

The Wheel

Jan/Feb 2011
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The Newsletter of Reston Bicycle Club

Chairman's Message

By Dan Scrafford

I am honored to write my first Chairman's Message. As I assume this role, I cannot help but remember all the wonderful people who I have met through Reston Bike Club. Some of my favorite times in the last ten years have been on rides through RBC. It is with this knowledge that I want to continue to give back to the club. As this is the 50th Anniversary of John Kennedy's inauguration address, I will paraphrase the most famous line from the address: Ask not what your bike club can do for you; ask what you can do for your bike club.

From 2000 through 2005 the club welcomed 318 new members. From 2006 through 2010 the club welcomed 843 new members. We've increased in new members over 25% over the last five years. We currently have over 650 active members. Riders range from social riders to elite racers. In the spring our Tuesday/Thursday rides may be expanding to six levels to accommodate the broad needs of the members. RBC's century is one of the best-attended centuries in the metropolitan area.

In the last five years, RBC has continued to actively promote cycling. Anyone who attended the 2010 Annual Meeting had to be impressed with the number of projects that RBC supports. I am proud to be a member of a cycling club that gives so much back to the community.

Here is the bad news! While membership and projects have grown at a significant rate, the percentage of members who volunteer has decreased. We no longer have ride coordinators and our Sunday rides have ceased due to lack of volunteer ride leaders. Year after year everyone thanks Ken for organizing the Tuesday/Thursday rides, but I don't hear of many people asking Ken how they can help. Each August, the RBC Board is increasingly concerned with whether there will be enough volunteers to continue the high quality of the RBC Century. We contact each member asking for their help, but seldom do members take the initiative to contact RBC asking what they can do to help.

Cyclists are often very disciplined and willing to sacrifice a great deal to improve. Every January, many club members set cycling goals for the year. We obsess over time, weight, speed, and distance; we ride to socialize; we ride to compete; we are proud when we suffer; and our goals often reflect these characteristics. I invite each member to include as a cycling goal for 2011 to VOLUNTEER. Don't wait to be asked to help; ask what you can do to help. Attend a RBC Board Meeting and offer ideas for how we can be a better club. Be as active in promoting cycling as you are in the act of cycling. Give a little of your time to your club. Our web site has many events that need volunteers to be successful. Think of volunteering not as a burden but as an opportunity to give. This is one New Year's resolution I hope you'll make and keep!

Ride Safely!

Dan

New Android App - CRash Detection And Response

"CRADAR" is a new app developed for users of the **Android** smart phone. It was called to our attention by RBC member Allan Kalb. This could be good for cyclists who crash while riding and are unable to phone for help. The phone detects a fall and if the user doesn't enter an "I'm OK" signal in a user-settable number of seconds, the phone will initiate a call for assistance, including the user's GPS location, to a designated number. Check it out [here](#) because we never know for certain when we just might happen to be in the wrong place at the wrong time...



Photo taken by Jeff Major (using a Blackberry, hmmm) on a windy day while riding through Vienna, VA.

In this edition:

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- New Android App *Crash detection*
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- On a Recent Ride *"Close Encounter ..."*
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- Come to a Meeting *Members encouraged to attend*
- Membership Application Form

Who's Who In Reston Bike Club

Chairman:

Dan Scrafford, (703) 955-1676
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Ride Level Descriptions

A - Aggressive riders. Grueling pace with sprints, 40 - 100 mi, 18 - 20+ mph avg.

B—Strong riders. Demanding pace, 25 - 75 mi, 14 - 18 mph avg.

C—Average riders. Moderate pace, 15 - 50 miles, 10 - 14 mph avg.

S—Social riders. Relaxed, casual tempo per group consensus

Welcome New And Returning Members

New

Danny Bird, Joshua Powers

Returning

Larry Graham, Peter Klosky, Lois Olson, Mike Olson, Karen Rompalo, Tim Schreiner, Gerald Warren



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RIDE SCHEDULE—January/February

NOTE: Due to club insurance policies all participants on RBC rides must be current club members. Non-members may try a ride one time before joining.

Call Ride Leader to confirm ride information accuracy. Check the club website at RestonBikeClub for new rides and additional information.

If there is greater than a 50% chance of rain or if the starting temperature is predicted to be less than 40 degrees, the ride may be cancelled.

NEW YEAR; NEW START POINT FOR SATURDAY RIDES!

Effective immediately we will **no longer start the Saturday rides at Crestview.** The new and permanent starting point is the **parking lot across from the Caboose** in downtown Herndon, the same location as the Thursday night starting point. The Saturday morning rides have been well attended and the new location will safely accommodate more cyclists and their vehicles with less impact on other trail users.

Saturday Rides begin at **10:00** in January and February. These rides are impromptu and start in the parking lot across from the Caboose in downtown Herndon. Rides include A & B level riders and typically cover distances of 50+ miles. They are “no-drop” rides. First time riders please call: John Hamilton, 703-593-9384 or Randy Karn, 703-402-0227



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Close Encounter of the Automotive Kind

As told by Alisdair Craig

Sunday November 14th, Dan, Danielle and I were riding back from Clark's Gap. We descended the hill and turned right at the high school preparing to turn right onto the trail. The sun was shining, we were cruising along, a happy song was in my heart and all was well with the world.

As we crossed the intersection with the green light, a Mustang that was facing us at the intersection decided to turn left into our path. I was leading and, despite my shouting, (this did not help but made me feel better) and hitting my brakes as hard as I could, I still hit the front of the car, sailed across the hood and landed near the driver's door. Danielle and Dan tried to cut behind the car, but Danielle hit the rear and Dan, in a very ungentlemanly manner, plowed into her. Just like that: carnage everywhere.

The intersection was busy and there were cars waiting at the other two directions. We were really lucky that there were no cars following us or the accident could have been much worse. I got up and saw the Mustang's young male driver and his lady passenger staring blankly at me. I told him to pull over to the side of the road and went to check on Dan and Danielle who were still on the ground but already being helped by another driver.

I turned round to check the driver who had hit us expecting to see him preparing to exchange numbers, etc. Imagine my shock when I saw him starting to drive off. Being Scottish and seeing my insurance claim going south, I quickly assessed my options: I checked my bike and began pedaling after the dude. I caught him and told him to pull over ... and incredibly, he started to drive off again. I chased but this time decided taking his license number might be more effective. I yelled to him to follow me into a parking lot and wait, but the sneaky little chap drove in and then straight out the exit. This was the last we saw of him.

I went back to check on Danielle & Dan as an ambulance arrived. We

felt we were OK, despite Danielle having what might have been a broken a finger, so we waived the ambulance away. Shortly after, the Loudoun County cop arrived...a most helpful fellow. He took all of our details including the physical damage to our bikes and clothes (bars, gear levers, clothes and helmets added up to \$1,500+). A kind driver also came and gave the cop his details as a witness.

The cop called us up later in the day to give us the 16 year old driver's insurance details. I can only assume he got a ticket for leaving the scene of an accident. The three of us then resumed pedaling slowly and carefully home and started considering some of the "take-aways" from the experience:

- I'm glad I went over the car's hood, not under the wheels: gradual stops are better than sudden ones.
- Carry ID. I had road ID, but the cop really wanted to see a driver's license. Fortunately, he settled for my expired license and Dan's dog-tags.
- Loudoun County cops don't all hate cyclists. This guy was really helpful.
- You find a whole bunch of bumps, bruises and scratches the day after an accident.
- If someone hits you or you see someone hit, get the license number of the car.
- If you decide to flee the scene of an accident you caused, don't do it in a car with vanity tags.
- Don't give a 16 year old a Mustang and a girlfriend at the same time.

May your 2011 cycling encounters be good ones!



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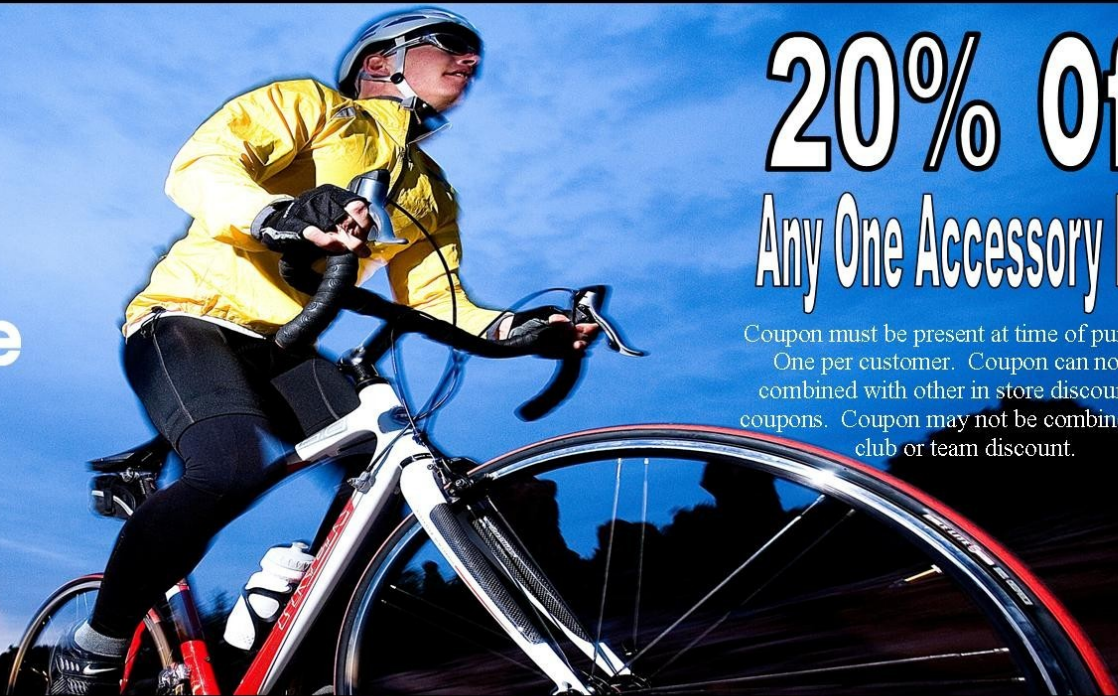
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Join Us at the Next RBC Monthly Meeting

- On the first Wednesday of every month the RBC conducts its monthly meeting, typically held at the Reston Public Library. Although these meetings are attended by club leaders, all club members are invited. If you would like to have greater input into how the club is run, if you want to find out what being a board member is all about, or if you just want to contribute your ideas and tell us what we could do better, please join us. Just call any board member (listed on page 2) for directions to the meeting. We welcome your participation!

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The Wheel

The Newsletter of Reston Bicycle Club

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complete and return the membership form below
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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

P.O. Box 3389
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