

The Wheel

Volume 23, Issue 6
July 2005

The Newsletter of Reston Bicycle Club

Postcard From Pennsylvania

What a weekend in PA. We stayed at a real nice Inn which had a great breakfast. Sat., we looped around Mennonite farms and rode in the buggy lanes. A covered bridge, beautiful farms and fields, one room school houses, friendly people, roads so clean you could eat off them, sunny skies, all made for great riding. We had two groups of riders, Rose's group consist of Carlos, Carmen, T.J. John, Kathy, Tommy, and myself made up the second group. We saw some great Mennonite farmers working their fields, little kids out there doing planting. One time I stopped and asked a couple of women in their 20's for directions, one glanced at me then looked away as she gave me directions. They are dressed from head to toe, and here was a half-naked biker with great legs talking to her. I hope she had sweet dreams that night.

Saturday, we looped around Gettysburg. All we saw for mile after mile was apple orchards dotting the hill sides. No traffic, quaint towns, and great roads all added up to a cyclists dream. We stopped at a huge round shaker built barn. Had to see it to appreciate it. We came down a winding hill back into Gettysburg and we just flew with a tail wind. Felt like I was in jet plane. We rode around



Gettysburg College and the old district back to the parking lot over looking the battlefield where I gave a brief description of the battle.

What I wouldn't do to train in such an area. We saw some hills that would make a pro cringe. Just a great cycling area.

We might go back out there in the spring to see those orchards in bloom, it must be fantastic.



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

And get your number today.



Chairman's Message: Chris Ross

I hope all of you have been able to get in some good miles so far this year. This has been the nicest spring for riding in quite a while. Only recently did we get a reminder of what summers are really like! I encountered that last week on several rides when suddenly I felt the waves of heat coming off the road – and my speed slowed by several mph! I'm sure you've all experienced this. So far though it hasn't reached the stage where a climb in the shade is nicer than a flat stretch in the sun – as happens in the middle of summer!

A few observations follow. I raised the safety issue with regard to the Tuesday and Thursday rides in the last issue, but would like to touch on it again here as we enter the busiest riding time of the year. Many of our rides taking place in relatively heavy traffic and are well populated with riders. Please remind all who ride with you about the need for sound judgment, and tailor your riding to the road conditions. This will send a positive message to drivers and allow us to have as safe a riding season as possible. By being predictable and courteous on the road we can go a long way toward establishing a better rapport with drivers, and reinforce their understanding that we have a right to use the roads.

Bike to Work day on May 20th drew quite a turnout, in spite of the rainy weather. We had a number of requests for Century information and Club membership forms. By manning a table at the event the Club showed its support for the community and local cycling. Many thanks to all of you who participated!

Only a little more than 2 months until our annual Club Century –

pass the word to anyone who might want to ride. The ride has gained something of a reputation for being hilly, but the truth is the ½ metric is really quite flat. Yes, the metric does have some challenges - like Woodburn Rd – but just think how happy you'll be once you get to the top! As always we'll have a feast at the finish. We urgently need volunteers for the Century. The following is a breakdown of when and where people are needed. Please email a board member and sign-on for a volunteer slot.

Registration, Reston Town Center:

Early slot: 6:00 AM - 8:00 AM,
Late slot: 8:00 AM - 10:00 AM

Pre-ride preparations:

Stuffing rider packets (one afternoon, 3 weeks before the ride – exact date to follow).

Route marking with spray paint (day before the ride – 3 crews of 2 people each, approximately 2-3 hours work per crew, gas reimbursed by Club)

Post ride party (Food service, T-Shirt Distribution)

First Shift: 9:00 AM - 12:00 PM
Second Shift: 12:00 PM - 3:00 PM
Third Shift: 3:00 PM - 6:00 PM

Finally, the usual call for ride leaders. Please contact your friendly, and very appreciative, ride coordinator: Dan Cassidy (A), Ron Rothrock (A/B), or Greg Foster (C). And as always send Don Brumbaugh news of your cycling exploits for the newsletter.

PEDAL SHOP
We Also Specialize In Custom Built Bikes
703 724-0188
www.pedalshop.com
We Service And Sell Them All: Road, MTB, BMX 1x1, Track, Cruisers, Freeride, Downhill, Etc...

Ask About Our Youth League

Stubble Rd.
Ashburn Road
Old Ashburn Square
7 Eleven
PEDAL SHOP
Located At 20630 Ashburn Rd.

W & Old Trail
Fire Dept
Gloucester Pkwy
Rte. 7
Leesburg

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

Vice Chairman:

Cesar Olivos (703) 242-0724
cesar.olivos@verizon.net

Secretary:

Kathy Bromley (703) 264-0210
Wld-flwr@comcast.net

Treasurer:

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

Members at-large:

Victor Siegfried, (703) 946-2994
vasieg@comcast.net

Daren Magness (703) 430-0728
darenmagness@adelphia.net

Mark Hollinger (703) 815-2723
mlhollinger@earthlink.net

Randy Karn (703) 742-4074
rk@htarch.com

Craig Clark (703) 689-0152
ccbike@cox.net

Ride Coordinators:

Level A/B:

Ron Rothrock, (703) 759-2850
rrothrock@earthlink.net

Level C:

Gregory D. Foster, (703) 489-8706
gdfoster@gmu.edu

Level D:

VACANT PLEASE VOLUNTEER

Newsletter:

Don Brumbaugh, (703) 880-3024
dbrumbaugh@cox.net

Database:

Ed Robichaud, (703) 860-0108
edrobichaud@wdn.com

Web Master:

Mark Hollinger (703) 815-2723
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.

Bicycle Coordinator Needed for Reston Triathlon

The Club is now actively seeking a coordinator for the cycling portion of the Reston Triathlon, to be held on Sunday, September 11th 2005. In past years a number of club members have taken on this task. We need to act soon since we must let B. J. Silvey on the Triathlon board of directors know who will coordinate the cycling. Lest any of you are concerned about an excessive workload, I should point out that we'll definitely have Club volunteers helping and there are also current RBC board members with past experience who can share some of the effort.

As a volunteer several years ago I had a chance to work on the event with Gaston Prudencio as coordinator, and we had a great time. This is an important opportunity to showcase our Club and its community support. It's also a lot of fun – so the first Iron Man or Iron Woman who contacts a board member gets the job!

Welcome New and Returning Members

New Members

David Clark, Maureen Cook, William Deal, Esther DuToit, Josh Fisher, Brenda Walsh, Craig Guensch, Sharon Gunes, Amanda Lettermann, Bill Toms, Alberto Morales, Troy Sivak, Alexander King, Kerry Mullin, Travis VanSciver, Bruce Voqec, Brenda Walsh

Returning Members

Farzad Barkhordari, Donald & Kathleen Brumbaugh, Robert Mc Candless, Mary Parisi, Dennis Smith, Rick Capriolo, Mary Jackson, Tru Le, Karen Levy & Paul Mutino, Bob Mylls, Denise & Steve Olsen, John Yendt, Craig Ellis, Bruce Gilley, Mary Ann & Tim Donohue, Ronald Rothrock, Roberta Hopkins

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—July

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.

JULY 2005 SCHEDULE

		A/B Leader:	Gaston Prudencio, 703-906-7524
Date:	Saturday, July 2, 2005	Date:	Sunday, July 10, 2005
Start Location:	7-Eleven at Crestview and W&OD Trail	Start Location:	H. M. Pearson Elementary School, VA
Level:	A/B social ride (no one will be dropped)	Directions:	Take I-66 West to Rt 234 Manassas Bypass. Go ~5 miles, then turn right onto Rt 28 South. Go ~15 miles and turn right onto Rt 603 (Bastable Mill Rd) in Calverton. School is 0.9 miles on the right.
Time:	8:30 AM		
Mileage:	Various (typically about 50 miles)	Level:	All Level
Description:	Impromptu (Please call if planning to ride)	Time:	9:00 AM
A/B Leader:	Gaston Prudencio, 703-906-7524	Mileage:	30/46
		Description:	Rural Pleasures
Date:	Monday, July 4, 2005	A/B Leader:	John Shea, 703-264-0210
Locations/Times:	8:00 AM leave from 7-Eleven at Crestview and W&OD Trail 8:25 AM pickup at Ashburn Rd and W&OD, Ashburn 8:55 AM pickup at Loudoun County High School, Leesburg 9:30 AM pickup at Loudoun Valley High School, Purcellville	C Leader:	Greg Foster 703-489-8706
Level:	A/B	Date:	Tuesday, July 12th
Mileage:	Full ride 74 mi, but many opportunities to shorten distance	Location:	Hunter Woods Shopping Ctr. (South Reston)
Description:	4th of July Progressive Ride W&OD trail to Purcellville, then clockwise via Lovettesville, Taylorstown, Stumptown, Waterford, and return on W&OD.	Level:	A/B/C
A/B Leader:	Kerry Moore, 703-620-4828	Time:	6:00 PM
		Mileage:	25-45
Date:	Tuesday, July 5th	Description:	Route Varies from week to week.
Location:	Hunter Woods Shopping Ctr. (South Reston)	Leader:	Ken Thompson, 703-476-4106
Level:	A/B/C	Date:	Thursday, July 14th
Time:	6:00 PM	Start Location:	Parking Lot Across from the Caboose on W&OD in Herndon
Mileage:	25-45	Level:	A/B/C
Description:	Route Varies from week to week.	Time:	6:00 PM
Leader:	Ken Thompson, 703-476-4106	Mileage:	25-45
		Description:	Route Varies from week to week.
Date:	Thursday, July 7th	Leader:	Ken Thompson, 703-476-4106
Start Location:	Parking Lot Across from the Caboose on W&OD in Herndon	Date:	Saturday, July 16, 2005
Level:	A/B/C	Start Location:	7-Eleven at Crestview and W&OD Trail
Time:	6:00 PM	Level:	A/B social ride (no one will be dropped)
Mileage:	25-45	Time:	8:30 AM
Description:	Route Varies from week to week.	Mileage:	Various (typically about 50 miles)
Leader:	Ken Thompson, 703-476-4106	Description:	Impromptu (Please call if planning to ride)
		A/B Leader:	Gaston Prudencio, 703-906-7524
Date:	Saturday, July 9, 2005	Date:	Sunday, July 17, 2005
Start Location:	7-Eleven at Crestview and W&OD Trail	Start Location:	Reston Town Center NE parking lot
Level:	A/B social ride (no one will be dropped)	Level:	A/B
Time:	8:30 AM	Time:	8:30 AM
Mileage:	Various (typically about 50 miles)	Mileage:	39/47
Description:	Impromptu (Please call if planning to ride)	Description:	Bunch of Hills
		A/B Leader:	TBD (call Ron Rothrock, 703-759-2850)

(Continued on page 6)

OUT-OF-THE-AREA EVENTS*

July 3: Delaware Double Cross, White Clay Bicycle Club, Middletown, DE. Options of 31 and 62 miles. Information and registration form at whiteclaybicycleclub.org/Events-WCBC/doublecross.htm.

July 10-17: 7th Annual Bike Ride Across New York; A 400 mile, eight day tour from Buffalo to Albany; For information call 518-434-1583 or contact www.ptny.org/canaltour.

July 16-22: 4th Annual Pennsylvania Greenway Sojourn 2005; A 6-day tour of the Allegheny River Valley 210 miles; 75% on rail-trails; For information contact 717-238-1717 or www.railtrails.org/PA.

July 24: Tour de Vin, Powhatan, VA, sponsored by the Powhatan Chamber of Commerce. Options of 35, 65, and 100 miles. "Festival of the Grape" activities available the previous day (e.g., music, food, drink). Information and link to registration form at www.powhatan-chamberofcommerce.org/TourDeVin.htm.

July 24-30: The Bon Ton Roulet; A Festival on wheels through the Finger Lakes, Hosted by the Auburn YMCA-WEIU & Cortland YMCA. For information* see www.bontonroulet.com or call 607-756-2893 or 315-253-5304.

July 30: To The Rescue Bicycle Tour; Toano, VA. Presented by the James City-Bruton Volunteer Fire Department; Rides of 100, 50, 25, and family 10 miles. For information email RescueRide@aol.com or call (757) 566-2126.

July 30: 14th Annual Shenandoah Valley Bike Festival; Rides of 24 to 100 miles; For information contact jonathan-schrag@yahoo.com or register on line at www.active.com.

August 7-12 10th Annual Tri-State Wheelers Summer Bicycle Tour; A six day bicycle tour of New Hampshire & Vermont. For information see www.newenglandadventure.com.

August 13: 1st 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, 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 HUDSONTOUR@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.

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.lancasterbicycleclub.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.

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.

September 5: 27th 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; 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.

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

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

October 1-8: The 25th 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.

October 8: Seagull Century, Salisbury, MD. Preregistration required. Check periodically for more information at www.seagullcentury.org.

October 14-16: Shenandoah Fall Foliage Bike Festival, Staunton, VA. Information at www.shenandoahbike.org.

* Application forms and/or brochures are available for many of these events. For information email kenneththompson@att.net or call 703-476-4106.

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!

www.restonbicycleclub.org

(Continued from page 4)

Date: Sunday, July 17, 2005
 Start Location: Reston Town Center NE Parking Lo
 Level: C
 Time: 8:30 AM
 Mileage: 30 - 38 (TBD)
 Description: Lansdowne Resort Getaway
 C Leader: Greg Foster (703-489-8706)

Date: Tuesday, July 19th
 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, July 21st
 Start Location: Parking Lot Across from the Caboose on 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, July 23, 2005
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B social ride (no one will be dropped)
 Time: 8:30 AM
 Mileage: Various (typically about 50 miles)
 Description: **Impromptu** (Please call if planning to ride)
 A/B Leader: Gaston Prudencio, 703-906-7524

Date: Sunday, July 24, 2005
 Start Location: Loudoun County High School, Leesburg, VA
 Directions: Take Rt 7 West to Leesburg, turn left on Catocin 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: 9:30 AM
 Mileage: 43/48 for A/B
 TBD for C
 Description: **Lovettesville (and Round Hill)**
 A/B Leader: Chris Ross, 703-243-2042
 C Leader: Greg Foster 703-489-8706

Date: Tuesday, July 26th
 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, July 28th
 Start Location: Parking Lot Across from the Caboose on 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, July 30, 2005
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B social ride (no one will be dropped)
 Time: 8:30 AM
 Mileage: Various (typically about 50 miles)
 Description: **Impromptu** (Please call if planning to ride)
 A/B Leader: Gaston Prudencio, 703-906-7524

Date: Sunday, July 31, 2005
 Start Location: Reston Town Center NE parking lot
 Level: A/B
 Time: 8:30 AM
 Mileage: 64 mi (abbreviated distance possible)
 Description: **Old Reston Metric Century**
 A/B Leader: Paul Baker, 703-860-4314

Date: Sunday, July 31, 2005
 Start Location: Fox Mill Shopping Center (Reston)
 Level: C
 Time: 9:30 AM
 Mileage: 30 mi
 Description: Tour de Burger and Fries (We will meet at 5 Brothers in Fox Mill SC for a hamburger feast afterward)
 C Leaders: Rose Baker and Greg Foster 703-489-8706

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
 24513 Centreville Road
 Herndon, VA 20171
 703-793-0400

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



A-1 Cycling

25th Anniversary

SPECIALIZED

Remember
 Receive a 10% Product Discount
 with this ad during Mar/Apr '05

www.A1Cycling.com



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

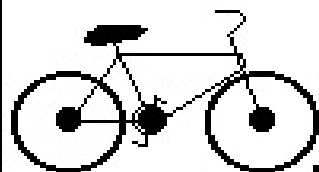
Place
Stamp
Here



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

703-938-8900