

# The Wheel

July 2011

Volume 27; Issue 25

## The Newsletter of Reston Bicycle Club

### Chairman's Message

By Dan Scrafford

Here's the July update on Reston Bike Club happenings: During the month of June, we held training rides as part of our Thursday Night Ride offerings and the attendance was great. We emphasized riding in "2 abreast" formation and "pace-line" riding. In true Reston Bike Club style, several members helped out by coaching within the ride groups. I want to recognize Bobby Anderson, Alisdair Craig, John Hamilton, Randy Karn, and Steve Slovikosky for volunteering their time and allowing other club members to benefit from their wealth of experience. I have been cycling for over 10 years and had never been trained on how to properly ride in groups. Had I been given a few pointers in my earlier riding days, my riding would have been safer for others and for me. One of the club's goals is to try to make every ride as safe as it can be, not only for our members, but for everyone. Throughout the summer, we hope more members will volunteer with these training rides so all members can improve their cycling techniques and contribute to bike safety.

As we enter the month of July, the heat of the summer is in full swing. Several days of high heat and humidity won't keep most cyclists off the bike, but have you ever noticed how a handful of cyclists just keep biking, no matter the weather or the conditions? For those of you who have had the pleasure of knowing Reston Bike Club member Kerry Moore, you know he epitomizes the highest level of dedication to our sport.

Kerry is one of our most recognizable members; he has been a member of RBC for over 21 years. Kerry averages over 12,000 miles on the bike per year (no trainer miles included, thank you). He rides with the top group on Tuesdays/Thursdays and leads the cyclists that are "going long" every Saturday. I have ridden with Kerry for several years and have never heard him complain about a ride. He often "pulls" for over half the ride and helps other riders who are struggling to get back home. He's a true work horse. I personally recall several rides when I was so spent I didn't think I could finish the ride, but Kerry's moral support and, of course, his slipstream, helped me make it back.

For several years now, Kerry has had a goal of doing a sub 4-hour century. For those of you who have ridden centuries, you know how challenging it is to break the 4 hour mark. This year, several RBC members are forming a team to help Kerry accomplish his goal at the 2011 Seagull Century. What a great way to pay back all that Kerry has given them. We wish Kerry and his supporting cast a fast (and safe) Seagull Century, and, oh, yeah...Happy Birthday Kerry!

Once again I want to end this message with an **APPEAL FOR VOLUNTEERS FOR THE RESTON CENTURY**. The Century will be held on **AUGUST 21, 2011**.

To volunteer, contact Barb Lytle:  
(703) 362-8286  
[yballbarb@yahoo.com](mailto:yballbarb@yahoo.com)

**(See Page 10 for a List of Specific Volunteer Opportunities)**

For your convenience, at every Tuesday and Thursday night ride start until the day of the Century, we will have a volunteer sign-up sheet located near the ride sign-in table. PLEASE...(cont. p2)



*Kerry Moore - In typical hard-working form at Mountains of Misery*

**Beat the crowds and save \$20 with  
EARLY REGISTRATION for the Reston  
Century!!**

### In this Edition:

- Chairman's Message.....*Kerry Moore, Century Volunteers*
- RBC Directors .....*Roster/Contact Information*
- Membership Info ..... *New and Returning members*
- Ride schedule .....*July*
- Call for Volunteers.....*Web Master, Sunday Ride Leaders*
- Ride Report.....*Bike-to-Work Day*
- Come to a Meeting ..... *Members encouraged to attend*
- Membership Application Form

## Who's Who In Reston Bike Club

**Chairman:**

Dan Scrafford, (703) 955-1676  
[Scrafford@aol.com](mailto:Scrafford@aol.com)

**Vice Chairman:**

John Hamilton (703) 904-9381  
[Jhamilton11@cox.net](mailto:Jhamilton11@cox.net)

**Secretary:**

Barb Lytle, (703) 362-8286  
[vballbarb@yahoo.com](mailto:vballbarb@yahoo.com)

**Treasurer:**

Ken Thompson, (703) 476-4106  
[e2Ken@verizon.net](mailto:e2Ken@verizon.net)

**Members at-large:**

Randy Karn (703) 402-0227  
[RandyKarn@cox.net](mailto:RandyKarn@cox.net)

Jeff Major, (703) 623-9650  
[Jeffrey.Major@cox.net](mailto:Jeffrey.Major@cox.net)

Trisha Wells, (703)-973-2119  
[Patrishia.Wells@gmail.com](mailto:Patrishia.Wells@gmail.com)

Ed Robichaud, (703) 860-0108  
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**Web Master:**

Mark Hollinger (703) 815-2723  
[markahollinger@gmail.com](mailto:markahollinger@gmail.com)

### Ride Level Descriptions

**A** - Aggressive riders. Grueling pace with sprints, 40 - 100 mi, 18 - 20+ mph avg.

**B**—Strong riders. Demanding pace, 25 - 75 mi, 14 - 18 mph avg.

**C**—Average riders. Moderate pace, 15 - 50 miles, 10 - 14 mph avg.

**S**—Social riders. Relaxed, casual tempo per group consensus

## Welcome New And Returning Members

New

Dawn Bartolomei, Glen Bartolomei, Jeremy Bartolomei, Jacob Bartolomei, Jordan Bartolomei, John Brookbank III, Matt Bully, Kathleen Bunch, Warren Clausnitzer, Patrick Collins, Diane Con-drey, Scott Coulter, Becky Dellamano, Gregory Edwards, Joseph Evans, Mark Fletcher, Meredith Freeman, Jeff Fritz, Fausto Garcia, Tihomir Gasparac, Jennifer Gibbons, Jennifer Gifford, Jeff Goldberg, Don Graling, Bill Harback, Cindy Kohler, Terry Lehman, Vinton McLaughlin, Angela McLaughlin, Sherri Rice, Michael Chapman, Matt Ritchie, Sean Tay, Jean Tan, Ivy Chen, Ellen Wood, Lisa Wright, Clifton Wright

Returning

Michael Adeniji, Russell Aldrich, Hyder Ali, Vernalisa Ali, Ronald Borza Jr., Alvin Chang, Zach-ary Desmond, Ken Eckert, Leonard Forkas, Brian Forst, John Foster, James Fraser, Diana Creech, Joseph Gambogi, Mark Getis, Dennis Greene, Brian Hajost, Anne Hajost, Cindy Hajost, Andrew Hare, Jimmy Hargrove, Jim Ingraham, Jim Knoke, Scott LaFever, Mike McCloud, Brian Meadow-croft, Jeannine Meadowcroft, Randyll Newman, Ann Newman, Anna Noteboom, James Powenski, Michael Reyes, Randall Root, Myron Rosmarin, Rosemarie Pruden, Austin Rosmarin, Barry Ru-dolph, John Schiavo, Anthony Shiuvo, Monica Shiuvo, Todd Schryer, Daniel Scrafford, Melinda Scrafford, Desiree Sedgwick, Richard Seward, Michael Smith, Drew Smith, Jill Spaeth, Tom Weatherly, Billy Wilde, Bill Wingate, Dustin Wright

(Chairman's Message - from p1)

CONSIDER VOLUNTEERING for this event, which is so vital to our club's existence and which has become such an important part of our history. We need your help before, during and after the Century. Remember: You can volunteer and still participate in the ride. Give back to your club so your club can keep giving to you!

Ride safely,

Dan





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**RIDE SCHEDULE—JULY**

**NOTE:** Due to club insurance policies all participants on RBC rides must be current club members. Non-members may try a ride one time before joining.

Call Ride Leader to confirm information accuracy. Check the club website at [RestonBikeClub](http://RestonBikeClub) for new rides and additional information. **If there is greater than a 50% chance of rain or if the forecast starting temperature is less than 40 degrees, the ride may be cancelled.**

**Saturday Rides** begin at **9:00**. These rides are impromptu and start in the parking lot across from the Caboose in downtown Herndon. Rides include A & B level riders and typically cover distances of 50+ miles. They are “no-drop” rides. First time riders please call: John Hamilton, 703-593-9384 or Randy Karn, 703-402-0227.

Date: **Thursday, July 7, 2011**  
 Start Location: Parking Lot Across from Herndon Caboose  
 Level: 1,2,3,4,5  
 Time: 6:00 PM  
 Mileage: 30 - 40  
 Description: **Route Varies each week**  
 Leader: Ken Thompson 703-476-4106

Date: **Tuesday, July 12, 2011**  
 Start Location: Hunters Woods Shopping Ctr. (South Reston)  
 Level: 1,2,3,4,5  
 Time: 6:00 PM  
 Mileage: 30-40  
 Description: **Route Varies each week**  
 Leader: Ken Thompson 703-476-4106

Date: **Thursday, July 14, 2011**  
 Start Location: Parking Lot Across from Herndon Caboose  
 Level: 1,2,3,4,5  
 Time: 6:00 PM  
 Mileage: 30-40  
 Description: **Route Varies each week**  
 Leader: Ken Thompson 703-476-4106

Date: **Tuesday, July 19, 2011**  
 Start Location: Hunters Woods Shopping Ctr. (South Reston)  
 Level: 1,2,3,4,5  
 Time: 6:00 PM  
 Mileage: 30-40  
 Description: **Route Varies each week**  
 Leader: Ken Thompson 703-476-4106

**Wednesday Social Rides**

Every Wednesday at 6:00 starting at the parking lot across from the Herndon Caboose on the W&OD Trail

No- Drop, casual pace for new or non-aggressive riders. Distance and routes vary but average 20 miles.

Levels C, D - Ride Leader is Ken Thompson 703 476-4106



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 rideglobally.shoplocally.

**Know someone who is considering buying or selling a home?**  
 Refer a friend or family member and you will receive a \$250 gift certificate to the bike lane. *(Both sales and purchases eligible—no limit)*



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**JULY RIDE SCHEDULE (cont.)**

Date: **Thursday, July 21, 2011**  
 Start Location: Parking Lot Across from Herndon Caboose  
 Level: 1,2,3,4,5  
 Time: 6:00 PM  
 Mileage: 30 - 40  
 Description: **Route Varies each week**  
 Leader: Ken Thompson 703-476-4106

Date: **Tuesday, July 26, 2011**  
 Start Location: Hunters Woods Shopping Ctr. (South Reston)  
 Level: 1,2,3,4,5  
 Time: 6:00 PM  
 Mileage: 30-40  
 Description: **Route Varies each week**  
 Leader: Ken Thompson 703-476-4106

Date: **Thursday, July 28, 2011**  
 Start Location: Parking Lot Across from Herndon Caboose  
 Level: 1,2,3,4,5  
 Time: 6:00 PM  
 Mileage: 30 - 40  
 Description: **Route Varies each week**  
 Leader: Ken Thompson 703-476-4106

**The RBC Needs Volunteers!!**

• **Sunday Ride Leaders (any level)**

In addition to the Sunday Picnic Ride, we want to resume our weekly Sunday rides. These were very popular, but a shortage of members willing to lead rides lead to their being cancelled. Even if you've never lead a ride, if you're a willing and experienced cyclist, we want to hear from you.

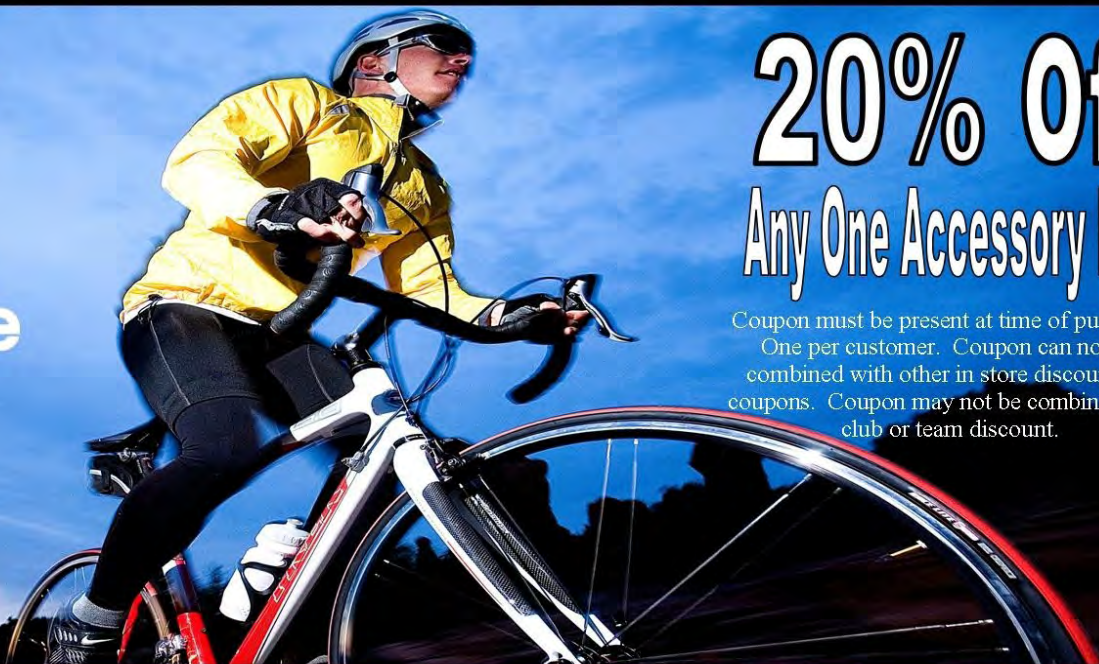
• **WebMaster**

If you have the background, you could help elevate the RBC website to the next level.

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## BIKE TO WORK DAY

Report submitted by Peter Klosky

National Bike to Work day was May 20<sup>th</sup>, 2011, and the Reston community proudly sponsored a morning Pit Stop. 420 registered riders were in attendance. The Washington Area Bicycling Association sponsored 49 Pit Stops throughout the region.

Thanks to a generous donation of pavilion space at Reston Town Center, the spacious, covered location worked out well for bicycle riders to stop by, get refreshments and learn more about bicycling. Though May can have rain, the blue sky weather was ideal for cycling, with temperatures at dawn just above 60 degrees, and just below 70 degrees at the end of the event, 9 am.

Several local leaders spoke in support of bicycle usage. Fairfax Advocates for Better Bicycling leader Bruce Wright, who co-organized the event, welcomed commuters and the elected officials. Ken Plum, Virginia State Congressman, took the mic and explained how practical a recent multi-mode commuter challenge found bicycles to be. More on that topic follows below in the Bike-Car-Bus Challenge link. Cathy Hudgins, Hunter Mill Supervisor, mentioned that planning for bicycle access to the new Metro Train was in the works. Kathleen Driscoll McKee, Reston Association President, related an anecdote on how well bicycle riding can fit into an active lifestyle with a good fitness result. Reston Association staff member Liz Badley handled the duties of distributing the many door prizes by raffle held throughout the morning.



*Classic Commuter Bike. Note storage bags, fenders, frame pump, twin headlamps*



*Reston Bike Club President Daniel Scrafford congratulates FABB lead Bruce Wright on another successful Bike To Work Day event. He's joined by Board members Ed Robichaud, Barb Lytle, Ken Thompson and John Hamilton*

Food was plentiful, thanks to **Community Canteen of Reston** and **Great Harvest Bread** of Herndon. Coffee, muffins and sandwiches kept commuters well fueled.

The Reston Bike Club tent was well staffed and focused on presenting recreation, fitness and service opportunities to attendees. Other fitness and fitness event exhibitors included the **YMCA** and **Tour de Cure**. **The Link** organization, funded by the Reston Town Center Association, informed the public about transportation options. **The Bike Lane**, a local bicycle shop, provided a mechanic.

Attendees arrived with a wide variety of bicycles, including a modern "pedal forward" design with "relaxed geometry", several styles of trailers, and even a sidecar.

This report by Peter Klosky, Reston Bike Club. All rights transfer. [email](#)

(More photos and important links on p7)

## **EAT A PEACH CHALLENGE**

The **Brain Injury Association of Maryland (BIAMD)** presents the 15th Annual **Eat A Peach Challenge** Bike Ride on Saturday, August 13, 2011. Updated and improved 12-, 33-, 40-, 67-, and 100-mile routes start and end at the Peach Festival held at the Carroll County Agricultural Center in Westminster, MD, and wind their way through Carroll and Frederick Counties. This is a **fully-supported** ride with SAG (Support And Gear) vehicles on all routes, as well as staffed rest stops along the routes.

Get together a team and have a great day, enjoy some peach cobbler, peach pie, and a peach sundae, and raise money for an important cause! Online registration is available at [www.charmcityrun.com](http://www.charmcityrun.com), or for more information, contact (410)448-2924, [info@biamd.org](mailto:info@biamd.org) or visit [www.biamd.org](http://www.biamd.org) to download a registration brochure.

*Our mission is to create a better future through brain injury prevention, education, advocacy and promotion of research.*

*1983 - 2011 Twenty-eight years of Excellence...Twenty-eight years serving the brain injury community.*

### **RBC Monthly Meetings**

On the first Wednesday of every month the RBC conducts its monthly meeting, typically held at the Reston Public Library. Although these meetings are attended by club leaders, all club members are invited. If you would like to have greater input into how the club is run, if you want to find out what being a board member is all about, or if you just want to contribute your ideas and tell us what we could do better, please join us. Just call any board member (listed on page 2) for directions to the meeting.

**We hope you'll join us!**



*The PedalShop has left its Ashburn Location to go virtual. The services and merchandise will still be available through their website (below) In the meantime, they are looking for new tenants for their Ashburn location. Go to [www.pedalshop.com](http://www.pedalshop.com) for more information.*

**BIKE TO WORK DAY — Photos and Links**



*BIKE (take your kid??) TO WORK - Side Car*

**Links to associated sites:**

Washington Area Bicyclist Association: <http://waba.org/>

Fairfax Advocates for Better Bicycling: <http://www.fabb-bikes.org/>

Reston Town Center Association: <http://www.restontc.org/>

Reston Association: <http://www.reston.org/>

Reston Bike Club: <http://www.restonbikeclub.org/>

The LINK: <http://www.linkinfo.org/>

Bike-Car-Bus Challenge 2011 blog: <http://fabb-bikes.blogspot.com>

Challenge 2011 photos, by Mike McKee: <https://picasaweb.google.com/mmckee101>

Bike to Work 2011 Photos, Mike McKee: [BikeToWorkDay](#)

Reston Patch Blog: <http://reston.patch.com>

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Herndon Vienna

**17 MILES ROUND TRIP.**  
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### BIKE TO WORK DAY — Photos



*Janice Linkov-Johnson and her comfortable bike. Note step-through frame, high handlebars and forward pedals.*



*Workmates from CompuSearch Software of Dulles pose for a group photo at the Reston Pit Stop*

*Speakers: Cathy Hudgins, Ken Plum, Liz Badley, Kathleen Driscoll McKee, Bruce Wright*



### BIKE TO WORK DAY — Photos



*(Above and Below)*

*Why not make it a family affair?*

*Bruce Wright and Kerrie Hitt prepare to head out*



## RBC Century Volunteer Opportunities

Our 2011 RBC Century is being held on Sunday August 21st. Take pride in your club and volunteer to work the ride — for the day, for a few hours — any amount of time you, your family or your friends can provide will contribute to the success of yet another great RBC Century!

[Email Barb Lytle](#) to sign up today or you may call her at 703-362-8286.

### Pre-Century opportunities

- ◇ Draft cue sheets/maps
- ◇ Check accuracy of ride map/directions (on bike or by car)
- ◇ Route marking
- ◇ Pick up T-shirts and deliver to Reston Town Center (RTC) – stack in Information Room by size on Friday Aug 20 before 5:00 pm
- ◇ Coordinate food – work with vendors and other co-coordinators to arrange pickups and deliveries
- ◇ Pick up Snow Cone Machine and syrup from Booths Rental in Vienna on Saturday morning and return Monday morning
- ◇ Purchase soda and water (any time can get good price) and deliver to RTC Information Room on Friday afternoon before 5:00 pm
- ◇ Distribute Century registration forms to bike stores, gyms, community centers, libraries, etc.
- ◇ Maintain water, soda, and ice distribution.
- ◇ Distribute T-shirts
- ◇ Breakdown and stack RTC tables and chairs
- ◇ Cleanup RTC
- ◇ Deliver remaining food and beverages to RTC shelter
- ◇ Take remaining T-shirts to RBC storage

### **Rest stop support at Ashburn and Hamilton**

- ◇ Registration setup – tables, chairs, and signs
- ◇ Oversee tent, table and chair set up and pick-up
- ◇ Oversee food set-up and breakdown.
- ◇ Oversee set up of communication group and bike shops/vendors
- ◇ Check state of portable bathrooms throughout event
- ◇ Maintain bulletin board
- ◇ Maintain water, soda, and ice distribution.
- ◇ Breakdown and cleanup – mainly tables, chairs, and trash

### Day-Of opportunities:

- ◇ Morning Registration at RTC – “day-of” rider registration and registered rider assistance
- ◇ Support vehicle drivers.
- ◇ Distribute food to rest stops

### **Rest stop support at Reston Town Center**

- ◇ Registration setup – tables, chairs, and signs
- ◇ Oversee tent, table and chair set up and pick-up.
- ◇ Oversee food set-up and breakdown.
- ◇ Oversee set up of communication group and bike shops/vendors
- ◇ Check state of portable bathrooms throughout event
- ◇ Maintain bulletin board

**We still need volunteers to make this huge undertaking a success!!**

[Email Barb Lytle](#) or call her at

**703-362-8286.**

**We're counting on your support!!**



Place  
Stamp  
Here

PO Box 3389  
Reston, VA 20195

**Join the Reston Bicycle Club now!**  
complete and return the membership form below  
or  
visit [RestonBikeClub.org](http://RestonBikeClub.org) for online registration and payment.



### Membership Application Form

*Please complete form (circle information) & return with check payable to: Reston Bicycle Club*

Mail to: Reston Bicycle Club • P.O. Box 3389 • Reston, VA 20195-1389

Annual dues for single membership : \$20.00 plus \$2.00 for each additional household member riding with the club.

Name \_\_\_\_\_ Age \_\_\_\_\_ Rider Level A . B . C . S  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Other Phone \_\_\_\_\_  
 E-mail \_\_\_\_\_

Additional Household Members:

Name \_\_\_\_\_ Age \_\_\_\_\_ Rider Level A . B . C . S  
 Name \_\_\_\_\_ Age \_\_\_\_\_ Rider Level A . B . C . S  
 Name \_\_\_\_\_ Age \_\_\_\_\_ Rider Level A . B . C . S

Attention Parents: Parents must sign a parental consent form for riders under the age of 18. Please request a copy of this form so young riders can present it when signing up for each ride. An adult family member must accompany children under 15.

What is your preferred day/time to ride? Saturday—Sunday—Weekday (AM—PM)

Are you interested in mountain biking? Yes No

Indicate areas you might be willing to help with: Lead Rides; Tours & Weekends;  
 Annual RBC Century; Newsletter; Club Social Events; Data Entry; Triathlon;  
 Education/Safety; Legislative Action; Membership; Phone Calls;  
 Other \_\_\_\_\_

### Club Rider Levels

*RBC tries to cater to every level of cyclist. Please use this guide when completing your application and planning your rides.*

- S Social riders.** Relaxed, casual pace; Distance & speed per group consensus
- C Average riders.** Moderate pace; 20 - 50 miles; 10 - 15 mph average
- B Strong riders.** Demanding pace; 25 - 75 miles; 15 - 18 mph average
- A Aggressive riders.** Grueling pace with sprints; 40 - 85 miles; 18 - 20+ mph average

**Helmets are required on all RBC rides.**



**RESTON BICYCLE CLUB**

P.O. Box 3389  
Reston, VA 20195

[RestonBikeClub.org](http://RestonBikeClub.org)