

# THE WHEEL

NEWSLETTER OF THE RESTON BIKE CLUB

APRIL 1998

VOLUME 17, ISSUE 3

## NEWS...

### Board Meeting

The Next board meeting is on the second Wednesday of April, the 8<sup>th</sup>, at Rose Baker's starting at 7:30 PM. All club members are encouraged to attend and get involved with this year's activities. Call Rose for more information and directions, 860-4314.

### Puget Sound Trip

Several club members are considering a bike ride around Puget Sound in July or August to escape Washington's oppressive heat. If you're interested in joining them, now is the time to get in on the planning. A good time is guaranteed for all. Call Gretchen Roese, 435-5116.

### Cross the Country with RBC

We are planning to ride from Seattle to Washington, DC, in the beginning of September, 2000. We will procure maps from Adventure Cycling, as well as information from each state about lodging. The trip should take approximately two months. 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.

### Adopt-A-Shop

Welcome to Charles Hinojosa and Curt Hughitt, who have volunteered to dis-

(continued on page 4)

## BE CAREFUL IN LOUDOUN COUNTY

BY PAUL BAKER

A couple of years ago, the Loudoun County Supervisor threatened to ban all cyclists from roads with a speed limit of 35 mph or greater. Apparently, there had been a lot of complaints (especially on two-lane roads) of cyclists riding abreast.

In June 1997, I was hit by a car in Loudoun County while cycling, and taken by ambulance to a local hospital. While in the emergency room, I was interviewed by a Loudoun County sheriff. I explained to him how the driver of the car claimed he was blinded by the sun and didn't see me. I also told him that I did my best to swerve out of his way, but the car still caught my rear tire, throwing me from the bike. Well, the sheriff found the accident to be a no-fault. He said if I hadn't swerved, I might have gotten past the car. Unbelievable!

I've recently noticed more drivers in Loudoun County beeping their horn at

cyclists for no apparent reason. Greg Goldman mentioned that he was out riding with the Potomac Peddlers and that they were stopped for riding abreast by a Loudoun County sheriff and told to ride single file. On a recent RBC Sunday ride, our group was passed by a truck that crossed over the double yellow line. The truck was in passing gear and roared by us. Alongside the road was a sheriff who saw the truck pass us, but yet he did nothing. He was watching us! He started to pull out, but changed his mind. At the time the truck was passing, the lead rider in the paceline had pulled out to the left. So, for the moment, we had riders abreast. This is normal for a paceline, but I'm willing to bet the sheriff didn't realize it.

In conclusion, be extra careful when riding in Loudoun county. Ride your bike like you would drive your car. And be on the lookout for sheriffs.

## RBC ANNUAL SPRING PICNIC AND METRIC CENTURY

Mark your calendars now for Saturday, May 2 for the Annual Spring Potluck Picnic following the Annual Spring Metric Century.

Tentative plans are for rides to begin at 10:00 AM from the Reston Town Center and finish at the nearby Temporary Road Picnic Pavilion. The full metric century will be a combination of several of our favorite routes encompassing Great Falls,



Cascades, Ashburn, and Arcola. This route can be easily shortened in several places for those not wishing to ride the full metric century.

Plan on spending the afternoon with us afterwards for food and drinks with your fellow riders. Non-riders are also welcome.

Check next month's Wheel for further details. If you'd like to volunteer to help with the picnic, please call Mark Kukulich at 860-1316.

(Bring beer)

# THE FRONT WHEEL

BY PAT GLEASON

I truly want to thank 'Anonymous' for doing the March Front Wheel for me. Chad does a fabulous job with the newsletter. My move took more out of me than I could even have imagined. But I am finally settled in my small apartment and all the boxes have been put away. I walk to work and the Trek 2120 has its own space in the corner of the bedroom. I have even been out biking a few times. So now I guess it's time to get back to work.

## OUR BUSY BOARD

Jane Hanna has overseen the installation of a park bench complete with a plaque at the old duck pond, for those who haven't lived in Reston very long the location is near the corner of Sunset at the Sallie Mae building. Be sure to check it out. Jane will also be organizing the annual meeting later this year.

Bill Alkire is checking for any interest in a spring tour to Williamsburg. Be sure and give him a call if you are interested.

Mark Kukulich is planning a tailgate event noted in this copy of the wheel. Be sure to come out for great food and good times. He and his wife, Paula, are going all out to make this a great icebreaker for any new members and a delicious event for all.

Rose Baker has adopted the summer picnic. I'm sure she will pick a day better than last years, which turned out to be the hottest day of the year. She is also storing the club inventory at her house which includes the jerseys and caps. She will be taking care of any orders you may have.

Dirck Harris and I are working on the century this year. Paolo's restaurant at the Reston Town Center and Muscular Dystrophy are teaming up with us to make this year's century a really big event. Julie Light and Kerie Hitt are also helping with their expertise. We hope to make the event a Town Center festival. More details will follow but be sure to set aside September 27 on your calendar.

## OTHER VOLUNTEERS

Tom McKallip is the A ride coordinator this year with help from Greg Goldman. Brian Collies has volunteered to be the B coordinator, with Carlos Chappa helping Rose with the C's, and Denis Ratliff will continue as the D coordinator. And of course, Ken and Sue Thompson will again host the Tuesday and Thursday night rides. If you have a favorite ride, wish to lead a

ride, or ride during the week and want some company, call the volunteers above and get it in the newsletter. We want to post as many options for riders as possible.

Joan Waggoner has volunteered to help with the Reston Bike Rodeo on April 18. She needs volunteers to help inspect and fix kids bike. Please give her a call.

Frank Sogandares has been maintaining the Web page. Gary Mavrakis is going to lend him a hand and help improve the page. Any and all help would be appreciated with maintaining the ride schedule and cue sheets.

I have had a couple volunteers call and offer help with social events and even with the hotline. I know Nancy Davis, who has maintained the line for as many years as I have been in the club, can use extra help. So please, if any of you have any time, call any of the volunteer coordinators above, or myself, and we will see that you get a chance to participate.

## COME OUT AND RIDE

Please do not be intimidated to come out for a ride. I get calls all the time where people really want to ride but feel that their old 10-speed won't stand up to the competition. I began riding about four years ago on a bike that was over 20 years old and weighed a ton! It had all of Chad's old bike parts on it-constantly replaced when he got new ones. It seemed that every time I rode I had different brakes, cranks, derailleurs, etc.. Anyway, it got me out and I discovered that I loved riding. I then upgraded a couple of times before I got to the bike I have now.

I didn't even know what letter was fast and which was slow. I learned from a friend that I should start as a D and then move up. I highly recommend this to anyone who wants to come out. Denis promises to have a least one ride a month of around 10 miles. This is just right to start or to bring out the kids for a ride.

Also every rider starts out by saying that they are not going to wear those tight funny looking clothes. And you do not need these to ride a short distance. But as soon as you decide to go any distance you will find that the clothes are made to minimize the chafing and to wick water away from your body. So when you start, dress to be comfortable and then move up. We have had riders in sweat pants, jeans, and shorts. Of course the club jersey is seen everywhere but many people ride in t-shirts.

So I hope to see you on the road!

# BIKE RODEO

RBC needs volunteers to help out with the Annual Bike Rodeo on April 18. If you would like to come out and help fix bikes for kids or help them learn more about safe and responsible cycling, please call Joan Waggoner, 476-1315.



## RECALL

GT Bicycles Inc. of Santa Ana, California, is voluntarily recalling 10,000 Speed Series and Robinson bicycles because the frames can crack. GT Bicycles has received 17 reports of the frames cracking, resulting in two injuries, it said.

The frames under recall include XL and XXL model GT Speed Series, Speed Series Team, Speed Series Cruiser, Robinson Pro, Pro XL, Pro 24 and Amtrac frames and bicycles.

The bicycles and frames were sold between November 1994 and February 1998.



Bread. Keep it simple.

# Simplify.

We're not much for frills and ornamentation. The thought of being a "bread boutique" gives us goose bumps. (Maybe you can see them in this picture.) Froufrou we're not. We grind our own wheat every day, by hand. Ingredients are *au naturel*. Fresh. Bread the way it should be - in the altogether and simple. Come in for a free hot slice. (Dress casual.)



HERNDON 785 Station St. 471-4031

(W&OD Mile #20)

VIENNA 432 Maple Ave., E. 938-0921

(W&OD, north on Church St. 3/4 m. to end)

closed Sundays & Mondays



# USGS OPEN HOUSE

What goes on at the USGS, site of the 1997 Reston Century? Here is your chance to find out. Every three years, the USGS National Center opens its buildings and laboratories in Reston and puts together special exhibits to explain its natural science activities to the local community. This year, the "new" USGS celebrates the addition of a biological resources component to longstanding water resources, geologic, and mapping endeavors.

The USGS will open its doors to the public for tours, exhibits, and hands-on activities from 10:00 AM to 5:00 PM on Saturday, April 25 and from NOON to 5:00 PM on Sunday, April 26. The events on Saturday lead off with a 5K race and 2K fun run at 8:30 AM. Afterwards, people can visit the Open House, which will focus on volcanoes, dinosaurs, maps, floods, nature, earthquakes, and more! For general information about the Open House, call 703 648-5000 or visit the web site at [www.usgs.gov/openhouse/](http://www.usgs.gov/openhouse/). The 5K race information hotline is 703 648-6565, and an entry form is available at [www.usgs.gov/openhouse/race/](http://www.usgs.gov/openhouse/race/). USGS is located at 12201 Sunrise Valley Drive in Reston. Bicycle racks are available near the main entrance.

# Who's Who in RBC

## BOARD MEMBERS

President: Pat Gleason, 288-1535

Vice President: Rose Baker, 860-4314; [baker@helium.apa.com](mailto:baker@helium.apa.com)

Secretary: Jane Hanna, 777-5636, [jane928@aol.com](mailto:jane928@aol.com)

Treasurer: Dan Cassidy, 406-3244, [dcassidy@snm.org](mailto:dcassidy@snm.org)

## MEMBERS-AT-LARGE

Bill Alkire 729-2158, [mrbilla@mnsinc.com](mailto:mrbilla@mnsinc.com)

Tom McKallip, 834-8151, [temckall@us6s.er.gov](mailto:temckall@us6s.er.gov)

Dirck Harris, 771-8863, [dirckh51@mnsinc.com](mailto:dirckh51@mnsinc.com)

Mark Kukulich, 860-1316, [kukulich@juno.com](mailto:kukulich@juno.com)

## RIDE COORDINATORS

A: Tom McKallip, 834-8151, [temckall@us6s.er.gov](mailto:temckall@us6s.er.gov)

Greg Goldman, 391-2613

B: Brian Collies, 860-5720

C: Rose Baker, 860-4314; [rbaker@helium.apa.com](mailto:rbaker@helium.apa.com)

Carlos Chappa, 352-7537

D: Denis Ratliff, 444-1071, [dratliff@erols.com](mailto:dratliff@erols.com)

## NEWSLETTER

Editor: Chad Gleason, 998-2512, [chadg@erols.com](mailto:chadg@erols.com)

Advertising: Joan Waggoner, 476-1315

Miss an issue? Call: Mark Kukulich, 860-1316

Membership: Mark Kukulich, 860-1316, [kukulich@juno.com](mailto:kukulich@juno.com)

LAB representative: Thomas Bonneau, 256-0986

## HOME PAGE

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

## IMPORTANT PHONE NUMBERS

RBC Ride Info Line: 904-0900

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, 3100 S. Manchester St., #1141, Falls Church, VA 22044. Submissions can be sent as a hard copy or, preferably, placed on a 3.5" IBM compatible disk. Deadline for submission of all material is the 10th of each month.

(continued from page 1)

tribute RBC brochures to their newly adopted shops.

For more information, to adopt a shop or to request refills of brochures, please call Charlotte Kraebel, (H) 379-8253, (O) 683-6226 or fax 683-6227.

### HELP!

I'm almost ready to start putting RBC cue sheets online and I need volunteers with WWW access to help. The only requirements are internet access and a computer that will run a WWW browser. If you can browse the internet with your computer, you're equipped! Data entry time ranges from 5-30 minutes. Please e-mail me at fsoganda@mitre.org if you're interested. In the next couple of weeks I'll e-mail you detailed instructions, and snail mail you the cue sheets. Thanks. Frank Sogandares.

### Your Mailing Label

Some of you may have noticed that your mailing label now includes the expiration date of your membership. Please check your label from time to time. As the time comes near for your renewal, you'll be reminded no fewer than three times to please renew your membership. Please don't allow your membership to expire. A side note to members registering via the club web site: please mail in your checks as soon as possible after registration. We won't begin your membership without a check.

### Discounts at Local Bike Shops

RBC members are eligible for discounts at local bike shops. Bring along your mailing label or other proof of club membership to receive the following discounts:

All BikesUSA and Bicycle Exchange stores. See coupon on back cover for locations.

Parts & accessories.....10% off

Clothing.....15% off

Bikes.....5% off

Mobile Pedal Shop offers a 20% discount on all merchandise including bikes. See insert for a complete listing of bikes available.

A-1 Cycling in Herndon offers a 10% discount on all merchandise. Located at 2451-13 Centreville Rd.

# The Tortilla Factory

## Restaurant

648 Elden Street, Herndon VA

**Arizona Style Mexican  
Food  
Authentic Homemade  
Margaritas**



Daily Luncheon & Dinner Specials  
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Since 1975**

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200 Seat Capacity

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**Bike Rack Available**

## BICYCLE ADVENTURE CLUB

Our 16 year-old non-profit club has more than 36 USA and International Tours scheduled in 1998 and 1999 at 1/3 to 1/2 of equivalent commercial tour prices. Experienced volunteer leaders; luggage van; and reservations in great hotels, inns, and castles. WANTED: new members who are experienced, sociable touring cyclists. For schedule, call 800 775-BIKE FAX: 619 226-1074. Or E-mail: BAC2Wheels@aol.com Home Page <http://ourworld.compuserve.com/homepages/BAC2Wheels>



### PEDAL PENNSYLVANIA

Pittsburgh to Philadelphia  
July 11-18, 1998

- Fourth year • Fully supported • Staying at colleges and universities • 3 meals a day
- Optional trail rides in partnership with Rails to Trails Conservancy • Half day ride, half day sightsee option

On the Web: [www.pedal-pa.com](http://www.pedal-pa.com)

For brochure, contact Bob Ingersoll  
1914 Brandywine St., Philadelphia, PA 19130  
Tel: (215) 561-9679 • E-mail: [bobi@pedal-pa.com](mailto:bobi@pedal-pa.com)

# Spring and Summer Bicycle Classes

**A**llen Muchnick, a certified Effective Cycling Instructor, is teaching four courses for bicyclists in FALLS CHURCH (Falls Church Recreation Center, 223 Little Falls St), FAIRFAX (Fairfax High School, 3500 Old Lee Highway, Fairfax City), BAILEY'S CROSSROADS (REI store, 3509 Carlin Springs Rd), and GREENBELT (Youth Center, 99 Center Way or Schrom Hills Park). Unless otherwise noted, all classes will meet on weekday evenings from 6:30-9:30 PM. To register, or for more information, call 703 241-5077 for the FALLS CHURCH classes, 703 227-2377 or 703 227-2241 for the FAIRFAX classes (or visit <http://www.fcps.k12.va.us>), 703 379-9400 for the REI classes (<http://www.rei.com>), or 301 397-2000 for the GREENBELT classes. You may also contact Allen at 703 237-8967 or by e-mail at [allen@waba.org](mailto:allen@waba.org) or visit the WABA Website: <http://www.waba.org> for a current class announcement.

**EFFECTIVE CYCLING—ROAD I:** Gain essential cycling skills through on-bike and classroom instruction: equipment and maintenance basics, bike handling, hazard avoidance, and mastering traffic, trails, and groups. Bike and helmet **REQUIRED** at each session. Four 3-hour sessions:

FALLS CHURCH classes, \$43.20 for residents/\$53.20 for non-residents (includes \$11.20 for notebook):

Spring Course (250707A): April 20 (Mon), April 24 (Fri), April 28 (Tues), & May 1 (Fri)

Summer Course (350707A): July 29, August 5, August 12, and August 19 (four Wednesdays)

FAIRFAX class (Course 5302, Section 20), \$59 for everyone:

Four Wednesdays: May 6, 13, 20, & 27

GREENBELT class, \$48 for residents/\$60 for non-residents: June 3, 5, 10, & 12 (unconfirmed)

REI BAILEY'S CROSSROADS class, \$50 for everyone:

Mondays and Thursdays, 6:15-9:15 PM: June 15, 18, 22, & 25

**EFFECTIVE CYCLING—BICYCLE COMMUTING:**

Enjoy utilitarian cycling: equipment, carrying cargo, clothing and grooming, bike storage, security, route selection, cycling in the dark and rain, multi-modal commuting, and accommodating job and family obligations. Bring bike equipped with lights and reflectors for half-hour night ride. Prior completion of EC—Road I required for certificate. One 3-hour session.

GREENBELT class, \$24 for residents/\$28 for non-residents: Wednesday, June 17 (unconfirmed)

REI BAILEY'S CROSSROADS class, \$25 for everyone: Monday, June 29, 6:15-9:15 PM

FALLS CHURCH class (350712A), \$20 for residents/\$23 for non-residents (price unconfirmed—includes \$8.00 for notebook): Wednesday, August 26

**BICYCLE MAINTENANCE & REPAIR:** Find out about bike fit, emergency repairs, inspections, lubrication, brake and derailleur adjustments, and more. Bikes are optional for this lecture/demonstration. One 3-hour session:

GREENBELT classes, \$16 for residents/\$20 for non-residents: Monday, March 23, June 4 (unconfirmed)

FAIRFAX classes (Course #5300), \$29 for everyone:

Tuesday, March 17, 7-10 PM (Section 12)

Wednesday, April 15, (Section. 20)

Thursday, April 23, (Section 21)

Tuesday, May 12, (Section 22)

Tuesday, May 26, (Section 23)

Wednesday, June 24, (Section. 30)

Wednesday, July 8, (Section. 31)

FALLS CHURCH classes, \$12 for residents/\$15 for non-residents:

Wednesday, April 22, (#250704-A)

Friday, May 15, (#250704-B)

Tuesday, August 11 (#350704-A)

**BICYCLE MECHANICS WORKSHOP:** Tune up, fix, or modify your bicycle or practice inspection, maintenance, or repair procedures in this self-directed, hands-on sequel to Bicycle Maintenance & Repair. Bring bicycle and supplies. One 3-hour session:

GREENBELT classes, \$16 for residents/\$20 for non-residents: Monday, March 30

Monday, June 8 (unconfirmed)

FAIRFAX classes (Course #5301), \$29 for everyone:

Tuesday, March 31, 7-10 PM (Section 10)

Thursday, April 30 (Section 20)

Tuesday, June 2 (Section 21)

FALLS CHURCH classes, \$17 for residents/\$21.25 for non-residents:

Wednesday, April 29 (#250705-A)

Friday, May 22 (#250705-B)

Tuesday, August 18 (#350705-A)



# FROM THE MAILBOX



**April 4—Tarwheel Century.** Enjoy a flat ride through North Carolina. Fully sagged with options of 10, 33, 62, and 100 miles. Joann or PK, 919 330-2231.

**April 19—1st Annual Jimmy London Memorial Ride.** Support The Leukemia Society of America on this metric century near Va. Beach. Chris Nolan at 804 673-8855.

**April 23—May 1—Texas Spring Tour.** Explore the beauty of Southwest Texas. Daily rides or take a shuttle to visit the Alamo or Riverwalk in San Antonio. For a brochure, contact: Texas Spring Tour, P.O. Box 455, Cannon Falls, MN 55009-0455.

**May 2—Southern Maryland May Metric.** Explore rural roads in southern MD on a ride of 40 or 63 miles. 301 839-9398.

**May 2—Pedal the Parkway.** Experience a car-free day on the Colonial Parkway while riding from Williamsburg to Jamestown. Free to public. 757 229-0507.

**May 16—Tour de Chesapeake.** Cycle along the flat and scenic roads of the Chesapeake Bay. Choose from distances of 10, 20, 30, 50, 64, or 100 miles. Fully sagged with T-shirt and lunch included. Bicycling Education Association, P.O. Box 302, Williamsburg, VA 23187-0203, 757 229-0507.

**May 16-17—1998 Snow Valley MS 150.** Ride in the Virginia Hunt Country to benefit Multiple Sclerosis. One- and two-day options for individuals or teams. Ride starts in Middleburg at the Notre Dame Academy. NMSS, National Capital Chapter, 2021 K St., NW, Suite 715, Washington, DC 20006.

**May 22-25—GEAR South.** LAB event in Johnson City, TN. 202 822-1333 or bikevent@aol.com.

**May 22-25—16th Annual Kent County Spring Fling.** Cycle lightly traveled roads on Maryland's Eastern Shore. Fertile farms and waterways await you on rides ranging from 5 to 100 miles. Sponsored by the Baltimore Bicycling Club. Dwight & Phyllis, 410 836-2271; or Steve & Barb, 410 836-2437.

**May 31—The Great Baltimore Bike Tour.** Explore downtown Baltimore on rides ranging from 10 to 40 miles. 410 502-8733.

**May 30-31—Wilderness Road Ride and Mountains of Misery Challenge Century.** Tackle parts of the Tour DuPont course in the Blue Ridge and Allegheny mountains. New River Valley Bicycle Club, P.O. Box 488, Blacksburg, VA 24063-0488. 540 951-3271. Mahowar2@bev.net.

**May 30-31—3rd Annual Catoctin Challenge.** Ride from Frederick, MD to Gettysburg, with an overnight stay in the Catoctin Mountains. 63 miles first day, 55 miles second day. Full support. Benefits Deaf Access Services. Phil Helfer, 301 662-5518.

**June 7-12—Ride Around Wyoming (RAW).** Six-day, 375 mile tour. Full support including breakfast and dinner. Strenuous climbing rewarded with blazing descents and breathtaking scenery. SASE to RAW, Bob Faurot, 18 Paradise Dr., Sheridan, WY 82801, 307 672-6323.

**June 14—Knots Island Century Rides.** Four rides ranging from a 40K time trial to a full century. T-shirt, food stops, and sag. Tom Adler, 668 Blackthorne Dr., Chesapeake, VA 23322-

9030. 757 482-5587 or thomas@grtbrdg.net.

**June 18-21—Washington DC AIDS Ride 3.** Raise money for AIDS research on this four day, 350-mile ride from Raleigh, NC to Washington, DC. With an expected 2,000 riders, this year's event is sure to be another success. Washington DC AIDS Ride 3, 1215 Connecticut Ave., NW, Third Floor, Washington, DC 20036, 202 293-RIDE.

**June 19-24—Civil War Odyssey III.** Travel the majestic roads of the Northern Shenandoah Valley through three states. Starting and ending in Warrenton, Va. Average daily distance of 50 miles. Fully supported tour with sag, showers, T-shirt, and more. Bicycling Education Association, P.O. Box 302, Williamsburg, VA 23187-0203, 757 229-0507.

**June 28—13th Annual Bay to Bay Ride.** Rides ranging from 27 to 100 miles. Full support and food stops. Swimming in the bay at end of ride. Proceeds benefit Lions Club Leader Dog Program for the Blind. SASE to: Bay to Bay Ride, c/o Jim Gent, 7 Cedar Chase Ct., Chestertown, MD 21620-1665.

**July 3-6—GEAR West.** LAB event in Eugene, OR. 202 822-1333 or bikevent@aol.com.

**July 11-18—Pedal Pennsylvania.** Pittsburgh to Philadelphia. Fully supported ride with stays at colleges and universities. Trail ride options in partnership with Rails to Trails. Bob Ingersoll, 1914 Brandywine St., Philadelphia, PA 19130, 215 561-9679, bobi@pedal-pa.com, www.pedal-pa.com.

**July 23-29—Cycle Across Maryland (CAM).** Explore Maryland's Eastern Shore and conquer the Bay Bridge. Fully supported with a 3-day option available. 888 226-7433 or www.jhu.edu/cam.

**July 24-26—Chowan Weekend Getaway.** Distances ranging from 10-78 miles. Full sag with tent camping or dorms. Kim Aldridge, 172 Bass Lake Rd., South Mills, NC 27976-9760. 919 771-5790 or 757 436-2079.

**July 25—August 2—The Blue Ridge Bike Challenge.** 498 miles from Boone, NC to Washington along the Blue Ridge Parkway and Skyline Drive. www.bigwheelbiketours.com.

**July 26-31—Moose Tour.** Six-day loop ride in Maine, fully supported with tent camping. Maine Wheels Bicycle Club, 225 Paris Hill Rd., South Paris, ME 04281, 207 743-2577, moostour@megalink.net.

**July 26-31—The Bon Ton Roulet.** A 385-mile festival on wheels through the beautiful Fingerlakes Region of Upstate New York. Wineries, beautiful scenery, friendly people. Includes breakfast, dinner, sag, and camping. Cortland YMCA, 22 Tompkins St., Cortland, NY 13045, 607 756-2893.

**Aug 1-7—MOOSA Tour.** Ride through the wilderness of Western Maine and Southeastern Quebec to Quebec City. Several rides to choose from. CAN-AM Wheelers, 140 Emerson Rd., Norway, ME 04268, 207 743-9018. Moosa@megalink.net or www.megalink/~moosa.

**Aug 9-15—Lighthouse Tour.** Explore the dramatic coast, unspoiled fishing villages, and friendly people of Nova Scotia. Find out why Nova Scotia is the top cycling destination. Fully supported, one or two weeks. CAN-AM Wheelers, 140 Emerson Rd., Norway, ME 04268, 207 743-9018. Moosa@megalink.net or www.megalink/~moosa.

**Aug 14-17—GEAR North and National Rally.** LAB event in Wellesley, MA. 202 822-1333 or bikevent@aol.com.

Reston Bike Club  
P.O. Box 3389  
Reston, VA 20195

Dear RBC,

In the first issue of The Wheel in February 1983, Dick, the newly elected chairman, wrote "bicycle clubs should keep bureaucracy and business concerns at a respectful distance albeit done well. The raison d'être for a bicycle club is riding." RBC has certainly lived up to its promise, with lots of riding and a fun 1997 Annual Meeting, where bureaucracy and business concerns were nowhere to be seen! Part of the fun for us was receiving a special RBC quilt, beautifully made by Pat Gleason using past RBC Century T-shirts! With some helpful advice from Pat on how to hang quilts, it now has a place of honor in the Hays household. The presentation of the quilt was quite unexpected and very thankfully received.

Under the current excellent leadership and with so many dedicated members, we know that the Reston Bike Club will continue to flourish. We wish a most happy 15th Anniversary to everyone in the club and, again, thank you for a most thoughtful and appreciated gift.

Dick and Janet Hays

## CLASSIFIEDS

**Bridgestone RB-2.** Excellent quality and craftsmanship. Ridden less than one year with a spanking brand new set of Kevlar-beaded tires. Less than 1,000 miles. Paid \$600, will sacrifice for \$300. Thomas, 256-0986.

**Santana Tandem.** Buy this tandem and cycling will never be the same. Top quality road machine, smooth ride and gobs of features. For serious cyclists, this machine will let you and your significant other fly down the trail and road, you might even pass Fast Bill. Jeff, 689-2069.

**Blackburn Trackstand.** Magnetic indoor trainer. Just in time to tune up your legs for those spring rides. Sara, 779-7397.

**19" Terry Classic.** Shimano Deore group, triple crank, front and rear rack fittings, 105 pedals, Vista tail light, and computer.

Ready to tour, rider needed. Asking \$425. Janis 742-8054, 8-10 PM.

**Cannondale R500C.** 1995, 49cm, triple crank, 7 speed cassette, 650Cx20 wheels, STI shifters. Very low mileage. \$600. Kerie 758-8183 (evenings); e-mail kjhitt@his.com.

**Cinelli X-Lite Eubios Handlebar.** 44cm wide, 26.0mm clamp. New. \$25. Paul, 860-4314

**Shimano 105 Components.** Almost new crank and BB, 53-39T. \$55. Front derailleur, braze-on. \$10. Rear derailleur. \$15. Paul, 860-4314.

**Wanted.** Used bike trailer. One or two child capacity. Mike, 435-2913.

To place an ad, send to RBC Classifieds, P.O. Box 3389, Reston VA 20195. Free to RBC members.

## 1998 SNOW VALLEY MS 150 PRE-TOUR BIKE BASHES

The Reston Bike Club is invited to join the National Capital Chapter, National Multiple Sclerosis Society at the Union Station Capitol City Brewing Company for the MS 150 Pre-Tour Bike Bash on the following Saturdays: April 4, April 25, May 9. The Reston sponsored training rides start at 12:30 PM at CapCity. The Bike Bash follows the ride from 3:00 to 6:00 PM. Free food, discount drinks, and prizes will be given away during the Bashes. BikesUSA will also be giving away a bike on April 4.



Cyclists and volunteers can sign-up for the 1998 Snow Valley MS 150 Bike Tour. It's a good time for a great cause.

The Cycling Tour for the MS Cure . . . CapCity's MS Society Bike Bash! For more information, call 202-296-5363.

Additional training rides for the MS 150 will be held at participating bike shops to help prepare for the weekend event in May (see the Mailbag for dates). Check out the web site for exact locations and updated information. [www.dcw.nms.org](http://www.dcw.nms.org)

April 4, 1998

BikesUSA, Alexandria, VA

April 19, 1998

Washington Bike Center, Reston, VA

April 25, 1998

Performance Bicycles, Alexandria, VA

## ATTENTION GEAR HEADS

RBC is now affiliated with both the United States Cycling Federation (USCF) and the National Off-Road Bicycle Association (NORBA). The benefit of this affiliation is for RBC members who participate in races sponsored by either of these organizations. To avoid paying the 'unattached' race entry fee, list Reston Bicycle Club (exactly) as your club affiliation on your 1998 racing license application. Should you need it, our USCF club ID number is 7942; the NORBA number is 7987. In addition to saving on entry fees, you'll also be able to wear your club jersey in the pack! All that we ask in return is for racers who take advantage of this benefit to submit a small paragraph or two for The Wheel with race results. This is not a requirement, but it will certainly be of interest to the rest of the club, and will let the Board know that this benefit is being used. Contact Mark Kukulich at 860-1316 with USCF questions, or Dan Cassidy at 406-3244 with NORBA questions.

## RIDING SHORTS

**Rain on the Mountain.** It wasn't raining when we left home for Gainesville to tackle Bull Run Mountain. But in the parking lot at Tyler Elementary, the rain was coming down as hard as it would all day long. One smart rider put his bike back into his car and went to a dry home. But ten riders began in the rain. Gordon Bailey said it was the first time that he began a ride in the rain. Once again proving that we riders get a little crazier with each passing year. The rain came and went but it was a challenging hill-climbing day where once again we all survived—albeit a tad wet and grimy. —pg [Helpful Tip: Clean the brake pad glaze off your rims with rubbing alcohol. You'll be amazed at how much there is on your rims, especially after riding in the rain.]

**Missing in Action.** Cool, a Saturday ride around Lovettsville, one of my favorite rides. So, being the fool I am, I struggled out of bed, hit the road and made it to Purcellville in time to get out of the car and be hit by gale force winds trying to blow me across the parking lot. Apparently, a few other adventurous souls had braved the weather report, but not the ride leader. Twenty minutes after the scheduled start time, and with no ride leader in sight (I heard he was going to ride to the ride—from Reston, I thought?), we headed off. Except for a few brutal stretches where the wind blew us back up the road, it was another great trip to Lovettsville, and a good early spring hill workout, even on the descents.

## Keep In Shape Year Round At The Fitness Equation!

As a cyclist you understand the importance of staying in shape, whether you ride for pleasure or professionally. At the Fitness Equation you will find everything you need to improve or maintain your strength, endurance and cardiovascular levels. Stop by today and ask about our **Corporate Discount Rates** available to all **Bike Club Members!**

**Call today!**  
**(703)904-7600**

In Fredericksburg Call  
(540)786-4242



**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. Photography by James and Elizabeth Studio





# MARCH RIDE SCHEDULE

## UPDATES

### Attention C Riders

It has been requested that C rides be designated by anticipated speed since there is a broad range of C riders. Rather than dictate the pace of the ride before knowing who wants to ride that day, I will schedule some simultaneous C rides as I'm able to find leaders. C+ will designate a faster pace (11-14 mph) and C- as a slower pace (8-11 mph). If there seems to be enough interest and participation in two different C levels, I will try to do this more often. Riders interested in leading either a C+ or C- ride please call Rose Baker, 860-4314.

### Mid-Week D Rides

D riders who are interested in going on a weekday ride, call Joyce Wilkinson, 478-6942. How about 11:00 AM Thursdays, starting at the Old Herndon Railroad Station? Contact Joyce to discuss other days and times.

### Mountain Bike Rides

Check out the three scheduled ATB rides this month. These rides all have a little bit of something for everyone, from beginner to expert, so if you're new to the sport or just want to ride with others, come out and enjoy the trails, the mud, the steep climbs, and the blazing descents. For other ATB rides, or to schedule one of your own, contact Mike Pomata, 703 430-2615, pedalshop@aol.com; or Dan Cassidy, 703 406-3244.

### Prepare for the Sea Gull

It's a beautiful day, the 10<sup>th</sup> of February. Ken is on his way home for an afternoon ride to Purcellville, reminding me that the newsletter deadline is coming soon. I have two announcements to make. The first is that the Tuesday/Thursday night rides begin at 6 PM on April 7 at the Reston Town Center. Looking forward to seeing you all there!

The second thing on my mind is the Seagull Century, which is October 3 this year. For the past five years, Ken has ridden this century and I have been sagging. This past year, my cellular phone rang five or six times and I was surprised by how many people knew the number and that I was there. One person called asking for help, another just wanted to know where everyone was after the ride-in the beer tent-and another wanted to get together for dinner.

So this year, I would like to keep track of club members going to the Sea Gull Century. Call or send me the following information: your name, transportation plans, where you are staying, if you would like to join an RBC group start time, and whether you want to get together for dinner on Friday and/or Saturday night.

In return, I will give you my cellular phone number to call in case of an emergency. We will try to plan a group meeting prior to departure. This should make the Sea Gull even more fun and safer for all of us. Also, last year we were able to reallocate registration entries for people unable to attend due to unforeseen problems. Remember to sign up before the deadline on July 31, 1998.

Sue Thompson, 2106 Lirio Ct., Reston, VA 20191. 476-4106.

#### Saturday, April 4

ATB; 10:00 AM. 10-15 miles. LAKE ACCOTINK. 10 AM. Come out and explore the gently rolling trails of Lake Accotink. Possible venture through the woods for those who crave single track and slippery tree roots. Be prepared for mud. Start: First parking lot inside of Wakefield Park. Take Beltway to Braddock Road exit, bear right, park entrance on right at first stoplight. Turn into first parking lot on left. CALL LEADER IF PLANNING TO RIDE. Leader: Chad Gleason, 998-2512.

#### Sunday, April 5

##### ALL LEVEL RIDE

9:30 AM. 30/43 miles. WEST OF NOKESVILLE. Gently rolling terrain, wide-open spaces, and little traffic make this a favorite ride of all. Goes through several small towns. An RBC spring

tradition. Start: Nokesville Community Park, Nokesville, VA. Directions: Take I-66 West to exit 43A, Rte. 29 South in Gainesville. Go 0.4 mile and turn left onto Rte. 619 (Linton Hall Rd). Go 6 miles and turn right on Rte. 28 South. Go 3.2 miles and turn left onto Rte. 652 (Fitzwater Dr), go 1 mile, turn right on Aden Road. Go 0.8 miles to park entrance on right. A Leader: TBD, 834-8151. B Leader: Alan Bennet, 255-4770. C Leader: Thomas Bonneau, 256-0986.

B; 1 PM. 34 miles. MANASSAS TO NOKESVILLE. Miss the morning jaunt around Nokesville? Then head on out and ride there and back. Start: I-66 west to 28 South. In Old Town Manassas take a left on Main street, and a left on Tutor Lane to Osbourne High School. Leader: Donna Waller, 368-2606.

**Tuesday, April 7**

6 PM. RESTON LOOPS. Start: Reston Town Center, SW corner parking lot. Dinner following ride at location determined by attendees vote.

**Thursday, April 9**

6 PM. RIDES WEST. Start: Tortilla Factory parking lot, Herndon. Dinner following ride at Tortilla Factory for those wishing to stay.

**Saturday, April 11**

ATB; 10:00 AM. ~10 miles. FOUNTAINHEAD PARK. Whoa! That's what I've heard about this new mountain bike trail built just for us. Supposedly extremely technical and difficult, so consider yourself warned. Start: Fountainhead Regional Park. Directions to the Park: take Rte. 123 south to Hampton Rd./Rte. 647 and make a right. Look for park entrance on the left. May have to park outside the entrance if the park isn't open for the season yet. CALL LEADER IF PLANNING TO RIDE. Leader: Chad Gleason, 998-2512.

**Sunday, April 12****ALL LEVEL RIDE**

9:30 AM. 38/45 miles. OFF TO LEESBURG. Local ride to Leesburg, with food stop in Arcola or Leesburg. Part road, part trail for C riders. Start: Reston Town Center, SW corner. A/B Leader: Bill Doty, 787-6638. C Leader: Thomas Bonneau, 256-0986.

**Tuesday, April 14**

6 PM. RESTON LOOPS. Start: Reston Town Center, SW corner parking lot. Dinner following ride at location determined by attendees vote.

**Thursday, April 16**

6 PM. RIDES WEST. Start: Tortilla Factory parking lot, Herndon. Dinner following ride at Tortilla Factory for those wishing to stay.

**Saturday, April 18**

D; 10 AM. 20 miles. LEESBURG TO PURCELLVILLE. Tour the spring countryside on the W&OD trail. PLEASE CALL LEADER IF PLANNING TO RIDE. Start: Loudoun County High School, Leesburg, VA. Directions: Take Rte. 7 West to Leesburg, turn left on Catoctin Circle at traffic light about 0.7 miles after the Rte. 15 bypass interchange. Continue 1.5 miles to a left on Dry Mill Road at traffic light. School is on the right. Leader: Jane Hanna, 777-5636.

**Sunday, April 19**

A/B; 9:00 AM. 39/47 miles. A BUNCH OF HILLS. Experience many short intense hills—a great work out for the spring. Start: Reston Town Center, SW corner. Leader: Gaston Prudencio, 691-2263.

C; 9:30 AM. 28 miles. MEADOWLARK LOLLIPOP. Ease on down the W&OD trail and the streets of Vienna and McLean to Meadowlark Gardens. Flowers should be in bloom. Start: Reston Town Center, SW corner. Leader: Tim Donohue, 264-0727.

**Tuesday, April 21**

6 PM. RESTON LOOPS. Start: Reston Town Center, SW corner parking lot. Dinner following ride at location determined by attendees vote.

**Thursday, April 23**

6 PM. RIDES WEST. Start: Tortilla Factory parking lot, Herndon. Dinner following ride at Tortilla Factory for those wishing to stay.

**Saturday, April 25**

ATB; 10:00 AM. ~25 miles. RESTON TO GREAT FALLS. Ride from Reston through Lake Fairfax Park to Great Falls. Hopefully it will be warm enough to withstand the four creek crossings on the way (one to high depth). Some relatively steep hills and a few blazing descents will keep you on your toes. Moderately difficult. Once again, be prepared for mud...don'tcha just love it all over your bike? CALL LEADER IF PLANNING TO RIDE. Start: Reston Town Center, SW corner. Leader: Chad Gleason, 998-2512.

**Sunday, April 26****ALL LEVEL RIDE**

9:30 AM. 31/47 miles. DASH TO DELAPLANE. Experience beautiful horse country, and rolling hills. CALL LEADER IF PLANNING TO RIDE. Start: Middleburg Elementary School, Middleburg, VA. Directions: Take Fairfax County Parkway south to a right on Rte. 50 West to Middleburg. Turn right at light on Rte. 626 (Foxcroft Rd); school will be 0.25 mile on the right. A/B Leader: Tom McKallip 834-8151. C Leader: Jim Delaney, 443-0496.

D; 10 AM. 8-10 miles. PARTLOW'S AND BEYOND. Ride west on the W&OD trail to Partlow's store in Ashburn (or beyond). Great ride for beginners worried they won't be able to keep up on our usual D rides. Easy 8-10 mph pace. PLEASE CALL LEADER IF PLANNING TO RIDE. Start: W&OD Rte. 28 parking lot. Leader: Denis Ratliff, 444-1071.

**Tuesday, April 28**

6 PM. RESTON LOOPS. Start: Reston Town Center, SW corner parking lot. Dinner following ride at location determined by attendees vote.

**Thursday, April 30**

6 PM. RIDES WEST. Start: Tortilla Factory parking lot, Herndon. Dinner following ride at Tortilla Factory for those wishing to stay.

# JERSEYS and CAPS

Additional RBC jerseys have arrived, including a long-sleeved model for cooler riding weather. In addition, there is a limited supply of matching bike caps. The caps have the same colors and design as the jersey for a stunning, if not fashionable, combination. Contact Rose Baker, 860-4314; rbaker@helium.apa.com to reserve yours today before supplies run out.

- Short-sleeve \$40
- Long-sleeve \$60
- Caps \$5

(Add \$1 for postage)

***hurry and order now before supplies run out!***

### 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.

# RBC's HOME PAGE...PART 2

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

(or just run a search for Reston Bike Club)

While still under construction, this newly revised page contains the ride schedule for the month, some general information about the club, downloadable cue sheets, and other cycling related goodies. Expect more features soon. Constructive suggestions or comments are welcome and appreciated. Anyone wishing to lend a hand with updating and maintaining the web page, call Frank Sogandares, 834-0725.

## RBC RIDE CLASSIFICATIONS

- A+ Animals only need apply. Intervals from the start, culminated by brutal, leg-burning climbs. Average speed said to be nearing Gaston's Lamborghini.
- 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.

### RBC MEMBERSHIP APPLICATION FORM

Make check payable to: Reston Bicycle Club. Mail to RBC Applications, P. O. Box 3389, Reston, VA 20195  
 ANNUAL DUES: \$14 plus \$1 per person (\$15 for 1; \$16 for 2, etc.) Business: \$15 Date \_\_\_\_ Renewal \_\_\_\_ New \_\_\_\_

LAST NAME \_\_\_\_\_ FIRST NAME (Adult) \_\_\_\_\_

STREET \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Phone (H) \_\_\_\_\_ Phone (W) \_\_\_\_\_ e-mail \_\_\_\_\_

Age \_\_\_\_\_

ADDITIONAL HOUSEHOLD MEMBERS WHO RIDE:

Name \_\_\_\_\_ Age \_\_\_\_\_ Name \_\_\_\_\_ Age \_\_\_\_\_

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+/A B C+/C D (See above for descriptions.)

Other family member(s) Name \_\_\_\_\_ A+/A B C+/C D Name \_\_\_\_\_ A+/A B C+/C D  
 Name \_\_\_\_\_ A+/A B C+/C D Name \_\_\_\_\_ A+/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 \_\_\_\_

Triathlon \_\_\_\_ Education/safety \_\_\_\_ Legislative action \_\_\_\_ Membership \_\_\_\_ Newsletter \_\_\_\_

Others: \_\_\_\_\_

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