

The Wheel

Volume 23, Issue 10

November/December 2005

The Newsletter of Reston Bicycle Club

Dear Cyclist:

“Cyclist Killed on the W&OD Trail” is a recent headline that you have probably seen in our local papers. In fact, there have been two fatal accidents involving cyclists and vehicles on the trail just recently. There have been a total of four in the trail’s history.

All of these deaths were preventable. In three of the accidents, the cyclists ran into the vehicles that killed them. In the fourth the vehicle struck the cyclist. What they all had in common was that the cyclists ran posted stop signs.

Running stop signs has become a major safety concern on the W&OD. The police officer investigating the accident at Hamilton Station Road told us that while he was still at the accident scene, and quite visible to trail users, four or five cyclists blew the posted stop signs.

By Virginia law a cyclist operates a vehicle and is required to stop before entering a public highway. Failure to do so could result in being ticketed by police, or worse being hit by a motorist. Traffic has increased drastically in recent years, and there are few if any quiet roads left in Northern Virginia.

Local law enforcement officials will be stepping up enforcement as trail management continues to make the trail as safe as possible. We do this with one goal in mind – keeping you safe on the trail.

Here are some other things to consider before hitting the trail:

Always wear a helmet. Travel at safe speeds. It is unwise to wear headphones while using the trail. If you must listen to music then keep the left earpiece out, and the volume at a reasonable level. If you can’t hear what is going on around you, then you pose a danger to yourself and other trail users. Remember to give an audible warning when passing, and do so at a safe speed. Beware of accessories that effect your ability to control your bicycle such as aero bars, always have your hands in a position that allows for maximum control of your bicycle given the situation. Aero bars should not be used in groups, or when the trail is crowded.

The W&OD Trail is getting ever increasing use, by all types of users. Stay alert, and stay alive. Please play it safe on the trail, and please do not forget to **Stop and Look!**

Sincerely,

The Northern Virginia Regional Park Authority &
The Friends of the Washington and Old Dominion Trail

Annual Reston Bicycle Club Meeting Scheduled for November 20th

Don’t forget our annual Club meeting is coming up November 20th from 5:00 - 7:00 PM.. The meeting will be held at Bertucci's Brick Oven Ristorante, 13195 Parcher Ave, Herndon, VA, 20170. The menu will include a choice of salads and specialty pizzas. Part of the fun will include cycling-related door prizes and prizes for service to the Club in the past year.

At the meeting we’ll be electing our board for the coming year. The following positions will be up for election at the meeting: Chair, Vice-Chair, Secretary, Treasurer, Century Chair, and 2 at-large board positions. This is your chance to become a leader in the RBC. We all hope to see you there.

Chairman's Message: Chris Ross

Chairman's Message, November

By now the days are shorter, and we no longer have the Tuesday and Thursday evening rides to keep us in shape. There are still plenty of rides coming up though. I hope as many of you as possible will show up at an October or November weekend ride. We have a variety of nice routes from the Reston Town Center (NE parking lot), the 7-11 at Crestview and the W&OD trail, and the Vienna Community Center parking lot. My strategy, since the time of year for Holiday overeating is fast approaching, will be preventative riding - i.e. riding a lot before the holidays so that I'm less impacted by what I eat - sort of like making a run at a hill so you get part way up before slowing down. Not sure it'll work but it's worth a try!

As I've no doubt already said, this is my favorite time of the year for riding. You don't have to struggle to pull your booties over your shoes, which seems to take forever, nor do you get overwhelmed by waves of heat as you ride, when it feels like someone has opened an oven door in front of you! We can't complain about September. The drought may not have been good for everyone, but it sure worked out well for us cyclists. I'm just back from a nice weekend at the Shenandoah Fall Foliage Bike Festival in Staunton, VA. The temperatures ranged from mid 70s for the rides Saturday and Sunday, to the high 50s overnight, with nice sunny weather. This made it an ideal weekend for camping out at the ride start.

Don't forget our annual Club meeting is coming up November 20th from 5:00 - 7:00 PM at Bertucci's Brick Oven Ristorante, 13195 Parcher Ave, Herndon, VA, 20170. The menu will include a choice of salads and specialty pizzas. We're putting together a fun evening, including cycling-related door prizes and prizes for service to the Club in the past year. We'll also have a presentation from the American Red Cross on how the money raised at the Century is being spent. We need as many of you as possible to show up - you'll be glad you did! To all of you diehard Redskins fans, I know many of you have a renewed interest in watching them play, especially since they scored 52 points this week! Don't worry, there's no conflict with the 1:00 PM game.

For those of you considering stepping forward to take a more active role managing the Club, here's your chance. At the meeting we'll be electing our board for the coming year. Serving on the board is lots of fun, and gives you a chance to get involved in the community and promote cycling related issues. We know you have plenty of talent and great ideas to make the Club better, but we need your participation to make them happen! The following positions will be up for election at the meeting: Chair, Vice-Chair, Secretary, Treasurer, Century Chair, and 2 at-large board positions. We all hope to see you at the meeting.

Chris Ross

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	Stubble Rd.	
	Ashburn Road	
W & OD Trail	<p>Fire Dept 7 Eleven PEDAL SHOP Located At 20630 Ashburn Rd.</p>	Old Ashburn Square Gloucester Pkwy Rte. 7 Leesburg

Who's Who In Reston Bike Club

Chairman:
Chris Ross (703) 243-2042
ross3ca@comcast.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

Daren Magness (703) 729-5773
darenmagness@adelphia.net

Mark Hollinger (703) 815-2723
mlhollinger@earthlink.net

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
gfoster@gmu.edu

Level D:
VACANT PLEASE VOLUNTEER

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
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.

Travel Cases Available to RBC Members

The RBC has two travel cases available for membership use. These are available on a first come first server basis.

Call 703-264-0210 to make arrangements.

Welcome New and Returning Members

New Members

Walter Stahr, Marie Thomerson, Craig Thompson, Herman Vandermolen

Returning Members

Susan Erdman, Vincent Romano

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



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

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Ride Schedule—November / December

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.

Winter Rides will follow the >40 Deg. F and <50% chance of rain rule. If the weather reports are predicting condition outside these ranges the ride may be cancelled. Please call the listed ride leader to confirm the ride status.

November and December 2005 Schedule

Date: Saturday, November 5, 2005
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B
 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 or Randy Karn, 703-742-4074

Date: Sunday, November 6, 2005
 Start Location: Reston Town Center NE parking lot
 Level: A/B
 Time: 10:00 AM
 Mileage: 32 miles
 Description: **Another Great Falls Ride**
 A/B Leader: Victor Siegfried, 703-946-2994

Date: Sunday, November 6, 2005
 Start Location: Reston Town Center NE parking lot
 Level: C
 Time: 10:00 AM
 Mileage: 32 to 40 miles
 Description: Another Great Falls Ride or Double Parking
 C Leader: (call Greg Foster, 703-250-5943)

Date: Saturday, November 12, 2005
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B
 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 or Randy Karn, 703-742-4074

Date: Sunday, November 13, 2005
 Start Location: Reston Town Center NE parking lot
 Level: A/B/C
 Time: 10:00 AM
 Mileage: 41 miles (shorter routes possible)
 Description: **Reston/Vienna/Wolftrap/Great Falls**
 A/B Leader: John Shea, 703-264-0210
 C Leader: (contact Greg Foster, 703-250-5943)

Date: Saturday, November 19, 2005
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B
 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 or Randy Karn, 703-742-4074

Date: Sunday, November 20, 2005
 Start Location: Reston Town Center NE parking lot
 Level: A/B/C
 Time: 10:00 AM
 Mileage: 32 miles
 Description: **Arcola and Ashburn**
 A/B Leader: Daren Magness, 703-729-5773
 C Leader: (contact Greg Foster, 703-250-5943)

Date: Saturday, November 26, 2005
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B
 Time: 10:00 AM
 Mileage: Various (typically 50 miles or more)
 Description: **Impromptu** (Please call if planning to ride)
 A/B Leader: Randy Karn, 703-742-4074

Date: Sunday, November 27, 2005
 Start Location: Reston Town Center NE parking lot
 Level: A/B/C
 Time: 10:00
 Mileage: 28 to 43 miles
 Description: **Algonkian Park/Country Side/Ashburn**
 A/B Leader: Chris Ross, 703-243-2042
 C Leader: (contact Greg Foster, 703-250-5943)

Date: Saturday, December 3, 2005
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B ride
 Time: 10:30 AM
 Mileage: Various (typically 50 miles or more)
 Description: **Impromptu** (Please call if planning to ride)
 A/B Leader: John Hamilton, 703-593-9384 or Randy Karn, 703-742-4074

Date: Sunday, December 4, 2005
 Start Location: Reston Town Center NE parking lot
 Level: A/B/C
 Time: 10:30 AM
 Mileage: 32 to 42 miles
 Description: **Leesburg Donut Run/Impromptu**
 A/B Leader: Kerry Moore, 703-620-4828
 C Leader: (contact Greg Foster, 703-250-5943)

RBC 2005 Century Financial Report

1/1/05 Through 12/31/05

Find Out What Makes the RBC Tick..

On the first Wednesday of every month the RBC conducts it's monthly meeting. Although these meetings are attended by meeting 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.



Happy
Holidays
From the
Reston
Bicycle Club!

Cat/Sub	Amount
INCOME	
TOTAL ARC Direct Donations	982.00
TOTAL Century Income - Active	23,075.00
TOTAL Century Income - Mail In	2,020.00
TOTAL Century Income- Booz Allen	2,175.00
TOTAL Century Income- On-site	8,340.00
TOTAL Century Income	36,592.00
TOTAL INCOME	36,592.00
EXPENSES	
TOTAL American Red Cross Direct Donations	-982.00
TOTAL American Red Cross Donation	-10,000.00
TOTAL Brochure Printing	-319.16
TOTAL Century Expense Misc.	-52.37
TOTAL Century Refund	-25.00
TOTAL Century Sponsor Donations	-2,700.00
TOTAL Fairfax County Health Dept.	-20.00
TOTAL Food - After-Century Party	-4,002.64
TOTAL Insurance & Accidents	-2,101.60
TOTAL Mail Expense	-726.60
TOTAL Maps	-757.51
TOTAL Meeting Travel	-89.60
TOTAL Paper Products	-74.57
TOTAL Rest Stop Food Expense	-1,705.33
TOTAL Rest Stops Don's Johns	-856.00
TOTAL Rider Numbers	-467.19
TOTAL Route Signage	-70.06
TOTAL SAG support	-196.48
TOTAL Sign Spray Chalk	-92.00
TOTAL T-shirt Purchase	-3,893.14
TOTAL Telephone	-24.25
TOTAL Town Ctr Clean-up	-500.00
TOTAL Truck Rental	-180.50
TOTAL Century Expense	-29,836.00
TOTAL EXPENSES	-29,836.00
OVERALL TOTAL	6,756.00

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RBC 2005 Century Statistics				
Participation	Paid	No shows	Number Riders	
Active	923	137	786	
Mail-In	80	12	68	
BAH	67	30	37	
On- Site	238	238 of 241 paid	0	241
Total	1308	179	1132	

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Cycling Company

(Continued from page 4)

Date: Saturday, December 10, 2005
Start Location: 7-Eleven at Crestview and W&OD Trail
Level: A/B
Time: 10:30 AM
Mileage: Various (typically 50 miles or more)
Description: **Impromptu** (Please call if planning to ride)
A/B Leader: John Hamilton, 703-593-9384 or
Randy Karn, 703-742-4074

Date: Sunday, December 11, 2005
Start Location: Reston Town Center NE parking lot
Level: A/B/C
Time: 10:30 AM
Mileage: 32 miles
Description: **Westfields/Sully Station**
A/B Leader: Daren Magness, 703-729-5773
C Leader: (contact Greg Foster, 703-250-5943)

Date: Saturday, December 17, 2005
Start Location: 7-Eleven at Crestview and W&OD Trail
Level: A/B
Time: 10:30 AM
Mileage: Various (typically 50 miles or more)
Description: **Impromptu** (Please call if planning to ride)
A/B Leader: John Hamilton, 703-593-9384 or
Randy Karn, 703-742-4074

Date: Sunday, December 18, 2005
Start Location: Reston Town Center NE parking lot
Level: A/B/C
Time: 10:30 AM
Mileage: 32 miles
Description: **Lansdowne (and Maybe Beyond)**
A/B Leader: TBD (call Ron Rothrock, 703-759-2850)
C Leader: (contact Greg Foster, 703-250-5943)

Date: Saturday, December 24, 2005
Description: **No Organized Ride – Happy Holiday**

Date: Sunday, December 25, 2005
Description: **No Organized Ride – Happy Holiday**

Date: Saturday, December 31, 2005
Start Location: 7-Eleven at Crestview and W&OD Trail
Level: A/B
Time: 10:30 AM
Mileage: Various (typically 50 miles or more)
Description: **Impromptu** (Please call if planning to ride)
A/B Leader: John Hamilton, 703-593-9384

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, 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.



HERNDON: 785 Station St. 703-471-4031
 VIENNA: 132 Church St. 703-938-0921

SERVING #1

A slice of Orange Cranberry
 Herndon Great Harvest : W&OD Mile # 20

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!)



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.

www.RestonBikeClub.org

The Wheel

The Newsletter of Reston Bicycle Club

PO. Box 3389
Reston, VA 20195

www.restonbikeclub.org

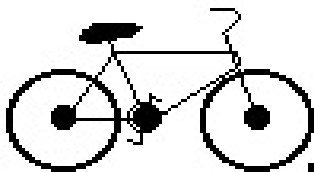
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