

# The Wheel

Volume 23, Issue 8  
September 2005

The Newsletter of Reston Bicycle Club

## Reston Century Draws a Record Crowd

Over 1300 riders participated in this years Reston Century. Most of the proceeds go to the American Red Cross. This years ride was highlighted with good weather and mostly safe riding! Thanks to all who participated.



## Chairman's Message: Chris Ross

Another Reston Century is now in the history books. The weather again was our friend, and rain held off, although it looked sketchy for a while in the morning. The good thing was that it stayed cool for at least a good portion of the ride. We'll have more details soon on the turnout and the very significant and urgent needs that will be addressed by the funds raised - most prominently relief for the Katrina victims. We can all feel good that although we're a small club we're able to provide aid those in dire need. One thing is clear already - we had a record turnout this year!

Many thanks to the volunteers from the American Red Cross, Virginia National Guard, Loudoun amateur radio club, the Boy Scouts, and the RBC board members for all their hard work: Don for advertising the ride to previous riders and the newsletter, Ed for keeping track of who was signing up, Kathy for organizing food for post-ride, Mark for web site support and route marking, Cesar for

truck loading, Daren for heading up SAG support, Randy for heading up route marking, Vic and Craig for T-shirt distribution and registration, and Ken for rider packet preparation, flyers, and T-shirts - and of course finances as always!

We also owe many thanks and kudos to all the RBC volunteers who were so generous with their time, and without whom this event would not have been possible!

We've got the best riding weather of the year just ahead of us! The club will be having several scenic out-of-town rides, in addition to our full in-town ride schedule. While I'm on this subject many thanks to Gaston for putting together such a successful Saturday in-town ride! If any of you would like to lead a ride or have any input or recommendations please contact any ride coordinator. Ride safe and enjoy your Fall miles!

Chris



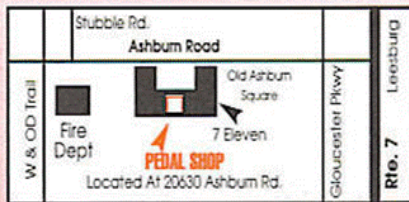
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## Who's Who In Reston Bike Club

**Chairman:**

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

Daren Magness (703) 430-0728  
[darenmagness@adelphia.net](mailto:darenmagness@adelphia.net)

Mark Hollinger (703) 815-2723  
[mlhollinger@earthlink.net](mailto:mlhollinger@earthlink.net)

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  
[gfooster@gmu.edu](mailto:gfooster@gmu.edu)

*Level D:*

VACANT PLEASE VOLUNTEER

**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  
[mlhollinger@earthlink.net](mailto:mlhollinger@earthlink.net)

### 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.

## EDITORS NOTE: PLEASE BE CAREFUL

There were 3 deaths on the W&OD trail in the last few weeks. The first was the husband of a dear friend of mine, Mike Daly was taking a rest from his ride at the bench a Belmont and had a fatal heart attack. Bicycling was Mike's attempt to improve his health after a history of heart related problems. The other two were very avoidable and in that sense much more tragic. The riders did not stop at the intersection and paid the ultimate price. One rider was not wearing a helmet. It is hard enough to stay safe from outside influences when you ride. It shouldn't be a practice to increase our risks of injury. Please follow all traffic rules, wear a helmet and watch out for others whenever you are riding.

## Welcome New and Returning Members

### New Members

Brent Berger, Jerry Booth, Skip Bromley, Mark Buck, James Dennis, Valerie Klein, Caitie Mc Caffrey, Alistair Scrutton, Ana Stevens, Dennis Tierney

### Returning Members

Pam Corbett- Slabinski, Mark Getis, Stephan Greene, Tim Hackman, Dirck Harris, Gary Madison, Howard Mitnick, Robert Myhre, Gaston Prudencio, Keith Reutter, Ed Robichaud, Steven Rudd, Richard Weisman, Ann West

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

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HOT, Fun  
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# Ride Schedule—September

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.

## AUGUST 2005 SCHEDULE

Date:	Thursday, September 1nd	Level:	A/B ride
Start Location:	Parking Lot Across from the Caboose on W&OD in Herndon	Time:	9:00 AM
Level:	A/B/C	Mileage:	Various (typically 50 miles or more)
Time:	6:00 PM	Description:	<b>Impromptu</b> (Please call if planning to ride)
Mileage:	24-40	A/B Leader:	Gaston Prudencio, 703-906-7524
Description:	Route Varies from week to week.	Date:	Sunday, September 11, 2005
Leader:	Ken Thompson, 703-476-4106	Start Location:	Holiday Inn, Frederick, MD
Date:	Saturday, September 3, 2005	Directions:	Take Rt 7 West to Leesburg, take Rt 15 North to Frederick, MD. Take Rt 40 North exit and take first right onto Baughmans Lane and first right into Holiday Inn parking lot.
Start Location:	7-Eleven at Crestview and W&OD Trail	Level:	All Level
Level:	A/B ride	Time:	9:30 AM
Time:	9:00 AM	Mileage:	45 miles (for A/B) / 33 (for C)
Mileage:	Various (typically 50 miles or more)	Description:	<b>Three Covered Bridges</b>
Description:	<b>Impromptu</b> (Please call if planning to ride)	A/B Leader:	John Shea, 703-264-0210
A/B Leader:	Gaston Prudencio, 703-906-7524	C Leader:	TBD (call Greg Foster, 703-489-8706)
Date:	Sunday, September 4, 2005	Date:	Tuesday, September 13th
Start Location:	Reston Town Center NE parking lot	Start Location:	Hunter Woods Shopping Center (South Reston)
Level:	A/B/C	Level:	A/B/C
Time:	9:00 AM	Time:	6:00 PM
Mileage:	41 miles	Mileage:	20-36
Description:	<b>Ride to Clifton</b>	Description:	Route Varies from week to week.
A/B Leader:	Ron Rothrock, 703-759-2850	Leader:	Ken Thompson, 703-476-4106
C Leader:	Greg Foster 703-250-5943	Date:	Thursday, September 15th
Date:	Tuesday, September 6th	Start Location:	Parking Lot Across from the Caboose on
Start Location:	Hunter Woods Shopping Center (South Reston)	Level:	W&OD in Herndon
Level:	A/B/C	Time:	6:00 PM
Time:	6:00 PM	Mileage:	20-36
Mileage:	24-40	Description:	Route Varies from week to week.
Description:	Route Varies from week to week.	Leader:	Ken Thompson, 703-476-4106
Leader:	Ken Thompson, 703-476-4106	Date:	Saturday, September 17, 2005
Date:	Thursday, September 8th	Start Location:	7-Eleven at Crestview and W&OD Trail
Start Location:	Parking Lot Across from the Caboose on W&OD in Herndon	Level:	A/B ride
Level:	A/B/C	Time:	9:00 AM
Time:	6:00 PM	Mileage:	Various (typically 50 miles or more)
Mileage:	24-40	Description:	<b>Impromptu</b> (Please call if planning to ride)
Description:	Route Varies from week to week.	A/B Leader:	Gaston Prudencio, 703-906-7524
Leader:	Ken Thompson, 703-476-4106	Date:	Saturday, September 10, 2005
Date:	Saturday, September 10, 2005	Start Location:	7-Eleven at Crestview and W&OD Trail

(Continued on page 6)

**OUT-OF-THE-AREA EVENTS\***

September 3: The 10<sup>th</sup> Annual Bay Country Century; For information and registration go to [www.BikeReg.com](http://www.BikeReg.com) or [www.teamsnowvalley.com](http://www.teamsnowvalley.com).

September 5: 27<sup>th</sup> Annual Hanover Cyclers Labor Day Century; Rides of 25, 50, 65, and 100 miles through Adams County, PA and Frederick County, Maryland. Registration forms available at [www.Hanovercycling.org](http://www.Hanovercycling.org); for information call (717)225-3768.

September 8-11: The Great Peanut Bicycle Tour & Rides. For information see [www.greatpeanuttour.com](http://www.greatpeanuttour.com) or call 1-800-449-2453.

September 10: Baltimore Bicycling Club's (BBC's) 5<sup>th</sup> Annual Civil War Century For information see [www.baltobikeclub.org/cwc/](http://www.baltobikeclub.org/cwc/).

September 10-11: 9<sup>th</sup> Annual Tour de Canal. The longest off-road charity (Alzheimer's) bike ride in the U.S.A. For information see [www.alz-nca.org](http://www.alz-nca.org) or call 1-800-728-9255.

September 10: 19<sup>th</sup> Annual Amish Counry Bike Tour; Dover, Delaware. Organized by Kent County ourism in association with the Central Delaware MCA. For information see [www.bayhealth.org](http://www.bayhealth.org).

September 11: Scenic Schuylkill Century, Philadelphia, PA.

September 11: Oxon Hill Bicycle and Trail Club's Southern Maryland Fall Century, Indian Head, MD. Options of 30, 63, and 100 miles. Information and registration form at [ohbike.org/century/index.htm](http://ohbike.org/century/index.htm).

September 11: The 23<sup>rd</sup> Annual Shenandoah Valley Century; Start in Hillandale Park, Harrisonburg, VA. For information contact Art Fovargue at [fovarg@adelphia.net](mailto:fovarg@adelphia.net) or <http://neups.tripod.com/svc.pdf>.

September 17-18: The Twin Centuries. White Clay Bicycle Club, Newark, DE., with overnight stay in Rehoboth Beach, DE.

September 17-18: Heart of Virginia Century and Bike Festival, sponsored by the Richmond Area Bicycling Association. Check periodically for more information at [www.raba.org](http://www.raba.org)

September 17: The 9<sup>th</sup> Annual Rappahannock Rough Ride; For information see [www.fauquierfreeclinic.org/rrr](http://www.fauquierfreeclinic.org/rrr) or email [rob@fauquierfreeclinic.org](mailto:rob@fauquierfreeclinic.org).

September 18: PPTC Historic Back Roads Century, Berryville, VA. Rides from 25 to 100 miles. For information see [http://bikepptc.org/web\\_final](http://bikepptc.org/web_final)

September 25: Artie Levin Century Ride, Buchanan, VA. Sponsored by the Blue Ridge Bicycle Club. For information see [www.blueridgebicycleclub.com](http://www.blueridgebicycleclub.com).

October 1-8: Cycle North Carolina, Asheville to Wilmington; For information call (919) 361-1133, or caonact [www.cyclenorhcarolina.org](http://www.cyclenorhcarolina.org).

October 1-8: The 25<sup>th</sup> 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](http://www.bikegaba.org).

October 8: Seagull Century, Salisbury, MD. Preregistration required. Check periodically for more information at [www.seagullcentury.org](http://www.seagullcentury.org).

October 9: Sea Gull Century, Salisbury, MD. See [www.seagullcentury.org](http://www.seagullcentury.org) for details.

October 14-16: Shenandoah Fall Foliage Bike Festival, Staunton, VA. Information at [www.shenandoahbike.org](http://www.shenandoahbike.org). or call 540-885-2668.

October 15: Savae Century sponsored by White Clay Bicycle Club in Newark, DE. For information see [www.whiteclaybicycleclub.org](http://www.whiteclaybicycleclub.org).

\* Application forms and/or brochures are available for many of these events. For information email [kenneththompson@att.net](mailto: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](http://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.

(Continued from page 4)

Date: Sunday, September 18, 2005  
 Start Location: Reston Town Center NE parking lot  
 Level: A/B  
 Time: 9:00 AM  
 Mileage: 43 miles  
 Description: **Double Parking**  
 A/B Leader: Don Brumbaugh, 703-880-3024

Date: Sunday, September 18, 2005  
 Start Location: Reston Town Center NE parking lot  
 Level: C  
 Time: 9:00 AM  
 Mileage: ~34 miles  
 Description: **Impromptu**  
 C Leader: Greg Foster, 703-250-5943

Date: Tuesday, September 20th  
 Start Location: Hunter Woods Shopping Center (South Reston)  
 Level: A/B/C  
 Time: 6:00 PM  
 Mileage: 20-34  
 Description: Route Varies from week to week.  
 Leader: Ken Thompson, 703-476-4106

Date: Thursday, September 22th  
 Start Location: Parking Lot Across from the Caboose on W&OD in Herndon  
 Level: A/B/C  
 Time: 6:00 PM  
 Mileage: 20-34  
 Description: Route Varies from week to week.  
 Leader: Ken Thompson, 703-476-4106

Date: Saturday, September 24, 2005  
 Start Location: 7-Eleven at Crestview and W&OD Trail  
 Level: A/B ride  
 Time: 9:00 AM  
 Mileage: Various (typically 50 miles or more)  
 Description: **Impromptu** (Please call if planning to ride)  
 A/B Leader: Gaston Prudencio, 703-906-7524


Date: Sunday, September 25, 2005  
 Start Location: Warrenton Municipal Parking Lot, Warrenton, VA  
 Directions: Take I-66 West to exit 43A, Rt 29 South in Gainesville. Follow Rt 29 South for 11.5 miles and exit on Business Rt 29/15 to Warrenton/Winchester. In 0.8 miles turn left at first traffic light on Blackwell Rd (becomes Alexandria Pike) toward Warrenton. In 1 mile turn right onto Main St toward Business Rt 211. In

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0.1 mile turn left onto Ashby Street and follow to parking lot.  
 Level: All Level  
 Time: 9:30 AM  
 Mileage: 60.2 miles (for A/B) / 38.3 (for C)  
 Description: **Blue Ridge Views** (for A/B) / **Rappahannock River Valley** (for C)  
 A/B Leader: Chris Ross, 703-243-2042  
 C Leader: TBD (call Greg Foster, 703-489-8706)

Date: Tuesday, September 27th  
 Start Location: Hunter Woods Shopping Center (South Reston)  
 Level: A/B/C  
 Time: 6:00 PM  
 Mileage: 20-30  
 Description: Route Varies from week to week.  
 Leader: Ken Thompson, 703-476-4106

Date: Thursday, September 29th  
 Start Location: Parking Lot Across from the Caboose on W&OD in Herndon  
 Level: A/B/C  
 Time: 6:00 PM  
 Mileage: 20-30  
 Description: Route Varies from week to week.  
 Leader: Ken Thompson, 703-476-4106



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A slice of Orange Cranberry  
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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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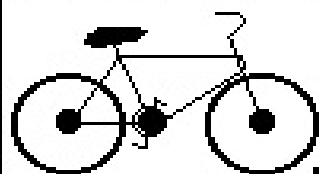
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