

The Whole

Volume 23, Issue 3
April 2005

The Newsletter of Reston Bicycle Club

Bike to Work Day on May 20, 2005

At the Reston Town Center Pavilion, 6:30 – 9:00 a.m.

Area commuters are invited to celebrate Reston's **Bike to Work Day on Friday, May 20th from 6:30-9:00 a.m.** at the Reston Town Center Pavilion. The Reston Town Center rally will feature refreshments, information tables, and raffle prizes for registered riders. Hunter Mill District Supervisor Cathy Hudgins and other dignitaries will be on hand for a brief welcome at 8 a.m.

Employer Challenge: The organization with the most participants at the Bike to Work Day rally on May 20 will receive a free catered lunch for all riders compliments of Reston Whole Foods Market. The winner of the Employer Challenge is based on the number of participants who check in at the Reston Town Center on the morning of May 20 and is announced shortly after the sign-in sheets are tallied. Whole Foods will provide the lunch at a mutually agreed upon date. The U.S. Geological Survey won the challenge in 2002, 2003, and 2004.

Reston's Bike to Work Day rally is being organized by the Reston Bicycle Club, LINK transportation alternatives, Fairfax County Government, Friends of the W&OD Trail, and the Reston Association. Local sponsors include Whole Foods Market, Great Harvest Bread Co., A-1 Cycling, and VDOT.

May is National Bike to Work Month, and hundreds of bicycling commuters from the Washington metropolitan region will be out pedaling in celebration of clean and healthful transportation. The Reston event is held under the auspices of the Metropolitan Washington Council of Governments (COG) and Washington Area Bicyclist Association (WABA). Celebrations will occur at 17 locations around the metro area on May 20.

To register for Bike to Work Day 2005, visit the

Washington Area Bicyclist Association Web Site at www.waba.org

For more information about the Reston event call 703-478-0283.

Register Today for the 2005 Reston Century

Mark your calendar and register today for this years Reston Century and Bikefest. The date is August 28th and the start is at Reston Town Center.

Go to

http://www.active.com/event_detail.cfm?event_id=1211389

And get your number today.



Chairman's Message: Chris Ross

I thought I'd spend this month compiling a list of interesting cycling related web sites people have sent me, along with a few I found myself. I've tried to come up with sites that are off the beaten track and not all have seen already. So here goes!

For a good introduction to Italian cycling, take a look at www.torelli.com. Here you can page through views of fancy Italian bike frames. A number of these have names I've never heard before. It's like looking at works of art in a museum! The site has some interesting technical details on bike frame construction. It's also a good source for cycling trivia. For example did you know that Eddy Merckx won 5 of the 7 Giro d'Italias between 1968 and 1974, but he never placed 2nd or 3rd! I wonder what happened in 1969 and 1971. Maybe he was bored and decided not to race!

Ever thought about tackling one of those big European climbs? www.komcycling.com tells you all about them, with detailed specifications. I got tired just reading about them and had to take a nap! It's interesting how the climbs get their rankings. Another good source is www.montivagus.de, which has descriptions of the major Alpine passes accessible by bike and also offers accommodation options if you're thinking about planning a tour.



For racing and cycling news there are www.cyclingnews.com, www.dailypeloton.com, and www.pezcylingnews.com. These sites have the usual listing of cycling race calendars, rider interviews and articles. We've all heard about Fantasy football – but on the dailypeloton site there's even a Fantasy Vuelta a Espana! You'd better know the ins and outs of the European cycling scene to succeed at this game though!

Interested in custom steel bikes? Check out www.landsharkbicycles.com. As a fan of steel frames I wouldn't mind having one of these! www.bikelane.com and www.sheldonbrown.com are good for general information gathering, with their wide variety of content. They're essentially cycling smorgasbords, and have links to manufacturers, clubs, equipment, and events. We should arrange to have RBC added to the list of bike clubs on bikelane.

For cycling photos, there's the Graham Watson home page, www.grahamwatson.com. I have a few of his posters in my home and office. You've probably seen his photos. The one I saw in the newspaper that I've always hoped to see on a poster was a shot of the Olympic peloton riding directly past the Acropolis in Athens – but no luck so far!

Finally, I can't resist mentioning a great local century – in addition to our RBC annual century of course! The Mountain Mama Road Bike Challenge out of Monterey, VA <http://bikemountainmama.homestead.com> is the ideal ride for those of you who can't wait to climb Taylorstown on the Reston Century! The ride is held on August 6th this year. It's very challenging but well worth it! Don't forget the main event – the Reston Century on August 28th, 2005! Happy surfing and riding!

Chris

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Who's Who In Reston Bike Club

Chairman:

Chris Ross (703) 243-2042
ross3ca@comcast.net

Vice Chairman:

Cesar Olivos (703) 242-0724
cesar.olivos@verizon.net

Secretary:

Kathy Bromley (703) 264-0210
Wld-flwr@comcast.net

Treasurer:

Ken Thompson, (703) 476-4106
Kenneththompson@att.net

Members at-large:

Victor Siegfried, (703) 946-2994
vasieg@comcast.net

Daren Magness (703) 430-0728
darenmagness@adelphia.net

Mark Hollinger (703) 815-2723
MLHOLLINGER@EARTHLINK.NET

Randy Karn (703) 742-4074
RK@HTARCH.COM

Craig Clark (703) 689-0152
CCBIKE@COX.NET

Ride Coordinators:

Level A/B:

Ron Rothrock, (703) 759-2850
rothrock@tidalwave.net

Level C:

Gregory D. Foster
gfooster@gmu.edu

Level D:

VACANT PLEASE VOLUNTEER

Newsletter:

Don Brumbaugh, (703) 880-3024
dbrumbaugh@cox.net

Database:

Ed Robichaud, edrobichaud@wdn.com
(703) 860-0108

Web Master:

Mark Hollinger (703) 815-2723
MLHOLLINGER@EARTHLINK.NET

Picture of the Month

Once again the Reston Bike Club will conduct the picture of the month contest. Last year John Shea won a Reston Bike Club jersey for the pictures and write up of a club ride out of Barryville. All that is needed to compete is a picture of a club ride or activity and a brief description of who, what and where the picture is about. The pictures that will be given consideration will be the ones showing members having a good time.

Send pictures and write-ups to dbrumbaugh@cox.net.

Welcome New and Returning Members

New Members

Jeff Disbrow, Dave & Julie Harper, John Mc Cracken, Sandra Meisse, Susan Tahernia, Bruce Wright

Returning Members

David Chapman, Paul White, Bernie Cohen, Gregory Foster, Bob & Mary, Howard, Marcia Weinland, Randy Karn

Please come and ride with us soon so we can meet you!

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HOT, Fun
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Fun!**

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Ride Schedule—April

ATTENTION ALL RIDERS - MAKE SURE YOU CALL THE RIDE LEADER ESPECIALLY FOR ALL OUT OF TOWN RIDES TO MAKE SURE THAT THIS INFORMATION IS ACCURATE AND IT HASN'T CHANGED. REFER TO

APRIL 2005 SCHEDULE

Date:	Saturday, April 2, 2005	Date:	Saturday, April 9, 2005
Start Location:	7-Eleven at Crestview and W&OD Trail	Start Location:	7-Eleven at Crestview and W&OD Trail
Level:	A/B social ride (no one will be dropped)	Level:	A/B social ride (no one will be dropped)
Time:	10:00 AM	Time:	10:00 AM
Mileage:	Various (typically about 50 miles)	Mileage:	Various (typically about 50 miles)
Description:	Impromptu (Please call if planning to ride)	Description:	Impromptu (Please call if planning to ride)
A/B Leader:	Gaston Prudencio, 703-906-7524	A/B Leader:	Gaston Prudencio, 703-906-7524
Date:	Sunday, April 3, 2005	Date:	Sunday, April 10, 2005
Start Location:	Vienna Community Center	Start Location:	Reston Town Center NE parking lot
Level:	A/B	Level:	A/B
Time:	10:00 am	Time:	10:00 am
Mileage:	43	Mileage:	53
Description:	Georgetown and Haynes Point	Description:	Waterford Ride
A/B Leader:	John Shea, 703-264-0210	A/B Leader:	Daren Magness, 703-729-5773
Date:	Sunday, April 3, 2005	Date:	Sunday, April 10, 2005
Start location:	Vienna Community Center	Start location:	Reston Town Center NE parking lot
Level:	C	Level:	C
Time:	10:00 am	Time:	10:00 am
Mileage:	32 (this is a work out ride I often take that's all WOD, Custis and MV trails)	Mileage:	30
Description:	Monument View	Description:	Waterford Ride (Modified)
Ride Leader:	G. Foster, 703-489-8706	Ride Leader:	G. Foster, 703-489-8706
Date:	Tuesday, April 5th	Date:	Tuesday, April 12th
Location:	Hunter Woods Shopping Ctr. (South Reston)	Location:	Hunter Woods Shopping Ctr. (South Reston)
Level:	A/B/C	Level:	A/B/C
Time:	6:00 PM	Time:	6:00 PM
Mileage:	20-30	Mileage:	20-30
Description:	Route Varies from week to week.	Description:	Route Varies from week to week.
Leader:	Ken Thompson, 703-476-4106	Leader:	Ken Thompson, 703-476-4106
Date:	Thursday, April 7th	Date:	Thursday, April 14th
Start Location:	Parking Lot Across from the Caboose on W&OD in Herndon	Start Location:	Parking Lot Across from the Caboose on W&OD in Herndon
Level:	A/B/C	Level:	A/B/C
Time:	6:00 PM	Time:	6:00 PM
Mileage:	20-30	Mileage:	20-30
Description:	Route Varies from week to week.	Description:	Route Varies from week to week.
Leader:	Ken Thompson, 703-476-4106	Leader:	Ken Thompson, 703-476-4106

(Continued on page 9)

visit www.restonbikeclub.org

for up to date ride info., membership renewal, Century Registration

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BIKE TO WORK DAY 2005 FRIDAY MAY 20

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drawing to win one of several bicycles
valued at \$1,000, donated by City Bikes.

**Register today at
www.waba.org or
(202) 628-2500**



OUT-OF-THE-AREA EVENTS*

April 16 16th Annual Ocean to Bay Bike Tour; Ride of 20, 35, or 0 miles; For information contact www.oceantobaybiketour.org or call 1-800-962-surf.

April 30 The Great Greenbrier River Race; A day of competition and fun in support of the Greenbrier River Trail; Includes a run, mountain biking, and canoeing. For information contact www.greenbrierwv.com or call 800-833-2068.

May 1-4 Virginia Greenways and Trails workshops and field sessions, Richmond, Virginia. Statewide conference with Bike Walk Virginia. For information contact www.bikewalkvirginia.org or 757-229-0507.

May 7 River City Cycling Club presents the 12th annual Tar Wheel Century 2005, at Elizabeth City, NC Rides of 33, 61, or 100 miles. Event benefits local charities.

May 7 3-State, 3-Mountain Challenge, Chattanooga, TN. Sponsored by the Chattanooga Bicycling Club. Rides of 25, 62, and 100 miles. For information contact www.chattbike.com.

May 22 Bonkers Metric, Ridley Creek State Park (near Media, PA.) Sponsored by the Delaware Valley Bicycle Club. Options of 18-65 miles. For information contact www.dvbc.org.

May 27-30 Baltimore Bicycling Club's 23rd Annual Kent County

Spring Fling; Four days of fun-filled activities and bike rides. Stay at Washington College, located in historic Chestertown Maryland. For information contact KCFS2005@version.net or call 410-628-4018.

May 28 Wilderness Road Ride, Radford, VA. Sponsored by the New River Valley Bike Association. Options of 14, 38, 57, or 78 miles. For information contact www.cyclingdoubleheader.com.

May 29 Mountains of Misery, Newport, VA. Sponsored by the New River Valley Bike Association. Options of 100 and 125 miles. For information contact www.cyclingdoubleheader.com.

June 18-19 23rd National 24 Hour Challenge, Middleville, Grand Rapids, MI. How many miles can you do in 24 hours? For information* see www.n24hc.org or call 616-241-1969

June 19 The 20th Annual Bay to Bay Ride; Supports Leader Dogs For The Blind; Ride routes from 27 to 104 miles and starts in Betterton Maryland; For information contact bay2bay@hotmail.com or call 410-778-7356. Online registration if at www.active.com.

June 24-29 The 18th Annual Bike Virginia, Contact www.bikevirginia.org or request information at info@bikevirginia.org.

June 23-26 CAM Weekend; Bike through scenic Northern Maryland from a base at Mount Saint Mary's University, Emmitsburg, Maryland. For information contact www.onelesscar.org or call 410-236-3678.

(Continued on page 9)

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A slice of Orange Cranberry
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SERVING #2

A slice of 9-Grain
Vienna Great Harvest : W & O D Mile # 11.5

(turn around)

SERVING #3

A slice of Raisin Cinnamon Chip
Herndon Great Harvest : W & O D Mile # 20

17 miles round trip.
(You've definitely earned yourself
a jumbo Double Choc Chip cookie, too!)



HERNDON: 785 Station St. 703-471-4031
VIENNA: 132 Church St. 703-938-0921

FRIENDS OF THE W&OD TRAIL SEEKS NEW BOARD MEMBERS

The Friends of the W&OD Trail (FoWOD), an all-volunteer citizen organization that supports and enhances the Washington & Old Dominion Railroad Regional Park, will elect nine individuals to serve two-year or one-year terms on its 15-member board of directors on April 24, 2005. Four incumbents will stand for re-election, so at least five new board candidates are sought.

FoWOD is under the auspices of the Northern Virginia Regional Park Authority (NVRPA), a quasi-governmental agency that owns and operates the W&OD Trail plus nineteen other regionally significant parks. The 45-mile W&OD Trail follows the route of an abandoned historic railroad through the heart of Northern Virginia, from urban Shirlington at the Arlington/Alexandria junction to the still-quiet Town of Purcellville near the Blue Ridge Mountains in rural western Loudoun County. Each year, the W&OD Trail receives over 3 million user visits for nature watching, historic appreciation, walking, running, cycling, roller skating, horseback riding, cross-country skiing, picnicking, or the simple joy of being outdoors.

The main qualifications for board service are membership in the Friends, enthusiasm for its mission, and a commitment to enhance the W&OD visitor experience through volunteer service. The board members represent a broad diversity of trail users and reside in Arlington, Fairfax or Loudoun Counties or the Cities of Alexandria, Fairfax, or Falls Church. Candidates who are active with organized hikers, runners, skaters, equestrians, cyclists, naturalists, gardeners, and historians are especially sought.

FoWOD board members are expected to attend most board meetings (held usually on the first Tuesday of most months from 7-9 PM at the Vienna Community Center) and to be active with at least one committee or project (e.g., beautification, historic appreciation, community outreach, membership, newsletter, website, safety, trail patrol, advocacy, nominations). To learn more about FoWOD and its current activities, and to obtain a membership application, please visit [<http://www.wodfriends.org>].

Prospective board candidates and other FoWOD members are invited to attend the next FoWOD board meeting on April 5, 2005, from 7-9 PM, at the Vienna Community Center.

Don't Forget: Tues/Thurs Night Rides Start in April

The Tuesday/Thursday night rides start on the 5th & 7th of April.

Tuesday night rides start in the Hunter Woods Shopping Center parking lot in South Reston.

Thursday night rides start in the Public Parking Lot along side the W&OD Trail in Herndon.

Sign-up starts at 5:30PM and the rides start at 6:00PM.

The rides will vary in length, pace, and route each week as daylight time allows.

Separate ride routes and maps will be available for various ride categories, and will include at least A/B/C levels. As the rides become longer during the summer the ride categories may include AA/A/BB/B/C levels. (Hey, we will even have a "D" group if "D" riders will show!! There should be a group for any rider so come out and join your friends.

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Manassas, VA 20109

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Long Distance Touring (Part 3)

By Mark Hollinger

This summer, I spent 67 days cycling 4200 miles from Seattle, Washington to Yorktown, Virginia. I had never even done more than day trips before. Cycling across the USA was an experience of a lifetime. This is the third and final article on long distance touring which can help you get started.

Finally, we answer the big question – “**How much is this going to cost?**” Of course, that depends. It depends on what gear you already have and the standards to which you expect to ride



under. In the first article, we discussed camping vs. “credit card traveling”, as well as package tours vs. self-supported touring.

The first thing I recommend doing is a little surfing on touring related websites to find various packing lists. Compare the lists and make one of your own. Now you are ready to review the list and take inventory of what is on hand. Consider upgrading bike equipment and purchasing those items which you don't have but will need. Here is a very basic list of items to start with:

- Touring bicycle
- Trailer or panniers
- Bike clothes
- Rainsuit
- Cookware
- Tent
- Sleeping bag
- Maps
- Bike repair items
- First aid kit
- Personal care items

Pack light, you will most likely be pulling your load for miles and miles. No matter how smart you think you are, **EVERYONE OVERPACKS**. A tip that I learned is to empty your gear

out about once a week. If you haven't touched the item that week, strongly consider mailing it back home. As useful as my extralight laptop was, I sent the 10 pounds home after the first week rather than climbing mountains with the extra weight. A couple of paper notebooks were much lighter.

During the ride, I ending up picking up a few useful items such as an air mattress (for cold nights) and tent seam sealer while avoiding buying souvenirs. One of my favorite items was the digital camera. Before I started, I had no camping equipment which accounts for the bulk of my pre-trip expenses. A good tent, sleeping bag and cookware were not cheap. I had made a few wise decisions such as to forego cooking supplies like a stove. In fact, I found that I rarely needed all my cookware. The only good guide is experience and to try and learn as much as possible from other's experience. That is why sites such as www.crazyguyonabike.com were such excellent resources.

Here is a basic breakdown of my expenses:

- Equipment purchases prior to the trip \$2100
- Lodging \$500
- Food \$1100
- All other expenses \$260
- Total Expenses \$4000

I toured self-supported, spent less than 8 days in motels, and usually ate one meal at a restaurant and the rest of my meals from the grocery store each day. The trip lasted 67 days and covered 4170 miles.

You can learn more at my website, <http://mhollinger2004.crazyguyonabike.com>. The site is not finished, but hopefully will be by the end of May. I would be happy to answer any questions sent to me at mark.hollinger@earthlink.net. This trip gave me great memories and thousands of stories to tell. I encourage you to take time to recreate and follow your dreams. We all have responsibilities which make it difficult to take a long trip covering 2 or more months. Sometimes, you just have to make time, reprioritize, and take a chance on having fun, learning and living. If my friends, the Ebbers family, can uproot, and take 15 months to bike around the world, surely you can find 2 months. Don't be discouraged if you decide that you really don't have the time or money. Great fun can be had on shorter, overnight trips such as traveling the length of the C&O Canal. Once you have the basic gear, bicycle touring is quite inexpensive.

Ride Level Descriptions

A	Aggressive riders. Grueling pace with sprints, 40 - 100 mi, 18 - 20+mph average.
B	Strong riders. Demanding pace, 25 - 75 mi, 14 - 18 mph average.
C	Average riders. Moderate pace, 15 - 50 miles, 10 - 14 mph average.
D	New or casual riders. Easy pace, 10 - 25 miles, 8 - 10 mph average.

(Ride Schedule from page 4)

Date: Saturday, April 16, 2005
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B social ride (no one will be dropped)
 Time: 10:00 AM
 Mileage: Various (typically about 50 miles)
 Description: **Impromptu** (Please call if planning to ride)
 A/B Leader: Gaston Prudencio, 703-906-7524

Date: Sunday, April 17, 2005
 Start Location: Loudoun County High School, Leesburg, VA
 Directions: Take Rt 7 West to Leesburg, turn left on Cactoin Circle at traffic light about 0.7 miles after the Rt 15 bypass interchange. Continue 1.5 miles to a left into school parking lot on corner of Dry Mill Road.

Level: A/B
 Time: 10:00 am
 Mileage: 43
 Description: **Lovettesville Loop**
 A/B Leader: Gaston Prudencio, 703-906-7524

Date: Sunday, April 17, 2005
 Start location: Loudoun County High School, Leesburg, VA (see A/B ride above)

Level: C
 Time: 10:00 am
 Mileage: ~30
 Description: **Lovettesville Loop (Modified)**
 Ride Leader: G. Foster, 703-489-8706

Date: Tuesday, April 19th
 Location: Hunter Woods Shopping Ctr. (South Reston)
 Level: A/B/C
 Time: 6:00 PM
 Mileage: 20-36
 Description: Route Varies from week to week.
 Leader: Ken Thompson, 703-476-4106

Date: Thursday, April 21st
 Start Location: Parking Lot Across from the Caboose on W&OD in Herndon

Level: A/B/C
 Time: 6:00 PM
 Mileage: 20-36
 Description: Route Varies from week to week.
 Leader: Ken Thompson, 703-476-4106

Date: Saturday, April 23, 2005
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B social ride (no one will be dropped)
 Time: 10:00 AM
 Mileage: Various (typically about 50 miles)
 Description: **Impromptu** (Please call if planning to ride)
 A/B Leader: Gaston Prudencio, 703-906-7524

Date: Sunday, April 24, 2005
 Start Location: Reston Town Center NE parking lot
 Level: A/B
 Time: 10:00 am
 Mileage: 40
 Description: **Double Parking**
 A/B Leader: Paul Baker, 703-860-4314

Date: Sunday, April 24, 2005
 Start location: Loudoun County High School, Leesburg, VA (see A/B ride above)

Level: C
 Time: 10:00 am
 Mileage: ~30
 Description: **Double Parking**
 Ride Leader: G. Foster, 703-489-8706

Date: Tuesday, April 26th
 Location: Hunter Woods Shopping Ctr. (South Reston)
 Level: A/B/C
 Time: 6:00 PM
 Mileage: 20-40
 Description: Route Varies from week to week.
 Leader: Ken Thompson, 703-476-4106

Date: Thursday, April 28th
 Start Location: Parking Lot Across from the Caboose on W&OD in Herndon
 Level: A/B/C
 Time: 6:00 PM
 Mileage: 20-40
 Description: Route Varies from week to week.
 Leader: Ken Thompson, 703-476-4106

Date: Saturday, April 30, 2005
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B social ride (no one will be dropped)
 Time: 10:00 AM
 Mileage: Various (typically about 50 miles)
 Description: **Impromptu** (Please call if planning to ride)
 A/B Leader: Gaston Prudencio, 703-906-7524

(Continued from page 6 Out of the Area Events)

June 26-July 2 The 11th annual tour of Colorado, the Crested Butte Loop; For information contact www.bicycletourcolorado.com or call 303-985-1180.

July 24 - 30 The Bon Ton Roulet; A Festival on wheels through the Finger Lakes, Hosted by the Auburn YMCA-WEIU & Cortland YMCA. For information* see www.bontonroulet.com or call 607-756-2893 or 315-253-5304.

August 7-12 10th Annual Tri-State Wheelers Summer Bicycle Tour; A six day bicycle tour of New Hampshire & Vermont. For information* see www.newenglandadventure.com.

September 10 BBC's Civil War Century

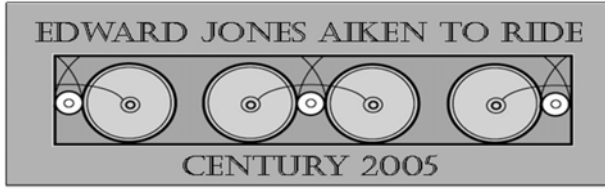
September 11 Scenic Schuylkill Century, Philadelphia, PA.

September 11 Oxon Hill Bicycle and Trail Club's Southern Maryland Fall Century.

September 17-18 The Twin Centuries. White Clay Bicycle Club, Newark, DE., with overnight stay in Rehoboth Beach, DE.

* Application forms and/or brochures are available for many of these events. For information email kenneththompson@att.net or call 703-476-4106.

GETTYSBURG/LANCASTER WEEKEND BIKE RIDE WHEN: May 21-22



Hello Riders

If you have ever done Cycle South Carolina then you have been to Aiken, South Carolina to ride. You have probably been to the Aiken Brew Pub, too, a favorite stop for the riders. We are happy to announce the Edward Jones Aiken to Ride Century which will be on Saturday, April 30, 2005. This will be the first full, metric and quarter century ride hosted by the Aiken Bicycle Club. You may be familiar with our Four-Loop Century which has been a favorite in the past. Please check out our Web Site <http://www.aikenbicycleclub.org/century/> for information and registration for this event and please come to Aiken to Ride. Mail registration form to

Aiken Bicycle Club
P.O. Box 2073
Aiken, S.C. 29801

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Sex: _____ Age: _____

T-shirt Size Small Medium Large Extra Large Circle One

Cost: Preregister \$20.00 Day of Event \$25.00 Make Check Payable to the Aiken Bicycle Club or register online at active.com

The plan is to drive to Gettysburg early Saturday morning -- ride around Gettysburg -- drive to Ephrata (near Lancaster) where we will have reservations at a B&B. Sunday there will be cue sheets for rides starting in Ephrata going around the Lancaster, Bird in Hand area. I'll have cue sheets for short and long rides. Please let Rose Baker know if you'd be interested in joining on this ride (rbaker@cerner.com or 703-860-4314). Also, let Rose know if you're interested in carpooling.

Mark Your Calendar

The 23rd Annual Reston Century will be held on Sunday, August 28th, 2005

Registration is now open on the Reston Bicycle Club Website. Get your spot now!

www.restonbikeclub.org

Reston Bicycle Club Membership Application Form

Name _____ Age _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ E-mail _____

Additional Household Members Who Ride

Name _____ Age _____

Name _____ Age _____

Attention Parents: Riders under age 17 must sign a parental consent form, please send me this form: Yes No

Rider Level (see left page for descriptions)

Name _____ A+ A B C D Name _____ A+ A B C D

Name _____ A+ A B C D Name _____ A+ A B C D

What is your preferred time(s) to ride? Saturday Sunday Weekdays

Indicate areas you might be willing to help with: Lead Rides Tour & Weekends Annual RBC Century Newsletter

Club Social Events Data Entry Triathlon Education/Safety Legislative Action Membership Phone Calls

Other _____

Please complete this form and return with checks payable to Reston Bicycle Club to:

Reston Bike Club P.O. Box 3389 Reston, VA 20195

Annual Dues: Annual dues for single membership \$15.00 plus \$1.00 for each additional member of the household.

www.RestonBikeClub.org

The Wheel

The Newsletter of Reston Bicycle Club

PO. Box 3389
Reston, VA 20195

www.restonbikeclub.org

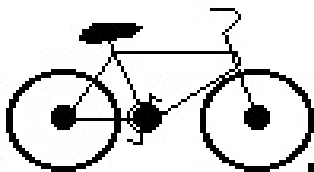
PRSR STD
U.S. Postage
PAID
Reston, VA
Permit No.
6314



Come test ride

bikes@vienna is the headquarters for recumbents, trikes, and folding bikes.

We sell, repair and rent all types of cycling equipment.



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