

# The Wheel

Nov-Dec 2007  
Volume 25, Issue 10

## The Newsletter of Reston Bicycle Club

### RBC to Hold Annual Meeting on November 18th

The Reston Bike Club will hold its 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.

At the time of this writing the position of Chairman is open with no candidates. We also have open two members at large that have candidates but additional candidates are welcome. We are looking for good people who care about the Reston Bike Club and bicycling in the area in general. We are looking for your talents and creativity to make the Reston Bike Club even better.

Volunteering or not, we would love to have you at the meeting. Join us in celebrating another successful year of the club. Have a great meal and meeting fellow club members with out their helmet on. See you there!

### Another Summer Memory

Another summer has passed and the long days and warm weather with it. Now is the time to remember summers past and look forward to next summer and the riding we might do.

Here is a few pictures from one of my favorite weekends from this summer. I always love riding on the Eastern Shore and this year was no exception. Joining two other couples we rode all weekend out of Easton Maryland. Great weather, great riding, great food and great shopping make great times with friends.

Top: Three tandems and six passengers make for an unusual ride on the Oxford Ferry.

Bottom Left: My friend Jim pulls open the signal to call the ferry from the other side of the river.

Bottom Right: Our tandem resting against a fence in Wye Mills.



## Chairman’s Message: Cesar Olivos

We have been racing towards the horizon, heads to the wind, pedals rhythmically churning perfect circles; but finally, inevitably, autumn caught us. With November comes the end of daylight savings time and the final Tuesday/Thursday rides for 2007.

This has been another good year for RBC. The club has been in existence for over 25 years. This year’s Century was our 25th anniversary of that event. It was also a milestone of sorts as we did it all without a major contributor, instead drawing on our own resourcefulness and hard work to pull it off – quite smoothly I may add. Most people who ride it may not fully appreciate what goes into an event like this. If you fit that description, I encourage you to give your time next year as a volunteer. You may be amazed at what happens behind the scenes. You will certainly develop a new appreciation for the people who have kept RBC running for all of these years.

This is my last message as Chairman and I want to take the opportunity to thank everyone for keeping our club rolling and growing. I hope that we have many happy and exciting years ahead. With such a devoted group of people, I am sure that we will.

Cesar



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- Results

Please Note / We are Moving right beside to the WO&D in Old Town Ashburn, next to Partlow’s at the Oak Barn.





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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  
[rrothrock@earthlink.net](mailto:rrothrock@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

**Michael Canavan, Vinson Cornejo, Mark Czifra, Michael Elliott, Chris Grandjean, Barbara Lytle, Marc Newman, Thomas Raezer, Jay Stein, Amy Tolcin, Stephen Williams, Chris Cundey, Susan Lokey, Luke Majewski**

### Returning Members

**Chris Conway, Charles Mike Folsom, Glenn Liggins, Peter McIntyre, Nazim Rashid, Norman Zalfa, Jonathan Daugherty, John Friedman, Michael Gibson, Randy Karn, Ronald Magee, Jean-Pol Mahieu, Albert Sun, Paul Wessel, Mark Hollinger**

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

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Fun!**

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**SERVING #2**

A slice of  
 Nine Grain  
 W&OD Mile #11.5  
 (Vienna)

**SERVING #3**

A slice of  
 Raisin Cinnamon Chip  
 W&OD Mile #20 (Herndon)



**17 MILES ROUND TRIP.**

*(You've definitely earned yourself a jumbo Double Choc Chip cookie!)*



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

## 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.

## 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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## Get Fit Before Getting Fit

By Adam Coon

A road bike is a relatively expensive purchase that needs to be approached with care. At stake is just not a rider's performance, but his safety. An ill-fitting bike can be difficult to control, especially in race situations, and can create overuse injuries and premature fatigue while training.

Locate an experienced, qualified fitter. A good fitter should question you about four basic positioning elements:

- *Pedaling efficiency* is simply applying maximum power to the pedals and is affected by saddle placement.
- *Aerodynamic resistance* is affected by a rider's posture on the bike. This is of prime importance to time trialists who take great pains to find the more aerodynamic position on the bike.
- *Handling* is affected by the bike's geometry and weight distribution. The size of a bike, the way a rider moves around on the saddle and handlebars, and a rider's body weight can significantly impact a bike's handling.
- *Comfort* on the bike is the sum of the rider's position on the bike, plus any momentary discomfort, like after a sprint, and any lingering fatigue or body pain.

Your fitter should take a series of body measurements that are used to make a frame-size recommendation. Your fitter should be looking closely at your posture with your hands on the handlebars. The correct frame will not strain your back and leg muscles. Take a test ride to see if the recommended size feels comfortable.

Make sure you get a copy of all of your personal measurements so that if your travel with your bike or use multiple bike you can always set up your seat adjustments correctly.

Adam Coon is a USACycling licensed coach, creator of the Cycling Fitness Results DVD training series and owner of Synergy Fitness Training. All RBC club members will receive a 10% on any services provided by Syn-Fit. You may contact Adam with questions at [Adam@Syn-Fit.com](mailto:Adam@Syn-Fit.com) and visit [www.Syn-Fit.com](http://www.Syn-Fit.com) for details on the coaching services.

# Ride Schedule—November / December

**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.

## November & December 2007 Schedule

Date: **Saturday, November 3, 2007**  
 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, November 4, 2007**  
 Start Location: Reston Town Center NE parking lot  
 Level: A/B  
 Time: 10:30 AM  
 Mileage: 33/48 miles  
 Description: **Bunch of Bull (Run)**  
 A/B Leader: Chris Ross, 703-243-2042

Date: **Saturday, November 10, 2007**  
 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, November 11, 2007**  
 Start Location: Reston Town Center NE parking lot  
 Level: A/B  
 Time: 10:30 AM  
 Mileage: 45-55 miles (shorter routes possible)  
 Description: **Impromptu Through Great Falls for A/B**  
 A/B Leader: Victor Siegfried, (703) 946-2994

Date: **Saturday, November 17, 2007**  
 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, November 18, 2007**  
 Start Location: Reston Town Center NE parking lot  
 Level: A/B & C  
 Time: 10:30 AM  
 Mileage: 25/33 miles for A/B, 29 miles for C  
 Description: **Algonkian Park/Country Side/Ashburn for A/B**  
**Viva Vienna for C**  
 A/B Leader: Bobby Anderson, 703-834-1065  
 C Leader: Rose Baker, 703-860-4314

Date: **Saturday, November 24, 2007**  
 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, November 25, 2007**  
 Start Location: Reston Town Center NE parking lot  
 Level: A/B  
 Time: 10:30 AM  
 Mileage: 32-36 miles  
 Description: **Leesburg Donut Run/Impromptu**  
 A/B Leader: Herman Molzahn, 703-435-3587

Date: **Saturday, December 1, 2007**  
 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, December 2, 2007**  
 Start Location: Vienna Community Center  
 Level: A/B  
 Time: 10:30 AM  
 Mileage: ~37 miles  
 Description: **Georgetown and Four Mile Run**  
 A/B Leader: Ron Rothrock, 703-759-2850

(Continued on page 7)

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

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

**TRY THE NEW RESTON BIKE CLUB  
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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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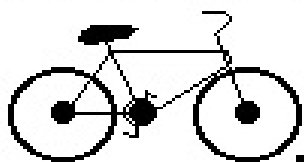
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(Continued from page 5)

Date: **Saturday, December 8, 2007**  
 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, December 9, 2007**  
 Start Location: Reston Town Center NE parking lot  
 Level: A/B  
 Time: 10:30 AM  
 Mileage: 37 miles  
 Description: **Double Parking Abbreviated**  
 A/B Leader: Dan Scrafford, 703-263-7915

Date: **Saturday, December 15, 2007**  
 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

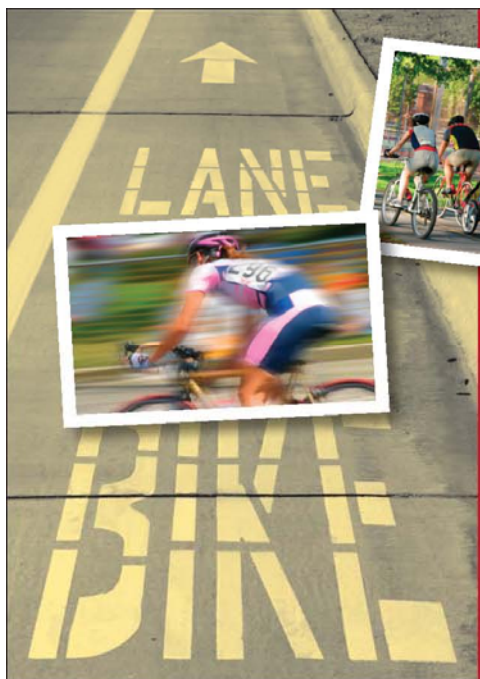
Date: **Sunday, December 16, 2007**  
 Start Location: Reston Town Center NE parking lot  
 Level: A/B  
 Time: 10:30 AM  
 Mileage: 32-36 miles  
 Description: **Leesburg Donut Run/Impromptu**  
 A/B Leader: Bobby Anderson, 703-834-1065

Date: **Saturday, December 22, 2007**  
 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, December 23, 2007**  
 Description: **No Organized Ride – Happy Holiday**

Date: **Saturday, December 29, 2007**  
 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, December 30, 2007**  
 Description: **No Organized Ride – Happy New**



## WHAT A NEIGHBORHOOD BIKE SHOP IS ALL ABOUT!

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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 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