RABA September Meeting

Wednesday, September 5
Let’s Visit Carytown Bicycle Company
3224 W. Cary St, 804-440-2453 (BIKE)
6 p.m. for pizza, 6:30 p.m. for meeting
Store manager Braden Govoni has graciously invited RABA to visit Richmond’s newest bicycle shop, in the heart of Carytown. They sell bicycles from Time, Cannondale, Swobo, Blue, Intense, Euro Asia Imports, Serotta, Elite, Electra, and Masi. They also have a fully stocked service area. This is an all-u-can-eat pizza & soda meeting for $3; please RSVP to Kim Moore 358-0935 luvs2cycle@yahoo.com by Tuesday evening, Sept 4 if you plan on eating. Bring a chair so that you may sit, eat and listen comfortably.

October meeting: we’re headed back to Performance Bicycle for shop talk and learning how to change a tire! Look for details in next month’s Pedaler.

Volunteer Appreciation Party

By Kim Moore
For the first time, the RABA Board is hosting a special event to celebrate the dedication and hard work of the club’s volunteers. If you have lead a ride, worked at a RABA event, put together a bike at the Bikes for Kids project, picked up trash or any other similar volunteer duty, it’s time to say a big thank you! I am gathering volunteer names from coordinators and leaders of these volunteer efforts from September 2006 to 2007. These volunteers from this time period will be on the invitation list. Details of where and exactly when this event will be held are still being determined, but I am working to hold this party in October. If you are a coordinator and have not contacted me with volunteer names, please do so ASAP. If you are a volunteer from the past 12 months & want to make sure you are on this list, please contact me at luvs2cycle@yahoo.com.

RABA’s Bikes For Kids Project - By Suzanne Nuckols
As we head towards autumn, I just wanted to remind everyone that we're still accepting donations for the club's Bikes for Kids Christmas Project. To all of you who have already contributed, we send out a grateful "thank you". As you may have read, when club member Ray Fearnow passed away in July, his family named the Bikes for Kids fund as one of the recipients for memorial contributions. We feel honored that the Fearnow family included our project and want to further pay tribute to this kind soul and his love of cycling by dedicating this year's Bikes for Kids project to the memory of Ray Fearnow. Next month I'll have info on our big bike assembly party that takes place in early November.

Welcome Our Newest Members

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<td>Donald &amp; Patricia Gilley</td>
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Carl Block
Richard Borie
Kermit Burroughs
Robert Evans
KC Fetters
The Pedaler is a monthly publication of the Richmond Area Bicycling Association (RABA) for its members and the Richmond cycling community. Unless otherwise noted, opinions expressed in The Pedaler are those of the author, and not necessarily those of RABA or its members.

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266-9048

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Dlharrel@comcast.net  
368-0689

**Submissions for The Pedaler**

The Pedaler welcomes submissions in any form; email preferred. All submissions will be confirmed. All become property of The Pedaler. Email: zeh@cox.net

**Submission Deadline:** 15th of month at midnight

**Membership Information**

Annual RABA membership dues are: $20 per person (18 years and older) or $25 family consisting of 1 or 2 adults and all dependents under 18. All memberships begin January 1. If after July 1, membership fees are prorated as follows: $10 per person (18 years & older) or $12.50 per family. The Pedaler subscription is included.

Submit membership application or renewals to RABA Treasurer, PO Box 6565, Ashland, VA 23005. Note: Membership dues must be accompanied by a completed signed membership application and a waiver of liability.
Bear Creek Report
The weather for July’s Bear Creek Lake Weekend was just gorgeous. Seven of us loaded our bikes, met at Goochland Courthouse on Saturday morning, “braved the elements” (all 80-85 degrees or so of them) and headed for Bear Creek Lake State Park in Cumberland County. We got a late start because a number of the riders had helped with the ABC ride and the RABA Trash Pickup along the ABC route earlier that morning. The weather saved us there, too. A late start wouldn’t have worked very well the last few steamy weekends!

On the ride we had Champe Burnley, Richard Halle, Joe Hazel, Jack Huber, Debbie and Steve Silbert, and Bobby Weitzel. One of the fun things on these rides is the experimentation and tinkering around with equipment and techniques that goes on. We find what works and what can stand some improvement, what’s worth carrying and what can stay at home. For example, Champe’s hammock now goes up a lot closer to the time the instructions promise than it did the first few times. Debbie and her somewhat surly Burley trailer will probably come to an understanding, but she might rethink how much camera equipment is worth hauling around. And Bobby had more room in his Hubba Hubba (tent) with an inflatable Big Agnes (air mattress) than the Aero Bed option he tried out at Gwynn’s Island. Generally, as we’ve done these rides, we’re trending to fewer panniers with less in them- it’s Weight Watchers with a bike touring twist to it.

The scenery along the 84 mile route in Powhatan, Cumberland, and Goochland- 47 miles on Saturday and 37 miles back on Sunday- was very pretty and we didn’t encounter too much traffic along most of it. We took many of the roads on RABA’s Maidens Adventure ride and stopped for lunch at a store near the mid-point.

We got to the park a little too late for swimming and fishing. Maybe next time! So we pitched camp, showered, and cooked dinner. The cuisines ran the gauntlet. Jack added hot water to his freeze dried dinner pouch, waited a few minutes and ate. Joe, the cooking star of the group, sliced and diced vegetables on his fold up bowl/cutting board added tofu and simmered away. Then came the spaghetti. Maybe one day we could do a camping version of the Iron Chef. And the special ingredient is….

The nighttime temperatures dropped to a little bit below 60 degrees and those of us who didn’t bring a sleeping bag in order to save weight got a little chilly. On Sunday we got up, had breakfast, packed up and headed back. We stopped for a snack at the store near Cartersville before we crossed the river climbing up into Goochland. I doubt that Debbie would say that riding her recumbent, pulling a loaded trailer, up that hill was her favorite part of the ride. Though we couldn’t avoid Route 6 and its traffic completely, we did get back to Goochland Courthouse around noon. Everybody had had a great time.

If you’re interested in doing any of these rides, talk with some of those who did this ride and see what’s coming up. The rides are a lot of fun!
A total of 15 riders (including our youngest Retiree, Nathan Comly, riding behind his dad Charlie and Archie Marks who made a surprise appearance after being absent from these rides for about five years), assembled at Legend Brewing for the Retiree’s Ride on August 15th. After a circuitous route that included the South Floodwall, Belle Isle, Riverside Drive, the Nickel Bridge, and Maymont, we arrived at the Groundbreaking ceremony for the far western segment of the Virginia Capital Trail which was set up at 17th & Dock Streets (the eastern end of the Canal Walk, across the street from The Canal Club and Bottoms Up Pizza). Joined by several others on their bikes, who rode down from other starting points, and by others who walked there from work, we had assembled a pretty impressive RABA contingent by the time the ceremony began.

At length Jay Paul, the Chairman of the Virginia Capital Trail Foundation (who also is a RABA member) called the assemblage to order (with some difficulty, since the acoustics in that spot are far from ideal, with the traffic of I-95 and I-195 rumbling overhead, along with an occasional train) from an amplified rostrum with all attendees standing in front of him and with the several speakers he would introduce seated on folding chairs to his left in the shadow of the floodwall. After a few words from Brent Halsey, former head of James River Paper who has been a major fund raiser for the Foundation, who recognized a long list of foundations and individuals who have contributed to the project, we heard from VDOT Commissioner Ekern, whose agency is managing the Federal Transportation Grant that is a major source of funding for the project. Lastly, we heard from Mayor Wilder himself, wearing a very impressive pair of cowboy boots. Stating his strong support for the Trail Project, and mentioning how he sees the cyclists frequently on his weekend trips to Charles City county, and how he has intentions of getting on his bike and doing some riding himself, he took the occasion to announce that MeadWestvaco had just made a contribution of $300,000 to the project and recognized the two representatives of that firm who were present. After the mayor concluded his remarks, Jay assembled the dignitaries with him over at the ceremonial shovels and dirt for the symbolic breaking of the ground with the chrome shovels, as all the cameras present went into action.

The ceremonies concluded, it was time for networking, as Champe Burnley and I invited Mayor Wilder to join us for our New Riders Ride on September 8th. The mayor has a conflict on that date, but promised that he would ride with us in the near future, and gave Champe his card and instructions to call his secretary and set something up. When we do, you'll hear about it, and we'll see how big a crowd we can turn out to ride with him. Others in attendance included Jakob Helmboldt, who informed me that we can now officially announce that he is David Patton's replacement as VDOT's Bicycle and Pedestrian Program Coordinator, and that applications are now being taken to replace Jakob as Safe Routes to School Coordinator, and that his replacement in that post will report to him. Although not in attendance, I learned that that day was Doug Ellis' s first as the Executive Director of BikeWalk Virginia, where he is replacing Allen Turnbull.

Although Doug was not there, most of the others who have played a big part in the Trail project to date were, and that included former Transportation Secretary Whitt Clement (who turns out to be an old friend of retiree rider John Hunnicutt, from their days in Danville), former Assis-
tant Secretary Jimmy Carr, who has entered Law School at UVA, and VDOT Project Manager Emily Peter, who will be overseeing this segment of the Trail project as well as the segment through Varina and the segment in Charles City county, whose plans are now available for review.

Networking concluded, we took a look at the western end of the trail, where a small section is complete outside of where it comes through the floodwall through two hatch openings. From there it will go east under the railroad trestle, as part of a new park which will stretch as far as Great Shiplock Park and is scheduled to be complete by the end of next year. Beyond that, the developer of Rocketts Landing will build the segment through that development, which will hook up with a segment on what is now the LeHigh Cement factory. Slow but surely, the trail appears to be taking shape. After checking out the small completed section, the Retiree's got on their bikes, crossed the Mayo Bridge, rode the floodwall trail down to Ancarrow's Landing where I showed them the old Manchester Dock and the Slave Trail, before returning to Hull St. and up the hill to Legend for lunch. Since no one in the group had ever seen that area previously, it capped an interesting morning of riding even though we only logged a total of 18 miles. Thanks to everyone who came out and contributed to a very impressive RABA showing of support for the project, for which Cap Trail Executive Director Beth Weisbrod and Board Chairman Jay Paul were very appreciative.
HEARD & SEEN AROUND THE CLUB by Bud Vye

A quick recovery from his latest spill has Bill Whitworth back riding again. Some believe its because Dan Cosby appears to have taken the lead in the club mileage race, and Bill has a fear of getting left too far behind.

Don't think there is any real competition in the life time mileage race, as Rickey Davis passes 291,000 and continues to grind it out as he heads for his next major target of 300,000 for which I have promised him another on-road champagne celebration. At the rate he is going, I expect that will be some time next Spring.

Holly & Don Smith are back from doing their umpteenth RAGBRAI, and she gave me a glowing report. This year's route went through the town where her parents live, so they stayed there one night (in a real bed, and had a real shower) and they had the obligatory pork chop from “The Pork Chop Man”. But they never spotted Lance Armstrong among the 20,000 riders. They later learned that he was staying in his room to watch the live broadcast of the Tour de France, then starting late and riding incognito (except when he was with his Livestrong team) at a pretty fast pace, while they were getting an early start each morning. Then, when he saw that Discovery Channel was going to win the race, he made an abrupt departure for France and he, himself, was seen on the Tour broadcasts. Also on the ride was Mark Widener, riding it for the 2nd time as a member of the Air Force Cycling Team, who might have the nicest looking outfits on RAGBRAI, with their light blue jerseys and tights.

Gloria Bazzoli & Frank Thomas are back from their trip to Copenhagen and the Baltic ports and also found it most enjoyable. They report that Frank did indeed make the tour of the Hermitage in St. Petersburg, although it sounded as though a 3 hour guided tour of nothing but world class art might have been a bit of overload for both of them.

While Jerry Hefele is off to Alaska, where he will be riding with a group from Anchorage to Fairbanks, then down to Valdez, the ferry back to Whittier, and then cycling back to Anchorage. I've done that route in a rented car, and Jerry is in for some spectacular scenery, particularly the segment heading east on the Glenn Highway. Riding on a bike, he'll be even more impressed than I was at how vast Alaska is, and how much highway repair is taking place during the summer months.

At the club picnic, overheard Jesse & Cathy Archer asking questions of Larry & Karen Nelson. Sounds like the Archers are serious about riding the TransAmerica route all the way to Oregon starting next Spring, but I think their ride will be somewhat different than the way the Nelsons did it, with Larry grinding out the miles and Karen sagging him in their rented RV.

Big turnouts at all of the recent club events, including the picnic, and particularly the Group Rides for New Riders, several of which have been attended by more than 100! Non-biking friends of mine who have seen the crowds outside Ashland Coffee on those Saturday mornings have definitely been impressed by the scene. Great job by Champe Burnley in publicizing and organizing these 2nd Saturday of the Month events, which have been successful beyond expectations, and will be continued on September 8th in response to the big demand.
Also highly successful, with a turnout of around 35, was the **Paceline Riding Seminar** after the New Riders Ride on August 11th conducted in the Laurel Park lot by **Keith Bedson**. Keith, a former British Junior Champion and later, coach of the British Cycling Federation's Junior team, gave an excellent presentation, unlike any I recall seeing in the past 20 years at a RABA meeting. Unusually mild temperature on that morning made it easy for all who were interested to stay out in the sun for all of Keith's presentation, after which we had lots of questions and favorable comments from those in attendance. Thanks again to Champe for coming up with the idea, and to Keith for executing it so well.

Also, lots of registrations rolling in for the September 15 & 16 **Heart of Virginia** rides, as we are running well ahead of the same time last year. Here, also, Champe has been working on promotion of the event, and has come up with a number of new features for the ride as we continually try to improve it. Volunteer coordinator **Wayne Shipley** can still use a few good men and women for Registration duty and Rest Stop monitors on both days, and for SAG support on Sunday, so give him a call at 737-7176, if you can handle one of those assignments. Don't try to Email him, since he lost his computer during one of the recent thunderstorms.

Top: Barbara, Ted and Richard passing thru a covered bridge with photo taken by Champe

Below: Ted, Richard, Champe and Barbara at one the covered bridges on the Covered Bridge Metric.

Right: Brenda enjoys her time off the bike before the Metric.
September 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.***

***check your RABA email distribution list or ridefinder email for latest updates***

Weekly Rides — Coordinator: Jeanne Minnix 804-594-0842 — jminnix@comcast.net

NEW RIDERS: Please call the ride leader ahead of ride time to ensure 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.

**Sunday 9:00 am** NEW TIME - Powhatan Court House - (35 to 60-14 mph and up-S-F/G)

Leaders: Barry and Martha Pullen, 561-3950

Meet at the Powhatan County Court House on Route 13. There are many nice rides from the Court House, mostly with good scenery and low traffic. The ride leaders will select a route that will vary between about 35-60 miles with a shorter option usually available. There may be no store stops on the shorter options. Maps and cue sheets will be available for those wishing to ride at their own pace. If the weather is doubtful, call the leaders to confirm if they will be riding.

**Monday 9:00 a.m.—Mondays with Mary—(30 to 40-16-18 mph-S-S/M)**

Leaders: Mary Falterman, 741-2116 and Barry Pullen, 561-3950

The ride starts at a different location each week, and the meeting place and time are decided on Sunday evening at about 8:00 p.m. depending on Mary, Barry, and Chris Walke’s schedules. For meeting point, time, and any other information, please contact one of the ride leaders on Sunday evening.

**Tuesday 8:30 a.m. - NEW RIDE—Tuesdays at Rockville—(30 to 50-16-19 mph-S-S/M)**

Leader: Charlie Comly, 432-8542

Nights and weekend aren't the only times to ride! Come join us for a weekday ramble through beautiful western Hanover and the surrounding areas. We'll be starting from the Rockville Library and riding the scenic and rolling countryside. Routes will vary weekly and cue sheets will be available for those that wish to ride at their own pace. Possible extensions are available for those that want longer rides. Directions to start: Take the Rockville/Manakin exit off of 64. Go right (north) at top of ramp onto rte 623 towards Ashland. Turn left at the first stoplight onto Pouncey Tract Rd. Library is 2.8 miles on your right. Park in the rear.

**Tuesdays 5:40 & 5:45 p.m.—NEW TIME! - Innsbrook Options [33/35/47-21 to 24-N-S/S]**

Leaders: Mike & Kim Moore 358-0935

Note: As the days shorten with the approach of fall, the start times have moved earlier and rides will begin promptly. Riders should have a strong fitness level, paceline riding skills and good bicycle handling before attempting this ride. The earlier the start time, the faster the group. Because this area of town has exploded with housing growth and traffic, obeying traffic laws and riding single file are a must! **NEW START/FINISH:** 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. **The last official ride of the season is Sept 25.**

**Tuesday 6:00 p.m. - Hanover Courthouse Ride - [28/22-V-N/M]**

Leaders: Kathy Wood, 779-3802 and Dee Nuckols, 749-3400

Meet at the Hanover Courthouse on the east side of Route 301, 10 miles north of where it crosses I-295. Cue sheets and maps provided. This ride remains a beautiful ride with lots of farmland, little traffic, and a couple of hills that will get you up out of your seat.
Wednesday 9:30 a.m. - Retiree’s Midweek Ride and Lunch
Meets at a different location each week for a ride of 25 to 40 miles, followed by lunch. All riders invited. With Rideline discontinued, each week's location will be announced to the Ridefinder and the RABA E Lists. If you are not on either, call Bud Vye, 262-9544 or Barry Pullen, 561-3950.

Wednesday, 6:15 p.m.—Chesterfield County Ride – Last ride for the 2007 season is September 12—[22/25 – 17-20 – M]
Leaders: Al & Lois Farrell, 744-9306 afarrell3@verizon.net
This ride combines some smooth, flat sections and some rolling hills. There are typically two groups – one that averages about 17 and a faster group that averages around 20. Maps will be available to those wishing to ride at their own pace. 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.

Thursdays 5:40 & 5:50 p.m.—NEW TIME! - Glen Allen Elem School Options [26/30/36/38-17 to 23-N-S/S]
Leaders: Mike & Kim Moore 358-0935, Jim Holgate 672-6532 and Bill Whitworth 285-9193
Note: As the days shorten with the approach of fall, the start times have moved earlier and rides will begin promptly. The route will include such favorite hills as Animal Shelter, the Three Sisters, Rocket's Mill and Horsehoe. Riders who ride at a more social pace are welcome to come out – cue sheets are available. Obeying traffic laws and riding single file are a must. To get to the start, take Staples Mill Rd/Rt 33 West. Turn right onto Mountain Rd, then turn left onto Mill Rd (fire station at this corner). The school will be on the right. The last official ride of the season is Sept 27.

Wednesday 7:00 p.m. - Ashland Dinner Club—[20/13-15-V-N/M]
Leader: Champe Burnley, 358-6697, champe_burnley@hotmail.com
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. The group retraces the route back to Laurel Park for a twenty miles total. 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 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/ armbands.
CHECK ALL LIGHTS AND BATTERIES BEFORE YOU GET TO LAUREL PARK!!!

Thursday 6:00 p.m. —East End Ride -- Last ride of the 2007 season is September 6th
[28/22/15-V-S/M]
Leaders: Eleanor and Wayne Shipley 737-7176; cell 350-2529
Meet at the Black Creek Baptist Church on Route 628/McClellan Road; use the parking area beside the brick church on the north side. The short option 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 before dark. I will leave the sign up sheet and ride maps out for anyone who can't make the earlier time. 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.

    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.

Friday, 9:00 a.m. - Fridays at Hylas - (25 to 40-16 to 18 mph, S-S/M)
Leader: Dave Bloom, 285-6177
The ride will start and end at the Berea Baptist Church at the intersection of 623 (Ashland Road) and 271 (Pouncey Tract). To get there take 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). Please note: The ride will vary each week. Maps and cue sheets will be available for those wishing to ride at their own pace.

**Friday, 2:00 p.m. - Goochland County—(32 to 38 - 16/19mph, V,R,S/S)**
Leader: Pat Ryan, 240-9382 ryanfam11@comcast.net
Ride out Shallow Well, Sheppards Town, and back on Pony Farm. Scenic areas of Goochland Co. Maps with directions provided. Ride leader will wait at intersections for slower riders. To get there take 288 to Patterson Av (hwy 6), then west on Patterson to 621 approximately for 2 miles. Meet at Dover Baptist Church on 621 (Manakin Road) near corner of 621 and Patterson Ave. Park off to the right church.

**Saturday 8:00-8:30 a.m. - The Ashland Breakfast Club (ABC)**
(Mileage varies – all speeds- S-S/M)
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 a hot or cold drink. 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.

Thanks to August ABC ride leaders: Fran Smith, Champe Burnley, Cindy Evans, Chris Thompkins, and Jerry McGuinn. Your help in leading the rides makes for a more enjoyable ride experience. Special thanks to folks helping out with the newbies ride too. Thanks for all that you guys do.

**September ABC Ride Leaders are:**
01 Andrew Mann, 266-9048
08 Champe Burnley, 358-6697
15 Nan Ottenritter, 306-1078
22 Richard Halle, 744-1760
29 Susan Douglas, 873-4581

**Fast Rides**
Coordinator Mike Moore 358-0935 luvs2cycle@yahoo.com

September 2 (Sun) – 7:30 a.m.
Tour de Valley Century, Waynesboro, VA
Sponsored by the Milepost Zero Bicycle Club
Mike & Kim Moore have been doing this century for several years. Challenging, but pretty, terrain make this a fun event. If you are interested riding this event, please give them a call at 358-0935. This is NOT a RABA ride, so the miles will not count towards the club tally. Info can be found on http://milepostzero.homestead.com/, $30 registration on day of event 9/2/07.

September 9 (Sun) – 8:30 a.m.
Warm-up for Heart of Virginia [55-15 to 20-S-S/S]
Leaders: Mike & Kim Moore 358-0935 and Doug Harrel 368-0689
This is a joint social/fast ride. Please see the social ride calendar for more details. Start/finish is at Patrick Henry High School, directly off of Route 54 West, approx. 4 miles west of Ashland.

September 15-16 (Sat & Sun)
Heart of Virginia Bicycle Weekend
Sponsored by RABA
There is no fast ride scheduled for this weekend due to the Heart of Virginia event. Go to www.raba.org for more details. To register online, go to www.active.com. There will be same day registration at the start, the Patrick Henry YMCA, 217 Ashcake Rd, Ashland, VA.

September 22-23 (Sat & Sun)
Kepcke Cottage Ride & Campout [72-?-Y-S/S]
Leader:  Andy Kepcke 232-4915 andykepcke@msn.com
Join in a weekend of eating, bicycling, kayaking, tennis and camping near Dahlgren, VA.  Andy will lead a ride to his parents’ home on the Potomac River.  Start/finish will be Hanover Courthouse.  If you intend to camp on Sat night, please RSVP to Andy by Wed, 9/19, so that SAG transport can be arranged for coolers and gear.  Please bring a chair, camping gear, food for grilling, snacks and beverages to add to what is already there.  Note:  If you are riding, there will be no SAG on the route.  If you aren’t riding, you are invited to come up and have fun, just contact Andy to get driving directions.  To get to the start of the ride, Hanover Courthouse is approx 10 miles north of the I-295 and Rt 301 interchange.  Turn right into Library Dr, just past the Pamunkey Regional Library building.

September 29-30 (Sat & Sun)
Westmoreland Ride & Campout [67-?-S-S/S]
Leaders:  Jack Huber 282-3872 and Mike & Kim Moore 358-0935
This is a joint social/fast ride and camping weekend.  Ride will start/finish at Hanover Courthouse, with a lunch stop on both days in Tappahannock and Sat dinner in Montross, VA.  Riders will camp at Westmoreland State Park; please bring appropriate gear.  If you can help as SAG, please contact the ride leaders.  Please see the Social Rides calendar for more details.

Social Rides
Coordinator: Jeanne Minnix (804) 594-0842—jminnix@comcast.net

NEW RIDERS:  Please call the ride leader ahead of ride time to ensure 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.

Members interested in taking a turn as ride leader should contact Jeanne Minnix at  594-0842 or jminnix@comcast.net.

September 2 (Sunday) 9:30 am—Ride to Belle Isle State Park
[53 - 16 to 18 - S - S/M]
Leaders:  Hugh and Laura Aaron, 804-690-9720 (cell) or hugh@theaarons.com
Join Hugh and Laura for a pre-labor day social ride to Belle Isle State Park, a 733 acre park with seven miles of frontage on the north shore of the Rappahannock River.  The ride will begin and end in Irvington, VA at the Tides Inn, with store stops at the Lively Market and Brown’s Store.

The Tides Inn 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.  To reach the Tides Inn, 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 Glenns 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 for 7.4 miles over the Rappahannock River (on the Norris Bridge) into White Stone.  Turn left at the first traffic signal in White Stone onto Route 200 North and drive 2 miles into Irvington.  Turn at the second left on Route 634 (King Carter Drive) and continue 1/2 mile through the gates of the Tides Inn.  Park in the first parking lot on your right (near the tennis courts).

Note:  Slower paced riders will be provided cue sheets so that they may ride their own pace.  However, we plan to ride at the posted ride speed.  As always, tandems are welcome.

September 3, Monday 8:30 a.m.—Labor Day at the Nuckols'
[60 to 25 - 14 to 19 - S - S/M]
Leader:  Dee Nuckols, 749-3400
Join us for a Labor Day ride through western Hanover and Goochland counties, with distances and speeds for all. After the ride, all are invited to stay for lunch. Bring a lawn chair and a side dish to share. Cold cuts, beverages, etc. will be provided. PLEASE RSVP by Sat 9/2, so we will know how many to expect, and what you're bringing.

From Richmond - West on I-64 to Oilville (exit 167). Right (north) on 617 staying straight when the road number changes to 620. 2.8 miles after leaving I-64 turn right on Cedar Glade Lane and continue approx .3 mile to the grassy parking area on the left of the drive.

**September 8 (Saturday) 8:00-8:30 a.m.— Group Rides for New Riders**

[30/20 miles –12-20 mph- S-S-M]

Leader: Champe Burnley, 358-5801

Please join us to assist with the Group Ride for New Riders. This ride is aimed at attracting new cyclists to RABA. We are expecting all levels of cyclists; those who are new to the Richmond area as well as those new to cycling. This ride will depart from Laurel Park and follow the normal ABC route with a stopover at Ashland Coffee and Tea. For stronger riders, we'll offer a 30 mile extension.

If you would like to assist with this ride, please contact Champe Burnley 358-5801.

champe_burnley@hotmail.com

MEMBERS: PLEASE GO OUT OF YOUR WAY MAKE THESE RIDERS FEEL WELCOME AND THEIR RIDE ENJOYABLE!

**September 8 (Saturday) 9:10 a.m.—The Lesser Peanut Tour**

(46 Miles - 15 MPH Pace - some stops - a few gentle hills)

Leader: Jack Huber 804-282-3872 or JHuber1111@yahoo.com

Can't make it to Emporia for "The Great Peanut Tour"? Here's an alternative - and you are guaranteed to see a few fields of peanuts. As in the past, this is a joint ride for RABA and WAB. The route will feature the quiet Surry and Sussex County countryside with a rest stop in Waverly. The ride will start at the Surry Government Center on School Street just off route 31/10 in Surry. The starting time is not a misprint - it is to allow WAB people to catch the 8:30 ferry from Jamestown. (Note: For September this ride replaces the monthly RABA ride that normally starts in Waverly. In October we will be back at the usual starting point.)

**September 9, 2006 (Sunday) 8:30 a.m.—Warm-Up for Heart of Virginia**

[55-15-S-S/S]

Leader: Doug Harrel, 368-0689

As we wind our way across Western Hanover, Eastern Louisa and Southern Caroline and Spotsylvania counties, you'll enjoy some lovely rural scenery. You'll also get enough miles and hills to know you can handle the next week's Heart of Virginia rides. Beginning with a long warm-up, the ride gradually adds rolling hills, a few steep hills with good recovery zones some more rollers and then, a couple steep ones near the end with just enough recovery distance afterwards to remind your legs who's boss and have them actually believe you. There are two store stops along the way, though no guarantees for bathrooms. Bushes-a-plenty, though. We'll try to average about 15 miles per hour: faster on the flats and slower on the hills.

From Richmond, head to Ashland on 95 North. Take the Ashland exit onto Route 54 West. About 5 miles past Ashland (a little less than a mile past the stoplight at Blanton Road), pull into Patrick Henry High School on the left.

**September 15 & 16, Saturday and Sunday - 8:00 a.m.— Heart of Virginia**

**Richmond Area Bicycling Association’s premier event**

Start/Finish: Patrick Henry YMCA, 217 Asheake Rd. Ashland, VA 23005

The Heart of Virginia Century Ride and Bike Festival offers: a 25-mile ride, a 40-mile historic ride, two metric centuries (62 miles) and a challenging English century course (100 miles). Quality rest stops along the way will keep you fueled and refreshed. Proceeds go to the Hanover Mental Health Association which owns Sunrise House, a psychosocial rehabilitation program for adults with serious mental illness. For further details please visit the RABA web site (www.raba.org) and click on the Heart of Virginia link.

**September 23 (Sunday) 9:00 a.m.—Chula Spectacle**

[47-15-S-M]

Leader: Richard Halle, 804-744-1760 or rrichhalle@verizon.net
Meet Richard at Woolridge Elementary School in Chesterfield (5401 Timber Bluff Parkway) near the rear entrance to Woodlake off of Woolridge Road. The route is spectacle shaped with one lens in Chesterfield and Powhatan Counties and the other in Amelia. There's at least one store along the route. The route crosses the Appomatox River and a number of the creeks and streams that feed into it so expect some ups and downs.

**September 29 (Saturday) 9:00 a.m.—Williamsburg Ramble**
[45–16–S–SS]
Leaders Reed & Karen Nester, 757 229-2017 or reedcycle@verizon.net.
Join the RATS (Richmond Area Tandem Society) at the Williamsburg Municipal Center, 401 Lafayette Street, 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, and a rest stop at Jamestown Settlement. Single bikes are also welcome. Lunch in downtown Williamsburg at the end of the ride.

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, 401 Lafayette Street.

**September 29 & 30, Saturday and Sunday - 8:00 a.m.**
Westmoreland Bike and Camp Weekend
(67 miles each day - Pace Varies - S-S/M)
Leaders: Mike and Kim Moore (358-0935) and Jack Huber (282-3872)
For the tenth year, Mike, Kim and Jack are hosting this fun-filled weekend of riding, eating and camping. This is an OVERNIGHT CAMPING trip to Westmoreland State Park on the Potomac River. As in the past, we expect cyclists of varying abilities and speeds.

There will be SAG vehicles provided for your luggage and camping gear. Volunteers will also be needed to help with SAG duties. The lunch stop both days will be in Tappahannock at Lowrey's Restaurant and dinner Saturday will be at a restaurant near the park. If you would like to go, contact a ride leader by Wednesday, September 26 so a campsite can be reserved for you. The start/finish is at Hanover Courthouse, just south of the intersection of Rt. 54 and Rt. 301. Note: Participants who cancel at the last minute or are no-shows will be responsible for paying the Virginia State Park camping fee.

**September 30 (Sunday) 9:00 a.m.—Montpelier to Bumpass Loop**
[36-15-17-S-S/M]
Leaders: Susan and Bill Church 264-8293
Meet Susan and Bill at the Montpelier Arts Center to ride this route though the countryside of far northwestern Hanover County. There will be two store stops along the way.

From Richmond, go west on Routes 33, Staples Mill Road. The Arts Center is located in Montpelier at intersection of Routes 33 and 715, fifteen miles west of where I-295 crosses Route 33. Cue sheets will be provided to folks who wish to ride their own pace. Extension will be offered to those who wish to ride longer.

**Upcoming Ride:**
2007 Between the Waters Bike Tour—October 27, 2007 Cape Charles, VA
This one-day ride will take you through the back roads of the Eastern Shore of Virginia. The four routes, 100 miles, 60 miles, 40 miles, and 25 miles are flat and well marked.
Bike Tour Fees: $35/ rider until Oct. 7 ($45 after postmarked Oct.7 date) $15/ rider 7-12 yrs ($20 after Oct.7) Riders 6/ under: Free(no t-shirt)
Ride includes: lunch, rest stops with refreshments, t-shirt and cue sheets.
Friday Fun Ride: Free
Oyster Roast: $30.00
For more information about the bike ride and other related events, visit our web site at [www.cbes.org](http://www.cbes.org).
You may also e-mail us at [info@cbes.org](mailto:info@cbes.org) or phone 757-678-7157.
Yellow Jersey Century Continues to Grow  By Dan Schmitt

On Sunday July 8th, the Yellow Jersey Century was held in Ashland, Virginia making it the 8th year in a row for this growing ride. The YJC is always held on the first Sunday of the Tour de France to honor the most heroic bicycle race in the world and the commitment, courage and excellence required of the yellow leader's jersey. To wear the yellow jersey - even for a day - is the pinnacle of most bicycle racers careers. To me, the yellow jersey is a metaphor about how to live life - always striving to be the very best you can be. To celebrate the spirit of the Yellow Jersey, this century started in 2000 with a solo ride.

Each year the number of riders has grown. We had 33 riders leave Ashland at our normal (but early) 6am start and we rode east through the counties of Hanover, King William, King & Queen, Essex and Caroline. The cool thing about this ride is that every rider wears a yellow jersey and makes a contribution to the Lance Armstrong Foundation before the start. This year we sent a check in the amount of $1,170 to LAF to help further their important work. In return, they have recognized the YJC as an important event for the Foundation in future years and want to help us grow the ride.

The route was a big hit among the riders with smooth roads, very little traffic, and great scenery. On one stretch of road in King & Queen County, the entire group sped alongside acres of bright yellow sunflowers in full bloom making the sight from the back of the group something special to see.

Next year, the Yellow Jersey Century is scheduled for Sunday July 6th. Pencil it on your ride calendar. If you plan to do a century in 2008, do it in yellow!

Rants and Raves, Tips and Tricks:

Save Those Cables

Here’s an easy tip which takes seconds to perform but helps insure continued crisp shifting.

When you finish a ride, before you put your bike away, shift gears to the smallest chain ring in the front (granny – closest to the seat tube) and the smallest gear in the rear (closest to the frame) when you put your bike away.

Doing so relieves pressure on your derailleur cables which will stretch over time. This also takes pressure off of the internal derailleur springs which keeps them crisp, powerful and smooth.

It only takes a second to do and this quick exercise will to make your bike shift like new.
**CLASSIFIEDS**

Classified ads in *The Pedaler* are free for RABA members or for paying non-members. Members may have no more than two bicycles for sale on this site at any one time. Ads will run for three consecutive issues unless informed that the items have been sold. The date submitted will be displayed on each. Inclusion in *The Pedaler* does not guarantee your ad will be included on the website. If you want your ad to continue running, you must notify the Editor prior to the expiration.

For Sale 2005 Trek Pilot 5.0 Great condition 56cm OCLV 120 carbon frame w/OCLV carbon seat stays road bike. Bought in late 2006. Ridden approximately 4500 miles and has Bontrager: Satellite Plus Fork, Race Wheels, Race X Lite tires, Race Lite 52/42/30 crankset, Race Luxe saddle, Race X Lite, carbon seatpost, Race Flattop, 26.0, Race, 26.0 stem; also Shimano: Dura-Ace rear derailleur, 105 STI shifters, 105T front Derailleur, PD 1056 pedals, long reach w/STI brakeset, SRAM 970 12-26, 9 speed cassette and Slim-stack headset. A great bike for only $1,500. Call David Magnant @ 757.870.1557, DMag-nant@vppsa.org (9/2007)


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Cannondale CAADS7/R2000 road bike 54cm (fits a 5’8” rider with a 30” inseam). Mavic Ksyrium wheelset, 9 speed Ultegra hub, carbon fork and Shimano SPD pedals. Black with red, orange & yellow details. A few scuffs & scratches, but generally in excellent condition. Originally cost $2,400. Will sell for $1,400 OBO. Contact Jack Kaufman at runkauf@verizon.net or 804-231-3767. (8/2007)

Torelli road bike, 53 cm, steel frame with carbon fiber fork. Shimano 105/Sora derailleurs, double chain rings, Sachs brakes & New Success hubs, Shimano Dura-Ace crankset, 8 spd rear cassette. Needs saddle and pedals. Asking $750 obo. Call David in evening, 740-6811, or e-mail dgardner@mcvh-vcu.edu. (8/2007)

Trek 5200 road bike FULL carbon: $750.00 55 cm, Sora shifters, double chain ring, new cables, new chain, recently tuned up and power washed, color purple, spd pedals, Shimano components, a Smooth ride. Call Jeanne 594-0842 or jm inert@comcast.net (7/2007)

TREK 5500 - OCLV carbon fiber, painted red fade to silver. 56cm center-to-top and top tube 55.5cm (31.5” stand over height). Shimano Dura Ace STI 18 speed components (shifters, brakes, derailleurs, and double cranks). Mavic Open Pro rims on Dura Ace hubs with Continental 700x23 tires. ITM handlebars/stem, Chris King headset. Fizik Poggio lightweight saddle. Typical mileage/wear. Look pedals for $50 additional. Cost: $935. Call with questions: (804)561-3950; e-mail for more pictures: pullen.39@yahoo.com (7/2007)

**Submissions for The Pedaler** - The Pedaler welcomes submissions in any form; email preferred. All submissions will be confirmed. All become property of The Pedaler. E-Mail: zeh@cox.net. Submission Deadline: Midnight the 15th of the Month Advertising: Rates are: $198 full-page, $99 half-page, $149 2/3-page, $67 1/3-page, $48-1/6 page. Two bicycling classified ads are free to members; non-member rates apply thereafter. Non-member Classified Rates: $5.1 item, $10/2-5 items, $15: 6-9 items, $25:10-15 items - all with a reasonable amount of text per item. Send check or money order payable to RABA Treasurer, PO Box 6565, Ashland, VA 23005