

# The Wheel

Volume 23, Issue 5  
June 2005

The Newsletter of Reston Bicycle Club

## Tour de Georgia

By Jeff Erler

In late April of 2005, RBC member John Hamilton, Scott Schaefer, and I went down to Georgia to watch a stage of the Tour de Georgia, and get some good riding in at the same time. Many pro teams had entered this year's Tour de Georgia and it would be perhaps the last opportunity to see Lance Armstrong racing on American soil.

The plan was to ride the last 45 miles of Saturday's Stage 5 and then watch the racers finish atop Brasstown Bald Mountain. Brasstown Bald Mountain is the highest point in Georgia at 4784 feet.

We started in the town of Hiawassee, Georgia where we were greeted to 45 degree temperatures and 20 plus mile per hour winds. This is not what we expected of a late April in Georgia and it had us digging in our gear bags for every extra bit of clothing we could find.

Our route took us over three categorized climbs. First there was the 2.5 mile Category 2 climb of Unicoi Gap to 2949 feet; a relatively easy climb that was followed by one of the nicest descents I have ever ridden. 6 miles of twists and turns with a pristine mountain stream following the road the whole way. This was followed by the extremely difficult 7.5 mile Category 1 climb up Hogpen Gap. Mile after mile of this climb went up at 10 to 12 percent grade, with one section hitting 15 percent. It was a relentless climb of over 2000 vertical feet gained



that brought us to a summit of 3485 feet. At one point a spectator commented to me as I rode by, "You guys are not the racers, why are there so many of you riding this climb?" To the non-cyclist spectators we were crazy, but any cycling enthusiast understands why.

The climb up Hogpen Gap was rewarded by a long 10 mile descent that would bring us to the approach to Brasstown Bald Mountain. Normally this would probably be a pretty spectacular descent, but by this time temperatures had dipped in to the 30's and the wind was directly in our faces at 20-30 mile per hour. Even so, we were pushing 50mph at times. When we reached the bottom, there was only five more miles of climbing to go to reach the highest point in Georgia.

However, somewhere around 4000 feet elevation on Brasstown Bald, with the wind howling through a thinning tree line and occasional snow and sleet flurries coming down, we decided warmth was more important than summiting. So we found a sheltered area about a mile from the bottom of Brasstown Bald Mountain to watch the racers attack the hill.

There were no barricades so viewing was close and personal. First through were Tom Danielson and Levi Leipheimer, followed shortly thereafter by Floyd Landis and Lance Armstrong. The rest of the peloton would then trickle through. The mountains of Georgia had done their job in sorting out the strongest. Tom Danielson would go on to win the stage and take over the leader's jersey from Floyd Landis. He retained the lead on the final day for overall win.

Despite the cold and wind, we had what will surely be one of the more enjoyable and memorable rides of this season. We will be returning next year for more miles and more mountains.

## Register Today for the 2005 Reston Century

Mark your calendar and register today for this year's 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](http://www.active.com/event_detail.cfm?event_id=1211389)

And get your number today.



## Chairman’s Message: Chris Ross

By now many of you are feeling in better shape - with all those miles you’re getting in with the good weather. I’m sure some of you are also planning some cycling vacations, either local or far away, for the summer. Be sure to send any write-ups, photos, or experiences you have to Don Brumbaugh for publication in the Wheel. We all have enjoyed Mark’s articles on his transcontinental ride. I know of two groups of friends who have ambitious trips planned – to Italy to climb the famous Passo de Stelvio.

I have my own mini write-up. I got caught in one of those severe thunderstorms last Saturday. I was on Skyline drive at the time, and ran into Pat Gleason and several other RBCers out there just before the storm hit. For a while it looked like it would pass right in front of us – which made sense since we were traveling north and the storm was heading east. No such luck - it came directly over and I decided to sit down in the ditch since there was cloud-to-ground lightning all around!



The Tuesday and Thursday night rides are more popular than ever, thanks to Ken’s dedication and organization. We would like to make sure that all riders who participate actually sign up for the ride. Some folks show up at the last minute and slip into the group at the last moment. To all those of you who ride regularly please encourage them to officially sign up for one ride length or another. You will really benefit the club by doing this, and I believe with all riders signed in we will have safer rides. Promoting ride safety is one of our most important tasks as a club.

Some of these “ghost” riders may be concerned that they will be obligated to join the club if they sign up. Please assure them this is not the case – we would welcome them if they’d like to join of course. We must also be vigilant and insist on defensive (not racing) riding techniques while we are out on the busy rush-hour roads. The Tuesday and Thursday rides are social rides or conditioning rides, depending on the ride category, not races.

The new web site is well underway and being checked out right now – you should see it soon. Once it is up and running, we’d like to hear from you about any improvements or features you’d like to see in the future.

Plans continue for the annual Century to be held August 28<sup>th</sup> at the Reston Town Center. We have made a good start finding volunteers for the event, but certainly can use more. Please let a board member know soon if you’ll be able to help. We’ll want to start planning how many people will be at each station for registration and the post-ride party. Online registration is of course open on Active.com.

If you’d like to lead a ride in July or later in the summer, please contact Ron Rothrock (A/B), or Greg Foster (C). We’re working hard to get the ride schedules out sooner, and you can make it easier for the ride coordinators by contacting them as early as possible. Leading rides has the benefit of entitling you to freebies at the RBC annual meeting! Contact information is on page 3.

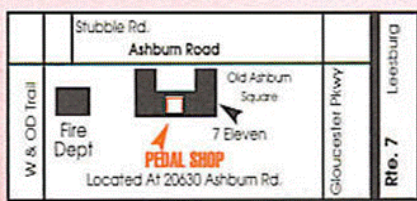



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## Who's Who In Reston Bike Club

**Chairman:**

Chris Ross (703) 243-2042  
[ross3ca@comcast.net](mailto:ross3ca@comcast.net)

**Vice Chairman:**

Cesar Olivos (703) 242-0724  
[cesar.olivos@verizon.net](mailto:cesar.olivos@verizon.net)

**Secretary:**

Kathy Bromley (703) 264-0210  
[Wld-flwr@comcast.net](mailto:Wld-flwr@comcast.net)

**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)

Daren Magness (703) 430-0728  
[darenmagness@adelphia.net](mailto:darenmagness@adelphia.net)

Mark Hollinger (703) 815-2723  
[mlhollinger@earthlink.net](mailto:mlhollinger@earthlink.net)

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

Craig Clark (703) 689-0152  
[ccbike@cox.net](mailto:ccbike@cox.net)

**Ride Coordinators:**

*Level A/B:*

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

*Level C:*

Gregory D. Foster, (703) 489-8706  
[gfooster@gmu.edu](mailto:gfooster@gmu.edu)

*Level D:*

VACANT PLEASE VOLUNTEER

**Newsletter:**

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

**Database:**

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

**Web Master:**

Mark Hollinger (703) 815-2723  
[mlhollinger@earthlink.net](mailto:mlhollinger@earthlink.net)

## 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 11<sup>th</sup> 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

William Deal, Anne Marie Pastorkovich, Tania Steinschneider, Andrew Condit, Chris Dana-ceau, Michelle Geddes, Steve Handwerk, Carrie Hsieh, Amanda Lettermann, Mauricio Mendonca, Dave Skibo, Bill Toms, Mike Turco, Steve Van Winkle

### Returning Members

Fritz Andersen, Rick Capriolo, Brian & Iris Collies, Jeff Frederick, John Hamilton, Mary Jackson, Ron Kahlow, William Mirth, Chris Mullen, Karen Levy & Paul Mutino, Bob Mylls, Jennifer O'Sullivan, Denise & Steve Olsen, Gerard Palmer, Sharon & Bart Rhoades, Richard Ryan, B J & Marilyn Silvey, Daniel Scraf-ford, Steve Slovikosky, Roger Smith, Mary Ann Skousen, Patricia Walthers, John Yendt



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 Susan

# Ride Schedule—June

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.

## JUNE 2005 SCHEDULE

**Date:** Thursday, June 2th  
Hunter Woods Shopping Ctr. (South Reston)

**(PLEASE NOTICE CHANGE IN LOCATION)**

**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, June 4, 2005  
**Start Location:** 7-Eleven at Crestview and W&OD Trail  
**Level:** A/B social ride (no one will be dropped)  
**Time:** 9:00 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, June 5, 2005  
**Start Location:** Reston Town Center NE parking lot  
**Level:** A/B  
**Time:** 9:00 am  
**Mileage:** 50/45  
**Description:** **Off to Leesburg (via Arcola)**  
**A/B Leader:** Ron Rothrock, 703-759-2850

**Date:** Sunday, 5 June 2005  
**Start Location:** Reston Town Center NE parking lot  
**Level:** C  
**Time:** 9:00 am  
**Mileage:** 27  
**Description:** South Reston - A G'day Down Under  
**C Leader:** Greg Foster, 703-489-8706

**Date:** Tuesday, June 7th  
**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, June 9th  
**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, June 11, 2005

**Start Location:** 7-Eleven at Crestview and W&OD Trail  
**Level:** A/B social ride (no one will be dropped)  
**Time:** 9:00 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, June 12, 2005  
**Start Location:** Tyler Elementary School, Gainesville, VA  
**Directions:** Take I-66 W to exit 43A, Gainesville, Rt 29 South. Take first right onto Rt 55 (John Marshall Hwy). School is about 1.5 miles on right.

**Level:** All Level  
**Time:** 9:30 am  
**Mileage:** 57/~40 for A/B  
Mileage: 35-40 for C riders  
**Description:** **Virginia Hunt Country (for A/B)**  
**TBD (for C)**  
**A/B Leader:** Paul Baker, 703-860-4314  
**C Leader:** Greg Foster, 703-489-8706

**Date:** Tuesday, June 14th  
**Location:** Hunter Woods Shopping Ctr. (South Reston)  
**Level:** A/B/C  
**Time:** 6:00 PM  
**Mileage:** 28-45

**Description:** Route Varies from week to week.  
**Leader:** Ken Thompson, 703-476-4106

**Date:** Thursday, June 16th  
**Start Location:** Parking Lot Across from the Caboose on W&OD in Herndon  
**Level:** A/B/C  
**Time:** 6:00 PM  
**Mileage:** 30-45

**Description:** Route Varies from week to week.  
**Leader:** Ken Thompson, 703-476-4106

**Date:** Saturday, June 18, 2005  
**Start Location:** 7-Eleven at Crestview and W&OD Trail  
**Level:** A/B social ride (no one will be dropped)  
**Time:** 9:00 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, June 19, 2005  
**Start Location:** Reston Town Center NE parking lot  
**Level:** A/B  
**Time:** 9:00 am  
**Mileage:** 50  
**Description:** **Woodburn and Harmony Hills**  
**A/B Leader:** Don Brumbaugh, 703-880-3024

(Continued on page 6)

**OUT-OF-THE-AREA EVENTS\***

- June 4: Get Ready Metric, Pennsville, NJ, sponsored by South Jersey Wheelmen. Options of 50, 100km. Information and link to registration form at [www.sjwheelmen.org/get\\_ready\\_metric.htm](http://www.sjwheelmen.org/get_ready_metric.htm).
- June 11: Oxon Hill Bicycle and Trail Club's Rural Legacy Ride, starting at Merkle Wildlife Sanctuary, Croom, MD. Ride options of 24, 46, and 62 miles. Information at [ohbike.org/events/rural\\_legacy\\_efflyer.html](http://ohbike.org/events/rural_legacy_efflyer.html).
- June 12: Bike Freedom Valley, Philadelphia, PA, sponsored by the Bicycle Coalition of Greater Philadelphia. Various start/length options (Philadelphia and elsewhere, 8 to 100 miles). Information and link to registration form at [www.bicyclecoalition.org/bikefreedomvalley.html](http://www.bicyclecoalition.org/bikefreedomvalley.html)
- June 12: Knotts Island Century, Chesapeake, VA, sponsored by the Tidewater Bicycle Association. Ride options of 34, 66, and 100 miles. Information and registration form at [tbarides.org/pdf/Knotts%20Island%20Flyer%202005.pdf](http://tbarides.org/pdf/Knotts%20Island%20Flyer%202005.pdf).
- June 12:-29: Annual Knotts Island Century; Presented by the Tidewater Bicycle Association; Rides of 34, 66, and 100 miles; For information contact [webmaster@TBArides.org](mailto:webmaster@TBArides.org) or call 757-439-1552.
- June 18: The Clean Air Ride sponsored by the American Lung Association of Washington, DC in association with WABA. Starting from FDR Memorial Park with 20 or 40 mile options on paved biking trails. For more information-contact: [www.cleanairride.org](http://www.cleanairride.org).
- June 18: Jersey Double (a double century, a 200 mile ride), Whitehouse Station, NJ, sponsored by the Western Jersey Wheelmen. Information at [www.wjw.org/jerseydouble.html](http://www.wjw.org/jerseydouble.html).
- June 18-19 23<sup>rd</sup> National 24 Hour Challenge, Middleville, Grand Rapids, MI. How many miles can you do in 24 hours? For information\* see [www.n24hc.org](http://www.n24hc.org) or call 616-241-1969
- June 19: The 20<sup>th</sup> Annual Bay to Bay Ride; Supports Leader Dogs For The Blind; Ride routes from 27 to 104 miles and starts in Betterton Maryland; For information contact [bay2bay@hotmail.com](mailto:bay2bay@hotmail.com) or call 410-778-7356. Online registration if at [www.active.com](http://www.active.com).
- June 24-29: The 18<sup>th</sup> Annual Bike Virginia, Contact [www.bikevirginia.org](http://www.bikevirginia.org) or request information at [info@bikevirginia.org](mailto:info@bikevirginia.org).
- June 23-26: CAM Weekend; Bike through scenic Northern Maryland from a base at Mount Saint Mary's University, Emmitsburg, Maryland. For information contact [www.onelesscar.org](http://www.onelesscar.org) or call 410-236-3678.
- June 26-July 2: The 11<sup>th</sup> annual tour of Colorado, the Crested Butte Loop; For information contact [www.bicycletourcolorado.com](http://www.bicycletourcolorado.com) or call 303-985-1180.
- 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](http://whiteclaybicycleclub.org/Events-WCBC/doublecross.htm).
- July 10-17: 7<sup>th</sup> 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/canalatour](http://www.ptny.org/canalatour).
- July 16-22: 4<sup>th</sup> 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](http://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.powhatanchamberofcommerce.org/TourDeVin.htm](http://www.powhatanchamberofcommerce.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](http://www.bontonroulet.com) or call 607-756-2893 or 315-253-5304.
- July 30: 14<sup>th</sup> Annual Shenandoah Valley Bike Festival; Rides of 24 to 100 miles; For information contact [jonathanschrag@yahoo.com](mailto:jonathanschrag@yahoo.com) or register on line at [www.active.com](http://www.active.com).
- August 7-12 10<sup>th</sup> Annual Tri-State Wheelers Summer Bicycle Tour; A six day bicycle tour of New Hampshire & Vermont. For information see [www.newenglandadventure.com](http://www.newenglandadventure.com).
- August 13: 1<sup>st</sup> 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](mailto: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 [hudsonstour@ptny.org](mailto:hudsonstour@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](http://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.lancasterbikeclub.org/cbm.php](http://www.lancasterbikeclub.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](http://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](http://www.blueridgeextreme.com).
- 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](http://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](http://www.raba.org)
- September 18: The PPTC 100 Historic Back Roads Century, sponsored by the Potomac Pedalers Touring Club. Options of 100, 62, 50, and 25 miles. For more information contact PPTC at [www.bikepptc.org](http://www.bikepptc.org).
- October 1-8: The 25<sup>th</sup> 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](http://www.bikegaba.org).
- October 8: Seagull Century, Salisbury, MD. Preregistration required. Check periodically for more information at [www.seagullcentury.org](http://www.seagullcentury.org).
- October 14-16: Shenandoah Fall Foliage Bike Festival, Staunton, VA. Information at [www.shenandoahbike.org](http://www.shenandoahbike.org).

Application forms and/or brochures are available for many of these events. For information email [kenneththompson@att.net](mailto: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.restonbikeclub.org](http://www.restonbikeclub.org)**

(Continued from page 4)

Date: Sunday, 19 June 2005  
 Start Location: Reston Town Center NE parking lot  
 Level: C  
 Time: 9:00 am  
 Mileage: 28  
 Description: Reston-Vienna-Wolf Trap  
 C Leader: Greg Foster, 703-489-8706

Date: Tuesday, June 21th  
 Location: Hunter Woods Shopping Ctr. (South Reston)  
 Level: A/B/C  
 Time: 6:00 PM  
 Mileage: 30-48  
 Description: Route Varies from week to week.  
 Leader: Ken Thompson, 703-476-4106

Date: Thursday, June 23th  
 Start Location: Parking Lot Across from the Caboose on W&OD in Herndon  
 Level: A/B/C  
 Time: 6:00 PM  
 Mileage: 30-48  
 Description: Route Varies from week to week.  
 Leader: Ken Thompson, 703-476-4106

Date: Saturday, June 25, 2005  
 Start Location: 7-Eleven at Crestview and W&OD Trail  
 Level: A/B social ride (no one will be dropped)  
 Time: 9:00 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, June 26, 2005  
 Start Location: Boyce Elementary School, Boyce, VA  
 Directions: Take Rt 50 West, through Middleburg. At light where Rt 17/50 meet, go straight 4.6 miles on Rt 50/17, then turn right onto Rt 723. Follow this for 4.4 miles to Boyce, cross Rt 340 (Main Street), go 0.3 miles and turn left into the school.  
 Alternate: Take Rt 7 West to left at first Berryville exit on Rt 7 Business. Turn left on Rt 340 South at traffic light in

Level: All Level  
 Time: 9:30 am  
 Mileage: 49/36  
 Description: **Oh Shenandoah**  
 A/B Leader: Chris Ross, 703-243-2042  
 C Leader: Greg Foster, 703-489-8706

Date: Tuesday, June 28th  
 Location: Hunter Woods Shopping Ctr. (South Reston)  
 Level: A/B/C  
 Time: 6:00 PM  
 Mileage: 35-48  
 Description: Route Varies from week to week.  
 Leader: Ken Thompson, 703-476-4106

Date: Thursday, June 30th  
 Start Location: Parking Lot Across from the Caboose on W&OD in Herndon  
 Level: A/B/C  
 Time: 6:00 PM  
 Mileage: 30-48  
 Description: Route Varies from week to week.  
 Leader: Ken Thompson, 703-476-4106


**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.

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**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

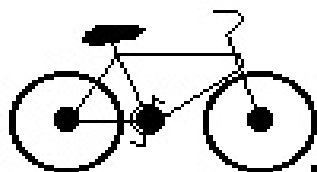
Place  
Stamp  
Here



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We sell, repair and rent all types of cycling equipment.



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Vienna, VA 22180

[www.bikesatvienna.com](http://www.bikesatvienna.com)

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