

The Wheel

August 2007

Volume 25, Issue 7

The Newsletter of Reston Bicycle Club

**Come and Join the Fun and the Reston Bicycle Club's 25th Annual Century.
(Commemorative T-Shirts and Insulated Water Bottles to all Riders)**

Ride

or

Volunteer

We've got a great century ride planned for this year. This will be the Reston Bicycle Club's 25th Century! We will have ice cream and Gatorade snow cones like last year and plenty of food, water and Gatorade at all the rest stops. **Also in honor of our 25th Century we will have commemorative T-shirts and insulated water bottles.**

Our proceeds benefit local cycling organizations like Friends of the W&OD Trail. The Club is working hard to make this the best ride ever.

Our routes will be very similar to those of last year, with a flat 30-miler, a hilly 62-miler, and our signature event - the challenging century ride. The Century will have the usual "hilly" and "extra-hilly" options, the latter featuring the infamous Taylorstown Road climb! We do ask that those of you riding 100 miles start by 9:00 AM.

Those of you who are pre-registered need only check in quickly, grab an energy bar, and head out. On-site registration will be efficient as well since we'll have plenty of volunteers. Look for us throughout the event - we'll be wearing T-shirts similar to yours but in a different color, and will always be ready to help and answer your questions.

Everyone who registers, whether online, via mail, or on-site, will get T-shirts this year - so there's no confusion. You can pick up your T-shirts after the ride at the Reston Town Center Pavilion.

If you are not riding, please consider volunteering. With all the great things we have planned this year we could use all the volunteers we can get. Please contact Ken Thompson (703-476-4106) or Cesar Olivos (703-585-1735) to sign as a volunteer to help make this the best century ever!

THE RBC NEEDS YOU!!! Yes, you, who tells yourself every year, "I should volunteer to help with the Century". Well, this is a great year to start, because without the significant assistance of large supporters of years past, we need extra volunteers from our own ranks to help make this our best event ever. We can do it! Benefits include a free tee shirt, the satisfaction of knowing your help made a difference, and perhaps even taking secret pleasure of watching exhausted cyclists throw themselves at the food and Gatorade stations at rest stops, while you are fresh and relaxed. I watched from the cool shade near our sno-cone machine (to be repeated this year, at the Waterford stop) as some cyclists actually dumped their bikes, right there in the middle of the parking lot, and ran, well, more like limped, in excitement for icy cold sno-cones. Yes, you will miss out on a great ride, but I'll let you in on a little secret - there are plenty of other centuries to do in August and September. Naturally, ours is the best, so come out and keep it the best! We need volunteers for the following responsibilities: registration, rest-stop set up and take down, rest-stop management, food and drink distribution, tee shirt distribution, route marking, logistic support, SAG, and after-party setup and cleanup. Descriptions of the volunteer positions needed are posted on our website. Please contact Ken Thompson (703-476-4106) or Cesar Olivos (703-585-1735) to sign as a volunteer to make a difference.



Chairman's Message: Cesar Olivos

Summer is in full swing. Sizzling pavement and crunchy dry grass tell us that the dog days have arrived. I find it a little sad every year to think that the much awaited summer solstice, while bringing warm sunshine filled days, also signals the slow, impending march towards autumn, with imperceptibly shortening days. Before we know it, the summer weekday rides will be shortening in mileage as we race the setting sun back to our cars or homes. Hopefully, the advanced stage of the summer also means that we have plenty of miles under our belts and are ready for August and September Century rides, especially the 25th anniversary of our own century on August 26th.

We have accomplished a lot so far in putting together this year's event, but much work remains. Ultimately, the success of the event will come down to the help from RBC members who volunteer on Century day. Please think of how you can help. You don't even have to be there for the full day. Consider volunteering at a rest stop for part of your ride. If you can volunteer, please talk to Ken at a Tuesday/Thursday ride or contact myself or any other board member.

Over the 25 year history of the Reston Century, I am sure there are a lot of great stories to be told. I remember my first Reston Century. I had opted for the "hilly" route and had not yet had the pleasure of getting acquainted with the legendary hills of Taylorstown and Stumptown. With the first rise of Taylorstown, I asked a friend if that was it – meaning, is that the end of the hill? He must have misunderstood, or was feeling sadistic, because he said yes. Being cocky and blissfully ignorant of the pain ahead, I remained in a large gear, thinking this wasn't a bad hill at all. Well, I was caught off guard for what lay ahead and ended up doing the entire length of Taylorstown in a large gear, unable to shift into an easier one. By the time I coasted into the descent, my so-called friend was long gone. So you don't make the same mistake I did, we will post the elevation profile of the Century on our website and at Reston Town Center Pavilion the day of the ride.

In closing, we would love to hear your stories from the Century or other rides. If you would like to share photos or an account of an interesting ride in the Wheel, please submit newsletter content to Don Brumbaugh at debrumbaugh@verizon.net



WE SELL COMPLETE BIKES, PARTS AND ACCESSORIES FROM THE BEST SUPPLIERS IN THE INDUSTRY AND WILL BE HAPPY TO STEER YOU IN THE RIGHT DIRECTION SO YOU CAN MAKE THE BEST PURCHASE AT VERY COMPETITIVE PRICES. STOP BY OUR SHOP IN ASHBURN, OR CALL US.

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**COMMUNITY MESSAGE BOARD
GROUP RIDES AND EVENTS
2006 RACE SCHEDULES**



10 % Off
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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
rothrock@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

Edward Aifer, Sally Behnam, David Bodkin, Danilo Bogdanovic, Elaina Chiru, Rod Erickson, Brian Farmer, Jim Knoke, Richard Nigon, Tony Pane, Daniel Barsuk, Alvin Chang, Mike Laird, Anne Loiselle, David Officer, Richard Rostant, Don Williams, Denise Snyder, Bob Gemmill, Robert Hall, Chris Huhn, Kimberley Kruse, Doug Landau, Steve Medcroft, Ken Ozkaptan, Isidoro Reverte

Returning Members

Mark Buck, Mary English, Michael Friend, Mark Getis, Stephan Greene, Brian Hajost, Kenneth Schwarz, Gerard Palmer, Patrick Trueman, Richard Weisman

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

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

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Social Class Rides Available On Saturdays

On May 12th, and every Saturday afterward, Social Class Rides will begin. For riders who want to meet at Panera's (Reston Town Center) for a two hour ride. Rides start at 11:00 am. Call in advance (703) 41-4734 or e-mail arline.brecher@gmail.com to schedule a ride.

Free Bike Rack to a Good Home

I have a 4-bike car-top bike rack which I no longer use. If anyone could use it, could they call me at 703-437-0138 or email me at

nrdavis2@comcast.net

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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Herndon, VA 20171

703-793-0400

MANASSAS

Next to Best Buy Store
7705 Sudley Road
Manassas, VA 20109

703-361-6101



Volunteers Needed for the 2007

Reston Bicycle Club Century

This year's Reston Bicycle Club Century promises to be the best one ever as we are celebrating the Club's 25th edition of the ride. Much of the planning has started and we are very excited about what is in store.

We have discovered that one of our major sponsors will not be participating this year so we will need more volunteers than ever. If you ever thought about helping out with a century this should be your year. The club will need people to help out with rest stop management and food distribution, as well as transportation.

Please join in and support the club in what promises to be a fun day for riders and volunteers alike.

Ride Schedule—August

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.

August 2007 Schedule

Date: **Thursday, August 2, 2007**
 Start Location: Parking Lot Across from Caboose on W&OD in Herndon
 Level: 1,2,3,4,5
 Time: 6:00 PM
 Mileage: 25 – 38
 Description: Route Varies from week to week.
 A/B Leader: Ken Thompson, 703-476-4106

Date: **Saturday, August 4, 2007**
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B ride
 Time: 9:00 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, August 5, 2007**
 Start Location: Reston Town Center NE parking lot
 Level: A/B and C
 Time: 8:30 AM
 Mileage: 64 miles (shorter possible)
 Description: **Old Reston Metric Century for A/B**
 A/B Leader: Paul White, 703-876-6019
 C Leader: TBD

Date: **Tuesday, August 7, 2007**
 Start Location: Hunter Woods Shopping Ctr. (South Reston)
 Level: 1,2,3,4,5
 Time: 6:00 PM
 Mileage: 25 – 38
 Description: Route Varies from week to week.
 A/B Leader: Ken Thompson, 703-476-4106

Date: **Thursday, August 9, 2007**
 Start Location: Parking Lot Across from Caboose on W&OD in Herndon
 Level: 1,2,3,4,5
 Time: 6:00 PM
 Mileage: 25 – 38
 Description: Route Varies from week to week.
 A/B Leader: Ken Thompson, 703-476-4106

Date: **Saturday, August 11, 2007**
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B ride
 Time: 9:00 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, August 12, 2007**
 Start Location: 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: All Level
 Time: 9:00 AM
 Mileage: 48 miles for A/B, 35 for C
 Description: **Lovettesville and RoundHill**
 A/B Leader: TBD (call Ron Rothrock, 703-759-2850)
 C Leader: TBD

Date: **Tuesday, August 14, 2007**
 Start Location: Hunter Woods Shopping Ctr. (South Reston)
 Level: 1,2,3,4,5
 Time: 6:00 PM
 Mileage: 25 – 38
 Description: Route Varies from week to week.
 A/B Leader: Ken Thompson, 703-476-4106

(Continued on page 8)

**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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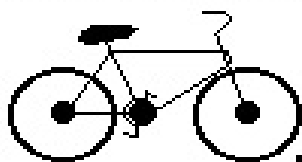


19 Caboctin Circle NE, Leesburg, VA (behind Wendy's)
703-777-6126 | Service 703-777-2148
Mon-Fri 11am-7pm | Sat. 9am-5pm, Sun. CLOSED

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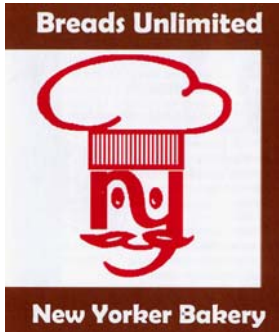
128A Church Street, NW

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www.bikesatvienna.com

703-938-8900

Reston Bicycle Club would like to thank all the sponsors of the 2007 RBC Century



RESTON
TOWN CENTER
www.restontowncenter.com



BEACON CAPITAL
PARTNERS



(Continued from page 5)

Date: **Thursday, August 16, 2007**
Start Location: Parking Lot Across from Caboose on W&OD in Herndon
Level: 1,2,3,4,5
Time: 6:00 PM
Mileage: 25 – 38
Description: Route Varies from week to week.
A/B Leader: Ken Thompson, 703-476-4106

Date: **Saturday, August 18, 2007**
Start Location: 7-Eleven at Crestview and W&OD Trail
Level: A/B ride
Time: 9:00 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, August 19, 2007**
Start Location: Reston Town Center NE parking lot
Level: A/B and C
Time: 8:30 AM
Mileage: 41 miles for A/B, 31 for C
Description: **Ride to Clifton for A/B**
A/B Leader: Ron Rothrock, 703-759-2850
C Leader: TBD

Date: **Tuesday, August 21, 2007**
Start Location: Hunter Woods Shopping Ctr. (South Reston)
Level: 1,2,3,4,5
Time: 6:00 PM
Mileage: 25 – 38
Description: Route Varies from week to week.
A/B Leader: Ken Thompson, 703-476-4106

Date: **Thursday, August 23, 2007**
Start Location: Parking Lot Across from Caboose on W&OD in Herndon
Level: 1,2,3,4,5
Time: 6:00 PM
Mileage: 25 – 38
Description: Route Varies from week to week.
A/B Leader: Ken Thompson, 703-476-4106

Date: **Saturday, August 25, 2007**
Start Location: 7-Eleven at Crestview and W&OD Trail
Level: A/B ride
Time: 9:00 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, August 26, 2007**
Description: **RBC Century**

Date: **Tuesday, August 28, 2007**
Start Location: Hunter Woods Shopping Ctr. (South Reston)
Level: 1,2,3,4,5
Time: 6:00 PM
Mileage: 20 – 36
Description: Route Varies from week to week.
A/B Leader: Ken Thompson, 703-476-4106

Date: **Thursday, August 30, 2007**
Start Location: Parking Lot Across from Caboose on W&OD in Herndon
Level: 1,2,3,4,5
Time: 6:00 PM
Mileage: 20 – 36
Description: Route Varies from week to week.
A/B Leader: Ken Thompson, 703-476-4106



**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 ken.neththompson@att.net.

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/hudsonontour or call (518) 434-1583.

Aug. 19th: Covered Bridge Metric Century, Sponsored by the Lancaster Bicycle Club; Rides of 15, 31, and 62 miles. For information see www.lancasterbikeclub.org/cbm.php.

Sept. 8th: Civil War Century; Sponsored by Baltimore Bicycling Club. Rides of 25, 50, 62, 77, and 105 miles. For information see www.baltobikeclub.org

Sept. 9th: 25th Annual Shenandoah Valley Century. Rides of 25, 50, 100, and 124 miles with a 300 rider limit. Start/finish at Hilendale Park, Harrisonburg, VA. For information see www.svbikeclub.org/

svbc_century.html.

Sept. 22 & 23rd: Ride in the Heartland; Rides of 33, 67, and 101 miles; For information see www.bikeheartland.org.

Sept. 28th – 30th: Northern Neck 2007 River Ride; Rides of 100, 62, 50, 25, and 15 miles; For information go to www.riverride.org.

Sept. 28th – Oct. 7th: 27th Annual Great Arizona Bicycle Adventure; A 505 mile route with over 31,000 feet of climbing. For information see www.bikegaba.org.

Sept. 30th Cannonball Century; Fredericksburg Cyclists Club; For information see www.bikefred.com or call (540) 372-7055.



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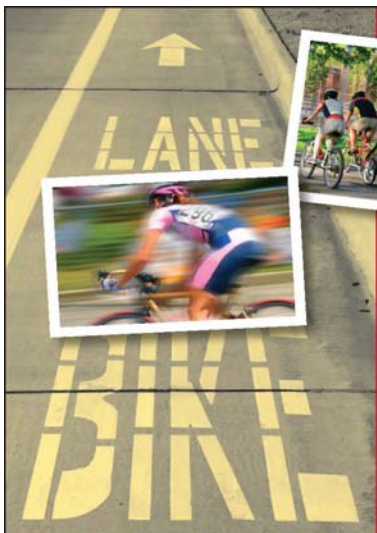
HERNDON: 785 Station St. 703-471-4031
VIENNA: 132 Church St. 703-938-0921

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!)



WHAT A NEIGHBORHOOD BIKE SHOP IS ALL ABOUT!

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Monday-Friday 10:00-8:00 • Saturday 10:00-6:00 • Sunday 12:00-5:00

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Potomac Velo Club www.potomacvelo.com

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• Reston Town Center Grand Prix
• Fitness Concepts Greenbriar Challenge
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• Weekly Mountain and Road Rides • Monthly Bike Maintenance Clinics
• Monthly Skills Clinics • Family Rides and Bike Rodeos • Sales and other events!

(703) 440-8701 www.thebikelane.com



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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: r Yes r 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