The Cookie Lady

by Kim Moore

There is a special lady named June Curry who lives near Waynesboro, along Interstate Bike Rt. 76, the major east-west transcontinental bike route. June has provided shelter and food for any bicyclists for almost 30 years without charge or expecting anything in return. She is known as the Cookie Lady.

June is now 84, her hearing is not very good and has no family to speak of. She lives off a meager Social Security check. The Milepost Zero Bicycle Club (MPZ) in Waynesboro, VA, does what it can by helping her with donations twice a year and donating a percentage of the proceeds from their annual century, the Tour De Valley Century Ride. However, the amount of money it takes to maintain her own house and the bike house have become quite large.

The MPZ club is asking for additional help from other clubs and their members. If you would like to make monetary donation of any amount to June Curry, that would be a tremendous help. If you can send her a donation or note of cheer, support or appreciation, please mail it to June Curry, 3252 Afton Mountain Road, Afton, VA 22920. June is a humble woman, who accepts donations only to keep her mission of helping bicyclists going.

In the spirit of the holidays, please consider her a worthy cause.

If you have any questions or need more information about June Curry, please call Joyce Cooke, of the MPZ Bicycle Club, at 540-943-2093.

Bring a Buddy II

By Kim Moore

On Thursday, October 28, at Richbrau Brewing, over 120 people from RABA, the Richmond Road Runners Club and the Richmond Triathlon Club came out for an evening of meeting new faces, swapping stories and catching up with old friends. Light hors d’oeuvres were provided free of charge, while there was plenty of action at the cash bar. Approximately 27 RABA members came out that evening, among them were Bud Vye, Emily Kimball, Mike Moore, Brenda Hubbard, the Shipleys, George Talley, Cliff Pleasant, Bill Varjabedian, the Orliks, Doug Harrel, Debbie Gleason-Morgan, Steve Crozier, Mark Pye, Linda Becraft-Hall and Joan Bethman.

If you did not get a chance to attend the club social in March and October or the combined club picnic in August, I hope to organize similar events in the future. Keep your eyes peeled for the next event!
Heard & Seen Around the Club

RABA/Social Ride Captain & Advocate

Bud Vye

Very impressive turnout for the Bike Assembly Party at the Nuckols’ on November 6, as the weather was beautiful (I counted close to 50, while the ABC ride sheet that day only showed 16). A few showed up around noon, thinking we would be there until dark, with 150 bikes to put together, only to see us wrapping the project up and getting ready to have some pizza. Even for those of us who were there it’s hard to believe we got everything done in just about three hours, but we really proved the old adage that “many hands make light work”. A big thank you to all!

John Clarke, at 84, our ranking senior member, was in town for the weekend. He came early for a short ride and then was given a job on the tire inflation team. He thoroughly enjoyed the morning and was very impressed and proud of what the club was doing. All of us who know him thought he looked good, and were pleased to see that he has survived his earlier in the year heart surgery so well and is back to riding every day on the bike trail that goes right by his home in Lacey, WA. We weren’t surprised to learn that he has organized a Saturday morning shorter version of our ABC ride that goes to a local McDonald’s, as well as a longer Wednesday retiree’s ride, for the riders in his retirement community. Keep it going, John, we’re proud of you!

A Thank You From the Heart... of VA

by Wayne Shipley- Century Chair

When Friday, Sept. 16, arrived rainy and cool, we had that “oh, no, not again, not like last year” feeling. We had worked extra hard this year before the ride because Gaston washed out parts of our route. Bud Vye worked out a new route and Jerry Heffele created the new maps at the last minute. The route painters could finally begin, with the last route painted the day before the ride. Thanks to Becky Tobey, Jack Huber, and Randy Rosemond, as well as Bud and Jerry. Paul Keefer, Janet Gay, George Talley, Criss Faison, Maureen Cooper, Cindy Evans, and Sue Kremer provided Friday night registration.

Saturday started off so cool and rainy that many riders opted to ride on Sunday. Thanks go to Mark Bierly, Bud Vye, Francis Sheets, and George Talley for guiding cars into parking spots and to Margaret Porzenheim, Dana Perkins, Maureen Cooper, Cindy Evans, Brenda Hubbard, Chris Brodsky, and Janet Gay for registering the riders and cheerfully sending them on their way. The RABA reps Paul Silverstein, Rosemary Tyson, Kathy Wood, Jim Wareheim, and Brenda Hubbard were on hand at the rest stops to answer questions and enthusiastically cheer the riders on. Hanover Mental Health provided nutritious and delicious snacks and lunch along with the Fan Free Clinic. The weather improved during the day and the riders actually enjoyed the rides and returned safely with the help of SAG drivers Alan Cooper, Jane Brooks, W. R Gay, and Bud Vye. Jim Walsh stayed...
all day both days to perform any last minute tasks.

Sunday arrived crisp, clear, and cool—just the kind of day we had been hoping for. Again, we had parking assistance provided by Wayne Davis, George Talley, and Jim Walsh and registration provided by Criss Faison, Brenda Hubbard, Maureen Cooper, and Janet Gay. We had a record number of Sunday riders. The newest ride, The Historic Ride, had many raving about the great time they had at the stops. Patrick Henry was at home for the day at Scotch town and Liz Sims of Sunrise House contrasted mental health treatments then and now. Church Quarter, the best preserved antebellum log dwelling in Hanover County, has an interesting history, and the 15th VA Infantry, Co. A performed daily army activities at the North Anna Battlefield. Once again the RABA reps Dale Peacock, Francis Sheets, and Sue Kremer were on hand at rest stops to work with the Fan Free Clinic and Hanover Mental Health, who provided the food. SAG drivers, Paul Keefer, Dave Bloor, Wayne Davis, and Bud Vye patrolled the routes to give assistance if needed.

This Year’s sponsors made a positive impact on the success of HOVA. We are indebted to The Town of Ashland, Sportsbackers, Ashland Wal-Mart, Conte’s, Diamond Springs, and Ride Finders who believed in our mission with their contributions. Thank you sponsors!

Also, the financial success of the HOVA could not happen without the support and effort of many other club members. To those who distributed brochures, as well as Bill Varjabedian for designing the posters, Deb Silbert who manned the website, Kim Moore for answering E-mail and phone questions, Cindy Evans for keeping the money straight, every club member who rode the ride, and anyone whose contributions I should have mentioned, but forgot, Eleanor and I say THANK YOU, THANK YOU, AND THANK YOU!

Ron’s Buddies

By Kim Moore

On October 2nd, Ron Corio took a terrible fall on the Westmoreland State Park Camp and Ride trip. He seriously broke his right collar bone, broke his left thumb, cracked his ribs, severely bruised his right hip and almost punctured his lungs because of his cracked ribs. The riders on that trip rallied to make him comfortable, searched for doctor in the Westmoreland area, and when none could be found, Suzanne Nuckols drove to the state park to take Ron to a Richmond hospital for emergency treatment. Dee Nuckols cut short his ride to accompany Suzanne and Ron back home.

When I returned home on October 3rd from that ride, those that knew about Ron’s accident began to call and email me asking what they could do to help him. That’s when I decided to organize an email list called Ron’s Buddies. Daily, sometimes hourly, email updates went out to assist in the coordination of the volunteers who brought food, drove Ron to appointments or did light chores for him.

The tremendous outpouring of help and concern was absolutely stunning! For the past eight weeks, between RABA members and Ron’s personal friends, the financial success of the HOVA could not happen without the support and effort of many other club members. To those who distributed brochures, as well as Bill Varjabedian for designing the posters, Deb Silbert who manned the website, Kim Moore for answering E-mail and phone questions, Cindy Evans for keeping the money straight, every club member who rode the ride, and anyone whose contributions I should have mentioned, but forgot, Eleanor and I say THANK YOU, THANK YOU, AND THANK YOU!

BICYCLES BELONG

Sign Up Deadline Approaching

by Bud Vye, Advocacy Chair

As the New Years Eve deadline approaches for securing the 350 applications for the Bicycles Belong license plate, BikeWalkVirginia is making good progress toward that goal, but is not there yet. RABA is also making good progress toward our goal of 50, with somewhere around the mid-40s signed up, and I give thanks to those who have done so promptly and have notified me. I’m hopeful that there are others who have applied who I don’t know about.


If you’ve already applied and are not listed above, please let me know so I can add you to the list. If you intend to do so, but haven’t yet applied, get the form and the information from the BikeWalkVirginia website www.bikewalkvirginia.org and send it to them with your check for $10 so we can put this campaign over the top. Thanks again to all the applicants for their help!
December Rides

Ride Ratings: (Distance-Pace-Stops-Hills)

Distance - may be several options  Pace - V (variable) or given in mph  Stops - F (frequent); S (some); N (none); R (rare)  Hills - F/G (few/gentle); S/M (some/mild); M (moderate); S/S (some steep); M/S (many steep)  Ride times listed are departure times

SOCIAL RIDES

Coordinator: Bud Vye 262-9544  buddotvye@erols.com

December 5 (Sunday) – 10:00 am
I-64 Criss Cross  [36-13-S/S/M]
Leaders: Carl & Barbara Armstrong, 934-9784
Carl’s got a break in his chemo treatment schedule this weekend so he and Barb have picked this ride that Rickey Davis laid out a couple of years ago to lead for their first try as ride leaders. Meet them at the Luck Stone offices behind the right (Food Lion) side of the Broad View Shopping Center to see how many times you can cross over I-64 as you wend your way through western Hanover and Goochland counties before returning. If you haven’t been to Centerville, its I-64 west of Richmond to the Rockville/Makani exit, then south on 623 about a mile, to a right on Rt. 250 a short distance and you’ll see the shopping center on your right. There’s a store stop on this route, so you won’t have to bring provisions.

December 11 (Saturday) – 9:30 a.m.
Sussex/Southampton 4-H Center Ride  [40/35-14-S-F/G]
Leader: Jack Huber, 282-3872
Meet Jack at The Tavern’s parking lot in Waverly to ride another of his circuits through the quiet country roads of Sussex and Southampton counties. This one will pass the Wakefield 4-H Conference Center for a look at their Christmas decorations, followed by lunch after the ride at The Tavern.

From the Richmond area take I-95 or I-295 south to Rt. 460 east (toward Norfolk). The Tavern is at the intersection of Rts. 40 & 460 in Waverly.

December 12 (Sunday) – 10:00 a.m.
Goochland Figure 8 from West Creek  [20-12-S-S/S]
Leader: Kathy Gammon, 360-0982
We’re making a conscious effort to offer shorter and slower rides for our occasional riders, so Kathy is leading this one again. This is a short ride (but not without some hills) and no one will be left behind. There is a longer option available, and Kathy will have maps available for any faster riders who want to do it. The ride takes you through the Goochland horse country to the west of the quickly growing West Creek complex.

Meet Kathy at the office complex at 12820 West Creek Parkway that houses the offices of Luck Stone and several other businesses (although none of them are particularly well identified). If you are coming out from Richmond on I-64 and then southbound on the newly opened Rt. 288, exit at West Creek Parkway, West and it will be the second building on the right. If you are coming in from Patterson Avenue on West Creek Parkway, it is the first building on the left.

December 19 (Sunday) – 9:00 a.m.
Wayne’s Birthday and Breakfast at Stuart’s  [30/25-13-S-S/M]
Leader: Wayne Shipley, 737-7176
As we’ve done off and on in the past, we’ll again help Wayne Shipley celebrate his birthday by treating him to breakfast at his favorite restaurant (Stuart’s on Nine Mile Rd. in Highland Springs) following which the group will proceed to the front parking lot at Dorey Park for an east end ride of about 30 miles on a route of his choosing. If you’ve not been to Stuart’s, take the Nine Mile Road East exit off I-64 and follow Nine Mile Road about 5 miles where you’ll see Stuart’s on your right. If you are coming on I-295, exit on Airport Drive/Rt. 156 toward Highland Springs and the Airport, turn right on Nine Mile Road, and Stuart’s will be about one mile on your left.

If you’ve got other plans for breakfast, but want to join the group for the ride, it’ll be starting about 10:00 a.m. and Dorey Park is on Darbytown Road, about a mile east of Laburnum Avenue, for a fast spin. Slower riders welcome to ride in their group; maps provided.

December 26 (Sunday) – 10:00 a.m.
Eastern Hanover Variation  [30-13-S-S/M]
Leader: Jerry Hefele, 746-7155
We’ve got our traveling cyclist back in the area for the winter, although he has been tied up building a garage at his house, and he’s agreed to lead one of his many routes around eastern Hanover and do one of his beautiful maps for us. Bring your new toys for show and tell, and meet Jerry at the Atlee Square shopping center (from I-295 and Rt. 301, go north a short distance on 301, under the RR tracks, and then turn right on Rt.638, and then immediately right into the parking lot), to see what he’s come up with.

WE Johns 1 p.m.  December 2004

Sunday 1:00 p.m.
Powhatan Courthouse  [46-14 and up-S-F/G]
Leaders: Martha and Barry Pullen 561-3950
Meet at Powhatan on Rt. 13. Ride west on 13 and return. Maps available. Call to confirm that the leaders are riding that weekend.

Sunday 2:00 p.m.
East End Excursion  [30 to 60-17/20-S-S/M]
Leaders: Randy Rosemond 966-5472, Bert Wright 329-5999
Meet at Dorey Park on Darbytown Road, one mile east of Laburnum Avenue, for a fast spin. Slower riders welcome to ride in their group; maps provided.

Mondays w/Mary 9:00 a.m.
[30 to 40-16/18-S-S/M]
Leaders: Mary Falterman 741-2116, Barry Pullen 561-3950
They meet at a different part of town each week, and the meeting place and time are decided on Sunday evening at about 8:00, depending on Mary, Barry, and Chris Walke’s schedule. To obtain the location, time and any additional information, please contact one of the ride leaders on Sunday evening.

Wednesday 10:00 a.m.
Retiree’s Mid-Week Ride and Lunch
Meets at a different location each week for a ride of 25-40 miles, followed by lunch. Each week’s location will be announced on Rideline (266-2453). All riders invited.

Saturday 8:30 - 9:00 a.m.
The Ashland Breakfast Club
Thanks to November ride leaders Rickey Davis.

Please note that with the onset of colder weather, the Ashland Breakfast Club rides will begin from 8:30 to 9:00 am for the months of December, January, and February.
Also, for the first time in many years Christmas and New Years fall on a Saturday. The ABC rides will run on both days, but will start at 10:00 am. On Christmas day, the Gardner’s will only be there if the temperature will be at 35 or above at 10:00, so if the temperature is below 35, don’t be surprised if the Gardners are not there and have a good ride on your own.

December Rides

December Ride Leaders are:
- December 4 Dave Talley 746-9142
- December 11 Rickey Davis 755-6336
- December 18 Gary Faison 794-6365
- December 25 Debra & David Gardner 740-9544
- January 1 Bud Vye 262-9544

IMPROMPTU RIDES

The RABA Impromptu Rides are short notice club bicycle rides that are scheduled by way of an email distribution list. This efficient method alerts its subscribers about spur of the moment cycling events that are being offered by other club members.

To become a member of this mailing list, send an email along with your name to winkybikes@aol.com, or go to the RABA Website at www.raba.org and click on the Impromptu Rides link.

OFF ROAD RIDES

Coordinator: Andrew Mann

Dec. 5 (Sunday) – 2:00pm
Poor Farm Pak
Leader: Chip Ford 527-0828
North of Richmond on 195take the Ashland exit & take Rt54 West for about 4 miles take a left at Liberty middle school on Rt.810. Miles & miles of trails intertwine to make this a very interesting adventure. This is a medium difficult trail system.

Dec. 12 (Sunday) – 1:00 pm
Camp Hilbert
Leader: Kristin Andrs 536-1805 cell, kandrs@comcast.net
From Richmond take I64 West to Oliville exit #167 take a left on Rt. 617 to Rt 250(Broad Street). Take a right onto 250 & then after about 1/2 mile turn left on Rt.632 (Fairgrounds Road). After about 2.5 miles on 632, turn left on Rt. 634. About 1/2 mile to a right turn into the Camp Hilbert.

Dec. 19 (Sunday) – 10:00 a.m.
York River State Park
Leaders: Mike & Kim Moore 358-0935
Some small hills and ravines make this more challenging then you would expect for the tidewater area. This trail is also fast so it cuts down on your margin of error. There is also a new trail across from the loop trail. Meet the gang at the McDonalds at 9:00 a.m. for a quick breakfast just off of I-64 East, Toano exit, or at the park at 10:00 a.m. It does cost a couple of dollars to enjoy this fine state park. To get to the park, take I-64 East towards Williamsburg, get off at the Croaker exit and head east approx 1.5 miles. Turn right on Riverview Rd., go approx 2 miles, park entrance is on left (also watch for brown signs to park).

December 5, 12, 19
(Sundays) – 9:30 a.m.
Glen Allen Elem School Options
[30 to 50-16/18-N-S/M]
Leader: Rick Meili 553-4639

Rick wants to keep pedaling through the calorie heavy holiday season. Join him for a ride through byways of Hanover County. The route will change from week to week, so Rick will do his best to make sure no one gets left behind. Bring food and water as there will not be any planned store stops. As always during this time of the year, if the weather forecast looks iffy, call Rick the night before to confirm that he is still planning to ride the next morning.

FAST RIDES

Coordinator: Mike Moore 358-0935
mailto:luvs2cycle@yahoo.com
luvs2cycle@yahoo.com

Dec. 5 (Sunday) – 10:00 a.m.
Pawhite Park
Leader : Andrew Mann 266-9048
Go south on Pawhite Parkway to Chippenham Parkway take the very first exit (Jahnke Road) & turn right & go underneath the expressway. The entrance to the park is on your left. It is easiest to go down to Chippenham Hospital & do a u-turn at the light.

This is a small park with lots of tight trails. There is a lot of short steep climbing. We will stop often to regroup.

heard & seen

Glad to see Ron Corio at the party. He’s obviously making good progress with his rehab program, gradually regaining the use of his hands, and is very grateful to all the RABA members who have come forward to help him while he’s been incapacitated.

Also glad I got a chance to see past President Becky Tobey at the party. Recently retired from Philip Morris, she had taken a trip down to St. John in the Virgin Islands and was just back after being there a month. She liked it so much that she’s signed a six month lease on a house down there, went right back, and won’t be up here again until late in the Spring. It’s tough duty, but I guess someone’s got to do it!

Some sad news to close with, as we extend our sympathy and support to long time member Linda Becraft-Hall, whose mother, Betty Becraft, passed away on November 12th.

heard & seen cont’d from page 2
Join us at
707 E. Main St, 2nd Floor Conference Center, Downtown Richmond
Wednesday, December 1
for
December’s RABA Meeting

RABA Holiday Celebration and Gift Exchange
6:00 p.m. for hors d’oeuvres • 6:45 p.m. for general meeting

Please bring a dish to share
(has the Merrill Lynch bull at the corner) Parking: Available on the street after 6 p.m.

All members are invited! Celebrate the holiday season with yummy goodies, the infamous RABA gift exchange, voting for the 2005 board and the club awards ceremony! If you wish to come early for the food portion, just bring a small appetizer or dessert to share; the club will provide soft drinks and paper products. If you want to participate in the gift exchange, please bring a wrapped item - suggested spending limit is $10 to $15. The exchange involves “stealing” gifts from one another and fills the evening with laughter. Rules for the swap will be explained at the party.

NOTE: Due to building security requirements, a list of attendees will have to be provided to the security guards. Please RSVP to Kim Moore 358-0935 or luvs2cycle@yahoo.com by Tues evening, 11/30, so that she can submit a list to the security guards at 8th & Main. PHOTO ID IS REQUIRED and you will be asked to sign in at the guard’s desk in the main lobby.

2005 Board of Directors and Volunteers

It is with pleasure that the Nominating Committee and President Jack Huber present the following individuals to serve for 2005:

- President: Brenda Hubbard
- Vice President: Kim Moore
- Treasurer: Cindy Evans
- Secretary: Jack Huber
- Director-at-Large: Becky Tobey
- Director-at-Large: Gary Faison
- Fast Ride Captain: Mike Moore
- Membership Chair: Kristin Anders
- Newsletter Editor: Bill Varjabedian
- Off-Road Captain: Jim Temple
- Social Ride Captain: Bud Vye
- Program Chair: Kim Moore
- Century Chair: George Talley
- Advocacy Chair: Bud Vye
- Publicity Chair: Andrew Mann
- Statistician: Al Farrell
- Website Admin: Doug Harrel

The slate will be voted upon by the membership present at the RABA meeting on Wednesday, December 1 (see meeting details). Many thanks go to those returning to the board for another year of service and welcome to those new to the group. All are encouraged to attend our December meeting!

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Ron’s Buddies

Ron’s basic food and transportation needs were met. As the writer of those emails and the coordinator of the RABA volunteers, I am grateful and humbled to be a part of this affirmation of selflessness. Great appreciation goes to Barbara & Carl Armstrong, Dave Orlik, Bud Vye, Brenda Hubbard, Ann Hardy, Jeanne Minnix, Gary & Criss Faison, Linda and Art Hall, Jack Huber, Winky Vivas, Mary Kay Apple, Doug Harrel, Debbie Gleason-Morgan, Eleanor & Wayne Shipley, Joy & Ted Zeh, Jesse & Cathy Archer, Becky Crosse, Denny Revak, Katy Rosemond and Kathy Wood. I am sure there was more involved, but didn’t know about them. So, thanks also to the unknown helpers!

Ron is healing slowly, but steadily, and relies much less on his buddy list. Other members have been injured in accidents or are going through serious illnesses. Other RABA members have rallied around them without my knowledge and any fanfare. These acts of kindness and genuine concern are the hallmarks of this club. I am proud to know and be with no finer group of individuals than those who are in RABA. May I never be without my fellow RABA members.
Thanks to all who came out to the bike assembly party on Nov 6, and to anyone who made a cash donation that we failed to recognize. Approximately 50 people had almost 150 bikes assembled by 12:30, just in time for pizza. All the chatter and laughter made it seem like we really were in Santa’s workshop.

Now we turn to our final phase, the delivery of the bikes to the Christmas Mothers. We’re looking for volunteers to transport the bikes in groups, one to each locale. If you would like to help please be at Dee and Suzanne Nuckols’ house on Sat, Dec 4, at 12:30 to insure a 2:00 delivery time. Our address is 11301 Cedar Glade Ln. Directions: W on I-64, Exit #167 Oilville, R on 617, straight when it becomes 620, R on Cedar Glade Ln. Total distance from interchange to Cedar Glade is 2.8 miles. Any questions, call or email us at (804)749-3400 or nuckolss@aol.com
Classifieds


Ride Inside - Cateye CS1000 trainer - set magnetic resistance level while riding, simulating a hill climb, turbo fan keeps the noise down, cycle computer tracks speed, distance, time, load, grade, power, watts and energy. Calories. $100. Call Debbie 251-0377

FOR SALE – CATEYE CS 1000 cyclosimulator / trainer. This was purchased – 1995 and was used at most 20-25 times before a cycling crash took me out of the sport. The unit has been in storage ever since and is in perfect condition. $250 OBO. Contact Bob at (804) 883-7986

Terry road bike, purple with Shimano STI and comfortable seat. Female specific handlebars and shifters. Excellent for a woman about 5'4" in height. Great bike at $400. Call Judith at 784-5757 or Ike at 257-9294.

Bike medic volunteers needed. EMTs, nurses, medical professionals on bikes needed for outdoor events such as Ukrops 10k, Xterra, Balance Bar, etc. Some pay or free stuff. Contact Matt Marchal mmarchal@vcu.org

For Sale: Trek 5200 road bike. 56cm very light, carbon fiber frame. Shimano Ultegra component group, Rolf Vector wheelset, Mavic (Look) pedals. Bought new in March 2000 for $2,500. Like new condition (less than 1200 miles of use due to two hip replacements in three years. Asking $1,750. Call Bob Fox at (804) 438-5947

Schwinn collection: 2001 Schwinn SS, Shimano STI 27 speed, $500; 2001 Schwinn Fastback, Campagnolo 20 speed $1250; also Yakima roof rack for 2 bikes, Jeep Grand Cherokee, $150. Please call Barry Pullen 561-3950 or email pul-len_39@yahoo.com

Yakima LocoJoe bike carrier. Never been used. Still have the directions, measurement sheets and the glass hatch hooks (if needed) which have also never been used. $50. lburkhold-er@verizon.net. 938-4151.


Trek 2200. 8-10 years old. 62 cm dark green, carbon fiber frame, Scott exten-ders, computer, Auto carrier. Needs tires. Make an offer. call Ed Lane at 288-0965

2003 Seven Alaris. 53cm c-t, 54 cm tt, 73/73 degrees, Brand new Shimano Ultegra gruppo and Shimano R540 wheel set (no miles). The frame is a custom and was designed with drive train stiffness of a Cannondale with compliancy of a high end steel frame. Head tube has a 1cm extension, curved seat and chain stays... Please call Debra with questions and pics. $2,500. JB Elliott 804 301 0845

Mavic Reflex SUP wheels. Campy 8-speed (12-25) Excellent condition. $200. Contact Roy at (804) 690-7033 or rhava44@msn.com.

For rent: Performance hard-sided air-line/ shipping case. Lockable, wheeled. $25 a trip (two weeks or less). Brian Eckert 804-560-3056 or beckert@richmond.edu.