

The Newsletter of Reston Bicycle Club

Long Distance Touring

(Part 2)

By Mark Hollinger

This summer, I spent 67 days cycling 4200 miles from Seattle, Washington to Yorktown, Virginia. I had never even done more than day trips before. Cycling across the USA was an experience of a lifetime. I'll be writing several articles on long distance touring which can help you get started.

In the first article, we discussed:

- Why do a long distance bike ride?
- How do I get started?

Things to consider when planning a trip

In this article, I'll discuss planning routes and determining how much time to allocate for your trip.



There are many excellent resources for **planning your route**. Of course, a packaged trip will have everything mapped out for you with most providing guides. You can create your very own personal route that takes into account particular places you wish to see and people you may want to visit.

Adventure Cycling (AC) (www.adventurecycling.org) has many maps covering routes across North America. These maps show roads, directions, places to sleep and eat. The routes may be on-road or off-road, depending on the route selected. Some tourists prefer to map out their own path using road maps. I suggest using as many resources as possible. Contact state offices for regional or state bike maps. State road maps and USFS guides are very useful. US Forest Service guides provide camping op-

portunities, shower facilities and trail info.

Don't constrain yourself to always following the map. Occasionally, I took a shortcut using roads shown on the AC maps and other times, completely off the maps. While eating dinner in Missouri, I had a conversation with another diner and his family. He told me he lived in Saint Genevieve, MO and gave me simple directions. Saint Genevieve was an interesting town founded by the French and situated along the Mississippi River. I took the ferry across Ole Miss which I think was more enjoyable than crossing on a bridge, which is what the AC map called for.

Depending on where you are riding and the time of year, you will often find that you have 10-14 hours of available riding time. Consider the pace that your partners will want/need to travel. As they say, take time to smell the roses. Historical markers added extra knowledge along the way. I stopped to sample chocolate covered cherries in Washington State. Mmmmmm. I highly recommend bringing a bike light. This will allow you extra riding time, if you choose, and extra safety. The distance you can travel in a day will also depend on the terrain, weather, and weight that you are pulling. I averaged about 62 miles a day including rest days.

You will need to rest, not only to recover physically, but to have a mental break from hours of pedaling. I found that one rest day every 2-3 weeks was sufficient for me. Starting the ride was the hardest part, definitely. It takes time to get acclimated to pulling the extra weight of the trailer (or panniers) and gear. It also takes time to find your specific routine of waking up, packing away your gear, personal hygiene, riding, eating, finding a place to sleep, and setting up camp. After less than 2 weeks, I had this routine down to a science.

One factor that I had not taken into account was that sometimes I got toward the end of the day and had to decide, "It's 15 miles to the next good spot to sleep. Do I take a chance and ride on and possibly get stuck riding after it gets dark?" If my light had not malfunctioned the first week, this would not have been such a problem. Many of your most important decisions will center on where your food and lodging is located.

Lastly, remember that you may want to spend more time at special locations such as national parks or at friend's homes. Be willing to let events dictate some of your schedule. On my trip, I spent time on Ride the Rockies, partied in Newton, Kansas as part of Chisolm Trails Day Festival, and spent 2 nights at a firehouse in Danville, Kentucky. I had no idea these events were even scheduled.

In the next and final article, I'll discuss the big question, "How much is this going to cost?" In the meantime, if you have any questions, feel free to email me at

mlhollinger@earthlink.net 

Chairman's Message: Chris Ross

The season certainly hasn't slowed down our determination to get out there and ride! I've heard recently from a number of riders who have expressed interest in joining our club and in volunteering for club events. One cyclist from Hawaii even emailed asking about good places to ride while he was here on business, and he had already heard about the W&OD trail! Another rider who is in the military has received orders that will transfer him to a location near Reston and is looking for a club to ride with. For those of you eager to get back to mid-week club riding, you don't have too much longer to wait. The popular Tuesday and Thursday rides will resume on April 5th and 7th.

The club will be a Reston area sponsor for Bike-to-Work day on May 20th, 2005. We're providing financial support and will have volunteers present on-site at the Reston Town Center to answer questions, promote the event, and provide club registration forms in the morning. Please let us know if you are available to help, even for part of the time. We can divide the time up as needed.



While on the subject of biking to work, I recently heard from a member of my bike club at work about a radio morning show that aired a segment in which callers complained about cyclists using the roads. Apparently enough of us area cycling fans sent in complaining emails, since I later heard back from the same club member who heard a later segment when the disk jockey had a change of heart and said she might join us on a ride sometime!

Plans are already underway for the Reston Century, to be held on Sunday, August 28th. This event is growing by leaps and bounds, and as a result we're starting the plan-

ning earlier this year. We'll soon be setting up a Century planning committee and are looking for volunteers and committee members. It's lots of fun for a great cause - helping the American Red Cross and local cycling-related organizations, enjoying lots of good food, and getting free T-shirts! It will be a big challenge to exceed last year's impressive results. Let any board member know if you'd like to volunteer or step up and be a committee member. We'll be dividing the effort into key areas, with a committee member in charge of each. These will include, but most likely not be limited to: sponsor recruitment and relations, event promotion and advertising, ride logistics (rest stops, route development, marking), American Red Cross interaction, post-ride party organization, and food planning.

Don't forget to send in any cycling photos you have to Don Brumbaugh - they might end up in the Wheel. You never know, if they're really good they might win you an RBC jersey! I've finally joined the crowd and bought a digital camera myself. I've found that snapping pictures while on the bike is risky - maybe I need a helmet-cam!

In the months ahead we'll be doing some work on our web site to add features and make it easier to use. Our objectives include positioning the site as a tool for ride coordinators to lighten their event planning load and encouraging web site use by club members to exchange ideas and see what club events are planned. Speaking of ride coordination, Greg Foster has agreed to help plan C-level rides in the coming year. We really appreciate his efforts to build C ridership, and let him know if you'd like lead a ride!

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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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gfoster@gmu.edu

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VACANT PLEASE VOLUNTEER

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dbrumbaugh@cox.net

Database:

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

Web Master:

Mark Hollinger (703) 815-2723
MLHOLLINGER@EARTHLINK.NET

C Ride Update

Good news on the C ride front. Gregory Forster has volunteered to be the C Ride coordinator. We hope to get him up to speed for the April C ride schedule. In the mean time we will continue with the use of the A/B ride schedule as meeting points for the C rides.

Also I have scheduled a C ride for March 27th. We got mostly negative comments on including a food stop on C rides. I have compromised and set up an optional lunch at the Tortilla Factory after the ride. If you are interested in leading this ride or any RBC ride please contact me at dbrumbaugh@cox.net.

Welcome New and Returning Members

New Members

Tom Murphy, Susan Tehernia, Bruce Wright

Returning Members

Rose & Paul Baker, Bernie Cohen, Gopichand Mandava, Jerry Pollatos,
Susan & James Radley, Sam Robey, John Von Knorring, Jeff Erler, Bob &
Mary Howard

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

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Ride Schedule—March

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.

MARCH 2005 SCHEDULE

Date:	Saturday, March 5, 2005	Level:	A/B social ride (no one will be dropped)
Start Location:	7-Eleven at Crestview and W&OD Trail	Time:	10:00 AM
Level:	A/B social ride (no one will be dropped)	Mileage:	Various (typically about 50 miles)
Time:	10:00 AM	Description:	Impromptu (Please call if planning to ride)
Mileage:	Various (typically about 50 miles)	A/B Leader:	Gaston Prudencio, 703-906-7524
Description:	Impromptu (Please call if planning to ride)	Date:	Sunday, March 20, 2005
A/B Leader:	Gaston Prudencio, 703-906-7524	Start Location:	Reston Town Center NE parking lot
Date:	Sunday, March 6, 2005	Level:	A/B
Start Location:	Reston Town Center NE parking lot	Time:	10:00 AM
Level:	A/B	Mileage:	40 miles
Time:	10:00 AM	Description:	Ride to Clifton
Mileage:	41 miles (shortcut available)	A/B Leader:	Ron Rothrock, 703-759-2850
Description:	Reston, Vienna, Wolf Trap, Great Falls	C Description:	C Impromptu (Attendee Choice)
A/B Leader:	Don Brumbaugh, 703-880-3024	C Leader:	Chosen from C attendees (Sign up with A/B leader)
C Description:	C Impromptu (Attendee Choice)	Date:	Saturday, March 26, 2005
C Leader:	Chosen from C attendees (Sign up with A/B leader)	Start Location:	7-Eleven at Crestview and W&OD Trail
Date:	Saturday, March 12, 2005	Level:	A/B social ride (no one will be dropped)
Start Location:	7-Eleven at Crestview and W&OD Trail	Time:	10:00 AM
Level:	A/B social ride (no one will be dropped)	Mileage:	Various (typically about 50 miles)
Time:	10:00 AM	Description:	Impromptu (Please call if planning to ride)
Mileage:	Various (typically about 50 miles)	A/B Leader:	Gaston Prudencio, 703-906-7524
Description:	Impromptu (Please call if planning to ride)	Date:	Sunday, March 27, 2005
A/B Leader:	Gaston Prudencio, 703-906-7524	Start Location:	Reston Town Center NE parking lot
Date:	Sunday, March 13, 2005	Level:	A/B
Start Location:	Vienna Community Center parking lot	Time:	10:00 AM
Level:	A/B	Mileage:	33/48 miles
Time:	10:00 AM	Description:	Bunch of Bull
Mileage:	42 miles	A/B Leader:	Kerry Moore, 703-620-4828
Description:	Potomac Village Ride	Date:	Sunday, March 27, 2005
A/B Leader:	Chris Ross, 703-243-2042	Start Location:	Herndon Community Parking (Across from Caboose of W&OD)
C Description:	C Impromptu (Attendee Choice)	Level:	C/D
C Leader:	Chosen from C attendees (Sign up with A/B leader)	Time:	10:00 AM
Date:	Saturday, March 19, 2005	Mileage:	30 to 35 miles
Start Location:	7-Eleven at Crestview and W&OD Trail	C Description:	W&OD Impromptu with optional Lunch at the Tortilla Factory.
		C Leader:	(TBD) (check the website before the ride)

visit www.restonbikeclub.org

for up to date ride info., membership renewal, Century Registration
to order a jersey, and much more!

OUT-OF-THE-AREA EVENTS*

March 12, 2005: Wheels O'Fire Cycle Tour, Ride the trails of World-Class Tour de Georgia; Sponsored by the Harris County Chamber of Commerce to benefit Harris County Volunteer Fire Fighters; Rides of 25 to 101 miles; For information* see www.harriscountychamber.org or call 800-381-4381.

March 16-18, 2005: National Bike Summit; For information see www.bikeleague.org or call 202-822-1333.

May 1-4, 2005: Virginia Greenways and Trails workshops and field sessions, Richmond, Virginia. Statewide conference with BikeWalk Virginia. For information contact www.bikewalkvirginia.org or 757-229-0507.

June 18-19, 2005: The 23rd National 24 Hour Challenge, Midleville, Grand Rapids, MI. How many miles can you do in 24 hours? For information* see www.n24hc.org or call 616-241-1969

June 24-29, 2005: The 18th Annual Bike Virginia, Contact www.bikevirginia.org or request information at info@bikevirginia.org.

July 24 – 30, 2005: The Bon Ton Roulet; A Festival on wheels through the Finger Lakes, Hosted by the Auburn YMCA-WEIU & Cortland YMCA. For information* see www.bontonroulet.com or call 607-756-2893 or 315-253-5304.

August 7-12, 2005: The 10th Annual Tri-State Wheelers Summer Bicycle Tour; A six day bicycle tour of New Hampshire & Vermont. For information* see www.newenglandadventure.com.

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

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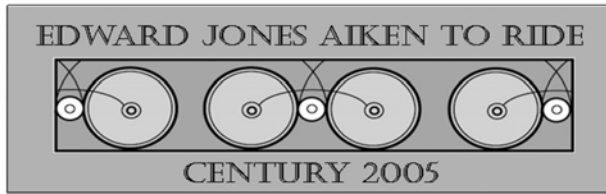
SERVING #3

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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VIENNA: 132 Church St. 703-938-0921



Hello Riders

If you have ever done Cycle South Carolina then you have been to Aiken, South Carolina to ride. You have probably been to the Aiken Brew Pub, too, a favorite stop for the riders. We are happy to announce the **Edward Jones Aiken to Ride Century** which will be on Saturday, April 30, 2005. This will be the first full, metric and quarter century ride hosted by the Aiken Bicycle Club. You may be familiar with our Four-Loop Century which has been a favorite in the past. Please check out our Web Site <http://www.aikenbicycleclub.org/century/> for information and registration for this event and please come to **Aiken to Ride**. Mail registration form to

Aiken Bicycle Club
P.O. Box 2073
Aiken, S.C. 29801

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Sex: _____ Age: _____

T-shirt Size Small Medium Large Extra Large Circle One

Cost: Preregister \$20.00 Day of Event \$25.00 Make Check Payable to the Aiken Bicycle Club or register online at active.com

For an Early Century, Aiken SC may Fit the bill.

Several Thanksgivings ago I traveled to Aiken SC to visit my in-laws. Aiken sits across the Savannah River from Augusta Georgia and is beautiful example of a small southern community. The real beauty of this trip was two fold. The mild climate was the more obvious factor but a quick trip to the internet put me in touch with the Aiken Bicycle Club. That Thanksgiving trip yielded a fun although somewhat wet ride and an invitation to the clubs century held in April.

A friend of mine and I met on a late April Saturday and rode 3 of the 4 loops in the Aiken Four Loop Century. The weather was nice and warm and except for prevailing winds the day was ideal for a ride. The ride consisted of 4 distinct loops that started and ended at the town community center and took riders through much of the rolling terrain in the area. From old textile mill towns to horse farms the tour was a perfect start to our season.

So if you're looking for an early century to test you spring legs, check out this years offering of the Aiken Bicycle Club Century being held on April 30th. To find details and registration go to <http://www.aikenbicycleclub.org/>

Mark Your Calendar

The 23rd Annual Reston Century will be held on Sunday, August 28th, 2005

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 you 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:

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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

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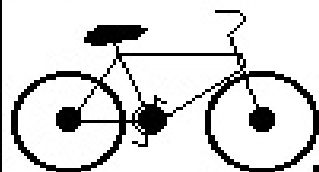
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