

The Wheel

April 2009

Volume 27, Issue 3

The Newsletter of Reston Bicycle Club

Club Members, Kathryn and Cesar, Find Paradise in Uruguay

In November of 2008, propelled by a shared sense of adventure and a desire to try something new, we moved to Uruguay. Many Americans do not know much about Uruguay,

pansive empty grasslands throughout the rest of the country. It is fairly flat, the highest hill being only 512 meters above sea level. The Atlantic coast has beautiful beaches; a few are developed with trendy resorts but most are pure and untouched. The climate is temperate and mild most of the year. While there is a change of seasons, freezing temperatures, snow and ice are extremely rare. These attributes, combined with a friendly and relaxed population, make it a great place for biking.

What the local biking scene lacks are designated trails and bike lanes. However, one can bike on most roads without worry. Drivers do not display the impatience and angry sense of entitlement that we have unfortunately encountered many times at home in the US. They are accustomed to having to pass or slow down for all sorts of motorized and non-motorized contraptions – for example, a family of four on a single moped, or a horse-drawn cart. As a result, they are much more willing to share

the road than drivers in the U.S.

We have been living here for just over three months now and have sought out the best places to ride our bikes. The house we are renting is in the countryside, a twenty minute drive from the nearest town. The scenery around our home is bucolic, with gentle rolling hills and cows, sheep and horses every where we look. Lovely as the area is, the downside is that we cannot bike directly from the house on our road bikes. The road we live on is dirt, connected to another road of dirt, connected to a two-lane highway with large patches that are under perpetual construction, mostly involving dirt. However, there are stretches of mostly smooth highway nearby that are great for biking, with little traffic, enough inclines to be interesting and great scenery.

On days we want to ride on smooth roads, we pack the bikes into our car and head to the coast for the best views. Our favorite ride right now is an out and back from a bohemian beach town called Manantiales. Usually when we start in the morning the tourists are just returning from a night out, maybe still at the bar for breakfast. From Manantiales we

(Continued on page 6)

The Frame Debate: Steel vs. Carbon Fiber

By Richard Cunningham
[Road Bike Action](#)

I am just getting into cycling and riding my old ancient Peugeot mountain bike. I have money down on a Specialized Roubaix Triple Elite, which I test rode on a very short ride. The bike shop manager is building a Torelli Corsa Strada for me to try as a comparison for around the same price as the Specialized.

The Torelli frame is on order, so it will be a while until I can try it out, but I was wondering what you thought about the two bikes by comparison in general. I'm 53 years young and in pretty good shape. I did like the feel of carbon on the Specialized. What should I expect to feel on the Torelli?

I know all things are subjective, but I'm sure there are obvious differences and would like your opinion.

— Mike

The difference in the ride between a lugged steel frame and a carbon fiber—assuming, as in your case, that the two are top quality—is dramatically different. Steel tends to flex in a linear fashion—that means that adding another 25 pounds of leg and upper body pressure will deflect it exactly the same increment as the previous 20 pounds did.

Metal has a very consistent, omni-directional grain structure. A good steel frame is remarkably wonderful on a long ride, and encourages a good climbing rhythm.

Carbon fiber composites flex according to the direction and

(Continued on page 9)



Chairman's Message: John Hamilton

Daylight savings is here and the weather is turning warmer. The Tuesday Thursday night rides are in full swing. Of the three rides at least the two I've ridden it was a much faster pace than I remember for Marches in previous years. I guess everyone put in the miles that pay. This month the Wednesday social rides start. A chance to actually meet and talk with the other riders, check them out.

The Red Cross training is coming. It's been delayed but the great news is the Red Cross wants to work with the RBC to prototype a course designed for cyclists to be used with bike clubs nationwide. In exchange for our feedback the course will be free to club members. We'll keep you posted as to the date for the course. The Red Cross would also like to work with RBC to develop a first aid kit for cyclists to carry on rides.

On that note, I witnessed an accident where we could have used such a first aid kit. I riding on the trail with a fellow club member when another cyclist came up behind us, rode there for a while and then said passing on your left, came around and cut back in an abrupt manner taking out the front wheel of the rider a was with. This accident could've been easily prevented had the other ride taken due care to see if he was safely past. There was no one coming in the opposite direction. In fact, no one else was around except the three of us.

Let's remember this season that the trail is for all users, and respect their right to be there. Many of us like to ride at a brisk pace. Let's still take the extra care and sometimes a few seconds to ensure everyone's safety. Accidents will happen but consideration for others will prevent at least a few of them. Let's be safe out there.

See you out there on the road and the trail

John



The PedalShop is leaving its Ashburn Location and going virtual. The services and merchandise will still be available through their website, www.pedalshop.com. In the mean time they are looking for new tenants for their current location. Go to www.pedalshop.com for more information.

Who's Who In Reston Bike Club

Chairman:

John Hamilton (703) 904-9381
jhamilton11@cox.net

Vice-Chairman:

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

Secretary:

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

Treasurer:

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

Members at-large:

Paul Baker, (703) 860-4314
parobaker@verizon.net

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

Barb Lytle, (703) 362-8286
vballbarb@yahoo.com

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

Ride Coordinators:

Level A/B:

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

Level C:

Vacant

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

Jonathan Anderson, Carl Argote, Daniel Bailey, Danielle Bonvini, Sinead Downing, Joseph Gault, Suzanne Hickey, Sabine Hutto, Andrew Jones, Jessica Fry, Lee Langford, Ha Le, James Lees, Dana Lees, C J Lees, Deborah, Magraff, Sally Myers, Roc Myers, Joseph Roesch, Zachary Sager, Bruce Schwartzberg, Stacy Taylo, Simon Thrush, Frank Volberg, Timothy Walter, Lyndon Goodwin

Returning Members

Jeffrey Allen, Mario Alvarez, Vincent Amodeo, Renee Amodeo, Mike Barwell, Jeff Bickart, Laurie Bicart, Mark Blanton, Charles Bouldin, Michael Broadhurst, Mike Buchness, Dianna Buchness, Scott Burgan, Christopher Burgess, Dawn Sherwood, Mark Burns, Mike Capasso, Tom Cariota, Matt Carroll, Daniel Cassidy, Ernie Castro, Craig Clark, Linda Craig, Collin Craig, Jeffrey Danielson, Jeff Erler, Melanie Erler, John Foster, Peter Fraker, Jeneane Fraker, Julie Gibbons, Ben Gibbons, Scott Gibbons, David Gray, Mary Gray, Jeffrey Halbert, Steve Hammond, Jerry Hanson, Jacy Hanson, Charles Harper, Julie Harper, William Hauser, Linda Kennedy, Catherine Lilley, Christian Weber, Scott Mabry, Ann Mabry, Eric Mackem, Lisa Mackem, Byron Marchant, Nathan Miller, Hugo Molina, Herman Molzahn, Dung Nguyen, Kevin Nishiyama, Daniel O'Connell, Randall Root, Richard Rostant, Donna Rostant, Gerard Rugel, Richard Ryan, John Schiavo, Anthony Shiamo, Monica Shiamo, Steve Slovikosky, Kelly Smith, Maggie Smith, Richard Stallings, Tiago Stock, Tim Strobeck, Tammy Strobeck, Willetta Sutton, J Troy Swackhammer, James Swarts, Cynthia Swats, Rich Vinnacombe, Ferdie Wang, Mason Washington, Bradley Wedemeyer, Kristin Wedemeyer, Christine Wehlburg, Dave Fuentes, Robert West, Paul White, Douglas Young, Kelly Young, Shawn & Julie Clark

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

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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.

If there is a greater than 50% chance of rain or if the starting temperature is predicted to be less than 40 degrees the ride may be cancelled. Please call the listed ride leader to confirm the ride status.

April 2009 Schedule

Date: **Thursday, April 2, 2009**
 Start Location: Parking Lot Across from the Caboose on W&OD in Herndon
 Level: 1,2,3,4,5
 Time: 6:00 PM
 Mileage: 25-30
 Description: **Route Varies each week**
 A/B Leader: Ken Thompson 703-476-4106

Date: **Saturday, April 4, 2009**
 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** No-drop (First time riders, please call if planning to ride) No-drop
 A/B Leader: John Hamilton, 703-593-9384
 Randy Karn, 703-402-0227

Date: **Sunday, April 5, 2009**
 Start Location: Vienna Community Center parking lot
 Level: A/B
 Time: 10:00 AM
 Mileage: 42 miles
 Description: **Georgetown, Haynes Point, & 4-Mile Run**
 A/B Leader: Don Brumbaugh, 703-880-3024

Date: **Tuesday, April 7, 2009**
 Start Location: Hunter Woods Shopping Ctr. (South Reston)
 Level: 1,2,3,4,5
 Time: 6:00 PM
 Mileage: 25-30
 Description: **Route Varies each week**
 A/B Leader: Ken Thompson 703-476-4106

Date: **Wednesday, April 8, 2009**
 Start Location: Parking Lot Across from the Caboose on W&OD in Herndon
 Level: Social Ride
 Time: 6:00 PM
 Mileage: 15-20
 Description: **Route Varies each week**
 A/B Leader: Ken Thompson 703-476-4106

Date: **Thursday, April 9, 2009**
 Start Location: Parking Lot Across from the Caboose on W&OD in Herndon
 Level: 1,2,3,4,5
 Time: 6:00 PM
 Mileage: 25-30
 Description: **Route Varies each week**
 A/B Leader: Ken Thompson 703-476-4106

Date: **Saturday, April 11, 2009**
 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** No-drop (First time riders, please call if planning to ride)
 A/B Leader: John Hamilton, 703-593-9384
 Randy Karn, 703-402-0227

Date: **Sunday, April 12, 2009**
 Start Location: Reston Town Center NE parking lot
 Level: A/B
 Time: 10:00 AM
 Mileage: 35/44 miles
 Description: **Reston Ramble**
 A/B Leader: Chris Ross, 703-243-2042

Date: **Tuesday, April 14, 2009**
 Start Location: Hunter Woods Shopping Ctr. (South Reston)
 Level: 1,2,3,4,5
 Time: 6:00 PM
 Mileage: 25-30
 Description: **Route Varies each week**
 A/B Leader: Ken Thompson 703-476-4106

Date: **Wednesday, April 15, 2009**
 Start Location: Parking Lot Across from the Caboose on W&OD in Herndon
 Level: Social Ride
 Time: 6:00 PM
 Mileage: 15-20
 Description: **Route Varies each week**
 A/B Leader: Ken Thompson 703-476-4106

Date: **Thursday, April 16, 2009**
 Start Location: Parking Lot Across from the Caboose on W&OD in Herndon
 Level: 1,2,3,4,5
 Time: 6:00 PM
 Mileage: 25-30
 Description: **Route Varies each week**
 A/B Leader: Ken Thompson 703-476-4106

Date: **Saturday, April 18, 2009**
 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** No-drop (First time riders, please call if planning to ride)
 A/B Leader: John Hamilton, 703-593-9384
 Randy Karn, 703-402-0227



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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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2009 RBC Jerseys Are Now on Sale

If you received last month's newsletter you may have noticed the front page article announcing the winner of this year's Jersey Design contest. This is the second year that we conducted this contest. The chosen design is now available for purchase along with matching shorts. Go to our web-site <http://www.restonbikeclub.org/> to place your order today.

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ride along the ocean to where the road ends at a ferry crossing of a huge lagoon. Sadly, the road on the other side quickly deteriorates, so here we turn around. In the morning light the ocean looks like liquefied silver and sometimes there are large waves that send spray flying into the air. The colors of blue sea against white dunes and green vegetation by the roadside are a lovely contrast. Usually on the way out we must face a brutal, soul crushing headwind. Until moving here, I had never experienced anything like this wind. Its punishment makes up for the lack of big hills. On the positive side, it is great training and our reward for suffering through it on the way out is the tailwind it provides on the way back.

To double our biking opportunities, we also have mountain bikes.



These are great when we just don't feel like packing up and driving somewhere to ride our bikes. Our neighborhood, if one can call it that, is crisscrossed everywhere with dirt roads – perfect for mountain biking. The bikes are a great way to explore the area up close. However, we do have to look out for a sort of road hazard we never experienced at home – grazing cows. Just yesterday we were cruising down a dirt road when we came upon a herd in the middle of the road. We stopped and deliberated whether we should pass through the herd or not. A cow is usually a docile animal, but getting in the direct path of nine hundred pounds of bovine is never a good idea. Finally there was an opening and we took our chance, safely getting through without spooking any of them. We continued on with lovely views of a large lake to our right, a field full of beautiful horses and later on, a picturesque vineyard.

Another big thing to get used to is the reverse of seasons from the Northern hemisphere. Right now, while most readers of The Wheel are dealing with winter cold, snow and ice, we are in the hottest part of our summer. By the time the 2009 RBC Century rolls around in the dog days of August, it will be winter here.

All things considered, Uruguay is a great place for biking. There is lovely scenery, a bike friendly culture and a moderate climate that allows for riding all year long. Riding our bikes and training for upcoming century rides gives our new life here some structure it might otherwise lack. We plan to return in August to visit and to ride the RBC 2009 Century. Until then, if interested in our South American adventure, check out our blog, at www.postcardsfromuruguay.blogspot.com.

Kathryn Troutman and Cesar Olivos

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Classifieds

1998 TREK 2120: carbon/alu (forrest green), 54cm, Ultegra 9sp - triple. Bike has been a back up since 2003. New shifters installed in Jan 06 and don't have 1k miles on them. \$550 obo.

Contact adamxpico@verizon.net

2003 TREK 5200: carbon, 54cm, Ultegra 9sp. Bontrager Race Lite wheels with less than 1k as they were used as back up. Rear derailleur is a season old. KING headset replaced original. BB is also a replacement. \$1250 obo.

Contact adamxpico@verizon.net



How to Hold Your Own on Fast Club Rides

By Fred Matheny for www.RoadBikeRider.com

The major activity of any cycling club, racing or touring, is the group ride. As a result, it's important to know how to hang tough on a given ride and make yourself welcome on the next one. Success is often due to more than fitness. Here's a club cycling primer!

• Know the group's traditions.

Some clubs like to start all rides, no matter how fast they'll eventually become, with 20 or 0 minutes of easy warm-up. If you're impatient early, you can cause hard feelings by chafing at the bit to go faster. When you know the pattern, it's easier to be patient.

• Know what kind of ride is planned.

Will it be a fast training ride? A leisurely spin? Paceline practice? It's disruptive when most of the group is thinking one thing while one or two cyclists are on a different agenda. If an easy recovery ride is scheduled, but you're out for hard training, people are going to get angry. Be certain of the ride's goal before the start.

• Don't be a loco locomotive.

If you're having trouble taking your pulls at the front, get off quickly and slide back to get maximum draft in the paceline. It's far better to sit on the back and let others do the work than to slow everyone with valiant but sluggish turns at the front.

• Use a racing trick if you often get dropped on climbs.

As a climb begins, be nestled in the front third of the bunch. Get as much draft as possible. If you can't hold the pace, don't blow up trying. Let yourself slide back through the group but still be in contact at the top.

• Accept help on hills.

Stronger cyclists may give you a helpful push as they ride by. Don't be embarrassed by their help. They probably got towed up climbs when they were starting, too. A short push often allows you to regain your breathing and climbing rhythm so you can continue on your own.

• Pick a strong rider to follow.

If you're really having difficulty keeping the pace, get on the wheel of a good rider and mirror his (or her) technique. Use the same gear, stand when he does, take a drink as soon as he reaches for his bottle, and so on. This teaches you good cycling habits. Plus, emulating his movements takes your mind off your own effort and helps you past the hard spots.

• Don't be afraid to say the pace is too hard.

It's a good bet that other cyclists feel the same way but are reticent to speak up—or can't, because they're breathing too hard to talk! Perhaps even the riders who are setting the pace are having difficulty, but they continue to go hard out of vanity or because they think everyone else expects them to. A little communication goes a long way in making a group ride a more pleasant and productive experience.

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(Continued from page 4)

Date: **Sunday, April 19, 2009**
 Start Location: Reston Town Center NE parking lot
 Level: A/B
 Time: 10:00 AM
 Mileage: 43 miles
 Description: **Double Parking**
 A/B Leader: Ron Rothrock, 703-759-2850

Date: **Tuesday, April 21, 2009**
 Start Location: Hunter Woods Shopping Ctr. (South Reston)
 Level: 1,2,3,4,5
 Time: 6:00 PM
 Mileage: 25-30
 Description: **Route Varies each week**
 A/B Leader: Ken Thompson 703-476-4106

Date: **Wednesday, April 22, 2009**
 Start Location: Parking Lot Across from the Caboose on W&OD in Herndon
 Level: Social Ride
 Time: 6:00 PM
 Mileage: 15-20
 Description: **Route Varies each week**
 A/B Leader: Ken Thompson 703-476-4106

Date: **Thursday, April 23, 2009**
 Start Location: Parking Lot Across from the Caboose on W&OD in Herndon
 Level: 1,2,3,4,5
 Time: 6:00 PM
 Mileage: 25-30
 Description: **Route Varies each week**
 A/B Leader: Ken Thompson 703-476-4106

Date: **Saturday, April 25, 2009**
 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** No-drop (First time riders, please call if planning to ride)
 A/B Leader: John Hamilton, 703-593-9384
 Randy Karn, 703-402-0227

Date: **Sunday, April 26, 2009**
 Start Location: Loudoun County High School, Leesburg, VA
 Directions: Take Rt 7 West to Leesburg, turn left on Catoctin 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: 10:30 AM
 Mileage: 43 miles
 Description: **Lovettesville Loop**
 A/B Leader: Jon Daugherty, 703-431-4108

Date: **Tuesday, April 28, 2009**
 Start Location: Hunter Woods Shopping Ctr. (South Reston)
 Level: 1,2,3,4,5
 Time: 6:00 PM
 Mileage: 25-30
 Description: **Route Varies each week**
 A/B Leader: Ken Thompson 703-476-4106

Date: **Wednesday, April 29, 2009**
 Start Location: Parking Lot Across from the Caboose on W&OD in Herndon
 Level: Social Ride
 Time: 6:00 PM
 Mileage: 15-20
 Description: **Route Varies each week**
 A/B Leader: Ken Thompson 703-476-4106

Date: **Thursday, April 30, 2009**
 Start Location: Parking Lot Across from the Caboose on W&OD in Herndon
 Level: 1,2,3,4,5
 Time: 6:00 PM
 Mileage: 25-30
 Description: **Route Varies each week**
 A/B Leader: Ken Thompson 703-476-4106

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number of fibers in the lay-ups, and react slightly differently according to the molding pressure, temperature and other mold-related inconsistencies. Carbon fiber frames tend to flex easily for a slight distance and then tighten up in a more progressive manner. Aggressive climbers and sprinters like this feel.

Personally, I like the feel of a carbon fiber frame, but the ones I ride are among the most expensive made and no, I could not afford one on an editor's salary.

The steel frame will probably be at least a pound heavier, but ride both and make your decision based on the ride, not the material. Remember that style is superficial and that a pound is not a deal breaker.

A perfect riding bike is like a musical instrument: the best ones are comfortable to play and respond easily to the musician's touch. "Performance" is the interplay between man and bicycle.

Contact Richard Cunningham for questions or comments, or just to talk bikes at: askRC@roadbikeaction.com

Road Bike Action is an enthusiast magazine focusing on new products, bikes, training and the transformative culture of bicycles. Check us out at www.roadbikeaction.com.

Related Articles:

- [A Beginner's Guide to Buying a Bike](#)
- [What Are the Advantages of Compact Gearing?](#)
- [Factory Tour: Calfee Design and the Bamboo Bike](#)

Additional Thoughts from Paolo

What I see missing in the article is tensile strength of carbon versus steel/ti. Carbon is 4-5 stronger than ti (according to Look), and though carbon is strong and light weight, it will crack/damage a lot easier than steel or ti. Any good bike manufacture will layer the carbon to make it strong especially in the bottom bracket area and other stress points on the bike frame.

I could see the on-coming of carbon as Taiwan really brought down the price of carbon design bikes versus the Europeans. Colnago and others now have carbon frames manufactured in Taiwan due to cost.

Giant, the largest bike manufacture in the world, has been in Taiwan for many years, and the new Giant advanced is one of the best bangs for the buck.

As far as I know there are now no steel or ti bikes used in the Pro Peloton as carbon now dominates, just don't crash it.

The fatigue life of metals as compared to carbon fiber. All metals have a fatigue life and the question is how do you define the fatigue life of a welded joint? But molded carbon fiber has a near-infinite fatigue life according to studies. Aluminum supposedly has the shortest fatigue life of all the metals used in bicycle manufacture, but I have over 70,000 miles on my Cannondale CAAD 4 frame and it's still going strong.

(Continued from page 7)

• **If you always have trouble holding the pace, look for different group.**

Find one closer to your ability level. There's no shame in rationally assessing your strength and choosing cyclists who share it. You'll actually improve faster if you ride with a group that you are on equal terms with. You'll be able to practice pacerline cycling, following a wheel, riding in close quarters, cornering in a group, and other important skills.

• **Don't let group cycling hurt your progress.**

Frequently riding with a too-fast group will make you tired. You won't improve as rapidly as you might with more rest. A pace that's too fast will hurt you mentally, too. You'll begin to associate cycling with pain, misery and disappointment. Don't let your ego overpower your better judgment. An appropriate dose of humility now will pay dividends later.

Receive a **FREE** copy of the eBook "29 Pro Cycling Secrets for Roadies" by subscribing to the RoadBikeRider Newsletter at www.RoadBikeRider.com. No cost or obligation.

Paul's Ride for Life

Paul Rossmeissl was 54 when he died on June 7, 2006, from injuries sustained in a bicycle accident on the Washington and Old Dominion trail, a favorite biking route. As a result of this tragedy, Paul gave the gift of life to three individuals who received his liver and both of his kidneys. Many other individuals benefited from the donation of his heart valves, bone and tissue. This bicycle ride is dedicated to his memory and will benefit the Washington Regional Transplant Community. The ride will begin at Trailside Park in Ashburn, Virginia where a shelter in Paul's honor will soon be constructed.

WHAT: Paul's Ride for Life -- *a fun bike ride for everyone!*

WHEN: Saturday, June 6, 2009, 7:00 a.m. – 12:00 p.m.

WHERE: Washington and Old Dominion (W&OD) Trail - Ashburn, VA

ROUTE: Start in Ashburn at Trailside Park; Ride Options:

- 32 mi RT: out-and-back to Purcellville, VA

- 9 mi RT: out-and-back to Route 28

WHY: Memorial ride honoring Paul Rossmeissl

COST: Registration fee of \$25.

Proceeds benefit the Washington Regional Transplant Community. For more information and to register visit: www.paulsrideforlife.org

PO. Box 3389
 Reston, VA 20195

www.restonbikeclub.org

Place
 Stamp
 Here

Join the Reston Bicycle Club now!

complete and return the membership form below
 or
 visit 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 : \$15.00 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 Avid riders.** Grueling pace with sprints; 40 - 85 miles; 18 - 20+ mph average



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



RESTON BICYCLE CLUB

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