

www.RestonBikeClub.org

The Wheel

Volume 23, Issue 4

May 2005

The Newsletter of Reston Bicycle Club

Ahhh!! Spring Time!

The Tuesday / Thursday rides are back! On Tuesday April 5th the first Tuesday night ride drew 65+ riders. Tuesday night rides start in the Hunter Woods Shopping Center parking lot in South Reston. Thursday night rides start in the Public Parking Lot along side the W&OD Trail in Herndon Sign-up starts at 5:30PM and the rides start at 6:00PM. The rides will vary in length, pace, and route each week as daylight time allows. Please come and join the fun!



Register Today for the 2005 Reston Century

Mark your calendar and register today for this years 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

And get your number today.



Chairman’s Message: Chris Ross

The weather has finally turned the corner, and it won’t be long before we no longer need to ask questions like: “should I wear two layers or three?” The Tuesday / Thursday rides have started off on a very great note, with over 60 riders turning out at once on one recent evening! This bodes well for good turnout throughout the summer. With the advent of warmer weather, the Club will also be offering out-of-town rides in the next month.



RBC will be a sponsor for Bike-to-Work day on May 20th, 2005. We hope you’ll be able to stop by if you are biking to work that day – and of course let any board member know if you’d like to volunteer for a portion of the time we’ll be on-site at the Reston Town Center (6:30AM until 9:00AM). We’re still looking for more volunteers.

The board has recently decided that the web site needs improvements. In the next month or two you’ll see a new look, with new features added to improve ease of use by club members, ride leaders, and ride coordinators. We’re working toward a site design that encourages the exchange of ideas and is fun to visit. Please send in any ideas you may have as Club members to help us with this effort - after all this site is intended for your regular use!

Plans continue for our annual Century August 28th, 2005. We’re eager to hear from any of you who’d like to volunteer to help. One key area that needs to be covered is the on-site registration tables, which can get really busy as the riders assemble! We are also looking for volunteers to help with the food and hand out the T-shirts at the post-ride party. Those of you who want to ride and also volunteer can of course pick a morning or afternoon volunteer slot and do both. Online registration is now open on Active.com, accessible from the RBC web site. By registering early you’ll be guaranteed a T-shirt and receive a ride packet with all the Century materials. Expect the same challenging course, complete with the “More Hilly” and “Less Hilly” options!

Don’t forget to send in any ride descriptions (for ride leaders) and cycling photos you have to Don Brumbaugh for incorporation in the Wheel. Any cycling-related material is welcome – we’re always looking for good stories.

Finally, a call to all of you who haven’t yet led a ride, or who haven’t led one in a while. Go ahead and contact a ride coordinator: Dan Cassidy (A), Ron Rothrock (A/B), or Greg Foster (C). I assure you they’ll love to hear from you – actually you’ll really make their day! Don’t hesitate to suggest you own route, if there’s one you really enjoy – it’s fun to share your favorite roads with your fellow Club members. I look forward to seeing you on a ride soon!

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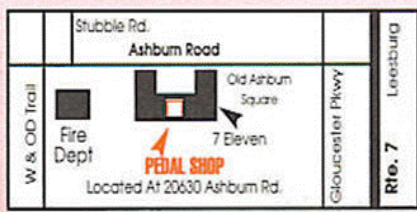
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Who's Who In Reston Bike Club

Chairman:

Chris Ross (703) 243-2042
ross3ca@comcast.net

Vice Chairman:

Cesar Olivos (703) 242-0724
cesar.olivos@verizon.net

Secretary:

Kathy Bromley (703) 264-0210
Wld-flwr@comcast.net

Treasurer:

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

Members at-large:

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

Daren Magness (703) 430-0728
darenmagness@adelphia.net

Mark Hollinger (703) 815-2723
mlhollinger@earthlink.net

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

Craig Clark (703) 689-0152
ccbike@cox.net

Ride Coordinators:

Level A/B:

Ron Rothrock, (703) 759-2850
rothrock@tidalwave.net

Level C:

Gregory D. Foster
gofoster@gmu.edu

Level D:

VACANT PLEASE VOLUNTEER

Newsletter:

Don Brumbaugh, (703) 880-3024
dbrumbaugh@cox.net

Database:

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

Web Master:

Mark Hollinger (703) 815-2723
mlhollinger@earthlink.net

Picture of the Month

Once again the Reston Bike Club will conduct the picture of the month contest. Last year John Shea won a Reston Bike Club jersey for the pictures and write up of a club ride out of Barryville. All that is needed to compete is a picture of a club ride or activity and a brief description of who, what and where the picture is about. The pictures that will be given consideration will be the ones showing members having a good time.

Send pictures and write-ups to dbrumbaugh@cox.net.

Welcome New and Returning Members

New Members

Jeff Disbrow, Jeffrey Gilliam, Douglas Gregory, Dave & Julie Harper, William Hauser,

Sandra Meisse, Mike Turco, Tania Steinschneider, Michelle Geddes, Steve Handwerk, Carrie Hsieh, Mauricio Mendonca

Returning Members

Jeffrey Beard, Peter Callamari, Craig Clark, Bob Counts, Gregory Foster, John Hamilton, Randy Karn, Ron Kahlow, William Mirth, Charles Moore, Chris Mullen, Gerard Palmer, Jennifer Pennington, Gerard Rugel, Richard Ryan, Steve Slovikosky, Terry Smith, Marcia Weinland, Brian & Iris Collies, Jeff Frederick, Sharon & Bart Rhoades

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—May

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

May 2005 SCHEDULE

Date:	Sunday, May 1, 2005	Level:	A/B social ride (no one will be dropped)
Start Location:	Nokesville Community Park, Nokesville, VA	Time:	9:30 am
Directions:	Take I-66 West to exit 42, Rt 234 Manassas Bypass. Go ~5 miles then turn right onto Rt 28 South. Go 5 miles and turn left onto Rt 652 (Fitzwater Dr), go 1 mile, turn right on Aden Road. Go 0.8 miles to park entrance on right.	Mileage:	Various (typically about 50 miles)
Level:	A/B	Description:	Impromptu (Please call if planning to ride)
Time:	10:00 am	A/B Leader:	Gaston Prudencio, 703-906-7524
Mileage:	43	Date:	Sunday, May 8, 2005
Description:	West of Nokesville	Start Location:	Reston Town Center NE parking lot
A/B Leader:	John Shea, 703-264-0210	Level:	A/B
C Leader:	TBD	Time:	9:30 am
Date:	Sunday, May 1, 2005	Mileage:	40
Start Location:	Reston Town Center, NE Parking Lot	Description:	Ride to Clifton
Level:	C	A/B Leader:	Paul Baker, 703-860-4314
Time:	9:30 am	Date:	Sunday, May 8, 2005
Mileage:	28.3	Start Location:	Reston Town Center NE parking lot
Description:	Get Looped in Reston	Level:	C
Leader:	Greg Foster, 703-489-8706	Time:	9:30 am
Date:	Tuesday, May 3th	Mileage:	40
Location:	Hunter Woods Shopping Ctr. (South Reston)	Description:	Ride to Clifton
Level:	A/B/C	Leader:	Greg Foster, 703-489-8706
Time:	6:00 PM	Date:	Tuesday, May 10th
Mileage:	25-35	Location:	Hunter Woods Shopping Ctr. (South Reston)
Description:	Route Varies from week to week.	Level:	A/B/C
Leader:	Ken Thompson, 703-476-4106	Time:	6:00 PM
Date:	Thursday, May 5th	Mileage:	25-35
Start Location:	Parking Lot Across from the Caboose on W&OD in Herndon	Description:	Route Varies from week to week.
Level:	A/B/C	Leader:	Ken Thompson, 703-476-4106
Time:	6:00 PM	Date:	Thursday, May 12th
Mileage:	25-35	Start Location:	Parking Lot Across from the Caboose on W&OD in Herndon
Description:	Route Varies from week to week.	Level:	A/B/C
Leader:	Ken Thompson, 703-476-4106	Time:	6:00 PM
Date:	Saturday, May 7, 2005	Mileage:	25-35
Start Location:	7-Eleven at Crestview and W&OD Trail	Description:	Route Varies from week to week.
		Leader:	Ken Thompson, 703-476-4106
		Date:	Saturday, May 14, 2005
		Start Location:	7-Eleven at Crestview and W&OD Trail
		Level:	A/B social ride (no one will be dropped)
		Time:	9:30 am

(Continued on page 8)

visit www.restonbikeclub.org

for up to date ride info., membership renewal, Century Registration

RESTON TOWN CENTER PAVILION

• 6:30 - 9:00 A.M. •

Pick up your free T-Shirt, complimentary snack, free giveaways, and more on your way to work.

BIKE TO WORK DAY 2005 FRIDAY MAY 20



Fun, Food and Prizes!

PRE-REGISTER BY MAY 14

WIN A FREE BIKE! Register online and you'll automatically be entered into a drawing to win one of several bicycles valued at \$1,000, donated by City Bikes.

Register today at www.waba.org or (202) 628-2500

EMPLOYER CHALLENGE

Company with the most participants wins a free lunch catered by Whole Foods Market.

Local Sponsors



COMMUTER CONNECTIONS
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Equity Office



Friends of the W&OD Trail



Reston Bicycle Club



OUT-OF-THE-AREA EVENTS*

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

May 7 River City Cycling Club presents the 12th annual Tar Wheel Century 2005, at Elizabeth City, NC Rides of 33, 61, or 100 miles. Event benefits local charities.

May 7 3-State, 3-Mountain Challenge, Chattanooga, TN. Sponsored by the Chattanooga Bicycling Club. Rides of 25, 62, and 100 miles. For information contact www.chattbike.com.

May 14th: Capital-To-Capital Ride; Half and Full Century Rides; Benefit the Virginia Capital Trail Foundation; Hosted by the Richmond Area Bicycling Association and Williamsburg Area Bicyclists; Register online : www.active.com (enter event name).

May 14th: Sixth Annual Tidewater Bicycle Association Tom Coghill Celebration of Life Ride; Rides of 25, 50, and 75 miles; No registration fee but must register; For information call 757-422-3425 or e-mail cnt4@verizon.net.

May 22 Bonkers Metric, Ridley Creek State Park (near Media, PA.) Sponsored by the Delaware Valley Bicycle Club. Options of 18-65 miles. For information contact www.dvbc.org.

May 27-30 Baltimore Bicycling Club's 23rd Annual Kent County Spring Fling; Four days of fun-filled activities and bike rides. Stay at Washington College, located in historic Chestertown Maryland. For information contact KCFS2005@version.net or call 410-628-4018.

May 28 Wilderness Road Ride, Radford, VA. Sponsored by the New River Valley Bike Association. Options of 14, 38, 57, or 78 miles. For information contact www.cyclingdoubleheader.com.

May 29 Mountains of Misery, Newport, VA. Sponsored by the New River Valley Bike Association. Options of 100 and 125 miles. For information contact www.cyclingdoubleheader.com.

June 12th: 29th Annual Knotts Island Century; Presented by the Tidewater Bicycle Association; Rides of 34, 66, and 100 miles; For information contact webmaster@TBArides.org or call 757-439-1552.

(Continued on page 7)

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SERVING #2

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

(turn around)

SERVING #3

A slice of Raisin Cinnamon Chip
Herndon Great Harvest : W & O D Mile # 20

17 miles round trip.

(You've definitely earned yourself
a jumbo Double Choc Chip cookie, too!)



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

(Continued from page 6 Out of Area Events)

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

June 19 The 20th Annual Bay to Bay Ride; Supports Leader Dogs For The Blind; Ride routes from 27 to 104 miles and starts in Betterson Maryland; For information contact bav2bav@hotmail.com or call 410-778-7356. Online registration if at www.active.com.

June 24-29 The 18th Annual Bike Virginia, Contact www.bikevirginia.org or request information at 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 or call 410-236-3678.

June 26-July 2 The 11th annual tour of Colorado, the Crested Butte Loop; For information contact www.bicycletourcolorado.com or call 303-985-1180.

July 10-17th: 7th 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 16-22nd: 4th 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.

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 or call 607-756-2893 or 315-253-5304.

July 30th: 14th Annual Shenandoah Valley Bike Festival; Rides of 24 to 100 miles; For information contact jonathanschrag@yahoo.com or register on line at www.active.com.

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

August 13th: 1st 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, or register on line via www.active.com.

August 17-21st: 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 HUDSONTOUR@PTNY.ORG.

Cumberland Valley Century, August 20, 2005, Clear Spring (MD) High School Sponsored by Cumberland Valley Cycling Club, PO Box 711, Hagerstown, MD 21740. 101, 65, and 26 mile routes on low traffic roads through the scenic rolling terrain of the Cumberland Valley. Rest stops, lunch, well-marked routes, cue sheets, sag. Info: www.bikecvcc.com or Beth Evans, bevans@us.columbusit.com (301-865-1818)

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.

September 17-18 he Twin Centuries. White Clay Bicycle Club, Newark, DE., with overnight stay in Rehoboth Beach, DE.

October 1-8th: The 25th 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.

* 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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- 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.

(Ride Schedule from page 4)

Mileage: Various (typically about 50 miles)
 Description: **Impromptu** (Please call if planning to ride)
 A/B Leader: Gaston Prudencio, 703-906-7524

Date: Sunday, May 15, 2005
 Start Location: Middleburg Elementary School, Middleburg, VA

Directions: Take 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: 10:00 am
 Mileage: 47
 Description: **Middleburg/Dash to Delphane**
 A/B Leader: Don Brumbaugh, 703-880-3024
 C Leader: TBD

Date: Sunday, May 15, 2005
 Start location: Reston Town Center NE parking lot
 Level: C
 Time: 10:00 am
 Mileage: 35
 Description: **Waterford Ride (pretty route!)**
 Ride Leader: Greg Foster, 703-489-8706

Date: Tuesday, May 17th
 Location: Hunter Woods Shopping Ctr. (South Reston)
 Level: A/B/C
 Time: 6:00 PM
 Mileage: 28-40
 Description: Route Varies from week to week.
 Leader: Ken Thompson, 703-476-4106

Date: Thursday, May 19st
 Start Location: Parking Lot Across from the Caboose on W&OD in Herndon
 Level: A/B/C
 Time: 6:00 PM
 Mileage: 30-40
 Description: Route Varies from week to week.
 Leader: Ken Thompson, 703-476-4106

Date: Saturday, May 21, 2005
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B social ride (no one will be dropped)
 Time: 9:30 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, May 22, 2005
 Start Location: Reston Town Center NE parking lot
 Level: A/B
 Time: 9:30 am
 Mileage: 48
 Description: **Bunch of Bull**
 A/B Leader: Ron Rothrock, 703-759-2850

Date: Sunday, May 22, 2005
 Start Location: Reston Town Center NE parking lot
 Level: C
 Time: 9:30 am
 Mileage: ~30
 Description: **Bunch of Bull**
 Leader: Greg Foster, 703-489-8706

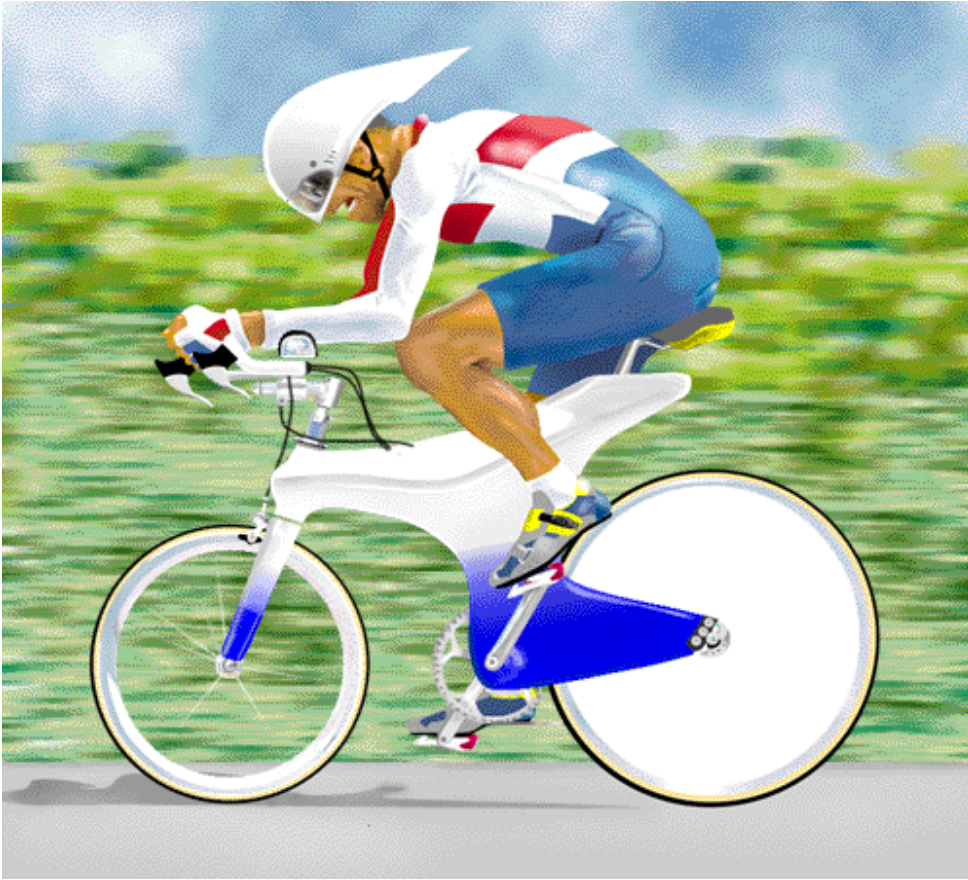
Date: Tuesday, May 24th
 Location: Hunter Woods Shopping Ctr. (South Reston)
 Level: A/B/C
 Time: 6:00 PM
 Mileage: 30-40
 Description: Route Varies from week to week.
 Leader: Ken Thompson, 703-476-4106

Date: Thursday, May 26th
 Start Location: Parking Lot Across from the Caboose on W&OD in Herndon
 Level: A/B/C
 Time: 6:00 PM
 Mileage: 20-40
 Description: Route Varies from week to week.
 Leader: Ken Thompson, 703-476-4106

Date: Saturday, May 28, 2005
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B social ride (no one will be dropped)
 Time: 9:30 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, May 29, 2005
 Start Location: Point of Rocks Train Station, Point of Rocks, MD
 Directions: 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: 10:00 am
 Mileage: 35/50
 Description: **Point of Rocks/Sugerloaf Counter-Clockwise**
 A/B Leader: Chris Ross, 703-243-2042
 C Leader: Greg Foster, 703-489-8706

Date: Tuesday, May 31st
 Location: Hunter Woods Shopping Ctr. (South Reston)
 Level: A/B/C
 Time: 6:00 PM
 Mileage: 35-45
 Description: Route Varies from week to week.
 Leader: Ken Thompson, 703-476-4106



**GETTYSBURG/LANCASTER WEEKEND
BIKE RIDE
WHEN: May 21-22**

The plan is to drive to Gettysburg early Saturday morning -- ride around Gettysburg -- drive to Ephrata (near Lancaster) where we will have reservations at a B&B. Sunday there will be cue sheets for rides starting in Ephrata going around the Lancaster, Bird in Hand area. I'll have cue sheets for short and long rides. Please let Rose Baker know if you'd be interested in joining on this ride (rbaker@cerner.com or 703-860-4314). Also, let Rose know if you're interested in carpooling.

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

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

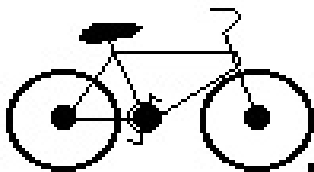
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