Mount Vernon Ride

The weather cooperated on June 8th and the Mount Vernon ride that had been scheduled for April to see the cherry blossoms took place.

No cherry blossoms, but lots of statues and a Vintage-type of baseball game. See Bud’s “Heard and Seen Around the Club” column in this month’s Pedaler for more information about the ride.

Pssst… Do You want to See Some Racy Pictures?

Go to Page 16

Pedaler Plus Table of Contents

RABA Members/Events Pictures ..................... 1, 2, 3, 16
Road Ride Pace Key ........................................... 4
Enhanced July, 2008 Ride and Event Calendar ....... 5
Weekly Ride Descriptions .................................... 13
8 1/2”x11” RABA July Ride Calendar .......... Back Page
On June 21, a group of 12 RABA members and friends (“The Dirty Dozen”?) packed up and headed off on an overnight camping trip to Lost Acres Campground, just south of Bowling Green, approximately 50 miles away.

On the way there, they picked up a cheering (or maybe jeering) section at Ashland Tea and Coffeee to watch them climb the Three Sisters hills north of Ashland on their loaded bikes. The route, put together by Lynn Klanchar and Chip Coutts, was outstanding and featured a lunch and shopping stop at the Virginia Bazaar in Ladysmith.

The campground was great, with a large, shady group area for camping and amenities like a pool, hot tub, miniature golf

(Continued on page 3)
An appreciation party for the volunteers who helped out with May’s Capital To Capital Ride was held on June 23 at Palani Drive restaurant.

Senile Century

The key word for this ride which kicked off the festivities for Jack Huber’s Birth week was HOT! The high temperatures (humid, upper 90’s) caused the ride to be shortened from an English century (100 miles) to a metric century, but they still took their toll on riders. The center picture shows one way to beat the heat— a Champe-in-the (Ice) Box. Joe Hazel employed another strategy by having 3 flats in the first 2 miles of the ride and deciding there would be other, better days to ride.

Riders getting ready for the start of the May 31 and June 1 MS Ride to Williamsburg. The starting point was Capital Square in downtown Richmond.

An appreciation party for the volunteers who helped out with May’s Capital To Capital Ride was held on June 23 at Palani Drive restaurant.

Thanks for all the Pictures!

I want to thank everybody who sent me the pictures I’ve included in this issue! Whether you took ‘em or just forwarded them, thanks a lot! You know the old saying: “A picture is worth a thousand words.” You’ve saved me from writing a bunch and you’ve saved yourself from having to wade through what I wrote. A win-win for all concerned!

So thanks to Hugh Aaron, Champe Burnley, Andrew Mann, Steve Sukonic, and Bud Vye.
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!

<table>
<thead>
<tr>
<th>Pac</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.
July, 2008 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, luv2cycle@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

Terrain Description
1 Many/Steep (knee alert!)
2 Some/Steep
3 Moderate
4 Some/Mild
5 Few/Gentle
MB Mountain bike/off road

Pace Typical Average Riding Speed Description
A+ 20+ mph Very strenuous
A 18 up to 20 mph Strenuous
B+ 16 up to 18 mph Fast social with emphasis on riding
B 14 up to 16 mph Moderate social with emphasis on riding
C 12 up to 14 mph Brisk social
D 8 up to 12 mph Relaxed social with emphasis on safety; perfect for new riders; no steep hills

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

July 1-July 2 Weekly Rides
- 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
See the Weekly Ride Descriptions section following the Ride and Event Calendar for more for information about these repeating weekly rides.

July 2 (Wednesday), 6:00 PM Training ride with the Rostello presented by Fiorucci/CyCor Team
Pace Time Miles Terrain Store Stops Leader
A 6:00 PM 25 3 None Mark Pye, 804-393-0382, mpye@cycorsports.org
Description: You should have no trouble keeping your heart rate up on this one. This is a training ride through 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).

July 3 Weekly Rides
- Thursday, 2:00 PM Leader’s Choice Ride
- Thursday, 5:45 /5:50 / 6:00 PM Crump Park Options
- Thursday, 6:00 PM East End Ride
See the Weekly Ride Descriptions section following the Ride and Event Calendar for more for information about these repeating weekly rides.

Distance this Page: Miles

Pedaler Plus
July, 2008
### July 4 (Friday), See Start Times Below

**Varina 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>8:30 AM</td>
<td>52</td>
<td>3</td>
<td>Two</td>
<td>Jim Denoon, 804-370-6252, <a href="mailto:delaniewdeno@verizon.net">delaniewdeno@verizon.net</a></td>
</tr>
<tr>
<td>C</td>
<td>9:30 AM</td>
<td>37</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>
</tbody>
</table>

**Description:** Join Jim and Susan for a scenic ride through eastern Henrico County. Although there are a few hills, the route is mostly flat and quite rural. There will be store stops at 18 and 41 miles. Riders are invited to join Jim and Susan for lunch after the ride at Poe's at the foot of Libby Hill Park on Main Street.

**Directions:** The ride will start from Portabello’s Restaurant (2627 New Market Rd, Richmond, VA 23231) in the Varina Food Lion Shopping Center on Route 5 in Varina. From I-295, take the Varina Exit on to New Market Road; go approximately 1 mile; the Food Lion shopping center will be on the left. From I-64, take the South Laburnum Ave Exit; go approximately 5.5 miles to New Market Road; turn left and the shopping center will be on the right in 2.3 miles. From I-895, take the Laburnum Ave Exit; turn right on New Market and the shopping center will be on the right in 2.3 miles. Park behind the restaurant, which is located just to the left of the Food Lion.

### July 4 (Friday), 9:30 AM

**Lunch Ride to Reedville (Joint Ride with Northern Neck Cycling)**

<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>60</td>
<td>4</td>
<td>Four</td>
<td>Hugh &amp; Laura Aaron, 804-690-9702, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
<tr>
<td>B</td>
<td>9:30 AM</td>
<td>60</td>
<td>4</td>
<td>Four</td>
<td>Jack Huber, 804-282-3872, <a href="mailto:jhuber1111@yahoo.com">jhuber1111@yahoo.com</a></td>
</tr>
<tr>
<td>B</td>
<td>9:30 AM</td>
<td>25</td>
<td>4</td>
<td>One</td>
<td>TBD</td>
</tr>
</tbody>
</table>

**Description:** Join Hugh, Laura, Jack and our friends from Northern Neck Cycling (the bike club on Virginia’s Northern Neck) for a ride from Kilmarnock to Reedville and back. The ride will start and end at Lancaster Middle School in “downtown” Kilmarnock. Highlights include a lunch stop at Fairport Marina (a really casual, dockside restaurant on Cockrell’s Creek), a riding tour through Reedville and a stop at Chitterchats in Reedville for ice cream.

Modern Reedville was founded in 1874 when Captain Elijah Reed transferred his menhaden fishing operation from Brooklin, Maine to the Chesapeake Bay. He purchased the land on Cockrell’s Creek that is now Reedville. Today the small town of Reedville is one of the major US ports for the landing of commercial fish (menhaden), second only to Kodiak, Alaska. (Source: www.rfmuseum.org/history.html)

Slower and faster paced riders are welcome and will be given cue sheets so that they may ride at their own pace. As always, tandems are welcome (Hugh and Laura plan to ride their tandem). Also, there will be an alternate 25 mile route with a stop at Brown Store Market for those looking for a shorter ride. The 25 mile route does not go to Reedville.

This is going to be a very social ride with a lot of stops. It will probably take most of the day. If you want to spend the night/weekend on the Northern Neck, you might try the Tides Inn at 804-438-5000 (expensive), the Holiday Inn Express at 804-436-1500 (relatively inexpensive) or Belle Isle State Park (camping) at (804) 462-5030.

If you are planning to join us for lunch, it would be helpful if you could email Hugh (hugh@theaarons.com) by Wednesday, July 2 so that he can call in a rough head count to Fairport Marina.

**Directions:** Lancaster Middle School (191 School Street, Kilmarnock, VA 22482) is about 1 hour and 20 minutes from the Richmond Airport so make sure you get an early start, especially if you are coming from the West End or the Southside. Take Interstate 64 East to exit 220 for Route 33 East to West Point. Continue 17 miles past West Point to a stoplight at the crest of a hill in Glens and turn left onto Route 33/US 17 North. Stay on Route 33/US 17 North for 2 miles and bear right at the Hardees into Saluda. At the traffic light at the courthouse in Saluda, turn right onto Route 33 and proceed 6.8 miles to the stoplight at the Route 3 intersection. Turn left onto Route 3 West and continue on Route 3 over the Rappahannock River (on the Norris Bridge) and through the towns of White Stone and into Kilmarnock. In downtown Kilmarnock, turn left onto Jessie Ball Dupont Memorial Hwy (Route 200) and then make the next right onto School Street. Lancaster Middle School will be on your left about a half a mile from the turn onto School Street.
July, 2008 Monthly Rides

(Continued from page 6)

□ July 4 (Friday), 9:45 AM Ashland Fourth of July Parade and Celebration

<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>9:45 AM</td>
<td>24</td>
<td>3</td>
<td>One</td>
<td>Becky Tobey, 804-674-9802, <a href="mailto:tobyb@earthlink.net">tobyb@earthlink.net</a></td>
</tr>
</tbody>
</table>

**Description:** Put on your patriotic finery and meet at the Laurel Park Shopping Center to take the ABC route for a journey back in time to Ashland’s old fashioned Fourth of July Parade and Celebration. After the parade we will stop at the Hanover Arts & Activities Center (http://www.hanoverarts.com/) for the post-parade festivities (including food available for purchase) before heading back to Laurel Park Shopping Center.

**Directions:** Laurel Park Shopping Center (9500 Woodman Rd, Richmond, VA 23228) is located at the intersection of Hungary and Woodman Roads.

□ July 5 (Saturday), 8:30 AM Group Ride for Riders New to RABA

<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>C</td>
<td>8:30 AM</td>
<td>20</td>
<td>4</td>
<td>One</td>
<td>Champe Burnley, 804-358-5801, <a href="mailto:champe_burnley@hotmail.com">champe_burnley@hotmail.com</a></td>
</tr>
<tr>
<td>D</td>
<td>8:30 AM</td>
<td>20</td>
<td>4</td>
<td>One</td>
<td>Bud Vye, 804-262-9544, <a href="mailto:bdvye@comcast.net">bdvye@comcast.net</a></td>
</tr>
</tbody>
</table>

**Description:** Please join us to assist with the Group Ride for Riders New to RABA. This ride is aimed at attracting new cyclists to RABA. We expect to have all levels of cyclists participate, including those who are new to cycling and experienced riders who are new to the Richmond area or new to RABA. All routes will depart from the parking lot at Laurel Park Shopping Center and follow the normal ABC route to Ashland with a stopover at Ashland Coffee and Tea. The C pace group will take a longer route back to the parking lot. 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.

□ July 5 (Saturday), 9:30 AM Ride to Heathsville (Joint Ride with Northern Neck Cycling)

<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/B+</td>
<td>9:30 AM</td>
<td>50</td>
<td>4</td>
<td>Four</td>
<td>Hugh Aaron, 804-690-9702, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
</tbody>
</table>

**Description:** Join Hugh and our friends from Northern Neck Cycling (the bike club on Virginia’s Northern Neck) for a ride from Kilmarnock to Heathsville and back. The ride will start and end at Lancaster Middle School in “downtown” Kilmarnock. This is an opportunity to check out a modified version of a route that was recommended to us by the Northern Neck Cycling. The route includes stretches out and back on Devil’s Bottom Road, which is a fun road for cycling. Plus, who can resist riding a road called “Devil’s Bottom”? Hugh will be riding his folding bike. He is aiming for an A pace, but it might be more of a B+. Slower and faster paced riders are welcome and will be given cue sheets so that they may ride at their own pace.

**Directions:** Lancaster Middle School (191 School Street, Kilmarnock, VA 22482) is about 1 hour and 20 minutes from the Richmond Airport so make sure you get an early start, especially if you are coming from the West End or the Southside. Take Interstate 64 East to exit 220 for Route 33 East to West Point. Continue 17 miles past West Point to a stoplight at the crest of a hill in Glens and turn left onto Route 33/US 17 North. Stay on Route 33/US 17 North for 2 miles and bear right at the Hardees into Saluda. At the traffic light at the courthouse in Saluda, turn right onto Route 33 and proceed 6.8 miles to the stoplight at the Route 3 intersection. Turn left onto Route 3 West and continue on Route 3 over the Rappahannock River (on the Norris Bridge) and through the towns of White Stone and into Kilmarnock. In downtown Kilmarnock, turn left onto Jessie Ball Dupont Memorial Hwy (Route 200) and then make the next right onto School Street. Lancaster Middle School will be on your left about a half a mile from the turn onto School Street.

(Continued on page 8)

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

(Continued from page 7)

**July 6-July 9 Weekly Rides**

- **Sunday, 9:00 AM**
  - Powhatan Courthouse

- **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

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

**July 9 (Wednesday), 6:00 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>A</td>
<td>6:00 PM</td>
<td>25</td>
<td>4</td>
<td>None</td>
<td>Hugh Aaron, 804-690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a></td>
</tr>
<tr>
<td>B</td>
<td>6:00 PM</td>
<td>20</td>
<td>4</td>
<td>None</td>
<td>Laura Aaron, 804-381-8772, <a href="mailto:laura@theaarons.com">laura@theaarons.com</a></td>
</tr>
<tr>
<td>C</td>
<td>6:00 PM</td>
<td>15</td>
<td>4</td>
<td>None</td>
<td>Champe Burnley, 804-358-5801, <a href="mailto:champe_burnley@hotmail.com">champe_burnley@hotmail.com</a></td>
</tr>
<tr>
<td>D</td>
<td>6:00 PM</td>
<td>10</td>
<td>4</td>
<td>None</td>
<td>Mark Hoerath, 804-560-1788, <a href="mailto:mfhoerath@comcast.net">mfhoerath@comcast.net</a></td>
</tr>
</tbody>
</table>

**Description:** This event will serve as the July RABA meeting. Everyone will meet at 6 pm to join the pace group of their choice for a ride to Ashland and back following the ABC route. Upon return to Laurel Park, we will have pizza and sodas in the parking lot (please bring a lawn chair). There will be a $3 fee for anyone joining us for dinner.

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

**July 10-July 11 Weekly Rides**

- **Thursday, 2:00 PM**
  - Leader’s Choice Ride

- **Thursday, 5:45 /5:50 / 6:00 PM**
  - Crump Park Options

- **Thursday, 6:00 PM**
  - East End Ride

- **Friday, 10:00 AM**
  - Fridays at Hylas

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

**July 12 (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>Varies</td>
<td>8:00-8:30 AM</td>
<td>20-50+</td>
<td>5</td>
<td>Some</td>
<td>Paul Silverstein, 321-7977</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.

**July 12 (Saturday), 9:00 AM**

**South to Stony Creek**

<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>54</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 Jack in Waverly to ride almost the entire length of Sussex County to the quiet town of Stony Creek. There will be a rest stop (with rest rooms) in the middle of the ride. As with all the rides in this area, the terrain is flat and the traffic is light. After the ride, many of the group will have lunch at Giuseppe’s in Waverly.

(Continued on page 9)
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).

July 13 (Sunday), 8:00 AM  Blue Ridge Parkway 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>8:00 AM</td>
<td>75</td>
<td>1</td>
<td>Two</td>
<td>Greg Guinther, <a href="mailto:greg_bikes@verizon.net">greg_bikes@verizon.net</a></td>
</tr>
</tbody>
</table>

Description and Directions: The ride will start promptly at 8 am on Afton Mountain where Route 250, the Blue Ridge Parkway and Skyline Drive come together, at the hotel on the top of the mountain with ample parking surrounding it.

The ride will head south on the BRP to Route 56 where we will go DOWN to Vesuvius. From Vesuvius we'll circle around the valley to Sherando before heading UP the ridge back to the BRP by Love Road (Love Road is a little south of Reeds Gap). We'll then go North on the BRP back to Afton Mountain. Total ride length will be 75 miles, with many climbs. Recommended gearing is at least 39/25. There will be store stops in Vesuvius and Sherando, but bring plenty of fluids and food. Anyone wanting to do the ride should contact Greg at greg_bikes@verizon.net by Sunday, July 6.

If anyone is interested in carpooling, please meet at the Einstein Bagel shop at the corner of Three Chopt and Pump Road by 6:15 am to depart via carpool at 6:30 am.

July 13 (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. There will be 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 (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).

July 13-July 18 Weekly Rides

- Sunday, 9:00 AM  Powhatan Courthouse
- 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, 2:00 PM  Leader’s Choice Ride
- Thursday, 5:45 /5:50 / 6:00 PM  Crump Park Options
- Thursday, 6:00 PM  East End Ride
- Friday, 10:00 AM  Fridays at Hylas

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

(Continued on page 10)
July, 2008 Ride and Event Calendar

(Continued from page 9)

□ July 19 (Saturday), 7:15 AM or 8:30 AM (See Below)  Adopt-A-Highway Trash Pick Up and Ride

Coordinators:  Mike and Kim Moore, 358-0935 for the 7:15 AM group
Bud Vye, 262-9544, bdvye@comcast.net for the 8:30 AM group

Description:  April 19 had a great turnout due to the later start, but the Moores want to beat the heat and ride with the ABC group at Laurel Park Shopping Center around 8:30 a.m., so they will start much earlier.  If you are interested in helping with either the 7:15 or 8:30 group, please contact one of the coordinators listed above.  Please wear long pants, sturdy shoes and work gloves; RABA will provide the trash bags, orange vests and trash grabbers.  Afterwards, the club will cover the cost of a light breakfast at Ashland Coffee & Tea and you may ride from there, especially if you are working with the 8:30 a.m. group. Bud will be leading a C pace group from the coffee shop.

Directions:  Meet at the intersection of Elmont Road/Route 626 and Old Elmont Road (on the ABC route, just across the RR tracks from the Elmont Market).

□ July 19 (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 Gary Faison, 794-6365
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 information about this repeating weekly ride.

□ July 19 (Saturday), 9:00 AM  Williamsburg Ramble (Joint Ride with WAB and RATS)

Pace Time Miles Terrain Store Stops Leader
B 9:00 AM 45 3 Two Reed & Karen Nester, 757 229-2017, ReedCycle@verizon.net

Description:  Join Reed and Karen for a scenic 45-mile ride through Williamsburg, York County and James City County.  Ride highlights include the Waller Mill Trail, Jolly Pond Road, the Virginia Capital Trail, a rest stop at Jamestown Settlement, and a short stretch on the Colonial Parkway.  This is a joint RABA, Williamsburg Area Bicyclists (WAB) and Richmond Area Tandem Society (RATS) ride (Reed and Karen will be riding their tandem).

Directions:  The ride starts at the Williamsburg Municipal Building (401 Lafayette Street, Williamsburg, VA 23185).  From Richmond, take I-64 east to Exit 238 Colonial Williamsburg, turn right onto Route 143, take the next right at the traffic light onto Route 132, follow Route 132 to downtown Williamsburg, turn right onto Lafayette Street at the traffic light just after crossing the railroad tracks, go through the next two traffic lights and turn right into the Williamsburg Municipal Building parking lot.

□ July 20 (Sunday), 8:30 AM  Hanover-Louisa Metric

Pace Time Miles Terrain Store Stops Leader
A 8:30 AM 62 3 One Mike and Kim Moore, 358-0935, luvs2cycle@yahoo.com
B+ 8:30 AM 62 3 Two Bill Whitworth, 804-285-9193, wwhitworth@reynolds.edu

Description:  Join Bill, Mike and Kim at the Rockville Little League Fields parking lot for a metric century that features two store stops and a beautiful ride through some of the most scenic country in the Richmond area.  Be sure to bring provisions as the first store stop occurs at the 31 mile mark!

Directions:  From Richmond, go west on I-64 to the Rockville/Manakin exit, left on Rt. 623 a half mile to a right on Rt. 622/ (Continued on page 11)
July, 2008 Ride and Event Calendar

(Continued from page 10)

Rockville Road. Travel five miles to the stop sign in Rockville, go left on Rt. 620. After a mile, Rt. 620 goes left but bear right onto Rt. 676 for another .2 mile to the Rockville Little League Fields (approximately 17340 Pouncey Track Road, Rockville, VA, 23146) parking lot on your left.

July 20-July 25 Weekly Rides

- Sunday, 9:00 AM Powhatan Courthouse
- 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, 2:00 PM Leader’s Choice Ride
- Thursday, 5:45 /5:50 / 6:00 PM Crump Park Options
- Thursday, 6:00 PM East End Ride
- Friday, 10:00 AM Fridays at Hylas

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

□ July 26 (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  Jeanne Minnix, 594-0842
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 information about this repeating weekly ride.

□ July 27 (Sunday), 8:30 AM

Frog Level Metric

Pace  Time  Miles  Terrain  Store Stops  Leader
B+  8:30 AM  60  3  Two  Henry Smith, 804-382-9217, hmsmith@comcast.net

Description and Directions: Since the leaders missed this ride in June because they were away at Bike Virginia, they wanted to do it again this month and see the pretty countryside of Hanover and Caroline Counties. Please bring plenty of fluids and food due to the warm temperatures. Meet at Hanover Courthouse, approximately 10 miles north of where I-295 crosses Rt 301. Or from another direction, the courthouse is located just south of where Rt 54 crosses Rt 301.

□ July 27 (Sunday), 8:30 AM

Louisa Lollygag

Pace  Time  Miles  Terrain  Store Stops  Leader
B+  8:30 AM  60  3  Two  Henry Smith, 804-382-9217, hmsmith@comcast.net

Description: This ride starts at Jouett Elementary School, traverses the rolling farmland of eastern Louisa, passes through Bumpass and gives riders a glimpse of Lake Anna then continues on up through Mineral before heading southwest across the South Anna River below Cuckoo. The route includes several good climbs at river and stream crossings.

Directions: To get to the starting point at Jouett Elementary School from Richmond, take Interstate 64 west to the Gum Spring (Route 522) exit #159 (one exit west of the Oilville exit), approximately 19 miles west of the intersection of I-64 and I-
295. Turn right (north) at US-522 and go 4.8 mi; turn right at Paynes Mill Rd (Route 601) and go 5.7 mi; turn left at US-33 and go 2.4 mi; turn right at Jouett School Road and go about 0.3 mi and turn into the parking lot for the school (315 Jouett School Road, Mineral, VA).

### July 27-July 31 Weekly Rides

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Miles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>9:00 AM</td>
<td>Powhatan Courthouse</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>2:00 PM</td>
<td>Tuesdays at Rockville</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>5:40 PM/5:50 PM</td>
<td>Rockville/Inez Options</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>6:00 PM</td>
<td>Hanover Courthouse Ride</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>9:30 AM</td>
<td>Retiree’s Midweek Ride and Lunch</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>6:00 PM</td>
<td>Chesterfield County Ride</td>
<td></td>
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<tr>
<td>Wednesday</td>
<td>7:00 PM</td>
<td>Ashland Dinner Club</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>2:00 PM</td>
<td>Leader's Choice Ride</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>5:45 /5:50 / 6:00 PM</td>
<td>Crump Park Options</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>6:00 PM</td>
<td>East End Ride</td>
<td></td>
</tr>
</tbody>
</table>

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

Distance this Page: _______ Miles

Total this Month: _______ Miles + Total Previous Months: _______ Miles = Total Year-to-Date: _______ Miles
July, 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, 9:00 AM (NOTE THE NEW START TIME) Powhatan Courthouse
Pace  Time  Miles  Terrain  Store Stops  Leader
B  9:00 AM  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 East End-Dorey Park Ride
The Sunday afternoon Dorey Park Ride is “on sabbatical” till late fall. See you then!

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 (NOTE THE NEW START TIME FOR JULY ONLY) Tuesdays at Rockville
Pace  Time  Miles  Terrain  Store Stops  Leader
B+  2:00 PM  32-40  2  One  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. Note new start time for month of July only. Start time will revert back to 8:30 in August.

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.

Tuesday, see start times below (NOTE NEW START/FINISH) 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!

Directions: There is a NEW start/finish for June through Sept: Deep Run High School. 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.

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

(Continued on page 14)
July, 2008 Weekly Rides

(Continued from page 13)

<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>28</td>
<td>3</td>
<td>None</td>
<td>Kathy Wood, 779-3802</td>
</tr>
<tr>
<td>B</td>
<td>6:00 PM</td>
<td>28</td>
<td>3</td>
<td>None</td>
<td>Dale Peacock, 556-6908</td>
</tr>
</tbody>
</table>

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 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.

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>3</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>

New route gets rave reviews!! Join Lois and Al for this ride on some smooth and scenic back roads in Chesterfield County. They’ve revised the route this year to incorporate some recently re-paved and lightly traveled roads in the area. One or both of them will be leading a low B+ group pace (i.e., 16.5 mph). There is 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 are available.

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, 358-5801, <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, 2:00 PM (NOTE THE NEW START TIME FOR JULY ONLY)

Leader’s Choice 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>28-38</td>
<td>3</td>
<td>Varies</td>
<td>Hugh Aaron, 690-9720, <a href="mailto:hugh@theaarrons.com">hugh@theaarrons.com</a></td>
</tr>
<tr>
<td>B+</td>
<td>2:00 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@yahooogroups.com” to subscribe). If you have a favorite route in the area, or an idea for a new route you

(Continued on page 15)
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.

Note new start time for month of July only. Start time will revert back to 8:30 in August

Thursday, see start times & NEW START 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>5:45 PM</td>
<td>38</td>
<td>1</td>
<td>None</td>
<td>Mike Moore 358-0935</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>(22-23 mph moving avg.)</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>
<tr>
<td>A</td>
<td>6:00 PM</td>
<td>33</td>
<td>2</td>
<td>None</td>
<td>David Murray, 240-0891 and Jeff Nicklas, 833-5382</td>
</tr>
</tbody>
</table>

**Description:** The longer routes will include such favorite hills as Animal Shelter, the Three Sisters, Rockett’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:** NEW START at Crump Park: To get to the start, please take Staples Mill Rd/Rt 33 West. Turn right onto Mountain Rd. Remain on Mountain Rd for approximately 1.3 miles - park entrance will be on the left. Look for bicyclists in the back lot, in the rear of the park.

**Thursday, 6:00 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>B</td>
<td>6:00 PM</td>
<td>23</td>
<td>4</td>
<td>Some</td>
<td>Wayne Shipley, 737-7176, cell 350-0597</td>
</tr>
<tr>
<td>D</td>
<td>6:00 PM</td>
<td>15</td>
<td>4</td>
<td>Some</td>
<td>Eleanor Shipley, 737-7176, cell 350-2529</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, 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>B+</td>
<td>9:00 AM</td>
<td>35-40</td>
<td>3</td>
<td>Some</td>
<td>Dave Bloor, 285-6177</td>
</tr>
<tr>
<td>B</td>
<td>9:00 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.

**Note:** This ride will NOT be held on July 4!

**Friday**

**Pedal Power Ride**

The Friday afternoon Pedal Power Ride is “on sabbatical” for July and August!
July, 2008 Weekly Rides

Saturday, 8:00-8:30 AM (NOTE THE NEW START TIME!) 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>8:00-</td>
<td>20</td>
<td>to 5</td>
<td>Some</td>
<td>See Ride and Events Calendar section</td>
</tr>
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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.

Now About those Racy Pictures…

These are the type of pictures you were expecting, aren’t they?

Andrew Mann sent in these images of the Bryan Park races that took place on a recent Tuesday. The following is what Matt Marchal wrote about them in May’s Pedaler.

“The other race series is truly a Richmond tradition. From what I have been told, it goes back well over 20 years. It’s the Bryan Park Training Series. Although it has occurred in several forms over the years, for the past 8 (that I have been involved) it has been every Tuesday evening. It takes place behind the Azalea garden area of the park. You will have to park near the soccer fields and walk or ride back.

“This year it starts May 20th and runs until September 9th. The race has a beginners “B” race at 6 PM and an “A” race for more advanced riders at 6:45. This is a training race meaning that some rules are relaxed, for example if you come off the back of the race, you can jump back in as long as you don’t try to win after that. This race is a little more technical with more uphill, downhill, and cornering. The loop is 0.8 miles long and the beginner’s race is only 12 miles. Many of Richmond’s best racers over the years have had their start here, and it should be another great season. One word of caution, Mayor Wilder’s “Mosquito Enrichment Program” has worked quite well in the back of Bryan Park, so bring repellent or race real fast so they can’t get you.”

Check the races out if you have a chance!
## RABA Ride Calendar

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<tr>
<th>Sun</th>
<th>Mon</th>
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<td>8:30 AM</td>
<td>Senile Century Ride</td>
<td>8:00 AM</td>
<td>Mondays with Mary</td>
<td>8:00 AM</td>
<td>Leader's Choice Ride</td>
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<td>10:00 AM</td>
<td>Beaverdam Ride</td>
<td>9:00 AM</td>
<td>Tuesdays at Rockville Rockville/Inez Options</td>
<td>2:00 PM</td>
<td>Varina Ride</td>
<td>9:00- AM</td>
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<td>9:00 AM</td>
<td>Dorey Park Tour</td>
<td>9:00 AM</td>
<td>Tuesdays at Rockville Rockville/Inez Options</td>
<td>9:30 AM</td>
<td>Retirees Mid-Week Ride and Lunch</td>
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<td>9:30 AM</td>
<td>Powhatan Courthouse</td>
<td>9:00 AM</td>
<td>Tuesdays at Rockville Rockville/Inez Options</td>
<td>9:30 AM</td>
<td>Retirees Mid-Week Ride and Lunch</td>
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<td>9:30 AM</td>
<td>Mt. Vernon Trail</td>
<td>9:45 AM</td>
<td>Tuesdays at Rockville Rockville/Inez Options</td>
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<td>Leader's Choice Ride</td>
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<td>Leader's Choice Ride</td>
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<td>6:00 PM</td>
<td>Hanover Courthouse Ride</td>
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<td>6:00 PM</td>
<td>Training Ride w/ Rostello presented by Fiorucci/CyCor Team</td>
<td>6:00 PM</td>
<td>Tuesdays at Rockville Rockville/Inez Options</td>
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<td>Leader's Choice Ride</td>
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<td>6:00 PM</td>
<td>Chesterfield Co. Ride Ashland Dinner Club</td>
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### Note:
See [www.raba.org](http://www.raba.org) or the July editions of *The Pedaler* or *Pedaler Plus* for ride descriptions and starting locations. Rides in blue have multiple starting times.