Why Pedaler Plus?

If you look on the home page of RABA’s web site (www.raba.org) you’ll see this: “Come out and ride with us. We will show you the way.” Well, that’s true, I guess, but I lean more to something like: “RABA and Cycling: Something for Everybody!”

List any aspect of cycling and you’ll probably be able to find one or more RABA members who are passionate about it, want to share information about it, and hope to get others involved with it. That’s how things like the revival of the camping trips and over-night tours, the weekly night time dinner rides to Ashland, and the organization of the Slowskys came about last year. The original folks had the ideas, organized and publicized the initial events, and, over time, attracted more and more participants.

All the great work Ted Zeh did as editor of last year’s Pedaler was wonderful in that it featured articles and pictures about some of these new or revived activities. I’m pretty sure that the fun we were having came through and got at least some of you thinking, “Boy, I’d really like to try that.” We want to do that here, too.

The Pedaler Plus supplement will give us the freedom and space to devote to the various aspects of RABA and cycling while keeping an eye out for the RABA treasury. A 12 page Pedaler costs approximately $1.46 to print and mail, as paper and mailing costs continue to increase. Let’s see... Individual annual dues are $20. Divide by 12 and you get $1.66. There’s not a lot of financial wiggle room there. Having an on-line supplement and adding digital pages to it is, for all practical purposes, free.

Also look here for more in depth information on some of the items that were in The Pedaler. Here’s what we have this month:

- Additional pictures from the Christmas Party.
- A few links to cycling related articles and web sites.
- Additional information about a request included in The Pedaler’s “Heard and Seen Around the Club” column.
- An enhanced Ride Calendar and Event Calendar showing what’s happening each day of the month, formatted so you can print it out, check-off, and keep track of your mileage. This is similar to the format used in January’s Pedaler.
- An 8 1/2”x11” calendar for February showing all the RABA scheduled rides and their starting times.

Request for Submissions

If you have or come across anything that is cycling related and you think might be of interest to club members, and could go in either The Pedaler or particularly The Pedaler Plus supplement, please send it to me at rrichhalle@verizon.net. Also let me know if there’s anything you’d like to see.
2007 RABA Christmas Party

Dee’s eyesight isn’t failing. He’s holding his gift up so everyone can see it.

Mark Bierly is pleased with his bottle of fine wine (but not so pleased later, when it was stolen from him).

Fran Smith opens her gift.

Champe describes his gift to an attentive audience. Incidentally, he also brought an unusual gift— a cigarette light in the shape of a bike with lighter fluid in the rear wheel!

Carl Armstrong is looking over his gift closely.

Kathy Wood is unwrapping the gift she picked from the pile.

Whatever Ted Zeh got, looks like he’s happy about it.

Coming Up

RABA member, Emily Kimball will be speaking at The Chesterfield Lecture Series on Tuesday, February 19th at 7:30p.m. at Monacan High School in the Smoketree Subdivision off of Court House Road. Her topic is: AGING WITH PASSION: Follow the adventures of Emily Kimball, the Aging Adventurer as she makes her dreams happen in retirement. View slides from bike tours in New Zealand, England, Ireland, Wales, Nova Scotia, Prince Edward Island, and across America, as well as from her thru-hike on the Appalachian Trail. Learn what it takes to create your own adventures at any age.
Here are some interesting links people have passed along to me recently. You might want to take a look at them, too. Remember that web links are definitely not forever. If they happen to be “dead” when you try to get to them, all I can say is that they were working when I wrote this.

If you happen to come across anything bike-related, preferably a little unusual, feel free to email the link to me and I’ll try to include it in a future Pedaler Plus.

Ted Zeh sent this item about MIT students powering a supercomputer with bicycles. They set a world record and helped power a cluster of 648 CPUs. Here is the story at Computerworld.com.

Bill Britton and I were riding along talking about cold weather cycling and the special techniques and equipment that was available. One site with which I was familiar was www.icebike.com. Bill told me about a hard-core woman cyclist in Alaska. Look at her blog at http://arcticglass.blogspot.com/

More Heard and Seen Around the Club

Bud’s article in this month’s The Pedaler contained information about Staff Sergeant Daniel Ortiz’s request for equipment to repair their bikes in Iraq. Bud and Andrew Mann had received emails and pictures from Sergeant Ortiz describing what they had and needed.

First Email:

Sir,

Most of the bikes here are of the Wal-mart brand. Only a very few real enthusiast brought high-end bikes. The PX sells a Fisher mountain bike for $150.00. The plastic pedal broke off at the apex of its swing on me. Ouch... I have seen a lot of Shimano equipment to include the PX bikes. What’s failing the most are chains, cassettes, pedals, frame suspensions and tires. The dust over here is very fine, all most like talcum powder. As you can imagine it’s attracted to lubricated moving parts, which in turn wear down faster. Furthermore, tires are easily punctured by small thorn laden vegetation and aggressive terrain. What type of tools would you recommend for a beginner? My workshop consists of an old field desk, mechanics general repair tool box, work lamps, a sheet of cardboard to put the bike on upside down. As far a specialized tools are concerned. Spoke wrenches, cassette remover, chain breaks, and dishing tools would be most useful. What ever is most available for you to send is fine. Thank you for responding.

SSG Daniel Ortiz
Aco 1/10th BSB
10th MTN Division
APO/AE 09338

Follow-Up Email:

Gentlemen,

thank your for considering my request. In hindsight, more information should have been in the original request. Fischer bikes are made in Germany, the website is only in Dutch. http://www.fischer-die-fahrradmarke.de/ I have sent English request for service but have not received any response. The other bikes are no-name Wal-mart bikes. With no real product line, they do not have a "manufactures" webpage. Not to say that they are too cheap to repair as Shimano hardware is the on virtual all of them. I have been reading a lot about this and a getting a better grasp on the terminology and associated terms. We have found that the most common repair parts needed here are one that will on most bicycles. 26” Tires/Inner Tubes, chain, pedals, patches, spokes, Universal cable sets, and common hardware/fasteners. I have recently purchased a Park Roll up Kit (Very basic) and a stand out of my own pocket to further this program. Due to the rough terrain, some bikes are in need of rim repair. A dishing tool, assorted spoke wrenches, and lubricants would also prove useful. As a small token of our appreciation, we would be glad to send quality photos of the Soldiers/Airmen that you have assisted for presentation in your place of business. The PX is small and providing a repair service “is not conducive” to their mission. They would rather exchange the bike and scrap the unserviceable one rather then attempt to repair it or even cannibalize them. Absurd business practice, but that’s how it is. (You cannot even get coffee creamer or filters now because they have been sold-out for weeks). In any case, I hope this helps. Again thank you for your time.

With the Iraqi Fire Department

Getting Ready to go out the Wire

Types of Bikes to be Repaired

Pedals usually only last 30 days
February, 2008 Ride and Event Calendar

Ride Captain- Monthly Rides: Hugh Aaron, 690-9720, hugh@theaarons.com
Ride Captain- Weekly Rides: 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 no later than 14 days after the ride to ensure that all riders get mileage credit.

Rides offering a casually paced group/leader are indicated by the icon
Ride times listed are departure times.
**Check RABA or Ridefinder E-mail distribution lists for latest updates**

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.

Get in touch with Andrew Mann at 266-9048 or rabamann@aol.com if you have any questions.

Feb. 1 Weekly Rides

☐ Friday, 2:00 PM
Fridays at Hylas

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

☐ Feb. 2 (Saturday), 8:30-9:00 AM
The Ashland Breakfast Club (ABC)

Miles: Varies  Pace: All speeds  Hills: Few/Gentle  Store Stops: Some  Leader: Dee Nuckols, 749-3400

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.

☐ Feb. 2 (Saturday), 11:30 AM-12:00 PM
Groundhog’s Day Edition- The Ashland Lunch Club (ALC)

Miles: Varies  Pace: All speeds  Hills: Few/Gentle  Store Stops: Some  Leader: Richard Halle, 744-1760

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.

☐ Feb. 3 (Sunday), 9:00 AM
Dim Sum Sunday Ride

Miles: 32  Pace: 13-18  Hills: Few/Gentle  Store Stops: 1  Leader: Champe Burnley, 358-5801 or champe_burnley@hotmail.com

Description: This is a social paced ride to Ashland followed by a return to the Full Kee Restaurant for lunch, enjoying the best Dim Sums and Chinese soups in town. If you aren't familiar with Dim Sum, this is the name for a Chinese cuisine which involves a wide range of

(Continued on page 5)

Distance this Page: ________ Miles
light dishes served alongside Chinese Tea. It can include dishes based on meat, seafood, vegetables, as well as desserts and fruit. Please bring a bike lock to secure your bike during lunch.

**Directions:** Meet at Full Kee Restaurant at 6400 Horsepen Road. Please park in the very back of the parking lot or on the street.

**Feb. 3 (Sunday), 9:30 AM**

**Hanover Scenic Ride**

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>16</td>
<td>Some/Steep</td>
<td>None</td>
<td>Doug Harrel, 804-368-0689 or <a href="mailto:dlharrel@comcast.net">dlharrel@comcast.net</a></td>
</tr>
<tr>
<td>30</td>
<td>12</td>
<td>Some/Steep</td>
<td>None</td>
<td>Susan Curtis, 973-886-0029 or <a href="mailto:susan.curtis@att.net">susan.curtis@att.net</a></td>
</tr>
</tbody>
</table>

**Description:** Enjoy a ride through some familiar roads and some roads less traveled. In Hanover, hills can't be avoided, but they're fairly well spread out on this ride, so your legs won't scream too loudly when you finish. We'll keep a social pace and plan to enjoy the views.

**Directions:** The ride begins at the Randolph Macon parking lot in Ashland. To get there from Richmond, take I-95 north and exit on route 54 west into Ashland. Cross U.S. Route 1 and, just prior to crossing the railroad tracks turn right onto Railroad Road. Turn almost immediately into the parking lot on the right (across from the Ashland AmTrak station).

**Feb. 9 (Saturday), 8:30-9:00 AM**

**Ashland Breakfast Club (ABC)**

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>All speeds</td>
<td>Few/Gentle</td>
<td>Some</td>
<td>Joe Hazel, 306-4500</td>
</tr>
</tbody>
</table>

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

**Feb. 9 (Saturday), 9:30 AM**

**Waverly Figure 8 Ride**

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>38</td>
<td>15</td>
<td>Few/Gentle</td>
<td>One</td>
<td>Jack Huber, 804-282-3872 or <a href="mailto:JHuber1111@Yahoo.com">JHuber1111@Yahoo.com</a></td>
</tr>
<tr>
<td>26</td>
<td>12</td>
<td>Few/Gentle</td>
<td>None</td>
<td>Susan Curtis, 973-886-0029 or <a href="mailto:susan.curtis@att.net">susan.curtis@att.net</a></td>
</tr>
</tbody>
</table>

**Description:** Meet at the parking lot behind the former Coppahaunk Tavern in Waverly for a mid-winter adventure. There will be a store stop with rest rooms at the 26 mile point on the longer ride.

**Directions:** From the Richmond area, take I-95 or I-295 south to Rt. 460 east (toward Norfolk). The Tavern is at the intersection of Routes 40 and 460 in Waverly.

**Feb. 9 (Saturday), 11:30 AM-12:00 PM**

**The Ashland Lunch Club (ALC)**

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>All speeds</td>
<td>Few/Gentle</td>
<td>Some</td>
<td>Ron Corio, 643-6452</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.

(Continued on page 6)
**Cold Harbor Battlefield Park Ride**

**Feb. 10 (Sunday), 9:30 AM**

- **Miles:** 48
- **Pace:** 17 to 19
- **Hills:** Some/Moderate
- **Store Stops:** One
- **Leader:** Hugh Aaron, 804-690-9720 or hugh@theaarons.com

**Description:**
This is a repeat of a ride that Susan and Hugh attempted last December. However, due to the cold, wet weather only a few hardy souls made the ride last time. With any luck, the weather will be better this time and more people will be able to participate.

Both routes meander through eastern Hanover County and Western New Kent County, including the area of the Seven Days Battles which took place during late June of 1862. General Robert E. Lee drove the invading Union Army of the Potomac, commanded by Major General George B. McClellan, away from Richmond and into a retreat down the Virginia Peninsula. The Battles ended with McClellan's army suffering almost 16,000 casualties during the retreat. Lee's army, which had been on the offensive during the Battles, lost over 20,000.

Today, the area's claim to fame (at least from a cyclist's perspective) is the fact that Bicycle Route 76 passes through the area. Both routes include about .5 miles at the beginning, and about 3 miles at the end on Bike Route 76 (Cold Harbor Road). Bike Route 76 is a cross-country bicycle route east of the Mississippi River. It is one of the two original U.S. Bicycle Routes, the other being Bicycle Route 1. Bicycle Route 76 runs from the Midwestern state of Illinois to the eastern seaboard state of Virginia. It is also known as the TransAmerica Trail. It is not uncommon to run across fully loaded cyclists passing through the area on Bicycle Route 76.

Both routes on this ride are fairly flat although there are at least three noteworthy climbs. Perhaps the nicest section of the both routes is the long run down Old Church Road. That section sports large oaks on both sides of the road, smooth asphalt, a series of nice S-curves and a gentle downward slope. The toughest climb occurs after turning from Old Church Road onto Hopewell Road. Granny gears are recommended for that one, although, you will find the steep section to be mercifully short. Both routes are quite rural. We should find cars to be few and far between for much of the ride. However, riders should exercises particular caution on Cold Harbor Road and Old Church Road as both of those roads tend be more heavily traveled.

On the longer route, there is one store stop with restrooms around mile 23. Unfortunately, due to the rural nature of the shorter route and the fact that we are riding on a Sunday, you will not encounter any open stores on this route other than a convenience store at the Cold Harbor Road turn around mile 30. However, at that point, you will be less than three miles from the end of the ride.

**Directions:** The ride will start and end at Hanover County’s Cold Harbor Battlefield Park on Route 156 (6005 Cold Harbor Road). 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) East. Proceed approximately 1 mile on Creighton Road East. 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 (156 South) towards Old Cold Harbor. Proceed approximately 2.5 miles to the county park, which will be on your right. You will pass two national park entrances on Cold Harbor Road before you get to the ride start at the county park. The county park is adjacent to the Garthright House which is part of the Richmond National Battlefield Park system.

**Feb. 10-Feb. 13 Weekly Rides**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>1:00 PM</td>
<td>Powhatan Courthouse</td>
<td>Miles</td>
</tr>
<tr>
<td>Sunday</td>
<td>2:00 PM</td>
<td>East End-Dorey Park Ride</td>
<td>Miles</td>
</tr>
<tr>
<td>Monday</td>
<td>9:00 AM</td>
<td>Mondays with Mary</td>
<td>Miles</td>
</tr>
<tr>
<td>Tuesday</td>
<td>2:00 PM</td>
<td>Tuesdays at Rockville</td>
<td>Miles</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9:30 AM</td>
<td>Retiree's Midweek Ride and Lunch</td>
<td>Miles</td>
</tr>
<tr>
<td>Wednesday</td>
<td>7:00 PM</td>
<td>Ashland Dinner Club</td>
<td>Miles</td>
</tr>
</tbody>
</table>

**Feb. 13 (Wednesday), 6:00 PM (Dinner), 7:00 PM (Presentation)**

RABA Meeting

Come to El Toro Loco at 1808 Staples Mill Rd for a RABA business meeting as well as David Kalman’s presentation about The Tour of Ireland multi-stage bicycle race. See pages 1 of *The Pedaler* for additional information.

**Feb. 14-Feb. 15 Weekly Rides**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>1:00 PM</td>
<td>Hanover Courthouse Lunch Ride</td>
<td>Miles</td>
</tr>
</tbody>
</table>

(Continued on page 7)

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Distance this Page: Miles
Feb. 15-18

February, 2008 Ride and Event Calendar

(Continued from page 6)

- **Friday, 2:00 PM**
  - See the Weekly Ride Descriptions section following the Ride and Event Calendar for more information about these repeating weekly rides.

- **Feb. 16 (Saturday), 8:30-9:00 AM**
  - The Ashland Breakfast Club (ABC)
    - **Miles**
    - **Pace**
    - **Hills**
    - **Store Stops**
    - **Leader**
    - Varies
    - All speeds
    - Few/Gentle
    - Some
    - Jack Huber, 282-3872
  - **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.

- **Feb. 16 (Saturday), 11:30 AM-12:00 PM**
  - The Ashland Lunch Club (ALC)
    - **Miles**
    - **Pace**
    - **Hills**
    - **Store Stops**
    - **Leader**
    - Varies
    - All speeds
    - Few/Gentle
    - Some
    - Bobby Weitzel, 484-0054
  - **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.

- **Feb. 17 (Sunday), 10:00 AM**
  - James River Tour
    - **Miles**
    - **Pace**
    - **Hills**
    - **Store Stops**
    - **Leader**
    - 17
    - 12
    - Some/Moderate
    - None
    - Carl & Barbara Armstrong, 747-1847 or cb_armstrong@verizon.net
  - **Description**: This new route for riders of all abilities explores the banks of the scenic James River in downtown Richmond. This will be a leisurely ride with several stops for sightseeing. The route is partly on roads and partly on trails. Some trails are paved and others have a firm gravel or rock surface. The off-road portions do not require any special bike handling expertise. The leaders recommend that participants use a bike with wide tires (mountain bike preferred, although a touring or hybrid bike with at least 28 mm/1 inch ties or wider should also work). Riders will experience the Pipeline Overlook, Chimborazo Park, Great Shiplock Park, the future western terminus of the Cap-to-Cap Trail, Ancarrow’s Landing, cruising the path on top of the south bank’s floodwall (wide enough for a car and, yes, there are railings to protect you), the shoreline trail at Reedy Creek, and Belle Isle. Note we will need to use a ‘bucket brigade’ to move our bikes up one flight of stairs. Cue sheets and maps will be provided. Nearby lunch options after the ride include the Legend Brewing Company and Bottoms Up Pizza.
  - **Directions**: The ride will start at the Belle Isle parking area. Traveling north on I-95: take exit 74C west, then follow signs to Civil War Visitor Center. Traveling South on I-95: use exit 75 for Civil War Visitor Center. Traveling east on I-64: follow to intersection with I-95 south, and then see directions for I-95. Traveling west on I-64, use the 5th Street (downtown) exit for the Richmond Civil War Visitor Center at Tredegar Iron Works. Once on Tredegar St, continue west past the Visitor Center to the Belle Isle parking lot on the right, just before you pass under the Lee Bridge. If possible, avoid parking directly under the train trestle as debris sometimes falls off the trains.

Feb. 17 Weekly Rides

- **Sunday, 1:00 PM**
  - Powhatan Courthouse
  - **Miles**

- **Sunday, 2:00 PM**
  - East End-Dorey Park Ride
  - **Miles**

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

- **February 18 (Monday - President's Day), 11:00 AM**
  - Amelia County to Crewe Ride
    - **Miles**
    - **Pace**
    - **Hills**
    - **Store Stops**
    - **Leader**
    - 40
    - 15 to 16
    - Some/Moderate
    - One
    - Barry & Martha Pullen 804-561-3950
  - **Description**: Meet Barry and Martha in the public parking lot behind Amelia Court House for a delightful ride to Crewe in Nottoway County. There is little traffic in this rural area. The store stop is at 22 miles at a large convenience store in Crewe. Please call the ride leaders, Barry and Martha Pullen if there are any questions (they don’t use email).
  - **Directions**: Amelia Court House is located southwest of Richmond off route 360. From Richmond, take I-288 to Rt.360 (Hull Street Road) and go west for about 18 miles. In Amelia, continue west on 360 through the traffic light (by the McDonalds). Turn left onto Amelia Avenue at the blinking yellow lights. Take first right onto Court Street and cross railroad tracks and cross US Business 360. Turn

(Continued on page 8)

Distance this Page:_______Miles
right onto Virginia Street. Court House will be on your left. Public parking lot is across the street (Church Street) from the rear of the Court House. NOTE: The McDonalds on 360 may be your last opportunity for a real bathroom prior to the store stop in Crewe.

Feb. 19-Feb. 22 Weekly Rides

☐ Tuesday, 2:00 PM Tuesdays at Rockville
☐ Wednesday, 9:30 AM Retiree’s Midweek Ride and Lunch
☐ Wednesday, 7:00 PM Ashland Dinner Club
☐ Thursday, 1:00 PM Hanover Courthouse Lunch Ride
☐ Friday, 2:00 PM Fridays at Hylas

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

☐ Feb. 23 (Saturday), 8:30-9:00 AM The Ashland Breakfast Club (ABC)

Miles Pace Hills Store Stops Leader
Varies All speeds F/G Some Emily Kimball, 358-4959

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.

☐ Feb. 23 (Saturday), 10:00 AM Hickory Notch

Miles Pace Hills Store Stops Leader
29 12 Moderate None Susan Curtis, 973-886-0029 or susan.curtis@att.net

Description: Meet at the Hickory Notch Grill, 2031 Broad Street Road, Maidens, VA 23102, about 15 miles west of the Short Pump Town Center, for a ride through the countryside. Cue sheets will be provided. There are no store stops, so be sure to bring provisions.

Directions: From Richmond, take Interstate 64 west to exit 167 (Oilville exit). Turn left at the first stop sign off the exit ramp onto Oilville Rd. At Broad Street (250), turn right. Go about 3 miles and Hickory Notch Grill is on the left. Cars should park as far back in lot as possible.

☐ Feb. 23 (Saturday), 11:30 AM-12:00 PM The Ashland Lunch Club (ALC)

Miles Pace Hills Store Stops Leader
Varies All speeds F/G Some Dale Peacock, 556-6908

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.

☐ Feb. 24 (Sunday), 1:15 PM Border Recon Patrol

Miles Pace Hills Store Stops Leader
38/33/23 13 and up Some/Moderate Some Bud Vye, 804-262-9544 or bdvye@comcast.net

Description: Here’s an old club favorite, through some very pretty country we haven’t done in a while (getting its name because it goes along the border between Hanover and Louisa counties). Meet Bud at the Arts Center in Montpelier. No shortage of stores along this circuit, so no need to bring provisions. The store stop on the longer two options will be the newly reopened Route 76 Market (formerly Verbeck’s). Slower riders are welcome, and no one will be left behind.

Directions: The Arts Center in Montpelier is at the intersection of Routes 33 and 715, 15 miles west of where Route 33 (Staples Mill Road in the city) crosses I-295.

Feb. 24-Feb. 29 Weekly Rides

☐ Sunday, 1:00 PM Powhatan Courthouse

(Continued on page 9)
### Weekly Ride Descriptions

**Ride Captain- Weekly Rides:** Brenda Hubbard, 740-3678, brenda_hubbard@yahoo.com.

**NEW RIDERS:** Please call the ride leader ahead of ride time to be sure that the ride will be at your pace and skill level.

**RIDE LEADERS:** Please submit ride sheets to Statisticians Al and Lois Farrell, 4202 Hickory Nut Place, Midlothian, VA 23112 no later than 14 days after the ride to ensure that all riders get mileage credit.

#### Sunday, 1:00 PM  
**Powhatan Courthouse**  
**Miles** | **Pace** | **Hills** | **Store Stops** | **Leader**  
--- | --- | --- | --- | ---  
35 to 60 | 14+ | Flat | Some | Barry and Martha Pullen, 561-3950  
**Description:** Meet at the Powhatan County Courthouse on Route 13. There are many nice rides from the Courthouse, mostly with good scenery and low traffic. The ride leaders will select a route that will vary between 35 and 60 miles. Usually there will be shorter options available, though they may not have any store stops along them. Maps and cue sheets will be available for those wishing to ride their own pace. If the weather is doubtful, call the ride leaders to confirm that they will be riding.

#### Sunday, 2:00 PM  
**East End-Dorey Park Ride**  
**Miles** | **Pace** | **Hills** | **Store Stops** | **Leader**  
--- | --- | --- | --- | ---  
30 | 16-19+ | Some/Moderate | Some | Randy and Katy Rosemond, 966-5472, velosalsaman@aol.com  
**Ron Corio, 643-6452, rcorio@vcu.edu**  
**Description:** This ride has routes and distances for intermediate and fast groups. Maps are available for riders who wish to ride a slower pace, preferably with a buddy. If the weather looks unfavorable, 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 195-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**  
**Miles** | **Pace** | **Hills** | **Store Stops** | **Leader**  
--- | --- | --- | --- | ---  
30 to 40 | 16-18 | Some/Moderate | Some | Mary Falterman, 741-2116, Barry Pullen, 561-3950  
**Description:** The ride starts at a different location every week. The meeting place and start times are decided on Sunday evening at about 8:00 PM, depending on Mary, Barry, and Chris Walke’s schedules. Please contact one of the ride leaders on Sunday evening to get information about the upcoming ride.

#### Tuesday, 2:00 PM  
**Tuesdays at Rockville**  
**Miles** | **Pace** | **Hills** | **Store Stops** | **Leader**  
--- | --- | --- | --- | ---  
32/40 | 16-18 | Many/Moderate/Steep | 1 | Bill Whitworth 285-9193, wwhitworth@reynolds.edu  
**Charlie Comly, 432-8542**  
**Description:** Come join us for a great ride through western Hanover and eastern Louisa. We leave from the Rockville Library (please park together all the way in the back). Cue sheets will be available.

**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 library is 2.8 miles on the right.

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

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<th>Miles</th>
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<tbody>
<tr>
<td>25 to 40</td>
<td>Varies</td>
<td>Varies</td>
<td>Some</td>
<td>Bud Vye, 262-9544 or Barry Pullen, 561-3950</td>
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</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, 7:00 PM**

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<th>Miles</th>
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<tr>
<td>20</td>
<td>13-15</td>
<td>Few/Gentle</td>
<td>None</td>
<td>Champe Burnley, 358-6697, <a href="mailto:champe_burnley@hotmail.com">champe_burnley@hotmail.com</a></td>
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</tbody>
</table>

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

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

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

**Thursday, 1:00 PM**

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<th>Leader</th>
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| 23 or 28  | 17-20   | S/M        | None        | Hugh Aaron, 690-9720, hugh@theaarons.com  
Bill Whitworth, 285-9193, wwhitworth@reynolds.edu |

**Description:** This is an off-season version of RABA’s well known Tuesday evening Hanover Courthouse ride. The pace may vary depending on who shows up and how hard everyone feels like riding. There may also be an opportunity for add-on miles for those that are interested and have the time. Although Hugh and Bill plan to ride the posted speed of 17 to 20 mph (moving average), both slower and faster riders are welcome to ride at their own pace. Cue sheets will be available.

**Directions:** Meet in the Hanover Courthouse parking lot on the east side of Route 301, 10 miles north of where it crosses I-295.

**Friday, 2:00 PM**

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<tr>
<td>25 to 40</td>
<td>16-18</td>
<td>S/M</td>
<td>Some</td>
<td>Dave Bloor, 285-6177</td>
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**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.

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

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<td>All speeds</td>
<td>F/G</td>
<td>Some</td>
<td>See Ride and Event Calendar for weekly leader</td>
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**Description and Directions:** This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. The basic ride is ten almost flat miles to Ashland, where riders stop at Hardee's or Ashland Coffee & Tea for breakfast or hot or cold drinks. Afterwards the groups split, with some retracing the route back to Laurel Park for a 20 mile ride while others do various extensions for 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.

Maps and cue sheets will be 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**

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**Description and Directions:** This winter month ride 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. It also leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. Ride to Ashland, stop for refreshments and return by a choice of routes. Riders may join the ride leader’s group or form a group of their own based on preferred pace and distance.

Maps and cue sheets will be 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.
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<tr>
<td>9:00 AM Dim Sum Ride</td>
<td>9:00 AM Mondays with Mary</td>
<td>2:00 PM Tuesdays at Rockville</td>
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<td>10:00 AM James River Tour</td>
<td>11:00 AM Amelia County to Crewe Ride</td>
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<td>1:00 PM Powhatan Courthouse</td>
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<td>1:15 PM Border Recon Patrol</td>
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Note: See [www.raba.org](http://www.raba.org) or the February editions of *The Pedaler* or *Pedaler Plus* for ride descriptions and starting locations.