

THE WHEEL

NEWSLETTER OF THE RESTON BIKE CLUB

JUNE 1998

VOLUME 17, ISSUE 5

NEWS...

Board Meeting

The Next board meeting is on the second Wednesday of June, the 10th, at Rose Baker's starting at 7:30 PM. All club members are encouraged to attend and get involved with this year's activities. Call Rose for more information and directions, 860-4314.

Puget Sound Trip

Several club members are considering a bike ride around Puget Sound in July or August to escape Washington's oppressive heat. If you're interested in joining them, now is the time to get in on the planning. A good time is guaranteed for all. Call Gretchen Roesse, 435-5116.

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. The 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.

Adopt-A-Shop

Reston Bicycle Club gratefully acknowledges the assistance of Brooks Sido (Bikes USA) and Paul McCray (W&OD Regional Park Authority) for their help in distributing RBC brochures and other publicity materials.

For more information, to adopt a shop or to request refills of brochures, please

(continued on page 4)

RESTON TRIATHLON NEEDS BIKE CAPTAIN

The Reston Triathlon is very much in need of CAPTAINS for the bike course at this year's event. Pete Whitman, the captain for the last few years will be moving out of the area before this year's race.

Ideally we need two people who would be interested in helping out. These people would help ensure a safe bike course.

If you are interested for volunteering to be one of the captains, or even to just monitor the event, please contact, Abbie Edwards, 476-0997 or E-mail abbiedward@aol.com. Or try The Reston Triathlon hotline, 476-RTRL.

We can only pull this off with the help of volunteers otherwise we can not have a Triathlon!!!!

● Petersburg ● Falls Church ● Oakton ● Manassas ● Fairfax ● Mechanicsville ●

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THE FRONT WHEEL

BY PAT GLEASON

Why do I bike? What is it that I enjoy so much? That is the question I asked myself as I endured TOSERV in May. Why do I put myself through so much pain?

For those who are not familiar with this ride, it is on Mother's Day weekend each year (translation, too early in the season, not enough training time, and the weather can be a bit dicey). The ride encompasses back to back centuries. From Columbus, Ohio to Portsmouth, Ohio on Saturday and then back on Sunday.

I had not ridden much this year, but had been working with a trainer in the gym and felt that I was in good physical condition. Well, needless to say by the end of the ride, I decided that I should have had myself sitting on the bike to toughen up specific parts of my anatomy, and the knee that my trainer had strained was speaking to me.

So as I was bumping back into Columbus feeling every crack and crevice and promising myself that I would never do this again, I was contemplating why do I do this to myself over and over? I am totally convinced that anytime I am on my bike more than 80 miles that I am completely insane, so why do it again and again?

There are the bragging rights, which can only be used with none bikers, of course. (Mostly, I tell others that after each ride we sit around and lie to each other.) There is the comradery, the fel-

lowship with other bikers-I really enjoy sitting around after each ride sharing with each other our only slightly exaggerated stories. There is the feeling of being fit and the flow of blood through your veins.

But mostly, I enjoy the time out there with nature on my bike. The wind in your face. The absence of responsibility, the ability to measure your progress, capability and power, the control of your own destiny, and especially the feeling of being a kid again.

I use the time to reflect on my life. I think life is like biking. You struggle and work like crazy to climb hills and then get to enjoy the fruits of your labor flying downhill. Sometimes you don't know where you are going and it doesn't matter, you are following the cue sheet (well some of us are) and you have faith that you will wind up where you started (mostly true). Life has many similarities. I know that it was a struggle for me to get myself educated and to work my way into a job that paid enough (if there is such a thing, at least enough to eat nicely). But, as my Dad always says, life gets easier for those who wait, as long as you are working like crazy while you wait.

So I guess I will continue to bike but I will think seriously about doing another one of those TOSERV rides, I think I may be getting too far over the hill myself. See ya on the road!

CLASSIFIEDS

Santana Tandem. Buy this tandem and cycling will never be the same. Top quality road machine, smooth ride and gobs of features. For thousands of dollars, this machine will let you and your significant other enjoy both the trail and road, you might even pass Fast Bill. Jeff, 689-2069.

Yakima Tandem Mount. like new, \$125. Jeff, 689-2069.

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.

19" Terry Classic. Shimano Deore group, triple crank, front and rear rack fittings, 105 pedals, Vista tail light, and computer. Ready to tour, rider needed. Asking \$425. Janis 742-8054, 8-10 PM.

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.

Cannondale R500C. 1995, 49cm, triple crank, 7 speed cassette, 650Cx20 wheels, STI shifters. Very low mileage. \$600. Kerie 758-8183 (evenings); e-mail kjhitt@his.com.

Cinelli X-Lite Eubios Handlebar. 44cm wide, 26.0mm clamp. New. \$25. Paul, 860-4314

Shimano 105 Components. Almost new crank and BB, 53-39T. \$55. Front derailleur, braze-on. \$10. Rear derailleur. \$15. Paul, 860-4314.

Specialized Epic Comp. 55cm. Carbon fiber frame w/ aluminum fork. Ultegra 8-speed STI. New Continental tires, Vetta saddle, Avocet computer, Look pedals. Excellent condition, like new. Must sell. \$700 or best offer. Shimano Road Shoes. Size 43 1/2. Worn only twice. \$20. Bill, 787-6638.

x

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 20195. Free to RBC members.



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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.)



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(WEOD Mile #20)

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

Who's Who in RBC

BOARD MEMBERS

President: Pat Gleason, 288-1535
Vice President: Rose Baker, 860-4314; baker@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: Tom McKallip, 834-8151, temckall@us6s.er.gov
Greg Goldman, 391-2613
B: Brian Collies, 860-5720
C: Rose Baker, 860-4314; rbaker@helium.apa.com
Carlos Chappa, 352-7537
D: Denis Ratliff, 444-1071, dratliff@erols.com

NEWSLETTER

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

HOME PAGE

<http://blueridge.databolts.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.

(continued from page 1)

call Charlotte Kraebel, (H) 379-8253, (O) 683-6226 or fax 683-6227.

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 Local Bike Shops

RBC members are eligible for discounts at local bike shops. Bring along your mailing label or other proof of club membership to receive the following discounts:

All BikesUSA and Bicycle Exchange stores. See coupon on back cover for locations.

Parts & accessories.....10% off

Clothing.....15% off

Bikes.....5% off

Mobile Pedal Shop offers a 20% discount on all merchandise including bikes. See insert for a complete listing of bikes available.

A-1 Cycling in Herndon offers a 10% discount on all merchandise. Located at 2451-13 Centreville Rd.

The Tortilla Factory
Restaurant

648 Elden Street, Herndon VA

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Griffen	Manitou
Hardland	Marwi USA
Landshark	Mavic
Litespeed	Race Face
Mondonico	Ritchey
Pinarello	RST
Redline	Rock Shox
RVT	Sachs
Salsa	Salsa
Smorgasbord	Shimano
Spooky	Syncros
Titan	Time Shoes
Torelli	Ultimate Direction
Vitus	White Brothers

SPRING AND SUMMER BICYCLE CLASSES

Allen Muchnick, a certified Effective Cycling Instructor, is teaching four courses for bicyclists in **FALLS CHURCH** (Falls Church Recreation Center, 223 Little Falls St), **FAIRFAX** (Fairfax High School, 3500 Old Lee Highway, Fairfax City), **BAILEY'S CROSSROADS** (REI store, 3509 Carlin Springs Rd), and **GREENBELT** (Youth Center, 99 Center Way or Schrom Hills Park). Unless otherwise noted, all classes will meet on weekday evenings from 6:30-9:30 PM. To register, or for more information, call 703 241-5077 for the **FALLS CHURCH** classes, 703 227-2377 or 703 227-2241 for the **FAIRFAX** classes (or visit <http://www.fcps.k12.va.us>), 703 379-9400 for the **REI** classes (<http://www.rei.com>), or 301 397-2000 for the **GREENBELT** classes. You may also contact Allen at 703 237-8967 or by e-mail at allen@waba.org or visit the **WABA** Website: <http://www.waba.org> for a current class announcement.

EFFECTIVE CYCLING—ROAD I: Gain essential cycling skills through on-bike and classroom instruction: equipment and maintenance basics, bike handling, hazard avoidance, and mastering traffic, trails, and groups. Bike and helmet **REQUIRED** at each session. Four 3-hour sessions:

FALLS CHURCH classes, \$43.20 for residents/\$53.20 for non-residents (includes \$11.20 for notebook):

Spring Course (250707A): April 20 (Mon), April 24 (Fri), April 28 (Tues), & May 1 (Fri)

Summer Course (350707A): July 29, August 5, August 12, and August 19 (four Wednesdays)

FAIRFAX class (Course 5302, Section 20), \$59 for everyone:

Four Wednesdays: May 6, 13, 20, & 27

GREENBELT class, \$48 for residents/\$60 for non-residents: June 3, 5, 10, & 12 (unconfirmed)

REI BAILEY'S CROSSROADS class, \$50 for everyone:

Mondays and Thursdays, 6:15-9:15 PM: June 15, 18, 22, & 25

EFFECTIVE CYCLING—BICYCLE COMMUTING:

Enjoy utilitarian cycling: equipment, carrying cargo, clothing and grooming, bike storage, security, route selection, cycling in the dark and rain, multi-modal commuting, and accommodating job and family obligations. Bring bike equipped with lights and reflectors for half-hour night ride. Prior completion of EC—Road I required for certificate. One 3-hour session.

GREENBELT class, \$24 for residents/\$28 for non-residents: Wednesday, June 17 (unconfirmed)

REI BAILEY'S CROSSROADS class, \$25 for everyone: Monday, June 29, 6:15-9:15 PM

FALLS CHURCH class (350712A), \$20 for residents/\$23 for non-residents (price unconfirmed—includes \$8.00 for notebook): Wednesday, August 26

BICYCLE MAINTENANCE & REPAIR: Find out about bike fit, emergency repairs, inspections, lubrication, brake and derailleur adjustments, and more. Bikes are optional for this lecture/demonstration. One 3-hour session:

GREENBELT classes, \$16 for residents/\$20 for non-residents: Monday, March 23, June 4 (unconfirmed)

FAIRFAX classes (Course #5300), \$29 for everyone:

Tuesday, March 17, 7-10 PM (Section 12)

Wednesday, April 15, (Section. 20)

Thursday, April 23, (Section 21)

Tuesday, May 12, (Section 22)

Tuesday, May 26, (Section 23)

Wednesday, June 24, (Section. 30)

Wednesday, July 8, (Section. 31)

FALLS CHURCH classes, \$12 for residents/\$15 for non-residents:

Wednesday, April 22, (#250704-A)

Friday, May 15, (#250704-B)

Tuesday, August 11 (#350704-A)

BICYCLE MECHANICS WORKSHOP: Tune

up, fix, or modify your bicycle or practice inspection, maintenance, or repair procedures in this self-directed, hands-on sequel to Bicycle Maintenance & Repair. Bring bicycle and supplies. One 3-hour session:

GREENBELT classes, \$16 for residents/\$20 for non-residents: Monday, March 30

Monday, June 8 (unconfirmed)

FAIRFAX classes (Course #5301), \$29 for everyone:

Tuesday, March 31, 7-10 PM (Section 10)

Thursday, April 30 (Section 20)

Tuesday, June 2 (Section 21)

FALLS CHURCH classes, \$17 for residents/\$21.25 for non-residents:

Wednesday, April 29 (#250705-A)

Friday, May 22 (#250705-B)

Tuesday, August 18 (#350705-A)



FROM THE MAILBOX



June 7-12—Ride Around Wyoming (RAW). Six-day, 375 mile tour. Full support including breakfast and dinner. Strenuous climbing rewarded with blazing descents and breathtaking scenery. SASE to RAW, Bob Faurot, 18 Paradise Dr., Sheridan, WY 82801, 307 672-6323.

June 14—Knots Island Century Rides. Four rides ranging from a 40K time trial to a full century. T-shirt, food stops, and sag. Tom Adler, 668 Blackthorne Dr., Chesapeake, VA 23322-9030. 757 482-5587 or thomas@grtbrdg.net.

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. Washington DC AIDS Ride 3, 1215 Connecticut Ave., NW, Third Floor, Washington, DC 20036, 202 293-RIDE.

June 19-24—Civil War Odyssey III. Travel the majestic roads of the Northern Shenandoah Valley through three states. Starting and ending in Warrenton, Va. Average daily distance of 50 miles. Fully supported tour with sag, showers, T-shirt, and more. Bicycling Education Association, P.O. Box 302, Williamsburg, VA 23187-0203, 757 229-0507.

June 28—13th Annual Bay to Bay Ride. Rides ranging from 27 to 100 miles. Full support and food stops. Swimming in the bay at end of ride. Proceeds benefit Lions Club Leader Dog Program for the Blind. SASE to: Bay to Bay Ride, c/o Jim Gent, 7 Cedar Chase Ct., Chestertown, MD 21620-1665.

July 3-6—GEAR West. LAB event in Eugene, OR. 202 822-1333 or bikeevent@aol.com.

July 11-18—Pedal Pennsylvania. Pittsburgh to Philadelphia. Fully supported ride with stays at colleges and universities. Trail ride options in partnership with Rails to Trails. Bob Ingersoll,

1914 Brandywine St., Philadelphia, PA 19130, 215 561-9679, bobi@pedal-pa.com, www.pedal-pa.com.

July 23-29—Cycle Across Maryland (CAM). Explore Maryland's Eastern Shore and conquer the Bay Bridge. Fully supported with a 3-day option available. 888 226-7433 or www.jhu.edu/cam.

July 24-26—Chowan Weekend Getaway. Distances ranging from 10-78 miles. Full sag with tent camping or dorms. Kim Aldridge, 172 Bass Lake Rd., South Mills, NC 27976-9760. 919 771-5790 or 757 436-2079.

July 25-August 2—The Blue Ridge Bike Challenge. 498 miles from Boone, NC to Washington along the Blue Ridge Parkway and Skyline Drive. www.bigwheelbiketours.com.

July 15—Rochester Bike Club Challenge Ride. The Rochester Bike Club invites all Restonites to their Challenge Ride. No charge! Contribution to the picnic fare are welcome. Get more information at www.win.net/~rbcbbbs or 716 723-2953.

July 26-31—Moose Tour. Six-day loop ride in Maine, fully supported with tent camping. Maine Wheels Bicycle Club, 225 Paris Hill Rd., South Paris, ME 04281, 207 743-2577, moostour@megalink.net.

July 26-31—The Bon Ton Roulet. A 385-mile festival on wheels through the beautiful Fingerlakes Region of Upstate New York. Wineries, beautiful scenery, friendly people. Includes breakfast, dinner, sag, and camping. Cortland YMCA, 22 Tompkins St., Cortland, NY 13045, 607 756-2893.

Aug 1-7—MOOSA Tour. Ride through the wilderness of Western Maine and Southeastern Quebec to Quebec City. Several rides to choose from. CAN-AM Wheelers, 140 Emerson Rd., Norway, ME 04268, 207 743-9018. Moosa@megalink.net or www.megalink/~moosa.

Aug 9-15—Lighthouse Tour. Explore the dramatic coast, unspoiled fishing villages, and friendly people of Nova Scotia. Find out why Nova Scotia is the top cycling destination. Fully supported, one or two weeks. CAN-AM Wheelers, 140 Emerson Rd., Norway, ME 04268, 207 743-9018. Moosa@megalink.net or www.megalink/~moosa.

Aug 14-17—GEAR North and National Rally. LAB event in Wellesley, MA. 202 822-1333 or bikeevent@aol.com.



THE LEAGUE OF AMERICAN BICYCLISTS



League of American Bicyclists Membership Form

The League of American Bicyclists is working in the nation's capital and around the country to make bicycling safer and more enjoyable for all. Help us help you by becoming a member today.

Individual: \$30 Family: \$35

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To join by phone call:
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Make check payable to:
 League of American Bicyclists 190 W. Ostend St., Suite 120 Baltimore, MD 21230

JUNE RIDE SCHEDULE

UPDATES

Tues/Thurs Night Rides

The rides will start at 6:00 PM and will be from 1.5 to 2 hours in length, increasing as day light permits. There will be two (sometimes three) ride lengths—one for a C/B group and one for an A/B group, with some commonality between the routes. Dinner following rides.

Tuesday night rides start at 6:00 PM at the Reston Town Center, southwest corner parking lot. **NOTE: For Tuesday nights of 23 and 30 June, the ride will start at the Terraset school parking lot on Ridge Heights in south Reston.**

Thursday night rides will start at 6:00 PM from the Tortilla Factory parking lot in Herndon.

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

For ATB rides, or to schedule one of your own, contact Mike Pomata, 703 430-2615, or Dan Cassidy, 703 406-3244.

Mid-Week D Rides

D riders who are interested in going on a weekday ride, call Joyce Wilkinson, 478-6942. How about 11:00 AM Thursdays, starting at the Old Herndon Railroad Station? Contact Joyce to discuss other days and times.

Prepare for the Sea Gull

For the past five years, Ken has ridden this century and I have been sagging. This past year, my cellular phone rang five or six times and I was surprised by how many people knew the number and that I was there. One person called asking for help, another wanted to know where everyone was after the ride-in the beer tent-and another wanted to get together for dinner.

So this year, I would like to keep track of club members going to the Sea Gull Century. Call or send me the following information: your name, transportation plans, where you are staying, if you would like to join an RBC group start time, and whether you want to get together for dinner on Friday and/or Saturday night.

In return, I will give you my cellular phone number to call in case of an emergency. We will try to plan a group meeting prior to departure. This should make the Sea Gull even more fun and safer for all of us. Also, last year we were able to reallocate registration entries for people unable to attend due to unforeseen problems. Remember to sign up before the deadline on July 31, 1998.

Sue Thompson, 2106 Lirio Ct., Reston, VA 20191. 476-4106.

Tuesday, June 2

6:00 pm. RESTON LOOPS. Start: Reston Town Center, SW corner parking lot. Dinner following ride at location determined by attendees.

Thursday, June 4

6:00 pm. RIDES WEST. Start: Tortilla Factory parking lot, Herndon. Dinner following ride at Tortilla Factory for those wishing to stay.

Saturday, June 6

D; 10:00 am. 13 miles. TRAINS, PLANES, AND BICYCLES. Ride the backroads to the Manassas Airport for lunch and watch the planes take off and land. Possible tour of the Manassas Museum afterwards. Bring lock and \$ for lunch and museum. Start: Manassas (Old Town) Train Station. Take I-66 West to Rte. 28 South to Old Town Manassas. Turn left on West St., go 2

blocks and turn left into Train Station lot. Leader: Gordon Bailey, 361-5367.

Sunday, June 7

ALL LEVEL RIDE

8:30 am. 48/32 miles. LOOP DE LOVETTSVILLE. Expect some hills on this route, but hey, you should be in shape by now. CALL LEADER IF PLANNING TO RIDE. Start: Loudoun County High School, Leesburg, VA. Directions: Take Rte. 7 West to Leesburg, turn left on Catoctin Circle at traffic light about 0.7 miles after the Rte. 15 bypass interchange. Continue 1.5 miles to a left on Dry Mill Road at traffic light. School is on the right.

A Leader: Gaston Prudencio, 691 -2263

B Leader: Joseph Morey, 281-5385

C Leader: Jim Delaney, 443-0496

Tuesday, June 9

6:00 pm. RESTON LOOPS. Start: Reston Town Center, SW corner parking lot. Dinner following ride at location determined by attendees.

Thursday, June 11

6:00 pm. RIDES WEST. Start: Tortilla Factory parking lot, Herndon. Dinner following ride at Tortilla Factory for those wishing to stay.

Saturday, June 13

B/C; 9:00 am. 38 miles. WEENIE BEANIE RIDE. This ride heads into DC, swings around Fortt McNair and then on your way back you'll have the opportunity to dine at the Weenie Beanie for lunch (home of world famous chili dogs). CALL LEADER IF PLANNING TO RIDE. 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. Leader: Gordon Bailey, 361-5367.

Sunday, June 14

A/B; 8:00 am. 62 miles. METRIC CENTURY. Travel toward Arcola by way of Great Falls. Several bailout opportunities exist for a shorter ride. The ride starts with several short steep hills and ends on gentle terrain. Start: Reston Town Center, SW corner. Leader: Pat Gleason, 288-1535.

C; 8:00 am. 30 miles. OUT THE BACK WAY. This is a pleasant ride through the Reston/Herndon area. Don't miss it. Optional lunch, of course. Start: Reston Town Center, SW corner. Leader: Jane Hanna, 777-5636.

D; 9:30 am. 12 miles. FRANKLIN FARMS FUN. Ride the Fairfax County Parkway bike trail to Franklin Farms for refreshments. Come join the Ratliff family for this easy ride at an honest 8-10 mph pace. CALL LEADER IF PLANNING TO RIDE. Start: Reston Town Center, SW corner. Leader: Denis Ratliff, 444-1071.

Tuesday, June 16

6:00 pm. RESTON LOOPS. Start: Reston Town Center, SW corner parking lot. Dinner following ride at location determined by attendees.

Thursday, June 18

6:00 pm. RIDES WEST. Start: Tortilla Factory parking lot, Herndon. Dinner following ride at Tortilla Factory for those wishing to stay.

Sunday, June 21**ALL LEVEL RIDE**

9:00 am. 45/33 miles. COVERED BRIDGES. If you haven't done this ride yet, don't miss it this year. Fantastic views and of course, covered bridges. CALL LEADER IF PLANNING TO RIDE. Start: Holiday Inn, Frederick, MD. Directions: Take Rte.

7 West to Leesburg, take Rte. 15 North to Frederick, MD. Take Rte. 40 North exit and take first right onto Baughmans Lane and first right into Holiday Inn parking lot.

A Leader: Jeff Purvis, 689-2069

B Leader: John von Knorring, 787-7717

C Leader: Louis Carpenter, 938-3967

D; ?? am. ?? miles. NO RIDE LEADER. Please call the D ride coordinator, Denis Ratliff at 444-1071 to volunteer to lead your favorite D ride. Start: Any start location.

Tuesday, June 23

6:00 pm. RESTON LOOPS. Start: Terraset school (off Ridge Heights) parking lot.

Thursday, June 25

6:00 pm. RIDES WEST. Start: Tortilla Factory parking lot, Herndon. Dinner following ride at Tortilla Factory for those wishing to stay.

Sunday, June 28

A/B; 8:00 am. ?? miles. O'ER THE HILLS. The name says it all. Start: Reston Town Center, SW corner.

A Leader: Tom McKallip, 834-8151.

B Leader: Larilyn Cain, 803-7027.

C; 8:00 am. 32 miles. MCLEAN ROUNDABOUT. Enjoy the suburbs of Great Falls, McLean and West Falls Church and then return to RTC on the W&OD Trail. Start: Reston Town Center, SW corner. Leader: Bernie Cohen, 645-0877.

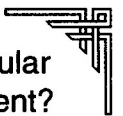
D; ?? am. ?? miles. NO RIDE LEADER. Please call the D ride coordinator, Denis Ratliff at 444-1071 to volunteer to lead your favorite D ride. Start: Any start location.

Tuesday, June 30

6:00 pm. RESTON LOOPS. Start: Terraset school (off Ridge Heights) parking lot.



Interested in going on a particular ride? Riding somewhere different? Somewhere the club hasn't gone to lately?



Feel free to contact one of the ride coordinators to suggest possible rides or even offer to lead one.

Your feedback and suggestions can help improve the quality of rides the club lists each month.



JERSEYS and CAPS

Additional RBC jerseys have arrived, including a long-sleeved model for cooler riding weather. 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. Contact Rose Baker, 860-4314; rbaker@helium.apa.com to reserve yours today before supplies run out.

- Short-sleeve \$40
- Long-sleeve \$60
- Caps \$5

(Add \$1 for postage)

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. Anyone wishing to lend a hand with updating and maintaining the web page, 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 1; \$16 for 2, 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+/A B C+/C D (See above for descriptions.)
 Other family member(s) Name _____ A+/A B C+/C D Name _____ A+/A B C+/C D
 Name _____ A+/A B C+/C D Name _____ A+/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 _____
 Others: _____

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