

The Wheel

June 2012
Volume 27; Issue 35

The Newsletter of Reston Bicycle Club

CHAIRMAN'S MESSAGE

By Dan Scrafford

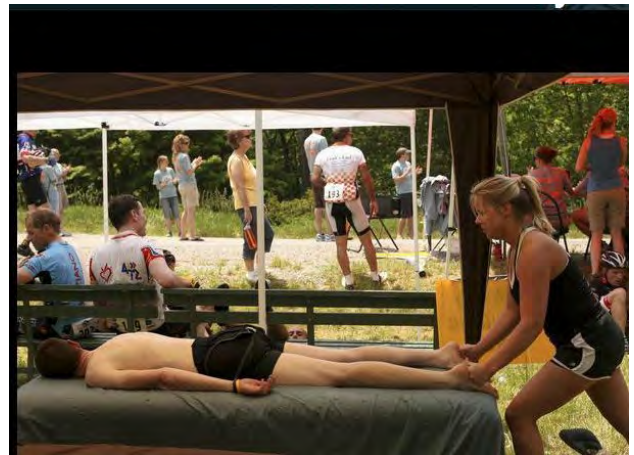
Well, the Spring Classics are over for the pro cycling tour and also for the Reston Bike Club. Over twenty RBC members participated in 2 of the most difficult Spring Centuries in the United States: The "New York Gran Fondo" and "Mountains of Misery". On May 20th, I had the pleasure of participating in the "New York Gran Fondo" along with the following members: Bob Rodriguez, Chris Ciccone, Chris Burgess, James Wright, Dave Chapman, Bobby Anderson, John Hamilton, Randy Karn, Rick Rowe, and Desi Sedgwick. The following weekend, on May 27th, Alisdair Craig, Shaun Solhjou, Kerry (Kuddlez) Moore, Pedro Silva, Mike Dutchak, John Schiavo, Dave Saunders, Mike Hutton, and Scott Germas rode "Mountains of Misery". The "New York Gran Fondo" is 110 miles with 8,500 feet of climbing including 4 timed climbs. "Mountains of Misery" is a 104 mile timed event with 10,000 feet of climbing. The last 4 miles average a 12% grade, which is even more brutal considering that it essentially comes at the end of a hilly century. Another extremely challenging event completed by a number of RBC members in past years is the "Assault on Mt. Mitchell". I want to commend Charlie Bobbish, who completed it this year on May 21st.

Anyone who finishes one of these events should feel a sense of accomplishment...a feeling that they have done something truly outstanding as a result of focus, discipline and sacrifice. As outstanding as each of these members is, I want to call particular attention to 3 cyclists for this edition: Rick Rowe, Desi Sedgwick, and Alisdair Craig.

Rick and Desi rode a tandem for the "New York Gran Fondo". The course is constantly rolling with several steep climbs and a 4-mile climb to the top of Bear Mountain. Many people ride a tandem during flat centuries, but few people attempt to climb mountains on a tandem. Rick and Desi practiced for several months. They climbed Mt. Weather on a tandem several times and did a few half centuries on Skyline Drive. Only 1 other tandem team attempted the Gran Fondo and both of the riders were men. Rick and Desi never walked up a hill, nor did they rest except at rest stops. The course includes 4 timed climbs. 3 of the 4 climbs had sections of 19% where you could see over 1/3 of the riders walking their bikes. It was an incredible feat of strength, endurance and coordination for Rick and Desi to complete the 110 miles. The next week, Rick went in for minor surgery that he had been delaying so that he could complete this important cycling goal.

Alisdair finished eleventh in "Mountains of Misery" last year. And since Craig Clark finished in the top 5 several years ago, I thought, "this is probably as good as it's going to get as far as RBC representation goes". Well, Alisdair took it to the next level this year.

He changed his diet, rode religiously throughout the winter and included several training rides with 6,000+ feet of climbing. As the year progressed, it was clear to those of us riding with him, how easily he seemed to ride up mountains while everyone else suffered. The difference in his



A lean Alisdair Craig has no trouble relaxing here after his Mountains of Misery effort.

fitness in a year's time was astonishing. Alisdair was in the lead group as it approached the last climb: the brutal 4-mile climb to Mountain Lake. The now small group of elite cyclists competed against each other, reaching for everything they had left, struggling as much mentally as physically in an effort to be the best of the best. Alisdair ended up 2nd overall, besting his impressive time from last year by 25 minutes. An amazing ride!

Please be sure to Congratulate Alisdair, Rick and Desi when you see them on their incredible efforts.

I'm proud that our club jersey continues to be seen in several centuries. As I am writing this, the Tour De Cure for Diabetes has several RBC members participating. It's rewarding to me to see so many members having fun and challenging themselves on their bikes. Keep it up and as always...

Ride Safely,

Dan

In this Edition:

- Chairman's Message.....*Spring Classics*
- RBC Directors*Roster/Contact Information*
- Membership Info *New and Returning members*
- Ride Schedule*June*
- Pictures.....*Rides, Bike to Work Day*
- Membership Application Form

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

Carlos Altan, Dan Boughton, Shonna Brais, Nicholas Burgoyne, Don Chernoff, Peter Cuppernull, Cathy Flippin, John Flippin, Terry Gallagher, Bruce Geyman, Zoe Getman, Paula Golladay, Marc Grenberg, Richard Igercich, Bradley Igercich, Mario Loveranes, Martin Luedtke, Craig McVeay, Lona McVeay, Alex Mondale, James Mortson, Justin Osborne, Karen Palino, John Palino, Sid Rappe, Tim Rose, Ruth Sievers, Ferda Taylor, Pamela Williams

Returning

Michael (Femi) Adeniji, Hyder Ali, Vernalisa Ali, Kevin Azmoudeh, Anthony Brooks, John Brugel, Barbara Brugel, Andrew Condit, Andrea Condit. Joseph Curran, Virginia Curran, Michael Dutchak, Joseph Evans, Jaime Fernandez, Jeff Fleming, Andy Fleming, Michael Fleri, Christine Fuentes, Dave Fuentes, Robert Fuhrer, Carrie Fuhrer, Fausto Garcia, Don Graling, Vernon Hall, Jimmy Hasegawa, Gregg Hyde, Amy Krupka, Douglas Landau, Melissa Landau, Janis Linkov, Johnson, Joe McDonald, Mary McDonald, Ganaa Miyesuren, Romano Ninassi, Tony Nyberg, Denise Brein, John Osborn, Scott (Charles) Rothrock, Ed Shanahan, Margaret Shapiro, Brendan Shapiro, B J & Marilyn Silvey, Dan Underwood, Liana Edmiston, Pete Whitman, Ryan Wilt, Karl Wilt, John Yendt



In one of the more touching scenes after this year's Mountains of Misery ride, John Schiavo tries to console Kerry (Kuddlez) Moore, who didn't complete the race because of equipment problems.

Photo by A. Craig

RIDE SCHEDULE—JUNE

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, June 5, 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: **Tuesday, June 19, 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, June 7, 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: **Thursday, June 21, 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, June 12, 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: **Tuesday, June 26, 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, June 14, 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: **Thursday, June 28, 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

RBC needs ride leaders

for the

Wednesday Night Social Rides

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

RBC and South Lakes HS Team Up Again

Jersey Design has Special Meaning for Club's 30th Anniversary

By Barb Lytle

Part of being an organized non-profit group means having the opportunity to give back to the community. The Reston Bike Club, in its ongoing effort to do just that, has, over the past five years, had the pleasure to work with the South Lakes High School Fine Arts Department. Each year, the RBC brings a jersey design contest to the school and with the help of Fine Arts teacher Amy Saylor, art students get a chance to implement their newly-acquired skills by submitting their designs to the club.

On June 1st, the RBC proudly awarded top prizes to six South Lakes High School students for their artful efforts in the design of the club's 30th anniversary cycling jersey. Dan Scrafford, Ed Robichaud, Ken Thompson, and Barb Lytle met with Ms. Saylor, Principal Bruce Butler, Director of Student Services Devina Johnson, and the prize winners including Tyler Hutchins (1st), Nick Beaulac (2nd), Kaitlyn Hudenburg (3rd) and honorable mentions Hadir Abdalla, Kristian Gendron, and Max Hajar. The RBC is delighted to be able to contribute to these students' honing of their talents.



Student Tyler Hutchins holds up the product of his winning design in front of the RBC jersey showcase at South Lakes HS.

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

RBC Works Reston “Pit Stop” on Bike To Work Day

As in the past several years, RBC had a presence at the Reston Town Center Bike To Work Day “Pit Stop” on Friday, May 18th. Several Board members volunteered from about 5:30AM until 9:30AM. On hand were Dan Scrafford, Barb Lytle and Jeff Major and, of course, the two volunteers who seem to log countless hours, Ken Thompson and Ed Robichaud. We signed up members, gave people information about the club and sold quite a few “designer” Century T-Shirts at ridiculously low prices and even a few jerseys. Everyone seemed in good spirits, despite the audio system malfunctioning. It helped that it was a cool, pleasant morning with lots of free food and coffee to keep bike commuters (and volunteers) well fueled.



RBC Monthly Meetings

On the first Wednesday of every month the RBC conducts its monthly meeting, typically held at the Reston Public Library. Although these meetings are attended by club leaders, all club members are invited. If you would like to have greater input into how the club is run, if you want to find out what being a board member is all about, or if you just want to contribute your ideas and tell us what we could do better, please join us. Just call any board member (listed on page 2) for directions to the meeting.

We hope you'll join us!

THEY'RE HERE!!

The
30th Anniversary Edition

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

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The Wheel

The Newsletter of Reston Bicycle Club

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PO Box 3389
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