

THE WHEEL

Newsletter of the Reston Bicycle Club

August 1997

Volume 16 Issue 7

News...

Meetings

The next RBC Board meeting will be on Wednesday, August 13 at 7:30 pm. All RBC members are encouraged to attend the meeting and get involved in club activities. We are always in need of volunteers for club events. Ride leaders are needed for rides, volunteers are needed for the upcoming century. Also, volunteers are needed for help with membership duties and for help on the newsletter. The location of the meeting will be at Pat Gleason's house. Call Pat at 222-3897 for directions or more information about volunteering and helping out the club.

RBCer Earns Bronze

by Bill Doty

To those of you inclined to use your advancing years as an excuse for not being as strong a rider as you once were, here is a warning; don't use it around 60-year old Rosa Seeman. Rosa, who has been an RBC member for two years, recently competed in the U.S. Senior Sports Classic in Tucson, AZ. This national-level event was held in late May, featuring competition in numerous sporting events for persons 50 years and older. Rosa, competing in the 60-64 age group, won bronze medals in the 20km and 40km road races.

Born and raised in Lima, Peru, Rosa began bicycle racing at the age of thirteen. She ended her competitive career 5 years later at

(Continued on page 10)

1997 Reston Century Update

by Julie Light

The 1997 Reston Bicycle Club Century Sunday, September 21, 1997.

Planning for this club event has been under way for several months. RBC members are delivering some of the *eight thousand Century brochures*, along with membership applications, to local bike shops and other area locations. Registration forms have already been received at our mail box! Remember, Early-Bird registrants (before September 12), pay \$15 for registration—this includes the cost of a 1997 Century T-shirt.

As Century Co-Director, **Ed Weil** has completely revised the routes for this year's ride. Ride distances are: Century—100 miles; Metric—65 miles and Half Metric—30 miles. Ed's new routes take riders through Arcola, Haymarket,

The Plains, Middleburg, Purcellville and Leesburg. Thanks also go to **Nancy and Dick Spencer**, and **Carlos Smith** for the hours they have put in, creating, riding, and checking the new routes.

Breaking news! **Kerie Hitt** has created a terrific Century Web page, that is both user-friendly and useful. Take a look at it, and see how talented and dedicated our Century PR Chair is. Check it out at: <http://www.his.com/~kjhitt/rbc/cent.html>.

The following members have volunteered their time to help with the Century. If you ride with them, please thank them—and ask how you, or a friend or family member, can help make the Century a success. Thanks go to:

Frank Boucher and **Dirck Harris**—Sag/Emergency; **Jim Delaney**, **Gaston Pru-**

(Continued on page 3)

Biking Along Lee's Retreat

The 10th Annual Bike Virginia

by Bruce Wright

Friday, June 20, 1997

Kerie Hitt and I have ridden the Bike Virginia tour for four consecutive years, with this year's theme following Lee's Retreat from U.S. Grant's forces from April 2-9, 1865, from Petersburg to Appomattox and back. We drove to the start of the ride on Friday, arriving in

Petersburg to register, pick up our information packet, including a fluorescent arm-band that is worn during the week. We locked our bikes in the football field and set up our 2-man tent on the dried out grass next to the school.

A block party was scheduled for down-

(Continued on page 5)

Get Ready for the Picnic!

Yep, it's time for the annual summer picnic. Don't miss this great event! Menu: hamburgers, hot dogs, chips and sodas. (You can bring a favorite dish, dessert, or beverage.) There will be volleyball and other games.

It's Aug. 17, Sunday, from noon on,



at North Hills Park on North Village Rd, near the corner of Wiehle and Reston Ave. The same location as the scheduled ride for that day. So come out for a ride and stay for food, drinks, and entertainment. Or something like that.

Questions? Call Pat Gleason at 222-3897.

The Front Wheel

by Pat Gleason

Does anyone out there remember last summer? The weather was so wonderful. We were so lucky. The grass stayed green all summer (I long to mow again every week!) I recall the previous summer when we had more than twenty days in July over 90 degrees. Well, I guess the typical Washington summer weather is back! Of course, I did NOT ride as much back then and I wasn't insane enough to push myself into doing a century, especially a summer century like the Bay to Bay. This year I have a big problem attempting to keep up with all the wrong (too fast for me) riders!

Speaking of riding in the heat, have you been out for a weekday ride? Ken and Sue Thompson, along with Wiley, have gathered a quite a following—often exceeding 20 riders some nights. With cue sheets are available for every level—A, B, C, and D. (I don't know how Ken finds all those hills in and around Reston!) So come on out and enjoy! But remember to bring plenty of water. I use the heat as an excuse not to keep up with most of the riders and to lie in the grass when the ride is over! There is a huge contingent of available (single) guys on these rides. So, women of the Reston Bike Club come out and ride!

I received a postcard from Bernie Byrne and the group biking through Germany this summer. They're having a good time and thinking that the German police will be forever on the look out for a bunch of rowdy Reston bike riders—mostly due to voluminous intake of warm beer.

Just a reminder that next month is the RBC Century. With September right around the corner, what happened to the summer? Anyway, Julie Light and the rest of the Century Committee have been doing a terrific job planning a nice new improved century, with a new starting location (the USGS in Reston) and new routes for all rides. This year, there will be minimal use of the W&OD, so come out and explore some new roads you haven't ridden on in the area. A big need exists for volunteers on the day of the century; before, during and after the ride. So, if you want, you can volunteer and still ride the entire century, or just part of it. Help is also needed the day before to put up signs for the route, and again after the ride to take the signs down. So, call Julie Light and lend a hand in this big event for the bike club. I hear she is promising a *great* volunteer bash after the century.

Also, the picnic is this month. If anyone would like to give me a hand setting up for this popular event, PLEASE do not hesitate to call (222-3897).

Another item that the board is tossing around is a holiday gathering for the annual meeting. Joan Waggoner is

attempting to get us excited about doing something. It is also the 15th anniversary for the club. Anyone who would like to assist (or direct) that effort please call me and I will once again point you in the right direction.

I also want to thank a few of the behind the scenes people that keep the club afloat when all others fail. Nancy Davis for taking care of the ride hotline, putting the ride schedule on the line each week, and mailing out newsletters and applications to inquiring minds. She diligently calls me and whoever else is necessary to follow up on each of the hotline calls. Joe and Rosemary Fleig are clicking and sticking (stapling and labeling) the newsletter and getting it to the post office bulk mail section. They even pick up it up from the printer! Frank Sogandares is compiling the ride coordinators schedules and forwarding it to the editor in a single file, so hopefully the newsletter will get to you on time from now on. Let us know if this issue made it or not. Frank is also working on a RBC WEB page. Again, thanks go out to these and the other club members who help throughout the year—what a GREAT job from all of you.

And let's not forget all the volunteers listed in the Wheel. Those on the board: Julie Light; Dan Cassidy; Jane Hanna; the ride coordinators; the editor; Century chairs, Julie Light and Ed Weil and their volunteers, Keri Hitt, Dick and Nancy Spencer and Carlos Smith (who isn't even a club member and is working on the Century route (maybe someone should make him join the club, so if you see him, force him to join)) who are putting together this years century.

VP's Corner

1997 marks the fifteenth anniversary of the Reston Bicycle Club.

During those years, we have seen the collapse of the Berlin Wall, a robot on Mars, and road bikes with no top tubes. The times they are a'changing! The question is, does the Reston Bicycle Club want to move with the times too?

Our current RBC logo has been around for all of our 15 years. Do you want to keep it, or change it? If you want a change, and have an idea for a new design, we want to see it. Submit your new RBC logo design entries to: Julie Light, 1910 Holly Ridge Drive, #201, McLean, VA 22102, by August 10, 1997. We'll display all designs at the club's annual meeting, and let members vote to decide which design they like best.

Do we have any graphic designers in the club? Let's see what you can do. The only requirement is the club name or RBC initials, and maybe a bike would be nice too.

(Continued from page 1)

dencio, Trish Rehfeld—Registration; Mark Randall—Volunteer coordination; Dave Wirsching—Clean-up, and to the following members who have also volunteered their time: B.J. Silvey, Bill Doty, Bunny Bonnes, Jane Hannah, and Linda Moore.

Bob Gray, of Head Injury Services has assembled an entire team to support the Arcola food and rest stop. Be sure to ask Bob about the great service his organization provides.

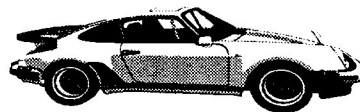
While all this is great news, we still need more people. Can YOU manage: Registration; Signs; Food stops; Sponsorships? If yes, please contact me, Julie Light, at 703-917-9346 now.

Volunteers can help out and still ride the Century. You can help with planning before ride day—or ride the Century, then help with food, sag and emergency—or remove signs at ride end. PLEASE CALL SOON—we need your help, see page 4 for more details on volunteering. I'm looking forward to seeing you wearing your free Century T-shirt along with all the other volunteers!

Heads Up! T-Shirt Sizes—Century Registrations.

Oops! There's nowhere on the Century Registration form for you to tell us the size T-shirt you want. Please write the size you want, on the form you send back to us. Select either Small, Medium, Large or Extra Large.

Car Waxing and Detailing



Service you can't beat—at a great price!

Full interior and exterior detailing: \$100

Full detailing includes washing, buffing and several coats of wax to the exterior. Clean and dress all rubber. Wash wheels and wells. Interior vacuuming and thorough cleaning, clean and dress all rubber and vinyl and clean door jambs.

Washing and other related auto care services available by estimate.

Call Eric for info or appointment
(703) 790-1650

WHO'S WHO IN RBC

President: Pat Gleason, 222-3897

**Vice President: Julie Light, 917-9346,
jlight@erols.com**

**Secretary: Jane Hanna, 777-5636,
jane928@aol.com**

**Treasurer: Dan Cassidy, 406-3244,
dcassidy@snm.org**

Members-at-Large

Bill Alkire 729-2158, mrbilla@mnsinc.com

Joan Waggoner, 476-1315;

Dirck Harris, dirckh51@mnsinc.com;

Mike Pomata, 430-2615, pedalshop@aol.com

Ride Coordinators

A: Curt Hughitt, 620-3414

B: Jeff Purvis, 689-2069

**C: Rose Baker, 860-4314;
rbaker@helium.apa.com**

D: Denis Ratliff, 444-1071, dratliff@erols.com

**Mt. Bike: Mike Pomata, 430-2615;
pedalshop@aol.com**

Newsletter

**Editor: Chad Gleason, 998-2512;
chadg@erols.com**

Advertising: Joan Waggoner, 476-1315

Miss an issue? Call: Pat Gleason, 222-3897

Membership: Mark Kukulich, 860-1316

LAB representative: Thomas Bonneau, 256-0986

IMPORTANT PHONE NUMBERS

RBC Ride Info Line: 904-0900

ChainRing BBS: 202-554-3175

WABA Commuter Hotline: 202-872-9831

NOTE ON NEWSLETTER SUBMISSIONS

RBC encourages members to submit articles about the club, rides they've been on, bicycling in general, etc. Articles can be submitted to Chad Gleason by e-mail, chadg@erols.com, or through snail mail to: 3100 S. Manchester St., #1141, Falss Church, VA 22044. Submissions can be sent as a hard copy or, preferably, placed on a 3.5" IBM compatible disk. All disks will be returned to sender. Deadline for submission of all material is the 10th of each month.

From The Mailbag



Aug 2-8—MOOSA Tour. Cycle the best of Maine and SE Quebec. CAN-AM Wheelers, RR1 Box 3278, Norway, ME 04268. 207-743-9018, e-mail: Moosa@megalink.net.

Aug 10-16—Lighthouse Tour. Cycle the rim of the Bay of Fundy. See listing above for more info.

Sept 14—PPTC Century. PPTC, 202-363-8687.

Sept 19-21—Dutch Country Meander. 3 days/2 nights in Lancaster. Daily rides, breakfast, entertainment. BBC, 410-356-4644, or 1-800-638-3764.

Sept 20—Rappahanock Roughride. Ten and 35 mile paved rides as well as a 25 mile paved/unpaved ride for the rugged at heart. Register soon to win a dinner at the world famous Inn at Little Washington. Proceeds benefit the Fauquier Free Clinic. For more info send a SASE to P.O. Box 3138, Warrenton, VA 20188, 540-347-5144.

Sept 27—Seventh Annual Adams Apple Bike Ride.

Choose from 25, 50, and 100 mile rides around historic Gettysburg. \$10 before Aug. 23. Snacks, water, juice, and SAG service. Gettysburg-Adams County Area Chamber of Commerce, 33 York St., Gettysburg, PA 17325, 717-334-8151.

Oct 5—National Capital Bicycle Tour, Washington DC. 9 to 100 mi., flat to moderately hilly; choose city sights, urban greenways, or county roads; WABA, 818 Connecticut Ave NW Suite 300, Washington DC 20006; 202-872-9830, e-mail: waba@capaccess.org.

Oct 11—Seagull Century. Salisbury, MD. Salisbury State U BC, SSU Campus Box 3046, 1101 Camden Ave, Salisbury, MD 21801-6860; 410-548-2772.

Oct 17-19—Frederick Fall Foliage Frolics. PPTC, 202-363-8687.

Oct 31-Nov 2—Chincoteague Weekend. Chincoteague, VA, Bob & Willa Friedman, e-mail: friedman@cais.com.

PEDAL PENNSYLVANIA TOURS: Contact Bob Ingersoll, 1914 Brandywine St., Philadelphia, PA 19130. 215-561-9679. E-mail: bobi@pedal-pa.com. Web: <http://www.pedal-pa.com>.

July 19-26—Penn Central. Pittsburgh to Philadelphia in 7 days covering 450 miles of the scenic central section of Pennsylvania, sleep at local colleges.

Aug 9-17—Great Northern Crossing. 8-day, 580-mile tour across the northern tier of Pennsylvania, staying at schools, motels and B&B's.

Aug 30-Sept 1-16th Annual BAM. 100, 288, or 576 miles. Hosteling Int., Gateway Council, 7187 Manchester Rd, St. Louis, MO 63143.

LAB 1997 EVENTS: For a free brochure: The League of American Bicyclists, 190 W. Ostend St., Suite 120, Baltimore, MD 21230. 410-539-3399. E-mail: Bikeevent@aol.com.

Aug 8-11—GEAR North, Canton, NY. Cycle along the Lawrence River in upstate NY. Venture into Canada by bike or car—see the Adirondack Mtns or the 1,000 Islands.

Oct 12—Tour du Port, Baltimore, MD. Urban/family tour of Inner Harbor, port, and historic neighborhoods.

YOUR BICYCLE CLUB NEEDS YOU ... to help with the 1997 Reston Bicycle Club Century

What is the Century?

A series of self-paced bicycle rides of approximately 100, 65 and 35 miles, organized by the Reston Bicycle Club.

When is it?

Sunday, September 21, 1997, rain or shine.

Where is it?

Ride set up begins at 5:45 am at the U.S. Geological Survey, in Reston. Rides start at 7:00 am and the event closes at 6:00 pm.

Why should you volunteer?

We cannot hold this event without several volunteers. *Besides, you get a free T-shirt, and an invitation to the "Century Volunteer Bash."* All this, and you get to feel good about

How can YOU help?

We need people NOW, to:

- Chair the registration committee.
- Chair the food committee.
- Chair the volunteer committee.
- Get sponsors.
- Create a rider survey form.
- Inventory old signs and create new ones.
- Enter registrations into a database.

Before, during and after the ride we'll need volunteers to help with the following:

- Check the ride route.
- Place and remove signs.
- Buy and distribute food to rest stops.
- Set up and manage registration.
- Give food & encouragement at food stops.

Remember, you can work a couple of hours at registration, then ride; deliver food to stops, then ride; ride, then help with clean-up; check the route for missing signs, before the ride, or simply encourage the 700 or so riders we expect to participate.

Please call Julie Light, now, 703-917-9346, to let her know how you can help.

We need many volunteers to coordinate this event. Thanks for helping.

(Continued from page 1)

town Petersburg, and we got there early for dinner at Leonardo's—they just opened that day to take advantage of all the hungry bikers in town. That night we went to sleep listening to the call of the Whippoorwill and the pounding of bass from a neighborhood stereo.

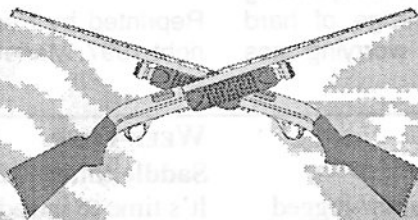
June 21, Saturday

Tent zippers started ripping open around 5:00 am and gradually the camp ("tent city") came alive. Grabbing a late breakfast at the Petersburg High School cafeteria, we started off in the last third of the pack—out of a total of 1500 riders. Our first stop was at the new Pamplin Park Civil War Site, where Grant's forces broke through Lee's defensive lines on April 2, 1865. A musician in Civil War garb entertained the bikers as they refilled their water bottles and ate bananas. Later, after leaving the rest stop, a black snake came into the road as a pack of 6 or 7 bikes rolled by. People were yelling "snake!" and trying to avoid it and somehow it stopped, backed up, and darted through the bikes. I've never seen a black snake move so fast. Our first campsite at Amelia County High School provided a typically shade-free area during the first really hot weather of the summer. Luckily, we found a decent site next to the school overlooking campers below us—high ground has become very important since being flooded during a CAM (Cycle Across Maryland) ride several years ago. That night we took a bus into town for homemade ice cream, live country music, and a series of category 1-5 races through town.

June 22, Sunday

A short day of 55 miles to Farmville for a two night stay, following much of the 20-stop Lee's Retreat driving tour developed by the state. Signs at each stop explain various aspects of the retreat and battles fought. Many riders opted to forego the school cafeteria breakfast in favor of pancakes by Chris Cakes, \$4.00 for , sausage, and orange juice, provided you can catch the cakes as they are , etc.

That night we stayed at Prince Edward Middle school in Farmville, memorable for it's health club-like shower room with plenty of hot water. Out front, Domino's pizza was available by the slice to tide us over until dinner, where shuttle buses took us downtown to nearby Longwood College. Here, the best dinner of the trip was served up with excellent vegetarian lasagna, salad bar, fruit juices, and ice cream. Best of all though—air conditioning.



June 23, Monday

Monday provided many options—from using the layover in Farmville as a rest day to riding a full century. We opted for a somewhat easier 80-mile loop. Kerie broke out with a rash on her arms—probably an allergic reaction to her sun screen, or sun poisoning (whatever that is)—and itched the rest of the trip, never finding out the cause. A rolling to hilly route greeted us as we entered the Piedmont near Appomattox. The third riding option was a 45-mile loop that allowed us to ride with those riders for the first 15 miles. After that we saw few riders; most of the century riders had left early and were moving at a faster pace than us. We took advantage of a free lunch at the town of Appomattox, and then took an optional bus trip to the site of Lee's surrender just outside of town. That night we had dinner at a city park on Wilck's Lake in Farmville (with shade!), with a decent band followed by fireworks before heading back to camp.

June 24, Tuesday

Another long day—70+ miles to Lawrenceville and our campsite at Brunswick County High School. We rolled in pretty early and found a spot

in the center of the football field (the highest spot around) on soft grass and soft ground—a real luxury after the dried out ground we were used to. We made good time, averaging 15-17 mph throughout the day. The few hills were of the gently rolling variety, and the wind seemed to be at our backs most of the time.

At the end of the day we took the bus into town as the town folk were getting ready for the hungry hordes. We had a pizza snack at Pino's and spent some time in the air conditioned library reading the first newspaper of the week as other bikers napped around us like street people. Later the streets were full of bikers who viewed the bluegrass band, the Karate exhibit, and an excellent show by the Allison Brown Quartet.

June 25, Wednesday

The last day is usually short to allow people to get back in time to drive home. Despite our best intentions, we were among the last to leave camp but made up for it by averaging 15.3 mph for the 55 miles back to Petersburg, including time spent at 2 rest stops. The ride back wasn't very memorable; relatively flat, plus we had our thoughts on getting back to the car. A good lunch awaited us at Petersburg High School, with cold juices and many vegetarian choices. In the gym Allison Brown was playing again and we even picked up one of her CDs during a break. After we had the obligatory piece of the 4'x6' Bike Virginia cake we headed home. I was so tired that I had to pull over and ask Kerie to drive and I slept most of the way home.

Once again, the Bike Virginia group put on an excellent tour. Not without a few minor glitches (like the toilets overflowing in Amelia), but overall, any problems were soon remedied and there was plenty of food and drink throughout the tour. I always think there will be plenty of time to get caught up on my summer reading, but with the entertainment every night and going to bed by 9:30 or 10:00, there never seems to be much free time. Next year the tour will again have a Civil War theme; the battlefields of Northern Virginia and the Shenandoah Valley.

Getting in Shape for a Century in Six Weeks— or 100 Miles of Fortitude

by Todd Savage

"You're not really training for a race. You're training to have fun," says two-time U.S. National road cycling champion Linda Brenneman. She's describing that summertime rite for cyclists everywhere, the Century. A well-organized Century is, after all, more like a rolling block party than a marathon-like test of stamina; any reasonably fit rider can survive 100 miles. But if you want to finish in a respectable seven hours (including food stops, of course), set aside six weeks of training. The key is getting used to spending long hours atop a narrow, unforgiving wedge of hard plastic. To that end, Brenneman advises worrying less

about counting miles than logging hours. She'll be doing the same: After retiring from the pro-ranks last December, she decided to enter her first recreational ride, Solvang Century in California, on the eighth of March, 1997. "I'm sure I'll be fit enough," says the 31 year old mother of a two and a half year old. "It's a question of whether I can find babysitting coverage." What follos is Brenneman's six-week plan for flying through the next century.

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WEEK ONE

Saddle time: 3 hours

To begin, you need to re-acquaint your winter-logged legs with spinning. Start with two, easy, 90 minute rides on flat or gently rolling terrain at a pace that allows you to keep up a conversation with your training partner. Try to resist the lure of the big chainring at all costs. It's much more important now to develop your spin than to push a big gear. 'Strive for a smooth efficient pedal stroke of 85 to 100 rpm', says Linda Brenneman, U.S. national road cycling champion.

WEEK TWO

Saddle time: 7 hours

When you divvy up your riding time this week, include one longer ride of up to three hours. Avoid becoming a weekend warrior and shoe-horning all your training into two days; spacing your rides through the week will ensure greater fitness gains and less exhaustion than training on consecutive days. "Remember, you're not trying to break your muscles down," Brenneman says. "If you feel a deep, dull ache in your quads after a ride, you're working too hard."

WEEK THREE

Saddle time: 10 hours

Now's the time to focus on building endurance and leg strength. In dividing your ride time, slate two, back-to-back, two-hour rides into your weekly mix. "At this point in the training, riding on successive days will help prevent your leg muscles from tightening up too much between rides," says Brenneman. "Otherwise, you'll spend the first 30 to 45 minutes on the next ride just warming up." This is also the week to start including a healthy dose of thigh-burning hills in your program.

WEEK FOUR

Saddle time: 12 hours

It's time to introduce two speed workouts. Centuries aren't races, but the extra power could make the difference between wining or losing the last cookie at a rest stop. "For those intervals, have your partner lead at a brisk pace for 30 seconds while you follow in the draft. Then switch places," says Brenneman. After ten pulls each, spin easily for ten minutes and start over. Reward yourself with a slow three-hour ride the next day.

WEEK FIVE

Saddle time: 14 hours

This is the week for your longest ride, ideally of four hours or more. Jam your jersey with carbo laden snacks and carry at least two 16-ounce bottles of water. Then eat and drink often. "Don't wait until you feel dizzy", Brenneman says. "By then you'll probably be too tired to reach into your pocket." Long rides are also a good time to check your pace. If you're to beat that seven-hour mark, you'll need to be able to ride 30 miles in two hours.

WEEK SIX

Saddle time: 10 hours

With the Century looming, now is the time to go easy. Your only goal should be to keep your legs loose, but not tired. Start the week with two three-hour rides, tapering at mid-week down to a couple of easy 90-minute jaunts. The day before the Century, do a slow, hour-long spin on the flats to get your leg muscles moving and the blood flowing. Eat a substantial dinner, avoid high-fat foods, as they tend to have unfortunate digestive consequences. Save dessert for the big day: You'll have your fill en route to the finish.

Classifieds

FOR SALE

Trek 7600. Top of the line bike (hybrid), 20" (31" inseam). Paid \$800, take \$399. Robert, 938-7027.
Santana tandem. Buy this tandem and cycling will never be the same. Top quality road machine, smooth ride and gobs of features. Jeff, 689-2069.
Cannondale KV500 Mtn Bike. 1996, 20" polished aluminum V-frame, Mach 5SX, LX, 747 pedals. Rarely ridden. Paid \$1,350, asking \$950. Gary, 912-1978.
Misc. Used but new Campy groupe (Chorus Ergo), competition wheels, and Cannondales. **Yakima Bike Rack.** 1996. Complete with two fork mounts and fairing. \$300 obo. **Cannondale Super V.** 1994. Many upgrades. \$900. **Hiking Backpack.** Ultimate Direction, with H₂O bladder. \$60. Mike 430-2615.

WANTED

The Reston Youth Club's Bike Shop is in constant need of donations of used bikes and bike parts in good condition. Contact Bob Dim, RYC Director, 758-1675, or e-mail: rdim@gmu.edu.

To place an ad, send to RBC Classifieds, P.O. Box 3389, Reston VA 22090. Free to RBC members.

RBC's Home Page...Part 2

<http://blueridge.infomkt.ibm.com/bikes/clubs/Reston/>

(or just run a search for Reston Bike Club—quicker than typing all that in)

While still under construction, tuhs newly revised page contains the ride schedule for the month, some general information about the club, and other cycling related goodies. Expect more features soon. Constructive suggestions or comments are welcome and appreciated, call Frank Sogandares, 834-0725.

1997 Reston Century Home Page

www.his.com/~kjhitt/rbc/cent.html

The Reston Century web page contains all of the information published in the Century brochure, including a downloadable registration form, plus added photographs and graphics. Late breaking news about the routes, sponsors, and volunteer opportunities will appear on the Century page, so check back often for updates. If you have any Reston Century "lore" such as stories or photos that you would like to share on the Century page, please contact Kerie Hitt, 758-8183; e-mail: kjhitt@his.com.

UPCOMING BICYCLE CLASSES

Allen Muchnick, an Effective Cycling Instructor certified by the League of American Bicyclists, will present two bicycle courses at the FALLS CHURCH Recreation Center (223 Little Falls St.) in August. Classes will meet on weekday evenings for three hours starting at 6:30 pm. To register or for more information, call 703 241-5077 for the Falls Church classes.

BICYCLE MAINTENANCE & REPAIR: Save time and money, be self-reliant, and get better bike performance by learning bike care. Covers flat tires and other emergencies, optimal fit, cleaning and lubrication, tools and references, and the inspection, adjustment, replacement, and overhaul of all major components. Bring your bike for limited practice with instructor. One 3-hour session:

• FALLS CHURCH CLASS, \$12 for residents/\$15 for non-residents.

Tuesday, August 5, 6:30 pm

BICYCLE MECHANICS WORKSHOP: A self-directed, hands-on opportunity to tune up, fix, or modify your bicycle. Completion of Bicycle Maintenance & Repair or some familiarity with bicycle mechanics is recommended. Call 703 237-8967 to discuss proposed project and needed materials with instructor beforehand. One 3-hour session:

• FALLS CHURCH CLASS, \$17 FOR RESIDENTS/
\$21.25 FOR NONRESIDENTS

Tuesday, August 12, 6:30 pm.

Reston Bike Club Members

Get It All

At The Fitness Authority!

The Fitness Authority Offers:

- State of the art Strength, Endurance and Cardiovascular exercise equipment
- Unlimited Aerobics
- The Kid's Zone (Separate gym for children)
- Pro Shop
- Full Service Hair Salon
- Cafe/Juice Bar
- Chiropractor with Massage Therapists
- Tanning Rooms
- Steam and Saunas
- Certified Trainers and more...

plus

Corporate Discount Rates for Reston Bike Club Members!

Call today! (703)904-7600



Directions: From Dulles Toll Road (Rt. 267) take Wiehle Avenue to traffic light. Turn left into Isaac Newton Square. (Exxon Station on left). Last building on the left.

Bike Repair Made Easy

by Chad Gleason

Back by popular demand, I've decided to reprint some of my earlier bike repair articles for the newer members of the club. This article deals with the essential tools that all cyclists should carry with them on a ride. So, this also goes out to all of you whoe read this last year, ignored it, broke down in the boonies , and hitched a ride home. Now, read on and run, don't walk to the bike store when you're finished. Have to buy a rasta saddle bag to put all that nifty new stuff in, ya know?

Roadside breakdowns are a dreaded nightmare of every cyclist. This need not be the case. The following items are the essential tools that every cyclist must ride out the door with—unless you like walking home.

1. Spare Tube: Always bring along a spare tube. Always. Make sure to get the right size and the correct type of valve stem (Presta—the skinny kind, or Shrader—the fat kind). Lightly coat the tube with talcum powder and place inside a zip lock bag. The talc will ease installation and will also let the tube move more freely inside the tire once installed, lessening the likelihood of pinch flats.

2. Pump: Necessary to inflate that newly installed tube. Try to get a good quality frame-fit pump.

3. Patch Kit: Crucial for when the spare tube develops a flat.

4. Tire Irons: Carry at least two. Plastic or nylon levers are more gentle on the rim and inner tube than metal levers. Make sure the set you have is sturdy enough for your tires.

5. Chain Tool: A handy little tool that will get you out of an annoying jam should your chain break. Can also be used to shorten the chain if you're unlucky enough to break your derailleur.

6. Spoke Wrench: Get the correct size for the spoke nipples on your wheels. Or carry a wrench that will work on a variety of spokes.

7. Allen Wrenches: You need these to tighten bolts that invariably shake loose as you're riding. Find out which sizes your bike has and carry one wrench of each size. The most common sizes are 4, 5, and 6 mm. However , there may be other bolt sizes on your bike, so be sure to check. For example, many newer crank bolts are 8 mm.

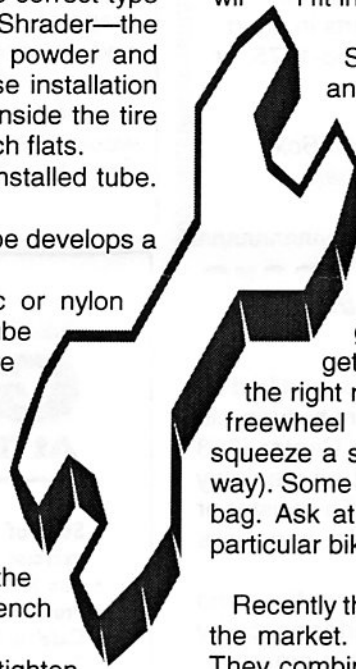
8. Socket Wrenches: Many bikes have both Allen bolts and standard bolts. Determine which kinds and sizes are on your bike and bring only those wrenches that fit your bike. A small adjustable wrench can be substituted for many individual wrenches. The most common sizes are 8, 9 and 10 mm.

9. Screwdriver: Pack along a small screwdriver to tighten any loose screws or to make adjustments to such things as brakes and derailleurs. Determine the type of screws on your bike and bring the correct type--Phillips or standard.

10. Pocketknife: You may want to carry a small pocketknife. Use this to cut off unraveled handlebar tape, etc. In addition, you may want to bring along a small strip of duct tape or other strong tape to tape broken parts onto your bike—or maybe that sandwich you couldn't finish at the lunch stop, or your rolled-up jacket when you get hot.

11. Miscellaneous: Extra food money, quarter for the phone, spoke nipples, a small bottle of lube (old Visine bottles work great for this), bolts to fit toe clips or any other bolts you may have lost on a ride in the past. Put all of this in a film canister or a similarly-sized bottle, stuff into your seat bag and forget about it until you need it.

12. Seat Bag: Almost forgot the most crucial piece of equipment. You'll want a seat bag to put all of this junk in and keep it out of the way. Believe it or not, all of this stuff will fit into a reasonably small bag.



Some people may want to carry additional tools and supplies with them. The most useful would be spare brake and derailleur cables—but be sure you clip off the end you don't need before you pack them, unless you want to tote along a pair of wire snips. Spare spokes will also come in handy for that ill-timed breakage in the rain with 40 miles to go. Take your wheels to the bike shop and get the correct lengths. You may also want to get the tools necessary to change the spokes on the right rear wheel. To do this, you have to remove the freewheel or cassette (take a look at it—you can't squeeze a spoke in with the freewheel or cassette in the way). Some of these tools are made to be carried in a seat bag. Ask at the bike store to find the right tool for your particular bike.

Recently there has been a large number of multi-tools on the market. Multi-tools are great for a variety of reasons. They combine several tools into one compact unit, allowing you to carry fewer items and less weight. Because these tools are bicycle specific they have virtually every tool you need for your bike—chain tool, spoke wrench, Allen keys, socket wrenches, screwdriver, etc. When shopping for a multi-tool, first determine the sizes and types of bolts on your bike. Also determine what additional features you would like, such as a chain tool, a spoke wrench, etc. Because of the wide variety of bicycles, a perfect multi-tool may prove elusive. Merely supplement the items your tool lacks from the list above and you'll have a small lightweight tool kit fit to handle just about any emergency.

As with any tool, a multi-tool is totally worthless unless you know how to use it. Familiarize yourself with both your bike and your tools and that next breakdown in the middle of nowhere won't be such a nightmare.



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Pasta - Tri-color - Bicycles 15oz. bag	4.00	Computers - Cateye AT 100	66.50	All of the above and also includes the replacement of any worn parts. Finish the bike off by waxing the frame.
Silk Tie - Road Race Print - blue	15.00	Cranks - Adventure Components	174.00	Price does not include the price of replacement parts.
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(Continued from page 1)

the age of eighteen, having raced in both track and road events. The next 40 years saw many changes in her life, including a move to the United States in 1962, meeting and marrying her husband Rolf (also an RBCer), and completing a career as an executive secretary for the Inter-American Development Bank in Washington, DC. Although she stayed active all those years, and particularly enjoyed aerobics, one thing she did not do was get on a bike. But when she retired just two years ago, she decided it was time to try her hand at cycling, something she had once excelled at. She first bought a mountain bike, but after getting tired of constantly being passed by faster road bikes, she broke down and bought her first road bike in 40 years.

Rosa joined RBC merely a year ago, and eventually began to average 120 miles a week, usually riding with much younger riders. She then started to wonder how she'd fare against female cyclists her own age. Thus, re-igniting the competitive spirit which had burned within her 40 years ago in Peru, and motivating her to enter the Senior Sports Classic. While pleased with her performance, Rosa is not through yet. She is giving serious consideration to competing in the next Senior Olympics scheduled for 1999 in Orlando, FL. We wish her well!

Nominating Committee

This year's nominating committee has been established to choose perspective candidate to serve on the 1998 Board. If you would like to get involved with the club and lend a hand, please contact either Bill Doty- 787-6638, or Gaston Prudencio-691-2263, for more information or if you would like to serve on next year's board. All positions will be open, so choose your title and volunteer.

Seagull Century

If you would like to reserve space at the Seagate Condominiums in Ocean City to stay with other club members for the Seagull Century weekend, please contact Nancy

Spencer, 250-9063, for more information or to reserve a spot.

Cross the Country with RBC

We are now planning to ride from Seattle to Washington, DC, hopefully in the beginning of September, 2000. We will procure maps from Adventure Cycling, as well as information from each state about lodging. We figure it will take approximately two months to complete the entire trip. If anyone has done a cross-country trip of this sort, we would love the benefit of your experience. To help, contact Ken or Sue Thompson; 476-4106.

WABA Bike Swaps

The Washington Area Bicyclist's Association (WABA) will be sponsoring bike swaps on the following Saturday: September 13. The location is behind the Bicycle Place, Bethesda store, 10219 Old Georgetown, Wildwood Shopping Center, north of the Beltway.

Bikes can be dropped off between 8-9 am. WABA volunteers will sell the bikes at prices set by the owners from 9 am-noon. WABA asks that bike sellers donate WABA 15% of the selling price. That money funds WABA advocacy programs, geared to improve bicycling facilities and routes for all bicyclists in the regions.

Discounts at Bikes USA

RBC members are eligible for discounts at all Bikes USA and Bicycle Exchange stores. Bring along your mailing label or other proof of club membership and receive the following discounts on regularly priced items. Parts & accessories.....10% off Clothing.....15% off Bikes.....5% off

Offer valid at all locations. See coupon on back for locations.

Club TT Record Set

Strongman Greg Goldman established the club time trial record at the first RBC time trial on July 12. A total of five riders pushed their limits, spinning gracefully over a rolling 13.6 mile course out and back Route 606 in Loudoun County. Bill Doty and Tom McCallip graciously spotted traffic and coached riders at the mid-course turnaround. The club time trial is the second Saturday of every month at 7:30 am, and is open to all club members of all levels. Yet another way to establish a "personal best"!

Name	ET	AvgSpd(mph)
Greg Goldman	33:47	24.15p*
Mark Kukulich	36:12	22.54p
Rick Albertson	37:02	22.03p
Eric Mackem	36:59	22.06p
Stuart Graves	37:10	21.96p
p-personal best		*-club record

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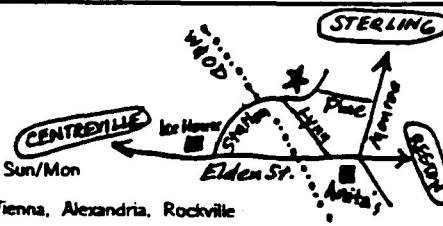


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August Ride Schedule

Updates

WEEKDAY RIDES

The Tuesday/Thursday night rides continue this month. While originally labeled as a trail ride, these rides have ventured off the W&OD as the season has progressed and now travel backroads around Reston, Herndon, Ashburn, and beyond.

Tuesday night rides will start at the Reston Town Center, (Southwest corner parking lot). All ride levels are welcome. Rides start at 6:00 PM.

Thursday night rides start from the Tortilla Factor parking lot in Herndon, and also leave at 6:00 PM.

With the coming of summer and longer periods of sunlight, these rides have increased in length and difficulty. Each week offers a new route customized by Ken Thompson for riders of all abilities. There will be separate cue sheets and ride leaders for each level as well as a different routes each week. In this way, there is a ride for everyone—short and slow, or long and fast.

PICKUP RIDES

Ever feel like riding with a few of your friends, but the only RBC ride was 40 miles out of town and you didn't want to drive that far? I know I have, and many others have to. This month, RBC is introducing a pickup ride that will offer an option on weeks when an out of town ride is listed in the schedule. Simply show up at the Reston Town Center, SW corner, at 8:00 am, wait for a few other club members to show up, and then go for a local ride of your choosing.

Sunday, August 3

A/B/C; 8:00 am. 40 miles. BURKE LAKE. This is a delightful trip with a mixture of trail and road riding. There are virtually no hills, with a snack break at Burke Lake park. Ride starts at Reston Town Center.

A Leader: Gaston Prudencio 691-2263.

B Leader: Jeff Purvis, 689-2069.

C Leader: Thomas Bonneau, 256-0986.

Monday, August 4

C; 9:00 a.m. 25-40 miles. PICKUP RIDE. Starts at Manassas Mall parking lot in front of Montgomery Ward. PLEASE CALL LEADER IF PLANNING TO RIDE. Leader: Gordon Bailey, 361-5367.

Tuesday, August 5

ALL LEVEL RIDES; 15-35 miles. 6:00 p.m. Meet at SW corner of Reston Town Center; Courses for riders of all

MOUNTAIN BIKE RIDES

Mike Pomata will be leading Thursday night mountain bike rides at 7:00 PM. Location varies from week to week. For weekend rides or to plan a ride at any other time of the week, call Mike: 703 430-2615, or e-mail: pedalshop@aol.com. Please call for location

Saturday Aug. 9, follow dan Cassidy to places unknown. Call for location and time: 406-3244.

OPEN RIDE SCHEDULE

The RBC ride schedule is open for anyone wishing to lead a ride or list a regular ride of their choosing. Many members have a regularly scheduled ride that they, and a few friends, go on. If you would like some company on your ride, simply contact the newsletter editor or one of the ride coordinators to have your ride listed in the schedule. Whether you ride during the week, early in the morning or late at night, there's bound to be at least one club member willing and hoping to go on your ride. So let us know.

RIDE CLASSIFICATIONS

- A Strong training riders. Intervals of fast riding, particularly on hills, 40-100 miles, at 16-22 mph.
- B Competent, strong riders. Moderately difficult, 25-75 miles, 12-16 mph.
- C Average riders. Moderately easy pace, 15-50 miles, 8-14 mph.
- D New or casual riders. Easy pace, 10-25 miles, 10 mph or less.

levels, both on and off the W&OD trail. For those wishing to stay for dinner, dinner at a location TBD. Ride Leader: Ken Thompson.

Thursday, August 7

ALL LEVEL RIDES; 15-40 miles. 6:00 p.m. Meet at The Tortilla Factory in Herndon; Courses for riders of all levels, both on and off the W&OD trail. Dinner at the Tortilla Factory after the ride for those wishing to stay. Ride Leader: Ken Thompson.

Saturday, August 9

A/B/C; 7:30 a.m. 12.5? miles. TIME TRIAL #2. Meet at Loudoun Gateway Business Park on Route 606, ~1/4 mile W of Hwy 28. Race against the clock for 12.5 miles. How fast can you go?? All levels welcome. RBC members ONLY... sorry! Coordinator: Frank Sogandares, 834-0725.

D; 10:00 a.m. 30 miles. LEESBURG HO! Enjoy this leg

stretcher for those wanting a little more distance. Ride on the W&OD Trail to Leesburg for lunch. Start: Herndon Railroad Station. Leader: Jim Delaney, 443-0496.

Sunday, August 10

ALL LEVEL RIDE—BACK OF SUGARLOAF

8:30 a.m.. Come on over to Maryland and ride around the picturesque, and somewhat hilly, Sugarloaf Mountain. A beautiful ride with plenty of shade and winding country roads. Ride starts at Poolesville High School in Poolesville, MD (on the right as you enter town from the ferry crossing). Please call leader if planning to ride.
A ride: 50 miles, Leader: Steve Lafferty, 736-2891.
B ride: 50 miles, Leader: Tom McKallip, 834-8151.
C ride: 35 miles; Leader: Brint Allison, 222-0562.

D; 8:30 a.m. 24 miles. TOWPATH TO HARPER'S FERRY. Ride along the C&O Canal. Start: Pt of Rocks Train Station. Leader: Jane Hanna, 777-5636. Please call leader if planning to ride.

Monday, August 11

C; 9:00 a.m. 25-40 miles. PICKUP RIDE. Starts at Manassas Mall parking lot in front of Montgomery Ward. PLEASE CALL LEADER IF PLANNING TO RIDE. Leader: Gordon Bailey, 361-5367.

Tuesday, August 12

ALL LEVEL RIDES: 15-35 miles. 6:00 p.m. Meet at SW corner of Reston Town Center; Courses for riders of all levels, both on and off the W&OD trail. For those wishing to stay for dinner, dinner at a location TBD. Ride Leader: Ken Thompson.

Thursday, August 14

ALL LEVEL RIDES: 15-40 miles. 6:00 p.m. Meet at The Tortilla Factory in Herndon; Courses for riders of all levels, both on and off the W&OD trail. Dinner at the Tortilla Factory after the ride for those wishing to stay. Ride Leader: Ken Thompson.

Sunday, August 17

A; 8:30 a.m. Criterium race in Montgomery County. The course is 0.7 miles with 3 turns through an office park. Category 5 racers start at 8:30 a.m. and ride for 50 minutes + 2 laps. Racers meet at the Reston Town Center at 7:00 a.m. Contact Greg Goldman, 391-2613, for directions and information about registration/fees.

ALL LEVEL PRE-PICNIC RIDE

9:00 a.m. WOLFTRAP SPECIAL with CLUB PICNIC. Work up an appetite for the picnic with a ride through Vienna, Dunn Loring, Great Falls, and Reston. After a break at Wolf Trap, be prepared for a couple of wicked hills. Ride starts at North Hills Park on North Village Rd near the corner of Wiehle and Reston Ave.
A Leader: TBD (Curt Hughitt Ride Coordinator, 620-3414).
B Ride: 35 miles, B Leader: Pete Whitman, 709-8514.
C Ride: 30 miles, C Leader: Gordon Bailey, 361-5367.

D; 8:30 a.m. 22 miles BACK TO TOWN CENTER. Start: RTC, SW corner. Leader: Nancy Thompson, 476-4726. Please call leader if planning to ride.

Monday, August 18

C; 9:00 a.m. 25-40 miles. PICKUP RIDE. Starts at Manassas Mall parking lot in front of Montgomery Ward. PLEASE CALL LEADER IF PLANNING TO RIDE. Leader: Gordon Bailey, 361-5367.

Tuesday, August 19

ALL LEVEL RIDES: 15-35 miles. 6:00 p.m. Meet at SW corner of Reston Town Center; Courses for riders of all levels, both on and off the W&OD trail. For those wishing to stay for dinner, dinner at a location TBD. Ride Leader: Ken Thompson.

Thursday, August 21

ALL LEVEL RIDES; 15-40 miles. 6:00 p.m. Meet at The Tortilla Factory in Herndon; Courses for riders of all levels, both on and off the W&OD trail. Dinner at the Tortilla Factory after the ride for those wishing to stay. Ride Leader: Ken Thompson.

Sunday, August 24

ALL LEVEL RIDE—NOKESVILLE

8:30 a.m. Ride starts from parking lot at Nokesville Park. Directions: Take I-66 to 28 S, make a left onto Fitzwater Dr. (Rt 652), at end of road make a right onto Aden Rd., Nokesville Park will be on the right about a mile down the road. PLEASE CALL LEADER IF PLANNING TO RIDE.
A Ride: 47 miles. Leader: TBD, (Curt Hughitt Ride Coordinator, 620-3414)
B ride: 47 miles. Leader: TBD.
C ride: 30 miles. Leader: Brian Collies, 860-5720.
D ride: 17 miles. Leader: Denis Ratiiff, 444-1071.

Monday, August 25

C; 9:00 a.m. 25-40 miles. PICKUP RIDE. Starts at Manassas Mall parking lot in front of Montgomery Ward. PLEASE CALL LEADER IF PLANNING TO RIDE. Leader: Gordon Bailey, 361-5367.

Tuesday, August 26

ALL LEVEL RIDES; 15-35 miles. 6:00 p.m. Meet at SW corner of Reston Town Center; Courses for riders of all levels, both on and off the W&OD trail. For those wishing to stay for dinner, dinner at a location TBD. Ride Leader: Ken Thompson.

Thursday, August 28

ALL LEVEL RIDES; 15-40 miles. 6:00 p.m. Meet at The Tortilla Factory in Herndon; Courses for riders of all levels, both on and off the W&OD trail. Dinner at the Tortilla Factory after the ride for those wishing to stay. Ride Leader: Ken Thompson.

Saturday, August 30

8:00 a.m. 30?? miles. PICKUP RIDE. An impromptu ride on an as-yet-undetermined route. Leader: Marcus Neto, 561-2597.

Sunday, August 31

ALL LEVEL RIDE—LUCKETT'S FAIR

8:00 a.m. HI HO TO LUCKETT'S COUNTY FAIR.

A ride: 64 miles, starts at Reston Town Center. Leader: Pete Whitman, 709-8574.

B ride: 64 miles, starts at Reston Town Center. Leader: Pat Gleason, 222-3897.

C ride: 28 miles, starts at Loudoun High School in Leesburg at the corner of Catoctin Circle and Dry Mill Rd. Leaders: Joe & Virginia Mitchell, 709-7620.

Monday, September 1

A/B/C; Labor Day W&OD Trail Challenge. You can do either or both rides. Doing both rides makes a great Century training ride. Bring food or money for breakfast and lunch. Leader: Ken Thompspon, 476-4106. This ride will be Sag supported by Sue Thompson.

7:30 a.m. 35 miles. Ride start: Reston Town Center. East on W&OD Trail for breakfast in Shirlington.

11:30 a.m. 60 miles. Ride start: Shirlington end of W&OD trail. West on W&OD Trail for lunch in Purcellville.

MOVING?

The USPS will not forward the newsletter to you if you move (bulk mail). Let RBC know your new address by filling out the membership application, and label that you have moved to a new address.

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ADDITIONAL HOUSEHOLD MEMBERS WHO RIDE:

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Name _____ Age _____ Name _____ Age _____

Parents must sign for riders under age 17, or request our standard parental consent form for the young rider to present at each ride or to be kept in club files and updated annually. Check here if you need this form ____

What classification of ride do you generally go on? (Circle one) A B C+ C D (See page 3 for descriptions.)
Other family member(s) Name _____ A B C+ C D Name _____ A B C+ C D
Name _____ A B C+ C D Name _____ A B C+ C D

Would you prefer Saturday rides? ____ Sunday rides? ____ or both? ____

Are you interested in mountain biking? ____

Please check all areas you might be willing to help with:

Lead rides ____ Tours & weekends ____ Annual RBC Century ____ Club social events ____ Data entry ____
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see page 4