

# The Wheel

September 2007  
Volume 25, Issue 8

The Newsletter of Reston Bicycle Club



## The 25<sup>th</sup> Anniversary of the RBC Century was a Great Success.

The RBC held it's 25th Annual Century ride on Sunday, August 26, starting and ending at the Reston Town Center. Nearly 1200 riders enjoyed the good weather, fully stocked rest stops with snow cones and ice cream, catered after party, and gifts of a handsome t-shirt and insulated silver anniversary water bottle. The day was marked with good weather and enthusiastic participants, including riders and much appreciated volunteers. The RBC would like to thank all participants for making this a memorable event.



Hard working volunteers supply water and Gator-Aid while hard riding riders keep up the demand.

## Chairman's Message: Cesar Olivos

The 25<sup>th</sup> Anniversary of the RBC Century was a great success. Through blood, sweat and tears – literally all three – we managed to pull off a huge event without a large contributor supporting us this year. We owe this to the many volunteers who gave their time and support by doing everything from route marking to cleanup. I won't attempt to name everyone here for fear of missing someone (I will save that for a later newsletter), but I do want to extend a hearty and sincere thank you to you all. It was your efforts that allowed us to present another high quality Century.

Thank you.

**Cesar Olivos**



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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](mailto:cesar.olivos@verizon.net)

**Vice-Chairman:**

John Hamilton (703) 904-9381  
[Jhamilton11@cox.net](mailto:Jhamilton11@cox.net)

**Secretary:**

Minnie Scrafford (703) 263-7915  
[scrafford@aol.com](mailto:scrafford@aol.com)

**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)

Don Brumbaugh, (703) 880-3024  
[debrumbaugh@verizon.net](mailto:debrumbaugh@verizon.net)

Mark Hollinger (703) 815-2723  
[markahollinger@gmail.com](mailto:markahollinger@gmail.com)

Randy Karn (703) 742-4074  
[rk@htarch.com](mailto:rk@htarch.com)

Ed Robichaud, (703) 860-0108  
[edrobichaud@wdn.com](mailto:edrobichaud@wdn.com)

**Ride Coordinators:**

*Level A/B:*

Ron Rothrock, (703) 759-2850  
[rothrock@earthlink.net](mailto:rothrock@earthlink.net)

*Level C:*

Vacant

*Social Rides:*

Arline Brecher, (703)-471-4734  
[arline.brecher@gmail.com](mailto:arline.brecher@gmail.com)

**Newsletter:**

Don Brumbaugh, (703) 880-3024  
[debrumbaugh@verizon.net](mailto:debrumbaugh@verizon.net)

**Database:**

Ed Robichaud, (703) 860-0108  
[edrobichaud@wdn.com](mailto:edrobichaud@wdn.com)

**Web Master:**

Mark Hollinger (703) 815-2723  
[markahollinger@gmail.com](mailto: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, Kaan Arioglu, Sally Behnam, Elaina Chiru, Susan Craig, John Crook, David Flynn, Enoch Green, Ed Henry, Leanne Layne, Jeanne Mahoney, Jeffrey Major, Dino Michalopoulos, Jonathan Mullins, Jason Navon, Garth Norris Jr., Dariusz Paczuski, Steven Pohnert, Denise Snyder, Haribaskar Thangavel, David Toellner, Howard Warshaw, Billy Wilde, Kevin Azmoudeh, Alvin Chang, Russell Green, Tara Judge, John McLain, Andrew Melick, Scott Shultz

### Returning Members

Paul Christensen, David Fichtner, Charles Mike Folsom, Brian Hajost, Ted Matson, Eric Mau-  
 cери, Jerry Pollatos, Daniel Scrafford, Jason Trust, William Alkire, Larry Lee Janeshek, Peter  
 Kloskey, Matthew Marshall, Ed Robichaud, Barry Rudolph, John & Kathy Shea, John Wood,  
 Bob Gemmill, Doug Landau, Ken Ozkaptan

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

**HOT, Fun  
HOT, Fun  
HOT!  
Fun!**

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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 ar-line.brecher@gmail.com to schedule a ride.



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#### MANASSAS

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7705 Sudley Road  
Manassas, VA 20109

703-361-6101

A-1

# A-1 Cycling

25th Anniversary

SPECIALIZED

www.A1Cycling.com

### Free Bike Rack to a Good Home

I have a 4-bike car-top bike rack which I no longer use. If anyone could use it, could they call me at 703-437-0138 or email me at

[nrdavis2@comcast.net](mailto:nrdavis2@comcast.net)

### 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.



# Ride Schedule—September

**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.

## September 2007 Schedule

Date:	<b>Saturday, September 1, 2007</b>	Date:	<b>Saturday, September 8, 2007</b>
Start Location:	7-Eleven at Crestview and W&OD Trail	Start Location:	7-Eleven at Crestview and W&OD Trail
Level:	A/B ride	Level:	A/B ride
Time:	9:00 AM	Time:	9:00 AM
Mileage:	Various (typically 50 miles or more)	Mileage:	Various (typically 50 miles or more)
Description:	<b>Impromptu</b> (Please call if planning to ride)	Description:	<b>Impromptu</b> (Please call if planning to ride)
A/B Leader:	John Hamilton, 703-593-9384 Randy Karn, 703-742-4074	A/B Leader:	John Hamilton, 703-593-9384 Randy Karn, 703-742-4074
Date:	<b>Sunday, September 2, 2007</b>	Date:	<b>Sunday, September 9, 2007</b>
Start Location:	Point of Rocks Train Station, Point of Rocks, MD	Start Location:	Reston Town Center NE parking lot
Directions:	Take Rt 7 West to Leesburg, take Rt 15 North to right on Rt 28 (Tuscarora Rd) at first traffic light after crossing Potomac River. Train station is 0.5 miles on right.	Level:	A/B
Level:	A/B (road) and C (towpath)	Time:	9:00 AM
Time:	9:30 AM	Mileage:	51 miles
Mileage:	51 miles A/B, not fixed for C	Description:	<b>Woodburn and Harmony Hills</b>
Description:	<b>Point of Rocks/Sugarloaf Counter-Clockwise for A/B</b> <b>C&amp;O Canal Towpath for C</b>	A/B Leader:	TBD (call Ron Rothrock, 703-759-2850)
A/B Leader:	Jon Daughterty, 703-431-4108	Date:	<b>Tuesday, September 11, 2007</b>
C Leader:	Rose Baker, 703-860-4314	Start Location:	Hunter Woods Shopping Ctr. (South Reston)
Date:	<b>Tuesday, September 4, 2007</b>	Level:	1,2,3,4,5
Start Location:	Hunter Woods Shopping Ctr. (South Reston)	Time:	6:00 PM
Level:	1,2,3,4,5	Mileage:	20-30
Time:	6:00 PM	Description:	Route Varies from week to week
Mileage:	20-30	Leader:	Ken Thompson, 703-476-4106
Description:	Route Varies from week to week	Date:	<b>Thursday, September 13, 2007</b>
Leader:	Ken Thompson, 703-476-4106	Start Location:	Parking Lot Across from the Caboose on W&OD in Herndon
Date:	<b>Thursday, September 6, 2007</b>	Level:	1,2,3,4,5
Start Location:	Parking Lot Across from the Caboose on W&OD in Herndon	Time:	6:00 PM
Level:	1,2,3,4,5	Mileage:	20-30
Time:	6:00 PM	Description:	Route Varies from week to week
Mileage:	20-30	Leader:	Ken Thompson, 703-476-4106
Description:	Route Varies from week to week	Date:	<b>Saturday, September 15, 2007</b>
Leader:	Ken Thompson, 703-476-4106	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:	<b>Impromptu</b> (Please call if planning to ride)
		A/B Leader:	John Hamilton, 703-593-9384 Randy Karn, 703-742-4074

(Continued on page 8)

**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](http://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](mailto:arline.brecher@gmail.com)



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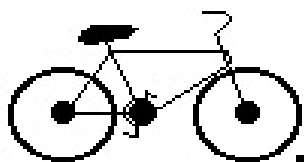
19 Caboctin Circle NE, Leesburg, VA (behind Wendy's)  
703-777-6126 | Service 703-777-2148  
Mon-Fri 11am-7pm | Sat. 9am-5pm, Sun. CLOSED



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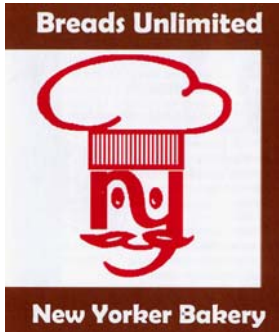
128A Church Street, NW

Vienna, VA 22180

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703-938-8900

# Reston Bicycle Club would like to thank all the sponsors of the 2007 RBC Century



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[www.restontowncenter.com](http://www.restontowncenter.com)



**BEACON CAPITAL**  
PARTNERS



*(Continued from page 5)*

Date: **Sunday, September 16, 2007**  
 Start Location: Holiday Inn, Frederick, MD  
 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.  
 Level: All Level  
 Time: 9:30 AM  
 Mileage: 45 miles for A/B, TBD for C  
 Description: **Three Covered Bridges**  
 A/B Leader: Ron Rothrock, 703-759-2850  
 C Leader: TBD (Call Ron Rothrock for info)

Date: **Tuesday, September 18, 2007**  
 Start Location: Hunter Woods Shopping Ctr. (South Reston)  
 Level: 1,2,3,4,5  
 Time: 6:00 PM  
 Mileage: 20-30  
 Description: Route Varies from week to week  
 Leader: Ken Thompson, 703-476-4106

Date: **Thursday, September 20, 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: 20-30  
 Description: Route Varies from week to week  
 Leader: Ken Thompson, 703-476-4106

Date: **Saturday, September 22, 2007**  
 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: John Hamilton, 703-593-9384  
 Randy Karn, 703-742-4074

Date: **Sunday, September 23, 2007**  
 Start Location: Reston Town Center NE parking lot  
 Level: A/B  
 Time: 9:00 AM  
 Mileage: 53 miles  
 Description: **Waterford Ramble**  
 A/B Leader: Jon Daughterty, 703-431-4108

Date: **Tuesday, September 25, 2007**  
 Start Location: Hunter Woods Shopping Ctr. (South Reston)  
 Level: 1,2,3,4,5  
 Time: 6:00 PM  
 Mileage: 20-30  
 Description: Route Varies from week to week  
 Leader: Ken Thompson, 703-476-4106

Date: **Thursday, September 27, 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: 20-30  
 Description: Route Varies from week to week  
 Leader: Ken Thompson, 703-476-4106

Date: **Saturday, September 29, 2007**  
 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: John Hamilton, 703-593-9384  
 Randy Karn, 703-742-4074

Date: **Sunday, September 30, 2007**  
 Start Location: Boyce Elementary School, Boyce, VA  
 Directions: Take Fairfax County Parkway south to a right onto Rt 50 West, through Middleburg. At light where Rt 17/50 meet, go 4.6 miles on Rt 50/17, then turn right onto Rt 723. Follow this for 4.4 miles to Boyce, cross Rt 340 (Main Street), go 0.3 miles and turn left into the school.  
 Alternate: Take Rt 7 West to left at first Berryville exit on Rt 7 Business. Turn left on Rt 340 South at traffic light in Berryville. Take Rt 340 South to a right on Rt 723 (Main St) in Boyce. School is 0.5 miles on left.

Level: All Level  
 Time: 9:30 AM  
 Mileage: 49/36 miles for A/B, TBD for C  
 Description: **Oh Shenandoah**  
 A/B Leader: Ron Rothrock, 703-759-2850  
 C Leader: TBD (Call Ron Rothrock for info)

Visit [www.restonbikeclub.org](http://www.restonbikeclub.org)  
 for up to date ride info., membership renewal,  
 Century Registration, and much more!

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

Note: Copies of some registration forms can be obtained via email by sending a request to [ken-neththompson@att.net](mailto:ken-neththompson@att.net) .

Sept. 8<sup>th</sup>: 21<sup>st</sup> Annual Amish Country Bike Tour in Dover Delaware. Rides of 25, 50, and 100 miles. For information go to [www.visitdover.com](http://www.visitdover.com) or call 800-233-5368.

Sept. 8<sup>th</sup>: Civil War Century; Sponsored by Baltimore Bicycling Club. Rides of 25, 50, 62, 77, and 105 miles. For information see [www.baltobikeclub.org](http://www.baltobikeclub.org)

Sept. 9<sup>th</sup>: 25<sup>th</sup> Annual Shenandoah Valley Century. Rides of 25, 50, 100, and 124 miles with a 300 rider limit. Start/finish at Hilandale Park, Harrisonburg, VA. For information see [www.svbikeclub.org/svbc\\_century.html](http://www.svbikeclub.org/svbc_century.html).

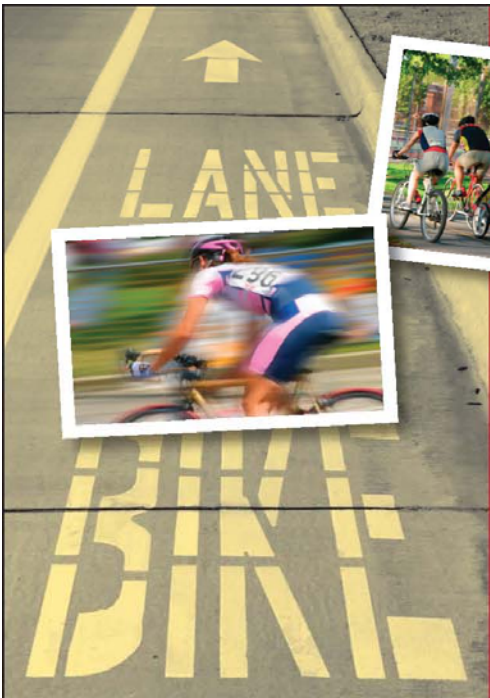
Sept. 22 & 23<sup>rd</sup>: Ride in the Heartland; Rides of 33, 67, and 101 miles; For information see [www.bikeheartland.org](http://www.bikeheartland.org).

Sept. 28<sup>th</sup> – 30<sup>th</sup>: Northern Neck 2007 River Ride; Rides of 100, 62, 50, 25, and 15 miles; For information go to [www.riverride.org](http://www.riverride.org).

Sept. 28<sup>th</sup> – Oct. 7<sup>th</sup>: 27<sup>th</sup> Annual Great Arizona Bicycle Adventure; A 505 mile route with over 31,000 feet of climbing. For information see [www.bikegaba.org](http://www.bikegaba.org).

Sept. 29 – Oct. 6<sup>th</sup>: Cycle North Carolina; Mountains to the Coast. For information go to [www.cyclenorthcarolina.org](http://www.cyclenorthcarolina.org) or call 919-361-1133.

Sept. 30<sup>th</sup> Cannonball Century; Fredericksburg Cyclists Club; For information see [www.bikefred.com](http://www.bikefred.com) or call (540) 372-7055.



**WHAT A NEIGHBORHOOD BIKE SHOP IS ALL ABOUT!**

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Stamp  
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:  Yes  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