Marie Hertzler and I ducked under the marquee of the Millennium Hilton Hotel directly across from the World Trade Center subway stop, attempting to protect ourselves from the rain. We had just pedaled 8 miles from the Youth Hostel at 103rd and Amsterdam Ave. following the lovely Hudson River bike path to reach The Battery, where the 42-mile Five Boro Bike Tour began. On the way it began to sprinkle — by the time we got there it was a steady drizzle. Arriving at The Battery we found ourselves about midway in the long line of 30,000 cyclists waiting to begin the Tour. The crowd was raring to go. Starting time was 8:00 a.m., but since the starts were staggered, we didn’t move until almost 9:00 a.m. Thirty thousand cyclists stood shivering in the rain — many dressed in jeans and cotton sweatshirts; others wearing green garbage bags as ponchos. This didn’t seem like a good omen to me. People were very tightly packed. When our section was called to begin the pack spread out and there was a little more riding space. Bikers ranged in age from 8 to 80, though those under 40 predominated. One heard several languages spoken and there were people from many different backgrounds. Every kind of bike was in evidence — balloon tired Schwinns, off road, racing, recumbents, and trailers carrying toddlers.

We were off, riding down The Avenue of the Americas and right through the center of New York City. Pretty heady stuff! I felt eclipsed by the huge tall buildings on either side. As we rode into the spring time beauty of Central Park and over the Harlem River into the Bronx the sun began to shine. We passed the first rest stop but it only had First Aid and Bike Repair. Where was the food? With the rain and the tension I am starving!

Returning to Manhattan we cruised along the East River on FDR Drive and arrived at our first real rest stop. Volunteers held two bananas high in the air for us to grab and passed us balance bars and plastic bags of cut orange slices. Yum. We think we might make it now. After a long wait in the line for the toilets we continued on FDR Drive over to the 59th Street Queensboro Bridge and soon were in Queens. This is usually the busiest bridge in Manhattan, but today it was ours. We rode through Queens and over the Pulaski Bridge into Brooklyn, then up and over the Verrazano Narrows Bridge into Staten Island. The final celebration was at Gateway National Recreation Area.

Have you ever ridden in a crowd of 30,000 cyclists? Boy, I hadn’t and it was intimidating. There were the hotdoggers weaving throughout the crowd and leaving a trail of near misses. There were the non-bikers, just out for the day, who weren’t used to riding on city streets much less in crowds. It was daunting to ride beside them with their weaving bikes and cell phones. One high school age girl on a wide-tired city bike rammed Marie hard. She was able to recoup and not fall over, though it shook her up.

Going over the bridges was especially trying. People would stop to take pictures of the great views below — when would they ever again have a chance to be on these bridges with no traffic? Others walked their bikes up the incline to the bridge because they couldn’t manage the hill.

For me it was a tense ride. My back hurt from leaning over with my hands on the brakes, prepared to stop. One had to be super alert as people passed you on the right and wove in and out in front of you. On the Pulaski Bridge a
Good news from Les Newman and Mike Gleason, as both are making excellent recoveries from their accidents. Mike’s got a long scar on, and six screws in, his right arm, but almost back to being able to extend it fully, and looking forward to getting back on his bike by summer. Les has got a little further to go but is also making good progress. Also good news from Ray Fearnow, as the stem cell treatment of his leukemia continues to go well. He's home from his consolidation treatment in Little Rock, doing some riding, and his next trip to Little Rock is only for three days of tests in July, as the rest of his treatment for a while will be done locally. Keep it going, Ray, we’re all pulling for you!

Condolences are in order to Andrew Mann, who lost his Step-father Grayson E. Taylor, May 16, 2005. Condolences are also in order to Gary Faison. Gary lost his Mother, Granny Bea, May 21, 2005.

As promised, have to add Janice Orlik to the list of RABA members who did the Monument Avenue 10k on April 9th. She’s quite a runner, also having done the Ashland RR Run 10k, the Browns Island 5k Race for the Cure, and the Carytown 10k.

And add Pedal the Parkway to the list of rides that John Dawson has flown to and then ridden his bike over to the starting point, and back to the field after the ride. He’s now got me thinking about scheduling rides with airfields not too far from the start. Speaking of that ride, I was kind of surprised that we only had a contingent of 15 down there on a beautiful day. The back road to Carter’s Grove Plantation is still off-limits, but Winky Vivas led us instead to the Queen’s Lake area and later to the Williamsburg Winery and Jamestowne Island to make a full and enjoyable trip out of it.

Along with John and his airplane, I had another RABA first as I did a double take on a recent ABC ride as Jeff Ault approached me on his newly acquired antique high wheeler, rolling along at about 14 mph, escorted by two other riders on modern day bikes. Be on the lookout for Jeff on that bike, as he intends to use it more than just occasionally if Dawn, who is expecting their second child momentarily, will let him out of the house.

Lots of special activities in the past month, and a long list of members to thank for their contributions to making them successful — Becky Tobey and Brenda Hubbard for riding up to the Girl Scout camp and representing us on April 24th; Andrew Mann, Alan & Maureen Cooper, and Brenda Hubbard & Jack Huber for leading the Mayor’s Walk & Roll groups from various points down to Brown’s Island for the Governor’s Proclamation of May as Bike Month on April 30th; Joyce & John Knox for leading the Historic City ride for 14 participants at the Governor’s Conference on Greenways, Blueways and Trails on May 1st; Brenda Hubbard & Jack Huber again for representing us at RideFinders’ Bike n’ Health Fest at the Convention Centre on May 6th; and a long list (including Eleanor Shipley, Eva Mann, Tami Topalu, Karen Dolecki, Rosemary Tyson, Suzanne Nuckols, Fran Smith, Becky Tobey, Brenda Hubbard, and Joyce & John Knox) who fell out to help Gary & Criss Faison at the Dorey Park end of the Virginia Capital Trail Ride on May 14th. Big turnout of 352 made the fundraiser for the Trail Foundation highly successful, but the on-site registration of more than 70 on the morning of the event put the workers to the test, as it did the church ladies serving lunch down in Charles City Courthouse. Thanks, also, to the large number of RABA members who turned out and supported the ride! Everyone I talked to at the finish had good things to say about the event, although there apparently was a cue sheet problem in the vicinity of Adkins Store that caused a number of riders to add about 6 miles to their intended total.
Welcome Aboard
The RABA Board of Directors is pleased to announce that President Brenda Hubbard has appointed Winky Vivas to be the volunteer coordinator of Impromptu Rides. His appointment is effective immediately. Impromptu rides go out to email addresses that Winky maintains (separate from the RABA email distribution list) and are posted on 266-BIKE. If you are interested in posting your own impromptu ride, please contact Winky at 526-8708 or winkybikes@aol.com.

Horse Bicycle Logic
Did you know that horses, especially inexperienced ones, are terrified of oncoming bicycle riders? Cyclists sometimes frighten the animal more than loud motorcycles because we create little noise and don’t appear to be human. Horses are not merely skittish, they have been known to throw their riders when confronted with a bicyclist.

If you see a horse, calm the creature by speaking. Say “good morning” or “hello” so the horse knows you’re human and not a 200 lb horse fly. If you come across a horse and rider while mountain biking, stop immediately so the horse and rider may safely pass. Mountain bikes and horses often share steep narrow trails where a thrown rider can easily incur life threatening injuries.

Ukrop’s Golden Gift Certificates
If you are not on the RABA email distribution list, you may not have know about a major process change: Ukrop’s is no longer mailing Golden Gift Certificates. It is printing them out from the cash register as Valued Customer cardholders go through the check out line. If you have not been to Ukrop’s during the month of May, you may want to stop by and get your certificate. If you do not have another organization earmarked for your certificate, please consider donating it to RABA and mail it by Thursday, June 9, to Kim Moore, 2007 W. Grace St, Richmond, VA 23220-2003. Your mail must be postmarked by June 9 to ensure that it reaches Kim in time to turn in the receipts to Ukrop’s. As of the end of May, club members have been generous and several certificates have been received. Thanks to those who have sent the certificate to RABA so far.

Ride Sign-up Sheets
Did you know that your membership dues cover the cost of a basic insurance policy that RABA has for its members? And that the only way to qualify for that insurance on a RABA ride is to sign the ride sign-up sheet and be a RABA member? So, as much as everyone is interested in the mileage tabulation, signing up for the purposes of insurance coverage is much more important. Riding alone is a good thing, but riding a club ride or being a RABA ride leader is even better. If you don’t see a ride that you like on the calendar, consider contacting our ride captains, Bud, Mike or Jim, to make the commitment to lead one. The club never has enough rides or ride leaders. And remember, sign that sheet!

From the President
THANK YOU Cap to Cap Volunteers:
I want to take this opportunity to publicly thank Gary Faison and his team of volunteers who did a tremendous job with the Capital to Capital Century. Special thanks to John & Joyce Knox, Criss Faison, Fran Smith, Rosemary Tyson, Eleanor Shipley, Tami Topalu, Eva Mann, Karen Dolecki (non-member volunteer!), and Suzanne Nuckols. The time and energy you put into this effort is much appreciated by RABA and by the Virginia Capital to Capital Trail Foundation.

–Brenda Hubbard
June Rides

**SOCIAL RIDES**

Coordinator: Bud Vye 262-9544
bdvyve@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 (266-2453), option 3, since Social Ride cancellations are usually posted on there by 8:00 a.m. on the morning of the ride.

**June 3 - 5 (Friday-Sunday)**

**Virginia Creeper Trail**

36 miles each day on Sat. & Sun., slow pace
Leaders: Dee and Suzanne Nuckols, 749-3400, nuckolss@aol.com

The trail is suitable for all level of riders, on hybrid or mountain bikes. We will arrive in Abingdon Friday evening, and some may want to attend a performance at the historic Barter Theater. For tickets or info call 1(276)628-3991. Some are planning to ride the New River Trail on Friday. If you are interested, call Dee for directions prior to making the trip.

On Saturday at 9:00 a.m. the group will ride from the trail head in Abingdon to Damascus (18 miles), where we’ll have lunch and a town visit before our return to Abingdon. A group dinner is planned for Saturday night, for which a head count is needed. On Sunday we will all meet in Damascus for a 9:00 a.m. ride of 18 miles to the trail’s end at White Top Mountain Station, with lunch along the return trip. A shuttle to the top is available for those who wish to ride downhill only. Bikes are also available for rent from various bike shops in the area.

Hotel rooms have been blocked at the Quality Inn and Suites in Abingdon, 1(877)676-9090. Mention RABA to get the group rate. Camping is also available. There are plenty of Kodak moments along this beautiful trail in southwest VA, so bring a camera. Please check in with the ride leaders to let them know you are coming.

**June 11 (Saturday) 9:00 a.m.**

**Waverly to Chippokes Plantation State Park**

[56-15-S-F/G]
Leader: Jack Huber, 282-3872

Meet Jack at The Tavern’s parking lot in Waverly to ride 28 miles over to Chippokes Plantation and then back. As we’ve done in prior years, this is the weekend of the annual steam and gas engine show, where its a lot of fun to see the antique farm equipment, old time saw mill, and tractor pull. Plenty of good country food available at the stands, so no need to bring provisions, but bring a little cash, since there’s no charge for bicycles to enter the State Park, but there is a $5 charge to enter the show.

For those who may be put off by the 56 mile distance, think of it as two 28 mile rides through the pretty, flat, and unpopulated farmlands of Surry county, punctuated by a visit to the show.

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

**June 12 (Sunday) 1:00 p.m.**

**Rockville “Shorty” Ride**

[35ish-12-S-S/M]
Leader: Kathy Gammon, 360-0982

Here’s another of Kathy’s rides aimed at our slower and newer riders and no one will be left behind (but they should have enough conditioning to be able to handle the miles at a slow pace). The route will be a longer variation, crossing Broad St. and going on to Rockville, of her popular Goochland Figure 8 that we’ve run several times.

---

**RABA Welcomes New and Renewing Members**

**NEW MEMBERS**

Neil McCullagh
Chris Rowland
Richard Draper
Wendy Goodman
Bruce Ashby
Christoph Mueller
Jim Bush
Barbara Marx
Larry & Joan Peasley
Chris & Donna Chance
Mark Llaneza

**RENEWING MEMBERS**

Karen Slater
John B. Rickman
Steven Herzog
Sidney Walton
Joe & Ellen Klingman
Michael W. Gleason
Benjamin & Hilari Buchanan
Dan Widner
Cathy Davenport
Doug Poynter
Susan & J.H. Revere
Karen S. Reynolds
Steve Hurd
Mark Widener
Douglas & Carol Wayne
Al Strash
Jack Schilthuis
Jamie & Loria Duncan

**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_
in colder weather, and it will have store stops, so no need to bring provisions.

As on her previous rides, we'll start at the Luck Stone offices, 12820 West Creek Parkway, in West Creek. From Rt. 288, take the West Creek Parkway - West exit and it will be the second building on the right. Coming in from Patterson Avenue, it will be the first building on the left.

**June 19 (Sunday) 10:00 a.m. **
**Stratford Hills to Salisbury**
[29-14-S-S/S]
**Leader:** Dick Pitini, 272-6795

Haven't done this one since January, and its always an enjoyable ride, mostly uphill on the way out, and mostly downhill on the way back, with a store stop right at the mid-point. We ride up the James River via Riverside Drive and Cherokee Road, through the Salisbury subdivision and return the same way.

Meet Dick in the Stratford Hills Shopping Center. From the north side of the James, cross the Powhite Bridge, take the Forest Hill Avenue exit before you are fully across the bridge, and after about a mile west on Forest Hill you will see the shopping center on your right.

**June 26 (Sunday) 9:30 a.m. **
**Tri-County Loop**
[33-14-S-S/M]
**Leader:** Ed Blank 749-8404 and Mike & Kim Moore 358-0935

This is the first joint social/fast ride of the year. Meet the ride leaders at the Rockville Little League fields for this ride through the pretty country of far western Hanover, and parts of Louisa and Goochland counties. There will be a store stop, so no need to bring provisions.

From Richmond, take I-64 west to the Rockville/Manakin exit, south on Rt. 623 .4 mile to a right on Rt.622/Rockville Rd. In the heart of Rockville, left on Rt. 620 for one mile, and then continue straight on Rt. 678 for .2, where you will see the parking area on your left.

**FAST RIDES**
Coordinator Mike Moore 358-0935
luvs2cycle@yahoo.com

**June 5 (Sunday) 9:00 a.m. **
**Cap-to-Cap Recap**
[50-16/18-S-S/M]
**Leader:** Kim Moore 358-0935

For those of you who missed the Capital-to-Capital Half and Full Century on May 14, this is an opportunity to ride the 50 mile route. Kim is riding solo this weekend as husband Mike is out of town on business, so she welcomes intermediate to fast riders to keep her company out in the East End. Bring an extra water bottle for the possible heat and money for the store stops. Meet at Dorey Park — take I-64E to Laburnum Avenue Exit. Bear right off the exit ramp on Laburnum Avenue East. Cross over Williamsburg Road and Charles City Road. Turn left at the light at Darbytown Road. Go approximately 1.5 miles. Park entrance is on the right.

**June 12 (Sunday) 8:30 a.m. **
**Beaverdam Ice Cream**
[55-18-S-S/S]
**Leaders:** Mike & Kim Moore 358-0935

The weather will be warm enough that an ice cream cone at the Beaverdam Amoco gas station will be a welcome treat. As temps may be quite warm this time of the year, bring an extra water bottle to keep hydrated. Meet at the West Shore business park-take I-64 West to I-295. Then take the Nuckols Road North exit, go approximately 1 mile, turn right onto Concours Blvd, park in the back right lot.

**June 19 (Sunday) 9:30 a.m. **
**Atlee to Tunstall**
[50-18-S-S/S]
**Leader:** Rick Meili 553-4639

Join Rick for a ride that hasn’t been done in several years. Traffic has grown in this area, so following the rules of the roads are a must! The start will be at a shopping center, on the corner of Rt 301 and Atlee Rd, north of the Richmond metro area. To get to the start: If you are coming from the West End, take I-295 to Rt 301 North (Hanover) exit, go approximately 3/4 mile, turn right onto Atlee Rd, shopping center entrance is on the right.

**June 26 (Sunday) 9:30 a.m. **
**Tri-County Loop**
[45ish-18-S-S/M]
**Leaders:** Mike & Kim Moore 358-0935 and Ed Blank 749-8404

This is a joint fast/social ride. All speeds are welcome. Bring extra water as temperatures may be quite warm this time of the year. Please check the social calendar for more details and directions to the start.

**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 966-5472, Bert Wright 329-5999

Meet at Dorey Park on Darbytown Road, one mile east of Laburnum Avenue, for a fast spin. Slower riders welcome to ride in their group; maps provided.

**Mondays w/Mary 9:00 a.m. **
[30 to 40-16/18-S-S/M]
**Leaders:** Mary Falterman 741-2116, Barry Pullen 561-3950

They meet at a different part of town each week, and the meeting place and time are decided on Sunday evening at about 8:00, depending on Mary, Barry, and Chris Wale's schedule. To obtain the location, time and any additional information, please contact one of the ride leaders on Sunday evening.

**Tuesday 5:45 p.m. and 6:00 p.m. **
**Innsbrook Options**
[31/40-20/24-N-S/S]
**Leaders:** Mike & Kim Moore 358-0935

This is a fast-paced ride that will go through the hills of Vontey, Rockville Library and Hylas. In an attempt to make the pack smaller and less dangerous, Mike will lead a super fast group to leave at 5:45 p.m., while Kim will lead a more social pace (20-21 mph avg) group leaving at 6 p.m. The area has exploded with new housing developments and therefore roads are busier and drivers’ tempers are shorter. Obeying stop signs and riding single file are a MUST! 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.

**Tuesday 6:00 p.m. **
**Hanover Courthouse Ride**
[28/22-V-N-S/S]
**Leaders:** Kathy Wood 779-3802
Dee Nuckols 749-3400

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 9:30 a.m. **
**Retiree’s Mid-Week Ride and Lunch**

Meets at a different location each week for a ride of 25-
cont’d on page 6
June Rides

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
{10/17/22/33-7-N-S/S}
Leader: Karen Hanson 784-2909
khanson@vmlins.org
Hey fast chicks and wanna be fast chicks, this ride is specifically for you. The roads are good, the company is wonderful and the rides are designed to develop skills. There will be guest riders from time to time, some potential classes for bike maintenance, bike skills and other fun stuff designed to develop you into an awesome rider. Courtesy and respect are key words for this ride and we won't be buzzing thru stop signs and will have meet-up locations. Karen requests that no one rides on her aerobars on the ride for safety reasons. Directions 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.

Wednesday 6:15 p.m.
Chesterfield County Ride
{25/22-17-20mph-N-S/M}
Leaders: Al & Lois Farrell 744-8306 afarrell3@comcast.net
This ride incorporates some of the back roads from the Old Boss & Beach & Bundle routes. It combines some smooth, flat sections and some rolling hills. Last year there were typically two groups—one that averaged about 17 and a faster group that averaged 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 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
{22/26/38/38-16 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 option. 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

The Pedaler
call 266-BIKE for the latest ride information

June Ride Leaders Are:

June 4  Dave Talley 746-9142
June 11 Becky Tobey 674-9802
June 18 Brenda Hubbard 740-3678
June 25 Gary Faison 794-6365

IMPROMPTU RIDES
Coordinator Winky Vivas
winkybikes@aol.com 526-8708
RABA Impromptu Rides are short notice club bicycle rides that are scheduled by way of an email distribution list. This efficient method alerts its subscribers of the moment cycling events that are being offered by other club members.

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

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

Photos of the Mayor's Walk and Roll
RABA members shown
include Brenda Hubbard,
Debbie Gleason-Morgan,
Andrew Mann, Jack Hubber,
Ola Badaru, Jinx Lucas and
Gary Faison

photos by Andrew Mann
Advocacy Report
by Bud Vye, Advocacy Chair

10 More Cycling friendly Car Owners are Needed:
The latest word from BikeWalk Virginia on the bicycling license plate is that it will have a “Share the Road” message and the number of applicants is at 340. If you have been putting it off, and want to get one, come on aboard. You can be one of the final 10 and help us put this effort over the top. Details on the application procedure are on the www.bikewalkvirginia.org website.

cont’d from page 1

New York

lady bumped into me, and we both hit the side wall, but it was not serious. On the Verrazano Narrows Bridge, I was so busy trying to avoid walkers and photographers that I didn’t see a small rail-like indentation that fit my road bike tire perfectly. My wheel caught in it, and I fell slowly to the ground. Thank goodness for a marshal who immediately got everyone to go around me so we didn’t have a pile up. I only bloodied my knee and bruised my elbow. It was no big deal, so I got to the side and continued. Believe me I was glad to see the end of that bridge and therefore the end of the ride.

People had unique ways of keeping track of the group they came with. Most had something affixed to their helmet—magenta feather dusters, iridescent orange soda bottles, plastic American flags. I am sure there were many accidents. I saw only one. A girl went down, and about 10 bikes went down with her. She appeared to be the only one seriously hurt. It was scary to behold.

Finally, the big news out of the Greenways, Blueways and Trails Conference was the departure of VDOT Bicycle and Pedestrian Coordinator Susan Simmers, for a position in the State Dept. of Aviation. The job announcement for her replacement was promptly made, with a very short closing date of May 18th, and those of us in the advocacy arena wish Susan the best in her new position and are eagerly awaiting the selection of her successor.

After celebrating our accomplishment at the Festival we began to pedal the 3 miles toward the Staten Island ferry, but only got to ride about a mile before becoming part of a huge mass of bikers. There must have been a problem because we waited for two hours. By the time we got to The Battery it was 7:00 p.m., and we were exhausted. We rode our bikes toward home until it got too dark to see and then pedaled up 34th St. to catch the subway.

The final straw occurred on 34th street. Suddenly my pedals wouldn’t turn. Luckily I was able to slide out of my toe clips without falling. On examination we found an 8 x 2 foot long piece of plastic wound around my derailleur. It took us about 10 minutes to unravel it. Up the subway stairs and down the subway stairs and up again and down again and finally by 10:00 p.m. we were back at the hostel.

The Event T-shirts read, I Survived The Five Boro Bike Ride. These were exactly my sentiments.

MS 150

June 4th & 5th, 2005

The event will kick off at the National MS Society offices at 2112 W. Laburnum Ave. and head from Richmond to Williamsburg. Enjoy plantations and beautiful scenery as you follow the James River. We will have 400 cyclists join together and celebrate at the overnight festivities. You have a choice of riding in the 2-day 150 mile tour, with a century loop option on Saturday, or the 1-day 25 or 50 mile loop on Sunday. The MS Bike Tour combines the fun and physical challenge of a bike tour with critical fundraising efforts that make a difference in the lives of hundreds of thousands of people living with MS. It’s a great way to show that you care. Minimum pledge is $200 to be turned in before the ride.

Register online at www.nmss-centralva.org or call
Linda Hamilton at (804) 353-5008 x 18

RABA members get a reduced Registration fee of only $10 Please use the coupon code of: RABA

Thank You, Thank You, Thank You!

by Doug Ellis
Executive Director
Virginia Capital Trail Foundation

It’s not often you get to support an event that actually benefits what we love to do—cycling! We had 352 participants and grossed over $8,000 for the Virginia Capital Trail Foundation!

The success of any event is dictated by the weather, the food, the organization, and the volunteers. You can’t do much with the first, the second can be subjective, the third is planning, which is ultimately the result of the latter. In other words, VOLUNTEERS are the real measure of an event. And by any measure, the credit is all yours.

The Foundation is the private partner with the state, and a vital nonpartisan advocate for the VCT to solicit stakeholder support and additional funding. This year we did not receive any operational funding from the General Assembly, so your support was crucial. We continue to advocate the benefits of the project to state legislators, municipalities, local communities, and corporations; negotiate easements, attend design meetings and raise public awareness. The Trail deserves to be funded—for recreation, health & fitness, tourism and scores of other reasons—and your support helps us see that it does.

Our aim is to get the Trail funded and on the ground within 5-7 years. The first 15 miles have been funded and the first phase breaks ground next in a few weeks. If you want a world-class cycling amenity in your backyard, help us, and organizations like RABA, WAB, BikeWalk Virginia and VBF sustain a pro-cycling and walking dialogue with our elected officials, the media and other constituents.

We have room for improvements for the Cap-to-Cap, and with your help, we can make this a signature event. Thanks and keep the wheels rollin’. See ya next year.
Peddle 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 mfhoerath@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”.

 Classified

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.

Two Bicycle Stand, new in its unopened box. This is not a work stand but for parking bikes in garage, basement, or back of a van so they don’t fall over and ding your car or get dinged. $20 Call Bud Vye, 262-9544 or bdvye@comcast.net. 06/05

Tandem for Sale: Burley tandem, medium size, yellow, White Industries wheels, Ultegra shifters and crank, XTR rear derailleur, $2500 OBO. Contact Dee Nuckols, 749-3400 or nuckolss@aol.com. 5/05


52 cm Eddy Merckx special edition, made during early 90’s retro reproduction of Molteni Team Bake of the early 1970’s the color is orange and is equipped with 100 percent Campy Record, 8 spd with downtube shifters, Mavic sup rims, Flite saddle. ABSOLUTELY MINT CONDITION! Asking $2500—OBO Call (804)598-2895. 05/05.

Yakima roof rack. 48” bars; Towers (with locks) for vehicles with gutters; no bike attachments. $40.00 obo—10% goes to RABA. Call Linwood Hines at 748-5611 or email lshines@comcast.net. 05/05.

Are there any slow riders (10-12 mph) planning to ride Bike Virginia. I am thinking about going but it would be much more fun with a riding buddy. Emily Kimball, etkimball@aol.com, 804-358-4959. 5/05.

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 a.m.ount of text per item. Send check or money order payable to RABA Treasurer, PO Box 6565, Ashland, VA 23005