

THE WHEEL

NEWSLETTER OF THE RESTON BIKE CLUB

OCTOBER 1998

VOLUME 17, ISSUE 9

NEWS

Board Meeting

The Next board meeting is on the second Wednesday of October, the 14th, at Rose Baker's house. All club members are encouraged to attend and get involved with this year's activities. Call Rose for more information, 860-4314.

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.

Your Mailing Label

Some of you may have noticed 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 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.

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REFLECTIONS ON A SEASON ALMOST ENDED

BY MARK KUKULICH

As the days get shorter, I look back on the past season and marvel at how much RBC helped me accomplish the cycling goals I set out for myself this year. I know, not everyone sets goals when it comes to riding, but I think it always helps to have a goal in mind, whether it's riding a certain number of miles per year or lowering your time in your favorite century. One of my goals this year was to win a bicycle race, which, I'm happy to say, I accomplished at the Tour de Crofton in August. I honestly believe, though, that I could not have done it were it not for the quality of the rides I've been on with the club and with the friends I've made during the two years I've been a member of RBC.

In the nearly 17 years I've been into cycling, I've always believed that one of

the best ways to get faster is to ride with faster riders. (In that respect, I've got a lot of club members to thank for my victory.)

But one of the best parts about being involved with RBC is that this club certainly is not about the need for speed. While there will always be those who like to ride hard and fast on every ride, there will also be those who ride not-so-hard or not-so-fast, as well as those riders who like to take it slow and easy. And that is what makes riding with RBC so unique. I don't know of any other club of our size (now well over 600 members) where just about every ride is for all levels of riders.

Ken Thompson, ride leader, route planner, and mapmaker extraordinaire, has gone far above and beyond the call of duty

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THE FRONT WHEEL

BY PAT GLEASON

I am in the midst of the century panic (I mean planning). Just eleven more days and the whole event will be history (for this year at least). I sure hope it's on a beautiful day. This year the ride comes complete with food, music, and lots of other goodies. Hope it is a blast for everyone!

It's hard to imagine that summer is over! It has been so hot that I've hardly done any biking at all. I can't wait until fall and the cooler cycling season kicks in. What a great time of year. Check out some of the wonderful fall rides we have in store for you this month. So, as the year draws to a close I thought I should let you know what the board has been up to this year.

New Phone Answering Service on the Ride Hotline

The new club hotline has multiple mail boxes where callers can get information on the club, rides, and the century. This service allows multiple volunteers to record separate portions of the message as well as pick up calls. Previously, Nancy Davis, would record an entirely new message each week and have to pick up all the calls. No one could assist her in this process. The phone line still resides in Nancy's home but now she does not have to monitor and record all the messages. You will still hear her voice announcing the mailbox selections. I want to thank Nancy for all the years she has taken on this task and for her valiant efforts at figuring out how to work the new system and setting up the mailboxes. The ride coordinators and I have learned how to assist Nancy in recording and picking up calls. It seems to be working well. Thanks to all.

WEB Page

The WEB page has a new look, bikes are rolling and monthly ride schedules are posted. Gary Mavrakis and Vivian Li are working to make the RBC WEB site informative as well as flashy. You can also find a link to the 1998 Century WEB site

maintained by Keri Hitt. Check out the pictures. I also want to thank Frank Sogandares for establishing a WEB interface for the ride coordinators to communicate with the newsletter editor via the WEB page. RBC has arrived in the 20th century.

W&OD Bench

I hope you have all seen and sat upon the park bench located along the trail at the pond near Sallie Mae property on the W&OD trail (the old duck pond site). It is the last bench facing the pond as you ride away from the 7/11 toward Sallie Mae. It has a plaque commemorating 15 years of the Reston Bike Club. Jane Hanna has been working with the park service and we hope to have a water fountain installed close to the bench.

Social Events

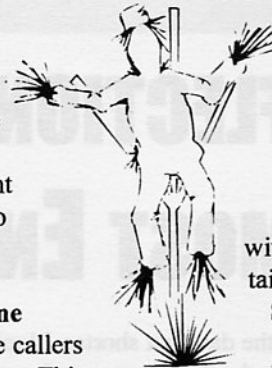
Each board member adopted an event this year. Hope you were able to attend Mark Kukulich's tail-gate party in the spring. Biking and food, who could ask for anything more.

Rose Baker procured the best barbecue sandwiches for the summer picnic. No cooking over a hot stove for RBC! Sorry I couldn't be there.

Bill Alkire hosted the 3rd annual Graves Mountain tour. The lower cabin has been upgraded with additional shower facilities and the food in downtown Madison was just great! Who said someone was swimming in the pool in bike clothes, must have been a good time for all!

Dirck Harris and I are working, or have worked, by the time you get this, on the century. Teaming up with Paolo's and MDA for food and charity at the Reston Town Center.

One more event, the annual meeting is being planned by Jane Hanna for late November. Last years event was a lot of fun. Good food, good fun, good friends. Will have more about that in next months newsletter. Hope to see all of you there.



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.

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. \$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.

Shimano 105 Components. Almost new crank and BB,

53-39T. \$55. Front derailleur, braze-on. \$10. Rear derailleur. \$15. Paul, 860-4314.

Yakima Tandem Mount. Like new. Jeff, 689-2069.

Yakima Bike Rack. Road or mountain bike (2); flare; locks. Excellent condition. Paid \$450, asking \$350 obo. Please call Jim at 532-5678 before 9 PM.

Bianchi Volpe Touring Bike. 52 cm. Almost new \$450. John, 737-0123 or pugh@microbiotest.com

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.



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)
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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.

Who's Who in RBC

BOARD MEMBERS

President: Pat Gleason, 288-1535,
Vice President: Rose Baker, 860-4314; baker@apa.com
Secretary: Jane Hanna, 777-5636, jane928@aol.com
Treasurer: VACANT

MEMBERS-AT-LARGE

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Tom McKallip, 834-8151, temckall@usgs.gov
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Mark Kukulich, 860-1316, kukulich@bdm.com

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Carlos Chappa, 352-7357
D: Denis Ratliff, 444-1071, dratliff@erols.com

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Membership: Mark Kukulich, 860-1316, kukulich@bdm.com
LAB representative: Thomas Bonneau, 256-0986

HOME PAGE

<http://cyberider.us.net/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. 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. Send to The Wheel, RBC, PO Box 3389, Reston, VA 20195.

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Annual Meeting

Mark your calendar for sometime in November (more info next month) for the Reston Bike Club Annual Meeting. This year's event proves to be just as exciting as last years. For more info or to help with the event, call Jane Hanna, 777-5636.

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.

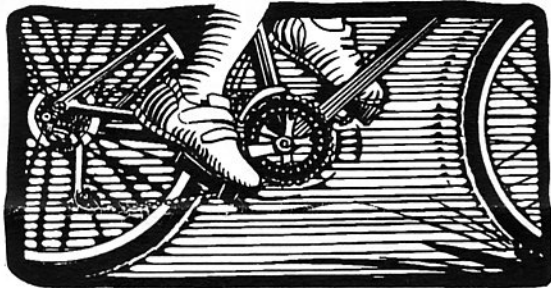
Parts & accessories.....10% off

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.

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



FALL EFFECTIVE CYCLING COURSE

Allen Muchnick, a certified Effective Cycling Instructor, will teach Effective Cycling-Road I at Fairfax County's Pimmit Hills Center, 7510 Lisle Ave, just inside the Capital Beltway near Tysons Corner. This four-session course, highly recommended for all cyclists, will meet from 6:30 PM to 9:30 PM on two Wednesday evenings, October 7 and 14, and from 10:00 AM to 1:00 PM on two Saturdays, October 10 and 17. The \$59 registration includes all course materials and is the same for both residents and non-residents of Fairfax County. To register or for more information, call 703/227-2377 or 703/227-2241 (or visit <http://www.fcps.k12.va.us>). For details, contact Allen at 703/271-0895 or <allen@waba.org>.

EFFECTIVE CYCLING-ROAD I (Course 5302, Section 40): Gain essential cycling and mechanical skills via on-bike and classroom instruction from the League of American Bicyclists: equipment and maintenance basics, use of gearing, bike handling, preventing falls and car-bike crashes, and mastering traffic, trails, and groups. Bike and helmet **REQUIRED** at both Saturday sessions which run from 10 AM to 1 PM. Four 3-hour sessions for \$59: Wednesdays & Saturdays: October 7, 10, 14, & 17.

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Friends of the W&OD Trail Safety Expo

The Friends of the W&OD Trail will hold a Safety Expo for diverse trail users on Saturday, October 10 from 10 am to 2 pm. The Expo will be located at the trail parking lot immediately west of Herndon's restored train depot and will feature safety demonstrations and checks for all major types of trail users: bicyclists, skaters, runners, walkers, and equestrians. The Northern Virginia Regional Park Authority will present planned safety improvements for the heavily used 45-mile paved trail and 32-mile parallel gravel path that extend from Shirlington in Arlington County to Purcellville, near the Blue Ridge foothills.

Experienced bicyclists are needed for safety checks and demonstrations. To volunteer or for event information, please contact Howard Marks, Safety Committee Chairman, by phone (703/534-2670) or email <marksh@idt.net>.

Your ad, commentary, article, or other words of wisdom could appear here. RBC accepts all bike related articles and commentary. If you would like to have something printed in *The Wheel*, please send a copy to:

The Wheel
 c/o RBC
 PO Box 3389
 Reston, VA 20195

Or even better, email your article to the editor at chadg@erols.com

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Dean	Control Tech
Eddy Merckx	Hayes
Griffen	Manitou
Hardland	Marwi USA
Landshark	Mavic
Litespeed	Race Face
Mondonico	Ritchey
Pinarello	RST
Redline	Rock Shox
RVT	Sachs
Salsa	Salsa
Smorgasbord	Shimano
Spooky	Syncros
Titan	Time Shoes
Torelli	Ultimate Direction
Vitus	White Brothers

NATIONAL CAPITAL BICYCLE TOURS COVER NEW GROUND GEARING UP FOR OCT 4

New territory awaits the 1500 cyclists expected to ride the National Capital Tours (NatCap) on Sunday, October 4. All riders will start from the American University campus between 7:30-10:00 a.m. with their choice of three routes: the Capital City Tour, the Capital Crescent Trail Tour or the Capital Countryside Tour. The City and Trail Tours offer riders new routes this year.

The City Tour has been rerouted to show riders the beauty of Washington's two waterfronts - views from the Potomac and Anacostia riverbanks. "The Anacostia and Fort DuPont National Parks are hidden treasures for park lovers just a short distance from the Capitol," notes NatCap volunteer Jon Fleming who assisted in planning this year's routes.

The Countryside Tour will offer five route lengths (42-100) for riders who want to get away from it all on country roads. Century riders will take enjoy views of Sugarloaf Mountain from behind their handlebars.

NatCap is encouraging teams of families, friends and co-workers to enjoy the Tours as a group by offering to emblazon team names and logos on free NatCap T-shirts. Teams must register by September 14 to take advantage of this offer. "NatCap offers something for everyone, including a terrific volunteer opportunity," explained NatCap Coordinator Anne-Marie Bairstow. Over 100 volunteers are needed before, during and after the event. In addition to free ride registrations and volunteer T-shirts, WABA will host a special volunteer tour on Saturday, September 12.

If you are interested in more information on the Tours or if you want to volunteer, contact the WABA office: phone (202) 628-2500 or email waba@waba.org. You can register on line by visiting WABA's website www.waba.org

Burke Earn-a-Bike in Need of Volunteers

Volunteer bike mechanics needed. The Burke Earn-a-bike project needs experienced cyclists and bike mechanicsto help kids learn basic bike maintenance (e.g. changing tires, adjusting handlebars, changing seats, adjusting coaster brakes).

Most kids are in the 8-10 year old range. In exchange for spending hours working on bikes and working for the project, kids earn donated used bikes they have fixed up.

Volunteer commitment is whatever you make it—two to three hours on a Saturday or whenever you can find the time. Donations are also needed, especially tools (for "graduates" to earn). Anyone knowledgeable about painting bikes would also be appreciated. Call Pat at 703-239-2125 or Muriel at 703-426-0691 or e-mail: grimp@bellatlantic.net.

SEASON CONT.

(continued from page 1)

in this regard. Each Tuesday and Thursday during daylight savings time, Ken produces a different route for each ride level—longer with more hills for the A riders, shorter and flatter for the C riders, with something in between for the B riders. While I can personally attest to the quality of the routes Ken has picked, I'm sure many other riders must agree, as evidenced by the increased level of attendance of these rides by riders of all levels. Somehow all rides manage to end at just about the same time, with many riders staying afterwards for dinner. In fact, the Thursday night ride starts in the parking lot of the Tortilla Factory (one of our advertisers) in Herndon, and they're so kind as to give us a discount on our meals. With Tuesday's rides starting at the Reston Town Center, strawberry bananalow smoothies at the Wrap Works seem to have become a post-ride club favorite.

While I admittedly haven't been on as many weekend rides with the club as I have weekday rides, my wife and I have always found them to be as equally enjoyable, as much for the camaraderie as the cycling itself. So, if it's been a while since you've joined the club for a ride, why don't you come on out and see what you've been missing? You won't regret it, and, after all, we're about to enter one of the best times of the year for cycling in this area. I look forward to seeing you on the road.



OCTOBER RIDE SCHEDULE

UPDATES

Tues/Thurs Night Rides

The rides will start at 6:00 PM and will be 1 to 1.5 hours in length, shortening as it gets darker. There will be two (sometimes three) ride lengths,

one for a C/B group and one for an A/B group, with some commonality between the routes. For riders desiring to socialize following the ride we will meet for dinner.

Tuesday night rides will start at 6:00 PM at the Reston Town Center, Southwest corner parking lot.

Thursday night rides will start at 6:00 PM from the Tortilla Factory parking lot in Herndon, on Elden St..

The rides will be ending this month as we resume that ludicrous daylight savings time stuff. Sorry. Encourage everyone to get lights and go mountain biking.

INVITATION FROM POTOMAC PEDDLERS

Here's a new Thursday ride, going the short W&OD LOOP between Reston and Vienna, organized by the Potomac Peddlers Club (PPTC), designed to be social, and for all levels. Reston RBC club members are invited to join in the fun! The ride features cafe stops/starts at the Reston Town Center's Rio Grande restaurant (next to the bike shop there), and the Vienna Whole Foods Market Cafe on main street. Both cafes are adjacent to the bike path, and both have outdoor patios for relaxation

before, after, and during the ride. Now THAT's a social ride! Here are some of the specifics:

— Starts in August, every Thurs evening, through Oct. **SUMMER W&OD LOOP RIDE & SOCIAL, EVERY THURSDAY EVENING, Impromptu.** Start & End your ride in either VIENNA or RESTON. ALL LEVELS Get Acquainted and ride, with rendezvous at cafes with in-door and out-door tables for relaxing. Completely impromptu. Leaders optional. Bike racks at cafes. Start 6:00-PM from Vienna, and at 6:45-PM from Reston. If the 14-mile loop is too short for you, add additional miles on your own.

6:00-PM VIENNA Whole Foods Market, at parking lot & patio, adjacent to W&OD Trail and Maple Avenue (near Park Street). Head for Reston Town Center on W&OD Trail (about 7-miles), and greet Reston riders there from 6:30 to 6:45-pm.

6:30-PM RESTON, Riders from Vienna greet the Reston riders at front entrance of Rio Grande Cafe, at Reston Town Center. Re-group and prepare to head to Vienna on the W&OD at 6:45, about 7-miles.

6:45-PM RESTON, head for Vienna on W&OD Trail (7-miles).

7:15-PM VIENNA Whole Foods Market and Cafe, W&OD Trail and Maple Avenue. Either end your ride here and relax in the cafe, or return to Reston on W&OD Trail (about 7-miles), and end at the Rio Grande Cafe at about 8:00-PM.

8:00-PM RESTON End Ride at Rio Grande Cafe for some socializing.

Sunday, October 4

C; 9:30 AM. 30 miles. MANASSAS/CLIFTON BEAUTIFUL HOMES TOUR. Take a tour through Clifton's beautiful neighborhoods. Be prepared for some hills. Please call leader if planning to ride. Start: Manassas Mall, Manassas, VA. Directions: Take I-66 West to Exit 47A (Rt 234 South) towards Manassas. Continue on Rte. 234 to a right onto Rte. 668 (Rixlew Rd), then right into mall. Leader: Joel Elkins, 331-1284.

Sunday, October 11

ALL LEVEL RIDE

10 AM. 21/36/49 miles. BOYCE ALL LEVEL. The C & D rides will follow the Berry Nice route, while the A & B riders will do the Oh Shenandoah route. D riders, please call ride leader if planning to ride. Start: Boyce Elementary School, Boyce, VA. Directions: Take Fairfax County Parkway south to a right onto Rte. 50 West, through Middleburg. At light where Rte. 17/50 meet, go 4.6 miles on Rte. 50/17, then turn right onto Rte. 723. Follow this for 4.4 miles to Boyce, cross Rte. 340 (Main Street), go 0.3 miles and turn left into the school. Alternate: Take Rte. 7 West to left at first Berryville exit on

Rte. 7 Business. Turn left on Rte. 340 South at traffic light in Berryville. Take Rte. 340 South to a right on Rte. 723 (Main St) in Boyce. School is 0.5 miles on left.

A/B Leader: TBD

C Leader: Bernie Byrne, 938-0278

D Leader: Denis Ratliff, 444-1071

Sunday, October 18

C; 9:30 AM. 30 miles. RIDE TO LANSDOWNE. Wind through the by-ways of Ashburn to get to Lansdowne Resort and then bike the quiet roads in Lansdowne. Start: Reston Town Center Reston, VA. Directions: Southwest corner of the parking lot in Reston Town Center. Adjacent to the W&OD bike trail. Leader: Deanna Renko, 841-0956.

D; 9:30 AM. 20 miles. LEESBURG TO PURCELLVILLE. Tour the fall Loudoun 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 Catocin 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, October 25

ALL LEVEL RIDE

10 AM. 23/30/40 miles. POINT OF ROCKS ALL LEVEL. The C & D rides will follow the A Bit of Everything route, while the A & B riders will do the Hill Climber's Delight route. D riders, please call ride leader if planning to ride. Start: Pt. of Rocks Train Station, Point of Rocks, MD. Directions: Take Rte. 7 West to Leesburg, take Rte. 15 North to right on Rte. 28 (Tuscarora Rd.) at first traffic light after crossing Potomac River. Train station is 0.5 miles on right.

A Leader: TBD

B Leader: TBD

C Leader: Bill Alkire, 729-2158

D Leader: Denis Ratliff, 444-1071

Saturday, October 31

ALL LEVEL RIDE

10 AM. 24/42/60 miles. TOMBSTONE TOUR. In the spirit of Halloween, take this ghostly tour of cemeteries around Manassas. The C & D rides will enjoy the TOMBSTONE TOUR past six cemeteries, while the A and B riders will do the Depot to Depot route. D riders, please call ride leader if planning to ride. Start: Manassas Mall, Manassas, VA. Directions: Take I-66 West to Exit 47A (Rte. 234 South) towards Manassas.

Continue on Rte. 234 to a right onto Rte. 668 (Rixlew Rd), then right into mall.

A Leader: Ichibod Crane, 555-TOMB

B Leader: Gordon Bailey, 361-5367

C Leader: Rose Baker, 860-4314

D Leader: TBD



HELP FORMER RBC PRESIDENT BATTLE LEUKEMIA

Please help save kids! Sponsor RBC member Sara Henry as she trains to run a marathon.

Leukemia is the number one killer of children. The Leukemia Society battles this disease by research and aid to patients and their families.

To help raise funds, Sara is training to run a marathon. She'll be running to honor 7-year-old Jessey Ambrose, a Tennessee boy now in remission after five months of chemotherapy.

If you can help, please make a check payable to the Leukemia Society of America and send to:

Sara J. Henry
2724 Broyles Ln.
Franklin TN 37069-7095

All donations are tax deductible! And any amount is greatly appreciated.

For questions, call the Leukemia Society at 800-322-2980 or Sara at 615-376-4551.

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@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 3? NEW URL

<http://cyberider.us.net/reston/>

Anyone interested in helping with the web page, please contact one of the board members. Currently the page is in a holding state. We desperately need someone to maintain and update this site.

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, 14-18 mph.
- C Average riders. Moderately easy pace, 15-50 miles, 10-14 mph.
- D New or casual riders. Easy pace, 10-25 miles, 8-10 mph.

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: _____



Reston Bike Club
PO Box 3389
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