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## The Newsletter of Reston Bicycle Club

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### Oh Shenandoah!!!

There is nothing more beautiful than Virginia in Fall! Especially in the Shenandoah on a weekend club ride.  
Thanks to Chairman Chris Ross for his pictures of the weekend ride.

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### RBC Looking For New Board Members

Now that this biking season is drawing to a close it is time for the RBC to look toward a new year. Soon we will be having our annual meeting and electing new board members. For those who are interested in getting more involved with the club and helping to shape it's future years, this is the time to get involved.

All position levels from Chairman, Vice Chairman, Secretary, Treasurer, and Members at Large will be up for election. If you are interested in one of these positions or would just like to volunteer to help in the RBC contact Ken Thompson, (703) 476-4106,  
[Kenneththompson@att.net](mailto:Kenneththompson@att.net)

### Members Invited to This Year's RBC Party and Board Meeting

All members are invited to the Reston Bicycle Club Annual Board Meeting and Party on Sunday, November 12<sup>th</sup>, from 5:00 PM to 8:00 PM at the Tortilla Factory in Herndon, VA. We'll have the usual great time, with cycling pictures, talks, raffles, and awards. For those of you who'd like to step into an active role leading the Club, this is your chance. We'll be electing a new board to lead the Club into its 26<sup>th</sup> year. Of course dinner is on the Club, and we'd like as many of you as possible to join us. Bring your stories, and photos to share.

## Chairman's Message: Chris Ross

Well, the days are getting shorter now, but the rides continue. I'm just back from several trips out in the Shenandoah (for hikes and rides), and this is my favorite time of year to be outdoors. This weekend I was at the Shenandoah Fall Foliage Festival in Staunton, VA, where I ran into Paul White from RBC. The weather Saturday was a bit chilly at the start, but the colors were great. We did a Century that day and 45 miles Sunday. The ride featured hot food at the rest stops; the hot soup really hit the spot on a cool day!

Our Club has had a great year, and we've got some good momentum as we head into 2007. We're working on expanding our ride selection to cater to a wider range of riders. Next year we'll also have a special Century - our 25th annual! Based on very positive rider feedback this year, we expect to have a quite an event. This will happen as a result of all the good ideas that no doubt will come from Club members and next year's board.

We hope as many of you as possible will attend our annual meeting on November 12th from 5:00 PM to 8:00 PM at the Tortilla Factory in Herndon. We'll have our annual dinner, board elections for the coming year, awards, and perhaps some cycling-related talks from Club members. If any of you would like to do a talk or slide show about a trip you've done, or anything cycling related, please let us know!

Enjoy your fall rides and I hope to see you on a ride soon!

Chris



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## Who's Who In Reston Bike Club

**Chairman:**

Chris Ross (703) 243-2042  
[ross3ca@verizon.net](mailto:ross3ca@verizon.net)

**Vice Chairman:**

Cesar Olivos (703) 242-0724  
[cesar.olivos@verizon.net](mailto:cesar.olivos@verizon.net)

**Secretary:**

Kathy Bromley (703) 264-0210  
[Wld-flwr@comcast.net](mailto:Wld-flwr@comcast.net)

**Treasurer:**

Ken Thompson, (703) 476-4106  
[Kenneththompson@att.net](mailto:Kenneththompson@att.net)

**Members at-large:**

Victor Siegfried, (703) 946-2994  
[vasieg@comcast.net](mailto:vasieg@comcast.net)

Don Brumbaugh, (703) 880-3024  
[dbrumbaugh@cox.net](mailto:dbrumbaugh@cox.net)

Mark Hollinger (703) 815-2723  
[markahollinger@gmail.com](mailto:markahollinger@gmail.com)

Randy Karn (703) 742-4074  
[rk@htarch.com](mailto:rk@htarch.com)

Craig Clark (703) 689-0152  
[ccbike@cox.net](mailto:ccbike@cox.net)

**Ride Coordinators:**

*Level A/B:*

Ron Rothrock, (703) 759-2850  
[rrothrock@earthlink.net](mailto:rrothrock@earthlink.net)

*Level C:*

Gregory D. Foster, (703) 489-8706  
[gdfoster@gmu.edu](mailto:gdfoster@gmu.edu)

*Social Rides:*

Arline Brecher, (703) 471-4734  
[arline.brecher@gmail.com](mailto:arline.brecher@gmail.com)

**Newsletter:**

Don Brumbaugh, (703) 880-3024  
[dbrumbaugh@cox.net](mailto:dbrumbaugh@cox.net)

**Database:**

Ed Robichaud, (703) 860-0108  
[edrobichaud@wdn.com](mailto:edrobichaud@wdn.com)

**Web Master:**

Mark Hollinger (703) 815-2723  
[markahollinger@gmail.com](mailto: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

Michael Gibson, Jim Hurrell, Gil Langley, John Mac Pherson, Ronald Magee, Todd Mc Allister, Mark Randol, Fawad Syed, Barbara Schippen

### Returning Members

Paul Wessel, Steven Jones, Jean- Pol Mahieu, Albert Sun, Norman Zalfa, Mark & Lori Hollinger

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



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HOT, Fun  
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# Ride Schedule—November/December

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.

**Winter 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**

## November-December 2006 Schedule

Date:	Saturday, November 4, 2006	Date:	Sunday, November 19, 2006
Start Location:	7-Eleven at Crestview and W&OD Trail	Start Location:	Reston Town Center NE parking lot
Level:	A/B ride	Level:	A/B
Time:	10:00 AM	Time:	10:30 AM
Mileage:	Various (typically 50 miles or more)	Mileage:	32 miles
Description:	<b>Impromptu</b> (Please call if planning to ride)	Description:	<b>Another Great Falls Ride</b>
A/B Leader:	John Hamilton, 703-593-9384 Randy Karn, 703-742-4074	A/B Leader:	Chris Ross 703-243-2042
Date:	Sunday, November 5, 2006	Date:	Saturday, November 25, 2006
Start Location:	Reston Town Center NE parking lot	Start Location:	7-Eleven at Crestview and W&OD Trail
Level:	A/B	Level:	A/B ride
Time:	10:30 AM	Time:	10:00 AM
Mileage:	41 miles	Mileage:	Various (typically 50 miles or more)
Description:	<b>Reston/Vienna/Wolftrap/Great Falls</b>	Description:	<b>Impromptu</b> (Please call if planning to ride)
A/B Leader:	Victor Siegfried, 703-946-2994	A/B Leader:	John Hamilton, 703-593-9384 Randy Karn, 703-742-4074
Date:	Saturday, November 11, 2006	Date:	Sunday, November 26, 2006
Start Location:	7-Eleven at Crestview and W&OD Trail	Start Location:	Vienna Community Center parking lot
Level:	A/B ride	Level:	A/B
Time:	10:00 AM	Time:	10:30 AM
Mileage:	Various (typically 50 miles or more)	Mileage:	~36 miles
Description:	<b>Impromptu</b> (Please call if planning to ride)	Description:	<b>Georgetown and 4-Mile Run</b>
A/B Leader:	John Hamilton, 703-593-9384 Randy Karn, 703-742-4074	A/B Leader:	TBD (call Ron Rothrock, 703-759-2850)
Date:	Sunday, November 12, 2006	Date:	Saturday, December 2, 2006
Start Location:	Reston Town Center NE parking lot	Start Location:	7-Eleven at Crestview and W&OD Trail
Level:	A/B	Level:	A/B ride
Time:	10:30 AM	Time:	10:00 AM
Mileage:	36 or 42 miles	Mileage:	Various (typically 50 miles or more)
Description:	<b>Reston Ramble</b>	Description:	<b>Impromptu</b> (Please call if planning to ride)
A/B Leader:	Paul White, 703-876-6019	A/B Leader:	John Hamilton, 703-593-9384 Randy Karn, 703-742-4074
Date:	Saturday, November 18, 2006	Date:	Sunday, December 3, 2006
Start Location:	7-Eleven at Crestview and W&OD Trail	Start Location:	Reston Town Center NE parking lot
Level:	A/B ride	Level:	A/B
Time:	10:00 AM	Time:	10:30 AM
Mileage:	Various (typically 50 miles or more)	Mileage:	28/43 miles
Description:	<b>Impromptu</b> (Please call if planning to ride)	Description:	<b>Algonkian Park/Country Side/Ashurn</b>
A/B Leader:	John Hamilton, 703-593-9384 Randy Karn, 703-742-4074	A/B Leader:	TBD (call Ron Rothrock, 703-759-2850)

(Continued on page 7)

### Ride with Hincapie!!

Come ride with 2006 US Pro Road Race Champion, George Hincapie of Team Discovery Channel® as he leads the 25-mile Amgen Breakaway from Cancer fundraising ride through the Washington D.C. area! The ride will bring cyclists of all levels together in an environment of camaraderie, family fun and healthy living. The ride features finish line festivities and a custom Breakaway from Cancer cycling jersey!

The top 10 fundraisers in the Washington, D.C. event will have the opportunity to ride with George in a special "Breakaway" start. The Top Fundraiser will win a Giant Road Bike! The Breakaway from Cancer initiative was created by Amgen Inc. as a component to the company's title sponsor-

ship of the Amgen Tour of California to support valuable services and programs that help people affected by cancer. All funds raised will benefit The Wellness Community and the National Coalition for Cancer Survivorship.

The Washington D.C. ride will take place on Sunday, November 12, 2006. The ride is limited to 500 riders, so sign up soon! Registration is now available at [http://www.active.com/event\\_detail.cfm?event\\_id=1373009](http://www.active.com/event_detail.cfm?event_id=1373009) and includes a custom Breakaway from Cancer jersey. Register now to secure your spot!

Visit [www.breakawayfromcancer.com](http://www.breakawayfromcancer.com) to learn more about the rides, the Breakaway from Cancer initiative and the Amgen Tour of California!



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Vienna Great Harvest : W&OD Mile # 11.5

(turn around)

#### SERVING #3

A slice of Raisin Cinnamon Chip  
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17 miles round trip.  
(You've definitely earned yourself a jumbo Double Choc Chip cookie, too!)



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- Potomac Velo Club [www.potomacvelo.com](http://www.potomacvelo.com)

#### SPONSORED EVENTS:

- MORE Trailwork Series
- Cranky Monkey Mtb series
- Wednesdays at Wakefield
- Reston Town Center Grand Prix
- Fitness Concepts Greenbriar Challenge
- Venturequest and more!



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**TRY THE NEW RESTON BIKE CLUB "S" CLASS!**

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](http://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!**

**PHONE: 703-471-4734**

**E-MAIL:**

[arline.brecher@gmail.com](mailto:arline.brecher@gmail.com)



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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.

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We love to ride.  
Share the passion...



(Continued from page 4)

Date: Saturday, December 9, 2006  
 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** (Please call if planning to ride)  
 A/B Leader: John Hamilton, 703-593-9384  
 Randy Karn, 703-742-4074

Date: Sunday, December 10, 2006  
 Start Location: Reston Town Center NE parking lot  
 Level: A/B  
 Time: 10:30 AM  
 Mileage: 32 miles  
 Description: **Arcola and Ashburn**  
 A/B Leader: TBD (call Ron Rothrock, 703-759-2850)

Date: Saturday, December 16, 2006  
 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** (Please call if planning to ride)  
 A/B Leader: John Hamilton, 703-593-9384  
 Randy Karn, 703-742-4074

Date: Sunday, December 17, 2006  
 Start Location: Reston Town Center NE parking lot  
 Level: A/B  
 Time: 10:30 AM  
 Mileage: 32-42 miles  
 Description: **Leesburg Donut Run/Impromptu**  
 A/B Leader: TBD (call Ron Rothrock, 703-759-2850)

Date: Saturday, December 23, 2006  
 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** (Please call if planning to ride)  
 A/B Leader: John Hamilton, 703-593-9384  
 Randy Karn, 703-742-4074

Date: Sunday, December 24, 2006  
 Description: **No Organized Ride – Happy Holiday**

Date: Saturday, December 30, 2006  
 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** (Please call if planning to ride)  
 A/B Leader: John Hamilton, 703-593-9384  
 Randy Karn, 703-742-4074

Date: Sunday, December 31, 2006  
 Description: **No Organized Ride – Happy Holiday**



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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:  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