Happy Holidays!

It’s the season for giving and being thankful for all we have. The Pedaler has details about RABA’s holiday events as well as the ride schedules.

This issue includes pictures of some recent RABA events, including the Adopt-A-Highway Trash Pickup, the Bikes for Kids Assembly Party, and the Cookie Lady Presentation and Ride. Thanks to Richard Borie, Allen Cooper, Andrew Mann, Tom Powell, Andrew Mann, and Bud Vye for sending them to me.

Also thanks to Carl Armstrong for that essay of Mark Twain’s, “Taming the Bicycle.”
Adopt-A-Highway
Trash Pickup

Here we see RABA’s own “chain gang” doing its community service. Thanks a lot!
You should have seen Andrew Mann teetering on the ladder trying to avoid the yellow jacket that wanted to “wasp-er” in his ear. Anyway, thanks to everyone who helped.

All done!

It was a gorgeous day and there was more room outside.
...more Bikes for Kids Assembly Party

Three heads are better than one...

▲

Spread 'em: Bill hard at work with that “precision” bike assembly tool— the car jack.

►

▲ Jinx working hard or hardly working!?!?...<g>

▲ Andrew encountered this reptile-de-jour while riding the trails. Kinda doubt he (Andrew, not the snake) was wearing his cycling turban...

Snake Charming—RABA Style
After the presentation was finished, a number of us “flatlanders” went for a short ride on the Blue Ridge Parkway. Yes, it was hilly, chilly and windy, but views from overlooks, like the one above on the right, made it all worthwhile!

After folks toured the nearby “Bike House” (below), containing decades worth of cycling memorabilia, they went to June Curry’s house where Champe Burnley presented her with a check for the donations that had been raised for her by cyclists all over the country.
Carl Armstrong sent this unpublished essay about bicycling by Mark Twain to me in the spring suggesting it might be of interest to folks. Reading it, I can just imagine Twain writing it with a smile on his face and a twinkle in his eye.

Carl has been in my thoughts and prayers lately and I wanted to be sure to pass this along.

In the early eighteen eighties Mark Twain (Samuel Langhorne Clemens) learned to ride one of the old high-wheel bicycles of that period. He wrote an essay about his trials and tribulations on the bicycle but never submitted it for publication. In the essay he makes reference to Pond’s Extract, which was invented in the United States as a ‘medicine’ by scientist Theron T. Pond in 1846. Mr. Pond extracted a healing tea from witch hazel, with which he discovered he could heal small cuts and other ailments. Soon after, the product would be known as Pond’s Extract (from Wikipedia).

Taming the Bicycle
by Mark Twain

I thought the matter over, and concluded I could do it. So I went down a bought a barrel of Pond's Extract and a bicycle. The Expert came home with me to instruct me. We chose the back yard, for the sake of privacy, and went to work.

Mine was not a full-grown bicycle, but only a colt—a fifty-inch, with the pedals shortened up to forty-eight—and skittish, like any other colt. The Expert explained the thing’s points briefly, then he got on its back and rode around a little, to show me how easy it was to do. He said that the dismounting was perhaps the hardest thing to learn, and so we would leave that to the last. But he was in error there. He found, to his surprise and joy, that all that he needed to do was to get me on to the machine and stand out of the way; I could get off, myself. Although I was wholly inexperienced, I dismounted in the best time on record. He was on that side, shoving up the machine; we all came down with a crash, he at the bottom, I next, and the machine on top.

We examined the machine, but it was not in the least injured. This was hardly believable. Yet the Expert assured me that it was true; in fact, the examination proved it. I was partly to realize, then, how admirably these things are constructed. We applied some Pond's Extract, and resumed. The Expert got on the OTHER side to shove up this time, but I dismounted on that side; so the result was as before.

The machine was not hurt. We oiled ourselves again, and resumed. This time the Expert took up a sheltered position behind, but somehow or other we landed on him again.

He was full of admiration; said it was abnormal. She was all right, not a scratch on her; not a timber started anywhere. I said it was wonderful, while we were greasing up, but he said that when I came to know these steel spider-webs I would realize that nothing but dynamite could cripple them. Then he limped out to position, and we resumed once more. This time the Expert took up the position of short-stop, and got a man to shove up behind. We got up a handsome speed, and presently traversed a brick, and I went out over the top of the tiller and landed, head down, on the instructor's back, and saw the machine fluttering in the air between me and the sun. It was well it came down on us, for that broke the fall, and it was not injured.

Five days later I got out and was carried down to the hospital, and found the Expert doing pretty fairly. In a few more days I was quite sound. I attribute this to my prudence in always dismounting on something soft. Some recommend a feather bed, but I think an Expert is better.

The Expert got out at last, brought four assistants with him. It was a good idea. These four held the graceful cobweb upright while I climbed into the saddle; then they formed in column and marched on either side of me while the Expert pushed behind; all hands assisted at the dismount.

The bicycle had what is called the "wabbles," and had them very badly. In order to keep my position, a good many things were required of me, and in every instance the thing required was against nature. That is to say, that whatever the needed thing might be, my nature, habit, and breeding moved me to attempt it in one way, while some immutable and unsuspected law of physics required that it be done in just the other way. I perceived by this how radically and grotesquely wrong had been the lifelong education of my body and members. They were steeped in ignorance: they knew nothing—nothing which it could profit them to know. For instance, if I found myself falling to the right, I put the tiller hard down the other way, by a quite natural impulse, and so violated a law, and kept on going down. The law required the opposite thing—the big wheel must be turned in the direction in which you are falling. It is hard to believe this, when you are told it. And not merely hard to believe it, but impossible; it is opposed to all your notions. And it is just as hard to do it, after you do come to believe it. Believing it, and knowing by the most convincing proof that it is true, does not help it: you can't any more DO it than you could before; you can neither force nor persuade yourself to do it at first. The intellect has to come to the front, now. It has to teach the limbs to discard their old education and adopt the new.

(Continued on page 7)
The steps of one's progress are distinctly marked. At the end of each lesson he knows he has acquired something, and he also knows what that something is, and likewise that it will stay with him. It is not like studying German, where you mull along, in a groping, uncertain way, for thirty years; and at last, just as you think you've got it, they spring the subjunctive on you, and there you are. No--and I see now, plainly enough, that the great pity about the German language is, that you can't fall off it and hurt yourself. There is nothing like that feature to make you attend strictly to business. But I also see, by what I have learned of bicycling, that the right and only sure way to learn German is by the bicycling method. That is to say, take a grip on one villainy of it at a time, leaving that one half learned.

When you have reached the point in bicycling where you can balance the machine tolerably fairly and propel it and steer it, then comes your next task--how to mount it. You do it in this way: you hop along behind it on your right foot, resting the other on the mounting-peg, and grasping the tiller with your hands. At the word, you rise on the peg, stiffen your left leg, hang your other one around in the air in a general indefinite way, lean your stomach against the rear of the saddle, and then fall off, maybe on one side, maybe on the other; but you fall off. You get up and do it again; and once more; and then several times.

By this time you have learned to keep your balance; and also to steer without wrenching the tiller out by the roots (I say tiller because it IS a tiller; "handle-bar" is a lamely descriptive phrase). So you steer along, straight ahead, a little while, then you rise forward, with a steady strain, bringing your right leg, and then your body, into the saddle, catch your breath, fetch a violent hitch this way and then that, and down you go again.

But you have ceased to mind the going down by this time; you are getting to light on one foot or the other with considerable certainty. Six more attempts and six more falls make you perfect. You land in the saddle comfortably, next time, and then several times.

And now you come to the voluntary dismount; you learned the other kind first of all. It is quite easy to tell one how to do the voluntary dismount; the words are few, the requirement simple, and apparently undifficult; let your left pedal go down till your left leg is nearly straight, turn your wheel to the left, and get off as you would from a horse. It certainly does sound exceedingly easy; but it isn't. I don't know why it isn't but it isn't. Try as you may, you don't get down as you would from a horse, you get down as you would from a house afire. You make a spectacle of yourself every time.

During the eight days I took a daily lesson an hour and a half. At the end of this twelve working-hours' apprenticeship I was graduated--in the rough. I was pronounced competent to paddle my own bicycle without outside help. It seems incredible, this celerity of acquirement. It takes considerably longer than that to learn horseback-riding in the rough.

Now it is true that I could have learned without a teacher, but it would have been risky for me, because of my natural clumsiness. The self-taught man seldom knows anything accurately, and he does not know a tenth as much as he could have known if he had worked under teachers; and, besides, he brags, and is the means of fooling other thoughtless people into going and doing as he himself has done. There are those who imagine that the unlucky accidents of life--life's "experiences"--are in some way useful to us. I wish I could find out how. I never knew one of them to happen twice. They always change off and swap around and catch you on your inexperienced side. If personal experience can be worth anything as an education, it wouldn't seem likely that you could trip Methuselah; and yet if that old person could come back here it is more that likely that one of the first things he would do would be to take hold of one of these electric wires and tie himself all up in a knot. Now the surer thing and the wiser thing would be for him to ask somebody whether it was a good thing to take hold of. But that would not suit him; he would be one of the self-taught kind that go by experience; he would want to examine for himself. And he would find, for his instruction, that the coiled patriarch shuns the electric wire; and it would be useful to him, too, and would leave his education in quite a complete and rounded-out condition, till he should come again, some day, and go to bouncing a dynamite-canon around to find out what was in it.

But we wander from the point. However, get a teacher; it saves much time and Pond's Extract.

Before taking final leave of me, my instructor inquired concerning my physical strength, and I was able to inform him that I hadn't any. He said that that was a defect which would make up-hill wheeling pretty difficult for me at first; but he also said the bicycle would soon remove it. The contrast between his muscles and mine was quite marked. He wanted to test mine, so I offered my biceps--which was my best. It almost made him smile. He said, "It is pulpy, and soft, and yielding, and rounded; it evades pressure, and glides from under the fingers; in the dark a body might think it was an oyster in a rag." Perhaps this made me look grieved, for he added, briskly: "Oh, that's all right, you needn't worry about that; in a little while you can't tell it from a petrified kidney. Just go right along with your practice; you're all right."

Then he left me, and I started out alone to seek adventures. You don't really have to seek them--that is nothing but a phrase--they come to you.

I chose a reposeful Sabbath-day sort of a back street which was about thirty yards wide between the curbstones. I knew it was not wide enough; still, I thought that by keeping strict watch and wasting no space unnecessarily I could crowd through.

Of course I had trouble mounting the machine, entirely on my own responsibility, with no encouraging moral support.

(Continued on page 8)
from the outside, no sympathetic instructor to say, "Good! now you're doing well--good again--don't hurry--there, now, you're all right--brace up, go ahead." In place of this I had some other support. This was a boy, who was perched on a gate-post munching a hunk of maple sugar.

He was full of interest and comment. The first time I failed and went down he said that if he was me he would dress up in pillows, that's what he would do. The next time I went down he advised me to go and learn to ride a tricycle first. The third time I collapsed he said he didn't believe I could stay on a horse-car. But the next time I succeeded, and got clumsily under way in a weaving, tottering, uncertain fashion, and occupying pretty much all of the street. My slow and lumbering gait filled the boy to the chin with scorn, and he sung out, "My, but don't he rip along!" Then he got down from his post and loafed along the sidewalk, still observing and occasionally commenting. Presently he dropped into my wake and followed along behind. A little girl passed by, balancing a wash-board on her head, and giggled, and seemed about to make a remark, but the boy said, rebukingly, "Let him alone, he's going to a funeral."

I have been familiar with that street for years, and had always supposed it was a dead level; but it was not, as the bicycle now informed me, to my surprise. The bicycle, in the hands of a novice, is as alert and acute as a spirit-level in the detecting the delicate and vanishing shades of difference in these matters. It notices a rise where your untrained eye would not observe that one existed; it notices any decline which water will run down. I was toiling up a slight rise, but was not aware of it. It made me tug and pant and perspire; and still, labor as I might, the machine came almost to a standstill every little while. At such times the boy would say: "That's it! take a rest-- there ain't no hurry. They can't hold you."

The man started to do it. "No, to the right, to the right! Hold on! THAT won't do!--to the left!--to the left!--to the LEFT--right! left--ri-- Stay where you ARE, or you're a goner!"

"To the left! Turn to the left, or this jackass 'll run over you!" The man started to do it. "No, to the right, to the right! They can't hold you. Nobody could--now, COULD they? You couldn't yourself--now, COULD you? So what could _I_ do?"

And just then I caught the off horse in the starboard and went down in a pile. I said, "Hang it! Couldn't you SEE I was coming?"

"Yes, I see you was coming, but I couldn't tell which WAY you was coming. Nobody could--now, COULD they? You couldn't yourself--now, COULD you? So what could _I_ do?"

That was something in that, and so I had the magnanimity to say so. I said I was no doubt as much to blame as he was.

Within the next five days I achieved so much progress that the boy couldn't keep up with me. He had to go back to his gate-post, and content himself with watching me fall at long range.

There was a row of low stepping-stones across one end of the street, a measured yard apart. Even after I got so I could steer pretty fairly I was so afraid of those stones that I always hit them. They gave me the worst falls I ever got in that street, except those which I got from dogs. I have seen it stated that no expert is quick enough to run over a dog; that a dog is always able to skip out of his way. I think that that may be true; but I think that the reason he couldn't run over the dog was because he was trying to. I did not try to run over any dog. But I ran over every dog that came along. I think it makes a great deal of difference. If you try to run over the dog he knows how to calculate, but if you are trying to miss him he does not know how to calculate, and is liable to jump the wrong way every time. It was always so in my experience. Even when I could not hit a wagon I could hit a dog that came to see me practice. They all liked to see me practice, and they all came, for there was very little going on in our neighborhood to entertain a dog. It took time to learn to miss a dog, but I achieved even that.

I can steer as well as I want to, now, and I will catch that boy one of these days and run over HIM if he doesn't reform.

Get a bicycle. You will not regret it, if you live.
The Road Ride Pace Key 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!

<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.
December, 2008 Monthly Ride and Event Calendar

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

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

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<tr>
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</table>

Terrain Key

<table>
<thead>
<tr>
<th>Terrain</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Many/Steep (knee alert!)</td>
</tr>
<tr>
<td>2</td>
<td>Some/Steep</td>
</tr>
<tr>
<td>3</td>
<td>Moderate</td>
</tr>
<tr>
<td>4</td>
<td>Some/Mild</td>
</tr>
<tr>
<td>5</td>
<td>Few/Gentle</td>
</tr>
</tbody>
</table>

MB Mountain bike/off road

Note: See The Pedaler Plus and www.raba.org for the complete Pace Key Tables

Off Road Rides
No off-road rides are listed in The Pedaler this month but this doesn't mean that there aren't going to be any. Because of the variable weather this time of year, Andrew Mann and the ride leaders are going to wait until Wednesday or Thursday of each week and then decide whether Saturday or Sunday would be the best day for a ride.

At that point a message will be sent out to via the RABA and Ridefinder E-mail distribution lists. Be on the lookout for that.

December 1-December 5 Weekly Rides

Monday, 9:00 AM           Mondays with Mary
Tuesday, 12:00 PM         Tuesdays at Rockville
Wednesday, 9:30 AM       Retiree's Midweek Ride and Lunch
Wednesday, 7:00 PM       Ashland Dinner Club
Thursday, 12:00 PM       Unemployed Cyclists’ Lunch Ride
Friday, 10:00 AM         Fridays at Hylas
Friday, 2:00 PM          East Hanover Ride

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

December 6 (Saturday)

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>Varies</td>
<td>8:30-9:00AM</td>
<td>20-50+</td>
<td>5</td>
<td>Some</td>
<td>Richard Halle, 744-1760</td>
</tr>
</tbody>
</table>

(Continued on page 11)
December, 2008 Monthly Ride and Event Calendar

(Continued from page 10)

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.

□ December 6 (Saturday)

The Ashland Lunch Club (ALC)

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</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Varies</td>
<td>11:30AM-20-50+</td>
<td>5</td>
<td>Some</td>
<td>Jeanne Minnix, 594-0842</td>
</tr>
<tr>
<td></td>
<td>12:00PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Description: It’s the same as the ABC above but it starts a little later so the temperatures can warm up. See the Weekly Ride Descriptions section following the Ride and Event Calendar for more for information about this repeating weekly ride.

□ December 7 (Sunday)

Hanover Courthouse Options

<table>
<thead>
<tr>
<th>Pace</th>
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<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>46</td>
<td>3</td>
<td>One</td>
<td>Nick Morgan, 804-740-2861, <a href="mailto:mrgn.nick@gmail.com">mrgn.nick@gmail.com</a></td>
</tr>
<tr>
<td>C</td>
<td>9:30 am</td>
<td>28</td>
<td>3</td>
<td>None</td>
<td>Peggy Merritt, 804-337-8385, <a href="mailto:pttsbrghrnva80@comcast.net">pttsbrghrnva80@comcast.net</a></td>
</tr>
</tbody>
</table>

Description: This ride offers two route options. The longer route is a loop to Aylett and back. The route includes a really nice 19 mile run down Frog Level Road/West River Road and a store stop at KJ’s Market in Aylett. The shorter route is the traditional RABA Tuesday evening Hanover Courthouse route, a long-time RABA favorite.

Directions: Both routes start and finish at the Hanover County Government Complex (often called the “Hanover Courthouse”). The Hanover County Government Complex (7497 County Complex Road, Hanover, VA 23069) is on US Route 301 just south of the intersection of Routes 54 and 301. From I-295, take Exit 41 onto Route 301, travel north for approximately 10.5 miles and turn right onto County Complex Rd. From I-95, take Exit 92 (Route 54 East) towards Hanover. Travel approximately 5 miles to the intersection with Route 301. Turn right onto Route 301. Travel approximately one-half mile and turn left onto County Complex Road.

□ December 10 (Wednesday), 6:00 PM ( Dinner) / 6:45 PM (Program)

RABA Monthly Meeting

Description: End of the Year Celebration and Gift Swap. See page 1 of the Pedaler for more details.

Directions: Meet at Maria’s Italian Restaurant at 9500 Woodman Road in Laurel Park Shopping Center

□ December 11-December 12 Weekly Rides

| Sunday, 1:00 PM | Powhatan Courthouse |
| Monday, 9:00 AM | Mondays with Mary   |
| Tuesday, 12:00 PM | Tuesdays at Rockville |
| Wednesday, 9:30 AM | Retiree’s Midweek Ride and Lunch |

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

□ December 10-December 12 Weekly Rides

| Thursday, 12:00 PM | Unemployed Cyclists’ Lunch Ride |
| Friday, 10:00 AM | Fridays at Hylas |
| Friday, 2:00 PM  | East Hanover Ride |

(Continued on page 12)
December, 2008 Monthly Ride and Event Calendar

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

December 13 (Saturday) The Ashland Breakfast Club (ABC)

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<tr>
<td>Varies</td>
<td>8:30-9:30AM</td>
<td>20-50+</td>
<td>5</td>
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<td>Emily Kimball, 358-5536</td>
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**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.

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<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>11:30AM-12:00PM</td>
<td>20-50+</td>
<td>5</td>
<td>Some</td>
<td>Joe Hazel, 306-4500</td>
</tr>
</tbody>
</table>

**Description:** It’s the same as the ABC above but it starts a little later so the temperatures can warm up. See the Weekly Ride Descriptions section following the Ride and Event Calendar for more for information about this repeating weekly ride.

December 13 (Saturday) Sussex/Southampton 4-H Center 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>9:30 am</td>
<td>37</td>
<td>4</td>
<td>One</td>
<td>Hugh &amp; Laura Aaron, 804-690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
<tr>
<td>B</td>
<td>9:30 am</td>
<td>37</td>
<td>4</td>
<td>One</td>
<td>Jack Huber, 804-282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
</tbody>
</table>

**Description:** Meet in Waverly to ride the quiet country roads of Sussex and Southampton Counties. There will be a rest stop at the 4-H Conference Center south of Wakefield. After the ride, the group will reconvene for lunch at Giuseppe’s on Main Street in Waverly.

**Directions:** The starting point is the parking lot behind the former Coppahaunk Tavern (101 S County Drive Waverly, VA 23290) at the corner of Routes 460 and 40 (Main Street) in the town of Waverly. From Richmond take I-95 or I-295 to Route 460 east (toward Norfolk).

December 14 (Sunday) Urbanna Crab Cake Ride

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+</td>
<td>9:30 am</td>
<td>62</td>
<td>3</td>
<td>One</td>
<td>Liz Keith &amp; Kirk Sweeny, 804-337-4459, <a href="mailto:lizardkeith@gmail.com">lizardkeith@gmail.com</a></td>
</tr>
</tbody>
</table>

**Description:** Join Liz & Kirk for a scenic country ride through southern King and Queen and Middlesex Counties with a lunch stop at the rather unique "Something Different Country Store" in Urbanna. The route is a basic out and back to Urbanna on very low traffic scenic roads. Cue sheets will be provided. Please make sure you give yourself extra travel time to get to the ride start which is about 26 miles north of Mechanicsville.

**Directions:** Meet in the boat ramp parking lot (around 3000 Walkerton Road, Walkerton, VA 23117) in Walkerton. To reach Walkerton, exit I-295 onto 360 North (Mechanicsville Turnpike). Proceed approximately 17 miles to Highway 30 (a fairly major commercial intersection). Turn right onto Highway 30 (King William Road) towards West Point. Proceed approximately 6.4 miles to Walkerton Road (across from Hamilton Holmes Middle School). Turn left onto Walkerton Road. Proceed approximately 2 miles at which point you will cross the bridge over the Mattaponi River into Walkerton. Park in the boat ramp parking lot on your left just after you cross over the bridge.

(Continued on page 13)
December, 2008 Monthly Ride and Event Calendar

(Continued from page 12)

December 14-December 17 Weekly Rides

Sunday, 1:00 PM  Powhatan Courthouse
Sunday, 1:00 PM  East End—Dorey Park Ride
Monday, 9:00 AM  Mondays with Mary
Tuesday, 12:00 PM Tuesdays at Rockville
Wednesday, 9:30 AM Retiree’s Midweek Ride and Lunch

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

December 17 (Wednesday)  RABA Annual Tacky Lights Tour

Pace  Time  Miles  Terrain  Stops  Leader
B  6:30 pm  25  3 Many  Champe Burnley, 804-358-5801, champe_burnley@hotmail.com

Description: Join your fellow RABA members for a RABA holiday tradition — a casual cruise through the city to enjoy all of the spectacular holiday lights. We’ll ride to various locations around the city and take in as many of the tackiest decorations as we can. Appropriate costumes and holiday regalia are encouraged. Grinchs need not attend. At the end of the ride, we will celebrate the spirit and fellowship of the Season with dinner/drinks at Palani Drive Restaurant around the corner from the Westhampton Theatre. Please bring appropriate lights, reflectors, spare batteries and blinkies.

Directions: Meet behind the Westhampton Theatre (5706 Grove Ave, Richmond, VA  23226) at Grove and Libbie Avenues.

December 18-December 19 Weekly Rides

Thursday, 12:00 PM  Unemployed Cyclists’ Lunch Ride
Friday, 10:00 AM  Fridays at Hylas
Friday, 2:00 PM  East Hanover Ride

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

December 20 (Saturday)  The Ashland Breakfast Club (ABC)

Pace  Time  Miles  Terrain  Store Stops  Leader
Varies  8:30-  20-50+  5  Some  Kim and Mike Moore, 358-0935
9:00AM

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.

December 20 (Saturday)  The Ashland Lunch Club (ALC)

Pace  Time  Miles  Terrain  Store Stops  Leader
Varies  11:30AM-  20-50+  5  Some  Sharon Becker, 852-5282
12:00PM

Description: It’s the same as the ABC above but it starts a little later so the temperatures can warm up. See the Weekly Ride

(Continued on page 14)
December 21-December 26 Weekly Rides

- **Sunday, 1:00 PM** Powhatan Courthouse
- **Sunday, 1:00 PM** East End—Dorey Park Ride
- **Monday, 9:00 AM** Mondays with Mary
- **Tuesday, 12:00 PM** Tuesdays at Rockville
- **Wednesday, 9:30 AM** Retiree's Midweek Ride and Lunch
- **Wednesday, 7:00 PM** Ashland Dinner Club
- **Thursday, 12:00 PM** Unemployed Cyclists' Lunch Ride
- **Friday, 10:00 AM** Fridays at Hylas
- **Friday, 2:00 PM** East Hanover Ride

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

---

**December 27 (Saturday)**

**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>Varies</td>
<td>8:30-</td>
<td>20-50+</td>
<td>5</td>
<td>Some</td>
<td>Tom Norton, 317-0630</td>
</tr>
<tr>
<td>9:00 AM</td>
<td></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.

---

**December 27 (Saturday)**

**The Ashland Lunch Club (ALC)**

<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>Varies</td>
<td>11:30AM-20-50+</td>
<td>5</td>
<td>Some</td>
<td>Dale Peacock, 556-6908</td>
<td></td>
</tr>
<tr>
<td>12:00PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Description:** It's the same as the ABC above but it starts a little later so the temperatures can warm up. See the Weekly Ride Descriptions section following the Ride and Event Calendar for more information about this repeating weekly ride.

---

**December 28 (Sunday)**

**King William Cattle Drive**

<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>Noon</td>
<td>37</td>
<td>3</td>
<td>One</td>
<td>Jim Denoon, 804-370-6252, <a href="mailto:delaniewdono@verizon.net">delaniewdono@verizon.net</a></td>
</tr>
<tr>
<td>B</td>
<td>Noon</td>
<td>37</td>
<td>3</td>
<td>One</td>
<td>Bill Britton, 804-347-5114, <a href="mailto:billbritton@comcast.net">billbritton@comcast.net</a></td>
</tr>
</tbody>
</table>

**Description:** Join Bill and Jim for a casual ride through the scenic back roads of Hanover and King William counties, including a nice stretch along Hanover County's River Road. In general, the hills are moderate, although the route climbs the back side of Bleak Hill on the return. There will be a store stop at the One Stop Market in Manquin on Route 360. Cue sheets will be provided.

**Directions:** The ride will start/finish at the Hanover County Government Complex (often called the “Hanover Courthouse”). The Hanover County Government Complex (7497 County Complex Road, Hanover, VA 23069) is on US Route 301 at just south of the intersection of Routes 54 and 301. From I-295, take Exit 41 onto Route 301, travel north for approximately 10.5 miles and turn right onto County Complex Rd. From I-95, take Exit 92 (Route 54 East) towards Hanover. Travel approximately 5 miles to the intersection with Route 301. Turn right onto Route 301. Travel approximately one-half mile and turn left onto County Complex Road.

---

Distance this Page: ________ Miles
December, 2008 Monthly Ride and Event Calendar

December 28-December 30 Weekly Rides

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Route</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>1:00 PM</td>
<td>Powhatan Courthouse</td>
<td></td>
</tr>
<tr>
<td>Sunday</td>
<td>1:00 PM</td>
<td>East End—Dorey Park Ride</td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td>9:00 AM</td>
<td>Mondays with Mary</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>12:00 PM</td>
<td>Tuesdays at Rockville</td>
<td></td>
</tr>
</tbody>
</table>

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

December 31 (Wednesday) Laurel Park-Ashland-Hanover Courthouse 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>B+</td>
<td>9:30 am</td>
<td>52</td>
<td>3</td>
<td>Two</td>
<td>Ron Corio, 804-643-6452 or <a href="mailto:rcorio@vcu.edu">rcorio@vcu.edu</a></td>
</tr>
<tr>
<td>B</td>
<td>9:30 am</td>
<td>52</td>
<td>3</td>
<td>Two</td>
<td>Two Jim Denoon, 804-370-6252, <a href="mailto:delaniedeno@verizon.net">delaniedeno@verizon.net</a></td>
</tr>
</tbody>
</table>

Description: From Laurel Park, the route takes a nine-mile route to Ashland, crosses Route 1 and heads over to the Hanover Courthouse and the first store stop at the 17 mile mark. Then, up and down Bleak Hill to Nelson’s Bridge Road then to River Road and to Route 301 before returning to Ashcake and an Ashland store stop at the 42 mile mark. A 37 mile route can be made by cutting out the Bleak Hill-River Road section.

Directions: Meet in the Laurel Park Shopping Center (9500 Woodman Rd, Richmond, VA 23228) parking lot at Hungary and Woodman Roads.

January 1 (Thursday) King William Ride from Zoar State Forest

<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>10 am</td>
<td>62</td>
<td>3</td>
<td>TBD</td>
<td>Hugh Aaron, 804-690-9720, <a href="mailto:hugh@theaarrons.com">hugh@theaarrons.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>10 am</td>
<td>43</td>
<td>3</td>
<td>TBD</td>
<td>Bert Wright, 804-769-8926, <a href="mailto:rt4foi@i-c.net">rt4foi@i-c.net</a></td>
</tr>
<tr>
<td>B</td>
<td>10 am</td>
<td>43</td>
<td>3</td>
<td>TBD</td>
<td>Jim Denoon, 804-370-6252, <a href="mailto:delaniedeno@verizon.net">delaniedeno@verizon.net</a></td>
</tr>
</tbody>
</table>

Description: Bert is once again continuing a RABA tradition by inviting us to come up to his and Linda's neighborhood for a ride through the pretty countryside of rural King William County. This ride hits several segments of some familiar rides like the Frog Level Metric and Beulahville or Bust. Store stops are questionable on all routes given the holiday. Riders are encouraged to carry plenty food and water, especially if planning to ride one of the longer routes. Cue sheets will be provided for all routes.

Directions: Meet at the parking lot of Zoar State Forest (near 9411 West River Road, Aylett, VA). Take Rt. 360 east approximately 20 miles beyond Mechanicsville to Aylett. Turn left at the light onto Rt. 600 (West River Road) and go 1.5 miles to the forest entrance and parking lot on the right.

Distance this Page: _______ Miles

Total this Month: _______ Miles + Total Previous Months: _______ Miles = Total Year-to-Date: _______ Miles
December, 2008 Weekly Rides

**Weekly Ride Captain:** Brenda Hubbard, 740-3678, Brenda_hubbard@yahoo.com  
**Fast Ride Captain:** Kim Moore, 358-0935, luvs2cycle@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 (NOTE THE NEW START TIME)**  
**Powhatan Courthouse**

<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>1:00 PM</td>
<td>30 to 60</td>
<td>3 to 4</td>
<td>See below</td>
<td>Barry and Martha Pullen, 561-3950</td>
</tr>
</tbody>
</table>

**Description:** Meet at the Powhatan County Court House on Route 13. There are many nice rides from the Court House, mostly with good scenery and low traffic. The ride leaders will select a route that will be about 30 miles with a longer option usually available. There may be no store stops. Maps and cue sheets 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, 1:00 PM**  
**East End-Dorey Park 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>30-50</td>
<td>3</td>
<td>1</td>
<td>Randy Rosemond, 966-5472, <a href="mailto:velosalsaman@aol.com">velosalsaman@aol.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>1:00 PM</td>
<td>30-50</td>
<td>3</td>
<td>1</td>
<td>Ron Corio, 643-6452, <a href="mailto:rcorio@vcu.edu">rcorio@vcu.edu</a></td>
</tr>
</tbody>
</table>

**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 shorter as the daylight hours decrease. 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.

**Directions:** Dorey Park is in eastern Henrico County. Take I-64 East from Richmond to Exit I-95 Laburnum Ave. South, turn right at the light and drive 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 (barn-like building) across from the soccer fields.

---

**Monday, 9:00 AM**  
**Mondays with Mary**

<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>9:00 AM</td>
<td>30-40</td>
<td>3</td>
<td>Some</td>
<td>Mary Falterman, 741-2116, Barry Pullen, 561-3950</td>
</tr>
</tbody>
</table>

**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, 12:00 PM**  
**Tuesdays at Rockville**

<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>12:00 PM</td>
<td>32-50</td>
<td>2</td>
<td>One</td>
<td>Bill Whitworth 285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a></td>
</tr>
</tbody>
</table>

**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.

**Directions:** Take the Rockville/Manakin exit off of I-64. Go right (North) at the top of the ramp onto Route 623 toward Ashland. Turn left at the first stoplight onto Pouncey Tract Rd. The Little League Fields are 3.8 miles to the left.

---

**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>

(Continued on page 17)
December, 2008 Weekly Rides

(Continued from page 16)

**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, 7:00 PM**

<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, 358-5801, <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, 12:00 PM (Note New Time)**

**Unemployed Cyclists’ 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>12:00 PM</td>
<td>33-55</td>
<td>3</td>
<td>Varies</td>
<td>Hugh Aaron, 690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>12:00 PM</td>
<td>33-55</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 route for this ride will vary from week to week. However, all routes will cover some part of Central or Eastern Hanover County and the surrounding areas (which offer a lot of beautiful countryside). Bill or Hugh will announce the route each week on the RABA email list. Cue sheets will be available for all routes.

**Directions:** The ride will start/finish at the Hanover County Government Complex (often called the “Hanover Courthouse”). The Hanover County Government Complex (7497 County Complex Rd., Hanover, VA 23069) is on US Route 301 at just south of the intersection of Routes 54 and 301. From I-295, take Exit 41 onto Route 301, travel north for approximately 10.5 miles and turn right onto County Complex Rd. From I-95, take Exit 92 (Rt. 54 East) towards Hanover. Travel approximately 5 miles to the intersection with Rt. 301. Turn right onto Rt. 301. Travel approximately one-half mile and turn left onto County Complex Rd.

**Friday, 10:00 AM**

**Fridays at Hylas**

<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>35-40</td>
<td>3</td>
<td>Some</td>
<td>Dave Bloor, 285-6177</td>
</tr>
<tr>
<td>B</td>
<td>10:00 AM</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**

**East Hanover 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>2:00 PM</td>
<td>30-40</td>
<td>3</td>
<td>Varies</td>
<td>Hugh Aaron, 804-690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
</tbody>
</table>

**Description:** This ride starts and ends at the National Park Service Cold Harbor Battlefield Visitor Center, which is a few miles off I-295 near the Richmond Airport. Starting at the Battlefield Visitor Center provides multiple routes options, all of which offer relatively light traffic. The Visitor Center has both a water fountain and restrooms. Hugh varies the route somewhat from week to week in order to keep things interesting. Most of the routes stay within the Cold Harbor, Old Church and Black Creek areas of rural eastern Hanover County. Due to the rural nature of the area, not all routes include a store stop. Please make sure that you bring enough water to safely complete the ride without a store stop. Cue sheets will be provided. In the event that Hugh has a conflict and cannot find an alternate ride leader, he will send out a cancellation notice on

(Continued on page 18)
December, 2008 Weekly Rides

(Continued from page 17)

the RABA email list. Also, please contact Hugh if you are interested in leading a slower pace group for this ride.

**Directions:** The National Park Service Cold Harbor Battlefield Visitor Center is located at 5515 Anderson-Wright Drive, Mechanicsville, VA, which is off of Cold Harbor Road (Route 156) about five miles southeast of Mechanicsville. Get on I-295 and head (North or South) towards the Creighton Road exit (Exit 34). Take the Creighton Road exit (Exit 34) onto Creighton Road (Route 615) heading east. Proceed approximately 1 mile east on Creighton Road. Turn right at the first stoplight (there will be a Fas Mart on your right and a 7-11 on your left as you make the turn) onto Cold Harbor Road (Route 156) heading south towards Old Cold Harbor. Proceed approximately 2 miles to the National Park Visitor Center, which will be on your left.

Note: The Park Service has requested that we park in the grassy area across from the parking spaces adjacent to the visitor center building.

**Saturday, 8:30-9:00 AM**

<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>Varies</td>
<td>8:30-</td>
<td>20 to</td>
<td>5</td>
<td>Some</td>
<td>See each listing in the <strong>Rides and Events Calendar</strong></td>
</tr>
<tr>
<td></td>
<td>9:00 AM</td>
<td>50+</td>
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</table>

**The Ashland Breakfast Club (ABC)**

**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 8:30 and 9:00. 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.

**Saturday, 11:30 AM-12:00 PM**

<table>
<thead>
<tr>
<th>Pace</th>
<th>Time</th>
<th>Miles</th>
<th>Terrain</th>
<th>Store Stops</th>
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<tbody>
<tr>
<td>Varies</td>
<td>11:30 AM-</td>
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<td>5</td>
<td>Some</td>
<td>See each listing in the <strong>Rides and Events Calendar</strong></td>
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<tr>
<td></td>
<td>12:00 PM</td>
<td>50+</td>
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</table>

**The Ashland Lunch Club (ALC)**

**Description and Directions:** This ride is held in fall/winter months only and is identical to the Ashland Breakfast Club (ABC) ride above except that it starts a little later so temperatures have a chance to warm up.

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.
# November, 2008 RABA Ride Calendar

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
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</tbody>
</table>
|     |     |     |     |     |     | 8:30 AM | Adopt-A-Highway  
|     |     |     |     |     |     | Trash Pickup & Ride  
|     |     |     |     |     |     | 8:30-  
|     |     |     |     |     |     | Ashland Breakfast  
|     |     |     |     |     |     | 9:00 AM  
|     |     |     |     |     |     | Mamma Zu Ride  
| 2   | 3   | 4   | 5   | 6   | 7   | 8   |
| 10:00 AM | Varina Battlefield Park  
| Mystery Ride  
| 10:00 AM | Palani Drive Ride  
| 1:00 PM | Powhatan Courthouse  
| 2:00 PM | East End-Dorey Park  
| 9:00 AM | Mondays with Mary  
| 12:00 PM | Tuesdays at Rockville  
|      |     |     |     |     |     | 9:00 AM  
| 9:30 AM | Retirees Mid-Week  
| Ride and Lunch  
| 7:00 PM | Ashland Dinner Club  
| 12:00 PM | Unemployed Cyclists’  
| Lunch Ride  
|      |     |     |     |     |     | 10:00 AM  
| 10:00 AM | Fridays at Hylas  
| 1:00 PM | East Hanover Ride  
| 11   | 12  | 13  | 14  | 15  | 16  | 17  |
| 1:00 PM | Powhatan Courthouse  
| Bald Eagle Ride  
| 2:00 PM | East End-Dorey Park  
|     |     |     |     |     |     | 1:00 AM  
| 9:00 AM | Mondays with Mary  
| 12:00 PM | Tuesdays at Rockville  
| 9:30 AM | Retirees Mid-Week  
| Ride and Lunch  
| 6:30 PM/  
| 7:30 PM | RABA Potluck &  
| Meeting  
| 7:00 PM | Ashland Dinner Club  
| 12:00 PM | Unemployed Cyclists’  
| Lunch Ride  
| 10:00 AM | Fridays at Hylas  
| 2:00 PM | East Hanover Ride  
| 15   | 18  | 19  | 20  | 21  | 22  | 23  |
| 8:30-  
| Ashland Breakfast  
| Club (ABC)  
| 9:00 AM  
| Bike Assembly Party  
| 9:00 AM  
|     |     |     |     |     |     | 9:00 AM  
| 9:00 AM | Mondays with Mary  
| 12:00 PM | Tuesdays at Rockville  
| 9:30 AM | Retirees Mid-Week  
| Ride and Lunch  
| 7:00 PM | Ashland Dinner Club  
| 12:00 PM | Unemployed Cyclists’  
| Lunch Ride  
| 10:00 AM | Fridays at Hylas  
| 2:00 PM | East Hanover Ride  
| 22   | 24  | 25  | 26  | 27  | 28  | 29  |
| 12:00 PM | Cookie Lady Ride  
| Powhatan Courthouse  
| East End-Dorey Park  
| 9:00 AM | Mondays with Mary  
| 1:00 PM | Tuesdays at Rockville  
| 9:00 AM | Retirees Mid-Week  
| Ride and Lunch  
| 7:00 PM | Ashland Dinner Club  
| 12:00 PM | Unemployed Cyclists’  
| Lunch Ride  
| 9:00 AM | Dorey Park– Charles  
| City Figure Eights  
| Get Off Your Duff Ride  
| Frudays at Hylas  
| 7:00 PM | East Hanover Ride  
| 29   | 30  | 31  | 32  | 33  | 34  | 35  |
| 9:30 AM | Frog Level Metric  
| Powhatan Courthouse  
| East End-Dorey Park  
| 9:30 AM | Retirees Mid-Week  
| Ride and Lunch  
| 7:00 PM | Ashland Dinner Club  
|      |     |     |     |     |     | 12:00 PM  
| 9:30 AM | King and Queen Ride  
| Powhatan Wildlife  
| Mngmnt Farm (Off-Road)  
| 1:00 PM | Powhatan Courthouse  
| 2:00 PM | East End-Dorey Park  
| 9:00 AM | Mondays with Mary  
| 1:00 PM | Tuesdays at Rockville  
| 9:00 AM | Retirees Mid-Week  
| Ride and Lunch  
| 7:00 PM | Ashland Dinner Club  
| 12:00 PM | Thanksgiving Day  
| 12:00 PM | Unemployed Cyclists’  
| Lunch Ride  
| 9:00 AM | Dorey Park– Charles  
| City Figure Eights  
| Get Off Your Duff Ride  
| Frudays at Hylas  
| 2:00 PM | East Hanover Ride  
| 2008 RABA Ride Calendar  

**Note:** See [www.raba.org](http://www.raba.org) or the November editions of *The Pedaler* or *Pedaler Plus* for ride descriptions and starting locations. Rides in blue have multiple starting times.
## December, 2008

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<tr>
<td>9:00 AM Mondays with Mary</td>
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<td>Retirees Mid-Week Ride and Lunch</td>
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<td>Fridays at Hylas East Hanover Ride</td>
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<tr>
<td>Hanover Courthouse Options Powhatan Courthouse East End-Dorey Park</td>
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<td>Retirees Mid-Week Ride and Lunch</td>
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<td>RABA Annual Tacky Lights Tour</td>
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