

The Newsletter of Reston Bicycle Club

Reston Bike to Work Day 2007

By Kerie Hitt



More than 300 people wheeled into the Reston Town Center to celebrate Bike to Work Day on Friday May 18. The event is part of a region-wide observance that aims to get newcomers to try bike commuting and to reward those who ride to work on a regular basis. Reston was the first location in Fairfax County to hold a Bike to Work Day rally in 2002, and attendance has increased steadily since then. Although the number of Bike to Work Day rallies around the county grew to six in 2007, Reston continued to be the most popular "pit stop" within Fairfax County. The largest rally in the D.C. area is downtown at Freedom Plaza.

As one of the organizers of Reston's Bike to Work Day, I check in people each year at the registration table, and I am pleased to see many familiar faces of riders who attend regularly. I was excited that several people brought their children to the rally. I'm encouraged to think that these kids are the bike commuters of the future.

A Fairfax County Connector bus newly outfitted with a bicycle rack was on site, and people learned how to put their bikes onto the rack. All Connector buses are scheduled to be equipped with bike racks by fall 2007 to allow people to combine bicycling with transit. I heard one rider say, "This is great. There's a bus stop by my office. Now if I ride to work and it rains later in the day, I can put my bike on the rack and take the bus home."

Bruce Wright, chairman of the Reston Bike to Work Day committee, noted other advancements for bikers in Fairfax County. "We have a county bike coordinator now who is the point man for bicycle issues." One of the bike coordinator's first projects is to produce a bicycle map of the county.

Many people donned their commemorative Bike to Work Day t-shirt to wear as a badge of honor back in their offices. A lucky few carried off raffle prizes including bike locks, tools, and messenger bags. (An unlucky couple of people sported fresh road rash—another badge of honor!) All enjoyed the free breakfast and camaraderie of fellow bike enthusiasts. The College Board and the U.S. Geological Survey tied for the organization with the most participants with 25 each. The free lunch from Reston Whole Foods Market was awarded to The College Board because USGS had won the award from 2002-2006.

The Reston Bike Club provided important support for the event. Ken Thompson served on the organizing committee and arranged for us to have insurance. Ken and several other Reston Bike Club members also were on hand to volunteer at the event. Ed Robichaud was there bright and early at 6:00 a.m. and stayed until we closed at 9:00 a.m., and several others helped hand out t-shirts at registration and staff the bike club's table. Peter Klosky took a bunch of great photos, which can be viewed at:

http://s5.photobucket.com/albums/y186/pklosky/bike_2007_05_18/. Thank you RBC for helping us make the Reston Bike to Work Day a success.



The Twenty-fifth Reston Bicycle Club Century Coming in August

Mark your Calendar today. The 2007 edition of the Reston Bicycle Club Century will be held on August 26th and promises to be the greatest century we have ever put on. Partly as part of our efforts to improve the quality of the ride over past years and partly in celebration of our 25th Century. Online registration is now open at:

http://www.active.com/event_detail.cfm?event_id=1435617

Chairman's Message: Cesar Olivos

This will be brief message because I am writing this hours in advance of boarding a plane for vacation in South America. My wife and I are traveling to Uruguay - definitely a destination off the beaten path for most North Americans. We haven't even left yet and my wife is already pining to get back to her creamsicle-orange Independent Fabrication, and mourning training miles missed while we are gone enjoying beautiful scenery, the friendly people and fine cuisine down south.

When we return, we and other board members will meet with Reston resident and artist Doug Fuller, designer of many Reston logos, to come up with an exciting new club jersey. We will also get down to work on this year's century, which we will be doing for the first time in many years without the help of key supporters.

Happy Trails,

Cesar



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COMMUNITY MESSAGE BOARD

GROUP RIDES AND EVENTS

2006 RACE SCHEDULES



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Who's Who In Reston Bike Club

Chairman:

Cesar Olivos (703) 585-1735
cesar.olivos@verizon.net

Vice-Chairman:

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

Secretary:

Minnie Scrafford (703) 263-7915
scrafford@aol.com

Treasurer:

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

Members at-large:

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

Don Brumbaugh, (703) 880-3024
debrumbaugh@verizon.net

Mark Hollinger (703) 815-2723
markahollinger@gmail.com

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

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

Ride Coordinators:

Level A/B:

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

Level C:

Vacant

Social Rides:

Arline Brecher, (703)-471-4734
arline.brecher@gmail.com

Newsletter:

Don Brumbaugh, (703) 880-3024
debrumbaugh@verizon.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 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.
- S** Social riders. Relaxed, casual tempo per group consensus

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

Rich Armstrong, Chris Austin, Anthony Barbaro, Bob Beagan, Deanne Breithaupt, Umesh Chhatre, Mark Chudzicki, James Colfelt, Conor Dancy, Zachary Desmond, Michael Dutchak, Thelma Gilman, Christophe Gissinger, Brian Hajost, Ronald Hulen, Scott Kight, Sang Kim, Miro Lehky, Jamie MacDonald, Roger Masse, Mike McCloud, Mark McCormick, Pat Miller, Peter Naumowicz, Kathryn Oakley, Christopher Olson, Steven Petchon, Ron Racinez, Mike Rovezzi, Lori Ruderman, Rachel Spencer, Dan Underwood, Bryan Vaughan, Joanne Bradbury, John Foster, Dan Kole, Scott La Fever, Susan Musante, Dung Nguyen, Vincent Quinn, Michael Randers-Pehrson, Paul Ryder, Pedro Silva, Peter Van Dyke, Julie Zoller

Returning Members

Bobby Anderson, David Chapman, Brandon Gray, John LaVoy, Charlie McAdams, Hugo Molina, Charles Moore, Jeffrey Ritter, Michael Ruth, B J & Marilyn Silvey, Tania Steinschneider, Pete Whitman, John Brugel, Andrew Condit, Brian Daum, Ed DiMonda, Jeff Frederick, David Kisiday, Cheryl McMurray, Robert Myhre, Rebecca Toth, Ryan Bannon, Donald Brumbaugh, Peter Cannell, Tom Crandall, Kathleen Davison, Craig Ellis, Vicente Lai, Courtney Sandifer, John Schiavo, Margaret Shapiro, J Troy Swackhammer, Mike Vazzana, John Yendt

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



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Reston Bicycle Club Membership at Records Numbers

This winter Ken Thompson, RBC Treasurer and organizational glue was investigating the costs that surround the insurance policy that we pay to protect the club and members in the case of an accident. The policy is paid for each member and is why we charge extra for additional family members in membership dues. During the investigation Ken discovered a rule that the club had been overlooking for some-time. The rule is that those participating in club rides need to be club members. The exception to this is first time riders who want to try a club ride.

With some concern but little choice the club started to enforce the policy of club members only at club rides. The club had fears that the new policy would reduce participation in our rides. The biggest impact might influence the Tuesday / Thursday night rides which attracts dozens of rides every week.. Much to the clubs surprise instead of a decrease in rider-ship we have had an incredible increase in membership. The club is currently at a records membership level is somewhere in the 445 range. This once again proves out the popularity of the Tuesday / Thursday night ride program that is also run by Ken. Congratulations Ken and thanks for your hard work, and welcome to all the new members of the Reston Bicycle Club.

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Mon-Sat: 10am - 9pm Sun: 12 - 6pm

HERNDON

Clock Tower Shopping Center
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703-793-0400

MANASSAS

Next to Best Buy Store
7705 Sudley Road
Manassas, VA 20109

703-361-6101



Volunteers Needed for the 2007

Reston Bicycle Club Century

This year's Reston Bicycle Club Century promises to be the best one ever as we are celebrating the Club's 25th edition of the ride. Much of the planning has started and we are very excited about what is in store.

We have discovered that one of our major sponsors will not be participating this year so we will need more volunteers than ever. If you ever thought about helping out with a century this should be your year. The club will need people to help out with rest stop management and food distribution, as well as transportation.

Please join in and support the club in what promises to be a fun day for riders and volunteers alike.

Ride Schedule—May

NOTE Due to club insurance policy clarifications all participants on RBC rides must be current club members. Non-members may join a ride one time only as a non-member.

ATTENTION ALL RIDERS - MAKE SURE YOU CALL THE RIDE LEADER ESPECIALLY FOR ALL OUT OF TOWN RIDES TO MAKE SURE THAT THIS INFORMATION IS ACCURATE AND IT HASN'T CHANGED. REFER TO WWW.RESTONBIKECLUB.ORG FOR NEW RIDES AND ADDITIONAL INFO.

Rides will follow the <50% chance of rain and start temperature >40 degrees rules. If the weather reports are predicting conditions outside these ranges the ride may be cancelled. Please call the listed ride leader to confirm the ride status.

June 2007 Schedule

Date: **Saturday, June 2, 2007**
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B ride
 Time: 9:00 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 3, 2007**
 Start Location: Reston Town Center NE parking lot
 Level: A/B
 Time: 09:00 AM
 Mileage: A/B 41 miles C TBD miles
 Description: **Reston, Vienna, Wolf Trap, Great Falls**
 A/B Leader: John Daughterty, 703-431-4108
 C Leader: John Friedman, 703-830-5813

Date: **Tuesday, June 5th**
 Location: Hunter Woods Shopping Ctr. (South Reston)
 Levels: 1, 2, 3, 4, 5, 6
 Time: 5:30 PM & 6:00 PM
 Mileage: 20 - 40
 Description: Route Varies from week to week.
 Leader: Ken Thompson, 703-476-4106

Date: **Thursday, June 7th**
 Start Location: Parking Lot Across from the Caboose on W&OD in Herndon
 Levels: 1, 2, 3, 4, 5, 6
 Time: 5:30 PM & 6:00 PM
 Mileage: 20 - 40
 Description: Route Varies from week to week.
 Leader: Ken Thompson, 703-476-4106

Date: **Saturday, June 9, 2007**
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B ride
 Time: 9:00 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 10, 2007**
 Start Location: Point of Rocks Train Station, Point of Rocks, MD
 Take Rt 7 West to Leesburg, take Rt 15 North to right on Rt 28 (Tuscarora Rd) at first traffic light after crossing Potomac River. Train station is 0.5 miles on right.
 Level: All Level
 Time: 9:30 AM
 Mileage: 51/35 miles for A/B
 Description: **Point of Rocks/Sugarloaf Counter-Clockwise**
 A/B Leader: Dan Scrafford, 703-263-7915
 C Leader: TBD

Date: **Tuesday, June 12th**
 Location: Hunter Woods Shopping Ctr. (South Reston)
 Levels: 1, 2, 3, 4, 5, 6
 Time: 5:30 PM & 6:00 PM
 Mileage: 20 - 40
 Description: Route Varies from week to week.
 Leader: Ken Thompson, 703-476-4106

Date: **Thursday, June 14th**
 Start Location: Parking Lot Across from the Caboose on W&OD in Herndon
 Levels: 1, 2, 3, 4, 5, 6
 Time: 5:30 PM & 6:00 PM
 Mileage: 20 - 40
 Description: Route Varies from week to week.
 Leader: Ken Thompson, 703-476-4106

(Continued on page 9)

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

OUT-OF-THE-AREA EVENTS*

Note: Copies of some registration forms can be obtained via email by sending a request to kenneththompson@att.net.

June 12-15: Cycle Across Maryland; Contact www.onelesscar.org or call (410)235-3678.

June 16-17: The 25th National 24 Hour Challenge, Middleville, MI; For information see www.n24hc.org call (616) 241-1969 and to register go to www.active.com.

June 17: The 22nd Annual Bay to Bay Ride. Supporting Leader Dogs for the Blind by the Chestertown Lions Club. Chose from 5 route ranging from 27 to 104 miles. For information call (410) 778-7356 or register on line at www.active.com.

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

June 22-27: The 20th Annual Bike Virginia, The Captain John Smith Adventure; Contact www.bikevirginia.org or info@bikevirginia.org or 757-229-0507 for information.

June 24-June 30: 13th Annual Bicycle Tour of Colorado; Steamboat Springs Loop; Ride 418 miles over Eight (8) Colo-

rade passes; Contact www.bicycletourcolorado.com or 303-985-1180.

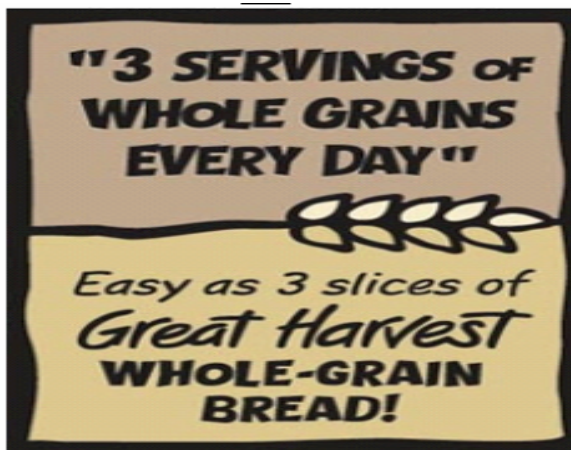
July 8 – 15: The 9th Annual Bike Ride Across New York. A 400 mile, Eight-Day tour from Buffalo to Albany along the Historic and Scenic Erie Canal. For information go to www.ptny.org/canaltour or call (518) 434-1583.

July 22-28: The Bon Ton Roulet, Festival on Wheels through the Finger Lakes, Contact www.bontonroulet.com or (315)253-5304 for information.

July 28: 16th Annual Shenandoah Valley Bike Festival. Rides of 25, 50, and 100 miles. For information see www.ourcommunityplace.org.

Aug. 14 – 19: The 3rd Annual Great Hudson Valley Pedal; A parks & trails New York event; A six day, 200 mile tour from Albany to New York City; For information go to www.ptny.org/hudsonstour or call (518) 434-1583.

Sept. 9th: 25th Annual Shenandoah Valley Century. Rides of 25, 50, 100, and 124 miles with a 300 rider limit. Start/finish at Hilendale Park, Harrisonburg, VA. For information see www.svbikeclub.org/svbc_century.html.



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

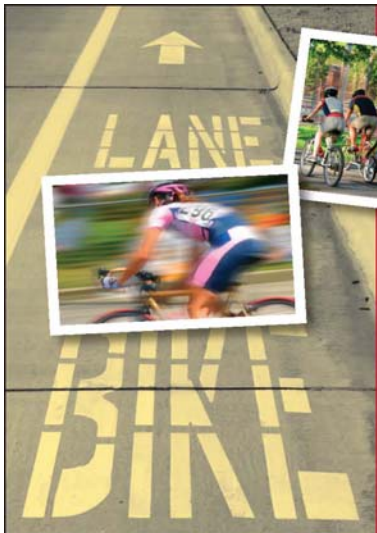
A slice of 9-Grain
Vienna Great Harvest : W&OD Mile # 11.5

(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!)



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**TRY THE NEW RESTON BIKE CLUB
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The Reston Bike Club is pleased to announce a new opportunity for local biking enthusiasts to enjoy a relaxed schedule of weekly events designed to accommodate social bikers. Here's a chance to participate in a healthy activity with no stress, no strain, and no need to keep up with Lance Armstrong wannabees! If you've always wanted to join a social biking group with like-minded friendly folk for a convenient ride ending with a snack or light meal at a local trail-accessible eatery, here's your chance. Respond to this announcement and we'll do our best to accommodate your ideas for convenient times, speeds, ride lengths, etc. We are interested in expanding membership among families with children, beginning riders, seniors and juniors alike.

INTERESTED? Boy we hope so! Fill out an application to join the Club on-line at: www.restonbikeclub.org

For detailed ride information please call or e-mail our "S" Class Coordinator, Arline Brecher – she's eager to hear from you!
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E-MAIL:

arline.brecher@gmail.com



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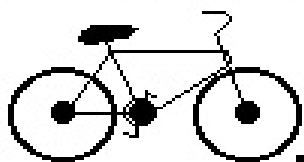
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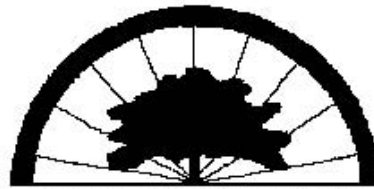
Reston Bicycle Club would like to thank all the sponsors of the 2007 RBC Century



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(Continued from page 5)

Date: **Saturday, June 16, 2007**
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B ride
 Time: 9:00 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 17, 2007**
 Start Location: Reston Town Center NE parking lot
 Level: A/B
 Time: 09:00 AM
 Mileage: 48 miles
 Description: **Bunch of Bull**
 A/B Leader: Ron Rothrock, 703-759-2850

Date: **Tuesday, June 19th**
 Location: Hunter Woods Shopping Ctr. (South Reston)
 Levels: 1, 2, 3, 4, 5, 6
 Time: 5:30 PM & 6:00 PM
 Mileage: 20 - 40
 Description: Route Varies from week to week.
 Leader: Ken Thompson, 703-476-4106

Date: **Thursday, June 21st**
 Start Location: Parking Lot Across from the Caboose on W&OD in Herndon
 Levels: 1, 2, 3, 4, 5, 6
 Time: 5:30 PM & 6:00 PM
 Mileage: 20 - 40
 Description: Route Varies from week to week.
 Leader: Ken Thompson, 703-476-4106

Date: **Saturday, June 23, 2007**
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B ride
 Time: 9:00 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 24, 2007**
 Start Location: Middleburg Elementary School, Middleburg, VA
 Directions: Take Fairfax County Parkway south to a right onto Rt 50W to Middleburg. Turn right at light onto Rt 626 (Foxcroft Rd); school will be 0.25 mile on the right.
 Level: All Level
 Time: 9:30 AM
 Mileage: 47 for A/B, TBD for C
 Description: **Dash to Delplane**
 A/B Leader: Paul Baker, 703-860-4314
 C Leader: Rose Baker, 703-860-4314

Date: **Tuesday, June 26th**
 Location: Hunter Woods Shopping Ctr. (South Reston)
 Levels: 1, 2, 3, 4, 5, 6
 Time: 5:30 PM & 6:00 PM
 Mileage: 20 - 40
 Description: Route Varies from week to week.
 Leader: Ken Thompson, 703-476-4106

Date: **Thursday, June 28th**
 Start Location: Parking Lot Across from the Caboose on W&OD in Herndon
 Levels: 1, 2, 3, 4, 5, 6
 Time: 5:30 PM & 6:00 PM
 Mileage: 20 - 40
 Description: Route Varies from week to week.
 Leader: Ken Thompson, 703-476-4106

Date: **Saturday, June 30, 2007**
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B ride
 Time: 9:00 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



Social Class Rides Available On Saturdays

On May 12th, and every Saturday afterward, Social Class Rides will begin. For riders who want to meet at Panera's (Reston Town Center) for a two hour ride. Rides start at 11:00 am. Call in advance (703) 41-4734 or e-mail ar-line.brecher@gmail.com to schedule a ride.

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.

Free Bike Rack to a Good Home

I have a 4-bike car-top bike rack which I no longer use. If anyone could use it, could they call me at 703-437-0138 or email me at nrdavis2@comcast.net

Place
Stamp
Here

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 S Name _____ A+ A B C S

Name _____ A+ A B C S Name _____ A+ A B C S

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