

The Whool

October 2010
Volume 27; Issue 18

The Newsletter of Reston Bicycle Club

Chairman's Message

By Randy Karn

The 28th Annual Century is now behind us and by most accounts, it was another successful event. There were 1,110 registered riders, an excellent number considering the forecast of rain, which fortunately, never really materialized.

I want to thank all of the volunteers and board members whose considerable time and talent made this event possible. Not just the day-of the event, but all through the year, beginning in mid-winter with the Loudoun County Special Events Application all the way through to the massive clean-up effort, and finally, storage of rest-stop materials for next year's Century. The logistics truly do take the better part of 8 months to pull off. The members of the Board who have done this the longest, Ken Thompson and Ed Robichaud, are the true heroes. Without their experience and guidance, this ride would not be as successful as it continues to be. A HUGE thanks to both!

Last year, we started a new effort to solicit feedback from the riders. This year, we're pleased to have received over 500 comments. Responses were largely complimentary and we received some excellent suggestions: The rest-stops were well received with both getting broad accolades with respect to food, drink and volunteers' support; the snow cone machine was a big hit in Hamilton; many suggested the Taylorstown Loop was a little long (35 miles) and lacking adequate hydration opportunities, especially given its hilly profile; there were several requests for end-of-ride food at Reston Town Center be available earlier than noon; riders generally indicated a preference to be on the W&OD less (as in previous years) and we are optimistic we will be able to work with Loudoun County to accomplish this objective for next year's ride. Excellent feedback!



Century-Ready to roll

And so it's on to the 29th Annual Reston Century: planning starts soon.

Finally, save the date: **The annual RBC dinner meeting will be held November 14th from 6:00—8:00.** Like last year's dinner, it will be hosted at ArtSpace in Herndon. The art solicited for this year's event will be on display, so please come and enjoy it.

SHARE the road and be safe,

Randy

Another great site: <http://www.bicyclinginfo.org/>



2010 Leadville 100

By Chris Burgess

August 14th and the big day was finally here: the Leadville 100 (actually 103). Thousands of training miles, hours of careful planning and the support of dozens of family members and friends have led to this day.

The race starts at 10,200 feet in a remote Colorado mining town and reaches a maximum elevation of 12,600 feet, the race is arguably the hardest single day mountain bike race in the country. With over 12,000 feet of climbing, nearly 1,600 racers enter, but only 900 finish. The Colorado Rockies may be beautiful, but they can be mercilessly unforgiving. Steep trails with loose chunks of decaying granite, high altitudes devoid of oxygen and unpredictable weather can make the race extremely tough. (Cont. P4)



More Century photos throughout newsletter

Who's Who In Reston Bike Club

Chairman:

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Ride Level Descriptions

A - Aggressive riders. Grueling pace with sprints, 40 - 100 mi, 18 - 20+ mph avg.

B—Strong riders. Demanding pace, 25 - 75 mi, 14 - 18 mph avg.

C—Average riders. Moderate pace, 15 - 50 miles, 10 - 14 mph avg.

S—Social riders. Relaxed, casual tempo per group consensus

Welcome New And Returning Members

New

Rodney Billingsley, David Bortolin, Jeff Button, Ernie Castro, Pierre Duy, Don Gray, Scott Hall, Michael Hansen, Patrick Henry, Anne Miranowski, Joseph Morey, Dylan Morgan, John Oshinski, Kim Oshinski, Monica Sanchez, Jack Stanczak, Jose Torres, Abigail Torres, Rebekah Wagner

Returning

David Alison, Larry Blakely, Barbara Blakely, Nathan Blakely, John Braynard, John Brugel, Barbara Brugel, Mark Buck, Alisdair Craig, Vanora Hundley, Charles Mike Folsom, Jack Folsom, Charlie Folsom, Marianne Folsom, James Fraser, Diana Creech, Bradley Frey, Sara Bodenberg, John Friedman, John Giglio, Mona Gravel, Paula Knepper, Chris McLean, Glenn Liggins, Thomas Liggins, David Loughran, Jeffrey Major, Susan Major, Peter McIntyre, Jamie McIntyre, Dan Morgan, Paul Moskowitz, Jonathan Mullins, Alice Pereira, Jack Pereira, Jerry Pollatos, Eduardo Ponce, Gaston Prudencio, Patty Prudencio, Michael Randers-Pehrson, Laura Randers-Pehrson, Bartlett Rhoades, Sharon Rhoades, Alan Richardson, John Shea, Kathy Bromley, Jeffery Shively, Erlita Shively, Bill Sickenburger, Will Sickenberger, Michael Smith, Daniel Taylor, Randy Tyson, Billy Wilde, Theodore Wilson, Douglas Young, Kelly Young



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RIDE SCHEDULE—October

NOTE: Due to club insurance policies all participants on RBC rides must be current club members. Non-members may try a ride one time before joining.

Call Ride Leader to confirm ride information accuracy. Check the club website at RestonBikeClub for new rides and additional information.

If there is greater than a 50% chance of rain or if the starting temperature is predicted to be less than 40 degrees, the ride may be cancelled.

Saturday Rides begin at **9:30 in October**. These rides are impromptu. They start across from the 7-11 at the W&OD Trail and Crestview. Rides include A & B level riders and typically cover distances of 50+ miles. They are “no-drop” rides. First time riders please call: John Hamilton, 703-593-9384 or Randy Karn, 703-402-0227

As a small token of our appreciation, several RBC members escorted Ken on the last Tuesday night ride of the season. He told us we were “sick” to want to do that, but...there was a method to our madness: we made Ken pull for most of the ride. It was a cool, clear autumn evening, which made us all look forward to March for the start of another season. I hope to see all of you there and I hope we are fortunate enough to have Ken lead us through another season!

Thanks again Ken for all you do!!

Ken Thompson wraps up 2010 riding season

The Tuesday/Thursday rides are finished for the 2010 season and once again, Ken Thompson put together an awesome 7 months of riding that combined a reliable mix of great training, camaraderie and good times. Ken has done a fantastic job with these rides year in and year out and this year was no exception.

There are always obstacles to contend with and this year we had a couple. When we received some negative comments from some users of the W&OD Trail, Ken came up with a Thursday night option that kept us off the trail yet provided an abundance of challenging terrain. When the Loudoun County Board of Supervisors wanted to completely change our Century route and banish us to the trail for most of the ride, Ken’s intimate knowledge of the roads was invaluable in negotiating to preserve a route that would be interesting, demanding and the safest it could possibly be.

Ken is there at the beginning of every ride, flanked by Ed Robichaud, handing out cue sheets and signing up riders like clockwork. He is so dependable that it’s easy to take him for granted and that would be a mistake because Ken’s contributions to the RBC are irreplaceable.



Leadville (from P1)

The course is an out and back format with a total of five mountain passes. For anyone who's ever heard of Leadville, the Columbine and Powerline ascents are infamous portions of the course. Columbine is a 10 mile climb that comes at about mile 40; Powerline is a mere quarter mile section of trail, but it heads straight up the mountain with pitches of over 15%. Only a handful of riders are able to ride it. Oh, and Powerline comes along at about mile 80. It's been appropriately nicknamed the "dreamcrusher" because many a racer spends more time on it than planned and consequently misses the 12 hour cutoff.

I had made it over Columbine and was feeling good through mile 70 with an idea of what was coming. The many volunteers and the spectators lining the course ringing cowbells and shouting out words of encouragement and even running beside us, provided much needed inspiration...they really helped me hammer out the pedal strokes. But Powerline was everything I expected and then some. After consuming only Accelerade, HammerGel and water for 7 hours, I could feel "the wall" closing in. I looked down at my top tube where I'd written on painters tape "Quitting Lasts Forever" and my focus became simply to make it to mile 90. I knew that from there, the worst of the climbing would be over and some long, welcome descents awaited. When I finally saw the finish line (uphill, of course), I experienced a shot of adrenaline I didn't know I had in me. I was actually able to pick up the pace a bit and managed to cross the finish line in 10:28:46. It was the hardest, but also the most rewarding, physical challenge



Leadville 100 - Chris Burgess

I've ever undertaken. Ken Chlouber, the race's founder, says something that everyone should remember, "You're better than you think you are and you can do more than you think you can!" I found those words to be quite true.

Rare air up there

A special characteristic of this race is that you're in there with some of the best riders in the world. Levi Leipheimer, Dave Weins (6 time Leadville winner), Tinker Juarez, Jermiah Bishop, etc, etc. (Cont. P6)

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 or, if you just want to contribute your ideas, please join us. Just call any board member (listed on page 2) for directions to the meeting.

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SERVING #2

A slice of Nine Grain W&OD Mile #11.5 (Vienna)

SERVING #3

A slice of Raisin Cinnamon Chip W&OD Mile #20 (Herndon)



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

WHAT A NEIGHBORHOOD BIKE SHOP IS ALL ABOUT!

9544 Old Keene Mill Road, Burke, VA 22015
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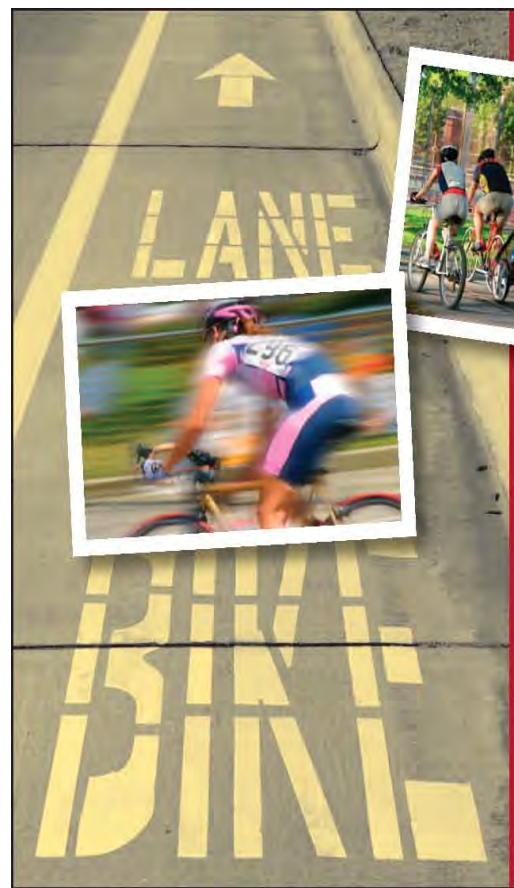


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GARY FISHER

SANTA CRUZ



Leadville (from P4)

You're not necessarily racing those guys, but you're out there suffering with them. Both Lance and Levi have said Leadville is one of the toughest races they've ever ridden. I saw the leaders at the bottom of Columbine and they were absolutely flying. Seeing them on TV is one thing, but when you're actually comparing yourself to them in the same race, it's sobering to see that that you're literally *hours* behind them. Levi won in 6:16 which beat Lance's record time from last year. Outside of the pros, this race isn't about winning: It's about digging deep and seeing what you're made of. I saw so many people working their way up Columbine, just trying to get as far as their bodies would allow, even though there was no way they could make the cut off at the aid station on the way back. Yes, in addition to the 12 hour finish cut off, they have cut off times at the aid stations. If you don't make the aid station in time, you get an early exit...no doubt a relief for some.

so quickly, they didn't realize who he was until I told them...even in his recognizable red Radio Shack kit. Unfortunately for Lance, he had to pull out of the race because his hip was still injured from one of his crashes in the Tour. But what a rush to see him in action live. And what an incredible overall experience. I recommend this event for anyone whose got the legs for it....and the heart.



The PedalShop has left its Ashburn Location to go virtual. The services and merchandise will still be available through their website (below) In the mean time, they are looking for new tenants for their Ashburn location. Go to www.pedalshop.com for more information.



Chris Burgess

The Leadville 100 Finish

I actually spotted Lance Armstrong training on Columbine the weekend before the race and was lucky enough to meet and speak with him in Aspen a few days later. It's common knowledge that Lance can climb, but what many don't realize is he's a great descender on the mountain bike. He passed some guys on my team

(cont. top right)



Century - by Partlow's



Century - Team Photo

The Journey Through Hallowed Ground Presents its 2010 Fall Bike Classic — October 16, 2010

Bring your bike, family and friends to the Journey Through Hallowed Ground's first annual Fall Bike Classic, October 16, 2010. Start at [Great Country Farms](#) in Bluemont, Virginia and select from a 35 or a 50-mile route. Upon completion, registered riders get to enjoy more than 20 free activities at Great Country Farms and [Bluemont Vineyard](#) from hayrides to a wine tasting!

We don't require our riders to make a minimum donation, but we sure could use all your help. This is a fundraising bike ride. All proceeds from the Fall Bike Classic go to the Journey Through Hallowed Ground Partnership. The JTHG Partnership preserves the history and heritage from Gettysburg, PA to Monticello, VA and provides educational opportunities for all ages.

Sign up today, bring a friend and take a ride through history, *Where America Happened*™!

Start Location

Great Country Farms
18780 Foggy Bottom Road
Bluemont, VA 20135-1857

Start Time

All riders must depart between 7:00 – 9:00 am.

Two Fun Routes

35-mile route: Through Hillsboro, Purcellville, Philomont and back to Bluemont. [\[Map\]](#)

50-mile route: Through Hillsboro, Purcellville, Philomont, Middleburg and back to Bluemont. [\[Map\]](#)

All routes are paved.

For Details [click here](#)



Century - Hamilton Rest Stop



Century - Beautiful Loudoun County

"We the Able"

By Ed Shanahan

Like many of you I have come to view club rides as very important events in my life. I look forward to the Tuesday and Thursday group rides and the more informal, but just as fun rides with the club or with friends on weekends and of course the Century.

I was introduced into the RBC in 2006 by a friend, Bob Hall. Bob's and my sons played youth soccer from an early age until they graduated from high school in 2006. Bob and I rode our first centuries together in 2007 and he helped a guy who had not trained for hills survive a course he was not ready for.

In 2009 Bob was diagnosed with ALS, or Lou Gehrig's disease. He stopped riding early that year, but volunteered for and helped at the 2009 Century (see Bob at left of picture).

Bob has formed a team to participate in the ALS walk on October 17th in DC and asked me to join his team. I have gladly accepted and extend the same offer to you - to join in the walk as part of Team Bob and/or to donate to the cause. Why? Because We The Able can.

If you are inclined to donate, the link to my web site is http://web.alsa.org/site/TR/Walks/DistrictofColumbia?px=2829285&pg=personal&fr_id=6613

Team Bob is located at http://web.alsa.org/site/TR/Walks/DistrictofColumbia?pg=team&fr_id=6613&team_id=184893

If you have questions feel free to reach out to me at 703-709-9327 or at edshanahan@aol.com. And you can catch me on Tue and Thurs (I am easy to catch - I am a Group 5'er).

Thank , Ed Shanahan

Bob Hall volunteering at the 2000 RBC Century



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More 2010 Century Photos

Free downloads of the Century Photos are available at <http://tinyurl.com/2010rbc> courtesy of Peter Klosky, Artistic Photo Services LLC.



Century T-Shirt Art contest winner Lori Goll shows off her winning design





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complete and return the membership form below
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Please complete form (circle information) & return with check payable to: Reston Bicycle Club

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Annual dues for single membership: \$15.00 plus \$2.00 for each additional household member riding with the club.

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 Address _____
 City _____ State _____ Zip _____
 Home Phone _____ Other Phone _____
 E-mail _____

Additional Household Members:

Name _____ Age _____ Rider Level **A** . **B** . **C** . **S**
 Name _____ Age _____ Rider Level **A** . **B** . **C** . **S**
 Name _____ Age _____ Rider Level **A** . **B** . **C** . **S**

Attention Parents: Parents must sign a parental consent form for riders under the age of 18. Please request a copy of this form so young riders can present it when signing up for each ride. An adult family member must accompany children under 15.

What is your preferred day/time to ride? Saturday—Sunday—Weekday (AM—PM)

Are you interested in mountain biking? Yes No

Indicate areas you might be willing to help with: Lead Rides; Tours & Weekends;
 Annual RBC Century; Newsletter; Club Social Events; Data Entry; Triathlon;
 Education/Safety; Legislative Action; Membership; Phone Calls;
 Other _____

Club Rider Levels

RBC tries to cater to every level of cyclist. Please use this guide when completing your application and planning your rides.

- S Social riders.** Relaxed, casual pace; Distance & speed per group consensus
- C Average riders.** Moderate pace; 20 - 50 miles; 10 - 15 mph average
- B Strong riders.** Demanding pace; 25 - 75 miles; 15 - 18 mph average
- A Avid riders.** Grueling pace with sprints; 40 - 85 miles; 18 - 20+ mph average



RESTON BICYCLE CLUB

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