RABA members may have noticed an increasing number of club members riding tandems in recent years. Although tandems are essentially a very long bicycle with two seats, they also have certain characteristics that can present challenges when tandems and single bikes ride together. This article explains a few of these characteristics and offers some guidelines with the hope of enhancing everyone’s riding experience. There is not much original in these guidelines. They are based on numerous discussions during casual conversations among tandem riders and I am grateful for the input of many of my fellow RATS (Richmond Area Tandem Society). These guidelines do not, however, represent official RATS policies.

The average tandem with riders on board weighs somewhere between 300 and 400 pounds and is about 8 feet long. This influences their handling characteristics in several important ways. Think of a carbon fiber road bike as a Ferrari, and a tandem as a Mack truck and you’ll get the basic idea. Tandems do not maneuver as quickly as single bikes. Nor do they respond to the terrain in the same way. Tandems live and die on momentum. It takes a lot to get them going and, more importantly, a lot to make them stop. As a result, tandems will tend to pick up speed on the ground breaking for Greensprings Trail portion of the Capital Trail.

Tips on Riding with Tandem Teams

by Al Farrell

RABA members may have noticed an increasing number of club members riding tandems in recent years. Although tandems are essentially a very long bicycle with two seats, they also have certain characteristics that can present challenges when tandems and single bikes ride together. This article explains a few of these characteristics and offers some guidelines with the hope of enhancing everyone’s riding experience. There is not much original in these guidelines. They are based on numerous discussions during casual conversations among tandem riders and I am grateful for the input of many of my fellow RATS (Richmond Area Tandem Society). These guidelines do not, however, represent official RATS policies.

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Heard & Seen Around the Club
RABA/Social Ride Captain & Advocate
Bud Vye

All good news to report this month:
Ray Fearnow has gotten his strength back up to where he is now being spotted back riding on the Tuesday evening Hanover Courthouse rides again. Les Newman continues to make progress with his knee slowly healing from the collision with the car he was involved in back in late March. Rickey Davis also recovering slowly but surely from his inguinal hernia surgery so he is now up to riding 20 miles at a clip, with the most painful part of the activity being the getting on and off of the bike.

Barry Pullen’s July 8 complaint in Powhatan Courthouse (with Ann Perdue as a witness) resulted in the driver being found guilty of improper driving and fined $50. The driver, while trying to pass a line of six cyclists, steered his car close to Barry and gave him the universal “bird” signal. The initial charge of reckless driving was reduced by the judge, who got a few smiles from those of us who heard him by telling the defendant as he was deliberating, “You’re obviously guilty of something, I’m just having trouble figuring out what.”

Michelle Faison tried to check in with me earlier, but didn’t have my new email address, and definitely wants to have her name added to the list of the RABA members who completed the Ukrops Monument Avenue 10K back in the Spring. Last call for anyone else to be mentioned, as I’ll be closing the books for this year’s run with the September issue.

I thought I might report on my recent bike trip to the Italian and Swiss Lake Districts, particularly my 10-mile climb (much of it up 14–16% inclines) from Bellagio on Lake Como up to the Madonna del Ghisallo. This mountain top shrine to the Patroness of Bicyclists has become what amounts to the Italian National memorial to their bygone bicycling heros, with bikes, shirts and other memorabilia hanging from the walls and ceiling of a small chapel. Pantani, Coppi, Casartelli and a number of others I was not familiar with, are honored here, and it has become so cluttered that they are building a much larger museum nearby.

Larry Nelson one upped me good with his 3 week trip to Norway. While there, he entered and finished the Styrkeproven, a 540K (335 mile) one day race. At that latitude and time of year, its sun lit around the clock. With 4,000 entrants, the ride featured lots of climbing of some serious mountains and very cold temperatures at their tops. Larry finished 17th in his 60–64 age category with a time just under 23 hours. He started at midnight and finished at 11:00 p.m. that same day. Well done, Larry! I’m really impressed. Compared to that, what I did was kid stuff.

I’ll close by mentioning that Cam Hoggan’s daughter, Rebecca, and her bluegrass group from Boulder, Colorado, who a number of us enjoyed at Ashland Coffee & Tea last year, has got a return engagement scheduled for Saturday evening, October 1. Those who caught the show the last time will certainly want to do so again, and we invite the rest of you to get it on your calendars and join us for a really enjoyable evening.
Pedal & Pizza
RABA’s August MEETING
Wednesday, August 10
5:45 p.m. for ride; 7:00 p.m. for pizza
Pedal & Pizza at
Acceleration Richmond
1501 Maple Ave, Suite 100, one block west of St Mary’s Hospital
On the corner of Maple Ave and Monument Ave

This month, the Pedal & Pizza will be hosted by Acceleration, a fitness facility dedicated to improving sports performance. Kevin Reid of Acceleration will lead a group ride of 15-20 miles around the Richmond metro area — all levels are welcome and helmets will be required. Afterwards, we’ll go inside the facility to hear a short presentation about cycling training and eat some pizza. If there is inclement weather, the meeting will still take place since we will be inside. Because Acceleration is hosting the event, there will be no charge, however RSVPs are needed to make sure there is enough pizza and soda. Please contact Kim Moore 358-0935 or luv2cycle@yahoo.com by Tuesday, August 9, if you are interested in attending.

If you have Internet access, you can also check out Acceleration on the web: www.accelerationrichmond.com.

RABA Picnic at Dorey Park
Save the date: Sunday, August 14—RABA Picnic at Dorey Park, there will be rides of varying distances, with the food feast to start around 12 Noon. Everyone who attends is asked to bring a small dish to share. Kathy Wood has graciously volunteered to coordinate the event. For more details, see page 4 or the ride calendar.

Bikes & Buses
Hampton Roads Transit plans to install bike racks on all 225 buses in their system back in March, and our GRTC is in the process of doing the same right now in this area.

RABA Christmas Project
by Dee Nuckols
It’s that time of year again to begin the club’s annual fund drive for our “Bikes for Kids” Christmas Project. For our new members who may not be familiar with this; for the past three years the club has, through donations from it’s membership and some businesses, purchased bicycles and helmets to be given to needy children through the area’s Christmas Mothers Programs. This is one way we can remember those less fortunate than ourselves, give back to the localities that we ride in, and hopefully instill in each recipient the wholesome fun of cycling. Therefore, we are now accepting donations for this cause, as the bike order must be placed well in advance.

Please make checks out to RABA with a notation of “Bikes for Kids”. Mail to: Dee Nuckols, 11301 Cedar Glade Ln, Rockville, VA 23146

Lost & Found
On Saturday, June 25, at the ABC Ride-Laurel Park Shopping Center Parking lot, Bill Church found a Mavic front wheel. He saw a white Taurus station wagon drive off with the wheel leaning on the outside of the car. He tried to get the driver’s attention to stop, but the car sped off. If you are missing the wheel or know someone who has lost a Mavic wheel, please contact Kim Moore at 358-0935 or luv2cycle@yahoo.com. You will have to identify the wheel in more detail to claim it.
RABA Picnic and Rides at Dorey Park
Sunday, August 14

Join in the fun and festivities of RABA annual summer get-together. If you are interested in riding before the picnic begins, there are several mileage options for you to choose:

50 miles, suggested start at 9:00 a.m.  37 miles, suggested start at 10:00 a.m.
41 miles, suggested start at 9:30 a.m.  30 miles, suggested start at 10:00 a.m.

Maps, cue sheets and sign up sheets will be provided; please wear your helmet, bring extra water and food in case stores are not open and obey traffic laws. Meet at the back parking lot of the picnic shelters of Dorey Park to start out on your ride. See also the Ride Calendars, August 14 entry, for same details.

If you don’t want to ride, the picnic will begin around 12 Noon until 2:00 p.m. at Shelters 6 & 7. The club will provide sodas and paper products; picnic attendees are asked to bring a dish to share. Our picnic coordinator is Kathy Wood. If you have large coolers or can help Kathy in any way with the picnic (set up, clean up, buying drinks, buying ice, etc), please contact her at 779-3802. She can never have enough help!

It would also be helpful to get a general idea of how many are coming so that we make sure we have enough drinks for everyone. Contact Kim Moore at 358-0935 or luvs2cycle@yahoo.com by Friday, August 12, with a RSVP if you would like to attend. If the event should suddenly be cancelled because of bad weather, notification will be via www.raba.org, 266-BIKE and the RABA email distribution list. So check those places for last minute updates if you should have any questions about whether the event is still taking place.

Directions to Dorey Park: take I-64E to Laburnum Ave Exit. Bear right off the exit ramp on Laburnum Ave East. Cross over Williamsburg Rd and Charles City Rd. Turn left at the light at Darbytown Rd. Go approximately 1.5 miles. Park entrance is on the right. Drive down the main road for about 34 mile, past the soccer and ball fields, park at the picnic shelters on the right.

cont’d from page 1

Tandems

a downhill, and once they lose their downhill momentum, will be much slower on climbs. Many of the following suggestions are logical implications of these basic facts.

Etiquette for Single Bikers to Observe when Riding with Tandems:

Tandem teams may seem overly cautious to single bike riders. You should not draft behind tandems as closely as you would another single bike. Bear in mind that they cannot stop or maneuver as nimbly, and just because the stoker (i.e., rider in back) knows you’re there, the captain (the one in front that steers and controls the brakes) may not. Single bikers are advised to give tandems plenty of space.

Tandem teams are happiest when riding together. This makes riding easier because they tend to respond to changes in terrain in the same way. Because it is harder for tandem teams to overcome inertia, the accordion effect often observed in pace lines when some riders tend to pedal--coast--pedal--coast, etc. will be even harder on tandem riders than on a single bike (bear in mind both riders need to coordinate their efforts). The struggle to maintain momentum becomes painful after a while. Single bikers riding in a group with tandems might be happier to let the tandems stay together and in front (although also see #4) --you’ll get a free ride and we’ll all expend a lot less energy. Besides, if single bikers intersperse among tandems, they run the risk of being squashed.

When drafting a tandem, keep in mind that many riders covet the sheltered position. Fist-fights leading to crashes have been known to develop when riders “hog the draft”. Polite behavior is appreciated to avoid frightening the stoker. If you do draft a tandem, please don’t thank the captain without also thanking the stoker. They have both been working very hard. Tips, though not required, are always appreciated.

Should you try to pull a tandem? Some tandem captains prefer not to draft off of single bikes. They end up riding their brakes on downhills and burning out trying to maintain the same pace on the uphills. Other captains
resent it when single bikes expect them to do all the pulling. It is therefore not safe to assume either. As in most things, communication is the key.

Because tandems tend to pick up considerable speed on the downhills, single bikes are advised to stay out of the way. Tandem captains hate—really hate—braking behind single bikes on the way down. They rely on their forward momentum for the inevitable uphill climb that follows. Moreover, tandems are not easy to stop on a downhill. One tandem captain noted that two physical objects cannot occupy the same space at the same time and it is best not to test Newton’s laws of physics halfway down a hill.

In contrast, most tandem teams accept the fact that single bikes will be passing them uphill (sometimes slingshooting past in their draft). They will be greatly appreciative if single bike riders refrain from smirking or singing as they pass.

You may see a tandem captain riding his or her bike alone. If this is in the parking lot it probably means that the captain is testing the bike. If it is on a ride there are several likely possibilities: (a) the captain and stoker had a serious disagreement about the route; (b) the captain left the stoker behind and is riding for help; or (c) the captain hopes to meet a stoker somewhere along the way (AKA “Rope a Dope”). Regardless of the reason, it is best not to make a comment such as “I think you forgot someone!” It is not funny after the first 100 times it has been heard.

Stokers (the one in back) do not like to hear “the person in back isn’t pedaling” or “I think the person in back is sleeping.” To begin with, this is usually not physically possible because the captain and stoker’s cranks are connected by a chain. More importantly, it is also not funny after the first 100 times. Moreover, many stokers actually work harder on the tandem than on their single bikes.

If tandem riders look like they are having a lot of fun, that’s because they probably are. If you have any interest in what it’s like, most tandem teams will be more than happy to talk about their experience and provide all the advice you ever wanted to hear and more!

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Get Fast with FAST
by Acceleration Richmond

Having opened Monday, June 6 Acceleration Richmond now offers Central Virginia’s residents a new option in sport performance enhancement. Acceleration Richmond is part of the renowned Frappier Acceleration Sports Training (FAST) network founded by John Frappier in 1990. To date the network is comprised of over 145 local and international markets, boasting a database of over 150,000 athlete participants. Acceleration Richmond comes to Richmond courtesy of Sheltering Arms Rehabilitation Centers, who purchased the market rights in the fall of 2004.

Acceleration Richmond training enhances performance in baseball, basketball, cycling, distance running, football, golf, softball, soccer, track and field, and many more. The programs are available to athletic participants of all skill levels beginning at 11 years of age. Whether preparing for this season’s “Key Event” or doing some specifically targeted off-season training, the Acceleration Richmond programs look to improve an athlete’s speed, power, and agility and reduce recovery time between exercise bouts at, and above, lactate threshold.

The sports training programs comprise a series of systematic, supervised training protocols and sport-specific exercises designed to safely enhance the physical performance of every athlete. While the protocols are designed for a 1:1 athlete to coach ratio, where each athlete receives an individualized regimen, special accommodations can be made for groups who wish to train together. With the research contributions of exercise physiologists, athletic trainers, orthopedic surgeons and physical therapists, the FAST network has seen impressive results supported by data from more than a million training sessions.

The cycling program at Acceleration Richmond is unique to the FAST network. Kevin Reid, USA Cycling Expert Coach and Exercise Specialist for Acceleration Richmond, designed the indoor cycling training protocol to maximize biomechanical and physiological adaptation with minimal time removed from the road. The indoor cycling protocol is designed to build an athlete’s power and lactate tolerance to promote longer sustained performances at a higher intensity level and with shorter recovery times. The protocol is an 18 session, 7 week program designed to accommodate the typical 3:1 work to rest week ratio of cycling training.

Heart rate, speed, cadence, gear ratios, and power (if the athlete’s bike is equipped) are all monitored to measure improvement in cycling capacity throughout the program. Specialized weight training and plyometrics sessions are also incorporated to address muscular weaknesses or imbalances in the athlete to better prepare them for the rigors of their cycling participation.

The cycling training program is valuable for beginning riders, juniors, and all CAT level racers, and can be adjusted to complement each athlete’s specific riding discipline (road, mountain, cross, etc.). Whether preparing for this season’s “Key Race” or doing some specifically targeted off-season training, the cycling program can increase speed and power at lactate threshold. These improvements correlate directly to an increase in “race pace” and an increase in the ability to sustain “race pace” for the duration of the event.

In addition to the sports training portion of Acceleration Richmond, there is also an occupational preparedness training program. These protocols are designed to help emergency response personnel, military, and other workers where strength and agility may mean the difference between life and death.

To complete the continuum of care, Acceleration Richmond has a rehabilitation program that is medically based and provides a transition from a therapeutics setting to sport-specific, recreational, or occupational athletic programs. Within it’s facility, Acceleration Richmond also houses physical therapy, physician, and psychiatry services to meet a variety of needs for its participants.

Acceleration Richmond operates under the direction of Michael Carlson who had spent...
**August 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);  
**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*

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**SOCIAL RIDES**

**Coordinator:** Bud Vye 252-9544  
bdvye@comcast.net

**PLEASE NOTE** — If there is any question in your mind about whether the ride might be canceled, call the ride leader the night before, or the morning of, the ride. If you can not reach the ride leader, call RideLine (226-2453), option 3, since Social Ride cancellations are usually posted on there by 8:00 a.m. on the morning of the ride.

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**August 7 (Sunday) 9:00 a.m.**  
**North and West from Rockville**  
[50/40-14-S-S/M]  
**Leader:** Bill Whitworth, 285-9193

Bill has a nice circuit through the pretty country of far western Hanover and eastern Louisa counties, with a nicely placed store stop, so meet him at the Rockville Little League fields, 1.2 miles west of Rockville. From Richmond, my preferred route is west on I-64 to the Rockville/Mahanin exit, south on Rt. 623 a half mile to a right on Rt.622/Rockville Rd. where 5 miles will bring you to the heart of Rockville, and a left on Rt. 620. After a mile, 620 goes left, but you go straight on 676 for another .2 mile to the parking lot on your left.

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**August 13 (Saturday) 9:00 a.m.**  
**South to Stony Creek**  
[55-15-S-F/G]  
**Leader:** Jack Huber, 282-3872

Meet Jack at the Tavern’s parking lot in Waverly to ride almost the entire length of Sussex county down to the quiet little town of Stony Creek for a store stop and a chance to see the cannon barrel the Confederates dumped into the creek during their hasty “strategic withdrawal” in the face of advancing Union troops. The locals rescued it from the creek some years ago and have it on display in the heart of the town. As with all the Waverly rides, the terrain is flat and the traffic is light. The road construction encountered on this route last year (that forced a detour that added more miles) has been completed, no extensions are envisioned. As usual, plan to have lunch after the ride at the Tavern.

From the Richmond area, take I-95 or I-295 south to Rt. 60. Continue straight through the traffic light, go 1.8 miles, a left turn onto Concourse Blvd, park at the rear of the Tavern, and show some areas that some cyclists had not been to before. They had a great time and are willing to do the route again. Bring extra fluids for the hot weather this time of the year. Directions to the start: get on I-295, take the Nuckols Road North exit, go approximately one mile, right turn onto Concours Blvd, park at the rear right parking lot.

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**August 14 (Sunday) 9:00 a.m.**  
**RABA Picnic at Dorey Park**  
[50-20-S-S/F]  
**Leader:** Kim Moore 358-0935  
luvs2cycle@yahoo.com

We’ve got rides for everyone starting at 9:00 a.m., followed by a picnic which will get underway around noon. Bring the family.

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**August 14 (Sunday) 9:00 a.m.**  
**RABA Picnic at Dorey Park**  
[50-20-S-S/F]  
**Leader:** Kim Moore 358-0935  
luvs2cycle@yahoo.com

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**August 21 (Saturday) 9:00 a.m.**  
**Rockville – Montpelier Circuit**  
[35-13-S-S/M]  
**Leaders:** Gloria Bazoli & Frank Thomas, 883-6611

Here’s another one from the Rockville Little League fields, but a different route from Bill Whitworth’s ride two weeks ago, so join Gloria and Frank as they return from their trip to Spain for a ride through the pretty countryside of northwestern Hanover county. See the August 7th ride listing above for directions on how to get there.

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**August 27 (Saturday) 9:00 a.m.**  
**Waverly Metric Century**  
[62-15-S-S/M]  
**Leader:** Jack Huber (282-3872)

Here’s an addition to Jack’s regular Waverly ride series. As century month approaches, he’s offering a metric to get you warmed up for the 100 milers in September. The route will go through Claremont and Surry, two quiet villages in Surry County. There will be two stops with restrooms, water and snacks available. If the group desires, there can be a stop for lunch at Anna’s Italian restaurant in Surry after 37 miles. The terrain is mostly flat with very light traffic. The starting point will be the Tavern in Waverly.

From the Richmond area, take I-95 or I-295 south to Rt. 60. Continue straight through the traffic light, go 1.8 miles, a left turn onto Concourse Blvd, park at the rear of the Tavern, and show some areas that some cyclists had not been to before. They had a great time and are willing to do the route again. Bring extra fluids for the hot weather this time of the year. Directions to the start: get on I-295, take the Nuckols Road North exit, go approximately one mile, right turn onto Concours Blvd, park at the rear right parking lot.

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**August 28 (Sunday) 9:30 a.m.**  
**Pleasant Shade to Purdy, Jarratt and Return**  
[47-14-S-S/M]  
**Leader:** Dave Strickland, 434-594-5371

Dave makes the trip up here to ride with us regularly, so occasionally we go south and ride with him down there on the quiet country roads of the South Side. As a prep to the Peanut Ride, he’s put together a different route in the northern part of Greensville County from Pleasant Shade to Purdy, then across the Nottaway River bypassing Doodlum, then back to Jarratt, and then back to Pleasant Shade. Store stops at Purdy and Jarratt (several at Jarratt to choose from). No major highways to ride on or cross. We start at Pleasant Shade Grocery (Woodruff Store), Park in the back of his lot. Directions to get there are Interstate 95 to Exit 11 at Emporia and take the west exit. Follow US 58 West until you see Woodruff store almost on the Greensville/Brunswick County line.

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**FAST RIDES**

**Coordinator Mike Moore 358-0835**  
luvs2cycle@yahoo.com

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**August 7 (Sunday) 9 a.m.**  
**Two Steves Ride Reprise**  
[53-18-S-S/S]  
**Leaders:** Steve Crozier 364-5880 and Steve Herzog 360-3853

Last month, both Steves came out to lead a beautiful ride through the far West End. They went to LInex and beyond and showed some areas that some cyclists had not been to before. They had a great time and are willing to do the route again. Bring extra fluids for the hot weather this time of the year. Directions to the start: get on I-295, take the Nuckols Road North exit, go approximately one mile, right turn onto Concours Blvd, park at the rear right parking lot.

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**August 14 (Sunday) 9:00 a.m.**  
**RABA Picnic Rides at Dorey Park**  
50 miles begin at 9:00 a.m.  
41 miles begin at 9:30 a.m.  
37 miles begin at 10:00 a.m.  
30 miles begin at 10:00 a.m.

**Ride Info contact:** Kim Moore 358-0935  
luvs2cycle@yahoo.com

Thanks to Bert Wright and Randy Rosemond for putting together this year’s edition of bike routes. Maps and course sheets will be provided at the start. Start times are not mandatory, but designed so that cyclists may finish around 12 Noon, when the picnic starts, no matter what route you pick. You may also start earlier, just be
August 21 (Sunday) 8:30 a.m. Frog Level Metric [62/38-18-S-S/S] Leaders: Mike & Kim Moore 358-0935

It's been a while since the leaders have done this ride, but they hope to draw a good group for a beautiful ride through Hanover and Caroline Counties. Bring extra food and water in case there is hot weather and no stores open. Meet at Hanover Courthouse. From the city, get onto I-95 North, take Exit 82 Chamberlayne Ave, turn left at end of the ramp. Drive approximately 13 miles north (no turns), the Courthouse will be on the right.

August 27 (Saturday) 8:00 a.m. The Kepcke Cottage Party Ride [72-18-S-S/M] Leader: Andy Kepcke 232-4915 or andykepcke@msn.com

The Annual Kepcke Cottage Party Ride is August 27. Join Andy and Dara Kepcke for a weekend of riding, swimming, kayaking, sailing, fishing, tennis, camping and more. Andy will lead the 72-mile ride from the Hanover County courthouse to his family's cottage on the Potomac River, near Dahlgren. The ride leaves promptly at 8:00 a.m. A SAG van will be at the start to transport gear, chairs, food, coolers, etc. to the cottage. There will be NO SAG ON THE ROUTE. Bathrooms and showers are available for campers, and nearby hotels are available in lieu of camping. Please bring food for grilling, snacks, beverages, etc. Some salads, side dishes and desserts are provided. The Moors will lead the group back by bike to Richmond on Sunday around 9:00 a.m. If Andy decides to stay a little longer at his family's cottage. For the Saturday bicycle start, meet at Hanover Courthouse. From the city, get onto I-95 North, take Exit 82 Chamberlayne Ave, turn left at end of the ramp. Drive approximately 13 miles north, the Courthouse will be on the right. Don't want to ride? You're still invited to come along. Please call Andy at (804) 232-4915 or email andykepcke@msn.com for more information and driving directions.

August 28 (Sunday) 9:30 a.m. East Hanover Tour [40-19-S-S/S] Leader: Rick Meili 553-4639

Rick's been a welcome addition to the ride leader board by volunteering to do as many as rides as he can. Join him for pretty scenery and some challenging terrain into Hanover and beyond. Bring extra water and food as temperatures may be high and stores may not be open. Meet at the Glen Allen Elementary School, take Staples Mill Rd Rt 33 West, right turn onto Mountain Rd, left turn onto Mill Rd, right turn into school parking lot. —

WEEKLY RIDES

Sunday 9:00 a.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 968-5472, Bert Wright 329-5999

They 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

Meet at Mary's house on Richmond Road, for a ride on the Quiet Streets. All levels of female cyclists are welcome to ride in the beautiful far West End. Beginners are especially encouraged to come out to practice bike handling skills, paceline riding and build fitness strength. Speed is not the focus; safety and having fun riding with other women are! If you are coming out to this ride for the first time, give Karen a quick call the night before to her know to expect you. Directions to Karen's house are I-64 West to the Rockville/Manakin exit. Turn left and go to Broad St, turn right and head out to Shallow Wall Rd about 4 miles past Centerville. Right on Shallow Well and about 1/3 mile to 2030 Shallow Well, on the left. Take the side drive and park in the backfield.

Tuesday 5:40 p.m., 5:50 p.m. and 6:00 p.m. Innsbrook Options [31/34-21/24-N-S/S] Leaders: Mike & Kim Moore 358-0935

The large size of the group has forced the ride leaders to split the pack into three start times! While this is a very fast-paced ride, the B p.m. group will be the most “social” with an average pace of 21-22 mph. The area has exploded with new housing developments and therefore roads are busier and drivers’ tempers are shorter. Police are on the prowl, so obeying traffic laws and riding single file are a MUST! Directions to the start: get on I-295 in 1/2 mile, take the Nuckolls Road North Exit, go approximately one mile, right turn onto Concourse Blvd, park at the rear right parking lot.

Tuesday 6:00 p.m. Hanover Courthouse Ride [28/22-V-N-S/S] Leaders: Kathy Wood 779-3802

As in previous years, this ride is intended for riders of all speeds, but will be run as a group ride (or several group rides, if different pace riders are present) so you don’t have to bring a rider of your speed with you, or worry about being left behind. Maps are available, if you want to start before or after the group, and it remains a beautiful ride, with lots of farmland, little traffic, and a couple of hills that will get you up out of your seat. The courthouse complex is on the east side of Route 301, 10 miles north of where it crosses I-295.

Wednesday 8:30 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.

Wednesday 6:00 p.m. Girls Night Out [10/17/22/30-7-N-S/S] Leader: Karen Hanson 784-2999

All levels of female cyclists are welcome to ride in the beautiful far West End. Beginners are especially encouraged to come out to practice bike handling skills, paceline riding and build fitness strength. Speed is not the focus; safety and having fun riding with other women are! If you are coming out to this ride for the first time, give Karen a quick call the night before to her know to expect you. Directions to Karen’s house are I-64 West to the Rockville/Manakin exit. Turn left and go to Broad St, turn right and head out to Shallow Well Rd about 4 miles past Centerville. Right on Shallow Well and about 1/3 mile to 2030 Shallow Well, on the left. Take the side drive and park in the backfield.
St. Rd. (Rt. 360) 2.2 miles west of Rt. 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 Rd. on your way to the ride.

Thursday 6:00 p.m.
Glen Allen Elem School Options
[22/26/36/38-16 to 23-N-S/S]
Leaders: Mike & Kim Moore 358-0935 and Jack Huber 282-3872
Mike & Kim welcome Jack Huber as a co-ride leader and hope that more social paced cyclists will join Jack on varying routes around Hanover County. The faster paced cyclists will ride such favorites as the Three Sisters, Chicken House and Horseshoe hills. Past year editions have enjoyed great turnouts, so the ride leaders may stagger the start times slightly so that the riding pack is smaller and less disruptive to car traffic. Obeying traffic laws and riding single file are stressed. Take Staples Mill Rd/Rt 33 West, right turn onto Mountain Rd, left turn onto Mill Rd, right turn into Glen Allen Elementary School parking lot.

Thursday 6:30 p.m.
East End Ride
[28/22/15-V-S-F/G]
Leader: Eleanor Shipley 737-7176
This popular ride continues to start at the Black Creek Baptist Church on Rt. 628 (McClellan Rd.), as always, the short option targets new riders and stays together so no one gets left behind, while experienced, faster riders may take off on the longer options. Some faster riders have been unhappy in the past to arrive just before 6:30 and find that the faster group has left earlier, and only the slower group remains. If you would like to ride with the faster group, you probably ought to be ready to go by 6:10.

From I-64 east of Richmond, take exit 197B (Airport/Highland Springs) and travel north on Airport Drive/Rt. 156, crossing Nine Mile Rd., I-295, and the Chickahominy River, turning right on Rt. 630 (Market Rd.). After .8 miles take the right fork onto Rt. 613 (Fox Hunter Lane) at the Black Creek Country Store, where .75 miles will bring you to a left at Rt. 628 (McClellan Rd.), and two miles on this road will bring you to the church on your left, where we will park on the right side of the church.

From I-295, exit at Rt. 156 (Airport Drive), go toward Cold Harbor and follow the directions above.

Saturday 8:00–8:30 a.m.
The Ashland Breakfast Club
Thanks to July ride leaders Kim Moore, Paul Silverstein, Bud Yee, Rickey Davis, and Alan & Mo Cooper.

August Ride Leaders Are:

| Aug  6 | Mark Bierly         | 282-8936 |
| Aug 13 | Wayne Cox           | 264-8997 |
| Aug 20 | Morton Norman       | 740-7766 |
| Aug 27 | Debra & David Gardner | 740-6811 |

Upcoming Rides

September 24 & 25 (Sat & Sun)
Westmoreland Bike & Camp Weekend
[72-1-S-S/M]
Leaders: Jack Huber 282-3872 and Mike & Kim Moore 358-0935

RABA Impromptu Ride Coordinator, we regretably must suspend RABA Impromptu Rides until that position has been refilled. Though we heartily encourage everyone to take full advantage of any opportunity to ride their beloved bicycles, for the time being, only the rides listed in the ‘Pedaler’ and on the RABA website will be considered official RABA rides. Club member benefits, such as insurance and mileage statistics, will sadly not be available for any rides that are not specifically RABA rides, effective midnight July 20, 2005. If you are interested in filling this position, please contact RABA President, Brenda Hubbard, or any member of the RABA board of directors as soon as possible. Thank you in advance for your understanding and cooperation.

OFF-ROAD RIDES
Coordinator: Jim Temple
jimmat2@excite.com 266-8694
No off-road rides are scheduled

For more information on Acceleration Richmond, its staff and its programs visit their website at www.accelerationrichmond.com or call them at (804)545-FAST (3278). Also, please feel free to stop by their facility for a tour and to test the specialized sports enhancement equipment housed within.
Cycle along the paths of Patrick Henry, Robert E. Lee and Ulysses S. Grant

Early registration ends 8/15/05

September 17 & 18, 2005

Enjoy Hanover’s historic homes, rolling countryside and friendly people.

The Heart of Virginia Century Ride and Bike Festival offers 100 and 62.5 mile distances on Saturday, September 17 & 25, 40 and 62.5 mile distances on Sunday, September 18.

Quality rest stops along the way will keep you fueled and the roads will keep you refreshed.

Don’t miss participating in the Richmond Area Bicycling Association’s premier event. Come cycle through history and enjoy the beautiful countryside and southern hospitality at a wonderful time of year... Sign up today!

to register, mail in form on the other side of this page or visit www.raba.org
Registration Form

Please fill out this form carefully. Incomplete forms will be returned. CPSC or SNELL approved helmets are required. Riders under 18 must be accompanied by an adult. One registration form per rider, please. Multiple registrations may be paid for and mailed together.

Name ___________________________________________ Age __________

Release signature(required) ____________________________________________

Street Address _________________________________________________________

City __________________________ State ________ Zip _______________________

Phone ______________________ Email _________________________________

Emergency Contact __________________________ Phone _____________________

In signing this form for the above named participant (if under 18) and myself, I understand that bicycling is a potentially hazardous activity. I assume all risks associated with participating in this event including, but not limited to falls, contact with other participants, effects of weather, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my registration, I for myself and anyone entitled to act on my behalf, HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Richmond Area Bicycle Association, Hanover Mental Health Association, their administrators, directors, agents, officers, volunteers and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place (each considered one of the "Releasees" herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations. I further agree that if, despite this Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement, I, or anyone on my behalf, make a claim against any of the Releasees, I will indemnify, save and hold harmless each of the Releasees from any litigation expense, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim.

Registration Fees

<table>
<thead>
<tr>
<th></th>
<th>Before 8/15/05</th>
<th>After 8/15/05</th>
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<tbody>
<tr>
<td>Full Weekend Rides</td>
<td>$35</td>
<td>$40</td>
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<tr>
<td>Sat. or Sun. Rides</td>
<td>$25</td>
<td>$30</td>
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<tr>
<td>T-Shirt</td>
<td>$15</td>
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Circle T-Shirt Size: S  M  L  XL

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<tr>
<td>Camping Friday</td>
<td>$10</td>
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<tr>
<td>Camping Saturday</td>
<td>$10</td>
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Total Amount Enclosed = $________

Make check payable to: Richmond Area Bicycling Association

Mail this entry Form and Payment To: RABA, P.O. Box 6565, Ashland, VA 23005

To receive confirmation, please include email address (above). No refunds after August 31, 2005.

Email: gtalley@widomaker.com

Event information: www.raba.org
cont’d from page 1

Capital Trail

nial honors with their shovels, followed by a round of photo ops where our contingent and a number of other groups had our pictures taken with the Governor.

That completed, most of those in attendance headed a short distance down the road to the main building of Jamestown Settlement Park, where the Capital Trail Foundation hosted a very nice reception that gave us a chance to meet a number of the local officials while partaking of the excellent refreshments. On the way out, those of us like me who haven’t been inside the Settlement Park main building for some time were much impressed with the first class nature of the additions that have been made to the facility, and all remarked at how they appeared to be in good shape for the upcoming quadricentennial celebration.

All in all, a very nice event, with everyone pleased at the prospect of the Virginia Capital Trail finally beginning the construction phase after more than a decade of feasibility studies and planning. This segment is scheduled to be complete by this time next year, and you can be certain we’ll schedule a ride on it as soon as it opens. Now let’s help the Capital Trail Foundation keep the interest at a high level and see if our elected officials can come up with the additional funding needed to build the subsequent segments of the trail.

Governor Warner gets a little help with the groundbreaking on Greensprings Trail portion of the Capital Trail.

Club Mileage Leaders Through June 2005

prepared by Al & Lois Farrell

As of July 5, we have received and processed ridesheets for 180 club rides scheduled by RABA during the first half of 2005. Based on these ridesheets, we’ve ridden figures are only as accurate as the data we received and don’t include all the mileage club members accrue.

<table>
<thead>
<tr>
<th>Name</th>
<th>TR*</th>
<th>TM*</th>
<th>AR*</th>
<th>Ride</th>
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<tbody>
<tr>
<td>Dee Nuckols 59</td>
<td>2285</td>
<td>39</td>
<td>2285</td>
<td>39</td>
</tr>
<tr>
<td>Bill Whitworth 55</td>
<td>2092</td>
<td>38</td>
<td>2092</td>
<td>38</td>
</tr>
<tr>
<td>Winky Vivas 53</td>
<td>2058</td>
<td>39</td>
<td>2058</td>
<td>39</td>
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<tr>
<td>Juanita Vivas 49</td>
<td>1933</td>
<td>39</td>
<td>1933</td>
<td>39</td>
</tr>
<tr>
<td>Barry Pullen 45</td>
<td>1534</td>
<td>39</td>
<td>1534</td>
<td>39</td>
</tr>
<tr>
<td>Ron Corio 36</td>
<td>1416</td>
<td>38</td>
<td>1416</td>
<td>38</td>
</tr>
<tr>
<td>Jeanne Minnix 45</td>
<td>1404</td>
<td>31</td>
<td>1404</td>
<td>31</td>
</tr>
<tr>
<td>Randy Rosemond 34</td>
<td>1404</td>
<td>31</td>
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</tr>
<tr>
<td>Dave Bloor 42</td>
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<tr>
<td>Al Farrell 33</td>
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<tr>
<td>Lois Farrell 35</td>
<td>1166</td>
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<td>1166</td>
<td>33</td>
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<tr>
<td>Kathy Rosemond 29</td>
<td>1113</td>
<td>38</td>
<td>1113</td>
<td>38</td>
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<tr>
<td>Ted Zeh 30</td>
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<td>Dick Pitini 28</td>
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<td>36</td>
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<td>Bud Vye 30</td>
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<td>Jesse Archer 31</td>
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<td>Bud Brooks 25</td>
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<td>Richard Chandler 24</td>
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<td>Ann Purdue 24</td>
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<td>Andrew Mann 22</td>
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<td>Jack Huber 27</td>
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<tr>
<td>Kathy Wood 23</td>
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<tr>
<td>Paul Walaskay 22</td>
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<td>Chip Ford 20</td>
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TR*=Total Rides  TM*=Total Miles  AR*=Average Ride

Martha Pullen 14 | 497  | 36  |
Becky Tobey 20 | 496  | 35  |
Nick Sipl 13 | 488  | 38  |
Ed Blank 14 | 487  | 35  |
Paul Keefe 13 | 476  | 37  |
Juanita Evans 22 | 681  | 31  |
Suzanne Nuckols 18 | 475  | 26  |
Mary Fahtner 13 | 469  | 36  |
George Kugler 11 | 462  | 42  |
Cam Hoggan 13 | 461  | 35  |
Debbie Gleason 15 | 460  | 31  |
Dorothy Enroll 12 | 444  | 37  |
Mary Faison 17 | 425  | 25  |
Rosemary Tyson 12 | 434  | 37  |
Mike Gleason 12 | 409  | 34  |
Andrea Brooks 7 | 296  | 38  |
Randy Boyd 10 | 265  | 27  |
Steve Brodsky 7 | 254  | 36  |
Chris Brodsky 7 | 254  | 36  |
Robert Cottingham 7 | 245  | 35  |
Kevin Blunt 7 | 240  | 34  |
Tim McDonald 7 | 236  | 34  |
Mark Francis 6 | 230  | 38  |
Mark A. Forte 13 | 204  | 30  |
Lee McConnell 9 | 225  | 23  |
Randy Wendell 5 | 212  | 27  |
Joyce Knox 7 | 212  | 31  |
Mary Ann Kaveski 7 | 210  | 30  |

photo by Brenda Hubbard

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Kevin Blunt 7 | 240  | 34  |
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Lee McConnell 9 | 225  | 23  |
Randy Wendell 5 | 212  | 27  |
Joyce Knox 7 | 212  | 31  |
Mary Ann Kaveski 7 | 210  | 30  |
Membership Information- Annual RABA membership dues are: $15, individual; $18 family. Subscription to The Pedaler is included. Submit membership applications or renewals to: RABA Treasurer, PO Box 6565, Ashland, VA 23005

Note: Membership dues must be accompanied by a completed, signed membership application and waiver of liability.

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: idzn@comcast.net. US mail: The Pedaler, c/o Bill Varjabedian, 3205 Ellwood Ave. Apt C., Richmond, VA 23221. Submission Deadline: Midnight the 15th of the Month

Advertising Rates are: $198-full page, $99-half page, $67-quarter page, $48-eighth page. Two bicycling classified ads are free to member; non-member rates apply thereafter. Non-member Classified Rates: $5 for 1 item; $10 for 3-5 items, $15 for 6-9 items, $25 for 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

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 unless informed that the items have been sold. The date submitted will be displayed on each ad. 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.

LEADER BIKE. 53cm Aluminum and carbon fiber frame and fork, Shimano Tiagra 27 speed parts, all new. $750

Also like new UNIVEGA 54cm Cumbus Tron steel with Campagnolo Mirage 27 speed. $550

Yakima roof rack for Jeep Grand Cherokee or similar car $150. Barry Pullen (804)561-3950 pullen_39@yahoo.com

LEADER BIKE. 53cm Aluminum and carbon fiber frame and fork, Shimano Tiagra 27 speed parts, all new. $750

Pedal the Blue Ridge Parkway with Mark & Karen Hoerath Join us September 4-10 for bicycling on the Blue Ridge Parkway. You can count on: wonderful scenery, a dependable road surfaces, predictable curves, lots of get out of your seat ups and screamin’ downs. Karen will drive SAG. We will be staying at local motels or B&B's along the way. No questions about the route, just follow the Blue Ridge Parkway. The itinerary suggested in Bicycling the Blue Ridge is 60 miles each day which would take us from Rockfish Gap to Ashville, NC. Adding a side trip up the 6,684’ Mt. Mitchell, we will have over 6 days of cycling. September 11 would be a travel day back. We’d like to share SAG duties with another car. If you are interested email us at mhoerath@comcast.net, call Mark (804)560-1788 or see me on a ride to talk about the trip. Wouldn’t it be great to say, “been there and done all 575 miles”.

Advertisement: Now you can ride the bus and ride your bike-all at the same time!

In Partnership with GRTC Transit System, RideFinders is pleased to announce bike racks will be loaded on GRTC buses beginning August, 2005. The racks are easy to use and can accommodate a wide array of bike styles, from a child’s version to a fully loaded adult-sized bike. This service is provided free to you.

For questions, comments or concerns regarding this service, please visit ridefinders.com or call 443-7823, ext. 7433.