

The Whool

January/February 2010

Volume 27, Issue 11

The Newsletter of Reston Bicycle Club

Chairman's Message:

Wow! What a December it has been for anyone trying to get in those winter miles. November was relatively mild and then, WHAM! December's weather brought the challenge of Saturday rides to another level. Let's hope January is kinder. Of course, if you don't mind the continued snowmelt, sand and salt, you're probably riding as I'm writing.

Speaking of the Saturday rides, we have found a newly repaved route from Ashburn to Leesburg along Sycolin Road. If you engage Ashburn Farm Pkwy west, cross Belmont Ridge Rd, you are on Sycolin. Once you get through the brief 1/4 mile still under construction, the newly paved section has nice wide shoulders with some decent climbs before you reach Leesburg. It's best to take a left on Battlefield Blvd., cross the Greenway, go right on Evergreen Mills Rd., and finally right on Business 15 into Leesburg. The beginning of the March Tue/Thurs rides is not that far away and we look forward to another safe and heart-pounding year.

In other news, the third annual jersey design contest continues to be a success and seems to improve each year with the quality and participation from the South Lakes High School Art Department. We received over eighty designs in early December and each Board member selected their top favorites. The best six were posted on the website for membership voting. We expect to have a final selection in early January for posting and to be in production of the jerseys for our spring rides, if not sooner. Stay tuned on the website for availability.

The board has been expanding community involvement with successful programs such as the jersey design competition with South Lakes H.S. and, new in 2009, the local artist design competition for the Century tee shirts. We are looking for additional ways to expand community involvement and we invite club members to feel free to make suggestions and help lead this effort. Either email a board member or, better yet, attend our monthly meetings every first Wednesday at the Reston Regional Library beginning at 7:00 PM with any suggestions.

Lastly, this time of year, the RBC board and Century volunteers begin planning and preparing for the Reston Century. Again, thanks to all who made the 2009-Century one of the best ever. There are many tasks to do and a lot of them would still leave you free to ride this year's century. Let us know your availability and interest so we can make 2010's Century the best one yet. This year's Century will be held Sunday, August 22, 2010. Save the date!

Safe spinning!

Randy Karn

2009 RBC Jerseys Still Available!

If you received last March's newsletter, you may have noticed the front page article announcing the winner of the '09 Jersey Design contest. This was the second year that we conducted this contest. The chosen design for '09 can still be purchased along with matching shorts. Go to our web-site <http://www.restonbicycleclub.org> to place your order today. Look for our announcement of the winner of our 3rd annual Jersey Design award in the near future.

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 or, if you just want contribute your ideas, please join us. Just call any board member (listed on page 2) for directions to the meeting.

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.



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:

Randy Karn (703) 402-0227
RandyKarn@cox.net

Vice Chairman:

John Hamilton (703) 904-9381
Jhamilton11@cox.net

Secretary:

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

Treasurer:

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

Members at-large:

Robert Rodriguez, (517) 238-3765
RDRodrigue@hotmail.com

Jeff Major, (703) 623-9650
Jeffrey.Major@cox.net

Trisha Wells, 703-973-2119
Patrisha.Wells@gmail.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:

Jeff Major, (703) 623-9650
Jeffrey.Major@cox.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 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 Members

Bill Ford, Karen Sanfacon, Gerald Warren, Paul Baker, Rose Baker, Donald Brumbaugh, Kathleen Brumbaugh, Craig Clark, Linda Craig, Collin Craig, Craig Ellis, Samantha Ellis, Robert Hall, John Hamilton, Russell Hamilton, Todd Hipp, Andrew Jens, Sam Jens, Amber Jens, Evelyn Jens, Joel Kuester, Eric Mackem, Lisa Mackem, Bridget Murphy, David Officer, Cesar Olivos, Kathryn Troutman, Gerard Palmer, Christopher Ross, John Schiavo, Anthony Shiavo, Monica Shiavo, Daniel Scrafford, Melinda Scrafford, Raymond Shields, Diana Shields, B J & Marilyn Silvey, Tania Steinschneider, Phil Steinschneider, James S Stroud, Peter Van Dyke, Diane Van Dyke, Bill Van Dyke

Returning Members

Stephen Axeman, Mark Czifra, Steve Gurney, Mark Hollinger, Andrew Hollinger, Lori Hollinger, Neil Knolle, Lois Olson, Mike Olson, Robert Rodriguez, Maryann Erfami, Troy Sivak, Laura Sivak

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



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HOT, Fun
HOT!
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Ride Schedule — January/February

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.

Date: **Saturday, January 2, 2010**
 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 – 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: **Saturday, January 9, 2010**
 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 – 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: **Saturday, January 16, 2010**
 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 – 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: **Saturday, January 23, 2010**
 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 – 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: **Saturday, January 30, 2010**
 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 – 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: **Saturday, February 6, 2010**
 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 – 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: **Saturday, February 13, 2010**
 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 – 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: **Saturday, February 20, 2010**
 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 – 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: **Saturday, February 27, 2010**
 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 – 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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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

P.O. Box 3389
 Reston, VA 20195

RestonBikeClub.org