minnix 804-405-6433, <a href="mailto:jminnix@comcast.net">jminnix@comcast.net</a></td>
</tr>
<tr>
<td>B</td>
<td>9:00 AM</td>
<td>62</td>
<td>2</td>
<td>One</td>
<td>Jack Huber, 804-282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
<tr>
<td>C</td>
<td>9:00 AM</td>
<td>42</td>
<td>3</td>
<td>Two</td>
<td>Susan Curtis, 973-886-0029, <a href="mailto:susan.curtis@att.net">susan.curtis@att.net</a></td>
</tr>
</tbody>
</table>

Description: We rode this last spring for the first time. It’s an excellent ride to see more of the western reaches of the area with a few hills to get you up out of your seat. Bring extra fluids as temps may be warm by this time of the month. Please plan for longer than usual drive times to get to the start.

Directions: Meet at the Columbia Corner Market, 1 St James Street, Columbia, VA 23038, which is 36 miles westward on Patterson Avenue/Route 6, past the Parham Road/Patterson Avenue intersection.

April 13-April 18 Weekly Rides

- **Sunday, 1:00 PM** Powhatan Courthouse
- **Sunday, 2:00 PM** East End-Dorey Park Ride
- **Monday, 9:00 AM** Mondays with Mary
- **Tuesday, 2:00 PM** Tuesdays at Rockville
- **Tuesday, 5:40 PM/5:50 PM** Rockville/Inez Options
- **Tuesday, 6:00 PM** Hanover Courthouse Ride
- **Wednesday, 9:30 AM** Retiree’s Midweek Ride and Lunch
- **Wednesday, 6:00 PM** Chesterfield County Ride
- **Wednesday, 7:00 PM** Ashland Dinner Club
- **Thursday, 1:00 PM** Leader’s Choice Lunch Ride
- **Thursday, 5:45 PM/5:50 PM/ 6:00 PM** Glen Allen Elementary School Options
- **Thursday, 6:00 PM** East End Ride
- **Friday, 10:00 AM** Fridays at Hylas
- **Friday, 2:00 PM** Pedal Power Ride

See the Weekly Ride Descriptions section following the Ride and Event Calendar for more for information about these repeating weekly rides.

April 19 (Saturday), 8:00-8:30 AM

The Ashland Breakfast Club (ABC)

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>8:00-20:50+</td>
<td>5</td>
<td>Some</td>
<td>Charlie Thomas, 747-6633, <a href="mailto:c.thomas53@verizon.net">c.thomas53@verizon.net</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>8:30AM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Description: This is RABA’s basic Saturday ride. The route goes from Laurel Park Shopping Center at the intersection of Hungary and Woodman Roads to Ashland but offers a wide variety of options to suit riders of all interests and skill levels. See the Weekly Ride Descriptions section following the Ride and Event Calendar for more for information about this repeating weekly ride.

April 19 (Saturday), 9:00 AM

Adopt-A-Highway Trash Pick Up and Ride to Earth Day

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>9:00 AM</td>
<td>20</td>
<td>3</td>
<td>Several</td>
<td>Bud Vye, 262-9544, <a href="mailto:bdvye@comcast.net">bdvye@comcast.net</a></td>
</tr>
</tbody>
</table>

Description: The last pick up was done in November, and this will be the first of 2008, so all hands are needed. In response to several who complained that they would help, but our starting times were way too early, we will be starting at the more civilized hour of 9, and expect to see those late sleepers in attendance. Since this date is EARTH DAY, after the job is completed, we will return to Laurel Park Shopping Center and then ride down to the Earth Day festivities in Old Manchester (near Plant Zero on the south side of the Mayo or 14th St. Bridge), where the club will treat all of the pickers to lunch. As always, bring your gloves and wear long trousers over your riding costume.

(Continued on page 9)
April, 2008 Ride and Event Calendar

Directions: Meet at the south end of RABA's adopted segment, which is on Rt. 626 just across the RR tracks from the Elmont Market, at the intersection of Old Elmont Road, Ashland, VA 23005 on the ABC route.

[Table]

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>9:00 AM</td>
<td>52</td>
<td>2</td>
<td>One</td>
<td>Steve Herzog 360-3853</td>
</tr>
</tbody>
</table>

Description: Join Steve for a steady pace to Beaverdam and back. Even though it might still be a little cool for ice cream, Richmond’s fickle weather system might bring warmer than expected weather into the area. Bring some money to buy food or drinks at the Amoco store in Beaverdam.

Directions: The start/finish will be at Deep Run High School, in the far West End. To get to the start: take I-64 West to I-295; take the Nuckols Road North Exit. Go approx 3/4 mile, left turn onto Twin Hickory Rd (traffic light/intersection). Go approx 3/4 mile, high school will be on your right.

[Table]

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>10:00 AM</td>
<td>36</td>
<td>3</td>
<td>Several</td>
<td>Bill and Susan Church, 264-8293</td>
</tr>
</tbody>
</table>

Description: Come join Bill and Susan for a pleasant ride from Montpelier Arts Center. There are plenty of store stops along the way. Please call the ride leaders if the weather is iffy. They won't ride if temperatures are forecast to be below 40 degrees or if it is raining.

Directions: The Arts Center is in Montpelier (17205 Mountain Road, Montpelier, VA 23192) at the intersection of routes 33 and 715, 15 miles west of where route 33 crosses I-295 (park in rear).

[Table]

<table>
<thead>
<tr>
<th>Pace</th>
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<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
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<tbody>
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<td></td>
</tr>
</tbody>
</table>

April 20-April 25 Weekly Rides

[Table]

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Route</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday, 1:00 PM</td>
<td></td>
<td>Powhatan Courthouse</td>
</tr>
<tr>
<td>Sunday, 2:00 PM</td>
<td></td>
<td>East End-Dorey Park Ride</td>
</tr>
<tr>
<td>Monday, 9:00 AM</td>
<td></td>
<td>Mondays with Mary</td>
</tr>
<tr>
<td>Tuesday, 2:00 PM</td>
<td></td>
<td>Tuesdays at Rockville</td>
</tr>
<tr>
<td>Tuesday, 5:40 PM</td>
<td></td>
<td>Rockville/Inez Options</td>
</tr>
<tr>
<td>Tuesday, 6:00 PM</td>
<td></td>
<td>Hanover Courthouse Ride</td>
</tr>
<tr>
<td>Wednesday, 9:30 AM</td>
<td></td>
<td>Retiree's Midweek Ride and Lunch</td>
</tr>
<tr>
<td>Wednesday, 6:00 PM</td>
<td></td>
<td>Chesterfield County Ride</td>
</tr>
<tr>
<td>Wednesday, 7:00 PM</td>
<td></td>
<td>Ashland Dinner Club</td>
</tr>
<tr>
<td>Thursday, 1:00 PM</td>
<td></td>
<td>Leader's Choice Lunch Ride</td>
</tr>
<tr>
<td>Thursday, 5:45 PM</td>
<td></td>
<td>Glen Allen Elementary School Options</td>
</tr>
<tr>
<td>Thursday, 6:00 PM</td>
<td></td>
<td>East End Ride</td>
</tr>
<tr>
<td>Friday, 10:00 AM</td>
<td></td>
<td>Fridays at Hylas</td>
</tr>
<tr>
<td>Friday, 2:00 PM</td>
<td></td>
<td>Pedal Power Ride</td>
</tr>
</tbody>
</table>

See the Weekly Ride Descriptions section following the Ride and Event Calendar for more information about these repeating weekly rides.

[Table]

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>8:00-</td>
<td>20-50+</td>
<td>5</td>
<td>Some</td>
<td>Gary Faison, 794-6365, <a href="mailto:garyfaison@comcast.net">garyfaison@comcast.net</a></td>
</tr>
<tr>
<td></td>
<td>8:30AM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Description: This is RABA’s basic Saturday ride. The route goes from Laurel Park Shopping Center at the intersection of Hungary and Woodman Roads to Ashland but offers a wide variety of options to suit riders of all interests and skill levels. See the Weekly Ride Descriptions section following the Ride and Event Calendar for more information about this repeating weekly ride.

[Table]

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>8:30 AM</td>
<td>66</td>
<td>2</td>
<td>Some</td>
<td>Mike &amp; Kim Moore 358-0935</td>
</tr>
</tbody>
</table>

Description: The Moores are ramping up the mileage for the possibility of riding in the Mts of Misery Century at the end of May. To properly prepare for the big climbs and long distance of that event, the rolling terrain of the Lake Anna route will certainly be good train-

(Continued on page 10)
ing for this time of the year. Bring plenty of food and fluid as stores stops may be further apart than usual.

**Directions:** The start/finish will be at Patrick Henry High School. To get to the start, take I-95 North to Exit 92B (Ashland). Go through the town, remain on Rt 54 West. The high school will be on the left, directly off of Rt 54, approx 4 miles from the Ashland town limit.

**April 27 (Sunday), 9:30 AM**

**Beulahville or Bust**

**Pace** | **Time** | **Miles** | **Terrain** | **Store Stops** | **Leader**
--- | --- | --- | --- | --- | ---
B | 9:30 AM | 49 | 2 | Two | Carl Armstrong, 747-1847, cb_armstrong@verizon.net
C | 9:30 AM | 32 | 2 | One | Henry Smith, 804-382-9217, hmsmith@comcast.net
D | 9:30 AM | 22 | 3 | One | Susan Curtis, 973-886-0029, susan.curtis@att.net

**Description:** This ride starts from the Hanover County Courthouse with three different distance and pace options through the pretty, rural countryside of King William County. Brand new to cycling? Never ridden with a group before? Come join some fellow D pace cyclists and have some fun! Except for the 49 mile option (that has an additional store stop), there is only one store on the route 9 miles into the ride, so riders should bring a snack and water bottles.

**Directions:** Meet at the Hanover County Courthouse, 7497 County Complex Rd, Hanover, VA 23069, which is on Route 301, approximately 10.5 miles north of the 301/295 intersection.

**April 27-April 30 Weekly Rides**

- **Sunday, 1:00 PM** Powhatan Courthouse
- **Sunday, 2:00 PM** East End-Dorey Park Ride
- **Monday, 9:00 AM** Mondays with Mary
- **Tuesday, 2:00 PM** Tuesdays at Rockville
- **Tuesday, 6:00 PM** Hanover Courthouse Ride
- **Tuesday, 5:40 PM/5:50 PM** Rockville/Inez Options
- **Wednesday, 9:30 AM** Retiree’s Midweek Ride and Lunch
- **Wednesday, 6:00 PM** Chesterfield County Ride
- **Wednesday, 7:00 PM** Ashland Dinner Club

See the **Weekly Ride Descriptions** section following the **Ride and Event Calendar** for more for information about these repeating weekly rides.
**Fast Ride Captain:** Kim Moore, 358-0935, luvs2cycle@yahoo.com  
**Weekly Ride Captain:** Brenda Hubbard, 740-3678, Brenda_hubbard@yahoo.com

**NEW RIDERS:** Please call the ride leader ahead of ride time to be sure that the ride will be at your pace and skill level.  
**RIDE LEADERS:** Please submit ride sheets to Statisticians Al and Lois Farrell, 4202 Hickory Nut Place, Midlothian, VA 23112 no later than 14 days after the ride to ensure that all riders get mileage credit.

---

**Sunday, 1:00 PM**  
**Powhatan Courthouse**  
**Pace** | **Time** | **Miles** | **Terrain** | **Store Stops** | **Leader**  
--- | --- | --- | --- | --- | ---  
B | 1:00 PM | 35 to 60 | 5 | Some | Barry and Martha Pullen, 561-3950  

**Description:** Meet at the Powhatan County Courthouse on Route 13. There are many nice rides from the Courthouse, mostly with good scenery and low traffic. The ride leaders will select a route that will vary between 35 and 60 miles. Usually there will be shorter options available, though they may not have any store stops along them. Maps and cue sheets will be available for those wishing to ride their own pace. If the weather is doubtful, call the ride leaders to confirm that they will be riding.

---

**Sunday, 2:00 PM**  
**East End-Dorey Park Ride**  
**Pace** | **Time** | **Miles** | **Terrain** | **Store Stops** | **Leader**  
--- | --- | --- | --- | --- | ---  
A | 2:00 PM | 30-60 | 3 | Some | Randy and Katy Rosemond, 966-5472, velosalsaman@aol.com  
B+ | 2:00 PM | 30-60 | 3 | Some | Ron Corio, 643-6452, rcorio@vcu.edu  

**Description:** This ride has multiple routes and distances. Maps are available for riders who wish to ride at a B pace or less, preferably with a buddy. Distance varies weekly with rides becoming longer as the daylight hours increase. If the weather looks unfavorable or you have questions on the distance planned for a given week, please contact one of the ride leaders by 11:00 AM on ride day to confirm status.

---

**Monday, 9:00 AM**  
**Mondays with Mary**  
**Pace** | **Time** | **Miles** | **Terrain** | **Store Stops** | **Leader**  
--- | --- | --- | --- | --- | ---  
B+ | 9:00 AM | 30-40 | 3 | Some | Mary Falterman, 741-2116, Barry Pullen, 561-3950  

**Description:** The ride starts at a different location every week. The meeting place and start times are decided on Sunday evening at about 8:00 PM, depending on Mary, Barry, and Chris Walke’s schedules. Please contact one of the ride leaders on Sunday evening to get information about the upcoming ride.

---

**Tuesday, 2:00 PM**  
**Tuesdays at Rockville**  
**Pace** | **Time** | **Miles** | **Terrain** | **Store Stops** | **Leader**  
--- | --- | --- | --- | --- | ---  
B+ | 2:00 PM | 32-40 | 2 | 1 | Bill Whitworth 285-9193, wwhitworth@reynolds.edu  

**Description:** Come join us for a great ride through western Hanover and eastern Louisa. We leave from the Rockville Little League Fields. Cue sheets will be available. Distance of this ride varies weekly. Please contact Bill the day before the ride if you’re interested in knowing the distance of the upcoming ride.

---

**Tuesday (Starting April 1), see start times below**  
**Rockville/Inez Options**  
**Pace** | **Time** | **Miles** | **Terrain** | **Store Stops** | **Leader**  
--- | --- | --- | --- | --- | ---  
A++ | 5:40 PM | 47 | 1 | None | Mike Moore 358-0935  
(23-24.5 mph moving avg.)  
A+ | 5:50 PM | 35 | 2 | None | Kim Moore 358-0935  

**Description:** Riders should have a strong fitness level, paceline riding skills and good bicycle handling before attempting this ride at these fast paces. However, other paces are welcome to ride on their own as maps will be provided. Because this area of town is choked with houses and traffic, obeying traffic laws and riding single file are a must!

---

**Tuesday, 6:00 PM**  
**Hanover Courthouse Ride**  
**Pace** | **Time** | **Miles** | **Terrain** | **Store Stops** | **Leader**  
--- | --- | --- | --- | --- | ---  
A | 6:00 PM | 28 | 3 | None | Dee Nuckols, 749-3400  
B+ | 6:00 PM | 28 | 3 | None | Kathy Wood, 779-3802  

**Description:** Another club favorite, this route travels through portions of Hanover and King William counties. With the exception of a 2.6 mile leg on Route 30, this route is quite rural with relatively light traffic. Much of the route is surprisingly flat; however the route

(Continued on page 12)
climbs both the front and back sides of Bleak Hill. Both climbs are fairly short; however, by Richmond standards they are relatively steep. Cue sheets and maps provided for 22 and 28 mile options.

Note to C Riders: Dee Nuckols will be leading a C pace ride on the second Tuesday of every month.

Directions: Meet at the Hanover Courthouse on the east side of Route 301, 10 miles north of where it crosses I-295

### Wednesday, 9:30 AM  
Retiree’s Midweek Ride and Lunch

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>9:30 AM</td>
<td>25 to 40</td>
<td>Varies</td>
<td>Varies</td>
<td>Barry Pullen, 561-3950</td>
</tr>
<tr>
<td>C</td>
<td>9:30 AM</td>
<td>25 to 40</td>
<td>Varies</td>
<td>Varies</td>
<td>Bud Vye, 262-9544</td>
</tr>
</tbody>
</table>

Description: This ride meets at a different location each week for a ride of 25 to 40 miles, followed by lunch. All riders are invited. Each week’s location will be announced to the RABA and Ridefinder E-mail lists. If you are not on either, please call Bud Vye, 262-9544 or Barry Pullen, 561-3950.

### Wednesday, 6:00 PM  
Chesterfield County Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>6:00 PM</td>
<td>25</td>
<td>Varies</td>
<td>None</td>
<td>Al &amp; Lois Farrell, 744-9306, <a href="mailto:afarrell3@verizon.net">afarrell3@verizon.net</a></td>
</tr>
</tbody>
</table>

Description: Join Lois and Al for this ride on some smooth back roads in western Chesterfield County. We’ve revised the route this year to incorporate some of the less traveled roads in this area. We are hoping to build a core group of B/B+ riders for this ride. One or both of us will be leading a B group pace. There is generally a group of faster (A/A+) riders to join if you are so inclined. Maps will be available to those wishing to ride at their own pace. Shorter options can be easily accommodated.

Directions: The ride leaves from the Bethia Methodist Church at the corner of Winterpock and Beach. 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.

### Wednesday, 7:00 PM  
Ashland Dinner Club

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>7:00 PM</td>
<td>20</td>
<td>5</td>
<td>None</td>
<td>Champe Burnley, 358-6697, <a href="mailto:champe_burnley@hotmail.com">champe_burnley@hotmail.com</a></td>
</tr>
</tbody>
</table>

Description and Directions: This evening ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. We will ride to Ashland and stop for dinner at a selected restaurant. Afterwards, the group retraces the route back to Laurel Park for a total of 20 miles. The pace is generally relaxed so any type of bike is appropriate.

Remember to bring:

- at least one headlight which provides enough light to illuminate the road in front of you.
- at least one bright-red blinkie for the rear of your bike.
- spare batteries for all lights.
- lots of reflective clothing, vests, legbands, and/or armbands.

CHECK ALL LIGHTS AND BATTERIES BEFORE YOU GET TO LAUREL PARK.

### Thursday, 1:00 PM  
Leader’s Choice Lunch Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>1:00 PM</td>
<td>28-38</td>
<td>3</td>
<td>Varies</td>
<td>Hugh Aaron, 690-9720, <a href="mailto:hugh@theaaron.com">hugh@theaaron.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>1:00 PM</td>
<td>28-38</td>
<td>3</td>
<td>Varies</td>
<td>Bill Whitworth 285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a></td>
</tr>
</tbody>
</table>

Description: The starting point and route for this ride will vary from week to week. However, most weeks, the route will cover some part of central or eastern Hanover County (which offers a lot of beautiful countryside). Bill or Hugh will announce the starting point and route each week on the Ridefinder email list (if you are not receiving the Ridefinder emails, send an email to “ridefinder-subscribe@yahoogroups.com” to subscribe). If you have a favorite route in the area, or an idea for a new route you would like to explore, please contact Bill or Hugh. Cue sheets will be available for all routes.

Please note that during the Spring and Summer months, Bill will be the primary leader for this ride and Hugh is the backup ride leader. While Bill plans to lead a B+ pace group most every week, Hugh’s attendance will be more sporadic. Those riders desiring to ride an A pace may want to call or email Hugh and make sure that he is attending. On the other hand, if you are happy to ride with the B+ pace group, all you need to do is show up. In the event that Bill or Hugh cancels this ride due to weather or otherwise, one of them will send out a cancellation notice on Ridefinder. Also, if anyone is interested in leading a B or C pace group for this ride, please contact Bill or Hugh.

### Thursday (Starting April 3), see start times below  
Glen Allen Elementary School Options

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>A++</td>
<td>5:45 PM</td>
<td>38</td>
<td>1</td>
<td>None</td>
<td>Mike Moore 358-0935</td>
</tr>
<tr>
<td>A</td>
<td>5:50 PM</td>
<td>36</td>
<td>1</td>
<td>None</td>
<td>Kim Moore 358-0935</td>
</tr>
</tbody>
</table>
**April, 2008 Weekly Rides**

<table>
<thead>
<tr>
<th>Time</th>
<th>Pace</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00 PM</td>
<td>A</td>
<td>28</td>
<td>2</td>
<td>None</td>
<td>David Murray, 240-0891 and Jeff Nicklas, 833-5382</td>
</tr>
<tr>
<td>6:00 PM</td>
<td>B</td>
<td>23</td>
<td>4</td>
<td>Some</td>
<td>Wayne Shipley, 737-7176, cell 350-2529</td>
</tr>
<tr>
<td>6:00 PM</td>
<td>D</td>
<td>15</td>
<td>4</td>
<td>Some</td>
<td>Eleanor Shipley, 737-7176</td>
</tr>
</tbody>
</table>

**Description:** The longer routes will include such favorite hills as Animal Shelter, the Three Sisters, Rocket’s Mill and Horseshoe. Riders of the A pace may have a less hilly route – all paces are welcome as cue sheets are available. Obeying traffic laws and riding single file are a must.

**Directions:** To get to the start, take Staples Mill Rd/Rt 33 West. Turn right onto Mountain Rd, then turn left onto Mill Rd (fire station at this corner). The school will be on the right.

**Thursday (Starting April 17), 6:00 PM**

<table>
<thead>
<tr>
<th>Time</th>
<th>Pace</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00 PM</td>
<td>B</td>
<td>23</td>
<td>4</td>
<td>Some</td>
<td>Wayne Shipley, 737-7176, cell 350-2529</td>
</tr>
<tr>
<td>6:00 PM</td>
<td>D</td>
<td>15</td>
<td>4</td>
<td>Some</td>
<td>Eleanor Shipley, 737-7176</td>
</tr>
</tbody>
</table>

**Description:** Meet at the Black Creek Baptist Church on Route 628/McClellan Road. The short ride 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 pm in order to complete the longest ride (28 miles) before dark. After the ride join the group for dinner at Nine Mile Grill formerly Stuart’s Restaurant in Highland Springs. We need to be at the restaurant by 8:00 pm.

**Directions:** 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. Use the parking area beside the brick church on the north side.

**Friday, 10:00 AM**

<table>
<thead>
<tr>
<th>Time</th>
<th>Pace</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 AM</td>
<td>B+</td>
<td>35-40</td>
<td>3</td>
<td>Some</td>
<td>Dave Bloor, 285-6177</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>B</td>
<td>35-40</td>
<td>3</td>
<td>Some</td>
<td>Jim Denoon, 355-0121</td>
</tr>
</tbody>
</table>

**Description and Directions:** The ride will start and end at the Berea Baptist Church at the intersection of 623 (Ashland Road) and 271 (Pouncey Tract Road). To get there, take I-64 West to Exit 173 (Rockville/Manakin), go right (north) on 623 and travel 2.5 miles to the Berea Baptist Church on your right just before the intersection with 271. The ride will vary each week. Maps and cue sheets will be available for those wishing to ride at their own pace.

**Friday, 2:00 PM**

<table>
<thead>
<tr>
<th>Time</th>
<th>Pace</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:00 PM</td>
<td>A</td>
<td>30</td>
<td>3</td>
<td>None</td>
<td>Hugh Aaron, 690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
</tbody>
</table>

**Description:** This is a new Friday afternoon ride starting from Pedal Power Bicycles in Mechanicsville. Although the route starts in the bustling metropolis of Mechanicsville, it becomes rural quite quickly. With a 30 mile route, riders should be back at Pedal Power before the Friday afternoon traffic rush. The route travels through the Studley and Old Church areas of central and eastern Hanover County. Cue sheets and maps will be available. Although a store stop is not currently planned, there are some store options. There are also many variations of the route for those who wish to ride a longer or shorter distance. Slower and faster paced riders are encouraged to come out and ride at their own pace (hopefully with other liked paced riders). If anyone is interested in leading a different pace group for this ride, please let Hugh know.

**Directions:** Meet at Pedal Power Bicycles near Lee Davis High School in Mechanicsville. The street address is 7034 Lee Park Road. From the intersection of I-295 and Route 360 (Mechanicsville Turnpike), proceed east (towards Tappahannock) on Mechanicsville Turnpike for 1.2 miles. Turn left at Lee Davis High School onto Lee Davis Road. Proceed .3 miles and turn right onto Lee Park Road. Pedal Power will be on your left.

**Saturday, 8:00-8:30 AM (NOTE THE NEW START TIME!)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Pace</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
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</thead>
<tbody>
<tr>
<td>8:00-8:30 AM</td>
<td>Varies</td>
<td>20-50+</td>
<td>5</td>
<td>Some</td>
<td>See Ride and Events Calendar section</td>
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**Description and Directions:** This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. The basic ride is ten almost flat miles to Ashland where riders stop at Hardees or Ashland Coffee & Tea for breakfast or hot or cold drinks before retracing the route back to Laurel Park. There are a number of variations to this ride with many riders choosing a 30 mile route to the Coffee Shop while others prefer the basic route where they then meet up with other riders interested in doing additional miles before returning to the starting point. Riders may join the ride leader’s group or form a group of their own based on preferred pace and distance. Unlike most RABA rides, this ride does not have a group start. Riders may sign the ride sheet and depart anytime between 8:00 and 8:30. If you are new to this ride, please introduce yourself to the ride leader and he or she will assist you in finding other club members who ride your pace.

Maps and cue sheets are available for those wishing to ride at their own pace. Riders arriving after the ride leader has left will find the sign-up sheet and route maps on the ride leader’s car.

**NOTE:** With the arrival of spring and Daily Savings Time, the Ashland Lunch Club ride has been discontinued until next winter.
# April, 2008

## RABA Ride Calendar

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
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<td>2:00 PM Tuesdays at Rockville 5:40 PM Rockville/Inez Options 5:50 PM Hanover Courthouse Ride</td>
<td>9:30 AM Retirees Mid-Week Ride and Lunch 5:30 PM Training Ride w/ Ros-Tello presented by Forucci Team 6:00 PM Chesterfield County Ride 7:00 PM Ashland Dinner Club</td>
<td>1:00 PM Leader's Choice Lunch Ride 5:45 PM/ 5:50 PM/ 6:00 PM</td>
<td>10:00 AM Fridays at Hylas 2:00 PM Pedal Power Ride</td>
<td>8:30 AM Group Rides for New Riders</td>
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<td>9:00 AM Pamunkey River Ride 9:00 AM Mondays with Mary 9:00 AM Retirees Mid-Week Ride and Lunch 6:00 PM Chesterfield County Ride 7:00 PM Ashland Dinner Club</td>
<td>9:00 AM/ Columbia to Scottsville 1:00 PM Powhatan Courthouse 2:00 PM East End-Dorey Park 3:00 PM Time Trial</td>
<td>2:00 PM Tuesdays at Rockville 5:40 PM Rockville/Inez Options 5:50 PM Hanover Courthouse Ride</td>
<td>9:30 AM Retirees Mid-Week Ride and Lunch 6:00 PM Chesterfield County Ride 7:00 PM Ashland Dinner Club</td>
<td>1:00 PM Leader's Choice Lunch Ride 5:45 PM/ 5:50 PM/ 6:00 PM</td>
<td>10:00 AM Fridays at Hylas 2:00 PM Pedal Power Ride</td>
<td>8:00- 8:30 AM Ashland Breakfast Club (ABC) 9:00 AM Waverly to Claremont on the James</td>
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<td>9:00 AM/ 9:30 AM Mondays with Mary 9:00 AM Mondays with Mary</td>
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<td>10:00 AM Fridays at Hylas 2:00 PM Pedal Power Ride</td>
<td>8:00- 8:30 AM Ashland Breakfast Club (ABC) 9:00 AM Adopt a Highway Trash Pickup &amp; Ride to Earth Day</td>
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<td>9:00 AM Beavardam Visit 10:00 AM Ride in Montpelier 1:00 PM Powhatan Courthouse 2:00 PM East End-Dorey Park</td>
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**Note:** See [www.raba.org](http://www.raba.org) or the April editions of *The Pedaler* or *Pedaler Plus* for ride descriptions and starting locations. Rides in blue have multiple starting times.