

# The Wheel

August 2013  
Volume 27; Issue 44

## The Newsletter of Reston Bicycle Club

### CHAIRMAN'S MESSAGE

By Dan Scrafford

It has been a wonderful summer for cycling. The club continues to grow and to provide more rides each week for all levels of cyclists. On the first and third Mondays of each month, we now have a women's ride based at Spokes in Ashburn. This ride has been growing steadily, and we invite women of all riding levels to join.

The Century Training Rides where Reston Bike Club has partnered with Lifetime Cycling Club have been averaging around 50 cyclists each Sunday. These rides are preparing cyclists for the Reston Bike Century, which will be held on Sunday, August 25, 2013. Online and advanced registration ends on August 17, 2013 and the price increases for on-site registration to \$60.00 after August 17<sup>th</sup>. It pays to register early!

As always, we need volunteers to make sure that the event runs seamlessly. Please contact [Barb Lytle](#) if you can volunteer. Even if you are riding the Century, there are still opportunities to volunteer such as marking the routes prior to the event and cleaning up the Reston Town Center after the event. Speaking of volunteers, we will hold a **VOLUNTEER'S CENTURY** the previous weekend on **Saturday, August 17<sup>th</sup>** starting at 7:00AM and leaving from the Town Center parking lot by Chipotle. We wouldn't want our volunteers to miss the opportunity to ride the same route as the participants.

In members' news, I would like to congratulate Cheryl McMurray for finishing 8<sup>th</sup> in her age group at the Lake Placid Iron Man. An ironman consists of a 2.4-mile swim, a 112-mile bike and a 26.2-mile run. Cheryl finished the event in just over eleven and a half hours. Please congratulate her for an amazing accomplishment.

I end this message with a repeated theme that I can't reiterate enough. Leading the Century Training Rides, I am always amazed at how hard people work on these rides. We have had several riders for whom each training ride has been an individual accomplishment. Some riders had never ridden further than 30 miles before they started the training rides and are now riding more than 60 miles. They will soon do their first century. Even though they may never be racers, they have a racer's mindset and work harder than they ever thought they could. The camaraderie of cycling helps each person of the training group. Cycling is one of the only sports where you work as a team for individual accomplishments. I love this about cycling and that Reston Bike Club is making sure that we introduce our sport to new cyclists so they can experience how much joy can be found in riding a bike.

Ride Safely,

Dan



### OLYMPIC SIZED INSPIRATION

By Craig Clark

I have been an RBC member and volunteer for many years and, until 2008, a nationally ranked competitive cyclist when a serious bike accident made it no longer safe for me to ride a 2 wheel bicycle. As a result, I now ride a recumbent tricycle and I've taken up rowing as a sport.

On Sunday June 2 the Stonewall Regatta was my first 'on the water' rowing competition for 2013. I rowed in 2 events; in one I rowed in a scull by myself, and in the other I was in a boat/scull for 2 people. Fortunately for me, my rowing partner was Esther Lofgren. In addition to many other rowing honors, Esther won a gold medal in the "women's eight" at the 2012 Olympic Summer Games in London.

As you would expect, it was a treat to row with Esther, but it was also a significant treat to simply spend time with someone who is so pleasant and well put together. Interacting with her was perhaps the best part of the day, and it was a good reminder for me that how we treat each other is so important, and usually, that matters even more than our list of accomplishments.

**Editor's Note:** Esther sent an email and insisted that we include her comments that she "...had a ton of fun racing with (Craig)..."



#### In this Edition:

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- Non-club rides.....*Three Creek Century*
- Feedback Request.....*How are we Communicating?*
- Membership Application Form

# Who's Who In Reston Bike Club

### Co-Chairman:

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

### Co-Chairman:

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

### Co-Chairman

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

### Vice Chairman

David Shomette  
[Dshomette@hotmail.com](mailto:Dshomette@hotmail.com)

### Secretary:

Lisa Mackem (703) 725-9371  
[lmackem@yahoo.com](mailto:lmackem@yahoo.com)

### Treasurer:

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

### Members at-large:

Bobby Anderson (301) 529-2258  
[Bander\\_4@verizon.net](mailto:Bander_4@verizon.net)

Jill Spaeth

[Jill@innerspaeth.com](mailto:Jill@innerspaeth.com)

Charlie Bobbish

[Cbobbish@cox.net](mailto:Cbobbish@cox.net)

### Member at Large & Newsletter:

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

### Member Secretary & Database:

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

Rodney Beard, Jonathan Braswell, Jeff Breunig, Joe Bryson, Lisa McCauley, Steve Carter, Alexander Castro, Phil Dolinger, Michael Edwards, Melissa Frazier, Belton Harris, Chun Hong, Eileen Li, Tom Kendall, Steven Kendall, Brad Kendall, Kent Lewis, Jeffrey Mann, Jeff Marco, Patty Merritt, John Merritt, John Merritt, Kyle Mitzel, Hector Molina, Paul Murphy, Willow Prall, Jane Radford, Stephane Richman, Dan Schebler, Brian Sullivan, Art Wimble, Michael Witzcak

### Returning

Edward Ball, Ronald Borza Jr., Karen Berube, Kevin Brightwell, Mark Brown, Ray Carlstrom, Callie Carlstrom, Amy Slonin, Keira Carlstrom, Chris Ciccone, Joseph Curran, Virginia Curran, Cesar Del Aguilar, Manfred Hacker, Maria Dietl-Hacker, Keith Little, Cynthia Hajost, Jason Miller, Julie Miller, Kerry Moore, Sharon Moore, Jake Nahorniak, David Officer, Anne Marie Pastorkovich, Steve Patorkovich, Matt Pickworth, Kate Pickworth, Erik Rasmussen, Barry Rudolph, Pierce Schmerge, Mary Schmerge, Karen Schweikart, Daniel Scrafford, Melinda Scrafford, John Shea, Kathy Bromley, Michael Smith, Drew Smith, Jill Spaeth, Ryan Stille, Thomas Van Leunen, Dave Von Hausen, Clay Webb, Mark Webber, Robert West, Bill Wingate

## 2013 RBC Winning Jersey Design

Same price as 2012! Taking orders now

Contact Chairman Dan Scrafford



**RIDE SCHEDULE—AUGUST**

**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: **Monday, August 5th, 2013 Women’s Ride**

Start Location: Spokes, etc. in Ashburn (20070 Ashbrook Commons Plaza)

Level: All (no drop)

Time: 6:00 PM

Mileage: 17—25 Speed: 15—17 mph

Description: **Route Varies each week**

Leaders: Jill Spaeth [jill@innerspaeth.com](mailto:jill@innerspaeth.com); Lisa Mackem (703) 725-9371

Date: **Tuesday, August 6th, 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: **Thursday, August 8th, 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, August 13th, 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: **Thursday, August 15th, 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: **Saturday, August 17th, 2013**

**VOLUNTEERS’ CENTURY**

Start Location: Reston Town Center parking lot by Chipotle

Time: 7:00AM

Ride Leaders: [Dan Scrafford](#); [Charlie Bobbish](#)

**Century and Metric Century Routes**

Date: **Monday, August 19th, 2013 Women’s Ride**

Start Location: Spokes, etc. in Ashburn (20070 Ashbrook Commons Plaza)

Level: All (no drop)

Time: 6:00 PM

Mileage: 17—25 Speed: 15—17 mph

Description: **Route Varies each week**

Leaders: Jill Spaeth [jill@innerspaeth.com](mailto:jill@innerspaeth.com); Lisa Mackem (703) 725-9371

Date: **Tuesday, August 20th 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: **Thursday, August 22nd, 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: **Sunday, August 25th, 2013**

**RBC CENTURY!!**

Date: **Tuesday, August 27th, 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: **Thursday, August 29th, 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

The 31st Annual  
**RESTON BIKE CLUB CENTURY**

Sunday August 25th!

**Advance Registration: \$40.00 before August 17th; On-site: \$60**

Pre-register by mail or on-line

ID/wrist band will be mailed to you

Check-in at ride start NOT required

Includes T-shirt available for pick up after the ride (pictured below)

For more details go to the [RBC website](#)

*1st prize design for the 31st Annual RBC Century T-Shirt*

*"Riding Through Hamilton"*



## **Volunteers' Century**

For those dedicated Century Volunteers who are working, rather than riding, the Century event

**Saturday August 17th**

**No registration**

**Starts at 7:00AM**

**From Reston Town Center parking lot by Chipotle**

# RBC Century Volunteer Opportunities

The 2013 RBC Century **OUR 31st** is being held on Sunday August 25th. 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

- ◇ Route marking
- ◇ 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 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.
- ◇ 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, Hamilton, Lovettesville, Round Hill, Loudoun County Mill

## 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
- ◇ Set –up 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

## 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

**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!!**

## PLEASE GIVE US YOUR FEEDBACK

Several weeks ago, we started hosting our Century Training rides and we have held them each Sunday to help riders planning to participate in this year's RBC Century, prepare for the event. This was the club's first year offering these rides.

- What did you think of the training rides?
- Did you find the weekly emails regarding the rides useful?
- Would you like these types of regular communications from the club to continue?
- What suggestions do you have for the club to better communicate with its members?
- What topics would you like to see more of?
- What topics should we cover less of?

Please email your comments to Charlie Bobbish at [cbobbish@cox.net](mailto:cbobbish@cox.net)

Thank you!

## Ride Leaders Needed Century Training Rides

The century training rides are part of an initiative to provide ride options for new cyclists, riders who don't want to "hammer", or those who are looking for a ride at a social pace. The club is run by passionate volunteers- we can always use more volunteers to help lead and coordinate rides. While we only have 3 weeks left until the Century, if you are **interested in being a ride leader**, we can use your help. Please contact [Dan Scrafford!](#)

### Three Creek Century

Sunday, September 15, 2013

Hosted by Harrisburg Bicycle Club

*Tour Cumberland County's scenic countryside alongside the Yellow Breeches,*

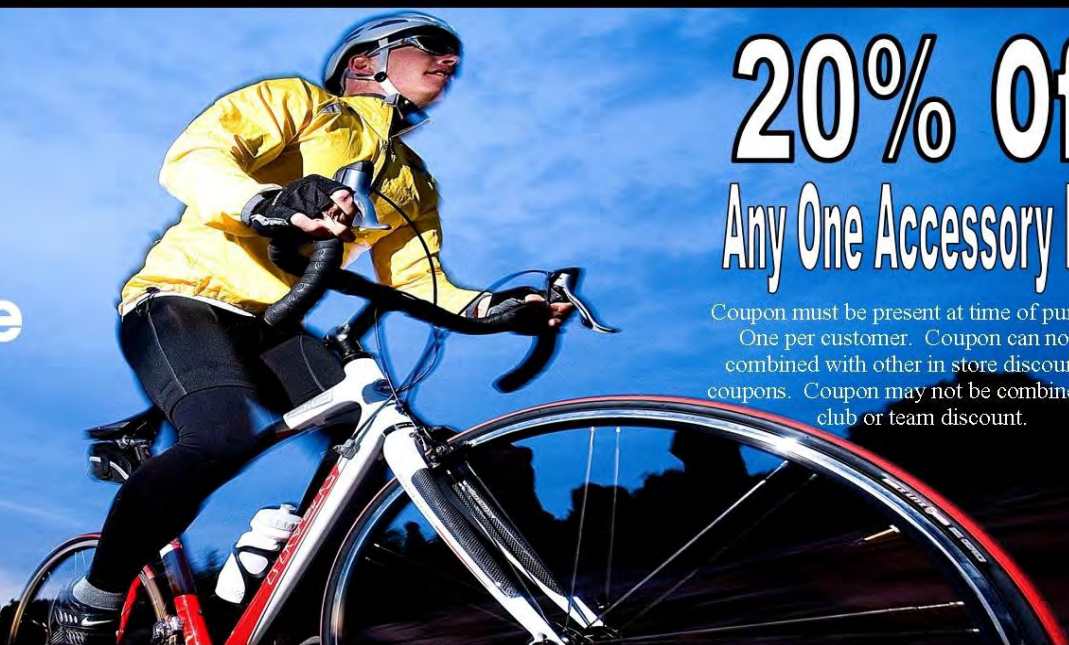
*Conodoguinet and Big Spring Creeks.*

For Details: [www.threecreekcentury.com](http://www.threecreekcentury.com) 717-798-4537

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Burke, VA 22015  
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The Bike Lane Reston Town Center  
11943 Democracy Drive  
Reston, VA 20190  
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 Manassas, VA 20109

703-793-0400

703-361-6101



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<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>
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**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**



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**SPECIALIZED** **RALEIGH**

[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)