

# THE WHEEL

NEWSLETTER OF THE RESTON BIKE CLUB

SEPTEMBER 1998

VOLUME 17, ISSUE 8

## NEWS...

### Board Meeting

The Next board meeting is on the second Wednesday of September, the 9<sup>th</sup>, at Dirck Harris' new house starting at 7:30 PM. 1602 Poplar Grove Drive, Reston, VA. Tel: (703) 787-3330 for directions. All club members are encouraged to attend and get involved with this year's activities.

### 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 Roesse, 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.

### 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

*(continued on page 4)*

## RESTON CENTURY NEEDS YOUR HELP

The 1998 Reston Century is right around the corner—September 27. This year the Reston Bike Club has joined with Paolo's Restarant (not to be confused with Paola Pezzo) in the Reston Town Center as well as the Muscular Dystrophy Association. Participants in this years Century will be treated to a festival at the Town Center after the ride. There will be free food for riders. Additionally, family and friends of riders can join the festival for a nominal fee.

Proceeds from the ride will help benefit the MDA and its crusade to find a cure for muscular dystrophy.

However, the Century cannot go on without the help of numerous volunteers. There are still many areas that the club needs help with. Some of these volunteer positions would still allow you to ride the course.

Volunteers are need to place signs along the route the day before the event, and to take them down after the ride. Anyone interested in signing the route can contact Dirck Harris, 787-3330.

Additional volunteer oppurtunities are available. To find out more contact Pat Gleason, 288-1535.

All volunteers receive a Century T-shirt.

## RBC INVADES IRELAND

By Tom Conrad with collaboration by Joan Waggoner

Fourteen members of the Reston Bike Club, including spouses and friends, journeyed to Ireland for our 6th Annual International Bike Vacation. They were:

Bill and Alice Alkire  
Tom Conrad and Joan Waggoner  
Marj Lane  
B.J. and Marilyn Silvey  
Joe and Marcia Stowers  
Nancy Thompson  
Jerry and Bunny Bonnes  
John and Kay Kern

My story describes our activities while

Joan and I were in Ireland. Marj Lane, Nancy Thompson, Joan Waggoner, and I spent two weeks in Ireland, flying into Dublin; biking and driving in the West of Ireland (Sligo, Clifden, Doolin, Dingle, Killarney, and Shannon); and returning from the Shannon Airport. We covered the Counties Sligo, Mayo, Clare, and Kerry. The Alkires, Silveys, and Stowers spent three weeks in Ireland and travels to southern and southwestern Ireland, as well as in the West.

Since this story is supposed to be about biking in Ireland, the biking is described first, and then other things such as weather, the countryside, the people and places we stayed, and the great food and drink are described. People who want to learn

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# THE FRONT WHEEL

BY PAT GLEASON

I just rode the C&O Canal from Point of Rocks to Harper's Ferry this weekend. The D ride was advertised as such but when I checked with the leader they mentioned a couple of miles of rough riding which a friend had whipped out in and that they were planning on going in the other direction toward White's Ferry. Of course, I knew my friend and I would be late and so I told them not to wait on us. But I had advertised the ride to Harper's Ferry to my friend and really wanted to go in that direction even if we had to walk a couple of miles to get there.

Chad and I had made this same ride several years ago prior to our connection with the bike club. I remembered the shade and the locks and the camp areas, thought it was just the greatest ride. I believe I rode the same mountain bike this trip that Chad had on our first trip. He had put it back together and fixed it up with new tires (giant knobbies) I thought it would be fun to recall the first ride and compare this trip.

My friend is a relatively new biker. He has been riding in his kitchen using a trainer. He has done 20 miles outdoors and this would be his longest ride. He is equipped with water bottle, bike shorts, gloves and helmet. Much more than we had on that first trip. I could compare his experience to Chad's and mine.

I lost in any comparison you can make.

We ended this trip with a bit of wrist and rear pain but on that first trip I ended in agony! What a difference a few years and a little preparation makes!

On that first trip, I probably hadn't ridden a bike more than 8 miles, if that much, and didn't own any bike clothes or even know what they were. I didn't even know enough to carry water. I remember Chad getting angry at me for not turning

around at Brunswick like he wanted. I had seen on the map that it was only a few more miles to Harper's Ferry and I had never been there, so I promised to buy lunch if he would go on. (This may be the reason that he doesn't put too much faith in letting me make decisions for him.) We over shot the bridge, there still is no sign. At the next landing we stopped and checked and had to turn back. When we finally reached Harper's Ferry, we had to haul our bikes up and over the bridge, we had no lock. I picked up something from the burger joint and we sat outside and ate. We took the bikes back across the bridge and began the long ride back. We stopped and stretched on the grass at a camp ground. I was using everything I learned in aerobics class to keep flexible. I remember thinking that I would never make it back to Point of Rocks. As we rode, Chad kept getting smaller and smaller as he got farther and farther ahead of me. I remember hanging my legs straight off the side of the bike, I needed to straighten them out so bad, probably didn't have the proper seat height. I attempted to coast as far as I could on flat ground without falling over. I was dying!

Now I realize why this is the first time since then that I have made this trip. I have completed centuries in better condition that I did that trip.

Anyway, the canal is still gorgeous! The shade is great, you can see where they have restored part of it and the gravel is all new and all the tree roots are covered. There are still parts with lots of bumps and mud puddles but all in all it is a really nice ride. Maybe I won't wait so long next time to ride it again.

One thing though, haven't found any really good food in Harper's Ferry yet. Maybe if you know of a good place you can let me know what to try next time.

## 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.

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

\$15. Paul, 860-4314.

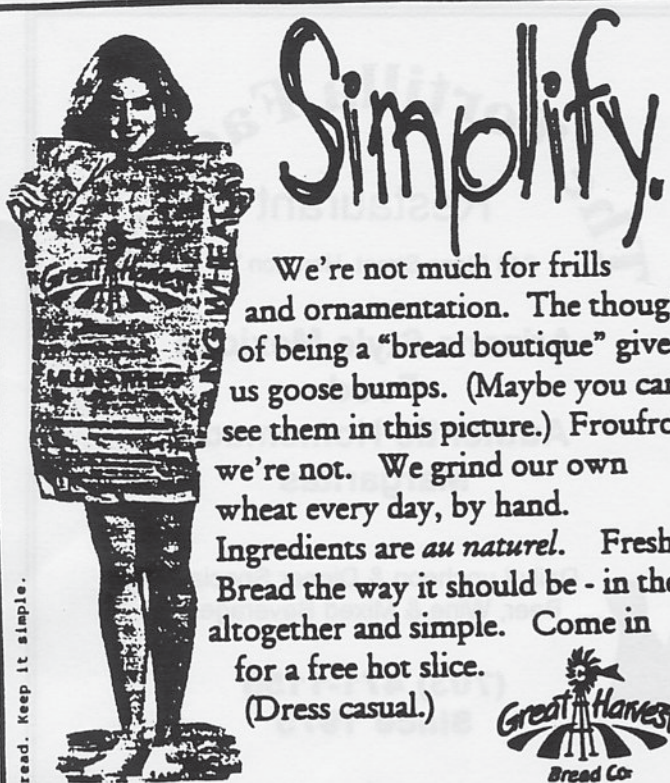
**Yakima Tandem Mount.** Like new. Jeff, 689-2069.

**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.






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Directions: From Dulles Toll Road (Rt. 287) 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, 352-7357  
D: Denis Ratliff, 444-1071, dratliff@erols.com

**NEWSLETTER**

Editor: Chad Gleason, 815-2645, 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. 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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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.

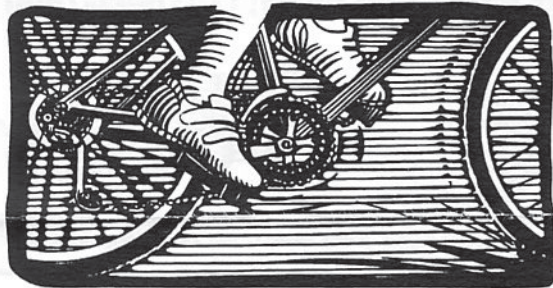
Parts & accessories.....10% off

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.



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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



*(continued from page 1)*

more about the specifics and details of the actual biking should talk with Joe Stowers. He can tell you about every inch of the way, what the important monuments and cathedrals were, archaeological treasures, etc.

### Biking Highlights

We had lots of good bike rides, but the most memorable were:

On the first day of biking, we all biked around Lough Gill, a 25-mile loop with exemplary green meadows and grazing lands. The country road we biked took us down to the lake several times, and then we biked back up into the hills. Later in the day, the guys biked to Rosses Point, and I topped off the day with a bike ride around Strandhill.

Biking into Clifden from Westport (en route from Sligo). This was the beginning of the Connemara; it was rugged grazing land with a lot of rock exposed, high hillsides on both sides of the road, lakes, a bay, and large brilliant rhododendrons.

Hiking the Burren Way, an 11 mile walking trail between Doolin and Ballyvaughan. It is desolate country with nothing but rocks, grass, a few sheep, many cattle, and only one other hiker for the whole distance — spectacularly desolate.

Connor Pass which was only 4 miles up and 4 miles back, but raised 1500 feet. This is the highest pass in Ireland, and since it was there, Joe and I had to do it.

The roads were variable but generally better than I expected. Most were fairly narrow; i.e., sometimes they narrowed to one plus lanes, but normally were two narrow lanes. Occasionally, roads widened out where there was more traffic. Many of the roads were very rough which increased the friction with the tires and made it tougher to bike. Generally, the Irish drivers were considerate. They slowed down for us when they passed in either direction, and I never heard any of our group saying they felt they were in danger.

### Weather

We were lucky. Although variable, we experienced limited rain. The temperatures were in the 55 to 70 degree range, mostly cloudy, except two of the 13 days were mostly sunny; the breezes were mild, not over 10 to 15 mph. Most importantly, the rain, when it occurred, was light showers, except for one or two downpours that a few of our group got caught in.

### Countryside

Of course, Ireland was beautifully green, almost as green as Virginia had been this year through May. The terrain in the West of Ireland was mostly meadowlands and rolling hills. Stone walls were everywhere, and there were many ancient stone ruins. This is rocky country. Stone was the most common building material because it was there on the land and had to be cleared in order to improve the grass growth and for other agriculture. We saw lots of sheep and cattle grazing, including their lambs and calves. We

saw very little farmland. The primary industry appeared to be tourism. Fishing, although we did not see much, is reported to be the largest industry in the West of Ireland.

There was a lot of coast land, what with all the bays, and the coastline was rugged. The hills created the peninsulas that in turn created the bays. Most of the bike touring was mildly rolling terrain with 2,000 to 3,000-foot high hills on both sides of the road; e.g., the Twelve Pins (Bens) were prominent near Clifden.

The beer was tasty, and there was a wide range of beer from lagers, including Budweiser, which reportedly is brewed at the Guinness Brewery, to ale to stout. The most popular beers were Guinness (their stout), Smithwick, a dark-colored ale; and Harp, a lager. Carlsberg and Heineken also were common.

We stayed at B&Bs and guesthouses. Most of them were nice, but the most memorable ones were:

Greenmount House in Dingle, a grade A+. It was voted the best guesthouse in Ireland or something like that; is acclaimed for its breakfasts; and has a marvelous view of Dingle Bay.

Dun-Ri in Clifden, a new guesthouse built and operated by a young man who lived in Northern Virginia until three years ago.

Carryjerry Manor House in New-Market-on-Fergas near the Shannon Airport. Joan and I stayed at this 205 year old Manor House on Saturday night before flying back. The Kerns and Bonnes stayed there a week earlier prior to their returning from the Shannon Airport.

The Ainsley B&B in Sligo, which was a large, rambler-type house converted into a B&B when the kids grew up and left home.

According to my taster, the food generally was good, or I should say it ranged from good to outstanding, and several others in our group would agree with this classification. Conversely, several felt the food was too salty, or not particularly good. Nevertheless, we ate hardy and we, of course, had our beer and wine along the way. Our best or most memorable meals were:

Breakfasts (two) at the Greenmount House in Dingle, the top breakfast served in all of Ireland, reportedly, and I can believe it.

Dinner at the Carryjerry Manor House in New-Market-in-Fergas. The dining room was glassed-in, and looked out on farmland; the French cuisine was outstanding; and we had superb service.

### Conclusion

Overall, just being in the Irish countryside with good friends was marvelous. The biking was fun and fairly easy, covering only about 300 to 400 miles. We saw the sights and enjoyed the people, pubs, and music. An excellent 2-week vacation for four of us, and equally good for the six that stay for the full 3 weeks.

We all would recommend a bike trip to Ireland. As indicated above, the roads are okay for biking and are less hilly than I expected. We all felt safe biking. On the other hand, driving the van on the left side of the very narrow roads caused at least one upset (literally) and a lot of backseat or shotgun seat assistance (anxiety).



## FROM THE MAILBOX



**Sept 10-13—The Great Peanut Tour.** Variety of rides from 10 to 125 miles. Unusual water stops, hiking, camping and more. Emporia Bicycle Club. PO Box 668, Emporia, VA 23847, 1-800-449-2453.

**Sept 12-13—Tour de Canal.** Help fight the battle against Alzheimer's on this two-day ride along the entire length of the C&O Canal. Contact Alzheimer's Association, 301-652-8392.

**Sept 26—Berryville Bicentennial Bike Tour.** 25 or 50 mile ride around historic Berryville. Bike Tour, PO Box 372, Berryville, VA 22611, 540-955-4001.

**Oct 4—National Capital Bicycle Tours.** Three distinct routes to highlight the nations' capital and explore the biking available in the region. Contact WABA for more info: 1511 K Street, NW, Suite 1015, Washington, DC 20005, 202-628-2500.

## Burke Earn-a-Bike in Need of Volunteers

**V**olunteer 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.

## NATIONAL CAPITAL BICYCLE TOURS COVER NEW GROUND GEARING UP FOR OCTOBER 4

**N**ew 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](http://www.waba.org)

Mark Your Calendars Now  
1998 Reston Century  
September 27, 1998



# SEPTEMBER 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, on Elden St..

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.

### 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

### 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, September 6****ALL LEVEL RIDE**

9:00 AM. 49/35/24 miles. SUGARLOAF. Ride around all sides of Sugarloaf Mountain. The 24 mile D ride is moderately hilly. D riders, please call ride leader (Denis Ratliff) if planning to ride. The A/B ride (49 miles) contains one short steep hill and an optional climb up Sugar Loaf. The view is worth the effort.

Start: Poolesville High School, Poolesville, MD. Directions: Take Rte. 7 west to Leesburg, turn north on Rte. 15 for 4 miles to a right on Rte. 655 (Whites Ferry Rd.). Take ferry (\$) across Potomac River. Take Whites Ferry Rd (bear left after ferry parking lot) to Poolesville (approx 5.3 miles). Turn right onto West Willard Rd and left into school parking lot in 0.2 miles.

A Leader: Gaston Prudiencio, 691-2263

B Leader: TBD, 860-5720

C Leader: Carlos J. Chapa, 352-7357

D Leader: Denis Ratliff, 444-1071

**Saturday, September 12**

A; 9:15 am. 50+ miles. SKYLINE DRIVE STARTING NEAR WARRENTON. Enjoy the view of beautiful Virginia valleys as you cycle up the dividing ridge. The ride contains long climbs. Car pull is at the SW corner of Reston Town Center at 8:00 am. No entry fees are required for Skyline park from the ride start. Call leader for more specific start directions. Leader: Bill Ford, 323-1799.

**Sunday, August 10****ALL LEVEL RIDE**

9:30 AM. 42 miles. Ride to Purcellville and back on the trail. Lunch stop along the way. Start: Route 28 parking lot by the W&OD trail. C Leader: Bernie Byrne, 938-0278.

**Sunday, September 20****ALL LEVEL RIDE**

9:30 AM. 47/32/17 miles. NOKESVILLE. The 17 mile D ride is flat to rolling hills. D riders, please call ride leader (Denis Ratliff) if planning to ride. A/B riders enjoy a scenic 47 mile ride through a mixture of wood- and farm-land. The terrain is gentle with just enough relief to be interesting. 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: TBD, 860-5720

C Leader: Jim Delaney, 443-0496

D Leader: Denis Ratliff, 444-1071

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## 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  
Reston, VA 20195

Bulk Rate  
US Postage  
Paid  
Reston, VA  
Permit No.  
6314

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