

The Wheel

June 2006

Volume 24, Issue 5

The Newsletter of Reston Bicycle Club



August 27, 2006

www.restonbikeclub.org

Mark your Calendar click the RBC link above to sign-up today!!!!

June 1st Thursday Night Ride Re-Located

Because the Herndon Festival is scheduled to start on June 1st, the parking lot across from the Caboose on the W&OD will be occupied by amusement rides. Therefore the Thursday night ride on June 1st will start at Hunters Woods shopping plaza where all Tuesday night rides start. All other Thursday rides are scheduled to start as normal.

Bike to Work Day Draws a Record Number of Participants

This years Bike to Word Day was a big success. It attracted 286 participants which is a record turnout in Reston for this event.

Reston Bicycle Club is proud to sponsor this activity with volunteers, insurance coverage and planning. The goals of reducing traffic, reducing fuel dependency and increasing ones health are key to this activity. The RBC is dedicated to achieving these goals and just having a good time on your bicycle.

Chairman's Message: Chris Ross

The summer cycling season is now well underway. It was quite a shock yesterday when the temperature reached 95 - after being comfortable for so long! Now is the time of year when we explore various ways to stay cool. One option is to visit Alaska - I'm just back from a trip there. In my travels I did see a number of riders out on the roads. While riding however, there are a number of unique hazards to be aware of - like bears and moose! In addition, riders must carry plenty of water and provisions with them - since rest stops can be few and far between. The state is so huge that a 200 mile drive seems like nothing when you look at it on the state map! I hope to do some cycle touring there someday.

Then there are the more bizzare options. I friend I ride with occasionally gave me a plastic sheet - sort of like a piece of bubble wrap with large bubbles. The compartments are filled with water, not air, so you can put the sheet in the freezer and freeze it! I think they have these in hospitals. My friend said he puts

one down the back of his jersey. I haven't actually tried this yet but I suppose if it's 95 degrees and you really want to ride it should work!

Anyway, back to business! Century preparations are continuing full speed ahead. We'll need plenty of volunteers, and we'll have tasking descriptions and sign-up sheets out soon, so we can get people in all the necessary slots.

Finally, we'd like to fill up the newsletter with more of your cycling related stories and photos. Any big tours you've been on - or cycling celebrities you've met? Another friend told me a couple of years ago about riding alongside George Hincapie in the Assault on Mt Mitchell ride in the mid 90's. We'd welcome any input you have.

Happy riding!

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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!)



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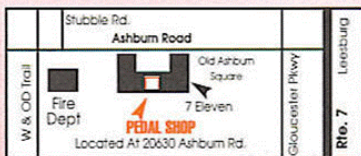
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Who's Who In Reston Bike Club

Chairman:
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ross3ca@comcast.net

Vice Chairman:
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Kenneththompson@att.net

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Randy Karn (703) 742-4074
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Craig Clark (703) 689-0152
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Ride Coordinators:
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Level C:
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gfooster@gmu.edu

Level D:
VACANT PLEASE VOLUNTEER

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Database:
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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.

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.

Welcome New and Returning Members


New Members

Stacey Graham; Jennifer Kopecko; Patrick Mc Gowen; Herman Molzahn; John Newton; Jeremy Nightingale; Henry Poli; Carl Roach; Karla Schmieder; Mario Alvarez; Brian Daum; Bob Salehi; Clare Zecher; Rebecca Ellis; Amy & Kim Vassar

Returning Mmbers

Norman Aronovic; Jeffrey Beard; John Mc Cracken; Charles Moore; Paul Mutino; Bartlett Rhoades; Sam Robe; Craig Ellis; Douglas Gregory; William Hauser; Bruce Lowrey; Harry Mc Collum; William Mirth; Mary Parisi; Tania Steinschneider; Rudy Vercaigne; John Von Knorring; Patricia Walthers; Karl Wolf

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



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HOT, Fun
HOT!
Fun!**

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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.

Summer Rides will follow the <50% chance of rain rule. If the weather reports are predicting condition outside these ranges the ride may be cancelled. Please call the listed ride leader to confirm the ride status.

June 2006 Schedule

Date:	Thursday, June 1st	Date:	Saturday, June 10, 2006
Start Location:	Hunter Woods Shopping Ctr. (South Reston)	Start Location:	7-Eleven at Crestview and W&OD Trail
Level:	A/B/C	Level:	A/B ride
Time:	6:00 PM	Time:	09:00 AM
Mileage:	25-45	Mileage:	Various (typically 50 miles or more)
Description:	Route Varies from week to week.	Description:	Impromptu (Please call if planning to ride)
Leader:	Ken Thompson, 703-476-4106	A/B Leader:	John Hamilton, 703-593-9384 Randy Karn, 703-742-4074
Date:	Saturday, June 3, 2006	Date:	Sunday, June 11, 2006
Start Location:	7-Eleven at Crestview and W&OD Trail	Start Location:	Boyce Elementary School, Boyce VA
Level:	A/B ride	Directions:	Take Fairfax County Parkway south to a right onto Rt 50 West, through Middleburg. At light where Rt 17/50 meet, go 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.
Time:	09:00 AM	Level:	All Level
Mileage:	Various (typically 50 miles or more)	Time:	9:30 AM
Description:	Impromptu (Please call if planning to ride)	Mileage:	49/36 miles
A/B Leader:	John Hamilton, 703-593-9384 Randy Karn, 703-742-4074	Description:	Oh Shenandoah
Date:	Sunday, June 4, 2006	A/B Leader:	Chris Ross, 703-243-2042
Start Location:	Reston Town Center NE parking lot	C Leader:	TBD
Level:	A/B	Date:	Tuesday, June 13th
Time:	09:00 AM	Location:	Hunter Woods Shopping Ctr. (South Reston)
Mileage:	53 miles	Level:	A/B/C
Description:	Waterford Ramble	Time:	6:00 PM
A/B Leader:	John Shea, 703-264-0210	Mileage:	25-45
Date:	Tuesday, June 6th	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, June 15th
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
Date:	Thursday, June 8th	Description:	Route Varies from week to week.
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		

**visit www.restonbikeclub.org
for up to date ride info., membership renewal,
Century Registration, and much more!**

IT CAN'T HAPPEN TO ME!

We're all healthy, fit, strong. We're careful about what we eat and drink. We don't smoke or use alcohol in excess. We get regular physical checkups and amaze the doctors with our low resting pulse rates and our overall great condition. Minor health problems are quickly resolved. In short, we pride ourselves on being examples of good health. Heart attacks and strokes are things that happen to other people, but never to us. At least, that's what I thought until I had a stroke on April 16.

Stroke cripples and kills. Also known as **BRAIN ATTACK**, stroke is the leading cause of adult disability and the 3rd leading cause of death in the US. It happens when part of the brain is injured due to a problem with the blood vessels going to the brain. This can be either due to a blockage where part of the brain suffocates and dies (ischemic stroke), or when a blood vessel breaks causing bleeding in the brain (hemorrhagic stroke). Ischemic stroke is the more common type and treatment for it is time dependent, making stroke a neurological emergency.

Even when my stroke was happening (it came in four successive waves, the second an hour after the first, followed by the third and fourth almost immediately), I was tempted to dismiss it as something trivial and not worth even being concerned about. I was sure that it would pass if I just sat still and ignored it. I was telling myself, of course, that strokes don't happen to healthy, fit people like me. Fortunately, people around me had the good sense to call 9-1-1. I was taken to a nearby hospital, diagnosed, and treated immediately with a clot-busting drug, tissue plasminogen activator, (tPA) or Activase. It worked perfectly and, thankfully, I have no residual effects.

What can any of us learn from my experience? First, no matter who you are or how fit you may be, be aware that it CAN happen to you or people around you. Second, recognize the signs of a stroke. The American Stroke Association publishes five different warning signs, any one of which could be evidence of a stroke:

--Sudden numbness or weakness of the face, arm or leg, especially on one side of the body. (That was exactly what happened to me!)

--Sudden confusion, trouble speaking or understanding

--Sudden trouble seeing in one or both eyes

--Sudden trouble walking, dizziness, loss of balance or coordination

--Sudden severe headache with no known cause

An easy way to remember some of these more common symptoms of stroke is to think **FAST**:

F – Face weakness or numbness

A – Arm weakness or numbness

S – Speech difficulty or slurred speech

T – Time to call 911

I was saved from having a really bad and perhaps permanent outcome because the people around me acted without delay. They called 9-1-1 and had me in a hospital within minutes. The clot-busting drug which dissolved my clot and effectively ended my stroke **MUST** be given within 3 hours of the first sign of a stroke, or not at all. A lesson for all of us: **DON'T DELAY**. If you have any reason at all to suspect that a stroke is happening, get help immediately. Sadly, only 5% of stroke victims receive this wonderful treatment in time.

May is Stroke Awareness Month. I hope that anyone reading this message will take the time to familiarize themselves with the warning signals and resolve to act promptly if they see any of them occurring. Don't be afraid to err on the side of caution! It has been said that for every 10 people learning these warning signals and acting on them, one life will be saved!

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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, if you just want to join the fun you are invited to join us.

If you would like to join us, call one of the board members from page 3 and we will give you directions to the meeting.

Reston Triathlon Needs Your Help

The Triathlon Directors are looking for an individual who might be interested in heading up our marketing and publicity efforts. The task would involve contacting current, new and prospective sponsors to gain their support. We have the materials needed to sell the event, but not the time. The publicity effort would be to prepare articles or ideas and then contact our local papers to get the story included, or get a reporter to come out and cover the story. In the past there have been stories about the various people that have done all or most of all of this annual event. Again, it is a time crunch, with all the other things going on at that time.

Of course, the Directors will be looking for all the volunteers they can find to help them put on the 21st RT on September 10th. It should be the best ever.

Date: Saturday, June 17, 2006
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B ride
 Time: 09:00 AM
 Mileage: Various (typically 50 miles or more)
 Description: **Impromptu** (Please call if planning to ride)
 A/B Leader: John Hamilton, 703-593-9384
 Randy Karn, 703-742-4074

Date: Sunday, June 18, 2006
 Start Location: Reston Town Center NE parking lot
 Level: A/B
 Time: 09:00 AM
 Mileage: 48/32 miles
 Description: **Bunch of Bull**
 A/B Leader: TBD (call Ron Rothrock, 703-759-2850)

Date: Tuesday, June 20th
 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 22nd
 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 24, 2006
 Start Location: 7-Eleven at Crestview and W&OD Trail

Level: A/B ride
 Time: 09:00 AM
 Mileage: Various (typically 50 miles or more)
 Description: **Impromptu** (Please call if planning to ride)
 A/B Leader: John Hamilton, 703-593-9384
 Randy Karn, 703-742-4074

Date: Sunday, June 25, 2006
 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: 09:30 AM
 Mileage: 57/40 miles
 Description: **Virginia Hunt Country**
 A/B Leader: Paul Baker, 703-860-4314
 C Leader: TBD

Date: Tuesday, June 27th
 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 29th
 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

Bike4BreastCancer 5th Annual Pink Ribbon Ride

Havre de Grace, Md. September 24, 2006 The ride will consist of rural routes of varying distances 25, 50, 62 and 100 miles through Susquehanna State Park and beautiful Harford County as well as 2 short family rides of 4 and 8 miles in the city of Havre de Grace. Proceeds raised will support the Harford County Tobacco and Cancer Coalition and The Red Devils, an organization that supports Maryland families living with breast cancer. Rides will leave from Tydings Park from 7 AM – 5 PM. Marked routes, SAG, rest stops, cue sheets, maps provided. Lunch will also be provided. \$25 pre-registration if postmarked by 9/11/2006 and \$30 after. \$15 for t-shirt only with pre-registration. Limited number will be available for sale on day of ride.

www.bike4breastcancer.org or contact
adele@bike4breastcancer.com.

Registration also available at www.active.com



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OUT-OF-THE-AREA EVENTS*

June 11:**Fletcher Flyer**; Sponsored by the Blue Ridge Bicycle Club; Rides of 50, 62, and 100 miles. For information see www.blueridgecyclingclub.org/fff/

June 17:**The 4th Annual Viewtrail Rides** of 43, 66, and 106 miles. Berlin, Maryland; For information go to www.extremedreamevents.com.

June 17-26th: **The 18th Great Ohio Bicycle Adventure**; Enjoy 5 days of cycling in southwest Ohio. For information see www.goba.com.

June 17-18: **The 24th National 24 Hour Challenge**, Middleville, MI; For information see www.n24hc.org and to register go to www.active.com.

June 18:**The 21st Annual Bay to Bay Ride**; Supports Leader Dogs For The Blind; Ride routes from 27 to 104 miles and starts in Berterton Maryland; For information contact bay2bay04@hotmail.com or call 410-778-7356. Online registration is at www.active.com.

June 18:**Bike Freedom Valley**; Sponsored by the Bicycle Coalition of Greater Philadelphia, PA. Rides of 8 – 100 miles. For information see www.bicyclecoalition.org/bikefreedomvalley.html.

June 23-28: **The 19th Annual Bike Virginia**, Contact www.bikevirginia.org or info@bikevirginia.org or 757-229-0507 for information.

June 25-July 1: **Bicycle Tour of Colorado**. Contact www.bicycletourcolorado.com or 303-985-1180.

July 2: **Delaware Double Cross**; Sponsored by the White Clay Bicycle Club, Middletown, DE. Rides of 31 and 62 miles. For information see www.whiteclaybicycleclub.org/Events-WCBC/doublecross.htm.

July 9-16: **8th 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 13-16: **Cycle Across Maryland**; Ride the eastern shore of Maryland. For information see www.onelesscar.org or call (410) 235-3678.

July 15-16: **The 3rd Annual Vermont Lakes Region 2006 Cycling Weekend** will feature a variety of rides for all cycling levels. Rides range from flat to rolling to hilly, and distances range from 12 to 60 miles! More information and registration form at www.cyclingvermont.org. Visit the beautiful Lakes Region up close! Questions? Call Harry at (802) 287-9987.

July 23-29: **The Bon Ton Roulet**, Festival on Wheels through the Finger Lakes, Contact www.bontonroulet.com or (315) 253-5304 for information.

July 29th : **The James City-Bruton Volunteer Fire Department 6th Annual "To The Rescue"** bicycle tour in Toano Virginia. For information contact www.jcvfr.com/rescueride/htm or call (757) 566-2126.

August 12: **Bridgeton Zoo Ride**; Sponsored by the South Jersey Wheelmen. Rides of 25, 50, and 100 miles. For information see www.sjwheelmen.org/bridgeton_zoo_ride.htm.

August 12th: **Ride To See**; 2nd Annual Galena Lions Charities ride in Galena Maryland. Rides of 15 to 100 miles. Register on line at www.Active.com or by mail in of form. For information contact pon67der@yahoo.com or call 410-648-5131.

August 15-20: **The 2nd Annual Great Hudson Valley Pedal**; A six day, 200 mile tour from Albany to New York City. For information see www.ptny.org/hudsontour or call (518) 434-1583 or contact hudsontour@ptny.org.

August 19: **Cumberland Valley Century**; Sponsored by the Cumberland Valley Cycling Club. Rides of 26, 65, and 101 miles. For information see www.bikecvcc.com/theride.html.

August 26: **Shore Fire Century**; Sponsored by the White Clay Bicycle Club. Rides of 35, 65, and 100 miles. For information see www.whiteclaybicycleclub.org/Events-WCBC/shorefire.htm.

August 27: **Hilly Hellacious Hundred**; Sponsored by the Blue Ridge Bicycle Club. Rides of 15, 28, 62, and 100 miles. For information see www.blueridgebicycleclub.org/hilly/.

September 3: **Brandywine Tour**; Sponsored by the Delaware Valley Bicycle Club. Rides of 25, 50, 68, and 100 miles. For information see www.dvbc.org/brandywine.php.

September 7-10: **Great Peanut Tour and Ride**
Enjoy Four Great Days of bicycle riding and touring in beautiful south side Virginia and Northeastern North Carolina. For more information see our website www.greatpeanuttour.com or call 1-800-449-bike.

September 10: **Oxon Hill Bicycle and Trail Club's Southern Maryland Fall Century**; Rides of 29, 63, and 100 miles. For information see www.ohbike.org/century/index.htm.

September 10: **NYC Century Bike Tour**; Rides of 15-100 miles. For information see www.transalt.org/calendar/century/.

September 16: **Jersey Devil Century**; Sponsored by the South Jersey Wheelmen. Rides of 25, 50, and 100 miles. For information see www.sjwheelmen.org/jersey_devil_century.htm.

September 16-17: **Heart of Virginia Century and Bike Festival**; Sponsored by the Richmond Area Bicycling Association. Rides of 25-100 miles (Saturday: 62, 100; Sunday: 25, 40, 62). For information see www.raba.org/HOVA/HeartofVA_Full_Info.html.

September 24th: **Cheat Mountain Challenge**; Ride 105 miles of beautiful West Virginia back roads; Register online at www.Bikereg.com or call 877-441-4fun for information.

October 7: **Seagull Century**; For information see www.seagullcentury.org.

October 14: **Savage Century**; Sponsored by the White Clay Bicycle Club. Rides of 40, 60, 75, or 100 miles. For information see www.whiteclaybicycleclub.org/Events-WCBC/savage.htm.

Get ready for the 2nd Annual Total 200

WHAT: One day, one ride, 200 miles.

We start early, do a century before lunch, and then ride back. We had an amazing time last year and we're looking to do it again. If, after browsing through the site, you have any questions or want to talk to one of the riders from last year- let us know. We'd be glad to fill you in. Summer is fast approaching and it's time to get ready. The suggested pace is an average of 18 - 20 mph. Please check the rules for aid station schedule and cut-off times.

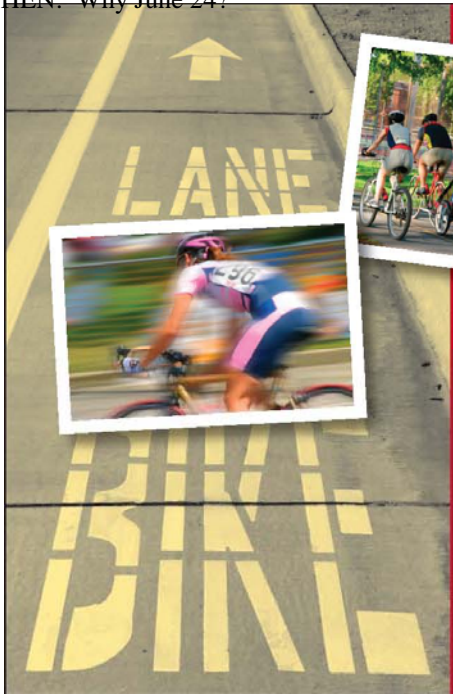
WHEN: Why June 24?

The longest day of the year- well, the longest Saturday. And we will take any and every advantage we can get. Sunrise is at 5:44am. Sunset, 8:37pm.

WHY: WHY NOT?????

WHERE: DC to Point Lookout State Park, MD and back!

Check <http://total200.com> for more info.



WHAT A NEIGHBORHOOD BIKE SHOP IS ALL ABOUT!

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- Monthly Skills Clinics
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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: r Yes r 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.