

Earlier Start for Tuesday / Thursday Night Rides Met With Enthusiasm

Due to the new, earlier start to Daylight Savings Time (DST) the Reston Bike Club has been able to start the Tuesday / Thursday Night in early March this year. Ken Thompson has done a great job in planning the rides and even a warm up session before 6 o'clock to compensate for the early dark and resulting shorter rides. All of this has been met with great enthusiasm with riders, and good attendance. We have even had a considerable increase in membership due to these rides. Once again we thank Ken for the hard work he puts into these rides and encourage all members to come and join the fun!



The Twenty-fifth Reston Bicycle Club Century Coming in August

Mark your Calendar today. The 2007 edition of the Reston Bicycle Club Century will be held on August 26th and promises to be the greatest century we have ever put on. Partly as part of our efforts to improve the quality of the ride over past years and partly in celebration of our 25th Century. Online registration is now open at:

http://www.active.com/event_detail.cfm?event_id=1435617

Sign up now! Registration is limited to the first 1500 applicants.



Chairman's Message: Cesar Olivos

Spring is finally here! Thanks to the change in Daylight Saving Time, we were able to begin the regular Tuesday/Thursday rides several weeks earlier than previous years. The turn out at weekly rides seems to be good. So good in fact, that when my wife drove down Glade recently on a Tuesday, she found the road choked with cyclists. So, I must impart a serious plea to respect traffic rules and bike etiquette. Riding six people abreast on a busy street and making it so cars cannot pass is not a good way to engender support from drivers. Drivers must respect the right of cyclists to be on the roads, but we in turn need to make it easy for them to do so. "Share the Road" is a two way street. Remember, regardless of who has the right of way, the car always wins. By necessity, we tend to ride at a time when people are rushing about in their cars, anxious to get home from work or drop off the kids for extracurricular activities. This means it is imperative to have a healthy respect for that ton of metal on the road next to you or behind you. Please, let's all do our part to represent the club well and respect drivers, just as we expect them to respect us. For more information on bike safety, check out the WABA website at: <http://waba.org/areabiking/safecycling/>

If you would rather be on your bike than in a car - don't we all -

ditch your car for a day and bike to work. Friday May 18th is National Bike to Work day. The WABA website has information on how you can participate, including Convoy Routes led by WABA volunteers.

Now is the time of year when we begin in earnest our planning for the RBC Century. We will begin outreach efforts soon to get volunteers to support the Century. Our great volunteers make the Century possible. Without their support to help with registrations, tee-shirt distribution, road marking, packet mailing, rest-stop support, SAG support, and other important functions, like snow cone making, we simply could not pull off such a huge and important event. If you are interested in providing support in any way, either contact a board member or come to a board meeting. They are held the first Wednesday of every month at 7pm in the Reston Library. Every one is welcome.

We hope to see you at a meeting soon!

Ride safe,

Cesar



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COMMUNITY MESSAGE BOARD

GROUP RIDES AND EVENTS

2006 RACE SCHEDULES



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Who's Who In Reston Bike Club

Chairman:

Cesar Olivos (703) 585-1735
cesar.olivos@verizon.net

Vice-Chairman:

John Hamilton (703) 904-9381
Jhamilton11@cox.net

Secretary:

Minnie Scrafford (703) 263-7915
scrafford@aol.com

Treasurer:

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

Members at-large:

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

Don Brumbaugh, (703) 880-3024
debrumbaugh@verizon.net

Mark Hollinger (703) 815-2723
markahollinger@gmail.com

Randy Karn (703) 742-4074
rk@htarch.com

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

Ride Coordinators:

Level A/B:

Ron Rothrock, (703) 759-2850
rthrock@earthlink.net

Level C:

Vacant

Social Rides:

Arline Brecher, (703)-471-4734
arline.brecher@gmail.com

Newsletter:

Don Brumbaugh, (703) 880-3024
debrumbaugh@verizon.net

Database:

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

Web Master:

Mark Hollinger (703) 815-2723
markahollinger@gmail.com

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

Travel Cases Available to RBC Members

The RBC has two travel cases available for membership use. These are available on a first come first serve basis.

Call 703-264-0210 to make arrangements.

Welcome New and Returning Members

New Members

Renee Amodeo, Jeff Anderson, Rob Barlow, David Bultema, Mike Capasso, Matt Carroll, Shawn Clark, Michael Copeland, Preston Fitzgerald, David Gray, Peadar Harmon, Matt Heiser, Ronald Hougham, Thomas Kercher, Steven Krahling, Lisa McCoy, Suzanne Nixon, Susan Posey, James Powenski, Brian Price, Tyra Rivikin, Anthony Shipp, Nils Talbot, Mason Washington, Bradley Wedemeyer, Mark Wolksy, Jens Adams, Elizabeth Bennington, Bruce Buckley, Scott Burgan, Geoff Butler, Ray Carlstrom, Marvin Crawford, Peter Fraker, Tuan Ho, Kelly Smith, Minh Thai, Julia Viets

Returning Members

Mario Alvarez, Eric Bach, Anthony Brooks, Mike Buchness, Daniel Cassidy, Craig Clark, Michael Gnatek, Steve Gurney, Jerry Hanson, Dave Harper, Lou Lamoureux, Bruce Lowrey, William Mirth, Herman Molzahn, Chris Mullen. Karen O'Connell, Matt Behl, Gary Carle, Brenda Cossa, Brian Grezlak, Curt Hughitt, Mary Jackson, John McCracken, Paul Mutino, Gerard Rugel, Richard Ryan, Steve Slovikosky, Bruce Wright, Craig Bryan, Richard Cane, Julie Gibbons, Dave Goodrum, Ron Huebner, Michael Hutton, John Kamenick, Billy Kliner, Eric Marshall, Craig Mayhew, Cesar Olivos, Christian Smith, Richard Stallings, James Thompson, Dominic Tran, Rudy Vercaigne

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

NOTE Due to club insurance policy clarifications all participants on RBC rides must be current club members. Non-members may join a ride one time only as a non-member.

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 WWW.RESTONBIKECLUB.ORG FOR NEW RIDES AND ADDITIONAL INFO.

Rides will follow the <50% chance of rain and start temperature >40 degrees rules. If the weather reports are predicting conditions outside these ranges the ride may be cancelled. Please call the listed ride leader to confirm the ride status.

April 2007 Schedule

Date: Tuesday, April 3rd
 Location: Hunter Woods Shopping Ctr. (South Reston)
 Levels: 1, 2, 3, 4, 5, 6
 Time: 5:30 PM & 6:00 PM
 Mileage: 15 - 25
 Description: Route Varies from week to week.
 Leader: Ken Thompson, 703-476-4106

Date: Thursday, April 5th
 Start Location: Parking Lot Across from the Caboose on W&OD in Herndon
 Levels: 1, 2, 3, 4, 5, 6
 Time: 5:30 PM & 6:00 PM
 Mileage: 15 - 25
 Description: Route Varies from week to week.
 Leader: Ken Thompson, 703-476-4106

Date: Saturday, April 7, 2007
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B ride
 Time: 9:30 AM
 Mileage: Various (typically 50 miles or more)
 Description: **Impromptu** (Please call if planning to ride)
 A/B Leader: John Hamilton, 703-593-9384
 Randy Karn, 703-742-4074

Date: Sunday, April 8, 2007
 Start Location: Reston Town Center NE parking lot
 Level: A/B
 Time: 09:30 AM
 Mileage: 43 miles
 Description: **Double Parking**
 A/B Leader: TBD (call Ron Rothrock, 703-759-2850)

Date: Tuesday, April 10th
 Location: Hunter Woods Shopping Ctr. (South Reston)
 Levels: 1, 2, 3, 4, 5, 6
 Time: 5:30 PM & 6:00 PM
 Mileage: 15 - 25
 Description: Route Varies from week to week.
 Leader: Ken Thompson, 703-476-4106

Date: Thursday, April 12th
 Start Location: Parking Lot Across from the Caboose on W&OD in Herndon
 Levels: 1, 2, 3, 4, 5, 6
 Time: 5:30 PM & 6:00 PM
 Mileage: 15 - 25
 Description: Route Varies from week to week.
 Leader: Ken Thompson, 703-476-4106

Date: Saturday, April 14, 2007
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B ride
 Time: 9:30 AM
 Mileage: Various (typically 50 miles or more)
 Description: **Impromptu** (Please call if planning to ride)
 A/B Leader: John Hamilton, 703-593-9384
 Randy Karn, 703-742-4074

Date: Sunday, April 15, 2007
 Start Location: Reston Town Center NE parking lot
 Level: A/B
 Time: 09:30 AM
 Mileage: 32/48 miles
 Description: **Bunch of Bull**
 A/B Leader: Chris Ross 703-243-2042

Date: Tuesday, April 17th
 Location: Hunter Woods Shopping Ctr. (South Reston)
 Levels: 1, 2, 3, 4, 5, 6
 Time: 5:30 PM & 6:00 PM
 Mileage: 15 - 25
 Description: Route Varies from week to week.
 Leader: Ken Thompson, 703-476-4106

Date: Thursday, April 19th
 Start Location: Parking Lot Across from the Caboose on W&OD in Herndon
 Levels: 1, 2, 3, 4, 5, 6
 Time: 5:30 PM & 6:00 PM
 Mileage: 15 - 25
 Description: Route Varies from week to week.
 Leader: Ken Thompson, 703-476-4106

(Continued on page 7)

Visit www.restonbikeclub.org
 for up to date ride info., membership renewal,
 Century Registration, and much more!

OUT-OF-THE-AREA EVENTS*

Note: Copies of some registration forms can be obtained via email by sending a request to kenneththompson@att.net.

June 16-17: The 25th National 24 Hour Challenge, Middleville, MI; For information see www.n24hc.org call (616) 241-1969 and to register go to www.active.com.

June 12-15: Cycle Across Maryland; Contact www.onelesscar.org or call (410)235-3678.

June 22-27: The 20th Annual Bike Virginia, The Captain John Smith Adventure; Contact www.bikevirginia.org or info@bikevirginia.org or 757-229-0507 for information.

June 24-June 30: 13th Annual Bicycle Tour of Colorado; Steamboat Springs Loop; Ride 418 miles over Eight (8) Colorado passes; Contact www.bicycletourcolorado.com or 303-985-1180.

July 22-28: The Bon Ton Roulet, Festival on Wheels through the Finger Lakes, Contact www.bontonroulet.com or (315)253-5304 for information.

April 22: The 17th Annual Ocean to Bay Tour, Fenwick Island, DE. Rides of 20, 35, and 50 miles. Contact www.oceantobaybiketour.com, info@bethany-fenwick.org or 1-800-962-SURF for information.

April 21 – 23: The Third Annual North Carolina Spring Retreat; For information see www.cyclenorthcarolina.org, call 919-361-1133 or contact cyclenc@ncsports.org.

April 30 – May 3: 8th Annual Virginia BikeWalk Conference, Lynchburg, VA. Contact www.bikewalkvirginia.org, 757-229-0507 for information.

May 20: Furnace Town 100 Premiere Cycling Event; For information go to www.furnacetown.com and to register go to www.extremedreamevents.com.

June 17: The 22nd Annual Bay to Bay Ride. Supporting Leader Dogs for the Blind by the Chestertown Lions Club. Chose from 5 route ranging from 27 to 104 miles. For information call (410) 778-7356 or register on line at www.active.com.

June 17: The 4th Annual Viewtrail Rides of 43, 66, and 106 miles. Berlin, Maryland; For information go to www.extremedreamevents.com.

July 8 – 15: The 9th Annual Bike Ride Across New York. A 400 mile, Eight-Day tour from Buffalo to Albany along the Historic and Scenic Erie Canal. For information go to www.ptny.org/canaltour or call (518) 434-1583.

Aug. 14 – 19: The 3rd Annual Great Hudson Valley Pedal; A parks & trails New York event; A six day, 200 mile tour from Albany to New York City; For information go to www.ptny.org/hudsonstour or call (518) 434-1583.



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

SERVING #1

A slice of Orange Cranberry
Herndon Great Harvest: W&OD Mile # 20

SERVING #2

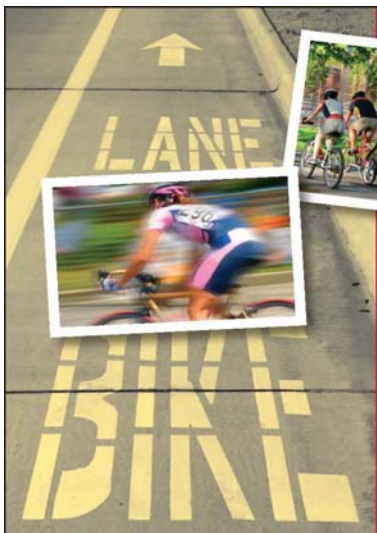
A slice of 9-Grain
Vienna Great Harvest: W&OD Mile # 11.5

(turn around)

SERVING #3

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

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



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**TRY THE NEW RESTON BIKE CLUB
"S" CLASS!**

The Reston Bike Club is pleased to announce a new opportunity for local biking enthusiasts to enjoy a relaxed schedule of weekly events designed to accommodate social bikers. Here's a chance to participate in a healthy activity with no stress, no strain, and no need to keep up with Lance Armstrong wannabees! If you've always wanted to join a social biking group with like-minded friendly folk for a convenient ride ending with a snack or light meal at a local trail-accessible eatery, here's your chance. Respond to this announcement and we'll do our best to accommodate your ideas for convenient times, speeds, ride lengths, etc. We are interested in expanding membership among families with children, beginning riders, seniors and juniors alike.

INTERESTED? Boy we hope so! Fill out an application to join the Club on-line at: www.restonbikeclub.org

For detailed ride information please call or e-mail our "S" Class Coordinator, Arline Brecher – she's eager to hear from you!
PHONE: 703-471-4734

E-MAIL:

arline.brecher@gmail.com



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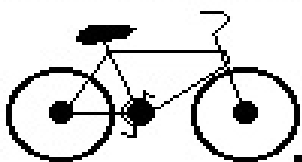
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(Continued from page 4)

Date: Saturday, April 21, 2007
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B ride
 Time: 9:30 AM
 Mileage: Various (typically 50 miles or more)
 Description: **Impromptu** (Please call if planning to ride)
 A/B Leader: John Hamilton, 703-593-9384
 Randy Karn, 703-742-4074

Date: Sunday, April 22,
 Start Location: Vienna Community Center parking lot
 Level: A/B
 Time: 9:30 AM
 Mileage: 42 miles
 Description: **Potomac Village Ride**
 A/B Leader: TBD (call Ron Rothrock, 703-759-2850)

Date: Tuesday, April 24th
 Location: Hunter Woods Shopping Ctr. (South Reston)
 Levels: 1, 2, 3, 4, 5, 6
 Time: 5:30 PM & 6:00 PM
 Mileage: 15 - 25
 Description: Route Varies from week to week.
 Leader: Ken Thompson, 703-476-4106

Date: Thursday, April 27th
 Start Location: Parking Lot Across from the Caboose on
 W&OD in Herndon
 Levels: 1, 2, 3, 4, 5, 6
 Time: 5:30 PM & 6:00 PM
 Mileage: 15 - 25
 Description: Route Varies from week to week.
 Leader: Ken Thompson, 703-476-4106

Date: Saturday, April 28, 2007
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B ride
 Time: 9:30 AM
 Mileage: Various (typically 50 miles or more)
 Description: **Impromptu** (Please call if planning to ride)
 A/B Leader: John Hamilton, 703-593-9384
 Randy Karn, 703-742-4074

Date: Sunday, April 29, 2007
 Start Location: Loudoun County High School, Leesburg, VA
 Directions: Take Rt 7 West to Leesburg, turn left on Ca-
 toctin 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 ride
 Time: 10:00 AM
 Mileage: 60 miles (also a shorter version)
 Description: **Twice Across the River**
 A/B Leader: Dan Cassidy, 703-266-3541

Find Out What Makes the RBC Tick..

On the first Wednesday of every month the RBC conducts its monthly meeting. Although these meetings are attended by club leaders, all club members are invited. If you would like to have a greater input into how the club is run, if you want to find out what being a board member is all about, if you just want to join the fun you are invited to join us.

If you would like to join us, call one of the board members from page 3 and we will give you directions to the meeting.

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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 S Name _____ A+ A B C S

Name _____ A+ A B C S Name _____ A+ A B C S

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