

The Whool

October 2006

Volume 24, Issue 9

The Newsletter of Reston Bicycle Club

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

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 12th, 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 26th year. Of course dinner is on the Club, and we'd like as many of you as possible to join us.



Fall Brings Some Ride Changes

As the days get shorter and cooler it is time to adjust the ride schedule to handle these changes. Here are some ride changes:

Saturday Impromptu Rides Start Later:

October will mark the beginning of cooler mornings and the Saturday Morning Impromptu rides will start at 10:00 AM to take advantage of the warmer part of the day.

Tuesday and Thursday rides will end October 5th:

Daylight hour end earlier every day. October 5th will mark the end of another Tuesday / Thursday night ride season. The club would like to thank Ken Thompson for heading the club's most successful program!

Some Rides of Interest Coming in October

This October will bring a few rides for members that might not be regulars at the Tuesday / Thursday night rides.

The First S class ride scheduled:

Mark Hollinger has put together a ride from the Reston Town Center Pavilion to the Old Dominion Brewing Company designed for the family. It will be at a relaxing pace and Mark is encouraging families to enjoy the afternoon ride starting a 2:00 PM on Saturday October 14th. The leaders of this ride will be Mark and his 19 month old son.

The Sears House ride will be run again:

Don Brumbaugh will conduct the "Sears Houses on the W&OD" ride that he lead this spring. This is a progressive ride that you can join at the caboose in Herndon or the Vienna Community Center. The ride goes to Arlington and visits 8 Sears houses (from the outside) between Arlington and Vienna. For those who start in Herndon, an additional 4 Sears Houses will be toured along with a few houses of interest. This ride will also have an optional stop in Vienna for lunch. The ride is a C Level ride scheduled for October 15th at 9:30 from Herndon and 10:30 from Vienna.

Chairman's Message: Chris Ross

The Century results are in, and we had 1157 happy riders, which bodes very well for next year. The Pavilion sure makes for a great ride start and finish! Check out the photos now posted on our web site, including the ones taken by Peter Klosky at Hillsboro. The rest stop food was ideal – think we set the standard for bananas! I find myself comparing how we did to other local centuries.

Now that the Century is behind us we can focus on the Fall, my favorite time of the year to ride. We've seen a nice influx of new members. No doubt some of them really enjoyed their experience on the Century, Metric, or Half-Metric and decided ride more with us. The more the better as we'll have a growing contingent of weekend riders, along with more potential future ride leaders.

Our focus in the coming months will be to build up our "S" or social class rider-ship, with Arline Brecher leading this effort. As always, the Tuesday/Thursday rides are a big hit. I was at the ride September 12th and we had a nice turnout of about 50. In the height of the summer this can go as high as 80-90 riders. We're also working to increase rider-ship and ride variety on our weekend rides, so please come out and join us. We have climbing rides, flat rides, and everything in between!

Don't forget we're having our annual party on Sunday, November 12th, 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 26th 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.

Chris



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Who's Who In Reston Bike Club

Chairman:

Chris Ross (703) 243-2042
ross3ca@verizon.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

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

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

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
rrothrock@earthlink.net

Level C:

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

Social Rides:

Arline Brecher, (703) 471-4734
arline.brecher@gmail.com

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
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

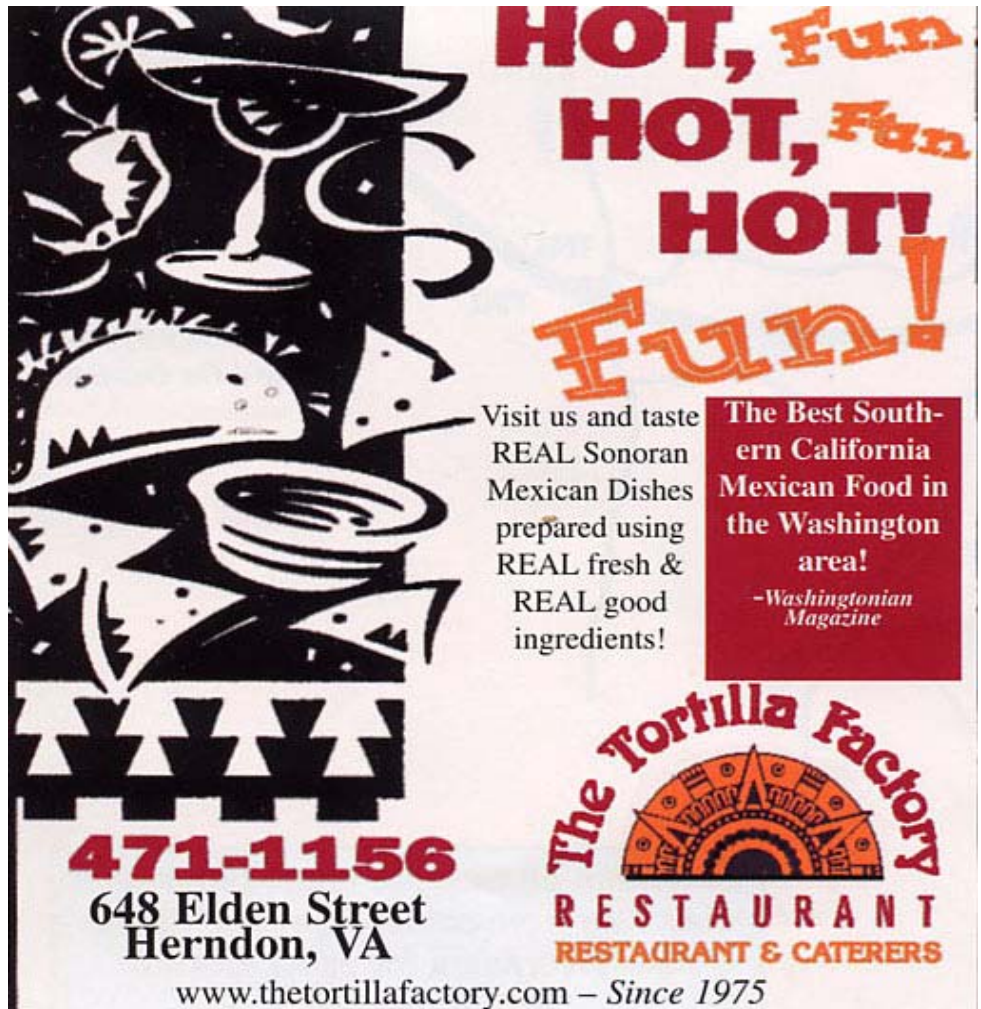
New Members

Ted Bullerdick, Chris Conway, Laura De Fraria- Colee, John Hernandez, Eric Mauceri, Rhoda Pickering, Jeffrey Ritter, Julie Robertson, Diane Royal, Steven Thornton, Etzer Dijkstra, Dave Mir, Nazim Rashid

Returning Members

Charles Mike Folsom, Howard Mitnick, Jerry Pollatos, Roger Smith, Mary Ann & Tim Donohue, Matthew Marshall, Daniel Scrafford, Ana Stevens

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



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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.

Summer Rides will follow the <50% chance of rain rule. If the weather reports are predicting conditions outside these ranges the ride may be cancelled. Please call the listed ride leader to confirm the ride status.

October 2006 Schedule

Date:	Sunday, October 1, 2006	Date:	Sunday, October 8, 2006
Start Location:	Vienna Community Center Parking Lot	Start Location:	Loudoun County High School, Leesburg, VA
Level:	A/B	Directions:	Take Rt 7 West to Leesburg, turn left on Catoctin 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.
Time:	09:30 AM	Level:	A/B
Mileage:	41 miles	Time:	10:00 AM
Description:	Potomac Village Ride	Mileage:	62 miles (shorter routes possible)
A/B Leader:	Ron Rothrock, 703-759-2850	Description:	Cutting Off the Crust This is the middle part of the Reston Century: Woodburn and Harmony Church to Hamilton, to Purcellville, to Lincoln, to Roundhill, to Hillsboro, to Lovettesville, over Stumptown Rd to Waterford, and back to LCHS.
Date:	Sunday, October 1, 2006	A/B Leader:	Dan Cassidy, 703-266-3541
Start Location:	Reston Town Center NE parking lot	Date:	Sunday, October 8, 2006
Level:	C	Start Location:	Reston Town Center NE parking lot
Time:	09:30 AM	Level:	C
Mileage:	Various (Typical 35 to 45 miles)	Time:	09:30 AM
Description:	Impromptu ride to breakfast or lunch	Mileage:	Various (Typical 35 to 45 miles)
C Leader:	TBD (call Ken Thompson, 703-476-4106)	Description:	Impromptu ride to breakfast or lunch
Date:	Tuesday, October 3 rd	C Leader:	TBD (call Ken Thompson, 703-476-4106)
Location:	Hunter Woods Shopping Ctr. (South Reston)	Date:	Saturday, October 14, 2006
Level:	A/B/C	Start Location:	7-Eleven at Crestview and W&OD Trail
Time:	6:00 PM	Level:	A/B ride
Mileage:	15-30	Time:	10:00 AM
Description:	Route Varies from week to week.	Mileage:	Various (typically 50 miles or more)
Leader:	Ken Thompson, 703-476-4106	Description:	Impromptu (Please call if planning to ride)
Date:	Thursday, October 5 th	A/B Leader:	John Hamilton, 703-593-9384 Randy Karn, 703-742-4074
Start Location:	Parking Lot Across from the Caboose on W&OD in Herndon	Date:	Saturday, October 7, 2006
Level:	A/B/C	Start Location:	7-Eleven at Crestview and W&OD Trail
Time:	6:00 PM	Level:	A/B ride
Mileage:	16-30	Time:	10:00 AM
Description:	Route Varies from week to week.	Mileage:	Various (typically 50 miles or more)
Leader:	Ken Thompson, 703-476-4106	Description:	Impromptu (Please call if planning to ride)
Date:	Saturday, October 7, 2006	A/B Leader:	John Hamilton, 703-593-9384 Randy Karn, 703-742-4074
Start Location:	7-Eleven at Crestview and W&OD Trail	Date:	Saturday, October 7, 2006
Level:	A/B ride	Start Location:	7-Eleven at Crestview and W&OD Trail
Time:	10:00 AM	Level:	A/B ride
Mileage:	Various (typically 50 miles or more)	Time:	10:00 AM
Description:	Impromptu (Please call if planning to ride)	Mileage:	Various (typically 50 miles or more)
A/B Leader:	John Hamilton, 703-593-9384 Randy Karn, 703-742-4074	Description:	Impromptu (Please call if planning to ride)

(Continued on page 7)

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

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



Paul White converses with riders before leading the Sunday September 17th A/B ride.

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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!)



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OUT-OF-THE-AREA EVENTS*

September 29 – October 1 Northern Neck 2006, River Ride; For information see www.riverride.org or email whall@bikewalkvirginia.org.

September 29 – October 7th: 26th Annual Great Arizona Bicycle Adventure; Ride 546 miles and climb over 30,000 feet in 7 days; For information see www.bikegaba.org or call (520) 349-5932.

September 30 – October 7th: Cycle'06 North Carolina, Mountains to the Coast; For information see

www.cyclenorthcarolina.org or call (919) 361-1133.

October 7: **Seagull Century**; For information see

www.seagullcentury.org.

October 14: **Savage Century**; Sponsored by the White Clay

Bicycle Club. Rides of 40, 60, 75, or 100 miles. For information see

www.whiteclaybicycleclub.org/Events-WCBC/savage.htm.

October 20 – 22 Fall Foliage Weekend in scenic & historic Hanover / Gettysburg, PA.; Sponsored by the Bicycle Club of Philadelphia; or information see www.philltbikeclub.org.

November 29 – December 4th: FestiVELO de Charleston; The Holiday Festival of Bicycles for Families; For information see www.FestiVELO.org or call (843) 568-6313.



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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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(Continued from page 4)

Date: Saturday, October 14th
 Start Location: Reston Town Center Pavilion
 Level: S
 Time: 2:00 PM
 Mileage: 13 Miles
 Description: Relaxing Family Ride to Old Dominion Brewing Company for a snack and trip back. Bring to whole family for a fun bike ride on the W&OD.
 Leaders: Mark Hollinger and his 19 month old son (703) 815-2723

Date: Sunday, October 15, 2006
 Start Location: Reston Town Center NE parking lot
 Level: A/B
 Time: 09:30 AM
 Mileage: 35/48 miles
 Description: **Bunch of Bull**
 A/B Leader: TBD (call Ron Rothrock, 703-759-2850)

Date: Sunday, October 15, 2006
 Start Location: Herndon Town Parking (across from ca- boose) for 40 miles, Vienna Recreation Center Parking for 20 miles.
 Level: C
 Time: 09:30 AM (from Herndon)
 10:30 AM (from Vienna)
 Mileage: 20 or 40
 Description: Sears houses on the W&OD ride. Repeat of spring ride. Ride to Arlington then check out 8 Sears houses along the trip back. With a stop in Vienna for lunch.
 C Leader: Don Brumbaugh, 703-880-3024

Date: Saturday, October 21, 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, October 22, 2006
 Start Location: Middleburg Elementary School, Middleburg, VA
 Directions: Take Fairfax County Parkway south to a right onto 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 miles
 Description: **Middleburg - Dash to Delaplane**
 A/B Leader: Paul Baker, 703-860-4314
 C Leader: Rose Baker, 703-860-4314

Date: Saturday, October 28, 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, October 29, 2006
 Start Location: Reston Town Center NE parking lot
 Level: A/B
 Time: 09:30 AM
 Mileage: 49 miles
 Description: **Wordburn and Harmony Hills**
 A/B Leader: Chris Ross, 703-243-2042

Date: Sunday, October 29, 2006
 Start Location: Reston Town Center NE parking lot
 Level: C
 Time: 09:30 AM
 Mileage: Various (Typical 35 to 45 miles)
 Description: Impromptu ride to breakfast or lunch
 C Leader: TBD (call Ken Thompson, 703-476-4106)



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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: r Yes r 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