

# The Wheel

July 2012

Volume 27; Issue 36

## The Newsletter of Reston Bicycle Club

### CHAIRMAN'S MESSAGE

By Dan Scrafford

The 30<sup>th</sup> Annual Reston Century is less than 8 weeks away and we continue to work to make this the best Reston Century ever. Many people have already contributed their hard work to prepare for this day. Members: please consider volunteering for the event. Your collective contributions are what can make or break makes this event. On August 18, 2012 all volunteers may participate in the "Volunteer Century." The volunteers who did this ride last year had a blast. We rode it at a nice easy pace and stayed together and it gave us a chance to really check out the course the week before the event. **Please contact Barb Lytle for more information on what you can do to help!**

This month, I am offering a game of RBC Trivia in celebration of Reston Bike Club's 30<sup>th</sup> Anniversary. Since this will be an informal and unsanctioned contest, I, as Chairman, will select the winners, who will receive as prizes, T-shirts from the last few centuries (sizes are limited). Submit answers to the following questions. Creativity will be rewarded!

1. Which board member brews beer?
2. Which board member went to Penn State?
3. What club member was part of a European National Track Team?
4. Which family cycles together, parachutes together, runs together? Hint: chiropractor, massage therapist, world ranked runner.
5. Which board member went to UVA on an athletic scholarship?
6. Which club member runs ultra-marathons and has run up to 100 mile races? Hint: his son is a ranked junior cyclist.
7. Name some of the founding members of the club.
8. What husband and wife cyclists introduce themselves as "Chinese Food"?
9. Which club member was the Redskin's dentist at one point in his career?
10. What is a "Fool"?
11. What is Rule V?
12. What college cycling kit is most popular at RBC rides?
13. What club member logs the most miles per year?
14. Who has volunteered at the most Reston Centuries?

Enjoy the contest and please submit your answers to me at: [Scrafford@aol.com](mailto:Scrafford@aol.com).

Ride Safely,

Dan

### Workout of the Month — How to Be Cool

By Jeff Major

Once again, I'm writing about working out, but this isn't actually a workout: it's a reminder that when it's hot, you should workout with care to avoid over heating. Without getting too technical about the subject, I think we can all agree that a lot of bad things can happen to us if we allow our bodies to over heat and exercising in the summer is an easy way to do that if we're not careful. Fortunately, when we ride our bikes, the faster we go, the more of a breeze we create, and the more we can help remove sweat, and with it, heat from the surface of our skin.

Of course, those fluids need to be replaced. It's advisable when it's really hot to drink before, during and after you exercise. When you're riding in the heat, you're losing fluids faster than your body can replace them. Even if you increase the rate at which you take in fluids, your body can only absorb so much through your digestive system, so you need to drink both pre- and post ride to avoid dehydration. While a 1 hour easy ride on a cool day probably doesn't require anything more than water, if you ride hard for over an hour in intense heat, your body will need to replace electrolytes and carbohydrates, so be sure you are doing that in addition to drinking plenty of fluids whether you get them in liquid, gel, solid or capsule form.

Another point to keep in mind is that if you're not used to riding in the high heat and you feel like you just have to, for whatever reason, ride on a particularly hot day, you should plan on a shorter and less intense ride than usual. It can take 2 - 3 weeks of riding in the heat for your body to acclimate to it. Some of the well conditioned cyclists you see out there hammering have usually been riding consistently in this weather and their bodies are used to it.

Tight fitting, light colored, man made fabrics designed to wick moisture away from the skin are typically the best choices for hot weather riding apparel. Some experienced cyclists swear by a long sleeve base layer under their jersey for moisture control and sun protection. (cont. next page)

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## Who's Who In Reston Bike Club

### Chairman:

Dan Scrafford, (703) 955-1676  
[Scrafford@aol.com](mailto:Scrafford@aol.com)

### Vice Chairman:

John Hamilton (703) 904-9381  
[Jhamilton11@cox.net](mailto:Jhamilton11@cox.net)

### Secretary:

Barb Lytle, (703) 362-8286  
[vballbarb@yahoo.com](mailto:vballbarb@yahoo.com)

### Treasurer:

Ken Thompson, (703) 476-4106  
[e2Ken@verizon.net](mailto:e2Ken@verizon.net)

### Members at-large:

Randy Karn (703) 402-0227  
[RandyKarn@cox.net](mailto:RandyKarn@cox.net)

Jeff Major, (703) 623-9650  
[Jeffrey.Major@cox.net](mailto:Jeffrey.Major@cox.net)

Trisha Wells, (703)-973-2119  
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Ed Robichaud, (703) 860-0108  
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### 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 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

Odiorne Beebe, Helene Burden, Jack Mount, Matthew Canada, Sid Dhingra, Karthika Siva, Don Frederick, Ken Hermann, Dan Jackson, Kevin Jones., Peggy Jones, Lee Khuong, Michael Lerner, Craig McVeay, Lona McVeay, Barbara Miller, Darryl Moody, Ivan Morales, Michael Mothes, Kim Muhlenberg, Frank Newman, Ronald Rivera, Marissa Rivero, Dominique Sarfarti, Lawrence Shorten, Jeff Stiles, Cindy Talley, David Talley, Clay Webb, Pamela Williams

### Returning

Nick Betley, Erin Betley, Craig Bryan, Kathleen Bunch, Katy Curran, Daran Doran, Ken Eckert, Jeff Fleming, Andy Fleming, David Fogg, Steven Fox, John Franklin, Catherine Freck, Jennifer Gibbons, Dennis Greene, Lynne Greene, Manfred Hacker, Maria Dietl-Hacker, Brian Hajost, Cindy Hajost, Anne Hajost, Charles Harper, Julie Harper, Randy Karn, Patricia Karn, Scott Kight, Kenya Smith, Jim Knoke, Scott LaFever, Maureen Lopina, Jason Miller, Julie Miller, Jake Nahorniak, Dawn Neri, Michael Reyes, Ed Robichaud, JL Kerchner, Richard Rowe, Jayie Rowe, Todd Schryer, Daniel Scrafford, Melinda Scrafford, Richard Seward, Daniel Slaski, Allie Carroll, Drew Smith, Drew Soltis, Jill Spaeth, Mark Webber, Richard Weisman, Jeff Weisman, Jill Weisman, Samanth Weisman, Jill Weisman, Christopher Wiedmaier, Bill Wingate

## Be Cool (from Previous page)

A wise choice, if possible, is to time your ride really early in the morning, before the sun starts to scorch everything in sight and the pavement begins to sizzle. This not only allows you to avoid the most intense heat of the day, it also lets you get out there before the bad air develops on those Code Orange and Code Red air quality days. By the way, is it my imagination or has there been less media attention given to the poor air quality alerts this Summer?

Maybe the weather has been stealing all the attention. We've had record heat, week long power outages and many people's vocabularies have been expanded to include the word Derecho (hopefully in a historical context going forward) all because of the weather.

Which reminds me, since RBC didn't have any picture worthy events this past month, I decided to post a picture of a car I came across in Arlington that was crushed by a tree in last week's storm. It made me feel lucky that my biggest problem from the recent storm was merely being without power for a couple days.

May your refrigerators be running and well stocked with Gatorade. Stay cool!!

**Jeff**



**RIDE SCHEDULE—JULY**

**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](http://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, July 10, 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, July 12, 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, July 17, 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, July 19, 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, July 24, 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, July 26, 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, July 31, 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.

## 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.

BOX LUNCHES provided on 65 & 100 mile routes.

Support vehicles will monitor the route throughout the day and provide assistance as necessary.

Difficulty: 33 miles - Easy; 65 & 100 miles - Moderate

Registration: (by 9/7 receive a t-shirt) Online [www.CulpeperCyclingCentury.com](http://www.CulpeperCyclingCentury.com)

33 mile \$35

65 mile ( box lunch) \$45

100 mile ( box lunch) \$45

After 9/7 add \$10 to fee

Hosting Organization:

Culpeper Co. Parks & Recreation

155 W Davis Street Suite 100

Culpeper VA 22701

Phone: 540-727-3412 ext 5

E-mail: [Parks@culpepercounty.gov](mailto:Parks@culpepercounty.gov)

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The Bike Lane  
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Burke, VA 22015  
(703) 440-8701

The Bike Lane Reston Town Center  
11943 Democracy Drive  
Reston, VA 20190  
(703) 689-2671

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Mon—Fri 10-8 pm Sat 10-6 pm Sun 12-5 pm

# PELOTONIA

AUGUST 10-12, 2012

**WE WILL  
RIDE  
FOR  
ONE GOAL**



Fellow RBC members! For the last two summers I've participated in a 180 mile bicycle tour from Columbus to Gambier, Ohio (and back) called Pelotonia. It's a grass roots bicycle tour where a community of riders and volunteers work towards a common goal: end cancer. Each rider focuses his or her summer on training and fundraising where every cent of every dollar raised goes directly to fund cancer research at Ohio State's Comprehensive Cancer Center – James Cancer Hospital and Solove Research Institute.

I decided to ride Pelotonia last year to celebrate the life and memory of a dear family friend, Phil Krause. Phil was a selfless light. He brought laughter, love and hope to everyone around him. He was also the mentor and career coach who helped me start my own business.

Phil taught me many things, but the one thing that he always reminded me to do was to ENJOY every single moment of my life. He told me to revel in it and marvel at it. He always told me to use all of my talents to make each day better than the last one.

Last year's ride was the fruition of everything Phil taught me about enjoying life, and I can't imagine not riding again this year and I'd love the support of my RBC friends! Many of you have mentioned that you'd like to contribute to my ride so here is a link to my donation page: <http://tinyurl.com/onegoalendcancer>

By the way: I hand write thank you notes to each person who contributes to my ride. ☺ Thank you! *Jill Spaeth*

**RIDE THE WILD  
GOOSE CHASE.**  
SATURDAY, OCT. 13 - SUNDAY, OCT. 14



**GORE  
BIKE WEAR TERRY**

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 28th. 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

Place  
Stamp  
Here

PO Box 3389  
Reston, VA 20195

### Join the Reston Bicycle Club now!

complete and return the membership form below  
or  
visit [RestonBikeClub.org](http://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](http://RestonBikeClub.org)