

THE WHEEL

NEWSLETTER OF THE RESTON BIKE CLUB

AUGUST 1998

VOLUME 17, ISSUE 7

NEWS...

Board Meeting

The Next board meeting is on the second Wednesday of August, the 12th, 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.

MARK YOUR CALENDARS!!!

The Reston Bicycle Club will be having their Annual Picnic on Sunday, August 30th. It will be held at the Temporary Pavilion in Reston starting at around 11:30 AM or whenever riders come back from the Sunday ride. Food and fun for all. Tom McKallip will be setting up a volleyball net, so get those spiking arms ready. Sandwiches, sodas and munchies will be provided. Salads or desserts are welcome. Anyone interested in volunteering to help set up the picnic, please call Rose Baker at 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 lodg-

(continued on page 4)

ANNUAL RBC SUMMER PICNIC

When: Sunday, August 30, 11:30 to ???

Where: Temporary Road Pavilion
(corner of North Shore and Temporary Road)

What: BBQ sandwiches, munchies & soda provided.
Contributions of salad, dessert or other liquid beverages
(we're not talking water here either) welcome.
Volleyball net to be set up.

Why: For the fun of it!

Stop by after the ride or just show up!
Picnic goes on rain or shine.

LET YOUR VOICE BE HEARD CONTRIBUTE TO BIKEKIND

All that and more is waiting for you as the new editor of the Reston Bike Club Newsletter. You know, this stunning publication you now have in your hands. Due to editor burnout, the club is in desperate need of someone to take over the function of producing the newsletter.

Tasks range from compiling events and ride listings. Gathering important club information and setting up the newsletter in a desktop publishing program. The club will provide the prospective editor with the necessary software to undertake this daunting, yet rewarding, endeavor.

Anyone interested can contact the current editor, Chad Gleason at 998-2512 or chadg@erols.com, for more information and specifics. Or contact one of the board members (listed on page 3). He could probably even be coerced to help with the transition to a new editor and help them become familiar with the software and routine.

THE FRONT WHEEL

BY PAT GLEASON

Has been taced this month. Check back next month for more exciting adventures of the wacky biking kind.

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. 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.

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

Rental TH on W&OD. 3-level TH in Herndon. Short walk from W&OD Trail @ mile 20.5. Three bedroom, 2.5 bath, new appliances, full basement with full size W/D, bike workshop area. Four doors from association pool. 5% RBC discount to qualified tenant. Avail. 8/1 Curtis, 318-6641 or e-mail: spinney@erols.com

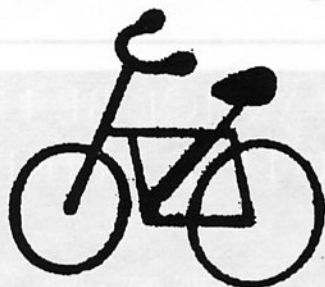
Wanted. Used bike trailer. One or two child capacity. Mike, 435-2913.

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

ESTABLISHED 1994

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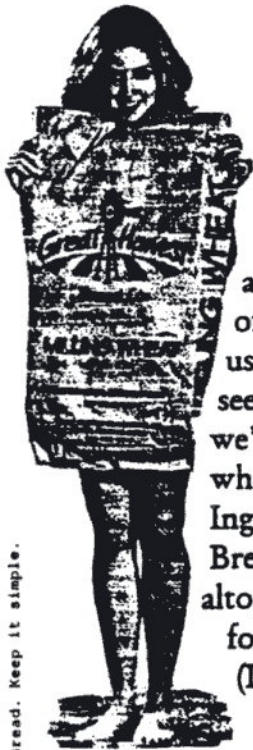
The best idea in bicycling since the wheel...

Visit our web page, coming mid May.

Check out the list of just some of the stuff we sell. 



Bikes	Parts
American Classic	American Classic
Basso	Answer Products
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Eddy Merckx	Hayes
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Litespeed	Race Face
Mondonico	Ritchey
Pinarello	RST
Redline	Rock Shox
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Titan	Time Shoes
Torelli	Ultimate Direction
Vitus	White Brothers



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

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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

Bill Alkire 729-2158, mrbilla@mnsinc.com
Tom McKallip, 834-8151, temckall@us6s.er.gov
Dirck Harris, 771-8863, dirckh51@mnsinc.com
Mark Kukulich, 860-1316, kukulich@bdm.com

RIDE COORDINATORS

A: Tom McKallip, 834-8151, temckall@us6s.er.gov
Greg Goldman, 391-2613
B: Brian Collies, 860-5720
C: Rose Baker, 860-4314; rbaker@apa.com
Carlos Chappa, 352-7537
D: Denis Rattliff, 444-1071, dratliff@erols.com

NEWSLETTER

Editor: Chad Gleason, 998-2512, chadg@erols.com
Advertising: Joan Waggoner, 476-1315
Miss an issue? Call: Mark Kukulich, 860-1316
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. 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)

ing. 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.

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-I3 Centreville Rd.

The Tortilla Factory

Restaurant

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FALLS CHURCH BICYCLE CLASSES

The City of Falls Church Recreation Center at 223 Little Falls St is offering four bicycle courses this summer. All class sessions will be taught by Allen Muchnick, a certified Effective Cycling Instructor, on Wednesday or Tuesday evenings from 6:30 PM to 9:30 PM. The Center is easily accessible from both the W&OD Trail and Metro and is only 7 miles from Key Bridge. Course dates and fees are noted in the short course descriptions below. To register, call the Center at 703/241-5077. For details, contact Allen Muchnick at 703/237-8967 or <allen@waba.org>.

EFFECTIVE CYCLING, ROAD-I: Learn the craft of cycling via on-bike and classroom instruction from the League of American Bicyclists: equipment and maintenance basics, gearing, bike handling, preventing falls and car-bike crashes, and mastering traffic, trails, and groups. Bike and helmet **REQUIRED** at each session. Cost: \$32 for city residents/\$42 for all others PLUS an \$11 student materials fee paid separately to the instructor. Four 3-hour sessions on consecutive Wednesdays July 29 through August 19 (course # 350707A):

EFFECTIVE CYCLING, BICYCLE COMMUTING: Exploit and 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. Bring bike equipped with lights and reflectors for half-hour night ride. Cost: \$12 for city residents; \$15 for all others PLUS an \$8 student materials fee paid separately to the instructor. One 3-hour session on Wednesday, August 26 (course # 350712A).

BICYCLE MAINTENANCE & REPAIR: Lecture/demonstration covers bike fit, emergency repairs, inspections, lubrication, brake and derailleur adjustments, and more. Bikes optional. Cost: \$12 for city residents; \$15 for all others. One 3-hour session on Tuesday, August 11 (course # 350704A).

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 bike and supplies. Cost: \$17 for city residents; \$21.25 for all others. One 3-hour session on Tuesday, August 18 (course # 350705A).

**THIRD ANNUAL GRAVES MOUNTAIN GETAWAY WEEKEND
SYRIA, VA AUGUST 22-23
RESTON BICYCLE CLUB (RBC)**

Please print (separate form for each person):

Last Name: _____ First Name: _____

Street Address: _____

City: _____ State: _____ Zip code: _____

Phone (home): _____ (business): _____

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT ("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in Reston Bicycle Club sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin: 1. ACKNOWLEDGE, agree and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, the League of American Bicyclists, their representative administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE THAT IF, DESPITE THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may occur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTENT IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOT WITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Signature: _____ Date: _____

Parent's Signature if Under 18: _____ Date: _____

\$30 NON-REFUNDABLE DEPOSIT DUE WITH REGISTRATION

Fill out and mail this form along with deposit to RBC, Graves Mountain Weekend Getaway, P.O. Box 3389, Reston, VA 20195.

FROM THE MAILBOX



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 15—Rochester Bike Club Challenge Ride. The Rochester Bike Club invites all Restonites to their Challenge Ride. No charge! Contribution to the picnic fare are welcome. Get more information at www.win.net/~rbcbbbs or 716 723-2953.

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.

Graves Mountain Getaway Weekend

Join RBC cyclists at Graves Mountain on Saturday and Sunday, Aug. 22-23 for the 3rd Annual Graves Mountain Getaway Weekend. A variety of scenic rides through Syria and Madison, Virginia combined with various activities around the lodge, make this an excellent weekend outing for the entire family, whether or not you ride a bike. Afterward you can relax at the pool or in the cabin. Guests at Graves Mountain enjoy visiting local vineyards, fishing at stocked trout ponds, hiking to White Oak Canyon and Old Rag Mountain or for an extra charge take guided horseback rides through the mountains. Graves Mountain is located approximately two hours south of Reston (about 75 miles). We have reserved the Lower Cabin. The main floor is a large room with eating tables and 8 single beds. There are some individual rooms upstairs which hold 2 to 4 people. You will Arrive Saturday, send Sat. night and depart on Sunday. Rides will be scheduled both days. With a deposit of \$30 per person (actual price will depend on the number of participants but this has been approximately the per person cost in the past) you will have Saturday night lodging plus meals prepared in the cabin by the participants - bagels, muffins, etc for Sunday breakfast, sandwiches for lunch, and the now famous pasta dinner Sat. night. Join us for a great weekend of beautiful bike rides, excellent food and fun. Call Pat Gleason at 288-1535 for more info, or fill out the enclosed signup sheet and send your \$30 per person to the RBC lock box to reserve a space.

HELP!!!

Due to a recent vacancy, RBC is in need of a Treasurer. Also, we need volunteers for social director for the Graves Mountain and members of a nominating committee. The nominating committee will be responsible for choosing candidates to run for election on next year's board. Anyone interested in volunteering for these positions, or if you are interested in serving on the board, please call Pat Gleason, 288-1535.

Mark Your Calendars Now
1998 Reston Century
September 27, 1998

AUGUST RIDE SCHEDULE

UPDATES

Tues/Thurs Night Rides

The rides will start at 6:00 PM and will be 1.5 to 2 hours in length. 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.

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.

Mountain Bike Rides

For ATB rides, you're apparently on your own these days.

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.

Prepare for the Sea Gull

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 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, August 1

A/B; 8:00 AM. 50+ miles. SKYLINE DRIVE. Skyline drive is a wonderful scenic view of the Virginia countryside from the crest of a mountain ridge. The climbs are long and difficult, however, none are unusually steep. Start: Car pool from RTC at 6:45 or meet at the grocery store just before the Front Royal entrance to Skyline Drive Park. Leader: Bill Van Antwerp, 437-0848.

Sunday, August 2

A/B; 8:00 AM. 56 miles. OFF TO LEESBURG WITH A SLIGHTLY DIFFERENT TWIST. Start: Reston Town Center, SW corner.

A Leader: Gaston Prudencio, 691-2263

B Leader: John Wood, 255-6427

C; 8:00 AM. ~30 miles. EAST TO EATS. Take the low road to Vienna and then head further east to pick up a bite to eat. This

is a long forgotten ride. Start: Reston Town Center, SW corner. Leader: Rose Baker, 860-4314.

ATB, 9:00 AM. FOUNTAINHEAD. Join RBC in conjunction with MORE (Mid-Atlantic Off-Road Enthusiasts) for a challenging off road ride. Leader: Clare Novak, 941-9057.

Tuesday, August 4

6:00 PM. Reston Loops. Start: Reston Town Center, SW corner parking lot. Dinner following ride at location determined by attendees.

Thursday, August 6

6:00 PM. Rides West. Start: Tortilla Factory parking lot, Herndon. Dinner following ride at Tortilla Factory for those wishing to stay.

Saturday, August 8

C/D; 8:30 AM. ~30 miles. CRESCENT TRAIL. Tim promises this to be a fun ride, with lots of shade and few hills. The option to cut the ride short just means turning around at any time and heading back. There will be an optional tour around the DC area for those who want to make the most of it. Start: Ride starts at the end of K St. Cross the Key Bridge, turn right on M St., then right on Wisconsin and then a right on K St. and search for parking. Alternately, you can park in Rosslyn and then bike across Key Bridge. Leader: Tim Donohue, 264-0727.

Sunday, August 9**ALL LEVEL RIDE**

9:00 AM. 32/61 miles. BETWEEN THE RIVERS. Ride the rolling countryside around Remington. For you history buffs, this ride goes through Brandy Station. Start: Pierce Elementary School, Remington, VA. Directions: Take I-66 W to exit 43A, Gainesville. Take Rte. 29 South for 24 miles to Remington. Turn left onto Business Rte. 29 (just past Rte. 28). School is 1.4 miles on right.

A Leader: Tom Mckallip, 834 -8151

B Leader: Karl Beisel, 437-8264

C Leader: Bernie Cohen, 645-0877

Tuesday, August 11

6:00 PM. Reston Loops. Start: Reston Town Center, SW corner parking lot. Dinner following ride at location determined by attendees.

Thursday, August 13

6:00 PM. Rides West. Start: Tortilla Factory parking lot, Herndon. Dinner following ride at Tortilla Factory for those wishing to stay.

Sunday, August 16

A/B; 8:00 AM. 39/47 miles. BUNCH OF HILLS. A ride through Reston, Vienna, Great Falls, Sugarland Run, Countryside, Sterling, and Herndon with numerous short climbs. Start: Reston Town Center, SW corner.

A Leader: Chris Bell, 758-0180

B Leader: Brian Collies, 860-5720

C; 8:00 AM. 36 miles. WESTFIELDS/SULLY STATION. Except for one hill, this is an easy going, flat ride. Rest stop at the Sully Station Safeway Plaza. Start: Reston Town Center, Sw corner. Leader: David Canody, 742-6798.

D; 8:00 AM. 11 miles. MEADOWLARK GARDEN. Ride eastward on the W&OD trail, with the last 1.5 miles on hilly backroads to the park for refreshments. CALL LEADER IF PLANNING TO RIDE. Start: Reston Town Center, SW corner. Leader: Denis Ratliff, 444-1071.

Tuesday, August 18

6:00 PM. Reston Loops. Start: Reston Town Center, SW corner parking lot. Dinner following ride at location determined by attendees.

Thursday, August 20

6:00 PM. Rides West. Start: Tortilla Factory parking lot, Herndon. Dinner following ride at Tortilla Factory for those wishing to stay.

Sunday, August 23**ALL LEVEL RIDE**

9:00 AM. ~35/55+ miles. VIRGINIA HUNT COUNTRY. A new ride Paul Baker is putting together. The course is ideal for a solid ride. It has few turns and just enough hills to keep the heart working. Cut off opportunities exist to shorten the ride. Start: Tyler Elementary. School, Gainesville, VA. Directions: Take I-66 W to exit 43A, Gainesville, Rte. 29 South. Take first right onto Rte. 55 (John Marshall Hwy). School is about 1.5 miles on right.

A Leader: Paul Baker, 860-4314

B Leader: Ron Keysor, 207-0037

C Leader: Rose Baker, 860-4314

Tuesday, August 25

6:00 PM. Reston Loops. Start: Reston Town Center, SW corner parking lot. Dinner following ride at location determined by attendees.

Thursday, August 27

6:00 PM. Rides West. Start: Tortilla Factory parking lot, Herndon. Dinner following ride at Tortilla Factory for those wishing to stay.

Sunday, August 30**ALL LEVEL RIDE**

8:00 AM. 45 miles. OFF TO LESSBURG. A ride out to historic downtown Leesburg that gets you back in time to enjoy the annual picnic. Start: Reston Town Center, SW corner.

A Leader: TBD, 834-8151

B Leader: Joan Cleavland, 237-0670

C Leader: TBD

**DON'T FORGET
THE PICNIC
FOLLOWING
THE RIDE**

When: 11:30 AM to ???

Where: Temporary Road Pavilion
(corner of North Shore and Temporary Road)

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:

BIKES★USA®

BIKES★USA

- Bailey's Crossroads (703) 379-7500
- Potomac Mills (703) 494-5300
- Tysons Corner (703) 761-9600
- Gaithersburg (301) 590-3000
- Rockville (301) 468-0808
- Columbia (410) 872-0070

BIKES★USA EXPRESS

- Alexandria (703) 768-3444
- Arlington (703) 522-1110
- Fairfax (703) 323-0500
- Wisconsin Ave (202) 244-2800

Visit us on the web at
www.bikesusa.com.

Store Hours:
Mon.-Sat. 10am-9pm
Sun. 11am-6pm

Sale prices valid August 7-16, 1998.
Cannot be combined with other offers, coupons or prior purchases.
While supplies last and limited quantities.
Prices valid on in stock items only.
Colors, quantities, and sizes may vary by store.

Semi - Annual Sale Everything On Sale!

August 7 - 16, 1998



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PRIVATE SALE

For Preferred Customers
Thursday, August 6, 1998!



Reston Bike Club
PO Box 3389
Reston, VA 20195

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