

The Wheel

October 2007

Volume 25, Issue 9

The Newsletter of Reston Bicycle Club

RBC to Hold Annual Meeting on November 18th

The Reston Bike Club will hold it's annual meeting at the Tortilla Factory in Herndon on Sunday, November 18th from 5 to 8 PM. All active members are welcome to attend. Meals will be supplied for members. At the meeting we will review the last years activities, hand out prizes and most importantly hold elections. Come for the good time and good food. Get to know some of the members without helmets on. If you would like to be considered for any positions in club, come and volunteer. We hope to see you there.

The 2007 Tuesday / Thursday Night Ride Season Comes to a Close

Once again the shortened daylight available in fall brings a close to another season of weeknight riding. October 4th will mark the last ride on the Tuesday / Thursday Night schedule for 2007. This season was marked with a steady growth in ridership and a marked increase in club membership. Ken Thompson once again organized these rides and did a great job leading keeping the crowds riding a variety of courses during the season. Ken would like to thank all the riders that made this such a successful program. The RBC would like to once again thank Ken for his hard work in making these rides enjoyable for so many. We all look forward to the 2008 Tuesday /Thursday Night riding season.



See more pictures from the 25th Annual RBC Century on page 7.

Chairman's Message: Cesar Olivos

At the time of this writing, there is only one week's worth of Tuesday/Thursday rides left in the year. Days are getting cooler and shorter. That means we are closing out another fun and interesting year of RBC activities. Our season culminates with the RBC Annual Meeting, held this year on Sunday, November 18th at the Tortilla Factory in Herndon. I encourage you to attend this event to reflect on the past season and share a meal (compliments of the club) with your fellow cyclists. At this meeting next year's Board members will be elected. If you would like to volunteer, either for your first time or your second or more, speak to Ken Thompson about how you can help.

The official season may be over, but that doesn't mean that bikes have to be stowed for the winter. Weekend rides will continue – check the RBC webpage for details. Winter is also a good time for cross training opportunities. How do you plan to keep in shape this winter? We welcome tales of your winter adventures for the Newsletter.

To all of the volunteers for the Century, I cannot thank you enough. The 2007 Century could not have gone so smoothly without your dedication. Here's to many more!

Cheers, Cesar



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COMMUNITY MESSAGE BOARD

GROUP RIDES AND EVENTS

2006 RACE SCHEDULES



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Who's Who In Reston Bike Club

Chairman:

Cesar Olivos (703) 585-1735
cesar.olivos@verizon.net

Vice-Chairman:

John Hamilton (703) 904-9381
Jhamilton11@cox.net

Secretary:

Minnie Scrafford (703) 263-7915
scrafford@aol.com

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
debrumbaugh@verizon.net

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

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

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

Ride Coordinators:

Level A/B:

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

Level C:

Vacant

Social Rides:

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

Newsletter:

Don Brumbaugh, (703) 880-3024
debrumbaugh@verizon.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

Bruce Anderson, Michael Canavan, Vinson Cornejo, John Crook, Leanne Layne, Barbara Lytle, Jeanne Mahoney, Dino Michalopoulos, Marc Newman, Thomas Raezer, Jay Stein, Haribaskar Thangavel, Amy Tolcin, Howard Warshaw, Kevin Azmoudeh, Russell Green, Drew Lavan, Luke Majewski, John McLain

Returning Members

Chris Conway, Mark Draskovic, Glenn Liggins, Peter McIntyre, Nazim Rashid, Norman Zalfa, Jonathan Daugherty, John Friedman, Michael Gibson, Randy Karn, Gary Madison, Jean- Pol Mahieu, John & Kathy Shea

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

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HOT, Fun
HOT!
Fun!**

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A slice of
Raisin Cinnamon Chip
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HERNDON: 785 Station St. 703-471-4031 • VIENNA: 132 Church St. 703-938-0921

Social Class Rides Available On Saturdays

On May 12th, and every Saturday afterward, Social Class Rides will begin. For riders who want to meet at Panera's (Reston Town Center) for a two hour ride. Rides start at 11:00 am. Call in advance (703) 41-4734 or e-mail arline.brecher@gmail.com to schedule a ride.

Used Bike Wanted

New rider looking for a used men's 56 or a woman's 57 road bike of reasonable quality for sale.

Call 703-404-9606, or 703-362-8286 if interested.

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703-793-0400

MANASSAS

Next to Best Buy Store
7705 Sudley Road
Manassas, VA 20109

703-361-6101

25th Anniversary

SPECIALIZED

www.A1Cycling.com

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.

OUT-OF-THE-AREA EVENTS*

Note: Copies of some registration forms can be obtained via email by sending a request to kenneththompson@att.net.

October 6th : **Seagull Century**; For information see www.seagullcentury.org.

November 29 – December 4th : **FestiVELO de Charleston**; The Holiday Festival of Bicycles for Families; For information see www.FestiVELO.org or call (843) 303-3334.

Ride Schedule—October

NOTE Due to club insurance policy clarifications all participants on RBC rides must be current club members. Non-members may join a ride one time only as a non-member.

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.

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 ride status.

October 2007 Schedule

Date: **Tuesday, October 2, 2007**
 Start Location: Hunter Woods Shopping Ctr. (South Reston)
 Level: 1,2,3,4,5
 Time: 6:00 PM
 Mileage: 15 — 30
 Description: Route Varies from week to week.
 A/B Leader: Ken Thompson, 703-476-4106

Date: **Thursday, October 4, 2007**
 Start Location: Parking Lot Across from the Caboose on W&OD in Herndon
 Level: 1,2,3,4,5
 Time: 6:00 PM
 Mileage: 15 — 30
 Description: Route Varies from week to week.
 A/B Leader: Ken Thompson, 703-476-4106

Date: **Saturday, October 6, 2007**
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B ride
 Time: 9:30 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 7, 2007**
 Start Location: Reston Town Center NE parking lot
 Level: A/B
 Time: 9:30 AM
 Mileage: 34 miles
 Description: **Over the Hills,**
 A/B Leader: Jon Daughterty, 703-431-4108

Date: **Saturday, October 13, 2007**
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B ride
 Time: 9:30 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 14, 2007**
 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 for A/B, TBD for C
 Description: **Dash to Delplane**
 A/B Leader: Paul Baker, 703-860-4314
 C Leader: Rose Baker, 703-860-4314

Date: **Saturday, October 20, 2007**
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B ride
 Time: 9:30 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 21, 2007**
 Start Location: Nokesville Community Park, Nokesville, VA
 Take I-66 West to exit 44, 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.

Level: All Level
 Time: 10:00 AM
 Mileage: 43 miles
 Description: **West of Nokesville**
 A/B Leader: Dan Scrafford, 703-263-7915
 C Leader: John Friedman, 703-830-5813

Date: **Saturday, October 27, 2007**
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B ride
 Time: 9:30 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 28, 2007**
 Start Location: Reston Town Center NE parking lot
 Level: A/B
 Time: 9:30 AM
 Mileage: 44 miles
 Description: **Reston Ramble**
 A/B Leader: Jon Daughterty, 703-431-4108

**Visit www.restonbikeclub.org
 for up to date ride info., membership renewal,
 Century Registration, and much more!**

**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



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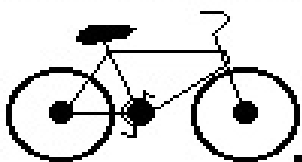
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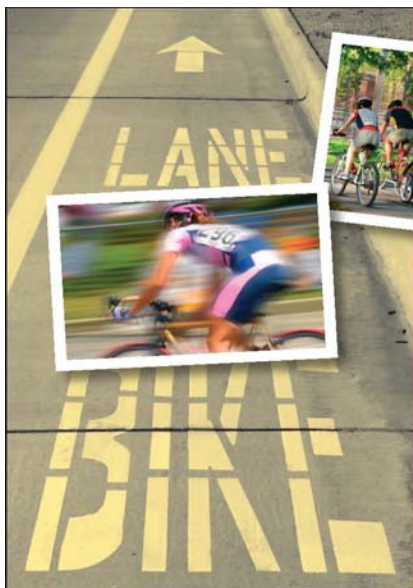
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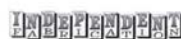
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 • Reston Town Center Grand Prix
 • Fitness Concepts Greenbriar Challenge
 • Venturequest and more!



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- Monthly Bike Maintenance Clinics
- Monthly Skills Clinics
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- Sales and other events!

(703) 440-8701 www.thebikelane.com



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Here

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 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