

# THE WHEEL

Newsletter of the Reston Bicycle Club

January/February 1998

Volume 17 Issue 1

## CRISIS AT HAND: RBC Needs You!

Due to a conspiracy of circumstances, RBC is looking for not one, but THREE, ride coordinators for 1998! The A, B, and C ride coordinator positions are open. The next time you see Curt Hughitt, Jeff Purvis, or Rose Baker, please give them a hearty "thank you" and pat on the back for a job well done as ride coordinators. We've all benefited from their efforts this year to create an interesting, varied schedule, and they deserve thanks.

Good schedules with dependable ride leaders, on good rides, with accurate cue sheets are hallmarks of RBC. Keeping our schedules excellent is very important-to this end we need three enthusiastic, dedicated volunteers to see that the A, B, and C rides are appropriately frequent, and matched to rider abilities. An email address and web access are somewhat important, but not required.

As the "X" ride coordinator, you will:

1. Decide how many rides will be on the schedule for the "X"

riders each month. "A" riders will generally have more, and longer, rides on the schedule than "C" riders.

2. Decide (most of the time) which maps these rides will use, and when/where the rides start. You'll be given a library of RBC cue sheets to use. "X" rides should be matched to requests and abilities of "X" riders.

3. Coordinate leaders for rides (actually, it's more like "coerce") and develop new talent for ride leaders.

4. Enter and maintain your ride schedule entries in the ride schedule. The schedule is updated using online web tools. Web access is a plus, but not required. Likewise for email.

Please contact the club president, Pat Gleason at work (since she has no idea where she will be living): 703 903-3299. Likewise, you can contact one of the current ride coordinators to find out more information if you are interested in volunteering.

### INSIDE...

Winter riding tips.....page 6

Dangers of fluid letting.....page 2

Important safety recall.....page 4

Florida in the winter.....page 3

Jan/Feb Rides.....page 7

## New Board Needs Meeting Place

Please welcome the new RBC board members: Rose Baker and Tom McKallip. Rose will be serving as the new Vice President, while Tom will be serving as an at-large member. Also, extend a hearty thank you to the departing board members Julie Light and Joan Waggoner. Both did a great job this past year and we are looking forward to another successful year in 1998.

Board meetings will continue to be held on the second Wednesday of each month. The meetings are open to all club members and we encourage all to attend and get involved in the club's activities. Due to a slight crisis at hand (the President has had her house sold out from under her), the location of the meetings has yet to be determined. If you are interested in hosting the board meeting, or would like to know the location, please call Pat Gleason 703 903-3299.

# The Front Wheel

by Pat Gleason

## SAFETY! SAFETY! SAFETY!

A new year begins! Not much biking going on now but plenty to look forward later this year. I guess it's time again to remind everyone about safe riding. Now that most active members of the club are sporting the RBC jersey, the club is becoming well recognized. Meaning that each one of us is recognized as part of the RBC family-as such, our image is that of the worst rider has seen in a club jersey. We each have an obligation to create a positive image for our fellow club members. My wish is that our club be known as the most safe conscious club in the area-even people in Loudon county would want our riders on their roads.

Just imagine-we ride single file, stop at all red lights and stop signs, obey all the road rules, use proper hand signals, and call out to our fellow bikers when there are hazards (what a concept). An accident free year would be a true vision.

## NEW HAZARD WARNING

In regards to personal hazards, I would like to include a new hazard call for '98. I am a rider who lets off all my excess fluid through perspiration (sweat) and does not have the necessary fluid nor the ability to create any other fluid letting processes, yet I always seems to be in the way of other riders who are creative enough to know, and use, all the available processes that usually result in me wearing their fluid!

As I am riding along appreciating the view, (read: I always seem to be riding in the rear of the other riders-not a bad position, the 'view' is great, except for this one hazard!-I think being in the rear also has something to do with my level of ability to keep up, but anyway) I have often become the target of choice for much fluid letting.

I plea that the Reston Bike Club members begin using a new warning term for the letting of fluid by mouth (spitting-big glob of stuff stuck to the front of my shirt) and/or nose (honking-a mist that settles all over me). As mouth fluid is let mostly toward the edge of the road, this would translate into a early warning call of '**fluid right.**' Nose fluid appears to require both sides being relieved, one after the other, sort of '**fluid two ways**' or better, '**fluid left**' then, when that side has sufficiently been relieved, '**fluid right.**' That way the recipient rider could check the wind and direction of the fluid giver and determine if they should speed up, slam on the brakes, swerve left or right, zip up their rain jacket or prepare appropriate comments for the giver.

So, as you ponder the appropriate phrase, let's remember to have a safe biking year in 1998. Obey the rules. Ride defensively. Be courteous to your fellow bikers. Be nicer than that to the people in the 3000 lb. vehicles. I will look for you on the road, I will be in the rear preparing for the worst. Take care. Remember to dress to be cool for the first 15 minutes of a ride in the winter, you will get warm.

## ANNUAL MEETING UPDATE

Oh yeah, for those of you who missed the annual meeting or didn't stay until the end, we had a really great time. Approximately 75 members attended. We had remarks from Dick and Janet Hayes who started the club 15 years ago. Seems there were about 80 members then and we number about 650 today. Next year, we will plan further ahead to have the annual meeting on a Sunday to allow more members to attend. I had a great time-more dancing than I have done in years. The DJ was wonderful. Hats off to Shannon Stidman and Joan Waggoner with a hand from Jane Hanna and all that helped-you did a fabulous job.

## NEW BOARD

I want to thank Julie Light and Joan Waggoner who are departing the board. Julie most expertly took care of the Century and the club jerseys. While Joan attended to the advertising, safety events, welcome nights and helped with the annual meeting. I also wish to put out the welcome mat to Rose Baker and Tom McKallip for joining the new board.

## HELP

Speaking of volunteers, I have just become homeless. I know that I will settle somewhere but in the mean time the club needs help with storage of bike club stuff: jerseys, bike caps, picnic and social function stuff.

In addition the club also needs help with planning and managing several events: a season opener (last year, a tailgate event), a spring tour, a summer picnic, the Graves Mountain summer weekend, the annual meeting and the Century. If no one volunteers to run the Century, I may propose to the board that we hire an event planner to organize this event. I hope to have a board member adopt an event and they will assist any member volunteers.

Please adopt one of these functions. Call me at work 903-3299 to volunteer.

## RIDES

I would like to place most of my effort this year on planning the weekly rides. Once I settle somewhere, I would like to get a meeting together in February that would tentatively plan rides for all of 1998. I would like to have as many volunteers as possible for this one day event.

Also needed are ride coordinators who would then call for ride leaders and send out the cue sheets.

If you have the space or time to assist with any of these efforts, please call me at work 903-3299. (I don't know if I will be able to keep my home phone. I am in total denial about this sold house, move thing, so I haven't looked into the logistics yet. If I flunk the home inspection, maybe the whole thing will go away!)



# News...

## Cross the Country with RBC

We are planning to ride from Seattle to Washington, DC, in the beginning of September, 2000. We will procure maps from Adventure Cycling, as well as information from each state about lodging. Th trip should take approximately two months. If anyone has done a cross-country trip of this sort, we would love the benefit of your experience. To help, contact Ken or Sue Thompson; 476-4106.

## Florida, Here we Come

Think winter! Misery, colds, flu, ice, snow, and slush. So, it must be time for a "Winter-in-the-sun Florida Keys bike trip." Call Bernie Byrne 938-0278.

## HELP!

I'm almost ready to start putting RBC cue sheets online and I need volunteers with WWW access to help. The only requirements are internet access and a computer that will run a WWW browser. If you can browse internet with your computer, you're equipped! Data entry time ranges from 5-30 minutes. Please e-mail me at fsoganda@mitre.org

if you're interested. In the next couple of weeks I'll email you detailed instructions, and snail mail you the cue sheets.

## Your Mailing Label

Some of you may have noticed that your mailing label now includes the expiration date of your membership. Please check your label from time to time. As the time comes near for your renewal, you'll be reminded no fewer than three times to please renew your membership. Please don't allow your membership to expire. A side note to members registering via the club web site: please mail in your checks as soon as possible after registration. We won't begin your membership without a check.

## Discounts at Bikes USA

RBC members are eligible for discounts at all Bikes USA and Bicycle Exchange stores. Bring along your mailing label or other proof of club membership and receive the following discounts on regularly priced items.

- Parts & accessories.....10% off
  - Clothing.....15% off
  - Bikes.....5% off
- Offer valid at all locations. See coupon on back cover for locations.

# Adopt-a-Shop

Hats off to the folks who have been stocking area bike shops with RBC membership brochures and helped distribute fliers for the century in September:

Tom Bonneau, Trish Rehfeld, Kent Myers, Bill Alkire, Bernie Byrne, the Brumbaughs, Carlos Chapa, Gretchen Roese, Bunny Bonnes, B.J. Silvey, Jeff Purvis, Jane Hanna, Donna Waller, Ed Romberg, Gaston Prudencio, Bill Doty, Nancy Davis, Abbie Edwards, Rolf Seeman, Dennis Ratliff, and Brooks Silo (BIKES USA/Bike Exchange).

A few shops in choice locations need adopters to keep them supplied with RBC materials.

Arlington: Papillon Cycles, Bluemont Park kiosk (W&OD trail), Washington Bike Center

Burke: NOVA

Chantilly: A-1 Manassas

Herndon: Herndon Community Center

Sterling: Wings & Wheels/Bikepath

For more information, to adopt a shop or to request refills of brochures, please call Charlotte Kraebel, (H) 703-379-8253, (O) 683-6226 or fax 683-6227.

# WHO'S WHO IN RBC

## Board Members

**President:** Pat Gleason, 903-3299  
**Vice President:** Rose Baker, 860-4314; rbaker@helium.apa.com  
**Secretary:** Jane Hanna, 777-5636, jane928@aol.com  
**Treasurer:** Dan Cassidy, 406-3244, dcassidy@snm.org

## Members-at-Large

Bill Alkire 729-2158, mrbilla@mnsinc.com  
 Tom McKallip, 834-8151, temckall@us6s.er.gov  
 Dirck Harris, 771-8863, dirckh51@mnsinc.com  
 Mark Kukulich, 860-1316, kukulich@juno.com

## Ride Coordinators

**A:** VACANT  
**B:** VACANT  
**C:** Rose Baker, 860-4314; rbaker@helium.apa.com  
**D:** Denis Ratliff, 444-1071, dratliff@erols.com  
**Mt. Bike:** Mike Pomata, 430-2615; pedalshop@aol.com

## Newsletter

**Editor:** Chad Gleason, 998-2512, chadg@erols.com  
**Advertising:** Joan Waggoner, 476-1315  
**Miss an issue? Call:** Pat Gleason, 903-3299  
**Membership:** Mark Kukulich, 860-1316, kukulich@juno.com  
**LAB representative:** Thomas Bonneau, 256-0986

## HOME PAGE

<http://blueridge.databolis.ibm.com/bikes/clubs/Reston/>

## IMPORTANT PHONE NUMBERS

**RBC Ride Info Line:** 904-0900  
**WABA Commuter Hotline:** 202-872-9831

## NOTE ON NEWSLETTER SUBMISSIONS

RBC encourages members to submit articles about the club, rides they've been on, bicycling in general, etc. Articles can be submitted to Chad Gleason, 3100 S. Manchester St., #1141, Falls Church, VA 22044. Submissions can be sent as a hard copy or, preferably, placed on a 3.5" IBM compatible disk. Deadline for submission of all material is the 10th of each month.

# Classifieds

**Bridgestone RB-2.** Excellent quality and craftsmanship. Ridden less than one year with a spanking brand new set of Kevlar-beaded tires. Less than 1,000 miles. Paid \$600, will sacrifice for \$300. Thomas, 256-0986.

**Trek 7600.** Top of the line bike (hybrid), 20" (31" inseam). Paid \$800, take \$399. Robert, 938-7027.

**Santana tandem.** Buy this tandem and cycling will never be the same. Top quality road machine, smooth ride and gobs of features. For serious cyclists, this machine will let you and your significant other fly down the trail and road, you might even pass Fast Bill. Jeff, 689-2069.

**Misc.** Used but new Campy groupe (Chorus Ergo), competition wheels, and Cannondales. **Yakima Bike Rack.** 1996. Complete with two fork mounts and fairing. \$300 obo. **Cannondale Super V.** 1994. Many upgrades. \$900. **Hiking Backpack.** Ultimate Direction, with H<sub>2</sub>O bladder. \$60. Mike 443-2615.

**Wanted.** Used bike trailer. One or two child capacity. Mike, 435-2913.

To place an ad, send to RBC Classifieds, P.O. Box 3389, Reston VA 22090. Free to RBC members.

## RECALL

Shimano has announced a product recall of two million sets of pedal arms. Crank arms in the following component groups manufactured in 1995 and 1996 are affected: Altus, Alivio, and Acera.

Consumers who want to do a security check on their own bike, should look for the numbers FC-CT90, FC-M290 or FC-MC12 on the rear side towards the frame. Most, but not all, crank arms are on low to mid range bikes produced between 1995-1996. Shimano will pay for all necessary repairs or replacement. If you have a bike with one of the recalled crank arms, stop riding immediately and have it fixed.

# MOBILE PEDAL SHOP



## 703-443-2615

pedalshop@aol.com



*Bicycle sales and services at your doorstep.*

*We will make housecalls for your bicycle.*

<u>Novelty Bicycle Accessories</u>	<u>Price</u>	<u>Bicycle Components</u>	<u>Price</u>	<u>Bicycle Labor</u>
Baseball cap - Judy®	20.00	Bar Ends - Bontrager Titec	31.50	Quick Tune - Up \$28
Bracelet - Ti dye spoke	7.95	Brakes - Sachs set	101.00	Adjustment of all working parts to get your bike on the road. Includes lubrication
Key Chainring w/ Mountain Bike	5.00	Clothing - Qranc DH gloves	28.95	Complete Overhaul \$48
Pasta - Tri-color - Bicycles 15oz. bag	4.00	Computers - Cateye AT 100	66.50	All of the above and also includes the replacement of any worn parts. Finish the bike off by waxing the frame. Price does not include the price of replacement parts.
Silk Tie - Road Race Print - blue	15.00	Cranks - Adventure Components	174.00	
Watch - Kokopelli - from bike parts	61.00	Derailleurs - Grip Shift ESP 900	102.00	
License Plate Frame (each)	5.00	Forks - Girvin Carbon ODS	430.00	
(I'd rather be riding my bike)		Hydration - Ultimate Direction SS	49.00	
(Mountain bikers do it in the woods)		Headsets - Cane Creek	70.00	
(My other car is a mountain bike)		Pedals - Shimano 747	139.25	
(Recycle - Ride your bike again)		Call for complete brochure	430-2615	



# The Tortilla Factory

Restaurant

648 Elden St., Herndon, VA

Arizona Style Mexican Food  
Authentic Homemade Margaritas



Daily Luncheon & Dinner Specials  
Beer, Wine & Mixed Beverages

**(703) 471-1156**  
SINCE 1975

Open 7 Days for Dinner  
Lunch - Mon. to Sat.  
200 Seat Capacity

We Accept  
Major Credit Cards  
**Bike Rack Available**

## BICYCLE ADVENTURE CLUB

Our 16 year old non-profit club has more than 36 USA and International Tours scheduled in 1998 and 1999 at 1/3 to 1/2 of equivalent commercial tour prices. Experienced volunteer leaders, luggage van, and reservations in great hotels, inns and castles. **WANTED:** new members who are experienced, sociable touring cyclists.

For schedule, call 800 775-BIKE  
FAX 619 226-1074.

Or E-mail: [BAC2Wheels@aol.com](mailto:BAC2Wheels@aol.com)  
Home Page

<http://ourworld.compuserve.com/homepages/BAC2Wheels>



## Bike Club Members

call today and ask about corporate discount rates available to you!

**(703) 904-7600**

Directions: From Dulles Toll Road (Rt. 267) take Wiehle Avenue to traffic light. Turn left into Isaac Newton Square. (Exxon Station on left). Last building on the left.

**THE BEST OF EVERYTHING AFFORDABLE FOR EVERYONE!**



Bread. Keep it simple.

# Simplify.

We're not much for frills and ornamentation. The thought of being a "bread boutique" gives us goose bumps. (Maybe you can see them in this picture.) Froufrou we're not. We grind our own wheat every day, by hand. Ingredients are *au naturel*. Fresh. Bread the way it should be - in the altogether and simple. Come in for a free hot slice. (Dress casual.)



HERNDON 785 Station St. 471-4031  
(WEOD Mile #20)

VIENNA 432 Maple Ave., E. 938-0921  
(WEOD, north on Church St. 3/4 m. to end)

closed Sundays & Mondays

The all-new 5th Edition of the **GREATER WASHINGTON AREA BICYCLE ATLAS** will be released in just a few weeks. Here's a chance to save \$5 and enjoy some outstanding touring.

- 67 tours throughout the Mid-Atlantic states.
- Low-traffic roads, scenic beauty, historic sites. 74 maps.
- Best-selling bike book for over 20 years.



**"THE DEFINITIVE BIKE BOOK"**  
The Washington Post

## SAVE FIVE BUCKS! OFFER ENDS MAR. 31

### Order Form

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Daytime Phone \_\_\_\_\_

No. of copies @ ~~\$16.95~~ \$11.95 \_\_\_\_\_  
 Subtotal \_\_\_\_\_  
 Shipping \$3.75/copy \_\_\_\_\_  
 Total \_\_\_\_\_

### Payment

Check     VISA     MasterCard

Account No. \_\_\_\_\_

Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

Make checks payable to Hostelling International/GWABA. Mail your order or pick up a copy at one of Hostelling International's travel centers:

1108 K St., N.W., 2nd floor  
 Washington, DC 20005  
 202.783.0717

17 West Mulberry St.  
 Baltimore, MD 21201  
 410.576.8880

or fax your order to 202.783.3148

ORDER BY **MARCH 31ST** FOR THIS  
 SPECIAL OFFER ON **ADVANCE COPIES**  
 OF THE **NEW GWABA.**

## From The Mailbag



### April 23-May 1, 1998-Texas

**Spring Tour.** Explore the beauty of Southwest Texas. Daily rides or take a shuttle to visit the Alamo or Riverwalk in San Antonio. For a brochure, contact: Texas Spring Tour, PO Box 455, Cannon Falls, MN 55009-0455.

### April 19, 1998-1st Annual Jimmy London Memorial

**Ride.** Support The Leukemia Society of America on this metric century near Va. Beach. For more information, please contact Chris Nolan at 804 673-8855.

### May 22-25-16th Annual Kent County Spring Fling.

Cycle the lightly traveled roads of Maryland's Upper Eastern Shore. Ride through fertile farms and waterways on rides ranging from 5 to 100 miles. Sponsored by the Baltimore Bicycling Club. For more information contact: Dwight & Phyllis, 410 836-2271; or Steve & Barb, 410 836-2437.

**June 18-21-Washington DC AIDS Ride 3.** Raise money for AIDS research on this four day, 350-mile ride from Raleigh, NC to Washington, DC. With an expected 2,000 riders, this year's event is sure to be another success. For more information contact Washington DC AIDS Ride 3, 1215 Connecticut Ave., NW, Third Floor, Washington, DC 20036, 202 293-RIDE.

# WINTER

## Riding Tips

### 1. Cover your entire body:

- ☠ Head—balaclavas are thin, cheap, and versatile
- ☠ Feet—double up on thin socks. Use shoe covers.
- ☠ Hands—full-fingered, or lobster-style gloves.
- ☠ Torso—layers, layers, layers! Windproof jacket.
- ☠ Legs—tights, regular or windproof.
- ☠ Eyes—wraparound sunglasses.

2. Don't overdress. You should be a little cool at the beginning of the ride. You'll heat up.

3. Don't stop long enough to cool down.

4. Don't ride long distances. Rides longer than 90 minutes are just too f&\$#ing cold.

# Jan/Feb Ride Schedule

## Updates

### ATTENTION C RIDERS

It has been requested that C rides be designated by anticipated speed since there is a broad range of C riders. Rather than dictate the pace of the ride before knowing who wants to ride that day, I will schedule some simultaneous C rides as I'm able to find leaders. C+ will designate a faster pace (11-14 mph) and C- as a slower pace (8-11 mph). If there seems to be enough interest and participation in two different C levels, I will try to do this more often. Riders interested in leading either a C+ or C- ride please call Rose Baker, 860-4314.

### MOUNTAIN BIKE RIDES

Contact Mike Pomata, 703 430-2615, or [pedalshop@aol.com](mailto:pedalshop@aol.com); or Dan Cassidy, 703 406-3244, if you are interested in going on a mountain bike ride.

### WINTER TRAINING RIDES

Interested in staying fit over the winter and improving your pack riding skills? Join us for joint training rides with the Potomac Pedalers, every Sunday at 10:45 a.m. starting in November and continuing throughout the winter. Rides will leave from the Dulles Park Shopping Center in Herndon and go 35 to 40 miles (without stops) on flat to gently rolling

roads in Loudoun County. We will ride whenever the roads are clear and dry with a high temperature for the day of 25 degrees or higher. (If it's colder, there will probably still be a ride, but call first to make sure). The pace will be targeted at strong "B" riders and honest "A" riders.

The secret to winter training is to have a group that maintains a fast pace without pushing it so hard that the group breaks up. When that happens, the dropped riders can't keep up the same level of effort and they end up cold and miserable. But it's easy to stay warm, even at temperatures well below freezing, when the pack works together.

So if you are interested in maintaining your fitness through the winter, and are willing to work with the group in a paceline, come join us at Dulles Park Shopping Center.

For more information, telephone Jeanne or Geoff White at 703 522-8129.

### SNOW BIKING

Pat Fields of the Bicycle Club of Philadelphia is in the process of planning a snow biking weekend tour (including food and lodging and possibly some family activities). They're looking at February in State College Pennsylvania (central). The main ride is expected to run through about 30 to 40 miles of forest trail. Please contact Pat Fields for more information: [packfields@worldnet.att.net](mailto:packfields@worldnet.att.net), or [pfields@lansultants.com](mailto:pfields@lansultants.com).

#### Thursday, January 1

##### ALL LEVEL RIDE

11:30 AM. 25 miles. HANGOVER RIDE TO AMPHORA'S. Shake off your New Year's hangover with a short sprint to Vienna for lunch at Amphora's. Start: Reston Town Center, SW Corner. A/B Leader: Tom McKallip, 834-8151. C Leader: Rose Baker, 860-4313.

#### Sunday, January 4

##### ALL LEVEL RIDE

10:00 AM. 30/38 miles. RIDE TO LANSDOWNE RESORT. Keep in biking shape with this easy ride

through Loudoun County to Lansdowne Resort. Start: Reston Town Center, SW Corner. A/B Leader: Donna Waller, 368-2606. C Leader: Charlotte Kraebel, 379-8253.

C; 10 AM. 26 miles. PRINCE WILLIAM PKWY LOOP. Join Gordon on one of many routes he's designed around the Manassas area. It's further south than Reston so maybe it will be warmer (yeah right). Optional lunch stop. Start: Manassas Mall parking lot in front of Montgomery Ward. Leader: Gordon Bailey, 361-5367.



**Sunday, January 11**

A/B; 10 AM. 36 miles. WESTFIELDS/SULLY STATION LOOP. We'll be stopping at Pat's house for hot chocolate along the way. Start: Reston Town Center, SW Corner. Leader: Pat Gleason, 222-3897.

C/D; 10 AM. ~26 miles. RESTON TRAILS. Wind through the Reston trails with Tim on this wintry morn. If you find you can't take the cold, you'll never be too far from RTC if you want to bail out. Start: Reston Town Center, SW Corner. Leader: Tim Donohue, 264-0727.

**Sunday, January 18****ALL LEVEL RIDE**

10 AM. 35/50 miles. GEORGETOWN BAGEL RUN. Take this straight shoot to Georgetown for your favorite bagel and something hot to drink. A/B Start: RTC. C Start: Vienna Community Center, Vienna, Va. Directions: Take Reston Parkway south to a left on Rte. 673 (Lawyers Rd) and follow into Vienna. Turn left onto Rte. 123 (Maple Ave.) and take second right onto Park St. CC is 0.2 miles on the right. A/B Leader: TBD. C Leader: Bill Alkire, 729-2158.

**Sunday, January 25****ALL LEVEL RIDE**

10 AM. 33 miles. LOUDOUN COUNTY COUNTRYSIDE. Before settling in for the Super Bowl, take a spin around Loudoun County. Start: Reston Town Center, SW Corner. A/B Leader, TBD. C Leader: Jim Delaney, 443-0496.

**Sunday, February 1****ALL LEVEL RIDE**

10 AM. 21/31 miles. ASHBURN/BROADLANDS WINTER RIDE. Ed will lead this winter ride again this year. Don't miss it! Start: Broad Run High School, Ashburn, Va. Directions: Take Rte. 7 West to Rte. 28 South. Rte. 28 south for 3 miles, turn right on Rte. 625 (Waxpool Rd) for 2.2 miles to a left on Rte. 641 (Ashburn Rd.). School is 0.4 miles on left. A/B Leader, TBD. C Leader: Ed Weill, 729-7361.

**Saturday, February 7**

A/B/C; 10 AM. ~25 miles. TOUR DE MANASSAS. This ride hits several points of interest in the Manassas area including the Manassas airport. Lunch

stop at the Sandwich Factory. Start: Manassas Train Station. Take I-66 to exit for Rte. 28 South, continue on Rte. 28 until you get to Old Town Manassas, make a left on Main St., train station will be about 0.5 mile. Parking at the train station. Leader: Gordon Bailey, 361-5367.

**Sunday, February 8****ALL LEVEL RIDE**

10 AM. 28/31 miles. OUT THE BACK WAY. Shake the winter blues with this easy ride through the Reston/Herndon area. Start: Reston Town Center, SW Corner. A/B Leader, TBD. C Leader: Judy Steele, 250-6313.

**Sunday, February 15****ALL LEVEL RIDE**

10 AM. 26 miles. THELMA'S WILDLIFE RIDE. Take a ride on the wild side through the Great Falls area. Start: Leigh's Corner in Great Falls (rear parking lot). Directions: take Reston Parkway to Baron Cameron, make a Right on Baron Cameron, Right on Rte. 7, Left on Colvin Run, Left on Walker Rd. to Leigh's Corner. A/B Leader, TBD. C Leader: Louis Carpenter, 938-3967.

**Sunday, February 22****ALL LEVEL RIDE**

10 AM. 31 miles. SOUTHERN CROSS. It rained the last time this ride was scheduled so let's try this oldy but goody again. A variation on this ride is in the works. Start: Reston Town Center, SW Corner. A/B Leader, TBD. C Leader: Rose Baker, 860-4314.

**Sunday, March 1****ALL LEVEL RIDE**

10 AM. 30 miles. THROUGH BULL RUN MOUNTAIN. Get back into the riding season with this favored ride to the Plains and surrounding area. For those wanting to stop for lunch at Fiddler's Green, call ride leader by 2 PM on Saturday so reservations can be made. Call leader if planning to ride. Start: Tyler Elementary School, Gainesville, Va. Directions: Take I-66 West to exit 43A, Gainesville, Rte. 29 South. Take first right onto Rte. 55 (John Marshall Hwy.). School is about 1.5 miles on right. A/B Leader, TBD. C Leader: Nancy Thompson, 476-4726.

# JERSEYS and CAPS

Additional RBC jerseys have arrived, including a long-sleeved model for cooler riding. In addition, there is a limited supply of matching bike caps. The caps have the same colors and design as the jersey for a stunning, if not fashionable, combination. Call Julie Light, 917-9346; or Pat Gleason, 903-3299, to reserve yours today before supplies run out.

***hurry and order now before supplies run out!***

### MOVING?

The USPS will not forward the newsletter to you if you move (bulk mail). Let RBC know your new address by filling out the membership application, and label that you have moved to a new address.

# RBC's Home Page...Part 2

<http://blueridge.databolts.ibm.com/bikes/clubs/Reston/>

(or just run a search for Reston Bike Club)

While still under construction, this newly revised page contains the ride schedule for the month, some general information about the club, downloadable cue sheets, and other cycling related goodies. Expect more features soon. Constructive suggestions or comments are welcome and appreciated, call Frank Sogandares, 834-0725.

## RBC Ride Classifications

- A+ Animals only need apply. Intervals from the start, culminated by brutal, leg-burning climbs. Average speed said to be nearing Gaston's Lamborghini.
- A Strong training riders. Intervals of fast riding, particularly on hills, 40-100 miles, at 16-22 mph.
- B Competent, strong riders. Moderately difficult, 25-75 miles, 12-16 mph.
- C Average riders. Moderately easy pace, 15-50 miles, 8-14 mph.
- D New or casual riders. Easy pace, 10-25 miles, 10 mph or less.

### RBC MEMBERSHIP APPLICATION FORM

Make check payable to: Reston Bicycle Club. Mail to RBC Applications, P. O. Box 3389, Reston, VA 20195

ANNUAL DUES: \$14 plus \$1 per person (\$15 for one; \$16 for two, etc.) Business: \$15 Date \_\_\_\_\_ Renewal \_\_\_\_\_  
 New \_\_\_\_\_

LAST NAME \_\_\_\_\_ FIRST NAME (Adult) \_\_\_\_\_

STREET \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Phone (H) \_\_\_\_\_ Phone (W) \_\_\_\_\_ e-mail \_\_\_\_\_

Age \_\_\_\_\_

ADDITIONAL HOUSEHOLD MEMBERS WHO RIDE:

Name \_\_\_\_\_ Age \_\_\_\_\_ Name \_\_\_\_\_ Age \_\_\_\_\_  
 Name \_\_\_\_\_ Age \_\_\_\_\_ Name \_\_\_\_\_ Age \_\_\_\_\_

Parents must sign for riders under age 17, or request our standard parental consent form for the young rider to present at each ride or to be kept in club files and updated annually. Check here if you need this form \_\_\_\_\_

What classification of ride do you generally go on? (Circle one) A B C+ C D (See page 3 for descriptions.)

Other family member(s) Name \_\_\_\_\_ A B C+ C D Name \_\_\_\_\_ A B C+ C D  
 Name \_\_\_\_\_ A B C+ C D Name \_\_\_\_\_ A B C+ C D

Would you prefer Saturday rides? \_\_\_\_\_ Sunday rides? \_\_\_\_\_ or both? \_\_\_\_\_

Are you interested in mountain biking? \_\_\_\_\_

Please check all areas you might be willing to help with:

Lead rides \_\_\_\_\_ Tours & weekends \_\_\_\_\_ Annual RBC Century \_\_\_\_\_ Club social events \_\_\_\_\_ Data entry \_\_\_\_\_  
 Triathlon \_\_\_\_\_ Education/safety \_\_\_\_\_ Legislative action \_\_\_\_\_ Membership \_\_\_\_\_ Newsletter \_\_\_\_\_

# BIKES★USA®

## Reston Club Special Club Night

\* Register To  
Win Prizes!

\* Enjoy  
Refreshments!

**BIKES★USA.**

- Bailey's Crossroads (703) 379-7500
- Potomac Mills (703) 494-5300
- Tysons Corner (703) 761-9600
- Gaithersburg (301) 590-3000
- Rockville (301) 468-0808

**BIKES★USA**

- Alexandria (703) 768-3444
- Arlington (703) 522-1110
- Fairfax (703) 323-0500
- Georgetown (202) 337-8600

**NEW STORE** Columbia **NEW STORE**  
6250 Columbia Crossings Dr.  
(410) 872-0070

Tuesday, January 27 from 6-9PM  
Tysons Corner location only.

★ **Incredible Deals** ★

**15% Off Bikes**

**30% Off Accessories,  
Parts & Clothing**



Offer valid Tuesday, January 27, 1998 only. Discounts good on sale merchandise. Must present newsletter mailing label to receive discounts. Current club discounts do not apply during the January 27 Club Night.



Reston Bike Club  
PO Box 3389  
Reston, VA 20195

Bulk Rate  
US Postage  
Paid  
Reston, VA  
Permit No.  
6314