

The Wheel

March 2009
Volume 27, Issue 2

The Newsletter of Reston Bicycle Club

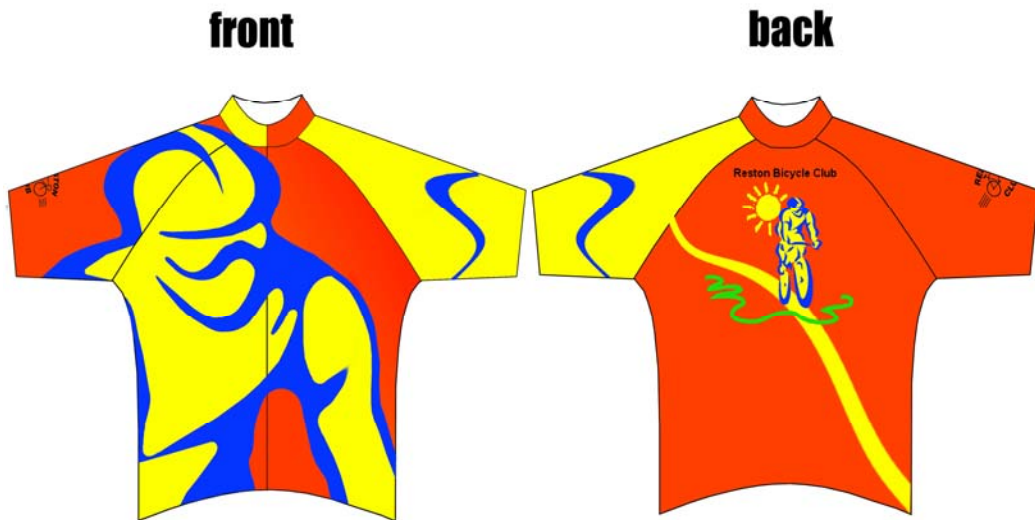
RBC Members Select the 2009 Club Jersey Design

As part of its community outreach, the club held its second annual design competition in cooperation with South Lakes High School. The club coordinated with the South Lakes Graphic Design Department to solicit designs. From a field of over 50 designs, the board narrowed the choice to 3 then fifty-five club members voted on-line for the winner:

Congratulations to all participants! Many great designs were entered and the selection between entries was a difficult process. The RBC will soon present \$1,300 in cash prizes to the top six designers at a SLHS ceremony.

First Place: Cameran Kearney \$500
Second Place: Kyle Davis \$300
Third Place: Kim Baldwin \$200

3 Honorable Mentions:
Azeem Mufti \$100
Carmen Judy \$100
Meghan Look \$100



Tuesday / Thursday Night Rides Start in March!

After a long winter of Eastern Standard Time, Daylight Savings Time starts on March 8th. Along with Daylight Savings Time comes the start up of the RBC Tuesday / Thursday night rides. On March 10th at 6 PM the Tuesday night rides start and on March 12th at 6 PM the Thursday night rides start. The Tuesday night rides meet at Hunter Woods Shopping Ctr. (South Reston) and the Thursday night rides meet in the Herndon Municipal parking lot across the W&OD from the ca-boose near Spring Street.

For those who are waiting for the Wednesday night rides, be patient. Wednesday night rides are social rides that were very popular last year. Those rides start on April 1st at 6 PM and meet at the Herndon Municipal parking lot where the Thursday rides start. Please join us and have some fun on a weeknight.



Fifth Annual Pennsylvania State Police Benefit Bicycle ride sponsored by the Harrisburg Bicycle Club.

This ride will take place on Saturday, April 25th, 2009 in Hershey, Pennsylvania. <http://www.harrisburgbicycleclub.org>

This unique bicycling event begins and ends in Hershey Pennsylvania, the town built on chocolate. Tucked in the rolling hills of Central Pennsylvania, the town of Hershey celebrated 100 years of sweet success in 2003! Here streetlights are shaped like HER-SHEY'S KISSES chocolates and the air is filled with the same wonderful aroma. From world-class luxury to rustic camping, this idyllic escape offers the latest and greatest in hospitality. With accommodations, amenities, and activities in all flavors, a trip to

Hershey is an easy treat! There are several different ride options to choose from, ranging from 6.6 miles up to 62+ miles. These rides will tour the picturesque Hershey area and the pastoral Lebanon Valley of Pennsylvania, including Mt. Gretna, and Ft. Indiantown Gap. This event is open to the general public, and all bicycle riders are welcome.

You can find a website dedicated to the PSP Benefit Ride at this address: <http://www.pspbeneffitride.com>. Here you will find more detail including descriptions of the various ride options, listings of area hotels, directions and registration information. The cost of this ride is only \$25 and it has grown in attendance every year. It is a first class event and I'm confident your members would enjoy it.

Chairman's Message: John Hamilton

Those winter miles have been done, Saturday and Sunday rides in the cold and sometimes wet conditions. Rides on the W&OD. Soon it will all pay off and with the change to daylight savings time the Tuesday Thursday rides will begin March 10th. I have no illusions that my own training will move me to the front of the 3 group, there is always someone faster, but I welcome the rides for the friendship and the fun and realize that even when I'm dropped it's being out that counts.

The second annual jersey design contest is completed with South Lakes High School. If you haven't already done so please go to page 1 of this newsletter or the website and see the winning design. This second annual design has impacted the art program at South Lakes. We went by the school last year and they were excited. The teachers have even changed their graphics design class to provide the students better preparation for the contest. We received over sixty designs and each Board member selected their top five favorites. The best three were posted on the website and from membership feedback one was selected for this year's design. We expect to be in production of the jerseys for our spring rides.

We have also contacted the Red Cross to provide a first aid class for our members. This would cover basic first aid and CPR with a focus of helping us to handle the type of situations that can arise out on a ride. If you are interested please contact any board member. We are looking to provide the training in March if there is enough participation.

Lastly, this time of year we begin the planning and preparation for the Reston Century. There are many tasks to do and a lot of them would still leave you free to ride this year's century. Let us know your availability and interest so we can make 2009's century the best one yet.

See you out on the road and the trail.

John



The PedalShop is leaving its Ashburn Location and going virtual. The services and merchandise will still be available through their website, www.pedalshop.com. In the mean time they are looking for new tenants for their current location. Go to www.pedalshop.com for more information.

Who's Who In Reston Bike Club

Chairman:
John Hamilton (703) 904-9381
jhamilton11@cox.net

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

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

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

Members at-large:
Paul Baker, (703) 860-4314
parobaker@verizon.net
Don Brumbaugh, (703) 880-3024
debrumbaugh@verizon.net

Barb Lytle, (703) 362-8286
vballbarb@yahoo.com

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

Ride Coordinators:
Level A/B:
Ron Rothrock, (703) 759-2850
rrothrock@earthlink.net

Level C:
Vacant
Newsletter:
Don Brumbaugh, (703) 880-3024
debrumbaugh@verizon.net

Database:
Ed Robichaud, (703) 815-2723
edrobichaud@wdn.com

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

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

Michael Barclay Jr, Michael Barclay, Joan Barclay, Brett DeWitt, Mark Laudo, John Robinson, Benjamin Stribling, Robin Stribling, Michael Stribling, Scott Swisher, Stacy Taylor

Returning Members

Fritz Andersen, Ron Kahlow, John McCracken, David Shomette, John Von Knorring, Bruce Wright, Kerie Hitt

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



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HOT, Fun
HOT!
Fun!

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-Washingtonian Magazine

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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.
- S** Social riders. Relaxed, casual tempo per group consensus

Ride Schedule — March

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.

If there is a greater than 50% chance of rain or if the starting temperature is predicted to be less than 40 degrees the ride may be cancelled. Please call the listed ride leader to confirm the ride status.

March 2009 Schedule

Date: **Sunday, March 1, 2009**
 Start Location: Vienna Community Center parking lot
 Level: A/B
 Time: 10:30 AM
 Mileage: ~38 miles
 Description: **Georgetown, Haynes Point, & 4-mile Run**
 A/B Leader: TBD (call Ron Rothrock, 703-759-2850)

Date: **Saturday, March 14, 2009**
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B ride
 Time: 10:00 AM
 Mileage: Various (typically 50 miles or more)
 Description: **Impromptu** (First time riders, please call if planning to ride)
 A/B Leader: John Hamilton, 703-593-9384
 Randy Karn, 703-402-0227

Date: **Saturday, March 7, 2009**
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B ride
 Time: 10:00 AM
 Mileage: Various (typically 50 miles or more)
 Description: **Impromptu** (First time riders, please call if planning to ride)
 A/B Leader: John Hamilton, 703-593-9384
 Randy Karn, 703-402-0227

Date: **Sunday, March 15, 2009**
 Start Location: Reston Town Center NE parking lot
 Level: A/B
 Time: 10:30 AM
 Mileage: 33-42 miles
 Description: **Leesburg Donut Run/Impromptu**
 A/B Leader: TBD (call Ron Rothrock, 703-759-2850)

Date: **Sunday, March 8, 2009**
 Start Location: Reston Town Center NE parking lot
 Level: A/B
 Time: 10:30 AM
 Mileage: 41 miles
 Description: **Reston, Vienna, Wolf Trap, Great Falls**
 A/B Leader: Jon Daugherty, 703-431-4108

Date: **Tuesday, March 17, 2009**
 Start Location: Hunter Woods Shopping Ctr. (South Reston)
 Level: 1,2,3,4,5
 Time: 6:00 PM
 Mileage: 20-25
 Description: **Route Varies each week**
 A/B Leader: Ken Thompson 703-476-4106

Date: **Tuesday, March 10, 2009**
 Start Location: Hunter Woods Shopping Ctr. (South Reston)
 Level: 1,2,3,4,5
 Time: 6:00 PM
 Mileage: 20-25
 Description: **Route Varies each week**
 A/B Leader: Ken Thompson 703-476-4106

Date: **Thursday, March 19, 2009**
 Start Location: Parking Lot Across from the Caboose on W&OD in Herndon
 Level: 1,2,3,4,5
 Time: 6:00 PM
 Mileage: 20-25
 Description: **Route Varies each week**
 A/B Leader: Ken Thompson 703-476-4106

Date: **Thursday, March 12, 2009**
 Start Location: Parking Lot Across from the Caboose on W&OD in Herndon
 Level: 1,2,3,4,5
 Time: 6:00 PM
 Mileage: 20-25
 Description: **Route Varies each week**
 A/B Leader: Ken Thompson 703-476-4106

Date: **Saturday, March 21, 2009**
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B ride
 Time: 10:00 AM
 Mileage: Various (typically 50 miles or more)
 Description: **Impromptu** (First time riders, please call if planning to ride)
 A/B Leader: John Hamilton, 703-593-9384
 Randy Karn, 703-402-0227

(Continued on page 6)



Hurry in for our Inventory Reduction

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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.



WHAT A NEIGHBORHOOD BIKE SHOP IS ALL ABOUT!

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Join the Bike Lane's Weekly Ride/Event Announcements for our:

- Weekly Mountain and Road Rides
- Monthly Bike Maintenance Clinics
- Monthly Skills Clinics
- Family Rides and Bike Rodeos
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- Date: **Sunday, March 22, 2009**
Start Location: Reston Town Center NE parking lot
Level: A/B
Time: 10:30 AM
Mileage: 41 miles
Description: **Ride to Clifton**
A/B Leader: TBD (call Ron Rothrock, 703-759-2850)
- Date: **Tuesday, March 24, 2009**
Start Location: Hunter Woods Shopping Ctr. (South Reston)
Level: 1,2,3,4,5
Time: 6:00 PM
Mileage: 20-25
Description: **Route Varies each week**
A/B Leader: Ken Thompson 703-476-4106
- Date: **Thursday, March 26, 2009**
Start Location: Parking Lot Across from the Caboose on W&OD in Herndon
Level: 1,2,3,4,5
Time: 6:00 PM
Mileage: 20-25
Description: **Route Varies each week**
A/B Leader: Ken Thompson 703-476-4106
- Date: **Saturday, March 28, 2009**
Start Location: 7-Eleven at Crestview and W&OD Trail
Level: A/B ride
Time: 10:00 AM
Mileage: Various (typically 50 miles or more)
Description: **Impromptu** (First time riders, please call if planning to ride)
A/B Leader: John Hamilton, 703-593-9384
Randy Karn, 703-402-0227
- Date: **Sunday, March 29, 2009**
Start Location: Reston Town Center NE parking lot
Level: A/B
Time: 10:30 AM
Mileage: ~51 miles
Description: **Woodburn and Harmony Church**
A/B Leader: Jon Daugherty, 703-431-4108
- Date: **Tuesday, March 31, 2009**
Start Location: Hunter Woods Shopping Ctr. (South Reston)
Level: 1,2,3,4,5
Time: 6:00 PM
Mileage: 20-25
Description: **Route Varies each week**
A/B Leader: Ken Thompson 703-476-4106

Visit www.restonbikeclub.org for up to date ride info., membership renewal,



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<p>SERVING #1 A slice of Orange Cranberry W&OD Mile #20 (Herndon)</p>	<p>SERVING #2 A slice of Nine Grain W&OD Mile #11.5 (Vienna)</p>	<p>SERVING #3 A slice of Raisin Cinnamon Chip W&OD Mile #20 (Herndon)</p>
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17 MILES ROUND TRIP.
(You've definitely earned yourself a jumbo Double Choc Chip cookie!)

HERNDON: 785 Station St. 703-471-4031 • **VIENNA:** 132 Church St. 703-938-0921



Classifieds

1998 TREK 2120: carbon/alu (forrest green), 54cm, Ultegra 9sp - triple. Bike has been a back up since 2003. New shifters installed in Jan 06 and don't have 1k miles on them. \$550 obo.

Contact adamxpico@verizon.net

2003 TREK 5200: carbon, 54cm, Ultegra 9sp. Bontrager Race Lite wheels with less than 1k as they were used as back up. Rear derailer is a season old. KING headset replaced original. BB is also a replacement. \$1250 obo.

Contact adamxpico@verizon.net



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Our cycling guide maps out routes and provides day itineraries for any cyclist, ranging from the leisurely to the competitive. It also includes stops for refueling riders and bicycles, as well as related information, including points of interest in Dorchester County, on Maryland's Eastern Shore.

The guide is available at the Dorchester County Visitors Center in Cambridge, and at Maryland Welcome and Visitors Centers throughout the state. If you would like guides mailed to you, just email afisher@tourdorchester.org with the quantity and your address.

Dorchester County is located less than an hour from the Chesapeake Bay bridge, on Maryland's scenic Eastern Shore.

Dorchester County Tourism Department
<http://www.TourDorchester.org>
 410.228.1000
 Visitors Center
 2 Rose Hill Place (at the foot of the Route 50 bridge)
 Cambridge, MD 21613

Dorchester County - Miles away; a world apart.

PO. Box 3389
 Reston, VA 20195

www.restonbikeclub.org

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: Yes 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

Annual Dues: Annual dues for single membership \$15.00 plus \$2.00 for each additional member of the household.