

# The Whool

May 2012  
Volume 27; Issue 34

## The Newsletter of Reston Bicycle Club

### CHAIRMAN'S MESSAGE

By Dan Scrafford

As we celebrate the Reston Bike Club's thirtieth year, I will continue to highlight Club members each month. This month I want to recognize Brent DeRobertis. If you "Google" Brent, you will find out that he is a senior real estate agent in Reston, VA and President of the Dulles Chapter of AARP. I knew none of this about Brent because I know him only from cycling. He is a 62-year-old cyclist who never seems to tire. As some of us in the Club have bikes that are worth more than our cars, Brent has never spent more than \$1,200.00 on a bike frame. He rides a standard crankcase and non-carbon wheels. Very few people can drop Brent on climbs and my view of him is always from the back. He knows the route for virtually any ride you can think of in the metropolitan area and when he leads a ride, he sees to it that everyone is well taken care of.

Brent initially became a member of the Club in 1987 when he did his first Reston Century and he did many more Centuries



after that. Prior to joining the cycling community, Brent was a runner who would see cyclists on the trail. It was that exposure to cyclists zipping past him that

captured his interest in the sport. He bought himself an \$89.00 Columbia bike and has never looked back. In the early 90's, Reston would hold a monthly 10-mile time trial for members to let them track their progress. Brent won several of these time trials averaging over 22 MPH. Today, Brent averages over 20 MPH for his long distance rides. Last year, Brent set a personal best for miles ridden in a year (yes, they were all outdoors). He dedicated himself to get into shape and he participated in the Savage Century Garret County Gran Fondo. It is one of the toughest Centuries east of the Mississippi. I encourage you to introduce yourself to Brent on a weekend ride. I guarantee his always helpful personality will leave you with either a better understanding of cycling, a greater knowledge of the route, or, at the very least, he'll have an entertaining story to tell you about one of his past rides over the same roads. Brent is a reflection of what we want the RBC to be and he's one of those members who positively impacts the experiences of other Club members. Thanks for making us look good Brent!

Ride safely,

Dan

### Memorable Rides

#### Skyline

By Rent DeRobertis

I went to skyline today (April 15<sup>th</sup>) by myself and let me tell you it was every bit as incredible as I expected. Departing Sperryville (elevation 700ft) at 8:30 and 60 degrees made it perfect for starting out looking forward to 12 miles of climbing. Since I was already gaining altitude by the time I got to Big Meadows at mile 27 (elevation 3,600ft) with 4,900 ft of climbing registered, it was 62 degrees. I went another 6.5 miles to Lewis Mountain where I got some Starbucks coffee, picked up some fig bars and hit the indoor bathroom. I had a chat with the proprietor (about my age) who started relating to me all about his bicycling exploits and some amazing "facts". Let me just say that, like fishermen, mountain folks have been known to spin a yarn or two. He let me know that one time a cyclist crashed going through the tunnel on Skyline Drive at 60 miles per hour when he hit a ridge.

While I did not question the crash, I did question the cyclist's ability to attain a speed of 60 mph

(cont. next page)

*Brent's jacket full of patches from past rides*



### In this Edition:

Chairman's Message.....	<i>Brent DeRobertis</i>
Local Cyclist Dies from Crash.....	<i>Steve Lafferty</i>
Group Riding Safety.....	<i>7 Habits</i>
RBC Directors .....	<i>Roster/Contact Information</i>
Membership Info .....	<i>New and Returning members</i>
Ride Schedule .....	<i>May</i>
Membership Application Form	

## 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  
[Patrishia.Wells@gmail.com](mailto:Patrishia.Wells@gmail.com)

Ed Robichaud, (703) 860-0108  
[edrobichaud@wdn.com](mailto:edrobichaud@wdn.com)

### Newsletter:

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

### Database:

Ed Robichaud, (703) 860-0108  
[edrobichaud@wdn.com](mailto:edrobichaud@wdn.com)

### 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

Rick Barbera, Arlene Benitez, Benjamin Blanton, Carolyn Bouldin, Jeremy Brooks, Jonathan Browning, John Cali, Luis Carabantes, Carol Carter, Joe Coffey, Ken DelRaso, Charles DePasquale, Gretchen Depasquale, Patrick Gordon, Chris Harris, Rani Hart, Doug Harts, Brian Johnson, Frank Krajerovic, Frank Lackman, Tom LeBerre, Ian Little, Michael McCarley, Michelle McKenna, Scott Lake, Robert Mead, Tom Merce, Matt Mercer, James Metzger, Kerri Mulvey, Kim Phillips, Lee Phillips, Luke Pingel, Clifton Poole, Jonathan Ross, Steven Russell, Pierce Schmerge, Mary Schmerge, Brian Schmidt, Kevin Smith, Eugene Smith, Laura Smith, Vanessa Smith, Imogene Smith, Douglas Smith, Gemma Smith, Kim Torgerson, David Watts, Michael Williams, Arthur Williams, Kevin Wright

### Returning

Gwenn Afton, The Aldrich Family, Vincent Amodeo, Renee Amodeo, Scott Baldwin, John Braynard, Scott Burgan, Christopher Burgess, Dawn Sherwood, Gary Carle, Jeanmarie Carle, Matt Carroll, Ernie Castro, David Chapman, Deborah Chapman, Terry Anne Chapman, Jorge Costa, Stephen (william) Coyne, David Dang, Brian Daum, Rosemary Daum, Ed DiMonda, Alex Findlay, Bill Ford, Larry Fox, Nelson (joseph) Gault, Bruce Gilley, Steven Giorgis, Lyndon Goodwin, Mona Gravel, Stephan Greene, Brian Grzelak, Todd Hipp, Sabine Hutto, Michael Hutton, David Jennings, Andrew Jones, Jessica Fry-Jones, John Kamenick, Stephen Kaplan, Kurt Kerin, David Kisiday, William Kuper, Khang Le, James Lees, Dana Lees, C J Lees, Frank Lenski, Gopichand Mandava, Roger Masse, Craig Mayhew, Richard Mazelsky, Cheryl McMurray, Nathan Miller, Anne Miranowski, Linda Moeser, Rose Moeser, Chuck Moeser, Sherry Moeser, Joshua Mordin, Daniel O'Connell, Ally O'Connell, Vincent Quinn, Zacharias Quinn, Jason Ray, John Schiavo, Monica Shiamo, Anthony Shiamo, Woody Silfies Jr, Steve Slovikosky, Kelly Smith, Maggie Smith, Jack Stanczak, Tim Strobeck, Tammy Strobeck, Jeff Strobeck, Alison Tedd, Denise Teeling, Simon Thrush, Jose Torres, Abigail Torres, Peter Van Dyke, Diane Van Dyke, Bill Van Dyke, Phillip Villegas, John Von Holle, Mason Washington, Bradley Wedemeyer, Kristin Wedemeyer, Willson York

### Skyline (from previous page)

going through that tunnel. The proprietor informed me it was "absolutely possible" because he "had exceeded 60 mph" himself on his bicycle. Not wanting to challenge the tunnel speed claim yet keep politely the conversation going, I asked him where he had managed to attain his 60+ speed on his bike. I thought for sure it would have been on some steep descent. But no, he said he "did it on the flat Colonial Parkway between Williamsburg and Yorktown." Having ridden that road myself and knowing it is a moderately rough cobblestone surface I am in total awe. Makes the scene in the movie "Breaking Away" where the protagonist attains 60mph drafting a truck seem like child's play. I should have gotten his autograph.

Anyway, I was at 13.3 average speed turning around mile 33.5. Feeling pretty good, really enjoying the beautiful weather and scenery. I continued until I got to what I consider the top of the initial climb coming from the other direction (12 miles from the start) and had 7,100 feet of climbing registered in the 55 miles. I did this because I suspected that there would be zero additional climbing feet because I swear all the way from Sperryville to the summit near the Pinnacles is all up. The 12 mile descent was incredible. The temperature had reached 68 on the Skyline Drive and was 77 when I got back to Sperryville at 1:03PM. Guess what? I was right. I still had 7100 climbing feet. Ride stats, 67 miles, 15.5 average speed, 4:12 riding time, 2600 calories burned, 2:18 in my training zone, and only 10 minutes above (158 bpm). Packed the bike up, got some cheap gas in Warrenton and was home by 2:45. Few riding days are ever this close to perfect.

**RIDE SCHEDULE—MAY**

**NOTE:** Due to club insurance policies all participants on RBC rides must be current club members. Non-members may 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 may 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, May 1, 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, May 3, 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, May 8, 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, May 10, 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, May 15, 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, May 17, 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, May 22, 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, May 24, 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, May 29, 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, May 31, 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.

## Workout of the Month

7 Habits for Highly Effective Group Riding

By Jeff Major

OK, it's not a workout, per se: although, most members who participate in RBC rides would probably say they just had a good workout after one of our group rides. But in order for everyone to have that feeling and want to come back, they need to feel comfortable and confident that their rolling workouts, where they are packed in with other cyclists on roads shared with cars and, occasionally on trails shared with everything else under the sun, are safe. We've had articles on this subject in the past, but since our membership and the make-up of our groups are dynamic, and, let's face it, we do tend to forget, it's not a bad idea to reinforce some important rules for making our group rides as safe as possible. Here are 7 habits for highly effective group riding.

**Be Predictable**—Sounds pretty simple but it's oh so important. From changing positions in the group to following the traffic rules. Yeah, being smooth makes you look good, but if you're unpredictable you are a hazard to yourself and everyone else in the group. Have you ever been on a ride where the group stops at an intersection and people scatter all over the lane? It can be confusing to drivers as they approach the intersection where cyclists are going in all different directions or worse, blowing through stop signs or lights. In order to be predictable on the road you have to be riding within the rules of the road, like a vehicle. Groups should be staying in the correct lane and stopping and starting together as traffic allows.

**Don't Overlap Wheels**—It's probably the single most avoidable type of crash and probably the most common in a group ride. It's easy to do; all it takes is to not pay attention for a few seconds. The rider in front moves a little to the side and his rear wheel catches your front wheel and that's it. You go down and who knows how many others go down with you. Busted gear and maybe a few collarbones...and sometimes worse.

**Be Steady**—With regard to both your speed and your lateral movement or "line". If you've ever heard people yelling "hold your line!!" as a group was rounding a corner, that's what they were referring to. It's great when you get behind someone who is a steady rider. Like a good strong puller who accelerates gradually so as not to encourage a constant accordion effect in the group. This kind of rider will usually take the lead and although strong enough to drop half the group, won't but rather, will take a long pull and make sure everyone stays connected. That's when you feel like cycling is fun and you're having a good ride. And, if **you** are feeling particularly strong, **you** can do the same. What messes it up for everyone is the guy who goes up front and tries to impress by breaking away. Best strategy for a breakaway? Let 'em go. That doesn't mean you can't do a sprint for the line on a Saturday ride, but really, on a Tuesday or Thursday night, how many streets are we on where there is room? Our groups are just too big to encourage competitive riding. Finally, when there are riders behind you, use your brakes gently. Lightly squeeze the front brake and keep pedaling. It gives you the ability to maintain your forward drive while backing off your speed ever so slightly.

# Ride Globally, Shop Locally



thebikelane

## 20% Off Any One Accessory Item

Coupon must be present at time of purchase.  
One per customer. Coupon can not be combined with other in store discounts or coupons. Coupon may not be combined with club or team discount.

The Bike Lane  
9544 Old Keene Mill Road  
Burke, VA 22015  
(703) 440-8701

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

Road, Triathlon, Mountain, Fitness, and Kids Bikes.  
Gear, Clothing, and More.  
Full Service Tech Center and Professional Fittings  
[thebikelane.com](http://thebikelane.com)

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

**Announce Hazards**—As soon as you move into the lead rider position, you take on the responsibility for the safety of everyone behind you. You won't make many friends if you fail to warn the riders behind you of potholes, gravel or other unsafe traffic situations. You should point as well as be verbal when approaching intersections, slowing, stopping, or turning and all actions should be smooth and deliberate. Sudden, unannounced actions cause panic and crashes. If you're at or near the back, announce oncoming traffic from the rear. Others should relay the info toward the front ("i.e. "Car Back!").

**Signal Your Intentions**—It helps make you predictable. If you can, make eye contact with oncoming traffic at intersections. Also, use your right arm straight out to signal a right turn, not your left arm with a 90degree bend. Use an audible verbal warning as well. Often, riders are just following along and don't know the whole route. If one rider accidentally goes straight and another correctly turns right, riders behind who don't know the route will be confused about which way to go. If the riders in front don't clearly signal their intentions in a way that is universally understood, there will likely be a crash.

**Don't Leave Stragglers**—It's called a "group" ride for a reason. If you get separated at intersections, as a matter of courtesy, the lead group should soft pedal until the rest have rejoined. If you're caught by the light, don't run the red to catch the others. That's not only dangerous, it makes us look like Kamikazes to observing drivers. We don't need that image. The group should wait at designated points along the route to regroup, especially at turn points and for newbies who may not know the route.

**Know Your Limitations**—If you're not strong enough to take a turn at the front (we all have bad days), stay near the back and let the stronger cyclists pull. Don't work so hard during your turn at the front that you lack the energy to get back on at the rear. Also, don't ride in a group whose average speed is much faster than yours. If in doubt, go with the next group down. If you find it's easier than you expected, then go with the faster group next time. If you're spent for most of the ride, your bike handling will be sloppy and you'll be more likely to do something that will endanger the group.

Finally, while you need to be alert and careful, a group ride should also be fun. If everyone makes these 7 habits a regular part of RBC culture, the rides will be safer for all the participants as well as for the people of the communities we ride through. That, in the bigger picture, helps make cycling a little

less stressful because, perhaps a few more drivers might respect our right to the road, which enables us to relax a little more on the bike, which allows us to better enjoy the camaraderie of a group ride.

All the best,

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. We recommend that you consult with 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.*

### Local Cyclist Dies from Crash Injuries

Steve Lafferty, a long-time local cyclist, passed away recently as a result of injuries suffered during a crash on a Thursday night RBC ride. His death leaves the community saddened. I did not know Steve, but from the letters I received, he was known as a man who loved life, his family, and cycling. We should all take time to reflect on Steve's life as well as on how we as a community can help his family deal with this tragic event. We have posted some details on how you can help on our [website](#).

Our sincere condolences go out to Steve's family.

Dan Scrafford

### 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**

## RBC Jerseys

Available in 2 styles

**Faster (White) and Slimmer (Red)**

ORDER YOURS TODAY

GO TO [WWW.RESTONBIKECLUB.COM](http://WWW.RESTONBIKECLUB.COM) OR BRING A CHECK TO ONE OF OUR CLUB-SPONSORED RIDES!

CONTACT BARB LYTLE AT [VBALLBARB@YAHOO.COM](mailto:VBALLBARB@YAHOO.COM) WITH QUESTIONS



Available in XS, S, M, L, XL, XXL

Club Cut \$50

Race Cut \$90

Check the website for a printable order form



**PedalShop**  
.com

**BICYCLE SALES • SERVICE • EVENTS**

**Bicycles & Equipment For The Whole Family!**  
 Competitive Prices With Home Town Service  
 ♦ Since 1980 ♦  
 Whether you are buying your first bicycle for you or your kids,  
 or looking for your professional supplies,  
 you can expect the best service from our knowledgeable sales staff.  
 We stock equipment for every rider's level & needs!  
 A family run business, CELEBRATING 25 YEARS OF AREA SERVICE,  
 our focus is as always on Quality & Service.

**TWO LOCATIONS OPEN SEVEN DAYS A WEEK**  
 Mon-Sat: 10am - 9pm    Sun: 12 - 6pm

**HERNDON**  
 Clock Tower Shopping Center  
 2451-B Centreville Road  
 Herndon, VA 20171

**MANASSAS**  
 Next to Best Buy Store  
 7705 Sudley Road  
 Manassas, VA 20109

703-793-0400

703-361-6101



**Great Harvest Bread Co.**

**WHOLE GRAINS: The Power of Three!**  
 according to the new USDA dietary guidelines you should eat  
**3 SERVINGS** of whole-grains every day.

<p><b>SERVING #1</b>                  A slice of                  Orange Cranberry                  W&amp;OD Mile #20                  (Herndon)</p>	<p><b>SERVING #2</b>                  A slice of                  Nine Grain                  W&amp;OD Mile #11.5                  (Vienna)</p>	<p><b>SERVING #3</b>                  A slice of                  Raisin Cinnamon Chip                  W&amp;OD Mile #20 (Herndon)</p>
--	---	---



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

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

**A-1 Cycling**

**SPECIALIZED** **HALLIWELL**

[www.A1Cycling.com](http://www.A1Cycling.com)

www.RestonBikeClub.org

# 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)