

The Whōōl

April 2013
Volume 27; Issue 42

The Newsletter of Reston Bicycle Club

CHAIRMAN'S MESSAGE

By Dan Scrafford

The Tuesday/Thursday rides have begun. There is nothing better than the sounds of a hundred cyclists talking trash, making excuses, and then complaining that the rides are too hard, too easy, too short or too long. I can only laugh because in the past week I have thought all of these. I love cycling, but if people could hear the dialogue in my head, I'm sure they would either think "this guy's nuts" or "surely, there's nothing about cycling that he likes". Our inner dialogues are sometimes more interesting than what we actually say.

The weekday rides have gotten off to a great start because of the effort that Charlie Bobbish and Dave Shomette have made. We have ride leaders in each group organizing the regrouping spots as well as pointing out safety factors. In the next couple of months we will be having rides start at both the Reston and Herndon location each Tuesday and Thursday. To facilitate this transition, we need more members to become ride leaders. I know in Group 3, that there are several members who would make great ride leaders. Help us and volunteer. Please read Charlie's article on the ride committee and its plans.

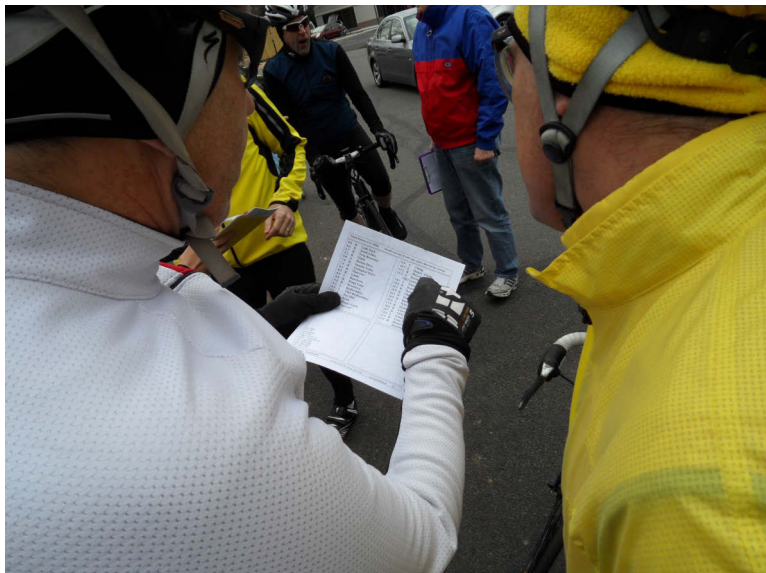
The Saturday Rides, which were started by Gaston and have been led by Randy Karn and John Hamilton continue to be popular. We are looking to start a 5 Group or (C) Level ride on Saturday. We need a few ride leaders to help Randy and John out to start the "5" ride.

Get on your bike and join us for as many rides as you can make.

Ride safely!

Dan

"Dictator" Dan Scrafford goes over a route.



Above: Dan and Ken show solidarity as they prepare to launch the 2013 Tuesday/Thursday ride season.

Below: Early arrivals getting cue sheets.



In this Edition:

- Chairman's Message.....*Tue/Thu Rides Under way*
- Ride Committee Update.....*IMPORTANT: New Format*
- RBC Directors*Roster/Contact Information*
- Membership Info*New and Returning members*
- Ride Schedule*April*
- Future Rides
- Announcements/Events
- Membership Application Form

Who's Who In Reston Bike Club

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Ed Robichaud, (703) 860-0108
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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

Sonny Barber, Ismail Bouferrache, Steven Brown, Steven Capps, R Carney, Ryan Day, Mike Desmond, Mark Genberg, Tyler Goodwyn, Suzanne Goodwyn, Phil Grisdela, Anthony Keuper, Stephanie Levine, Frank Levine, Scott Manley, Tuck Masker, Patrick McDonnell, Titus Mott, John Nguyen, Irina Nguyen, Mark Paiewonsky, Gustavo Pecunia, Howard Rice, Mary Salemme, Judith Smet-Weiss, Nadine Smet-Weiss, James Stafford, Philip Tischler, Rob Tubman, Gail Waldman

Returning

Michael (femi) Adeniji, Gwenn Afton, Russell Aldrich, Chad Aldrich, Robert Anderson, Kevin Azmoudeh, Scott Baldwin, Odiorne Beebe, Lisette Bergeron, Carolyn Bouldin, Mark Bouldin, Donald Brumbaugh, Kathleen Brumbaugh, Bruce Buckley, Amy Buckley, Scott Burgan, Mark Burns, John Cali, Matt Carroll, Ernie Castro, David (shane) Chapman, Deborah Chapman, Terry Anne Chapman, Joe Coffey, Stephen (william) Coyne, Edward DiMonda, Michael Dutchak, Craig Ellis, Dylan Ellis, Samantha Ellis, Susan Flanagan, Bill Ford, Larry Fox, Christine Fuentes, Dave Fuentes, Tom Garey, Nelson (joseph) Gault, Tim Geiger, Barry Geiger, Isabella Geiger, Bruce Gilley, Steven Giorgis, Lyndon Goodwin, Mona Gravel, John Hamilton, Lisa Hamilton, Russell Hamilton, Alistair Hastings, Laura Hastings, Beni Hawkins, Todd Hipp, Andrew Jones, Jessica Fry-Jones, Howard Jones, David Kisiday, Robert Knowles, Mark Kukulich, Paula Kukulich, Frank Lackman, Douglas Landau, Melissa Landau, Tom LeBerre, James Lees, Dana Lees, C J Lees, Frank Lenski, Alfred Logie, Eric Mackem, Lisa Mackem, Gopichand Mandava, Craig Mayhew, Richard Mazelsky, Michael McCarley, Tom Merce, Herman Molzahn, Joshua Mordin, James Mortson, Bob Mylls, Romano Ninassi, Michael O'Grady, Cesar Olivos, Kathryn Troutman, Edward Phillips, Kim Phillips, Lee Phillips, Clifton Poole, Vincent Quinn, Zacharias Quinn, Bartlett Rhoades, Sharon Rhoades, Steve Riley, Myron Rosmarin, Austin Rosmarin, Rosemarie Pruden, Christopher Ross, David Safford, Heather Safford, David Saunders, Lori Saunders, Marly Saunders, Carl Saunders, Tim Scesney, Margaret Shapiro, Brendan Shapiro, Woody Silfies Jr, B J & Marilyn Silvey, Kelly Smith, Maggie Smith, Shaun Solhjou, Jack Stanczak, Tania Steinschneider, Phil Steinschneider, J Troy Swackhammer, Bill Szymanski, Lisa Szymanski, Ferda Taylor, Denise Teeling, Simon Thrush, Peter Van Dyke, Bill Van Dyke, Diane Van Dyke, John Von Holle, Susan Wambsganns, William Waskes, Melissa Batum, David Watts, Christopher Weber Catherine Lilly, David Williams, Matthew Williams, Jeffery Wise, Kevin Wright

RIDE COMMITTEE UPDATE

By Charlie Bobbish

As of this writing, the club is entering its third week of our Tuesday/Thursday rides. While the season is finally getting started, the planning for these rides started back in December. As these rides have increased impressively in popularity and volume over the years, the Board has recognized the need to effectively manage any potential safety concerns that might develop as a result of that growth. With the added capacity our additional numbers on the Board has given us along with input from many club members, we were able to form a Ride Committee whose goal is to: **Create a culture and environment that encourages continuous safety improvements for the Tuesday and Thursday rides while maintaining the spirit of fun that makes these rides so widely appealing.**

The most significant change club members will see is the addition of one or more ride leaders for each pace group. The role of the ride leaders is to keep their groups together at the appropriate pace and to make impromptu safety-related decisions, if necessary, as the ride progresses. At the completion of each ride, ride leaders are to solicit feedback from their respective groups on further possible improvements. We hope to promote a culture in which each club member recognizes his or her part in a collective responsibility to make these rides as safe and as fun as they can be.

(cont. next page)

Hey, guys....I was thinking....should we be ride leaders this year?

Yeah, us!

Why not!?

We'll set a good example, right?



A week before the Tuesday/Thursday rides began, the club held a ride leader orientation session that was well-attended. The session covered ride leader responsibilities, such as the sign-up process for each pace group, how to brief riders on potential hazards and mandatory re-group points, and it emphasized that ride leaders are empowered and supported by the club to point out riders who may be putting themselves or others at risk during a ride. We all want to get a great workout, but more importantly, we want to return home after each ride.

As we continue the march towards better weather and summer vacation season, the club will need more members to volunteer to lead these rides. As an incentive, the club will recognize the most frequent leaders at the end of the year during our annual meeting. Leading a ride is a great opportunity to give back to the club. And the best part is ... it doesn't require any additional time! Just show up to ride!

If you are interested in leading, please contact me, Charlie Bobbish at CBobbish@cox.net or Dave Shomette at DShomette@hotmail.com. Stay safe out there!

Charlie introduced the new format and the riders listened, yes, but when Ken spoke, the air became still, the clouds broke up, the sun illuminated the bright colored apparel filled parking lot and another season was under way. (What ... you just see a bunch of people standing in front of Safeway?)

Ken

Charlie



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RIDE SCHEDULE—APRIL

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 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: **Thursday, April 18, 2013**

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, April 25, 2013**

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, April 23, 2013**

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, April 30, 2013**

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

Registration is now open for the **2013 CASA River Century**

is now open at www.casarivercentury.org

This annual event, set in beautiful and historic Shepherdstown, WV and the Panhandle of WV, begins and ends at Shepherd University on **Saturday, May 18, 2013**. Shepherdstown is just 65 miles west of Washington D.C, and the ride draws cyclists from as far away as New Jersey and Ohio. The ride has grown exponentially, and the 100 mile route attracts a loyal following.

The ride is fully supported, and includes:

-25, 50 and 100 mile routes

-fully supported with well-stocked aid stations and sag support, making the ride appropriate for many levels

-breakfast and lunch is included- our famous post-ride picnic features local produce and pies, and the Bavarian Inn's famous bratwursts

The ride is a great early season training ride, and is often used by triathletes, as well- the start and end point offers a nearby university pool, and several running routes. Join us for a great route through the Eastern Panhandle and see the beautiful orchards, historic homes, and check out Shepherdstown, which offers wonderful recreation and restaurants.

Routes, registration, and elevation info is available at www.casarivercentury.org. All proceeds from the event benefit the **Court Appointed Special Advocates program (CASA)** in the Eastern Panhandle. There are currently 320 abused and neglected children on our organization's waiting list- so your club members are truly riding for a great cause. **No fundraising is required, but there are great rewards for your fundraising efforts.**



Paul's Ride

The story behind the Ride

In an instant, everything changed for the Rossmeissl family of Reston. Their lives would be turned upside-down due to a tragedy. But in that tragedy the family found a cause—as well as hope—after their immense loss. Through an annual bike ride titled “Paul’s Ride for Life,” the family promotes a cause very special to them. All thanks to Paul Rossmeissl.

Besides U.S. Civil War history and a keen interest in *The Titanic*, one of Paul’s favorite pastimes was bicycling. While he biked all across the Washington area, his preferred route was the Washington and Old Dominion (W&OD) Trail, just minutes from where he lived right here in Reston. While the trail is very popular for many area residents, including bicyclists, runners and walkers alike, it is a difficult place for Paul’s wife Hedy to come. It’s where he died more than six years ago.

“He was biking along the route here near our home—he loved it here,” she explains, the loss still fresh in her mind despite the passing of years. “He pedaled about two thousand miles each year on his Trek, much of it right here along this trail,” she says.

But everything in her life changed in a quick second. Paul was biking along the trail when a horrific accident occurred. The details are sketchy, but based on suggestions from doctors and from those on the scene who witnessed Paul’s accident, something caused him to abruptly veer off the trail. When his bike left the trail, something became jammed in his front wheel causing it to freeze, catapulting him over the handlebars. When Paul landed, he hit a very vulnerable spot—the base of the skull. Despite the fact that he was experienced and always took safety precautions, including the use of a helmet that day, onlookers said that he was unresponsive from the moment they rushed to his side.

There were a few people on the trail who were present both during and immediately following the crash. “One thing that I was told by a doctor who happened to be biking the trail when he came upon the accident scene was that Paul wasn’t conscious at all,” explains Hedy. “One of the onlookers held his hand while the doctor was attending to him,” she says, her voice shaking with emotion at the idea that someone was consoling her husband in his last hours. “That meant a lot to me.”

When Hedy reminisces about what Paul was like, a picture emerges of a complex man with vast and varied interests. “Paul worked in counterintelligence and was extremely bright,” she describes. “He had three degrees, including a Ph.D. from the University of Wisconsin, and he had a real passion and love for history. But his interests included a lot of different topics, from *The Titanic* to NASCAR to the Civil War.”

At the hospital where Paul was taken by helicopter immediately after his accident, the doctors explained to his family that he had suffered an irreversible brain injury as the result of his biking accident. They continued to explain that while he was not yet officially brain dead, over the course of the next few days his condition would decline dramatically.

The couple’s daughter Rachael was in college a few hours away at the time and recalls, “The whole rush of getting to the hospital was just a blur. When I got there, the only thing I remember the doctors saying was “inoperable brain damage.” It is difficult for her to convey how truly devastating it was for her to see her father decline from day to day. “It got to the point where they told us that he would never recover,” she continues.

It was at that moment, once Hedy and Rachael were told that Paul would never recover, that people in the hospital discussed organ donation with the two. “They eventually told us he was gone,” Rachael explains quietly.

According to Hedy, organ donation was something the family had already decided. “When we got our driver’s licenses after moving to Virginia more than 25 years ago,” Hedy recounts, “it was just something we automatically did. We checked ‘yes’ on the organ donor box on the application, and that was that.”

The individuals on the end of life care team who approached Hedy and Rachael were from the local non-profit organization that facilitates organ, eye and tissue donation in the D.C. area, the Washington Regional reversible brain injury as the result of his biking accident. They continued to explain that while he was not yet officially brain dead, over the course of the next few days his condition would decline dramatically.

Transplant Community (WRTC). WRTC staff checked the Donate Life Virginia Donor Registry and were able to confirm Paul’s wishes to become an organ, eye and tissue donor. The registry is the database that contains the names of all of the individuals who registered as donors at the Department of Motor Vehicles or through the state’s online registry, www.DonateLifeVirginia.org.

“In the sea of negativity, the idea that he was registered as an organ donor was definitely the one shining glory that has come from the tragedy. Something good did happen,” Rachael explains. “I knew that dad wanted to be an organ donor, and I didn’t want to do anything that would go against dad’s wishes. He would want to go on to help people. If he didn’t donate, there would be absolutely nothing good that could come out of this.”

“I remember thinking that a part of him would go on, because some of his organs would still be here living in others,” Hedy adds.

The two accepted his death. Knowing that Paul wanted to be an organ donor, and knowing that he was an extremely generous individual in life, they also embraced the idea of his donation. According to Hedy, the WRTC staff explained to her what the process was like, what she could expect within the next day or two, and answered any questions she and Rachael had. The Rossmeissls were told that Paul could save a number of lives through his donation, which was something that meant a lot to them. The WRTC staff also introduced the Rossmeissls to the bereavement program the organization offers to family members of its organ, eye and tissue donors.

Cont. (next page)

Paul's Ride (cont.)

"Paul went on to save three lives through the donation of his kidneys and his liver, and his pancreas was donated for research. He was also able to donate tissues such as his heart valves," Hedy goes on to explain with a tinge of joy in her voice.

According to the U.S. Department of Health and Human Services, in 2012 more than 20,000 lives were saved thanks to organ transplant surgeries. These transplants (such as hearts, lungs, livers, and kidneys) were donated by deceased individuals and their families. Thousands more transplants took place thanks to the life-saving or life-enhancing gifts of tissues such as corneas, skin for burn victims, veins for bypass surgeries, and tendons and ligaments used to repair sports-related injuries. A single organ donor can save the lives of as many as nine individuals, while a single tissue donor could save or enhance the lives of dozens.

Hedy and Rachael now actively volunteer for WRTC, educating the community about the need for organ, eye and tissue donors. Also, each year since 2009, Hedy and Rachael, along with their friends and family, organize "Paul's Ride for Life," a biking fundraiser held on the W&OD Trail. The event helps to honor Paul and his love for biking, while recognizing the lives saved through his organ and tissue donation. All of the proceeds from the race benefit the organization that helped them through their process—WRTC. Through the race, Hedy and Rachael have raised tens of thousands of dollars to support WRTC's efforts to educate the public about the importance of organ, eye and tissue donation, and continue to honor Paul's memory. **This year's ride will take place on Saturday, April 27, 2012 on the W&OD Trail in Reston, V.A—beginning at the Reston Town Center. Registration opens at 7 a.m. and continues until 9 a.m. For more information, visit www.PaulsRideforLife.org (See Ride Description on Next Page).**

While Hedy and Rachael have never met the recipients of Paul's organs and tissues, they have expressed an interest in communicating with them and possibly arranging a meeting. One day, perhaps, they can all meet to celebrate Paul's gift and the new life he has given his recipients—perhaps taking in the beautiful scenery while biking along his favorite trail.

For more information on Washington Regional Transplant Community and to register as an organ, eye and tissue donor, visit their website at www.BeADonor.org.



TRAIL SWEEP

On **June 1-2**, over 1,500 Walkers will participate in the American Foundation for Suicide Prevention's Out of the Darkness Overnight in Washington, DC. They will be walking 16-18 miles from **dusk until dawn** to bring depression and suicide Out of the Darkness.

Do you ride a Bicycle?

We are looking for riders like **YOU** to support our Walkers.

Work with event staff and local law enforcement to encourage a safe passage for Walkers along the Route. You will ride alongside the Walkers, alerting them to any dangerous situations and intersections. Assist these amazing Walkers as they raise **millions of dollars** for suicide, research, education, and support.



Register Today!

www.theovernight.org

For more information or register, contact: **Roze Mota**, Crew Coordinator
roze.mota@theovernight.org ♦ (202) 449-3600 ext 106

Register Today
paulsrideforlife.org

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10 , 20 mile and Half Century ride options.

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Stick around after the ride for the Reston Town Center Wine Festival!



Register and donate at Paulsrideforlife.org

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Contact Chairman Dan Scrafford



Important Events & Announcements:

Events

Sunday May 5th - Spring Picnic Ride Probably starting and finishing in Ashburn at Carolina Bros. Barbeque. Routes of 62, 36 & 19 miles. Hang out and eat after the ride!

May ? - Women Only Kick-Off Ride More to come!

Volunteer Opportunities

Saturday April 27th - Volunteers needed to staff **Paul's Ride** at Reston Town Center for RBC. Contact Ken or Ed if interested.

Sunday May 5th - Ride Leaders needed for the **Spring Picnic Ride** (62, 36 & 19 mile routes).

Friday May 17th Bike To Work Day Need volunteers to work the RBC tent at the Reston Town Center from 5:30AM - 10:00AM

Tues/Thurs Rides Ride Leaders Needed Groups

New Rides Consistent with the Club's goal of offering more ride variety, we will be officially adding 3 rides to the schedule. We will need people to help plan and lead these rides.

They are:

- A "C" pace (no drop for real) group on Saturday mornings, to start at the same time as the "A" and "B" pace groups
- A recurring women-only ride
- A mid-week social and beginners ride

Contact [Charlie Bobbish](#) or [David Shomette](#) if you are interested in leading one of these rides.

Skyline Drive/Shenandoah Nat'l Park facility openings:

Elk Wallow – **April 19**

Dickey Ridge Visitors Center **April 6 - May 11**
open Thursday through Monday

Dickey Ridge Visitors Center - **May 12**
Seven days a week
The two single bathrooms are open now.

Byrd Visitor Center **April 6** (7 days/week)

Loft Mountain Wayside- **April 26**

Big Meadows Campground - **April 26**
Big Meadows Lodge - **May 15**

Loft Mountain Campground - **May 24**

For more information see nps.gov/shen



The 26th Tour de Madison
**The Vineyards of
Madison County**

May 18, 2013

The 26th Tour de Madison bicycling event will tour the vineyards of Madison County.

The ride begins and ends at Graves Mountain Lodge in Syria. Riders and their families will have the opportunity to enjoy the complete Graves Mountain Lodge experience.

There will be 3 ride options:

Metric Century—A 61 mile ride with rest stops at Early Mountain and Prince Michel Vineyards. Those choosing the metric century will leave at 8:30 am.

41 Mile Ride—A beautiful and challenging ride featuring a rest stop at the Prince Michel Vineyard. The 41-mile cyclists will leave at 9:00 am.

Family Rides—Ride as long as you want on the flat or gently rising roads around Syria. These riders leave at 9:30 am.

Enjoy a post-ride meal featuring Pork BBQ, grilled boneless chicken breast, or pita bread and hummus. Also included will be slaw, baked beans, French fries, dessert and a drink. **THE MEAL IS INCLUDED WITH YOUR REGISTRATION.**

Bring along some extra cash to enjoy the local Madison County wines that will be available from the Early Mountain, Prince Michel, and Ducard Vineyards. There will also be something for the beer lovers featuring central Virginia breweries.

Pre-registration is strongly encouraged!

- Registration before May 1 for 41 and 61-mile rides is \$40. After May 1: \$55.
- Registration before May for Family Riders is \$20. After May 1: \$30.
- The first 350 pre-registrants are eligible to win prizes including an Early Mountain Vineyard Gift basket and 2 three-day passes to the 2013 Festival of Music at Graves Mountain Lodge.

Be sure to visit our website for updated information: <http://tourdemadison.com/>

To pre-register visit: <https://www.bikereg.com/Net/18066>

Or email pedal.va@gmail.com for registration paper registration.



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The Wheel

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complete and return the membership form below
or
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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