

# The Wheel

October 2012  
Volume 27; Issue 38

## The Newsletter of Reston Bicycle Club

### CHAIRMAN'S MESSAGE

By Dan Scrafford

We have come to the end of another cycling season for Reston Bike Club. Our 30<sup>th</sup> Anniversary has had its share of triumphs and struggles.

Without the struggles, the triumphs do not taste so sweet. So, I want to first congratulate the Club on an excellent Century.



*Dawn Sherwood heads into another of many downpours in this year's Century.*

The rain, the thunder and the lightening were relentless, yet the riders persevered. It was amazing to be a part of the volunteer crew and hear all of the riders who thought of the weather as a challenge rather than an impediment. I can't thank our three sponsors, Nissan, ASR, and Booze-Allen Hamilton, enough for their support. It's inspiring to see groups of their team jerseys at various points along the course. We've included a picture of Team ASR. Great to see them introducing young cyclists to our sport.

Additionally I want to express my gratitude to all of the volunteers of the Century for their many efforts, but most of all let me shout a big "THANK YOU!" to the 1,100+ riders who participated in the ride through some of the toughest conditions we have experienced in 30 years of hosting this event.

Sadly, this time of year marks the end of the Tuesday/Thursday rides for the season. We were reminded during this year's season that cycling can be a dangerous sport when we lost Steve Lafferty. I hope you will remember him and keep his family in your thoughts and prayers.

We had a record number of riders this season and the club continues to work on making these rides safer.

I want to thank Ken Thompson for all he gives to the club. In my twelve years as a member of RBC, I do not remember a year that Ken wasn't an integral part of making the Club run successfully. The 2013 Tuesday/Thursday rides will start again in the Spring.

Finally, I have been Club Chairperson for the last two years. It has been a pleasure serving the members, but I am ready to step down from the Chair position. Please [contact me](mailto:Scrafford@aol.com) at [Scrafford@aol.com](mailto:Scrafford@aol.com) if you are interested in serving on the Board. It is a rewarding job that allows you to be able to see Cycling from a different view point. The election for board members will be held at our Annual Meeting on Sunday November 11th at 6:00PM at Art Space in Herndon (same location as last year's meeting). There will be several awards given to members during the meeting: some serious and some "Foolish". It'll be a good time, so plan to be there. In the meantime....

Ride Safely,

Dan

*Team ASR and their group of young riders*



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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

Andre Blazich, Tarik Essawi, Jennifer Holycross, McDevitt, Steven Bosank, Joseph Pamula, Louis Pugliese, Barbara Pugliese, Tom Ransom, Matthew Trimboli

### Returning

Pete Dauphinais, Kevin Gollogly, Eduardo Ponce, Thomas Raezer, Ingrid Czintos, David Saunders, Lori Saunders, Carl Saunders, Marly Saunders, Tom Weatherly

## THE YEAR OF THE RABBIT

### Tips for Riding in the Dark

By Jeff Major

As many RBC members will recall, a year ago, almost to the day, on a weekend ride, two well-known club members Steve S. and Alisdair C. were taken out by a squirrel. The squirrel had attempted to cross the path of the unsuspecting cyclists at a really bad time and wound up in Steve's front wheel. I believe I have the facts accurate when I say that the squirrel took a spin around the wheel and hit Steve's fork causing the fork and most of the wheel to break such that Steve was propelled over the bars and on to the pavement. It happened so fast that even the quick-witted Scotsman riding in Steve's slipstream didn't have time to utter his typical smug remark (though he had plenty to say later) before he too went down. The two ended up in the ER--and in Alisdair's case, the OR--with some painful injuries. Rumor has it the squirrel is still bragging about it.

"But wait a minute" I can hear those who were on that ride saying, "The Super Squirrel Ride was a daytime ride". I know. Bear with me, please.

With the number of daylight hours growing shorter, for those who plan to continue riding outdoors, the number good visibility hours obviously diminishes. In fact, even in mid-day, the sun is at a lower angle in the sky and that casts longer shadows from trees and structures. The end result is that more of the daytime is similar to the conditions at dawn and dusk, commonly referred to as "flat lighting conditions".

**Tip: you're wearing more clothing anyway this time of year; why not make sure it's highly reflective.**

Have you ever noticed how hard it is to see cars that don't use their headlights at these times? It should be common sense that wherever you ride, you should make yourself highly visible. Anyone who commutes regularly certainly knows this.

(Cont. Page 3)

**RIDE SCHEDULE—OCTOBER**

**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 **9:30**. 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.

(Rabbit from Page 2)

**Tip: Ride with a bright red tail light that has 2 or more different blinking patterns.**

What many busy cyclists do to fit outdoor rides in to their busy schedules during these times of short daylight is to ride when it's dark. Riding in the dark can actually be exhilarating. It's a very different experience, whether you're with a group or on your own. Riding in the dark can make it seem as though you're going faster than you are, which is good for the ego (as long as you don't look at your speedometer). If you ride on the W&OD or some other trail, you can feel isolated from the busy world. I would describe it as a bit like camping. And the W&OD in some places, is actually quite remote. In others, it may feel that way, even if on the other side of the bushes there may be a big subdivision. Either way, it can be a great feeling, especially if you're prepared. If you're not prepared and something happens, like a flat tire for example, and you're on your own, it may be a while (and it may be cold), before you see someone else who has the equipment to help you. Night time riding has some inherent risks.

**Tip: If you ride at night, try to ride with a buddy or in a group. If you ride solo, carry extra gear and be prepared for a breakdown.**

It's been 15 years since I rode at night and I was reintroduced to the experience on the first Thursday of this month while riding with a few friends on the W&OD trail. When I first began cycling, I enthusiastically rode in the dark at 5:00AM 3 days /week. I rode a mountain bike then and I remember even the snow didn't discourage me. The one thing that always had me on edge though was the risk of rabbits shooting out from the brush. I must have seen 3 or 4 every morning and it seemed as though they were biologically engineered to aim for my front wheel. Amazingly, I never hit one and never went down trying to avoid them. But the rabbit hazard has always been a fear of mine.

**Tip: Be alert for the unexpected.**

It was with that fear in the back of my mind that I started out riding with about a dozen other riders last Thursday, including RBC Board members Randy Karn and John Hamilton, who promised to take it easy on me knowing I had logged very few miles this past year and that it was my first night time ride in many years.

The weather was perfect. We were enjoying a nice ride out west and while most of the group did the usual hilly loop into “the neighborhood” in Leesburg, Randy, John and I did the civilized out and back to the “dog pound” (Lawson Rd) in Leesburg. The sun set quickly and we were heading back east through Ashburn with our lights on.

**Tip: Always ride at night with a strong white light in front. You want to be seen as well as be able to illuminate the road or trail in front of you.**

John was in front and Randy and I were about 10 bike lengths back riding 2 abreast just talking. I have to admit, once it got dark, I can't honestly recall what Randy was talking about because I only had one thing on my mind. And let me say here that as 15 years pass, add a few surgeries, an aging body, some lost muscle mass, a general feeling of being more frail and that whole awareness of your own mortality thing, and well, you get the picture. *I am not now, nor did I ever claim to be, a follower of “Rule # 5” (See [Velominati](#)).* As soon as Randy paused, I asked, “So, do you guys typically see a lot of animals out here on these rides?” Randy: “Yep, definitely” Me: “Yeah? What do you see mostly?” Randy: “We see a lot of deer.” Me: “Deer, huh?” Randy: “Yeah, quite a few”. Me: “What about other stuff? I mean, there are a lot of other animals out here, right?” Randy: “Sure. We see other animals.” Me: “Like what? Rabbits?” Randy: “Sure, we see some rabbits.” Me: “But no one's ever hit one....or crashed because of one, right?” Randy: “Nah”. Me: (nervously) “Ah, that's good”.

(Cont. on Page 4)

(Rabbits from Page 3)

We picked up the pace (probably because Randy was tired of playing 20 animal questions) and quickly caught up to John and began riding in a line, first John, then me, then Randy. We were quiet, moving comfortably like that at about 18 mph and just enjoying being out there with very few other users of the trail. Other than having to look away occasionally so as not to be blinded by an oncoming beam of light from another cyclist,

**Tip: At night, don't look directly into a cyclist's or car's beam. It will temporarily blind you.**

It was everything a night ride should be: tranquil, comfortable, the daytime stressors briefly gone...a couple minutes went by, I think, of silence since my conversation with Randy about animals. It was so peaceful. Too peaceful. And there it was, from the right side, A RABBIT! Straight into John's front wheel! Let me just say, it's amazing how determined the spokes on John's wheel were to make it past his fork. Because they all did; in place. John let out a scream. And trust me, anyone familiar with the Super Squirrel story, as John is, will appreciate why he screamed, because he was expecting, as was I, to go down exactly the way Steve and Alisdair went down.

But this was not super rabbit and, amazingly, John didn't go down. Instead, in an effort to avoid the moving blender that seemed destined to hurl my fellow RBC Board member over its bars, I moved left and braked. As I did, my other fellow RBC Board member—the one who moments earlier had reassured me about the rabbits—slammed into me from behind and, perhaps appropriately, we tumbled to the pavement together.

For maybe 15 seconds, we lay on the W&OD trail. Each of us no doubt thinking “yeah, it hurts, but what's my bike look like?”

**Tip: If you go down on the trail or street at night, if you can, get yourself and your gear off to the side as quickly as possible because other cyclists or drivers may not see you in time to avoid you.**

The good news is Randy and I were a little banged up, but we were able to ride back. I have a LOT of road rash and I'm quite sure I could see one of my knuckles. I also cracked my helmet.

**Tip: ALWAYS WEAR A HELMET! None of the local bike shops sell skulls.**

My bike will need a little work and I know Randy's will, because I saw him at The Bike Lane as I was dropping off my bike for repairs. He showed up just as I was about to explain to the store employees how I crashed attempting to bunny hop a deer that crossed my path while descending Mt Weather.

**Tip: Timing is everything.**

Was this incident a teachable moment? Could the collision (the one that actually occurred) have been avoided? If I hadn't braked, Randy would probably not have hit me. But, I could not have known what was going to happen with John. Unfortunately, with animals, there's too much uncertainty and in most cases, I think the best we can do is put ourselves in an optimal position to react accordingly. Easier said than done, right? I hit the brakes. John screamed. Randy hit me. 3 experienced cyclists. Each situation is unique and cyclists in groups often have to take evasive measures. Perhaps some daylight would have given John and me enough reaction time to do a quick “bunny hop” (couldn't resist). I can't say if I would react differently to the same situation given the opportunity, (I'd prefer to not have the opportunity). However, I am mindful after this experience of the importance, especially at night, to

**Tip: always be aware of how your actions impact other riders in a group.**

Stay safe and watch out for those rabbits!

**Jeff**

## CALL FOR CANDIDATES!!

The Reston Bike Club Board of Directors is seeking new people, fresh ideas, and some more creative energy.

There are 4 Board positions opening up: 2 “At Large” and 2 “Officer” positions.

If you are interested in participating at a greater level and would like to know more about how, please contact Chairman Dan Scrafford at [Scrafford@aol.com](mailto:Scrafford@aol.com).

The RBC is seeking a  
**CENTURY CO-ORDINATOR**

Do You Have What it Takes?

The experience of 30 Centuries, has enabled us to compile step-by-step instructions for virtually every aspect of this main event for the Reston Bike Club.

Now we need an organized volunteer to oversee the process.

It's very rewarding to see this all come together and you'd have some great volunteers as well as the tremendous power of the RBC membership behind you.

There's nothing like it!

If interested:

Contact Ken Thompson at [e2Ken@verizon.net](mailto:e2Ken@verizon.net)

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## The Fairfax Bike Summit

Pedaling our way to a healthier and happier community

**You're Invited! Saturday, October 27 - 9:00 a.m. to 2:00 p.m. at GMU**

Please join us for the inaugural [Fairfax Bike Summit](#) on Saturday, October 27 at George Mason University (GMU) from 9 a.m. - 2 p.m. - Attendance is limited to 200 people – so act fast!

This summit will bring together bicyclists, bicycle organizations, bike shops, and transportation professionals to discuss:

- Turning Fairfax into an even better place to live by making bicycling a major part of the transportation system
- Details about the recently-completed bicycle master plan that serves as our roadmap for making our streets safer for bicyclists (adding bike lanes, cycle tracks, signed bicycle routes, and connecting trails and streets that lead to major destinations)
- How other communities are being transformed from auto-centric places to more people-oriented places

Bicycling as an alternative transportation option that provides opportunities to grow Fairfax County into a more competitive, liveable, connected, and vibrant community

You'll also get to hear from nationally-known speakers including Andy Clarke of the League of American Bicyclists, Chris Eatough of BikeArlington, and Stewart Schwartz of the Coalition for Smarter Growth. See the latest in transportation bikes and gear on display from local bike shops. Join GMU staff for a bike tour of campus bike facilities after the summit. A limited number of bicycles will be provided by The Bike Lane.

The summit will be held at The HUB at GMU in the Front-Middle Ballroom, 10423 Rivanna River Way, Fairfax, VA 22030. Display space is available for bicycle businesses and organizations. For further information, please visit [fabb-bikes.org](http://fabb-bikes.org) or contact us at [bikesummit@fabb-bikes.org](mailto:bikesummit@fabb-bikes.org).

Sponsored by Fairfax Advocates for Better Bicycling, George Mason University, and Fairfax County.

Bruce Wright

Chairman, Fairfax Advocates for Better Bicycling (FABB)

[www.fabb-bikes.org](http://www.fabb-bikes.org)

<http://www.facebook.com/pages/Fairfax-Advocates-for-Better-Bicycling/237045302214>



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.



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# The Wheel

The Newsletter of Reston Bicycle Club

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PO Box 3389  
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### 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)