

# The Wheel

Volume 23, Issue 7  
August 2005

## The Newsletter of Reston Bicycle Club

### Ride Report, Seattle to Portland, July 9, 2005

My friend Wolfgang, who is a reporter for a German news network and lives in DC, asked a few months ago if I'd like to join him and his friend Mike for "Seattle to Portland". The ride is 204 miles, and can be done in one or 2 days. We all signed up for the one-day option. The idea of riding in one day between 2 cities far enough apart to be connected by perfectly good aircraft somehow appealed to me!

We met in Seattle at the Moore hotel downtown. The Moore is quite a place, with high ceilings, a 1920's decor, and exposed piping everywhere. It had a certain ambience and spookiness at the same time, and would have made a great movie set. I could imagine Hercule Poirot or Sherlock Holmes nosing around its halls to solve a "Murder at the Moore"!

Since we had so far to go, we got up at 3:30 AM and were on the bikes by 4:00 - by far the earliest I've started a ride! First we had to cover the 6 miles from the Moore to the ride start. I would have been happy to creep along for this stretch, since we'd have plenty of opportunity to suffer later. Wolfgang, however, was off like a shot wearing his Gerolsteiner jersey. I felt like I was trying

to stay on the wheel of Georg Totschnig! At 4:46 we rolled out of the "Emerald City" on the way to the "Rose City". The 3 of us were soon joined by about 8 others in a nice paceline, charging south down the shore of Lake Washington. The weather was ideal - about 70 degrees and party to mostly cloudy. We soon found that we were keeping together really well and making much better time than expected, and stopped only at mile 50 and at the midpoint of the ride, mile 102.



They had a nice spread for us at the rest stop, and for the first time ever I had pasta in the middle of the ride, which turned out to be just the thing. An hour or so south of the rest stop we caught up with some Seattle bicycle messengers. They rode with regular (unpadded) shorts, and had the Seattle grunge look. They kept a good tempo but were totally unpredictable on the bike. No doubt they were used to swerving back and forth between cars and were not familiar with the paceline concept. Fortunately they fell off the back before causing any accidents!

We stopped twice more, at mile 145, where we enjoyed some really tasty sandwiches, and again at mile 188. The bridge across the Columbia river was one of only a few climbs we encountered on the ride. The total climbing was around 3000' for the full 204 miles, compared with 5500' on the Reston Century. At last, the towers of the St. Johns Bridge came into view, hello Portland! We cruised the last few feet through the

*(Continued on page 6)*



## 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](http://www.active.com/event_detail.cfm?event_id=1211389)

And get your number today.

## Chairman's Message: Chris Ross

It's getting hot out there, which means that caution is required while on the bike. I found this out the hard way while riding on Skyline drive a few years back. Things were fine until the mid-afternoon, or at least I thought they were. Turns out I hadn't been drinking enough and got dehydrated on the way back. It was a 95 degree day but I had to actually keep my speed down on the final descent back to Front Royal to avoid getting too cold!

There was one positive thing that happened that day however - I finally saw the first bears of my life. I had always been frustrated that all my friends had seen bears. Several times before I had heard people just in front of me, both on bikes and on foot, ask if I had just seen the bear. I would always have to admit that no I hadn't seen anything. I was riding on Skyline and suddenly noticed what I thought was a small black dog by the side of the road - as I got closer I saw it was a bear cub! About 10 miles later I saw a full-grown black bear right in the middle of the road, on the double yellow line, with his paw raised. He would have made a great picture. At that point I was starting to feel the heat and remember thinking - oh good a bear, so I have to stop!

Anyway enough about bears. We have the new web site up and running. Just remember to re-bookmark the site with [www.restonbikeclub.org](http://www.restonbikeclub.org), since if you don't do this you will still be directed to the old tripod site, which doesn't redirect to the new site. You'll have access to the Century registration there just as before, and Mark Hollinger is now incorporating a variety of new features, including updated

ride calendars and newsletter archives.



Century planning is in full swing; we have several new key sponsors this year in addition to our usual ones. Please volunteer if you can, the Club would welcome your support! As an added incentive we're throwing a picnic for all Century volunteers on Saturday, September 17, at the "Pony Barn" Picnic Spot" near the corner of Steeplechase and Triple Crown in South Reston. We'll have lots of good food and drink.

The areas we need to cover are:

- Prior to Century:
  - Rider Packet Stuffing: On or about August 7th, one afternoon
  - Route Marking Crew 1 (100 mile): August 27th, marker needed
  - Route Marking Crew 2 (62 mile): August 27th, driver and marker needed
  - Route Marking Crew 3 (31 mile): August 27th, driver and marker needed

- At Century:
  - Registration slot 1: 6:00 AM - 8:00 AM
  - Registration slot 2: 8:00 AM - 10:00 AM
  - Food slot 1: 11:00 AM - 1:00 PM
  - Food slot 2: 1:00 PM - 3:00 PM
  - Food slot 3: 3:00 PM - 6:00 PM
  - SAG Crew 1: already covered
  - SAG Crew 2: driver needed
  - SAG Crew 3: driver needed

Chris

# PEDAL SHOP

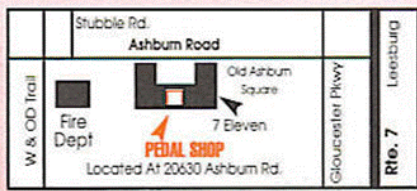
We Also Specialize In Custom Built Bikes

703 724-0188

[www.pedalshop.com](http://www.pedalshop.com)

We Service And Sell Them All: Road, MTB, BMX 1x1, Track, Cruisers, Freeride, Downhill, Etc...

Ask About Our Youth League



Holiday Specials

10% OFF

Any Bike

Not Valid With Other Offers. With Coupon Only.

---

FREE Helmet

With Any Bike

Purchase Over \$400

Alpha brand only please... With Coupon Only.

## Who's Who In Reston Bike Club

**Chairman:**

Chris Ross (703) 243-2042  
[ross3ca@comcast.net](mailto:ross3ca@comcast.net)

**Vice Chairman:**

Cesar Olivos (703) 242-0724  
[cesar.olivos@verizon.net](mailto:cesar.olivos@verizon.net)

**Secretary:**

Kathy Bromley (703) 264-0210  
[Wld-flwr@comcast.net](mailto:Wld-flwr@comcast.net)

**Treasurer:**

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

**Members at-large:**

Victor Siegfried, (703) 946-2994  
[vasieg@comcast.net](mailto:vasieg@comcast.net)

Daren Magness (703) 430-0728  
[darenmagness@adelphia.net](mailto:darenmagness@adelphia.net)

Mark Hollinger (703) 815-2723  
[mlhollinger@earthlink.net](mailto:mlhollinger@earthlink.net)

Randy Karn (703) 742-4074  
[rk@htarch.com](mailto:rk@htarch.com)

Craig Clark (703) 689-0152  
[ccbike@cox.net](mailto:ccbike@cox.net)

**Ride Coordinators:**

*Level A/B:*

Ron Rothrock, (703) 759-2850  
[rrothrock@earthlink.net](mailto:rrothrock@earthlink.net)

*Level C:*

Gregory D. Foster, (703) 489-8706  
[gdfoster@gmu.edu](mailto:gdfoster@gmu.edu)

*Level D:*

VACANT PLEASE VOLUNTEER

**Newsletter:**

Don Brumbaugh, (703) 880-3024  
[dbrumbaugh@cox.net](mailto:dbrumbaugh@cox.net)

**Database:**

Ed Robichaud, (703) 860-0108  
[edrobichaud@wdn.com](mailto:edrobichaud@wdn.com)

**Web Master:**

Mark Hollinger (703) 815-2723  
[mlhollinger@earthlink.net](mailto:mlhollinger@earthlink.net)

### 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.

### Note from the Editor

In June I participated in an MS150 ride in Western Pennsylvania. This was my 17th year and the 20th year for this event. On the first day a rider moved into the left lane while descending a hill with a blind curve. He was met with a car coming in the other direction and was killed in the resulting accident.

Often on organized rides we all get a sense of security when riding in a large group. This is the most important time to follow the rules and remain cautious. As the season continues please follow the rules of the road and watch out for risky situations. Please remember riding can be fun and safe.

## Welcome New and Returning Members


### New Members

Esther Du Toit, Will Mc Gee, Alberto Morales, Rick Racine, Daniel Rankin, Kenneth Roberts, Troy Sivak, Mario Alvarez, Alexander King, Kerry Mullin, Lawrence Osinski, Tanya Shively, Travis Van Sciver, Bruce Voqec

### Returning Members

Craig Clark, Craig Ellis, Bruce Gilley, Gary Madison, Robert Mc Candless, Robert Myhre, Mary Parisi, Dennis Smith, Scott Gibbons, Roberta Hopkins, Linda Kennedy, Bruce Lowrey, Kerry Moore, Ronald Rothrock, John Schwitz, Karl Wolf

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



**HOT, Fun  
HOT, Fun  
HOT!  
Fun!**

Visit us and taste REAL Sonoran Mexican Dishes prepared using REAL fresh & REAL good ingredients!

**The Best Southern California Mexican Food in the Washington area!**  
 -Washingtonian Magazine

**The Tortilla Factory**  
**RESTAURANT**  
**RESTAURANT & CATERERS**

**471-1156**  
 648 Elden Street  
 Herndon, VA  
 www.thetortillafactory.com - Since 1975

# Ride Schedule—August

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.

## AUGUST 2005 SCHEDULE

Date:	Tuesday, August 2, 2005	Date:	Thursday, August 11, 2005
Location:	Hunter Woods Shopping Ctr. (South Reston)	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:	25-45	Mileage:	25-45
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, August 4, 2005	Date:	Saturday, August 13, 2005
Start Location:	Parking Lot Across from the Caboose on W&OD in Herndon	Start Location:	7-Eleven at Crestview and W&OD Trail
Level:	A/B/C	Level:	A/B ride
Time:	6:00 PM	Time:	8:30 AM
Mileage:	25-45	Mileage:	Various (typically 50 miles or more)
Description:	Route Varies from week to week.	Description:	<b>Impromptu</b> (Please call if planning to ride)
Leader:	Ken Thompson, 703-476-4106	A/B Leader:	Gaston Prudencio, 703-906-7524
Date:	Saturday, August 6, 2005	Date:	Sunday, August 14, 2005
Start Location:	7-Eleven at Crestview and W&OD Trail	Start Location:	Reston Town Center NE parking lot
Level:	A/B ride	Level:	A/B
Time:	8:30 AM	Time:	8:30 AM
Mileage:	Various (typically 50 miles or more)	Mileage:	48 miles
Description:	<b>Impromptu</b> (Please call if planning to ride)	Description:	<b>Bunch of Bull / Bunch of Bull Abbreviated the C ride</b>
A/B Leader:	Gaston Prudencio, 703-906-7524	A/B Leader:	Rick Capriolo. (703) 280-3970
Date:	Sunday, August 7, 2005	C Leader:	Greg Foster, 703-489-8706
Start Location:	Point of Rocks Train Station, Point of Rocks, MD	Date:	Tuesday, August 16, 2005
Directions:	Take Rt 7 west to Leesburg, take Rt 15 North to right on Rt 28 (Tuscarora Rd) at first traffic light after crossing Potomac River. Train station is 0.5 miles on right.	Location:	Hunter Woods Shopping Ctr. (South Reston)
Level:	All Level	Level:	A/B/C
Time:	9:00 AM	Time:	6:00 PM
Mileage:	35/50 miles	Mileage:	25-45
Description:	<b>Point of Rocks/Sugerloaf Counter-Clockwise</b>	Description:	Route Varies from week to week.
A/B Leader:	TBD (call Ron Rothrock, 703-759-2850)	Leader:	Ken Thompson, 703-476-4106
C Leader:	Greg Foster, 703-489-8706	Date:	Thursday, August 18, 2005
Date:	Tuesday, August 9, 2005	Start Location:	Parking Lot Across from the Caboose on W&OD in Herndon
Location:	Hunter Woods Shopping Ctr. (South Reston)	Level:	A/B/C
Level:	A/B/C	Time:	6:00 PM
Time:	6:00 PM	Mileage:	25-45
Mileage:	25-45	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:	Saturday, August 20, 2005
Date:	Tuesday, August 9, 2005	Start Location:	7-Eleven at Crestview and W&OD Trail
Location:	Hunter Woods Shopping Ctr. (South Reston)	Level:	A/B ride
Level:	A/B/C	Time:	8:30 AM
Time:	6:00 PM	Mileage:	Various (typically 50 miles or more)
Mileage:	25-45	Description:	<b>Impromptu</b> (Please call if planning to ride)
Description:	Route Varies from week to week.	A/B Leader:	Gaston Prudencio, 703-906-7524
Leader:	Ken Thompson, 703-476-4106		

(Continued on page 6)

**OUT-OF-THE-AREA EVENTS\***

August 7-12 10<sup>th</sup> Annual Tri-State Wheelers Summer Bicycle Tour; A six day bicycle tour of New Hampshire & Vermont. For information see [www.newenglandadventure.com](http://www.newenglandadventure.com).

August 13: 1<sup>st</sup> Annual Galena (MD) Lions Charities "Ride To See"; Rides of 15, 30, 62.5, and 100 miles; For information call 410-648-5131, or email [pon67der@yahoo.com](mailto:pon67der@yahoo.com), or register on line via active.com.

August 17-21: Great Hudson Valley Pedal; A 5-day 200 mile bicycle tour from Albany to New York City; For information call 518-434-1583 or contact [hudsonstour@ptny.org](mailto:hudsonstour@ptny.org).

August 20: Cumberland Valley Century, Clear Spring, MD, sponsored by the Cumberland Valley Cycling Club. Options of 25, 61, and 101 miles. Information and registration form at [www.bikecvcc.com/theride.html](http://www.bikecvcc.com/theride.html).

August 21: Covered Bridge Metric Century, Lancaster, PA, sponsored by the Lancaster Bicycle Club. Ride options of 15, 31, and 62 miles. Information and link to registration form at [www.lancasterbikeclub.org/cbm.php](http://www.lancasterbikeclub.org/cbm.php).

August 27: Shore Fire Century, Middletown, DE, sponsored by the White Clay Bicycle Club. Options of 35, 65, and 100 miles. Information and registration form at [whiteclaybicycleclub.org/Events-WCBC/shorefire.htm](http://whiteclaybicycleclub.org/Events-WCBC/shorefire.htm).

August 28: Blue Ridge Extreme, Afton Mountain, VA, sponsored by the Charlottesville Racing Club. Ride options of 32, 62, and 102 miles. Information and registration link at [www.blueridgeextreme.com](http://www.blueridgeextreme.com).

September 3: The 10<sup>th</sup> Annual Bay Country Century; For information and registration go to [www.BikeReg.com](http://www.BikeReg.com) or [www.teamsnowvalley.com](http://www.teamsnowvalley.com).

September 5: 27<sup>th</sup> Annual Hanover Cyclers Labor Day Century; Rides of 25, 50, 65, and 100 miles through Adams County, PA and Frederick County, Maryland. Registration forms available at [www.Hanovercycling.org](http://www.Hanovercycling.org); for information call (717)225-3768.

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, Indian Head, MD. Options of 30, 63, and 100 miles. Information and registration form at [ohbike.org/century/index.htm](http://ohbike.org/century/index.htm).

September 11: The 23<sup>rd</sup> Annual Shenandoah Valley Century; Start in Hillandale Park, Harrisonburg, VA. For information contact Art Fovargue at [fovarg@adelphia.net](mailto:fovarg@adelphia.net) or <http://neups.tripod.com/svc.pdf>.

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

September 17-18: Heart of Virginia Century and Bike Festival, sponsored by the Richmond Area Bicycling Association. Check periodically for more information at [www.raba.org](http://www.raba.org)

September 17: The 9<sup>th</sup> Annual Rappahannock Rough Ride; For information see [www.fauquierfreeclinic.org/rrr](http://www.fauquierfreeclinic.org/rrr) or email [rob@fauquierfreeclinic.org](mailto:rob@fauquierfreeclinic.org).

September 18: The Potomac Pedalers Touring Club 2005 Historic Back Roads Century, 25/50/62/100 miles. For information see [http://bikeptc.org/web\\_final/](http://bikeptc.org/web_final/)

October 1-8: Cycle North Carolina, Asheville to Wilmington; For information call (919) 361-1133, or caontact [www.cyclenorhcarolina.org](http://www.cyclenorhcarolina.org).

October 1-8: The 25<sup>th</sup> Annual GABA Tour; A 520 mile route from the Grand Canyon to the Mexico Border; For information call 520-349-5932 or contact [www.bikegaba.org](http://www.bikegaba.org).

October 8: Seagull Century, Salisbury, MD. Preregistration required. Check periodically for more information at [www.seagullcentury.org](http://www.seagullcentury.org).

October 14-16: Shenandoah Fall Foliage Bike Festival, Staunton, VA. Information at [www.shenandoahbike.org](http://www.shenandoahbike.org).

\* Application forms and/or brochures are available for many of these events. For information email [kenneththompson@att.net](mailto:kenneththompson@att.net) or call 703-476-4106.

## NEW WEBSITE WILL REQUIRE A NEW BOOKMARK.

We have the new web site up and running. Just remember to re-bookmark the site with [www.restonbikeclub.org](http://www.restonbikeclub.org), since if you don't do this you will still be directed to the old tripod site, which doesn't redirect to the new site. You'll have access to the Century registration there just as before, and Mark Hollinger is now incorporating a variety of new features, including updated ride calendars and newsletter archives.

## 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!**



(Continued from page 1)

arrival banners and over the finish line, and celebrated our successful arrival at the post-ride party.

I relaxed in Portland the next day while my friends visited relatives there, then took the bus back to Seattle while the STP folks trucked my bike back. All in all, a really fun trip, with a little time off in Seattle before the ride and Portland after. All three of us were glad we'd done it and felt the ride was well supported. We were also surprised how quickly we had covered the distance - having a good group to ride with makes all the difference! As I sat in the SeaTac airport waiting for my flight home I saw a local flight to Portland pop up on the "departures" screen - that was neat

(Continued from page 4)

- Date: Sunday, August 21, 2005
- Start Location: Middleburg Elementary School, Middleburg, VA
- Directions: Take Rt 50 west to Middleburg. Turn right at light onto Rt 626 (Foxcroft Rd); school will be 0.25 mile on the right.
- Level: All Level
- Time: 9:00 AM
- Mileage: 47 miles for A/B, TBD for C
- Description: **Middleburg/Dash to Delphane/Horse Country Loops for C**
- A/B Leader: Paul Baker, 703-860-4314
- C Leader: Greg Foster, 703-489-8706
  
- Date: Tuesday, August 23, 2005
- Location: Hunter Woods Shopping Ctr. (South Reston)
- Level: A/B/C
- Time: 6:00 PM
- Mileage: 25-45
- Description: Route Varies from week to week.
- Leader: Ken Thompson, 703-476-4106
  
- Date: Thursday, August 25, 2005
- Start Location: Parking Lot Across from the Caboose on

**Bicycles & Equipment For The Whole Family!**  
 Competitive Prices With Home Town Service  
 ♦ Since 1980 ♦

Whether you are buying your first bicycle for you or your kids, or looking for your professional supplies, you can expect the best service from our knowledgeable sales staff. We stock equipment for every rider's level & needs! A family run business, CELEBRATING 25 YEARS OF AREA SERVICE, our focus is as always on Quality & Service.

**TWO LOCATIONS OPEN SEVEN DAYS A WEEK**  
 Mon-Sat: 10am - 9pm Sun: 12 - 6pm

**HERNDON**  
 Clock Tower Shopping Center  
 2451-B Centreville Road  
 Herndon, VA 20171  
 703-793-0400

**MANASSAS**  
 Next to Best Buy Store  
 7705 Sudley Road  
 Manassas, VA 20109  
 703-361-6101

Remember  
 Receive a 10% Product Discount  
 with this ad during Mar/Apr '05  
[www.A1Cycling.com](http://www.A1Cycling.com)

"He neither drank, smoked, nor rode a bicycle. Living frugally, saving his money, he died early, surrounded by greedy relatives. It was a great lesson to me." John Barrymore

- W&OD in Herndon
- Level: A/B/C
- Time: 6:00 PM
- Mileage: 25-45
- Description: Route Varies from week to week.
- Leader: Ken Thompson, 703-476-4106
  
- Date: Saturday, August 27, 2005
- Start Location: No ride scheduled due to century preparation.
  
- Date: Sunday, August 28, 2005
- Start Location: Center of Reston Town Center
- Level: All Level
- Time: 6:00 – 10:00 AM registration/check-in
- Mileage: 32/64/100 miles
- Description: **Annual Reston Century**
  
- Date: Tuesday, August 30th, 2005
- Location: Hunter Woods Shopping Ctr. (South Reston)
- Level: A/B/C
- Time: 6:00 PM
- Mileage: 25-45
- Description: Route Varies from week to week.
- Leader: Ken Thompson, 703-476-4106



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!)



**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

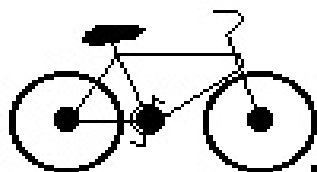
Place  
Stamp  
Here



## Come test ride

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

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



# bikes@vienna, LLC

128A Church Street, NW

Vienna, VA 22180

[www.bikesatvienna.com](http://www.bikesatvienna.com)

703-938-8900