

The Wheel

August 2012
Volume 27; Issue 37

The Newsletter of Reston Bicycle Club

CHAIRMAN'S MESSAGE

By Dan Scrafford

If you are reading this message, you know that on August 26, 2012 the Reston Bike Club is holding its 30th Anniversary Century at Reston Town Center. For this event people

have an opportunity to receive two incredible gifts. These gifts cannot be bought at your local store. They can't be mail-ordered. You can only get them by participating or volunteering in the Reston Century. Now one may ask, what are these "incredible" gifts? I'm glad you asked. First on display is the insulated Polar Water bottle showcasing the unique and highly sought-after Reston Bike Club logo. And, while you can't buy this bottle, each vol-



unteer and the first 1,200 riders will receive one. Next is this year's Century T-Shirt with an original print from a local artist that depicts cyclists riding through old town Leesburg. You can't buy this one-of-a-kind shirt, but Century participants and volunteers will "earn" one.



(cont. next page)

Workout of the Month — Riding a Century

By Jeff Major

Since the 30th Annual Reston Bike Club Century will be held on Sunday, August 26th, this is an appropriate time to talk about preparation for riding a century. Although our Century includes rides of shorter distances as well, the same general guidelines apply. Preparation is key:

Prior Mileage - First, you should have been logging some decent miles on your bike. If you're not someone who regularly rides 120 or more miles a week with some high intensity mixed in, then you should at least have been increasing your mileage gradually over the past couple months to be prepared to comfortably ride a metric (62 miles) or full century. Our century is fairly challenging with its approximately 4400 feet of total ascent. There are quite a few seemingly relentless rollers and a few medium length but fairly steep climbs that always make several dozen unsuspecting riders cry "uncle". Of course, it wouldn't be as much fun without these challenges. The point is, without adequate preparation, the latter part of the ride can be agonizing instead of fun, so here are some other pointers to keep in mind.

Equipment: Consider DIY - We'll have Sag vehicles on the road and mechanics at rest stops; however, if you need to take advantage of those services, it will be a major damper on your overall experience. If you can, learn how to change a flat and make minor adjustments. Carry some small tools, a patch kit, extra tube and, if not a pump, at least a CO2 kit. Watch a YouTube video or see if a local bike shop has a class in the next couple weeks on basic bike maintenance.

Bike Fit - Make sure your bike is adjusted and fits properly.

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Who's Who In Reston Bike Club

Chairman:

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Ride Level Descriptions

A - Aggressive riders. Grueling pace with sprints, 40 - 100 mi, 18 - 20+ mph avg.

B—Strong riders. Demanding pace, 25 - 75 mi, 14 - 18 mph avg.

C—Average riders. Moderate pace, 15 - 50 miles, 10 - 14 mph avg.

S—Social riders. Relaxed, casual tempo per group consensus

Welcome New And Returning Members

New

Aila Altman, Shannon Ayres, Tim Baker, Catherine Foy, Ben Hale, Andrew Henle, Patricia Henle, Charles Kendall, Vicki Kish, unny Maurer, Steven Maynard-Koran, Erin Maynard-Koran, Katie Maynard-Koran, Darryl Moody, Ivan Morales, Karen Schweikart, Jonathan Wertz

Returning

Paul Ammann, Becky Hartley, Matt Ammann, George Berkeley, Craig Bryan, Darrren Clifford, Diane Condrey, Keith Driscoll, Bruce Enger, Maureen Enger, Brian Farmer, David Flynn, Linda Lee, Jorge Forgues, John Giglio, Craig Guensch, Andrew Hare, Randy Karn, Patricia Karn, Dennis McDonald, Deborah McDonald, Brian Meadowcroft, Jeannine Meadowcroft, Andrew Melick, Kerry Moore Sharon Moore, Gerard Palmer, Anne Marie Pastorkovich, Steve Patorkovich, Steven Pohnert, Anne Pohnert, Erik Rasmussen, Richard Rowe, Jayie Rowe, John Shea, Kathy Bromley, Bill Sickenburger, Will Sickenberger, Michael Smith, Drew Smith, William Waske, Melissa Batum

(from previous page)

Chairman's Message

On a more serious note, the Club's Century is how we keep this club running. As a Board, we start working on the next Century as soon as one Century concludes. Each year our wonderful volunteers make our Century work. Again, this year, we call upon all our members to **REMEMBER THAT THIS IS YOUR CENTURY, IF YOU CAN, EITHER RIDE IT OR WORK IT....OR...DO BOTH!!**

My wife and I have been Century volunteers for 10 years. We started volunteering because of our love of cycling, but now we do it out of love for our Club. The people that make up this Club always seem to come through. Barb Lytle, once again, is working hard to recruit members and nonmembers to volunteer for the many tasks required to make the Century come together. Please call or email her to let her know if you can help. If you know of cyclists who are not club members, invite them to ride our Century. They will be impressed with all of the volunteers at the Rest Stops, the great food and drink and the overall support. And the catered lunch at the end of the ride is the icing on the cake to this very special event. I would love for each member to ask a non-member to ride with us this year. Let's make this year's Century, our 30th, a really memorable one!

Finally, I want to recognize, as is my practice, a special Reston Bike Club member. This month that member is Ed Shanahan. Ed is riding PanMass, which is a grueling two-day cycling event that raises money for cancer research. A tough challenge for a great cause. Ed raised over \$12,000 dollars for this event. Anyone who knows Ed will not be surprised by this impressive feat because they know how much he gives of himself to others. Ed Shanahan's dedication to cycling and to important causes should inspire us all. We'll look forward to hearing all about Ed's PanMass weekend!

See you at the Century on the 26th.

Ride Safely!

Dan

RIDE SCHEDULE—AUGUST

NOTE: Due to club insurance policies all participants on RBC rides must be current club members.
Non-members June try a ride one time before joining.

Call Ride Leader to confirm information accuracy. Check the club website at RestonBikeClub for new rides and additional information.
If there is greater than a 50% chance of rain or if the forecast starting temperature is less than 40 degrees, the ride June be cancelled.

Saturday Rides begin at **9:00**. These rides are impromptu and start in the parking lot across from the Caboose in downtown Herndon. Rides include A & B level riders and typically cover distances of 50+ miles. They are “no-drop” rides. First time riders please call: A/B - John Hamilton, 703-593-9384 or Randy Karn, 703-402-0227; C - Gaston Prudencio 703 906-7524.

Date: **Tuesday, August 14, 2012**

Start Location: Hunters Woods Shopping Ctr. (South Reston)

Level: 1,2,3,4,5

Time: 6:00 PM

Mileage: 30-40

Description: **Route Varies each week**

Leader: Ken Thompson 703-476-4106

Date: **Thursday, August 16, 2012**

Start Location: Parking Lot Across from Herndon Caboose

Level: 1,2,3,4,5

Time: 6:00 PM

Mileage: 30 - 40

Description: **Route Varies each week**

Leader: Ken Thompson 703-476-4106

Date: **Tuesday, August 21, 2012**

Start Location: Hunters Woods Shopping Ctr. (South Reston)

Level: 1,2,3,4,5

Time: 6:00 PM

Mileage: 30-40

Description: **Route Varies each week**

Leader: Ken Thompson 703-476-4106

Date: **Thursday, August 23, 2012**

Start Location: Parking Lot Across from Herndon Caboose

Level: 1,2,3,4,5

Time: 6:00 PM

Mileage: 30 - 40

Description: **Route Varies each week**

Leader: Ken Thompson 703-476-4106

Date: **Tuesday, August 28, 2012**

Start Location: Hunters Woods Shopping Ctr. (South Reston)

Level: 1,2,3,4,5

Time: 6:00 PM

Mileage: 30-40

Description: **Route Varies each week**

Leader: Ken Thompson 703-476-4106

Date: **Thursday, August 30, 2012**

Start Location: Parking Lot Across from Herndon Caboose

Level: 1,2,3,4,5

Time: 6:00 PM

Mileage: 30 - 40

Description: **Route Varies each week**

Leader: Ken Thompson 703-476-4106

Date: **Tuesday, September 4, 2012**

Start Location: Hunters Woods Shopping Ctr. (South Reston)

Level: 1,2,3,4,5

Time: 6:00 PM

Mileage: 30-40

Description: **Route Varies each week**

Leader: Ken Thompson 703-476-4106

Wednesday Social Rides

Start Location: Parking lot across from Herndon caboose on W&OD

Time: 6:00pm

Description: No-drop, casual pace ride for new & non-aggressive riders. Variable routes.

Distance: About 20 miles

Levels: C, D

D Leader: Trish Wells

These rides go weather permitting and if we have a leader. *See the website for updated information.*

RBC needs ride leaders

for the

Wednesday Night Social Rides

If you'd like to volunteer, please contact Ken Thompson at (703) 476-4106.

Riding a Century

(from Page 1)

Do several long rides prior to the century to make sure you're comfortable on it. The middle of the century is not the time to discover that your seat is too high, that you really should have a longer stem or that your bars should be elevated.

Adjust and tighten - Make sure your brakes, drive train, tires, cables are in good shape and adjusted properly a week or 2 in advance of the century (Check tires and skewers before each ride). Local bike shops get backed up just prior to events like centuries that attract 1000+ riders so be thinking about to these things well in advance.

Nutrition - Make sure you eat 2 hours before your ride. Don't suddenly eat something different the day of your century. It may not agree with you and you certainly don't need to have digestive issues during an already physically challenging event. The best method of nourishing yourself while avoiding digestive problems is to keep eating regularly during your ride in small amounts. As far as what you eat during your ride or at rest stops, again, if you've been riding a lot, you'll already know what works for you. If not, bananas and PB&J are typically easy to handle and we'll be offering them in abundance. Just don't eat too much at one time. Take a banana with you and eat it on the road later. Perhaps bring some Cliff Shots, Gu, Gel Paks, Granola bars, Power Bars, or something along those lines and nibble on them as you ride.

Hydration—Make sure you are well hydrated. Drink before during and after your ride. Is it possible to drink too much water? Technically, yes, but if you're sweating a lot and rehydrating with an electrolyte drink and water you'll be fine. We'll be offering plenty of Gatorade at almost all the rest stops.

Pacing - Finally, you may feel great when you start your ride, especially if it's a nice day, but if you're not used to doing the distance that you're planning to ride the day of the event, you might make the all too common mistake of taking it out at a faster pace than you can comfortably maintain for the remainder of the ride. This is a preventable way of ruining an otherwise fun experience. Unless you know the terrain and are accustomed to the distance, **PACE YOURSELF; ENJOY THE ENTIRE RIDE!**

See you on the 26th!

Jeff

Disclaimer: While I have experience as an amateur competitive athlete in numerous sports and have coached athletes, I am not a fitness expert nor am I currently involved in fitness coaching. The articles and information I provide on behalf of The Reston Bike Club are part of my voluntary role as Editor of this newsletter. I use a combination of knowledge gained from experience and from numerous sources of publicly available information for these articles. We recommend that you consult a fitness expert and/or medical professional if you have any question about your ability to safely perform any workouts included in this or any edition of The Wheel.

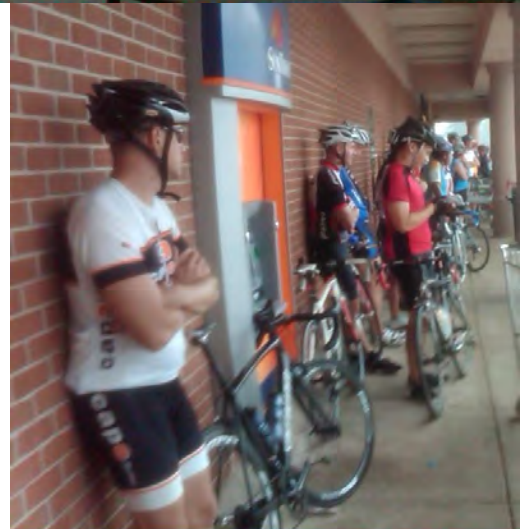
Recent Ride Images

Submitted by David Saunders



Waiting out the storm at a recent Tuesday night ride at Hunters Woods Shopping Center

"This too shall pass", said the RBC die-hards.



"We WILL ride TONIGHT", said John and Mike.

Important Announcements for RBC Century Volunteers!!

Saturday, 8/18 Special Century, Metric Century and 30 mile rides will be held for any Century Volunteers who want to join in. These will be “no drop” rides that will start at the NE parking lot of the Reston Town Center (near Chipotle and Fedex) at 7:00AM. And this year the Club is buying lunch at Carolina Brothers BBQ!

Also...

Sunday, 8/19 The **volunteers meeting** will be held at the [Reston Community Center](#) (Hunters Woods location), 5:00PM—6:30PM, to go over the final instructions for volunteer assignments.

If you're volunteering at the Century, it's important that you attend this meeting.

Culpeper Cycling Century



WHEN: Saturday, October 6th, 8:30am start

WHERE: Start & Finish at The Bike Stop

120 W. Culpeper St. Culpeper VA 22701

AGES: 16 & over (under 16 must be accompanied by an adult who is riding)

This bike ride is fast becoming a tradition boasting great scenic beauty and paved road riding in Culpeper County during the most colorful season - Fall! Choose between 33, 65, or the ultimate challenge 100 miles of countryside roads.

The ride benefits the Culpeper Recreation Foundation as they strive to achieve their mission of promoting recreation in Culpeper County.

Registration fee goes toward expenses related to trails, athletic fields, and concession stands.

Rest stops spaced about 20 miles apart offering food, water, restrooms (most indoor), and first aid kits.

For more information go to:
www.CulpeperCyclingCentury.com

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The Bike Lane Reston Town Center
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You Can **ENVISION** Yourself in this Year's Century, but Will You **SEE** Yourself in this Year's Century?

- ◆ Professional photos of this year's Century will be offered for sale by Tony Estrada Photography, a sporting event photo service company. They will also be shooting this year's Reston Triathlon in September.
- ◆ Pictures will be available for purchase within a few days of the Century of riders along the route, at registration, at the rest stops and at the finish area on the company's web site.
- ◆ Tony Estrada Photography has pledged 10% of the proceeds of photo sales to an RBC designated non-profit.
- ◆ We will post a link to RBC's Century photos on Tony Estrada Photography's web site as soon as they are available following the Century.



You're invited to join Georgena Terry, along with Terry Bicycles, GORE BIKE WEAR, and one thousand active women bicyclists, for the Fifth Annual Wild Goose Chase. This year's event will take place on Saturday and Sunday, October 13 and 14.

The Wild Goose Chase, a bicycle weekend for women, is based in Cambridge on Maryland's scenic Eastern Shore, with all rides taking place in and around the spectacular [Blackwater National Wildlife Refuge](#).

The Wild Goose Chase is more than a one-day ride (although that's how it all started). It's now a weekend bicycle festival with self-guided bicycle rides and kayak rentals on Saturday, with the original Wild Goose Chase bike ride on Sunday. Both days will feature the traditional and exciting "Tent Sale" packed with super savings on Terry and GORE clothing and bicycle gear. There's also an opportunity to test-ride many different styles of Terry bicycles each day. Special activities include an optional Saturday evening cyclists' dinner with Georgena Terry, and a ranger-led tour of scenic Wildlife Drive, also on Saturday.

The magic of the event, however, is Blackwater refuge itself. Picture this: flat roads, no-to-low traffic, and pristine salt-marshes offering protection for migratory waterfowl on the Chesapeake Bay. The area, once threatened by development, was the motivation for Georgena to start the Wild Goose Chase in 2008. Established as a fundraiser to help protect the refuge, the Wild Goose Chase has generated more than \$115,000 for the [Friends of Blackwater](#). Your participation in the 2012 event will help Terry Bicycles increase their donation to the Friends of Blackwater by an additional \$40,000!

So come to Cambridge and be a part of the celebration! It's a spectacular way to enjoy fall cycling while contributing to a great cause. For more details on this great weekend event and all its activities go to: <http://www.terrybicycles.com/2012-Wild-Goose-Chase>

RBC Century Volunteer Opportunities

The 2012 RBC Century **OUR 30th** is being held on **Sunday August 26th**. Take pride in your club and volunteer to work the event — for the day, for a few hours — any amount of time you, your family or your friends can provide will contribute to the success of yet another great RBC Century!

[Email Barb Lytle](#) to sign up today or you may call her at 703-362-8286.

Pre-Century opportunities

- ◇ Draft cue sheets/maps
- ◇ Check accuracy of ride map/directions (on bike or by car)
- ◇ Route marking
- ◇ Pick up T-shirts and deliver to Reston Town Center (RTC) – stack in Information Room by size on Friday Aug 20 before 5:00 pm
- ◇ Coordinate food – work with vendors and other co-coordinators to arrange pickups and deliveries
- ◇ Pick up Snow Cone Machine and syrup from Booths Rental in Vienna on Saturday morning and return Monday morning
- ◇ Purchase soda and water (any time can get good price) and deliver to RTC Information Room on Friday afternoon before 5:00 pm
- ◇ Distribute Century registration forms to bike stores, gyms, community centers, libraries, etc.

Day-Of opportunities:

- ◇ Morning Registration at Reston Town Center “day-of” rider registration and registered rider assistance
- ◇ Support vehicle drivers.
- ◇ Distribute food to rest stops

Rest stop support at Reston Town Center

- ◇ Registration setup – tables, chairs, and signs
- ◇ Oversee tent, table and chair set up and pick-up.
- ◇ Oversee food set-up and breakdown.
- ◇ Oversee set up of communication group and bike shops/vendors
- ◇ Check state of portable bathrooms throughout event
- ◇ Maintain bulletin board

- ◇ Maintain water, soda, and ice distribution.
- ◇ Distribute T-shirts
- ◇ Breakdown and stack RTC tables and chairs
- ◇ Cleanup RTC
- ◇ Deliver remaining food and beverages to RTC shelter
- ◇ Take remaining T-shirts to RBC storage

Rest stop support at Ashburn and Hamilton

- ◇ Registration setup – tables, chairs, and signs
- ◇ Oversee tent, table and chair set up and pick-up
- ◇ Oversee food set-up and breakdown.
- ◇ Oversee set up of communication group and bike shops/vendors
- ◇ Check state of portable bathrooms throughout event
- ◇ Maintain bulletin board
- ◇ Maintain water, soda, and ice distribution.
- ◇ Breakdown and cleanup – mainly tables, chairs, and trash

We need your help to make this huge undertaking a success!!

[Email Barb Lytle](#) or call her at

703-362-8286.

We're counting on your support!!



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17 MILES ROUND TRIP.
 (You've definitely earned yourself a jumbo Double Choc Chip cookie!)

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The Wheel

The Newsletter of Reston Bicycle Club

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Reston, VA 20195

Join the Reston Bicycle Club now!

complete and return the membership form below
or
visit RestonBikeClub.org for online registration and payment.



Membership Application Form

Please complete form (circle information) & return with check payable to: Reston Bicycle Club

Mail to: Reston Bicycle Club • P.O. Box 3389 • Reston, VA 20195-1389

Annual dues for single membership : \$20.00 plus \$2.00 for each additional household member riding with the club.

Name _____ Age _____ Rider Level A . B . C . S
 Address _____
 City _____ State _____ Zip _____
 Home Phone _____ Other Phone _____
 E-mail _____

Additional Household Members:

Name _____ Age _____ Rider Level A . B . C . S
 Name _____ Age _____ Rider Level A . B . C . S
 Name _____ Age _____ Rider Level A . B . C . S

Attention Parents: Parents must sign a parental consent form for riders under the age of 18. Please request a copy of this form so young riders can present it when signing up for each ride. An adult family member must accompany children under 15.

What is your preferred day/time to ride? Saturday—Sunday—Weekday (AM—PM)

Are you interested in mountain biking? Yes No

Indicate areas you might be willing to help with: Lead Rides; Tours & Weekends;
 Annual RBC Century; Newsletter; Club Social Events; Data Entry; Triathlon;
 Education/Safety; Legislative Action; Membership; Phone Calls;
 Other _____

Club Rider Levels

RBC tries to cater to every level of cyclist. Please use this guide when completing your application and planning your rides.

- S Social riders.** Relaxed, casual pace; Distance & speed per group consensus
- C Average riders.** Moderate pace; 20 - 50 miles; 10 - 15 mph average
- B Strong riders.** Demanding pace; 25 - 75 miles; 15 - 18 mph average
- A Aggressive riders.** Grueling pace with sprints; 40 - 85 miles; 18 - 20+ mph average



Helmets are required on all RBC rides.



RESTON BICYCLE CLUB

P.O. Box 3389
Reston, VA 20195

RestonBikeClub.org