

# The Wheel

Jan./Feb 2007

Volume 25, Issue 1

## The Newsletter of Reston Bicycle Club

### An Extraordinary Century

On August 27, 2006, over 1160 riders left Reston Town Center to start the Reston Bike Club Century. Some rode alone and many others rode with friends. Several members from the National Reconnaissance Office rode together as they had before. One member, Captain David Ashley, was a member of this group. Below is a picture of David in the 2005 RBC Century. From right to left you are Julia Ashley, David Ashley, Brooke Ashley, Dom Smeraglia, Mike Orr, and Ed Phillips. This photo was taken around mile point 35, just south of Lincoln, VA on Rt 722.



This year, over 6000 miles away, Captain David Ashley was stationed in Baghdad, Iraq. That didn't stop him from riding with his group. Baghdad can be a dangerous place to bike around. Instead, Captain Ashley spent over 7 hours on a stationary trainer. According to David, "Yeah, I don't recommend doing it on the stationary. No downhill to rest, and I did several miles hard enough that I had to stand up (Taylorstown!!!) Big puddle o' sweat under that bike when I was done. Folks must have thought I was section eight. Can't wait to get back into my own saddle next year."

"I've been running more now, just completed a 10 mile race on Sunday and I'm training for the Green Zone marathon next month. It's safer to run here than bike, so I'll have to get my riding legs back after I return."

Captain Ashley was kind enough to send some photos of himself riding around Baghdad. He says, "Looking forward

to getting back in Jan, waiting for the weather to warm up, and riding again! I was surfing the Trek Project 1 website yesterday..."



## Chairman's Message: Cesar Olivos

Holiday Greetings from RBC to all! As the holiday whirlwind envelopes us with celebrations, friends and family, the RBC leadership team is already looking ahead to the dog days of summer, when the 25<sup>th</sup> presentation of the Reston Century will occur on August 26th. Last year's century was very well received by riders and turned out to be a great day for all involved, thanks to the tireless work of all of our wonderful volunteers. We plan to build on the success of the 2006 Reston Century for an equally enjoyable event in 2007. Building on our past success while moving our club forward in terms of membership levels and community service will be key themes this year.

On that note, I would like to start my term as club Chairman by thanking Chris Ross for his outstanding contributions as Chairman over the past two years. I hope that Chris's enthusiasm and dedication will continue to be assets to the club. But while Chairmen will come and go; the bedrock of the RBC is Ken Thompson. RBC simply would not be the well-oiled machine it is without Ken's non-stop, behind the scenes activities. From ensuring the club is in good financial shape, to rallying volunteer support, Ken keeps the lifeblood of RBC flowing. Thank you, Ken.

So, I look forward to 2007 with excitement and hope. Some of the things we are already working on for this year include putting on the best RBC Century ever, creating a stylish new RBC jersey, bolstering our S class ridership, and sponsoring a Ride of Silence in honor of cyclists who have been injured or killed while riding on public roadways. If you have any suggestions for ways we can improve our club, I encourage you to come to a board meeting to share your ideas.

Cesar



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**GROUP RIDES AND EVENTS**

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## Who's Who In Reston Bike Club

**Chairman:**

Cesar Olivos (703) 585-1735  
[cesar.olivos@verizon.net](mailto:cesar.olivos@verizon.net)

**Vice-Chairman:**

John Hamilton (703) 904-9381  
[Jhamilton11@cox.net](mailto:Jhamilton11@cox.net)

**Secretary:**

Minnie Scrafford (703) 263-7915  
[scrafford@aol.com](mailto:scrafford@aol.com)

**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)

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

Mark Hollinger (703) 815-2723  
[markahollinger@gmail.com](mailto:markahollinger@gmail.com)

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

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

**Ride Coordinators:**

*Level A/B:*

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

*Level C:*

Vacant

*Social Rides:*

Arline Brecher, (703)-471-4734  
[arline.brecher@gmail.com](mailto:arline.brecher@gmail.com)

**Newsletter:**

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

**Database:**

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

**Web Master:**

Mark Hollinger (703) 815-2723  
[markahollinger@gmail.com](mailto: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

Michael Gibson, Jim Hurrell, Gil Langley, John Mac Pherson, Ronald Magee, Todd Mc Allister, Mark Randol, Fawad Syed, Barbara Schippen

### Returning Members

Paul Wessel, Steven Jones, Jean-Pol Mahieu, Albert Sun, Norman Zalfa, Mark & Lori Hollinger

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# Ride Schedule—January/February

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.

**Winter 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.**

## January-February 2007 Schedule

Date: Saturday, January 6, 2007  
 Start Location: 7-Eleven at Crestview and W&OD Trail  
 Level: A/B ride  
 Time: 10:00 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, January 7, 2007  
 Start Location: Reston Town Center NE parking lot  
 Level: A/B  
 Time: 10:30 AM  
 Mileage: 31 miles  
 Description: **Out the Back Way**  
 A/B Leader: TBD (call Ron Rothrock, 703-759-2850)

Date: Saturday, January 13, 2007  
 Start Location: 7-Eleven at Crestview and W&OD Trail  
 Level: A/B ride  
 Time: 10:00 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, January 14, 2007  
 Start Location: Reston Town Center NE parking lot  
 Level: A/B  
 Time: 10:30 AM  
 Mileage: 32 miles  
 Description: **Bull Run Abbreviated**  
 A/B Leader: Mike Ruth, 703-371-7718

Date: Saturday, January 20, 2007  
 Start Location: 7-Eleven at Crestview and W&OD Trail  
 Level: A/B ride  
 Time: 10:00 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, January 21, 2007  
 Start Location: Reston Town Center NE parking lot  
 Level: A/B  
 Time: 10:30 AM  
 Mileage: 30+ miles  
 Description: **Lansdowne (and Maybe Beyond)**  
 A/B Leader: Chris Ross, 703-243-2042

Date: Saturday, January 27, 2007  
 Start Location: 7-Eleven at Crestview and W&OD Trail  
 Level: A/B ride  
 Time: 10:00 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, January 28, 2007  
 Start Location: Reston Town Center NE parking lot  
 Level: A/B  
 Time: 10:30 AM  
 Mileage: 32-42 miles  
 Description: **Leesburg Donut Run**  
 A/B Leader: Dan Cassidy, 703-266-3541

Date: Saturday, February 3, 2007  
 Start Location: 7-Eleven at Crestview and W&OD Trail  
 Level: A/B ride  
 Time: 10:00 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, February 4, 2007  
 Start Location: Reston Town Center NE parking lot  
 Level: A/B  
 Time: 10:30 AM  
 Mileage: 32 miles  
 Description: **Tour de Reston II**  
 A/B Leader: TBD (call Ron Rothrock, 703-759-2850)

Date: Saturday, February 10, 2007  
 Start Location: 7-Eleven at Crestview and W&OD Trail  
 Level: A/B ride  
 Time: 10:00 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, February 11, 2007  
 Start Location: Reston Town Center NE parking lot  
 Level: A/B  
 Time: 10:30 AM  
 Mileage: 29 miles  
 Description: **W&OD, Dunn Loring, Vienna, Wolf Trap Special**  
 A/B Leader: TBD (call Ron Rothrock, 703-759-2850)

(Continued on page 7)

**visit [www.restonbikeclub.org](http://www.restonbikeclub.org)**  
**for up to date ride info., membership renewal,**  
**Century Registration, and much more!**

October 12, 2006

**Dear Friend of the W&OD Trail,**

The Trail needs your support and commitment now more than ever. We need your financial support for our depleted legal fund to pay the outstanding legal fees to the tremendous attorney that represented the W&OD Trail on behalf of Save the Trail at the hearings before the Virginia State Corporation Commission (SCC) over the summer. We await the recommendation by the hearing examiner to the three SCC commissioners who will make the ultimate decision on the route for the power lines. Their decision is expected over the winter. We have no crystal ball to advise you which of the many routes will be chosen -- but we can tell you with 100% assurance that whatever route is selected by the SCC, there will follow a lengthy and expensive appeals process by the respondents in this case, including Save the Trail.

On a happier note, Save the Trail is very proud to tell you that we were recently awarded the 2006 Conservation Leadership Award by the Piedmont Environmental Council at their annual meeting. We are most hon-

ored by their recognition of the efforts so many have made to protect the W&OD Trail and keep it the beloved regional park that we all enjoy particularly in these beautiful fall days. Hop on the Trail and gaze up into the tree canopy – this is what a Trail should look like. It will be lost forever if 110 foot transmission towers line the route and 26,000 trees are chopped down. Don't let this happen. Please contribute generously today.

**You can donate online using our secure Paypal payment system at [www.savethetrail.com](http://www.savethetrail.com) or mail in your contribution. 100% of your donation will go to our legal fund and is fully tax deductible.**

Thank you.  
Sincerely yours,  
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A slice of Raisin Cinnamon Chip  
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Dear folks,

The new *Bicycling in Virginia* map is complete, and nearly ready for distribution. We expect Governor Kaine to officially announce the map's availability at a ribbon cutting event for the first section of the new Virginia Capital Trail on November 21st. The maps will be distributed from Virginia's official Welcome Centers and Visitor Centers, and from VDOT's central office Map and Information Center.

*Bicycling in Virginia* is part of an effort to encourage more and safer bicycling in Virginia. It is a joint effort between VDOT, Virginia Tourism Corporation, the Department of Conservation and Recreation, and bicycling enthusiasts and advocates from across the state. Among other features, the map identifies a number of bicycle clubs. You all have indicated a willingness to help promote cycling, and this message is intended to help you take part in an innovative web-based promotional effort.

The new printed map is an invitation to enjoy the variety of cycling experiences available in Virginia, and a "gateway" to a wealth of web-based information. The majority of the web content will be hosted by [Virginia.org](http://Virginia.org), which already includes numerous bicycle-related listings in its database. We want to do even more to use the state's web resources to create a rich informational resource for cyclists in Virginia.

You can help by creating a web "listing" for your club in the [Virginia.org](http://Virginia.org) system. Here is a sample listing of the Richmond Area Bicycling Association: <http://www.virginia.org/site/description.asp?AttrID=12857&MGrp=1&MCat=10&Mtm=12&Rgn=10000&Page=7&Dir=F> Creating this kind of listing accomplishes several things. It gives your club greater visibility, provides a way to publicize events and favorite rides, allows you to inform riders of local conditions, and keeps your club's web content completely under your control. The listing literally puts your club website "on the map." It's a great way to make your favorite rides and cue sheets available to a wider audience, and is free, flexible, targeted, and easy.

The first step is to register as a user of the Virginia Tourism website. For that, please go to: <http://www.virginia.org/admin/login.asp?type=edituser> There you create the User ID and Password you would like to use for the site. It takes one day for Tourism to approve your registration, after which you can begin adding listings. For help with this process, please feel free to contact Angela Wiggins at Virginia Tourism Corporation. [awiggins@virginia.org](mailto:awiggins@virginia.org) ; 1-804-545-5553.

For more about how this effort will help bicycling in Virginia, please feel free to contact me. As chair of the committee that created the new official bike map, I'm excited about moving to this next stage. With your help, we can create an extremely valuable and useful resource. I look forward to hearing from you.

Best regards,

**David Patton** | Statewide Bicycle and Pedestrian Program Coordinator

Virginia Department of Transportation |

Transportation and Mobility Planning Division |  
phone 804.371.4869 | fax 804.225.4785 | [David.Patton@VDOT.Virginia.gov](mailto:David.Patton@VDOT.Virginia.gov)

#### Reston Bicycle Club Financial Statement

12/31/2005		\$	22,145.01
Income 2006			
	Century	\$	38,134.00
	Member Dues	\$	3,463.00
	Other (Shirt Sales)	\$	160.00
	Interest	\$	31.97
Income Total		\$	41,788.97
Expenses 2006			
	Century	\$	(38,103.24)
	Newsletter	\$	(126.08)
	Office & Administration	\$	(2,887.41)
	Social Functions	\$	(1,508.84)
Expenses Total		\$	(42,625.57)
12/27/2006		\$	21,308.41



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(Continued from page 4)

Date: Saturday, February 17, 2007  
 Start Location: 7-Eleven at Crestview and W&OD Trail  
 Level: A/B ride  
 Time: 10:00 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, February 18, 2007  
 Start Location: Reston Town Center NE parking lot  
 Level: A/B  
 Time: 10:30 AM  
 Mileage: 28+ miles  
 Description: **Algonkian Park Winter Ride**  
 A/B Leader: TBD (call Ron Rothrock, 703-759-2850)

Date: Saturday, February 24, 2007  
 Start Location: 7-Eleven at Crestview and W&OD Trail  
 Level: A/B ride  
 Time: 10:00 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, February 25, 2007  
 Start Location: Reston Town Center NE parking lot  
 Level: A/B  
 Time: 10:30 AM

## 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.

## 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](http://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](mailto:arline.brecher@gmail.com)**

Mileage: 35 miles  
 Description: **McLean Roundabout**  
 A/B Leader: TBD (call Ron Rothrock, 703-759-2850)



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A-1

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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