

The Wheel

July 2010
Volume 27; Issue 16

The Newsletter of Reston Bicycle Club

Chairman's Message:

(By Randy Karn)

Let me paint a scenario;

Group of cyclists blindly proceeds into on-coming traffic.....

Motorist swerves to avoid cyclists, loses control of vehicle and strikes a tree or oncoming vehicle.....

Motorist and/or passengers injured or killed.....

Ensuing investigation reveals cyclists were on a group ride sponsored by RBC.....

RBC loses subsequent personal injury law suit.....

RBC no longer insurable and, therefore, forced to disband

With what I saw on a recent Tuesday ride, the likelihood of this scenario is not a stretch.

As the 3 ride approached the stop sign at the top of Stuart Mill Rd. to turn right on Fox Mill Rd. (does this sound familiar), there was little or no attempt by the lead group to even slow, much less stop. There were approximately 30 riders somewhat spread apart as is usual for the top of Stuart Mill.

As I approached the stop sign from the middle of the group, I slowed, yelled "car left" and stopped. Several of those behind me passed wide left into the oncoming traffic without even slowing. As happened a few weeks ago in cutting off an unmarked police car, the cyclist that blew the stop sign forced the oncoming car to slam on the brakes. The expression on the drivers face was disbelief and relief that she did not hit anyone. The driver waved me and a few others on after coming to a hard stop. After proceeding, I yelled admonishment to

the riders within ear shot; I'll paraphrase so as not to offend, "we have to stop this kind of riding behavior". When we regrouped at the end of Bennett (at the light), I told the whole group what had just happened and reminded them that we all should have stopped or at least slowed at the stop sign. The general reaction was "who.....me?".

As if this wasn't bad enough, the group split from this point. As this smaller group approached the right turn from Dower House Rd. onto West Ox Rd., there were several cars passing the intersection. Again, I yelled "car left" and stopped as did most others except for two. Again, they passed wide left into the oncoming traffic without even slowing forcing the traffic to avoid them. Again, admonishments flowed from my mouth. When I caught up to the lead offender and reiterated the club's concerns about this kind of riding, the comment was, "it's starting to rain (very lightly) and I don't want to get my iPhone wet".....perhaps a life for a phone makes sense? As for the second offender, no excuse was offered.

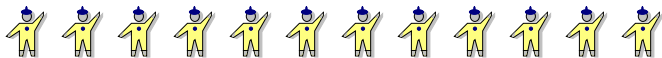


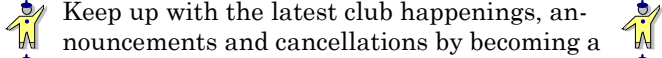
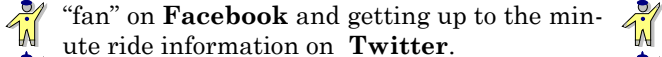




On a more encouraging note, with temperatures topping 100 degrees, the Tuesday 4 ride this week was the best example of safe, organized riding I have seen in a while. The ride was attended by 4 EVO riders who demonstrated good judgment and leadership when approaching stop signs. The character of the ride was safety first. At appropriate times, though, the pace was definitely pushed yet manageable for those expecting a true 4 ride. One of the regular 4 riders said it was his fastest individual pace ever and thoroughly enjoyable. Thanks to all who participated and especially to the Evo riders who stepped up the leadership factor. We'd love to see that spirit flourish! Suggestions / comments are encouraged and welcome.

SHARE the road and be safe, Randy

July 2010

*Safety Reminder from the State of Virginia:
Bicyclists **must** obey all traffic signs, signals, lights, and markings.*





RBC is now on Facebook and Twitter


 Keep up with the latest club happenings, announcements and cancellations by becoming a "fan" on **Facebook** and getting up to the minute ride information on **Twitter**.
 







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
Patrishia.Wells@gmail.com

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

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

Plan Ahead/Save Money with On-line Century Registration

Registration is active now - either through our website or directly at: <http://www.active.com/cycling/reston-va/28th-annual-reston-bike-club-century-2010>


Welcome New And Returning Members

New

Mikey Bauer, Robert Burch II, Kelsey Fraser, Larry Carr, Rob Crangle, Kerry Culpepper, Katy Curran, Scott Davison, Nicole Davison, Keith Driscoll, Marcus Esposito, Regina Esposito, Ross Fenton, Jeff Fick, Kathryn Good, Shannon Hawrylo, Amy Lane, Patrick Loerch, Maureen Lupina, Brian Markle, Ralph Maya, Brian Meadowcroft, Jeannine Meadowcroft, Matt Michel, Andrew Scranton, Mark Steakley, Susannah Steakley, Tom Weatherly, Shannon Whitlock, Michael Whitlock, Marc Wrona, Aaron Ye, Naveen Yeddula

Returning

Hyder Ali, Vernalisa Ali, Claudette Archambault, Kieth Alexander, Mark Brightman, Mark Calem, Andrew Condit, Andrea Condit, Michael Dutchak, Jaime Fernandez, Jeff Fleming, Andy Fleming, Len Forkas, Larry Fox, Catherine Freck, Mark Getis, Stephan Greene, Brian Grezlak, Brian Hajost, Anne Hajost, Cindy Hajost, Vernon Hall, Ally Hamilton, Andrew Hare, Peadar Harmon, Charles Harper, Julie Harper, William Hauser, Robert Hudson, Nicole Hudson, Amy Krupka, Hee Chul Lee, Kevin Lynch, Byron Marchant, Mike McCloud, Cheryl McMurray, Mark Meadows, Kerry Moore, Sharon Moore, Randyll Newman, Daniel O'Connell, Ally Hamilton, John Osborn, Matt Palese, Matt Pickworth, Kate Pickworth, Steven Pohnert, Anne Pohnert, Ed Robichaud, JL Kerchner, John Rosner, Alexandra Rosner, Cooper Rosner, Max Rosner, Nathan Rosner, Todd Schryer, Ed Shanahan, Thomas Justin Shaw, Elizabeth Shaw, Emily Shaw, Amy Shaw, Pedro Silva, Robert Thomas, Pete Whitman, Karl Wolf, Willson York



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RIDE SCHEDULE—JULY

**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.

Saturday Rides are Impromptu and begin at **9:00** across from the **7-11 at the W&OD Trail and Crestview**. 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

Date: **Tuesday, July 6, 2010**
Start Location: Hunter Woods Shopping Ctr. (South Reston)
Level: 1,2,3,4,5
Time: 6:00 PM
Mileage: 25-35
Description: **Route Varies each week**
Leader: Ken Thompson 703-476-4106

Date: **Wednesday, July 7, 2010**
Start Location: Parking Lot Across from the Caboose on W&OD in Herndon
Level: Social Ride
Time: 6:00 PM
Mileage: 20
Description: **Route Varies each week**
Leader: Ken Thompson 703-476-4106

Date: **Thursday, July 8, 2010**
Start Location: Parking Lot Across from the Caboose on W&OD in Herndon
Level: 1,2,3,4,5
Time: 6:00 PM
Mileage: 25-35
Description: **Route Varies each week**
Leader: Ken Thompson 703-476-4106

Date: **Tuesday, July 13, 2010**
Start Location: Hunter Woods Shopping Ctr. (South Reston)
Level: 1,2,3,4,5
Time: 6:00 PM
Mileage: 25-35
Description: **Route Varies each week**
Leader: Ken Thompson 703-476-4106

Date: **Wednesday, July 14, 2010**
Start Location: Parking Lot Across from the Caboose on W&OD in Herndon
Level: Social Ride
Time: 6:00 PM
Mileage: 20
Description: **Route Varies each week**
Leader: Ken Thompson 703-476-4106

Date: **Thursday, July 15, 2010**
Start Location: Parking Lot Across from the Caboose on W&OD in Herndon
Level: 1,2,3,4,5
Time: 6:00 PM
Mileage: 25-35
Description: **Route Varies each week**
Leader: Ken Thompson 703-476-4106

Date: **Sunday, July 18, 2010**
(This is the only Sunday ride scheduled for July)
Start Location: Reston Town Center NE parking lot
Level: C
Time: 9:30 AM
Mileage: ~20 miles
Description: **Ride to Breakfast and back**
C Leader: Ken Thompson 703-476-4106

Date: **Tuesday, July 20, 2010**
Start Location: Hunter Woods Shopping Ctr. (South Reston)
Level: 1,2,3,4,5
Time: 6:00 PM
Mileage: 25-35
Description: **Route Varies each week**
Leader: Ken Thompson 703-476-4106

Date: **Wednesday, July 21, 2010**
Start Location: Parking Lot Across from the Caboose on W&OD in Herndon
Level: Social Ride
Time: 6:00 PM
Mileage: 20
Description: **Route Varies each week**
Leader: Ken Thompson 703-476-4106

Date: **Thursday, July 22, 2010**
Start Location: Parking Lot Across from the Caboose on W&OD in Herndon
Level: 1,2,3,4,5
Time: 6:00 PM
Mileage: 25-38
Description: **Route Varies each week**
Leader: Ken Thompson 703-476-4106

Date: **Tuesday, July 27, 2010**
Start Location: Hunter Woods Shopping Ctr. (South Reston)
Level: 1,2,3,4,5
Time: 6:00 PM
Mileage: 25-35
Description: **Route Varies each week**
Leader: Ken Thompson 703-476-4106

Date: **Wednesday, July 28, 2010**
Start Location: Parking Lot Across from the Caboose on W&OD in Herndon
Level: Social Ride
Time: 6:00 PM
Mileage: 20
Description: **Route Varies each week**
Leader: Ken Thompson 703-476-4106

Date: **Thursday, July 29, 2010**
Start Location: Parking Lot Across from the Caboose on W&OD in Herndon
Level: 1,2,3,4,5
Time: 6:00 PM
Mileage: 25-35
Description: **Route Varies each week**
Leader: Ken Thompson 703-476-4106

From the Editor

By Jeff Major

Is it Safe?

Remember the movie Marathon Man? OK, Dustin Hoffman's character was actually a runner and the character who asked if it was "safe" had something entirely unrelated to cycling in mind as he wielded a dentist's drill. But the question is certainly applicable to cycling. Happen to catch Stage 2 of this year's TDF?

It's "safe" to say, that cycling is about as safe as going to the dentist: do it right and the benefits are many; lose focus and the results can be as painful as getting a tooth drilled down to the nerve.

If you've read any of the recent editions of The Wheel, you have seen a consistent message about riding safely during group rides. Our Chairman, Randy Karn, has made a commitment to keeping RBC rides safe for everyone while maintaining the spirited type of riding that appeals to many of our members. Both his Chairman's Messages and this humble column have mentioned specific examples of how potentially dangerous situations might be avoided. The effort continues.

I'm sure most would agree that fast group rides on the streets of Northern Virginia present numerous challenges and potential dangers. Negotiating intersections, road hazards and moving vehicles (not to mention those parked with doors that open abruptly) can be exponentially more risky in larger groups.

The board has been discussing with an open mind, ways to maximize enjoyment and reduce risk. And Randy's letter in this edition calls out for input from RBC members. One RBC member, a local racer who recently participated in an out of area club ride while on travel, shared his experience with us. The hosting club, he told us, limited their group sizes by creating sub-groups and staggering their start times.

He also said he observed good leadership from the stronger riders, excellent overall organization and a pervasive mentality favoring safety over competition. This is a concept we could live with and it's one that warrants further consideration. Stay tuned as we hope to develop this idea and apply it to our own rides.

And on the topic of organized cycling, it's hard not to think of pacelines. We have a lot of racers in our membership who are well familiar with the benefits of pacelines. They conserve energy, help develop bike handling skills and can provide us with a sense of accomplishment, not to mention an overall good time on the bike. A well organized paceline is easier to do in a group of 10 versus one comprising 40 riders. So the opportunity to practice them on RBC rides is currently greater during Saturday and Sunday rides than on our evening rides.

Hopefully, we will be able to do more of this kind of riding in the future. With that in mind, we've included in this edition an article titled **Pacelines—How to Ride in a Group** excerpted from the book **Street Smarts**, by **John Allen** and thoughtfully contributed by RBC member **Bruce Enger**, who also races with the **Evolution Cycling Club**.

Finally, as many of you know, the RBC hosts an awesome Century each year. This year's Century will take place on Sunday August 22. Your board spent many hours this year to get routes approved in Loudoun County that give our Century much of its character. The next big challenge is recruiting enough volunteers to help with the MANY little tasks to support this great event. Please volunteer a few hours of your time. It's a chance to do some good for your club and to spend a little time around some real positive folks!

Board member Barb Lytle is organizing volunteers and she wants to hear from you, your family members and your friends. Her contact information and a partial Century-related list of tasks appears on Page 7 of this edition. **WE NEED YOUR HELP!!**

Thanks and stay cool.

Jeff



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Pacelines - How to Ride in a Group

From Street Smarts

By John Allen

The essence of group riding is riding the paceline. It allows cyclists to travel faster with less effort and provides a better social experience. (It is also a foundation of racing.) Pacelines do have some inherent danger and require communication among the riders. But a good paceline is a wonderful thing.

The basic **SINGLE** paceline is simple. The riders align behind one another to take maximum advantage of the "drag" effect of the cyclists to the front. The cyclist in the front will set the group's pace, when the lead rider decides it is time to change, that rider pulls off to one side and drifts back to the end of the paceline.

The new lead cyclist increases effort **SLIGHTLY** (just increases the amount of pressure on his pedals) to *maintain* the group pace. A good paceline is smooth. A good paceline is built on trust. The riders have to be confident that the others in the group will communicate well and ride safely.

Which direction should the lead rider pull off? The single paceline picture above shows the rider pulling off to the left. But there are various reasons to pull off either direction. If there is a cross wind the lead rider will pull off whichever direction the wind is coming from. This is because the riders in the single paceline will naturally line up as shown in the "echelon" picture to hide themselves from the wind. Some believe that the rider coming off the front and going backwards should not be in the lane of car traffic and should, as a general rule, pull off to the right. Basically, whichever direction the group is using, all riders should do the same thing.

(Cont. on page 6)

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The PedalShop has left its Ashburn Location to go virtual. The services and merchandise will still be available through their website (below) In the mean time, they are looking for new tenants for their Ashburn location. Go to www.pedalshop.com for more information.

Visit the [RBC website](http://www.RBC.com) for up to date ride info., membership renewal, Century registration, and much more!

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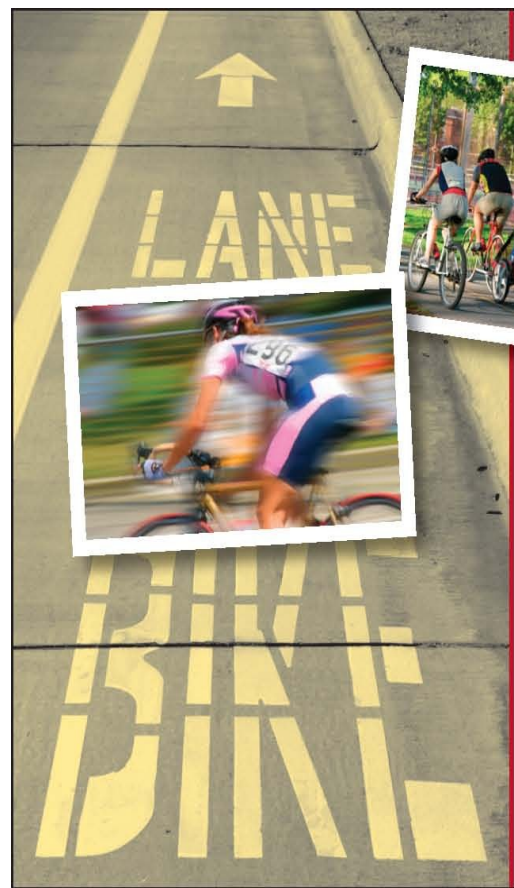
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Pacelines (Cont.)

The **DOUBLE** paceline is a minor modification of the single paceline. In this setting there are just two single pacelines side by side. The riders on the front of each paceline pull off in opposite directions. As a general rule, the pacelines are far smoother if the two front riders agree and pull off simultaneously. Otherwise, one of the lines has to surge to get the front riders side by side.

A **ROTATING** paceline requires more focus and greater skills but is very satisfying to be part of. In a rotating paceline there is an advancing (faster) line of riders and a retreating (slower) line of riders.

The retreating line is on whichever side the wind is coming from. If it is a headwind a tailwind or no wind, usually the retreating line will be on the right side and the advancing line will be on the left. (The opposite of the picture above).

The key to a rotating paceline is that when the rider at the front of the advancing line clears the rider who is on the front of the retreating line, the advancing rider moves into the retreating line and softens up his pace. The rider who was behind him continues the pace of the advancing line until that rider switches over. The rider in the advancing line should NEVER surge.

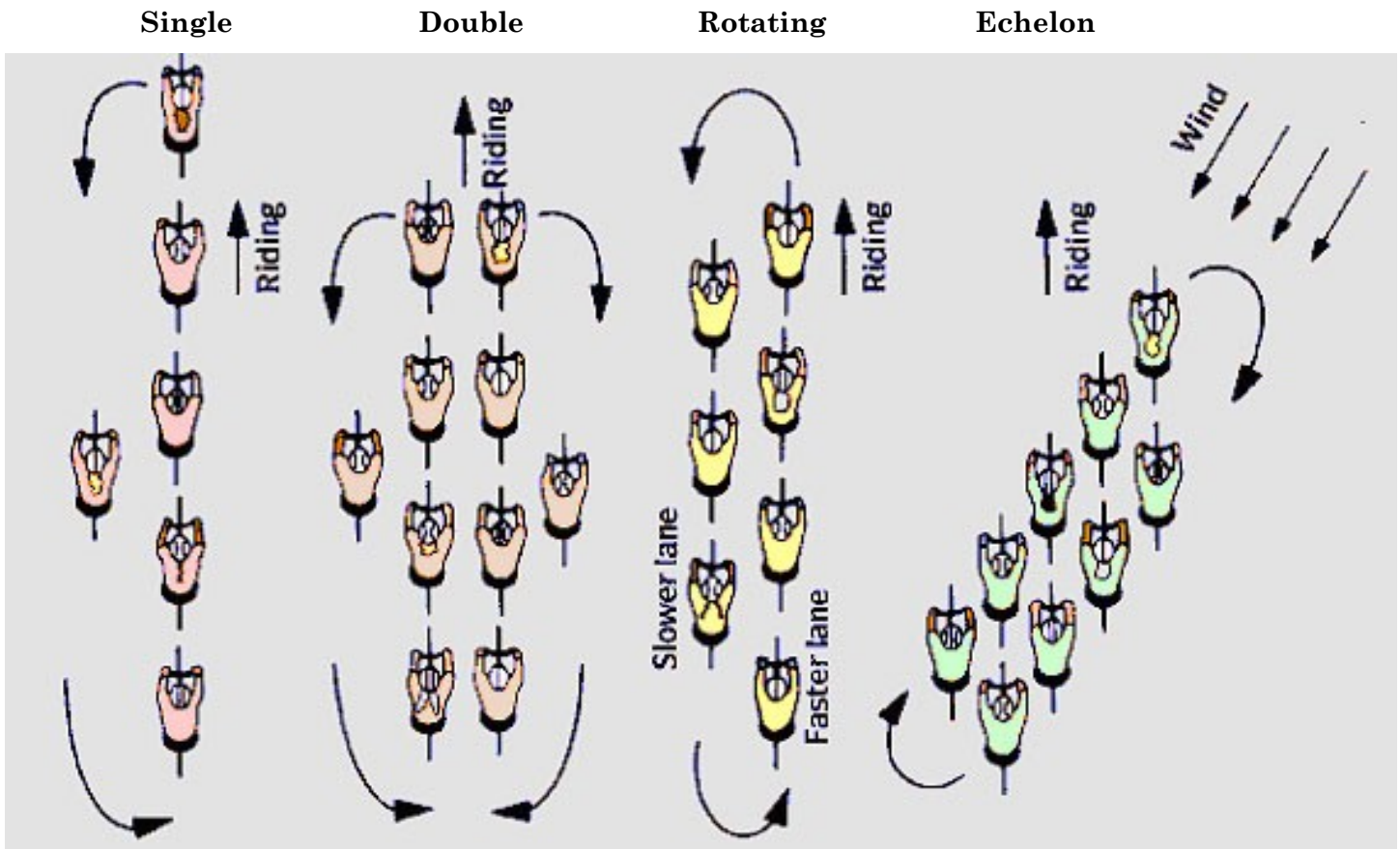
Travel Cases Available to RBC Members

- ◆ 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 idea is that you *ride to the front* and float to the back in a constant rotation. You change your speed by "soft-pedaling" as you switch to the retreating line and increasing your pedal pressure as you switch from the retreating line to the advancing line.

Smooth switches, and keeping the distance between the riders in the paceline as small as possible will keep the paceline smooth.

An **ECHELON** is a paceline ridden in a crosswind. The riders will naturally find cover at an angle as shown above. An Echelon can refer to either a single paceline or a rotating paceline. In either case, the lead rider will pull off INTO the wind.



PACELINE FORMATIONS

RBC Century Volunteer Opportunities

Our 28th 2010 RBC Century is being held on Sunday August 22nd. Take pride in your club and volunteer to work the ride — for the day, for a few hours — any amount of time you, your family or your friends can provide will contribute to the success of yet another great RBC Century!

[Email Barb Lytle](#) to sign up today or you may call her at 703-362-8286.

Pre-Century opportunities

- ◇ Draft cue sheets/maps
- ◇ Check accuracy of ride map/directions (on bike or by car)
- ◇ Route marking
- ◇ Pick up T-shirts and deliver to Reston Town Center (RTC) – stack in Information Room by size on Friday Aug 20 before 5:00 pm
- ◇ Coordinate food – work with vendors and other co-coordinators to arrange pickups and deliveries
- ◇ Pick up Snow Cone Machine and syrup from Booths Rental in Vienna on Saturday morning and return Monday morning
- ◇ Purchase soda and water (any time can get good price) and deliver to RTC Information Room on Friday afternoon before 5:00 pm
- ◇ Distribute Century registration forms to bike stores, gyms, community centers, libraries, etc.
- ◇ Maintain water, soda, and ice distribution.
- ◇ Distribute T-shirts
- ◇ Breakdown and stack RTC tables and chairs
- ◇ Cleanup RTC
- ◇ Deliver remaining food and beverages to RTC shelter
- ◇ Take remaining T-shirts to RBC storage

Rest stop support at Ashburn and Hamilton

- ◇ Registration setup – tables, chairs, and signs
- ◇ Oversee tent, table and chair set up and pick-up
- ◇ Oversee food set-up and breakdown.
- ◇ Oversee set up of communication group and bike shops/vendors
- ◇ Check state of portable bathrooms throughout event
- ◇ Maintain bulletin board
- ◇ Maintain water, soda, and ice distribution.
- ◇ Breakdown and cleanup – mainly tables, chairs, and trash

Day-Of opportunities:

- ◇ Morning Registration at RTC – “day-of” rider registration and registered rider assistance
- ◇ Support vehicle drivers.
- ◇ Distribute food to rest stops

Rest stop support at Reston Town Center

- ◇ Registration setup – tables, chairs, and signs
- ◇ Oversee tent, table and chair set up and pick-up.
- ◇ Oversee food set-up and breakdown.
- ◇ Oversee set up of communication group and bike shops/vendors
- ◇ Check state of portable bathrooms throughout event
- ◇ Maintain bulletin board

We still need volunteers to make this huge undertaking a success!!

[Email Barb Lytle](#) or call her at

703-362-8286.

We're counting on your support!!

Cumberland Valley Century

August 14, 2010

San Mar Childrens Home
8504 Mapleville Rd, Boonsboro, MD

Designed by cyclists for cyclists!!

When was the last time you cycled the beautiful, low traffic, roads of Washington County? The Cumberland Valley Century provides the perfect opportunity to experience the history and charm of this lovely valley. This ride also benefits [San Mar Childrens Home](#).

- 18, 25, 63 and 103 mile routes take in some of the most fabulous scenery in the area. The metric and century routes visit the C&O Canal National Historic Park and the Antietam National Battlefield.
- Scenic new routes loop riders through the central start/finish at San Mar. Eat lunch when you want or shorten your mileage. Other well-stocked rest stops are provided along the routes.
- All routes are clearly marked and color coded.
- TOTAL CLIMBING- 6,360; Metric - 4,110; Quarter - 1,490; 18 Mile - 1,240
- Easy to follow cue sheets that were designed by experienced cyclists who live and ride in Washington County everyday and have picked the very best roads.
- There will be periodic route sweeps to aid cyclists.
- Support closes at 5:00 PM.

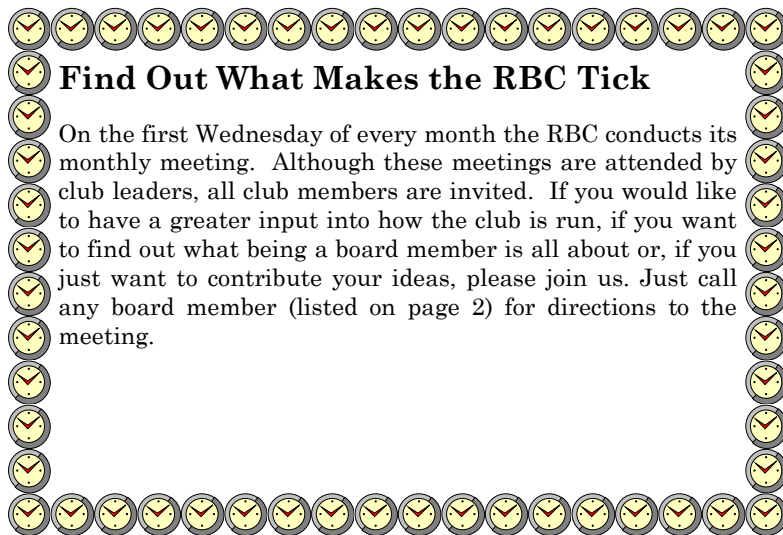
Registration opens at 7:00 AM, all support closes at 5:00 PM

[Home](#)

[Ride Details](#)

[Directions](#)

[Click Here to Register](#)



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

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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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