President’s Message

Well RABA members another year is almost done. I hope that all had a great year and got a lot of riding in. As the year winds down and the days get shorter it is time to take a moment and reflect back on 2007.

First, thank you, to all the volunteers and board members for making every event that RABA sponsored or participated in happen. From course marshal for the U.S. Open Race on that cold wintry day back in the spring to the recent bike assembly party. We had over seventy folks give up their Saturday morning and drive out to Suzanne & Dee’s garage to put together three hundred & forty bikes which we will deliver to the Christmas Mothers at ten different locals the first of this month. Special thanks to all the ride leaders and ride captains that made all of our rides happen. We are a bike club and that is why I joined the club is to ride my bike.

One of my goals as president this year was to increase the membership of the club. A big thanks goes out to Champe Burnley, our public relations chairman who worked tirelessly to promote RABA and get the word out to the community that we do exist. His brainchild was to start a ‘new riders ride’ the second Saturday of each month. Thanks to Debbie Gleason-Morgan who thought that was a great idea back in January and all the volunteers that came out to shepherd the new riders out to Ashland and back. I want to encourage all the new members to come out and volunteer for events in 2008. Please come out and help us pick up trash along the ABC route or volunteer for a race. It feels great to give back to the community. This is also a great opportunity to meet fellow members of the club.

I am very excited about the opportunities waiting for us in 2008. The Capital to Capital trail is coming along nicely from Williamsburg to Jamestown. The Route 1 bike Route signs are all up pointing the way thru the city. I believe that Transportation will again be an important issue in the General Assembly. With gasoline the most expensive I can remember, alternate means of transportation will be more important than ever. Bike commuting should be promoted as a viable alternative. We need to work on the city & counties to make the roads more bike friendly. Personally I know how difficult it is to cross Staples Mill from Dumbarton to Dickens with cars trying to get on the I64 on ramp.

Happy Holiday! Hope to see you all out on the road in 2008. — Andrew

Save the Date - Wednesday, January 9, 2008
Andrew Mann & Kristin Andrs will review the bike tour "Sierra to the Sea"
Come enjoy slides of summer time in Napa & Sonoma Counties as they roll to the Pacific Ocean and down to San Francisco. Check out the RABA web page and the January Pedaler for more information.
RABA December Meeting
End of the Year Celebration — Wednesday, December 19
6 p.m. for food; 6:45 p.m. for meeting and gift swap
VHDA Conference Center — 4224 Cox Rd, Glen Allen, VA 23060
Directions: Take I-64 West to the Richmond/Rt 250 East exit (Exit #178B). Left turn onto Cox Rd.

Due to the busy holiday season, open dates at various sites were scarce, hence the later than usual
date for our annual holiday social. This meeting place is a state of the art conference meeting area for
the Virginia Housing and Development Authority (VHDA); please feel free to use your favorite mapping
program or navigational device if the above directions do not provide enough detail. Thanks to Doug
Harrel who helped get the conference room and is our liaison with VHDA.

At this meeting, we will be voting in the 2008 slate for the board of directors and volunteers, presenting
the Harvey Award (the club’s highest honor for volunteer service) and President’s Award, and briefly
conducting any other club business. If you would like to participate in the holiday eats at 6 p.m., please
bring a small dish to share. Since this is a new site, kitchen facilities may not be available, so please
make sure your dish is already prepped and ready to eat! The club will provide paper products and soft
drinks.

But the highlight of the evening will be the RABA Gift Swap – if you wish to participate, please bring a
WRAPPED bicycling-related gift valued at $10 to $15. Gifts will be swapped according to very specific
rules, which will be explained at the party. Be prepared for a lot of laughter during this portion of the
meeting!

2008 Board of Directors and Volunteers Nominees
By Kim Moore
I am very pleased to announce that the following slate will be presented for a vote by the club members
in attendance at the December RABA meeting (meeting details are published elsewhere in the Pedaler):

President       Mike Moore
Vice President  Kim Moore
Treasurer       Cindy Evans
Secretary       Jack Huber
Director-at-Large Debbie Gleason-Morgan
Director-at-Large Brenda Hubbard
Fast Ride Captain Kim Moore
Social Ride Captain Hugh Aaron and Charlie Comly
Newsletter Editor Richard Halle
Membership Chair Sonya Gagnon
Publicity       Champe Burnley
Advocacy        Bud Vye
Program Chair   Kim Moore
Century Chair   Bud Vye
Racing Chair    Susan Curtis
Statisticians   Al and Lois Farrell
Web Site        Doug Harrel

Many thanks are given to those who are returning for another year of
selfless service and a hearty welcome is extended to those who will
be new to the board of directors and volunteers. All club members
are encouraged to attend December meeting!
To Bud Vye:

In recognition of your unwavering dedication and tireless efforts to promote bicycling as recreation and transportation in the Richmond metropolitan area and beyond;

For your energetic pursuit of legislators and government decision-makers to include bicycling in urban and transportation plans;

For the countless hours and days you have spent in meetings and organizing committees of bicycle events;

As a champion of funding and building of the Virginia Capital Trail, a 50-mile bicycle and pedestrian path between Richmond and Williamsburg along Route 5;

For your many years of dedicated service as a volunteer on the Board of Directors, ride leader, event planner and supporter of the Richmond Area Bicycling Association;

Both the Richmond Area Bicycling Association and the Virginia Capital Trail Foundation wish to salute and honor you, on behalf of generations of bicyclists to come, by erecting a special bench engraved with your name, to be placed on the Richmond portion of the Virginia Capital Trail. Your service and hard work are the hallmarks of an individual who believes completely in the positive and constructive promotion of bicycling. Our lives are so much more the better because of your active involvement, and this bench is a small token of our deep appreciation.

With sincere thanks,

The Richmond Area Bicycling Association

The Virginia Capital Trail Foundation
RABA Volunteer Party Recap *By Kim Moore*

On Wednesday evening, October 24, at the Capital Ale House, downtown Richmond, forty-six hardy RABA souls braved the heavy rain and wind to gather for a celebration of their volunteer efforts over the past year. It was a very special evening as this is the first time that the club was financially able to host such a party that included food and drinks, soft and otherwise. The board of directors and volunteers, headed by President Andrew Mann, welcomed Bobby Weitzel, Richard Halle, Eleanor & Wayne Shipley, Jim Holgate, Bill Whitworth, Mark Hoerath, Gary & Criss Faison, Charlie Thomas, Ron Corio, Mark Bierly, Nan Ottenritter, Bill Britton, the Aaron Family, Charlie Comly, Sharon Becker and Sheryl Finucane, to name just a few from memory.

The highlight of the evening was a surprise presentation of a special gift to the person who has been the most dedicated and long-serving volunteer out of this group of hard-working and tireless people. That person is Bud Vye, and, with loud cheers and applause from the crowd, he was awarded a bench that will be engraved with his name. The bench will be placed on the City of Richmond portion of the Virginia Capital Trail, the specific site to be determined when the trail is finalized in the city. On hand for the presentation was Beth Wiesbrod, Executive Director of the Virginia Capital Trail Foundation and RABA member, Jay Paul, Chairman of the Board of the Virginia Capital Trail Foundation and RABA member, and Laura Wright, Bud’s daughter and also a RABA member. Bud was genuinely surprised by this gift, which is no small feat since he is involved in most aspects of RABA goings-on. The dedication letter for this gift is printed elsewhere in this newsletter and expresses deep thanks for Bud’s energy, vision and commitment to RABA and bicycling advocacy.

The club hopes to have this volunteer thank-you party as annual event to celebrate and appreciate the hours spent by volunteers to lead rides, work bicycling events and do work on behalf of RABA. Won’t you consider being a part of this special group and volunteer for any RABA endeavor in 2008?
Some of you may have noticed the new “Ride Leaders Wanted” ad in this month’s Pedaler. Hugh Aaron and myself will be taking over the social side of the ride calendar from Jeanne Minnix. Jeanne has left us with some big shoes to fill after doing such a great job this year with keeping the calendar filled. Thank you Jeanne!

Hugh will be handling the monthly rides and I will be scheduling all the weekly rides. As always, we will be looking for people to lead Sunday rides, the ABC ride, and, over the winter, the later starting ALC ride. If you would like to lead any of these or another ride (or just have an idea for a ride) please contact us at the email addresses or phone numbers in the ad.

We’ll be working on a few tools over the winter to make ride leading easier. One of these tools is a more comprehensive library of cue sheets. This will allow ride leaders to simply download cue sheets and print them out. Of course, if you want to create a new route you are more than welcome to. Hugh also has some great info on creating cue sheets that he will be sharing. We’ll also be working on a “how to lead a ride” article for the Pedaler and a corresponding seminar to help some of our newer members feel comfortable leading rides. We’ve also got some great ideas for some really fun rides and events over the next year! Watch the calendar closely!

Digital Reminders
If you have digital pictures of club members at RABA events, like rides, trash pickup, the Bikes for Kids bicycle assembly party, etc, please consider sending them to Doug Harrel, our website administrator, at dlharrel@comcast.net for posting on RABA’s website, www.raba.org. What better way to show the world how much fun it is to be a member of our club! Also, if you have an impromptu ride or ride reminder that you would like to send out to the club, please send it to Kim Moore luvs2cycle@yahoo.com. She is the administrator of the RABA email distribution list. Remember: rides posted in the Pedaler or on the RABA email list are the only ones eligible for RABA insurance coverage and mileage counts by our statisticians, Al & Lois Farrell. Finally, don’t forget to check the web site for late breaking news or changes in the ride calendar! While the newsletter is the source that most members rely on for club rides and news, the website is the only place where changes are posted.

More pics from volunteer party:
Bikes for Kids Delivery—Sat - Dec 1 - 10:00am
by Suzanne Nuckols
A big thank you goes out to the approximately 65 people who came out to the bike assembly party. The enthusiasm with which you tackled the enormous stack of 340 boxed bicycles would humble any assembly line worker. And every year it never ceases to amaze us how quickly the job gets done, despite the increase in the number of bikes. This year the assembly had finished by the time the pizza arrived at 12:30. Kudos!

Now comes the finale of all our collective efforts, the delivery of those beautiful bikes. We’re asking for volunteers for Sat, Dec 1 at 10:00am to load up your vehicle with as many bikes as you can safely carry, & help us deliver them to the various county Christmas Mother distribution centers. Please do a quick quality control check on each bike as you load it into a vehicle to help insure it’s safe to ride. Let us know if you have a preference on your delivery destination. Our expected arrival time at each location is 12:00 noon. Directions to the “RABA Bike Factory” located at 867 Seay Rd, Manakin-Sabot, VA 23103: Take I-64 west to exit 173 (Rockville/Manakin), left on 623, right on 250, right on 621 (Bank of Goochland). Go 2.7 Mi, then left on 626, go 1.5 Mi and turn left into farm parking area. For more info contact Suzanne or Dee at nuckolss@aol.com or 804-749-3400.
Welcome Newest Members!
Scott Casey
David & Amy Harris
Scott Landry & Pia North
Matthew Marshall
Anna Mooney
Mark Owen
Charles & Gina Paige

Membership Renewals are Overdue!
If you have not sent in your renewal, please do so as soon as possible. Membership renewal was due on November 30 so that there would be no interruption in Pedaler delivery. If you have lost your renewal form, you can download a form from www.raba.org. Questions or comments, please contact Cindy Evans, Treasurer, at cnevans@comcast.net or 789-0511. Membership dues are $20 for individuals, $25 for families.

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Become a RABA Ride Leader!
- No experience necessary
- Cue sheet library available
- Great way to become more involved in the club

For more information or to schedule a ride contact, contact:
Hugh Aaron
Social Ride Captain – Monthly Rides
hugh@theaarons.com
(804) 690-9720
Charlie Comly
Social Ride Captain – Weekly Rides
vacultiv8or@yahoo.com
(804) 432-8542

The deadline for getting rides listed in the Pedaler is the 13th of the month

Adopt a Highway Trash Pickup

Led by Bud Vye and Kim & Mike Moore, ten hard working pickers wasted no time in getting at RABA’s segment of the ABC route on the frosty morning of November 17th, with the result that the job was nicely completed by 9:30, with most of the group heading to Ashland Coffee for their coffee and muffin, courtesy of a grateful club.

As always, the leaders are indebted to those who made such a quick and thorough job of it, ---- Andrew Mann, Hector Gonzalez, Tom Foster, Karen Goldman, Don Eiler, Michael Keegan, Charlie Thomas, Jack Speed, Bob Carlson, and Rickey Davis, and look forward to having

some of the rest of you with us next spring when we do it again.
Heard & Seen Around the Club by Bud Vye

An awful lot happening in the last month and I had to look back at my November column to make sure I wasn't repeating myself. A perfect day weather-wise for the Duathlon World Championships on 10/21 and the event appeared to come off very smoothly. All the competitors and the U.S. national officials were pleased, and it looks like we will be hosting the U.S. National Championships here on the same course for the next three years in the spring time. I had agreed to serve on the event committee representing RABA, thinking my involvement would have something to do with bicycling. Surprised to learn at the first meeting that I would be in charge of Motorcycles, something I know very little about. At least 7 of them would be needed, with drivers, to carry officials, media, and photographers around the 12 miles of the bicycling course. At length, I discovered Joyce Knox and Jay Perdue in the club (John Knox would have also been there, but he came up sick on that weekend) who were qualified to handle the assignment, and they did an excellent job along with five others I recruited from outside RABA. They all seemed to have a great time, and we're looking forward to doing it again next spring for the U.S. Nationals.

John Hunnicutt was the only other RABA type I saw volunteering at the event (he was doing security in the Transition Area) but I'm sure there were others that I wasn't able to spot since I was pretty well pinned down to Mission Control all during the event. Thanks to everyone who contributed to the event's success!

The next day while looking through the paper for coverage of the Duathlon, I noted that a couple of tragic incidents had occurred on the previous day. Shortly before 5 p.m., a group of cyclists from the High Point, NC area was riding on the New River Trail when a slab of rock 3 feet long and more than a foot wide dislodged and came flying down from above. It hit one of the cyclists in the head and killed her, even though she was wearing a helmet. Then, that night, much closer to home, the fire broke out (which the fire marshal reported as caused by the “improper disposal of a flammable ceremonial device”) which gutted the Saint Seraphim of Sarov Greek Orthodox Church that we ride by on the ABC Ride every Saturday.

Then came the Volunteer Appreciation Party at the downtown Capital Ale House on a rainy night on the 24th. They pulled off a surprise on me by getting my daughter Laura into the premises and having her stay out of my sight until RABA and the Capital Trail Foundation jointly honored me by announcing that a bench will be placed along the trail in my honor. A very nice honor, and the high spot of my evening. Then when we were leaving we found that some of the no class, low lifes that were sharing the room with us had left with the jackets of Mark Gregory (with his keys in the pocket) and Jim Holgate. Mark's wife was available to promptly come down with spare keys, but that still left a bad taste in our mouth.

Saturday, the 27th had seen some badly needed rain all day on the previous day, which finally stopped about 8:00 a.m. as the New Kent Harvest Rides were scheduled to get underway. Seeing the rain at getting up time certainly scared off a number of riders, but everything cleared by midmorning and made for another very nice event. If you hadn't been in the area recently, you were surprised by all the changes as the huge New Kent Vineyards development continues to take shape. Coming north on Rt. 106 from I-64, the road is being widened, and traffic circles are being built to get vehicles in and out of the areas on either side of the road. A polo field is under construction. The vineyards are maturing. The centerpiece Winery building is almost complete, and is a beautiful structure using much material recycled from historic buildings. Free wine tasting was being offered with a very long line awaiting. The building's own wine making will soon be getting underway and they promise to be offering their own production next year. As in the past, free food, music, petting zoo, carriage rides, and other amenities in addition to the nice riding made this a special event on the riding calendar. If you didn't get there, take a ride up 106 and check the area out for yourself.
Then, the Informational Meeting on the **Huguenot Bridge** replacement drew a huge crowd to the Bon Air Elementary School on 11/13. No changes that I could discern from the previous plans, as they are still calling for a 12' vehicular lane, a 10' "shoulder", and a 5' sidewalk, in each direction. Initially described as “breakdown lanes” by VDOT, they are now calling the 10' lanes “shoulders”, while the newspaper and TV accounts of the meeting confuse the issue by calling them “bike lanes”. Call them what you will, as with those on the Lee Bridge, that will be where vehicles that break down can await help without tying traffic in knots, and where we will be riding, without doing the same. The response of VDOT District Administrator Hawthorne to the key question of “When will construction start?” did make some of us uneasy who have been following the progress of the project for about a decade. Remembering that in 1999 the money for this project had been transferred over to be used on Rt. 288, it was not comforting to hear him reply, “In 2010 or 2011, if a project with a higher priority does not come up in the mean time.” Whatever the case, we do appear to be getting closer, and we may yet get a chance to drive (and ride) across the new bridge in my lifetime.

The next night we had our **RABA meeting at the VHDA**, thanks to the sponsorship of Doug Harrel. As those who have attended the several meetings at that venue will attest, its a very nice meeting place, and we had a turnout in the low 20's to hear an excellent presentation by nutritionist **Dr. Patti Rittling**. She had a fast moving PowerPoint presentation that kept everyone's interest with some very catchy terminology. “Give yourself a calorie salary, and stay within your budget.” "Spend only your discretionary calories on extras.” "Vary your veggies.” "Keep looking until you see Whole Grain or Whole Wheat when you buy bread.” She's not a fan of taking any supplements, instead wanting you to “eat a variety of foods”. “After strenuous exercise, replenish your carbs promptly.”

She had some excellent handouts, all of which are available from the U.S. Dept. of Agriculture's [www.mypyramid.gov](http://www.mypyramid.gov) website. After taking a number of questions, Kim had her draw the winning number for the 50-50, which was held by new member **Ben Sherron**, who was attending his first meeting and had brought his wife along. Then we all headed over to the refreshment table, which contained a nice assortment of items we had just learned that we weren't supposed to eat. It appeared that everyone had been paying attention, since very little was taken, and Kim ended up packing most of it up and taking it home. As befitting one who has just run the marathon in 3:43, I think she has enough discretionary calories available to make use of the snacks.

Speaking of marathons, I knew **Lance Armstrong** was in great shape, but still was surprised to see that he had run the New York Marathon in 2:46:43. Competitor that he is, I should have known he wasn't going to go out there without being ready to post a respectable effort.

A brief medical report, as **Newton Todd** is making excellent progress in coming back from his scary bout with polymyositis. He's driving by himself now, has gained back about 15 pounds, and has even been on his bike for short distances. **Gary**
Faison also seems to be recovering nicely from his disk fusions, and is back out riding again, but gently, as is Sandy Norman, who is several months ahead of him. Jim DeNoon will be joining the rehab corps shortly, as he's scheduled to add to his metal collection on 12/3, with his 2nd hip replacement. Sounds like he's the club champ in orthopedic work, with a long list of knee and hip surgeries to his credit.

A couple of spills to report, by Wayne Cox and Richard Halle, but from the looks of them they don't appear to have been serious. And, with great anticipation, Charlie Thomas is getting down to some very low numbers as he counts the work days remaining before he is fully retired from Motorola. But he's already lining up some part time jobs, so so much for full retirement right now.

In closing, some bad news ---- from one of the best known rides in the country, as out at RAGBRAI, the Crawford county, Iowa Board of Supervisors has settled for $350,000 with the family of a rider who crashed and died in the 2004 ride, and then voted to ban the ride from coming through their county in the future. It seems that other Iowa counties are also considering a ban on the event. Not sure what placed the county government at risk in this suit, but it certainly could have ramifications with other organized rides nationwide.

And ---- our condolences and sympathy to Bob Carlson on the death of his Mom, Helen, at the age of 85 on November 5th.

Dangerous or Vicious Dogs
by Bud Vye, Advocacy Chair

After many years where it was common knowledge through the halls of the State Legislature that “any bill restricting dogs that comes down here will soon be dead on arrival”, the highly publicized tragic death of the Fredericksburg woman and her pet dog after being mauled by a neighbor’s pit bull a couple of years ago has changed all that.

That incident, more than anything, led to the passage of the bill, effective on July 1, 2006 which established a “Dangerous Dog Registry” and actually went quite a bit further. Rather than publish the bill in its entirety here, I urge all of you to go to the www.vdacs.virginia.gov website and print a copy of the three page bill for yourself, while I will briefly summarize it and give a few suggestions here.

Note the definitions, wherein a “Dangerous” dog is one who “has bitten, attacked, or inflicted injury on a person”; while a ”Vicious“ dog is one who ”has killed a person, inflicted serious injury, or continued to exhibit behavior that resulted in a previous finding that it is a dangerous dog”.

Since this law is relatively new, police, animal control officers, and judges have not yet had much experience with it, so it will be helpful if you are familiar with it, so you can coach them along. Note that in Section B, only a “law-enforcement or animal control officer ...... shall apply to a magistrate of the jurisdiction for the issuance of a summons requiring the owner ...... to appear before court, etc.” Since I have found it very difficult to contact the animal control officers in some jurisdictions, I would suggest anyone trying to do so should call 911 and report an “attack” to the law enforcement dept. and let them get the animal control officer involved, which they seem to be quickly able to do. I would assume from reading the act that any rider who has been bitten certainly can make a case for a dog to be declared “dangerous”. I would also assume that a rider who’s bike has been run into, or under, by a dog, and caused to fall, could make a good case that they have been “attacked”. If, however, the dog has run at your bike, but not bitten or caused you to fall, I would think it would be very difficult to take that to a point where the dog would be adjudged “Dangerous”. I'll be interested in hearing from any of our attorneys in the club, as to how they view this legislation.

Print the act and read it closely, so that anyone who is bitten or knocked over by a dog from now on will know the serious consequences, including registration with a $50 fee; maintaining
$100,000 in liability insurance coverage; confinement, leashing and muzzling requirements; and fines for failure to do so, that will burden the owner of that dog if it is found to be “dangerous” (and possible euthanization, if the dangerous dog repeats its behavior and is found to be “vicious”).

Please contact me if you are involved in any such incidents, so we can see if we can establish a few precedents using this law. As with all such situations, there is some effort and inconvenience involved in waiting for police and animal control to arrive at the scene, and appearing in court later. However, if we can get a dog or two in our area adjudged to be “Dangerous”, and publicize it, the word might get around to the dog owners in the rural areas, resulting in fewer dogs running loose, and chasing cyclists.

Ramble Recap

Twenty four riders turned out on a beautiful fall afternoon for the first “Richmond Ramble and Scavenger Hunt.” Riders were divided into four teams and given several pages of clues which included Richmond trivia, places to get photos of, and tasks to complete. With points attached to each clue, teams scoured the city from Church Hill to Carytown to prove not only their knowledge but also their navigational and urban riding skills.

Riders met back at Legend after the hunt and enjoyed some of the fine beers they make there while awaiting the point tally. The top three teams were separated by only 30 points. The team of Jack Huber, Fran Smith, Lynn Clanchar, Ron Corio, Hugh Aaron, and Charlotte Gray capitalized their command of useless trivia and a stellar ability to hop curbs to take home the win and a $100 Legend gift card. Second and third place teams also received gift cards.

Also awarded as a special prize on the hunt was a custom bike fitting. This was won by Ron Corio. A big “Thank You” to Legend Brewpub and Carytown Bikes for their support!
December Rides

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

Distance: may be several options - Pace V (variable) or given in mph—Stops: F (Frequent); S (Some); N (None); R (Rare) - Hills: F/G (Few/Gentle); S/M (Some/Mild); M (Moderate); S/S (Some/Steep); M/S (Many/Steep) Ride times listed are departure times.

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

Fast Rides
Coordinator Mike Moore 358-0935 mike_moore@yahoo.com
No fast rides for this month.

Off-Road Rides
Coordinator Dan Widner 559-7644 Danwidner@comcast.net

Sunday, December 2, 2007, 2:00 PM Poor Farm Park.
Ride leader: Andrew Mann rabamann@aol.com
Located 4 miles west of Ashland, off West Patrick Henry Rd (Rt. 54); adjacent to and behind Patrick Henry High and Liberty Middle School. Join Andrew for an afternoon of fun, riding some of the challenging trails of this local park in Hanover County. All levels welcome!

Sunday, December 9th, 2007, 10:00 AM, Pocahontas State Park.
Ride Leader: Dan Widner danwidner@comcast.net
Located in Chesterfield County, about 20 miles from Richmond. From I-95, take Exit 61 and go west on Route 10 to Route 655 which is Beach Road; or take Exit 67, go north on Route 150 to Route 10; go east to Beach Road. The park is four miles on right; or take Route 288 from I-95 to Route 10 East and go one mile to Beach Road. Follow park signs from there. State Park entrance fee required (please do not park outside of the park - you may get busted and fined). Come on down to one of the Richmond areas nicest singletrack. Options for all levels of rider.

Sunday, December 16th, 2007, 10:00 AM, York River State Park.
Ride Leaders: Mike & Kim Moore, 358-0935, luvs2cycle@yahoo.com
From I-64, take the Croaker Exit 231B. Go north on Route 607 (Croaker Rd.) for one mile, then right on Route 606 (Riverview Rd.) about one and a half miles to the park entrance. Take a left turn into the park. Come out to one of the areas better maintained mountain bike trails for some fast and fun single track. All levels welcome! State Park entrance fee required.

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.

December 2 (Sunday) 9:00 a.m.
Urbanna Crab Cake Ride
[62 Miles, 16-18mph, slightly rolling]
Leader: Kirk Sweeney, 804-994-9552 H 804-370-9121 Cell
Join us for a scenic country ride through southern King and Queen and Middlesex Counties. A great lunch stop at "Something Different Country Store" in Urbanna is scheduled at the approx half way point of the 62 mile ride. The ride begins and ends in Walkerton, VA. The route is a basic out and back to Urbanna on very low traffic scenic roads. Ride may have multiple leaders so different pace groups can form. Cue sheets will be provided for those who wish to ride a pace other than posted speed. Call home number morning of ride if weather is questionable. Give yourself extra travel time to get to ride start, as it is about 50 minutes from Richmond.

Walkerton is about 26 miles north of Mechanicsville. To reach Walkerton, exit I-295 onto 360 North (Mechanicsville Turnpike). Proceed approximately 17 miles to Highway 30 (a fairly major commercial intersection). Turn right onto Highway 30 (King William Road) towards West Point. Proceed approximately 6.4 miles to Walkerton Road (across from Hamilton Holmes Middle School). Turn left onto Walkerton Road. Proceed approximately 2 miles at which point you will cross the bridge over the Mattaponi River into Walkerton. Park in the boat ramp parking lot on your left just after you cross over the bridge.

December 2 (Sunday) 9:30 a.m
Dim Sum Sundays
[30 miles, 13 -17 - S - S/M]
Leader: Champe Burnley, 358-5801
Join us for a social paced ride to Ashland. We will return to the restaurant for lunch, enjoying the best Dim Sums and Chinese soups in town. Meet at Full Kee Restaurant (6400 Horsepen Road.) Please park in the very back of the parking lot.

(If you aren't familiar with Dim Sum, this is the name for a Chinese cuisine which involves a wide range of light dishes served alongside Chinese Tea. It can include dishes based on meat, seafood, vegetables, as well as desserts and fruit. Travellers on the ancient Silk road needed a place to take a nap, so teahouses were established along the roadside. Rural farmers, exhausted after working hard in the fields, would also go to teahouses for a relaxing afternoon of tea so the teahouse owners began adding various snacks and the tradition of dim sum evolved.)

No napping will be allowed, but eating, drinking (tea, of course) and revelry welcome!

December 8, (Saturday) 9:30 a.m.
Sussex/Southampton 4-H Center Ride
[37 - 15 - S - F/G]
Ride Leader: Jack Huber, 282-3872
Meet at the former Tavern parking lot in Waverly to ride on the quiet country roads in Sussex and Southampton Counties. There will be a rest stop at the 4-H Conference Center south of Wakefield.

From the Richmond area, take I-95 or I-295 south to Rt. 460 east (toward Suffolk and Norfolk). The parking lot is at the intersection of Rts. 460 and 40 in the town of Waverly. After the ride, members of the group will eat lunch at Giuseppe's on Main Street in Waverly.

December 9 (Sunday) 9:30 a.m.
Bike Route 1 Reconnaissance Ride through Richmond
[30 miles 13 - 17 - S - S/M]
Leader: Champe Burnley, 358-5801
Join us for a fun, through-town, scouting trip to follow the newly signed Bike Route 1 through the City of Richmond.

Thanks to the efforts of RABA's own Bud Vye, signs marking this interstate bike route have just been
completed through the city. Let’s see how they did!

The route winds through the City and ends at the Chesterfield Co. line at the intersection of Old Gun and Cherokee Roads. If some riders want to continue onto Florida, they are welcome to, but most riders will turn around at the county line and return via the same route. U.S. Bike Route 1 is a cross-country bicycle route that runs the length of the United State’s eastern seaboard from Florida to Maine. It is one of the two original cross country bicycling routes, the other being US Bicycling Route 76 which passes through Ashland.
We will meet in Joseph Bryant Park near the soccer complex (Shelter #3).

December 9 (Sunday) 10:00 am
Hickory Notch Ride
[29-13-N-M]
Leader: Susan Curtis, 973-886-0029
Meet at the Hickory Notch Grill, 2031 Broad Street Road, Maidens, VA 23102, about 15 miles west of the Short Pump Town Center, for a ride through the countryside. Cue sheets will be provided. There are no store stops, so be sure to bring provisions.

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

December 16 (Sunday) 9:30 am (JOINT ride)
Cold Harbor Battlefield Ride
(49 - 17 to 19 - S - S/M)
Leader: Hugh Aaron, 804-690-9720 or hugh@theaarons.com
(34 - 12 to 14 - N - S/M)
Co-Leader: Susan Curtis, 973-886-0029 or susan.curtis@att.net
Join Hugh and Susan for a ride through rural eastern Hanover and western New Kent. There will be one store stop (with rest rooms) on the 49 mile route. There is no store stop on the 34 mile route (most of the route is too rural to support a store).

The ride will start and end at Hanover County’s Cold Harbor Battlefield Park on Route 156 (6005 Cold Harbor Road). Get on I-295 and head (North or South) towards the Creighton Road exit (Exit 34). Take the Creighton Road exit (Exit 34) onto Creighton Road (Route 615) East. Proceed approximately 1 mile on Creighton Road East. Turn right at the first stoplight (there will be a Fas Mart on your right and a 7-11 on your left as you make the turn) onto Cold Harbor Road (156 South) towards Old Cold Harbor. Proceed approximately 2.5 miles to the county park, which will be on your right. You will pass two national park entrances on Cold Harbor Road before you get to the ride start at the county park. The county park is adjacent to the Garthright House which is part of the Richmond National Battlefield Park system.

December 18 (Tuesday *NOTE: date change*) 6:30 p.m.
Second Annual RABA Tacky Light by Bike Christmas Tour
[17 miles ˆ 14 to16 mph *Frequent Stops]
Join us for a casual Christmas cruise around the city and enjoy all of the spectacular holiday lights by bike. This is one ride you won’t want to miss!

We will meet behind the Westhampton Theatre at Grove and Libbie Avenues for a 6:30 departure. We’ll ride to various locations around the city and take in as many of the tackiest decorations as we can. Appropriate costumes and holiday regalia encouraged!
At the end of the ride, plan to celebrate the spirit and fellowship of the Season with dinner/drinks at Phillips Continental Lounge, next door to the Westhampton Theatre.

Please bring appropriate lights, reflectors, spare batteries and blinkies. Also bring a bike lock so you can join us for some Holiday Cheer at Phils. Grinches need not attend. Questions: call Champe Burnley, 358-5801 / champe_burnley@hotmail.com

December 23 (Sunday), 10:00 am (JOINT ride)

Chesterfield/Powhatan Winter Solstice + 1 Day Ride
(39 miles, 15 - S - M)
Leader: Richard Halle, 744-1760
(39 - 12 to 14 - S - M)
Co-Leader: Susan Curtis, 973-886-0029 or susan.curtis@att.net

The days are getting longer now. After the ride, procrastinators will be able to use that additional minute or so to finish up their holiday shopping. Meet at Woolridge Elementary School in Chesterfield (5401 Timber Bluff Parkway, Midlothian, VA) near the rear entrance to Woodlake off of Woolridge Road. The route will go northwest through Chesterfield County, cross Route 60 at County Line Road for a little while and then loop back through Powhatan and Chesterfield.

Directions to Woolridge Middle School. In Chesterfield County, take the Powhite Parkway (Route 76) to the stoplights .9 miles past the Route 288 exits. That's Charter Colony Parkway. Turn left. Go about .8 miles to the light at Genito Road. Now turn right. Proceed along Genito for 2.2 miles and turn left at Woolridge Rd (2nd light). Go along Woolridge for 1.26 miles and turn left at Timber Bluff Parkway (the rear entrance to Woodlake). The school is about .1 mile on the left.

December 30 (Sunday) Noon

King William Cattle Drive
[37-15-S-M]
Leader: Bill Britton, 804-347-5114 or billbritton@comcast.net

Join us for a ride from Hanover Court House through the scenic back roads of Hanover and King William counties, which doesn't include the climb up Bleak Hill. The ride leader expects to ride at the posted pace unless weighed down by a seasonal turkey overdose, but maps/cue sheets will be available. Slowskys are gladly welcomed to ride.

Meet in the Hanover Court House parking lot on the east side of Route 301, about 10 miles north of I-295.

January 1, 2008 (Tuesday) 10:00 a.m.

King William Ride from Zoar State Forest
[43/31/25-all speeds-S-S/M]
Leader: Bert Wright, 804-769-8926

Bert is once again inviting us to come up to his and Linda's neighborhood for a ride through the pretty countryside of rural King William county. This ride hits several segments of some familiar rides like the Frog Level Metric and Beulahville or Bust. Meet at the parking lot of Zoar State Forest. Take Rt. 360 east approximately 20 miles beyond Mechanicsville to Aylett. Turn left at the light onto Rt. 600 (River Road) and go 1.5 miles to the forest entrance and parking lot on the right.
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.

Cooler temperatures are changing start times for several rides. Please check the calendar to make sure you know the new start times.

Sunday 1:00 p.m. — 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.

Sunday, 2:00 p.m. — East End-Dorey Park Ride
[30 to 45+-16 to 19+ mph-SS-S/M]
Leaders: Randy and Katy Rosemond, 966-5472 or velosalsaman@aol.com, and Ron Corio, 643-6452 or rcorio@vcu.edu
This ride has routes and distances for intermediate and fast groups. Maps are available for riders who wish to ride a slower pace, preferably with a buddy. If weather looks unfavorable, please contact one of the ride leaders by 11:00 a.m. on ride day to confirm status.

Dorey Park is in eastern Henrico County. Take I-64 East from Richmond to Exit 195-Laburnum Ave. South, turn right at the ramp and drive south to the stoplight at Darbytown Road. Turn left on Darbytown, drive about a mile and turn right into Dorey Park. The group meets in the first parking lot on the left near the Recreation Center (barn-like building) across from the soccer fields.

Monday 9:00 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 2:00 p.m. (NEW START TIME) — 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.

**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 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 the road in front of you
- at least one bright-red blinkie for the rear of your bike
- spare batteries for all lights,
- lots of reflective clothing/ vests/ legbands/ armbands.
CHECK ALL LIGHTS AND BATTERIES BEFORE YOU GET TO LAUREL PARK!!!

**Thursday 1:00 p.m. — Hanover Courthouse Lunch Ride**
**[28/23 - 17 to 20 - N - S/M]**
Leaders: Hugh Aaron (804-690-9720 or hugh@theaarons.com) and Bill Whitworth (804-285-9193 or wwhitworth@reynolds.edu)
This is an off-season version of RABA’s well know Tuesday evening ride Hanover Courthouse ride. The pace may vary depending on who shows up and how hard everyone feels like riding. There may also an opportunity for add-on miles for those that are interested and have the time. Although Hugh and Bill plan to ride the posted speed of 17 to 20 mph (moving average), both slower and faster riders are welcome to ride at their own pace. Cue sheets will be available.

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

**Friday 2:00 p.m. — Fridays at Hylas**
**(25 to 40-16 to 18 mph, S-S/M)**
Leader: Dave Bloor, 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.

**Saturday 8:30-9:00 a.m. (NEW START TIME) — 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 November ABC ride leaders: Cindia Evans, Debbie Gleason and Hugh Aaron. Your help in leading the rides makes for a more enjoyable ride experience. Thanks for all that you guys do.

December ABC Ride Leaders are:
01, Nan Ottenritter
08, Susan Curtis, 973-886-0029
15, Richard Halle, 744-1760
22, Charlie Thomas, 804-747-6633
29, Fran Smith, 967-9244

Saturday 11:30-12:00 noon (STARTS December 15) — The Ashland Lunch Club (ALC)
(Mileage varies – all speeds- S-S-M
This ride is a duplicate of the ABC ride, (see above) but with a later start time during cold months. Riders may join the ride leader’s group or form a group of their own based on preferred pace and distance. A cue sheet for the basic ride will be available. Riders arriving after the ride leader has left will find a sign-up sheet and route maps on the ride leader’s car.

December ALC Ride Leaders are:
15, Bobby Weitzel, 484-0054
22, Dale Peacock, 804-556-6908
29, Ron Corrio, 804.643.6452

World Duathlon Championship in Richmond on Oct. 21

No. 5 in the duathlon is the winner, Joerie Vansteeland of Belgium

No. 35 is Kenneth Rasmussen of Denmark and 38 is Koen Maris of Belgium. Maris was third and Rasmussen was fourth
Get Fit on Your Bike - By Champe Burnley

What is, arguably, the single most important thing you can do to improve your riding? Is it choosing the right frame material – titanium over carbon, steel versus aluminum? Is it minimizing the weight of your wheels? How about decreasing the rolling resistance of your tires? Could it be watching your diet and taking those special diet supplements that your friend recommends? (Granted, losing ten pounds and cutting back on chocolate might have an impact on your speed and endurance!)

Let me suggest something which is much easier, takes less discipline, and is guaranteed to make you ride faster, farther and with greater comfort: make sure your bike really fits you well!

Whether you are thinking of buying a custom, titanium frame or you just want to get the most of your twenty year old, steel stead, spending an hour or so dialing in your bike to your riding style, fitness level and physique will really increase your riding pleasure and improve your ability to spin the pedals for hours.

Lucky Winner

As a grand prize at the recent Richmond Ramble & Scavenger Hunt (see the article in this month’s Pedaler for details,) Carytown Bicycle Company offered one lucky RABA member an in-depth, Serotta Fit Cycle bike fitting and analysis.

Our prize winner, Ron Corio and I spent a recent afternoon with Carytown Bicycle Company owner Braden Govoni as he performed the custom analysis and fitting at their shop.

“Every time I go for a ride,” tells Braden, “I see someone riding a bike that doesn’t fit properly, and it’s often on really high-end bikes.”

An improper fit means poor performance, discomfort, fatigue and potential long-term, physical problems for the unlucky rider.

The Serotta Fit Cycle is stationary bike which allows the fit coach to infinitely adjust all of its angles and measurements to precisely fit the needs of the rider. The coach determines the optimal bike size and may fine tune the variables for an exact and optimal fit. Using the Fit Cycle, a small change as simple as adjusting the seat height or raising the handlebars may make a significant difference in how well the rider performs and how comfortable they feel on the bike.

The actual fitting, which can take one to two hours, allows the fit coach to observe the rider’s good and bad habits, pedal strokes, how relaxed they are in the saddle, rider flexibility and body positioning. These exact measurements may then be used to adjust the rider’s current bike or be used as the basis for buying a new bike or fabricating a custom frame built to the rider’s exact physiology and needs, thus taking all of the guess work out of what works best for a rider.
Using the Fit Cycle is a much more precise approach to fitting than simply asking a rider to straddle various bikes until they could comfortably stand over the frame.

As Braden pointed out, though two bikes may have the same top-tube height from the ground, the, “identical” sized bikes may have completely different measurements when it comes to things like saddle positioning, top tube length or height of the handle bars. These factors can have a major impact on how a bike fits and how comfortable it is to ride. The Fit Cycle quantifies all of these measurements and allows them to be adjusted individually. These small differences make can make a big difference when it comes to long term comfort and rider performance.

**The Fit Process** The process begins by measuring Ron’s existing bike. “….it tells me where we were and it gives me a look of where we’re going” said Braden. Once completed, he now had an exact reference point of what Ron is accustomed to riding, allowing him to dial-in theoretical changes on the Fit Cycle.

In Ron’s case, his Trek 5900 measured 53 centimeters on the seat tube and a 56 centimeters top tube, though Trek calls the frame a 54 centimeter. As Braden explains, getting a handle on the details and fine tuning each of the measurements and angles to the rider’s needs is where the Fit Cycle really makes the difference between an, “ok” fit and a precision job.

One of the most important aspects of the fitting a bike properly is an in-depth interview. Braden spent around ten minutes asking Ron about his riding styles as well as his personal goals and objectives.

Why an interview? Clearly, someone planning to compete in the Ironman Triathlon would want a bike fit far differently than someone planning to ride a touring bike cross country.

Braden also asked Ron if there were areas of concern or discomfort as well as issues he felt were important or needed improvement.

Ron told Braden that he focuses on getting exercise and keeping a competitive pace. He felt that wind sometimes caused a problem and can really slow him down at times.

Ron, who has been riding around six years, rides three to four times per week, averaging seven to ten hours per week, year round.

Braden then asked about any other issues which possibly impact his cycling, for example, participation in other sports, past injuries and stress levels.

Measurements from the Trek were then dialed into to the Fit Cycle to exactly duplicate Ron’s Trek. Braden then transferred Ron’s pedals and saddle. As Braden told Ron, “sometimes the small changes will feel a bit unusual at first….but once on the road, the familiarity with the saddle will come right back.”

Often, Braden explained, customers get caught up in their preconceived ideas of where they think adjustments should be rather than what is actually best for them. Braden suggested Ron view all of the modifications and changes in terms of, “good, worse or no change, rather than thinking longer, shorter; higher, lower; or thinking of the numbers.” It’s all about what feels best while on the bike.

Braden had Ron hop on the Serotta for a quick, warm-up spin. He spent around five minutes observing Ron’s position on the bike, his dynamic motions, carefully noting any obvious peculiarities or problem areas. Braden asked more specific questions to focus on areas for improvement.
After the warm-up, Ron got off the bike and lay down on the fit table. Braden used a special protractor called a goniometer to determine Ron’s hip and back flexibility. These measurements can be crucial in determining proper handlebar and saddle height which will reduce neck, wrist and lower back pain.

Braden then used a tool which looks like a stubby hockey stick to measure Ron’s inseam length. This measurement is used to determine the theoretical saddle height on the cycle.

Adjustments made, Ron mounted the bike again and Braden took several measurements and observed Ron’s saddle position as well as his legs relative to the pedals. Braden looked at Ron’s upper body position and decided to replace the handlebars, moving them closer and rotating them upward relative to what Ron was accustomed to. This, in turn, raised Ron’s upper body, reducing pressure on his lower back and wrists.

Ron agreed that this new position felt more comfortable.

Braden made a note so he could transfer these changes back to Ron’s Trek.

The Conclusions Braden determined that Ron’s seat needed to be raised nearly four centimeters as well as raising the handlebars nearly three centimeters. Since Ron’s bike has an ahead-thread stem, Braden found an aftermarket stem which was ordered to raise his bars higher than they are now.

Braden also suggested a slightly shorter drop handlebar which Ron decided he might change at a later date.

Did It Work? With changes made, what does Ron say about the fitting and recommendations? Though he has only had a chance to ride his bike once since making these changes, the preliminary results seem positive. Ron says, “It felt strange sitting on the bike with the adjustments. I was skeptical how the ride would be with the saddle higher; I was also concerned about my stability on the bike. About two miles into the ride I felt that I was getting more power in my stroke. This continued throughout the ride. Going up hills it seemed that I was able to use higher gears.” He continued, “My left hand, which periodically goes numb on rides, did not do that on this ride. I felt strong throughout the ride.”

Hopefully Ron will continue to see benefits as a result of the fitting.

So before you spend thousands of dollars on a new, high-tech ride or decide to go on a whacky diet or take handfuls of funny colored herbal concoctions to improve your cycling, take some time to make sure your bike fits properly. The fanciest bike in the world will not make your ride faster or spin longer if it doesn’t fit you well.

For more information or to schedule a bike fitting, please contact:
Carytown Bicycle Company — 3224 West Cary ST. — 804-440-BIKE(2453)

Thanks to Carytown Bicycle Company and Braden Govoni for their kind donation of the Serotta Fit Cycle fitting to the RABA Richmond Ramble and Scavenger Hunt!
DeRosa Merak, Compact frame fits sizes 53 and under, Dedacciai U107 Tubing, carbon fork, Campagnolo Record BB, Campagnolo hiddenseat headset, Campagnolo Record carbon seatpost, Deda Newton stem & bars. Beautiful translucent red and blue Team Alessio paint. DeRosa craftsmanship and the classic DeRosa ride. Purchased new, ridden very little and is wrapped in bubble wrap to protect frame and finish. $950.00 Contact Jim Bush 804-320-7793

RALEIGH International - new 2004 model Zona 56cm steel frame & aluminum fork, nearly unused Campagnolo Veloce 27 speed components from 2001. Weight is 22.6 pounds with pedals. Saddle by Selle Italia. Pedals are not included. $750 Barry Pullen pullen_39@yahoo or call (804)561-3950

RALEIGH 57cm coaster brake bike with fenders and chain guard $25. Barry Pullen pullen_39@yahoo or call (804)561-3950

2005 Specialized - Epic Full Suspension Mountain Bike. Red w/white lettering, size medium, EC, Shimano hydraulic disk brakes, rear Brain Shock automatically unlocks and relocks. Fox front fork (fully adjustable with lockout switch), raced but never ridden in mud. The Specialized – Epic models are noted for being able to go faster and handle better with less effort. Upgrades include: handle bars, protectors for headset, front and rear shocks, Ritchie SPD – MTN Bike pedals. New brake pads, rear tire and drive-train. $925 or OBO. Call Tom Doyle @ 804-901-0670 for a test ride. (11/2007)

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. Has about 5,000 miles on it. Black with red, orange and yellow details. A few scuffs and scratches, but generally in excellent condition. Originally cost $2,400. Will sell for $950.00 OBO. Contact Jack Kauffman at rumkauf@verizon.net or 804-231-3767. (11/2007)


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

MEMBER’S SIGNATURE

Official Membership Card
(Expires on date shown below)