

THE WHEEL

NEWSLETTER OF THE RESTON BIKE CLUB

JULY 1998

VOLUME 17, ISSUE 6

NEWS...

Board Meeting

The Next board meeting is on the second Wednesday of July, the 8th, 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. More details to come in the August newsletter.

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

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MISSOURI'S KATY TRAIL BY JOE FLEIG

Tell most people that you're going to Missouri to bicycle and the uniform response—even from fellow cyclists—is a polite but definitely skeptical: "Why?" The answer, of course, is what drew ten RBC members (Charlie and Julie Bond, Floyd and Susan DeAndrade, Joe and Rose Fleig, Dick and Janet Hays, and Bob and Mary Howard) to the "show me" state in early May: The Katy Trail.

The longest, but perhaps the least known, of the Rails-to-Trails conversions, the Katy Trail runs approximately 200 miles along the path of the former Missouri-Kansas-Texas Railroad. We chose to begin at the western end of the trail in Sedalia. The first day's ride took us to Boonville. Subsequent days' riding ended in Columbia, Jefferson City, Hermann, Augusta, and St. Charles. From Boonville to St. Charles, the trail generally follows the Missouri River—often a mile or two distant, but equally so close that the river is just a few feet on one side of the path with high bluffs on the other. History lovers revel in the fact that Daniel Boone trekked this area and that this is also the path of The Lewis and Clark

Expedition which in the early 1800's sought a water passage to the Pacific.

We rode modest daily distances (30-40 miles) that allowed plenty of time to explore the many small towns along the way. Pilot Grove, Rocheport, McBaine, Hartsburg, Mokane, Steedman (home of the SOB—Steedman's Only Bar!)—these were but a few of the places we passed. The Hermann Augusta region boasts a thriving wine industry which provided plenty of refreshment!

For Bob Howard and Julie Bond, the trip was especially nostalgic since parents and other relatives had lived in many of the places we visited. Bob even gave us a tour of The University of Missouri campus in Columbia, where both his parents graduated. Janet and Dick Hays provided their usual careful planning and arranged B&B accommodations along the way.

The Katy Trail is a gem! Maintained by the Missouri Department of Natural Resources. The trail's hard-packed gravel surface is smooth and easy to ride. Other riders were few and far between. All in all, it was a memorable trip.

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THE FRONT WHEEL

BY PAT GLEASON

Bicycling etiquette comprises not only the surface rules but a **mandate to appear kind**, so says Miss Biking Manners. She doesn't always expect all riders to display proper biking etiquette but members of the Reston Bicycle Club are the exception to this rule.

It has been noted that RBCers strive to obey the **surface rules** which include the laws:

- ride single file
- stay to the right
- stop at all red lights and stop signs

As well as maintaining a few 'rules of the road':

- always wear a helmet
- keep your bike in good repair
- carry tools and tubes for minor road repairs
- call out warnings to your fellow riders
- assist fellow bikers with mechanical repairs

But the **mandate to appear kind** goes well beyond these surface rules. For those lucky enough to bike with the Reston Bicycle Club there is a camaraderie which requires one to always act in a compassionate fashion.

Introducing oneself to any new or unfamiliar face that is going on your ride would appear kind.

Assisting one's fellow rider who may lose their way or fall behind, would appear kind. This might entail a verbal message or riding to assist the rider back to the route or waiting for the rider to catch up. This is especially important with new riders.

It is definitely considered an act of compassion to assist a fellow biker with any type of minor mechani-

cal problem as it requires one to leave the pack. For these 2 compatriots to remain together for the balance of the ride is certainly the appearance of being kind.

It is especially annoying to come out for a club ride and then ride alone behind all the other riders. The reason one comes is to share the company and support of fellow bikers. In case of mechanical failure, one is left to their own devices. In such cases annoying is a euphemism for hopping mad.

The ultimate in the appearance to be kind is to **volunteer** to assist the club in any fashion.

Call your ride coordinator and volunteer to lead a ride and then appear kind enough to see that all your fellow riders have someone to ride with and get back to their cars. (While not wanting to remain on the trail all day, it is just for this ride. Next time you can open it up and let someone else look out for you. After all this kindness thing is contagious and one may just find a true friend on the road.

Volunteer to help with the newsletter, be a member of the board, be on the nominating committee, be a part of the century committee, help with the picnic or the annual meeting. We can always use more volunteers. Call Pat Gleason (703-288-1535) with any extra time.

So in closing, I hope to see you on the road. I know you will be the one watching out for the little kids swerving around on the W&OD and assisting the rider with the flat and bringing up the rear with that new member. What a great person and such an appearance of being 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

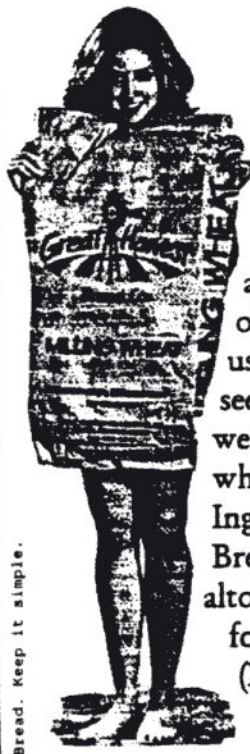
Shimano 105 Components. Almost new crank and BB, 53-39T. \$55. Front derailleur, braze-on. \$10. Rear derailleur. \$15. Paul, 860-4314.

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.



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.)



Bread. Keep it simple.

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

Reston Bike Club Members

Get It All At The Fitness Equation!

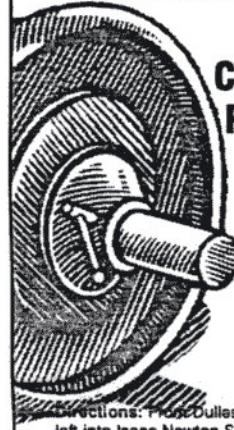
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Call today! (703)904-7600



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

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 Ratliff, 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://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)

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.

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

648 Elden Street, Herndon VA

Arizona Style Mexican Food Authentic Homemade Margaritas



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Basso	Answer Products
Brew	Bullet Bros.
Cicli Masi	Bontrager
Cinelli	Campagnolo
Colonago	Castelli Clothing
Co-Motion	Cateye
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

SPRING AND SUMMER BICYCLE CLASSES

Allen 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 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)

RBCERS AT THE RACES

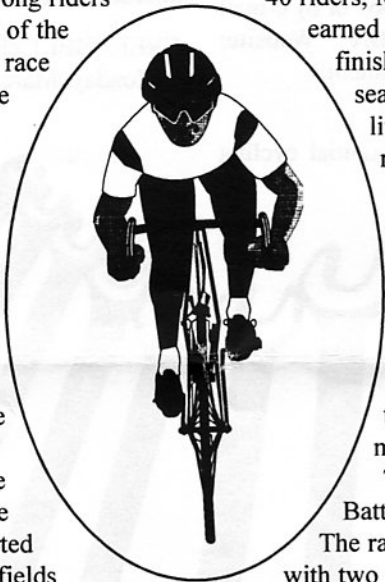
On a dry but threatening Sunday afternoon, May 10th, Chris Bell participated in the Tyson's Corner Circuit Race sponsored by the Beltway Bicycle Club/Gold's Gym. The race was held on a 1.1-mile loop in the business area of Tyson's Corner near the McLean Hilton. The course featured an uphill start; a left turn onto a short, flat section; another left turn onto a long, gradual downhill; followed by another left turn onto the long, gradual uphill to the start/finish. Chris participated in the Masters 30+ race scheduled for 25 miles. Following a very fast initial pace, a group of eight or nine strong riders got away off the front and stayed away. The rest of the field slowed substantially for the duration of the race and Chris ended up finishing in the middle of the pack.

On a very hot Saturday morning, May 16th, Mark Kukulich participated in the Clarendon Cup Criterium sponsored by Squadra Coppi/Java Shack. The course was described as "technical" in the race flyer, and, as Bill Ford was kind enough to point out, this usually means, "poorly paved". Listen to Bill, he knows what he's talking about. The 0.8-mile course was shaped like a dumbbell with a square city block on the uphill side of the course, a poorly paved triangle on the downhill side of the course, and riders going in both directions on the road connecting the two. All the day's races started downhill into the triangle, and in each race, the fields were strung out further and further with each pass through this tight, "technical" section. Mark participated in the second race of the day for Cat 5 racers, scheduled for 20 minutes plus six laps. Mark was in good position at the start but got bumped as he tried to click into his pedals and couldn't make a strong effort to be among the first into the triangle. His race was almost literally over right then. He hung on as long as he could, but was pulled out, along with many other riders, by race officials as he was about to get lapped with several laps yet remaining.

A beautiful, if a little bit windy, Sunday morning, May 31st, saw RBC put its first racer of the season in the top ten as Mark Kukulich took sixth in his race at the Double Z Fairfax County Criterium. Held off Fox Mill Road in Herndon, just west of Centreville Road, the race was on a horseshoe-shaped, two-corner, 0.8-mile course which was fairly flat but with a slight upgrade into the wind on the backside. Mark and Eric Mackem participated in the second race of the day for Cat 5 racers, scheduled for 45 minutes plus three laps. In the field of almost 40 riders, Mark rode near the front for most of the race and earned a small trophy for his place in the mass sprint finish. Eric also rode very well in his first race of the season and finished with the pack. Channel 7 was live at the scene and broadcast portions of this race during their morning broadcast. No kidding! The news story was about racing bikes to raise money for the HILL1 Foundation. Chris Bell also raced later in the day in the Cat 4 race. In a field of 55 riders, Chris looked extremely strong and was near the front for much of the 1-hour-plus-three-lap race. Having survived a mid-race wheel change due to a flat tire, he was later overtaken by the field in a mass sprint finish.

Through howling winds, Chris Bell raced in the Battle of Manassas Criterium on Saturday, June 6th. The race was run on a 0.9-mile football-shaped loop with two ninety-degree turns, a slight upgrade on the backside, and a pretty good downhill to the finish on the front side. Chris participated in the Cat 3/4 race, scheduled for 25 laps but later shortened due to the day's races having fallen behind schedule. In a very large pack of about 80 riders, Chris was able to hold his position in the pack pretty well throughout the race, but was dropped off the back in the mass sprint finish.

Special thanks to those RBC members who show their support at the races and, as always, to RBC race photographer, Paula Kukulich. If we missed any one else who participated, please send in your summary. We'd love to hear how you did.



**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 bikeevent@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 bikeevent@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 sign-up 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

JULY 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.

Thursday, July 2

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

Saturday, July 4

ALL LEVEL RIDE

8:00 AM. 30-80 miles. FOURTH OF JULY PROGRESSIVE RIDE. Our annual Fourth of July ride gathers riders as we travel west on the W&OD and beyond. The outer 30 miles from Purcellville are scenic and hilly. A great opportunity to increase your mileage and fun for the whole family. Leader: Tom McKallip, 834-8151.

Rider pickup points:

8:00 am. Corner of Crestview and W&OD Trail
8:30 am. WO&D and Partlows store in Ashburn
9:00 am. Loudoun County High School, Leesburg
9:30 am. McDonalds in Purcellville

Sunday, July 5

ALL LEVEL RIDE

8:30 AM. 48/33 miles. A BUNCH OF BULL. A fairly flat and straight ride (fast) out to Bull Run Park. Rest stop in the park. Start: Reston Town Center, SW corner.
A Leader: Gaston Prudencio, 691-2263
B Leader: Rick Moore, 742-8478
C Leader: Judy Steele, 250-6313

Tuesday, July 7

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

Thursday, July 9

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

Sunday, July 12**ALL LEVEL RIDE**

8:30 AM. 52/34 miles. WHITES FERRY. A scenic ride around the Sugarloaf Mountain area. Optional ride to the top of Sugarloaf Mountain-worth the view and the descent (be careful though and check your brakes). Start: White's Ferry, 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. Turn left into parking lot after store.

A Leader: TBD, 834-8151

B Leader: Ron RothRock, 759-2850

C Leader: Tim Donohue, 264-0727

D; 9:00 AM. 24 miles. C&O TOWPATH TO HARPER'S FERRY. Come and enjoy this shady, level ride along the C&O Canal to Harper's Ferry. PLEASE CALL LEADER IF PLANNING TO RIDE. Start: Point 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. Leader: Kathy & Jeff Leader, 264-0356.

Tuesday, July 14

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

Thursday, July 16

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

Saturday, July 18

A; 8:30 AM. 56 miles. THE BLUE RIDGER. A tough but scenic loop with two long, steep climbs. Be aware that this is a strenuous A ride. Start: Marshall Auditorium, Marshall, VA. Directions: Take I-66 West to Exit 28 North, Business Rte. 17 Marshall/Warrenton. Go north 0.7 miles into Marshall, cross Rte. 55 (Main St.) at stop sign and turn right in 0.2 miles into auditorium parking lot. Leader: Tom McKallip, 834-8151.

Sunday, July 19**ALL LEVEL RIDE**

8:00/8:30 AM. 35+/29 miles. ALGONKIAN PARK RIDE. Local ride to Algonkian Park. Mild rolling hills with mostly flat stretches. Start: Reston Town Center, SW corner. C ride starts at 8:30 am.

A Leader: TBD, 834-8151

B Leader: Karl Tibbetts, 690-9710

C Leader: Sheba Solomon, 391-0725; Carlos Chapa, 352-7357

D; 9:00 AM. 20 miles. LEESBURG TO PURCELLVILLE. Tour the early summer countryside on and off the W&OD trail. Stop at Fran's in Purcellville for refueling. Bring lock and \$\$\$. 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: Charlotte Kraebel, 379-8253.

Tuesday, July 21

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

Thursday, July 23

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

Sunday, July 26**ALL LEVEL RIDE**

9:00 AM. 38 miles. RAPPAHANNOCK RIVER VALLEY. Ride through a lush river valley with great scenery. The ride passes through Remington (food stop) and Midland. Start: Warrenton Municipal Parking Lot, Warrenton, VA. Directions: Take I-66 West to exit 43A, Rte. 29 South in Gainesville. Follow Rte. 29 South for 11.5 miles and exit on Business Rte. 29/15 to Warrenton/Winchester. In 0.8 miles turn left at first traffic light on Blackwell Rd (becomes Alexandria Pike) toward Warrenton. In one mile turn right onto Main St. toward Business Rte. 211. In 0.1 mile turn left onto Ashby St. and follow to parking lot.

A Leader: Kurt Hughitt, 620-3414

B Leader: Cris Ross, 243-2042

C Leader: Nancy Thompson, 476-4726

D; 9:00 AM. 10 miles. ALGONKIAN RIDE AND SWIM. Come join the Ratliff family for a short tour around the Countryside and Broad Run areas. Optional swim afterwards at the Algonkian pool. Bring lock and \$\$ for swim and food. PLEASE CALL LEADER IF PLANNING TO RIDE. Start: Algonkian pool parking lot. Take Rte. 7 West to north on Cascades Parkway. Enter Algonkian Park and take first left into pool parking lot. Leader: Shirley Ratliff, 444-1071.

Tuesday, July 28

6:00 PM. RESTON LOOPS. Start: Terraset school (off Ridge Heights) parking lot.

Thursday, July 30

6:00 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@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, 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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