

The Wheel

Volume 23, Issue 9

October 2005

The Newsletter of Reston Bicycle Club

Peanut Tour Worth Consideration

By Don Brumbaugh

In my 14+ years of living and biking in Northern Virginia, many times I have heard the praises of The Great Peanut Tour. Somehow those who sang its praises were just not forceful enough to make me take notice. Let me not make the same mistake. This is not a ride you want to miss.

I finally signed up for this ride this year when my friends from Pittsburgh heard about the ride and convinced my wife and me to join them. This was the first ride Kathie and I have done together since we got the kids off to school. With four possible days of riding, this event made a perfect

on this ride. This ride gave us a good sampling of the generally flat to rolling terrain and nice low traffic country road present in all the routes. It also gave us our first samples of the fun rest stops that are much of the fun and unique flavor of the weekend.

Friday offered quarter century, half century, 81 mile and full century options. We took the 81-mile Lake Gaston Option. The century consisted of the 81-mile loop plus the 19-mile loop. The lake Gaston loop took us into North Carolina for much of the ride and the payoff was a stop that overlooked Lake Gaston. This ride offered the biggest hills of the weekend that were hardly a challenge to either tandem pair.

Saturday offered quarter century, metric century and a 47-mile rides. My friends took out the tandems while Kathie slept in and I got out my single bike. The three of us did the 47-mile ride that was very pleasant. Also offered on Saturday afternoon was the 13-mile Great Peanut Tour, which is the focal point of weekend. This ride had two stops, one had several large tents with a great variety of peanut goods, and the other was located at a peanut farm and included a talk from a peanut farmer on the growing and harvesting of peanuts.

Sunday offered quarter and metric centuries. Kathie and I took the quarter to make our hotel checkout time, while our friends took the metric century. We both found these ride



Don and Kathie on the Road

get-away weekend for the new empty nesters.

The Rides

The rides available on the weekend were plentiful and had something for everyone. All rides started and ended at the Cattail Creek Campground in Skippers, VA. All the meals and many of the extra activities were conducted from the campgrounds. The campgrounds offered camping spots that sell out quickly, but my friends found another campground north of Emporia that had ample space. My wife and I stayed at the Fairfield Inn at Emporia.

On Thursday, a quarter century (25 mile) warm-up ride was offered. My friends, Kathie and I took out our tandems



The Banana Popsicle Stop (Continued on page 5)

Chairman's Message: Chris Ross

Now that the Club Century is behind us we can focus on the Fall rides. Last Sunday morning was almost cool enough to require a second layer as I headed out to lead my Warrenton ride. We had a nice ride on very lightly traveled roads, with only the occasional car.

As the nicest weather of the year approaches I hope more of you will do an out of town ride - they're worth the drive and a welcome escape from the same old close-in roads we're so familiar with. Over the past year or so I've seen many different species of birds - I used to keep a life list and probably should start working on adding to it again. Foxes seem to be ever more common these days, and on one ride I even saw a bobcat. Deer of course are everywhere; a friend and I were riding earlier this summer and we saw a group run right in front of us and jump a 6 foot stone wall - I had no idea they could jump that high! Also consider one of the cycling weekends that are often held in the Fall. The Peanut Tour in Don's write-up looks like a great ride!



choice. Here's your chance to share your favorite routes with other club members. Greg especially would appreciate additional C level ride leaders. As far as Tuesday / Thursday rides we'll be wrapping up the season in another 2 weeks, as the days are getting shorter. Still there are plenty of weekend ride options once these rides end.

We are in the process of wrapping up results from the Century, and will provide full details soon on how we did and the funds raised. We had a record turnout and will have a good amount to donate to the American Red Cross as well as various cycling-related causes.

Finally, an early reminder the Club will hold it's usual year-end meeting in a few months. We'll have lots to eat and prizes for Club members for their contributions this year. Please try to attend - it's a fun meeting - and a welcome change from any boring meetings you may have had at work - I know I've had a few!

The club has plenty of rides planned. Please contact a ride coordinator to volunteer to lead a ride of your

Chris

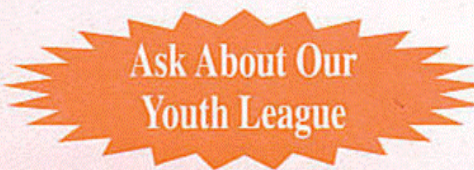



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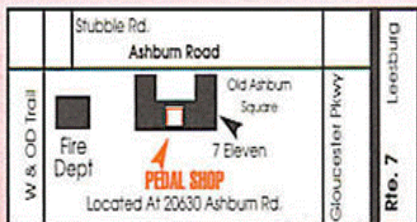
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Who's Who In Reston Bike Club

Chairman:

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

Vice Chairman:

Cesar Olivos (703) 242-0724
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Kenneththompson@att.net

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

Craig Clark (703) 689-0152
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Ride Coordinators:

Level A/B:

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

Level C:

Gregory D. Foster, (703) 489-8706
gfooster@gmu.edu

Level D:

VACANT PLEASE VOLUNTEER

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Web Master:

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

C Ride Leaders Needed

Our C ride leader, Greg Foster, has done a great job in reviving the C rides this year. Although the rides are better attended we are still not getting the riders to volunteer as leaders. Leading a ride does not take much time and the leader can have as much fun as the rest of the riders. The biggest duties are arriving a few minutes early to sign up riders, handing out queue sheets and reminding riders about the rules of the road. Greg is doing a great job but cannot maintain these rides by himself. Please email him at gfooster@gmu.edu and volunteer to lead a C ride today!

Welcome New and Returning Members

New Members

Brian Hamilton, Alyshia Linares, Peter Mc Intyre, Craig Thompson, Brenda Cossa, Stephanie Halbig, Christine Hoffman, Steven Jones, Jeanne Mahoney, Norma Whittaker

Returning Members

Zachary Christopher, Myron Rosmarin, Terry Troxell, Susan Wambsganns, Jonathan Daugherty, Linda Nichols, Norman Zalfa

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

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HOT, Fun
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Fun!**

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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.
- D New or casual riders. Easy pace, 10 - 25 miles, 8 - 10 mph average.

Ride Schedule—October

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.

October 2005 SCHEDULE

Date: Saturday, October 1,, 2005
 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

Date: Sunday, October 2, 2005
 Start Location: Reston Town Center NE parking lot
 Level: A/B
 Time: 9:30 AM
 Mileage: 44 miles
 Description: **Rick's Reston Ramble**
 A/B Leader: Rick Capriolo, 703-280-3970

Date: Sunday, October 2, 2005
 Start Location: Reston Town Center NE parking lot
 Level: C
 Time: 9:30 AM

Mileage: 34
 Description: A Bunch of Bull (Short)
 C Leader: Greg Foster (703-250-5943)

Date: Tuesday, October 4th
 Start Location: Hunter Woods Shopping Center (South Reston)
 Level: A/BB/B/C
 Time: 5:30 & 6:00 PM
 Mileage: 15 to 25
 Description: Route Varies from week to week.
 Leader: Ken Thompson, 703-476-4106

Date: Thursday, October 6th
 Start Location: Parking Lot Across from the Caboose on W&OD in Herndon
 Level: A/BB/B/C
 Time: 5:30 & 6:00 PM
 Mileage: 15-25
 Description: Route Varies from week to week.
 Leader: Ken Thompson, 703-476-4106

END of Tuesday/ Thursday Night rides for this season!

Date: Saturday, October 8,, 2005
 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

Date: Sunday, October 9, 2005
 Start Location: Loudoun County High School, Leesburg, VA

Directions: Take Rt 7 West to Leesburg, turn left on Catocin Circle at traffic light about 0.7 miles after the Rt 15 bypass interchange. Continue 1.5 miles to a left into school parking lot on corner of Dry Mill Road.

Level: All Level
 Time: 10:00 AM
 Mileage: 43 for A/B
 TBD for C

Description: **Lovettesville Loop**
 A/B Leader: TBD (call Ron Rothrock, 703-759-2850)
 C Leader: Greg Foster, 703-489-8706

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(Continued on page 6)

(Continued from page 1)

consistent with the level ad quality of the rest of the week-end.

The Rest Stops

The rest stops were the true stand out for these rides. The organizers have set up a network of volunteers on the route who mostly get to design their own rest stop. This not only gave riders a fun variety of different foods and delicacies, but also gave us an excellent sample of southern culture and hospitality. Some of the bill-o-fair included cookies, peanut fudge, tomato sandwiches, bologna sandwiches, cheese pimento sandwiches, cucumbers, assorted peanuts, banana Popsicles and pickled watermelon rinds. The hosts of the rest stops were farm owners, church volunteers, and homeowners, all with a generous dose of southern hospitality.

Some of the rest stops stood out by their location. One stop looked out over the shores of Lake Gaston, another was located in Valentines, VA. The location is known by some as a place to send your Valentines Day cards to get a unique postmark. The general store and post office at Valentine was a living example of a small town country store right out of Mayberry. Another stop was at the Good Earth Peanut Store. It was a storefront in an old house and offered the greatest variety of peanuts that I've ever seen in one place.

The Meals and Other Activities

Dinner and Breakfast was offered for an extra charge. We did not partake in breakfasts and I am not sure what was offered. Dinners included BBQ Pork (Thursday), Fried Catfish (Friday) and BBQ Chicken (Saturday) with an option for Spaghetti all three nights. We opted for the Catfish on Friday. I thought the preparation was good picnic fair although my friends turned out not to be Catfish fans. All

dress, dockers and a polo shirt.

All together The Great Peanut Tour offered and great weekend getaway. The great organization and beautiful riding in the area made this an experience I would recommend to anyone wanting to do pleasant touring. Even if you can only do a three-day getaway this was well worth the \$65 entrance fee. I will be a bit more forceful than those who have told me about this ride. **Don't miss this ride!!** Keep an eye on <http://www.greatpeanuttour.com/> for the announcements for next years ride and mark this one on your calendar.



Good Earth Peanut Company



Valentine, VA Post Office



Lake Gaston

dinners had entertainment as part of the atmosphere. We had a bagpipe player on Friday night and another night had a bluegrass band. After every dinner they had a campfire and marshmallow roast. My group took Thursday and Saturday to sample local fair. One night we went to Applebees and on another we went to the Squire Inn in Emporia which was a delightful local restaurant located in an old house that offers well prepared meals in a beautiful Victorian setting. The restaurant accepted somewhat casual



(Continued from page 4)

Date:	Saturday, October 15., 2005	Date:	Sunday, October 23, 2005
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:	9:30 AM
Mileage:	Various (typically 50 miles or more)	Mileage:	51 miles
Description:	Impromptu (Please call if planning to ride)	Description:	Woodburn and Harmony Hills
A/B Leader:	John Hamilton 703-593-9384	A/B Leader:	TBD (call Ron Rothrock, 703-759-2850)
Date:	Sunday, October 16, 2005	Date:	Sunday, October 23, 2005
Start Location:	Vienna Community Center parking lot	Start Location:	Reston Town Center NE parking lot
Level:	A/B	Level:	C
Time:	9:30 AM	Time:	9:30 AM
Mileage:	42 miles	Mileage:	32
Description:	Potomac Village Ride	Description:	Great Falls and Back
A/B Leader:	Daren Magness. 703-729-5773	C Leader:	Greg Foster (703-250-5943)
Date:	Sunday, October 16, 2005	Date:	Saturday, October 29., 2005
Start Location:	Vienna Community Center parking lot	Start Location:	7-Eleven at Crestview and W&OD Trail
Level:	C	Level:	A/B ride
Time:	9:30 AM	Time:	10:00 AM
Mileage:	45	Mileage:	Various (typically 50 miles or more)
Description:	Burke Lake	Description:	Impromptu (Please call if planning to ride)
C Leader:	Greg Foster (703-250-5943)	A/B Leader:	John Hamilton 703-593-9384
Date:	Saturday, October 22., 2005	Date:	Sunday, October 30, 2005
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:	9:30 AM
Mileage:	Various (typically 50 miles or more)	Mileage:	43 miles
Description:	Impromptu (Please call if planning to ride)	Description:	Georgetown, Haynes Point, and Four-Mile Run
A/B Leader:	John Hamilton 703-593-9384	A/B Leader:	TBD (call Ron Rothrock, 703-759-2850)
		C Leader:	TBD (call Greg Foster, 703-250-5943)

OUT-OF-THE-AREA EVENTS*

- October 1-8: Cycle North Carolina, Asheville to Wilmington; For information call (919) 361-1133, or contact www.cyclenorcarolina.org.
- October 1-8: 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.
- October 8: Sea Gull Century, Salisbury, MD. See www.seagullcentury.org for details.
- October 14-16: Shenandoah Fall Foliage Bike Festival, Staunton, VA. Information at www.shenandoahbike.org, or call 540-885-2668.
- October 15: Savage Century sponsored by White Clay Bicycle Club in Newark, DE. For information see www.whiteclaybicycleclub.org.
- October 16: Covered Bridges Ride; Tincum Park, Erwinna, PA. Sponsored by the Central Bucks Bicycle Club. For information see www.cbbikeclub.org.
- October 16: Tour du Port; Baltimore, MD. Sponsored by One Less Car. For information see www.onelesscar.org.
- * Application forms and/or brochures are available for many of these events. For information email kenneththompson@att.net or call 703-476-4106.

NEW WEBSITE WILL REQUIRE A NEW BOOKMARK.

We have the new web site up and running. Just remember to re-bookmark the site with www.restonbikeclub.org, since if you don't do this you will still be directed to the old tripod site, which doesn't redirect to the new site. You'll have access to the Century registration there just as before, and Mark Hollinger is now incorporating a variety of new features, including updated ride calendars and newsletter archives.



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 VIENNA: 132 Church St. 703-938-0921

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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!)



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.

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The Wheel

The Newsletter of Reston Bicycle Club

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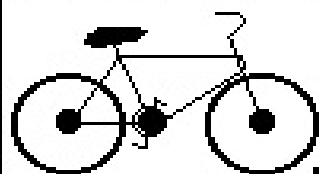
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