

# THE WHEEL

NEWSLETTER OF THE RESTON BIKE CLUB

MARCH 1998

VOLUME 17, ISSUE 2

## NEWS...

### Spring Tour

Bill Alkire is hinting at a Spring Tour tentatively scheduled for the end of April with a possible location of Williamsburg. Look for more details next month. Call Bill Alkire, 729-2158, if interested.

### Tailgate Party

Mark Kukulich is planning a tailgate party to coincide with a spring metric century. For more details, or if you would like to help, contact Mark 860-1316, [kukulich@juno.com](mailto:kukulich@juno.com).

### W&OD Bench

The club-sponsored bench has been installed near the duck pond along the W&OD trail. Not sure where the duck pond is? It's right in front of the new Sallie Mae building between Wiehle and Reston Parkway. Stop by the next time you're in the area and take a load off your feet—after all, you helped pay for it. So sit back, watch the ducks (are there really ducks in the pond?), and enjoy.

### Puget Sound Trip

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

### Cross the Country with RBC

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

*(continued on page 4)*

## SPEAK OUT FOR THE W&OD AND FAIRFAX COUNTY TRAILS!

BY ALLEN MUEHNICK

The Fairfax County Park Authority (FCPA) and the Northern Virginia Regional Park Authority (NVRPA) seek citizen input on park improvements, including the renovation, enhancement, and creation of various types of trails and the acquisition of greenway corridors for preservation and/or future trail development. Both park agencies will propose new multi-year Capital Improvement Programs. Fairfax County's funding would come from a combined County park bond referendum to be placed on the November 3, 1998 election ballot.

Park improvements in Fairfax County, especially trails and greenways, have been severely underfunded for many years. The County's last park bond referendum was in 1988, a full decade ago. The FCPA has had almost no other money to improve the more than 350 parks and 16,000 acres of parkland that serve over 920,000 residents in the 399 square-mile county. The FCPA's existing backlog of unfunded park improvements exceeds \$150 million; \$2 million is needed just to repair existing trails. The NVRPA, a cooperative of three counties and three cities that operates the W&OD Trail and 19 other regional parks, has also had to sub-

stantially curtail desired park improvements because Fairfax County would pay only a small fraction of its population-based assessment.

Many needed improvements to the 45-mile W&OD Trail and to Fairfax County park and stream valley trails will become possible if earmarked under an approved Fairfax County park bond referendum. Both the overall size of the park bond issue and the shares devoted to trail and greenway projects will depend largely on support expressed to the park agencies and directly to the Fairfax County Board of Supervisors.

Evening public input meetings, beginning at 7:00 PM, will be held in each of Fairfax County's nine districts and in each of the five other localities contributing to the NVRPA. Supporters of trail and greenway projects must be prominent at these meetings to ensure that such projects will be fairly and adequately represented among the park improvements advanced for funding. Well-organized constituencies for more soccer and softball fields, for new public golf courses and swimming pools, and for other high-cost recreation facilities will be out in force. Trails and greenways benefit more

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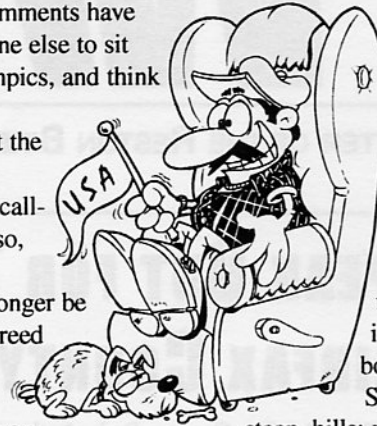
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# THE FRONT WHEEL

BY ANONYMOUS

So the President has decided to take a brief (hopefully) leave of absence from her *duty* of writing this column (something which she hates doing—especially when disparaging comments have been added to her graceful prose), leaving someone else to sit back, cheer on the good old USA during the olympics, and think of something to fill space.

The first thing that should be pointed out is that the President now has an actual home phone number (check the Who's Who column), so you can stop calling her at work and interrupting her busy day. Also, since the size of this new home has drastically decreased in size, the monthly meetings will no longer be held there. Instead, Rose Baker has graciously agreed to hold the meetings at her house. The dates will continue to be the second Wednesday of each month at 7:30 PM. Contact Rose for directions if you would like to attend a meeting and get involved with the club.



The second thing to point out is the Season Opener ride on the last weekend of the month—Sunday, March 29. To kick off the season, we have a special New Member Ride for novices and new club members to come out and enjoy a group ride (one where they won't get dropped—we promise).

The third thing is that there are two scheduled mountain bike rides this month. A number of club members have expressed a desire to go on mountain bike rides. The two rides listed are perfect for intermediate-level and above riders and are representative of the trail riding to be encountered in the NOVA area. Plus, they are on a Saturday, so both you and the ride leader can go on the scheduled Sunday ride and recover from all those short, yet steep, hills; mud; and slippery roots. Hope to see some of you out there getting dirty.

(continued from page 1)

citizens and the environment at lower costs, but their supporters are traditionally less vocal.

Annual capital funding needs for the FCPA and the NVRPA are \$25 million and \$5 million, respectively. Fairfax County officials presently aim to satisfy only about 20% of the FCPA need and 50% of the NVRPA need. Each agency should spend at least one dollar per citizen annually for trail and greenway improvements. A strong expression of citizen support is crucial to winning meaningful funding of greenways and trails.

Make your voice heard: propose or support park trail and greenway improvements that would enhance your community! Both general statements of support and recommendations for specific improvements are appropriate and needed.

## SCHEDULE OF PARK IMPROVEMENT PUBLIC MEETINGS

| LOCALITY             | DATE                  | LOCATION   |
|----------------------|-----------------------|--|
| Falls Church City    | March 3<br>Tuesday    | City Council Chambers<br>300 Park Ave.           |
| Providence District  | March 4<br>Wednesday  | Providence RECenter<br>7525 Marc Dr.             |
| Alexandria City      | March 5<br>Thursday   | Nannie J Lee Rec Center<br>1108 Jefferson St.    |
| Arlington County     | March 9<br>Monday     | Arlington Mill Comm Center<br>4975 Columbia Pike |
| Braddock District    | March 10<br>Tuesday   | Wakefield RECenter<br>8100 Braddock Rd.          |
| Fairfax City         | March 11<br>Wednesday | Fairfax City Hall<br>10455 Armstrong St.         |
| Dranesville District | March 17<br>Tuesday   | Great Falls Grange<br>9818 Georgetown Pike       |
| Lee District         | March 18<br>Wednesday | Lee District RECenter<br>6601 Telegraph Rd.      |
| Mt. Vernon District  | March 24              | Whitman Intermediate School                      |

|                |                       |   |
|----------------|-----------------------|---|
| Loudoun County | Tuesday<br>March 25   | 2500 Parker's Ln.<br>Leesburg Town Govt. Center       |
| Sully District | Wednesday<br>March 31 | 25 West Market St., Leesburg<br>Chantilly High School |
|                | Tuesday               | 4201 Stringfellow Rd.                                 |

Written comments submitted by April 1, 1998 are welcome. Mail them to Merni Fitzgerald, Fairfax County Park Authority, 12055 Government Center Parkway, Suite 927, Fairfax, VA 22035-1118 (email: mfitzg@dit.co.fairfax.va.us, fax: 703 324-3996) and/or David C. Hobson, Executive Director, Northern Virginia Regional Park Authority, 5400 Ox Road, Fairfax Station, VA 22039-1022 (email: nvrpa@erols.com, fax: 703 273-0905). Send copies of your letters to your local elected officials to inform them of your support for trail and greenway funding. Please also copy the Washington Area Bicyclist Association (1511 K St., NW, Suite 1015, Washington, DC 20005; phone: 202 628-2500; fax: 202 628-4141, email: waba@waba.org).

To sign up to speak at the meetings or for more information, call Merni Fitzgerald at 703 324-8862 for the Fairfax County meetings and Carol Ann Cohen at 703 352-5900 for all other meetings. Before the meetings, each park agency will prepare a summary of its funding proposal that should be available both at public libraries and directly from each agency.

After each park agency revises its funding request in light of public comment, the Fairfax County Board of Supervisors will hold a public hearing on June 8 concerning the placement of a County park bond referendum on the November 3, 1998 election ballot.

\* Allen Muchnick is secretary and past president of the Washington Area Bicyclist Association, the oldest and second largest metropolitan bicycle advocacy organization in the US. Allen also serves on the boards of the Virginia Bicycling Federation, the Friends of the W&OD Trail, and the Washington Regional Network for Livable Communities. For more information, call Allen at 703 237-8967 or email: allen@waba.org.

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

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

**Call today!**  
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In Fredericksburg Call  
(540)786-4242



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



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# 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

# Who's Who in RBC

## BOARD MEMBERS

**President:** Pat Gleason, 288-1535  
**Vice President:** Rose Baker, 860-4314; rbaker@helium.apa.com  
**Secretary:** Jane Hanna, 777-5636, jane928@aol.com  
**Treasurer:** Dan Cassidy, 406-3244, dcassidy@snm.org

## 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@juno.com

## RIDE COORDINATORS

**A:** Tom McKallip, 834-8151, temckall@us6s.er.gov  
**B:** VACANT, intersted? Give us a call.  
**C:** Rose Baker, 860-4314; rbaker@helium.apa.com  
**D:** Denis Ratliff, 444-1071, dratliff@erols.com  
**Mt. Bike:** Mike Pomata, 430-2615; pedalshop@aol.com

## NEWSLETTER

**Editor:** Chad Gleason, 998-2512, chadg@erols.com  
**Advertising:** Joan Waggoner, 476-1315  
**Miss an issue? Call:** Pat Gleason, 903-3299  
**Membership:** Mark Kukulich, 860-1316, kukulich@juno.com  
**LAB representative:** Thomas Bonneau, 256-0986

## HOME PAGE

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

## IMPORTANT PHONE NUMBERS

**RBC Ride Info Line:** 904-0900  
**WABA Commuter Hotline:** 202-872-9831

## NOTE ON NEWSLETTER SUBMISSIONS

RBC encourages members to submit articles about the club, rides they've been on, bicycling in general, etc. Articles can be submitted to Chad Gleason, 3100 S. Manchester St., #1141, Falls Church, VA 22044. Submissions can be sent as a hard copy or, preferably, placed on a 3.5" IBM compatible disk. Deadline for submission of all material is the 10th of each month.

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try trip of this sort, we would love the benefit of your experience. To help, contact Ken or Sue Thompson; 476-4106.

#### Adopt-A-Shop

Welcome to Charles Hinojosa and Curt Hughitt, who have volunteered to distribute RBC brochures to their newly adopted shops.

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

#### HELP!

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

#### Your Mailing Label

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

#### Discounts at Local Bike Shops

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

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

Parts & accessories.....10% off

Clothing.....15% off

Bikes.....5% off

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

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

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**WANTED:** new members who are experienced, sociable touring cyclists.

For schedule, call 800 775-BIKE

FAX: 619 226-1074.

Or E-mail: [BAC2Wheels@aol.com](mailto:BAC2Wheels@aol.com)

Home Page

[http://ourworld.compuserve.com/  
homepages/BAC2Wheels](http://ourworld.compuserve.com/homepages/BAC2Wheels)



### PEDAL PENNSYLVANIA

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# MOBILE PEDAL SHOP

pedalshop@aol.com  
703-443-2615  
703-406-0174  
302 Nickels Drive (SW)  
Leesburg, VA 20165

**Date:** 01/1/98

**RE:** 1998 bike list

**Attn:** All active RBC members

As of 01/01/98 and as a member of the Reston Bike Club you may purchase any of the following bikes at the regular RBC discount. (20% off the regular market rate)

Note: Special rates available on blemished frames.

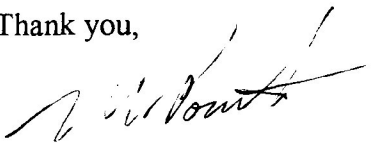
Feel free to call or E-mail for our availability and prices. All special orders require a 45% deposit.

|                  |                         |                |
|------------------|-------------------------|----------------|
| Aegis            | Giordana                | RVT            |
| American Classic | Gios                    | Salsa          |
| Basso            | Griffen                 | Scorpio (LBIC) |
| Breezer          | Hardland                | Serotta        |
| Brew             | Ibis                    | S & M Bikes    |
| Cicli Masi       | Independent Fabrication | Smorgasbord    |
| Cinelli          | Landshark               | Spit           |
| Colnago          | Litespeed               | Spooky         |
| Co-Motion        | Lodestar                | Titan          |
| Dean             | Mondonico               | Torelli        |
| De Rosa          | Ochsner                 | Torker         |
| Eddy Merckx      | Pinarello               | Yeti           |
| Exclusive Design | Python                  | Vitus          |
| Fat City         | Redline                 | Worksman       |

Remember to ask about the Mobile Pedal Shop sponsorship.

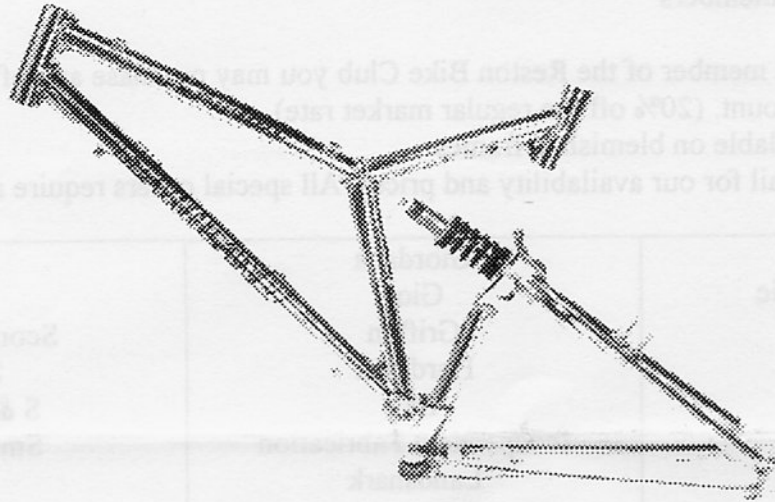
Have a great season!

Thank you,



Michael Pomata / Owner  
Mobile Pedal Shop

# MOBILE PEDAL SHOP WELCOMES THE 1998 SEASON NOW SELLING!



We're now selling **Hardland**, a hand-crafted frame, built in the USA. The frame is constructed of TIG welded 6061 T-6 aluminum tubing and CNC componentry. The **FS-1000** (shown above) features a dropped top tube for greater standover clearance and maneuverability. The external gussets and an internal rib provide uncompromised stiffness and strength. Other features include a replaceable derailleur hanger and a DH version to accommodate a power disc brake. The FS-1000 weighs only 4.3lbs and is available in a high luster polished aluminum.

**See our insert for a complete list of road and mountain bikes...**

## **1998 Statement:**

One of the best ideas in bicycling since the wheel, the **MOBILE PEDAL SHOP** was established in 1995 as a completely *mobile* bicycle business. Proudly serving the Northern Virginia area, the Mobile Pedal Shop brings you convenient bicycle sales and services to your doorstep. There's no better way to keep your wheels spinning!!!

*To better serve you, we have added three vehicles to our fleet.*

We sell accessories, apparel and gifts, BMX, components, frames, groups, kits and wheels, lubricants, specialty parts and tools, all within the convenience of your own home. We accept: cash, checks, COD payments, VISA, MASTER CARD and AMERICAN EXPRESS. **Call or e-mail for a complete catalog of our products and services.**

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**703-443-2615**  
**PEDALSHOP@AOL.COM**

# SPARE PARTS

## US Cycling Doubles

While Britain seemingly struggles to double cycle use by 2002, the USA is celebrating news that the number of cycle commuters is up from 3.3 million in 1990 to 7.9 million currently. A *Bicycling* magazine survey is said to have found that if conditions improve, 29.9 million would bike-commute. Apparently the average US bike commuter is passionate about cycling, male, aged 39, college educated, owns several bikes, and earns \$62,000 a year.

## Homes with Built-In Bikes

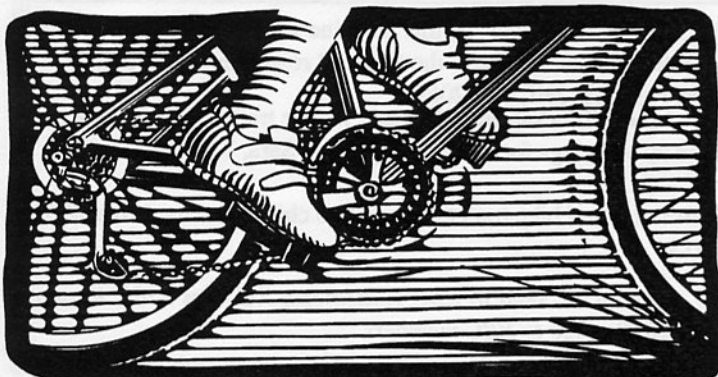
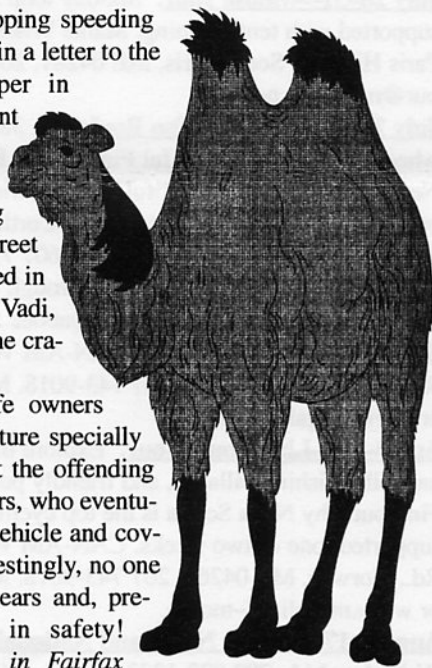
Homebuilder Sapcote is to put a bike pool into its next two developments. The first scheme, the Paragon, off New Kent Road in London, will feature a lockup of 15 bikes that will be allocated for the day or weekend by the building's caretaker. Company boss Stewart Sapcote said he was keen to discourage use of the car for short trips, and the Paragon was just a few minutes bike ride from Tower Bridge and the City.

## Effective Speed Reduction

A novel approach to stopping speeding drivers has been reported in a letter to the editor of a weekly paper in London. The correspondent writes that in Altan Bulag, Mongolia, the police set sirens ringing along the length of a street when a speedster is spotted in a process called Machi Vadi, literally, the toppling of the crazies.

Shopkeepers and cafe owners keep old boxes and furniture specially for customers to throw at the offending motorist and his passengers, who eventually are pulled from the vehicle and covered in camel dung. Interestingly, no one has reoffended in nine years and, presumably, cyclists ride in safety! [Where are the camels in Fairfax County?]

*\*Courtesy of The Bicycle News Agency*



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# FROM THE MAILBOX



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

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

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

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

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

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

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

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

**June 18-21—Washington DC AIDS Ride 3.** Raise money for AIDS research on this four day, 350-mile ride from Raleigh, NC

to Washington, DC. With an expected 2,000 riders, this year's event is sure to be another success. Washington DC AIDS Ride 3, 1215 Connecticut Ave., NW, Third Floor, Washington, DC 20036, 202 293-RIDE.

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

**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 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.

## 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.

**Trek 7600.** Top of the line bike (hybrid), 20" (31" inseam). Paid \$800, take \$399. Robert, 938-7027.

**Santana tandem.** Buy this tandem and cycling will never be the same. Top quality road machine, smooth ride and gobs of fea-

tures. For serious cyclists, this machine will let you and your significant other fly down the trail and road, you might even pass Fast Bill. Jeff, 689-2069.

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

**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 22090. Free to RBC members.



# MARCH RIDE SCHEDULE

## UPDATES

### Attention C Riders

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

### Mountain Bike Rides

Check out the two scheduled ATB rides this month. Come out and enjoy the trails, the mud, the steep climbs, and the blazing descents. For other ATB rides, or to schedule one of your own, contact Mike Pomata, 703 430-2615, or pedashop@aol.com; or Dan Cassidy, 703 406-3244.

### MS Training Rides

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

March 15, 1998

College Park Bicycles, College Park, MD

March 21, 1998

Metropolis Bicycles, Arlington, VA

March 28, 1998

City Bikes, Washington, DC

March 29, 1998

The Bicycle Place, Bethesda, MD

**Sunday, March 1**

**ALL LEVEL RIDE**

10 AM. 30 miles. THROUGH BULL RUN MOUNTAIN. Get back into the riding season with this favored ride to the Plains and surrounding area. For those wanting to stop for lunch at Fiddler's Green, call ride leader by 2 PM on Saturday so reservations can be made. CALL LEADER IF PLANNING TO RIDE. Start: Tyler Elementary School, Gainesville, Va. Directions: Take I-66 West to exit 43A, Gainesville, Rte. 29 South. Take first right onto

April 4, 1998

Bikes USA, Alexandria, VA

April 19, 1998

Washington Bike Center, Reston, VA

April 25, 1998

Performance Bicycles, Alexandria, VA

### Prepare for the Sea Gull

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

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

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

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

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

Rte. 55 (John Marshall Hwy.). School 1.5 miles on right.

A/B Leader: Karl Biesal, 437-8462

C Leader: Nancy Thompson, 476-4726

**Saturday, March 7**

ATB; 10 AM. 10-15 miles. LAKE ACCOTINK TRAIL RIDE. Come out and explore the gently rolling trails of Lake Accotink. Possible venture through the woods for those who crave single track and slippery tree roots. Be prepared for mud. Start: First parking lot inside of

Wakefield Park. Take Beltway to Braddock Road exit, bear right, park entrance on right at first stoplight. Turn into first parking lot on left. CALL LEADER IF PLANNING TO RIDE. Leader: Chad Gleason, 998-2512.

### Sunday, March 8

A/B; 11 AM. 35/48 miles. BULL RUN PARK. Relatively flat course with a stop at Bull Run Park. A favorite ride for all. Start: Reston Town Center, SW Corner.

A Leader: TBD, 834-8151

B Leader: Donna Waller, 368-2606

C; 10 AM. 31 miles. SHADES OF WINTER. Bike parts of Reston, Great Falls, McLean and Vienna, with an easy return up the W&OD trail. Start: Reston Town Center, SW Corner. Leader: Brian Collies, 860-5720.

### Saturday, March 14

A/B; 10 AM. 35 miles. WATERFORD BREEZE. Explore the highly-traveled, rolling country roads of Waterford. A favorite ride that's sure to pass through Lovettsville. Spectacular scenery. Start: Starts near Waterford—call ride leader for directions. A/B Leader: Curt Hughitt, 620-3414.

### Sunday, March 15

A/B; 10 AM. 40+ miles. ALGONKIAN. The ride will go through Great Falls and the Algonkian park area. Moderately Hilly. Start: Reston Town Center, SW Corner. A Leader: Cris Bell, 758-0180.

C; 10 AM. 31 miles. SPRINT TO ARCOLA & ASHBURN. Take this straight-shooting ride to Arcola and Ashburn—not many turns to track on this cue sheet. Start: Reston Town Center, SW Corner. Leader: DeAnna Renko, 841-0956.

### Saturday, March 21

ATB; 10 AM. 10–15 miles. LAKE FAIRFAX. Ride from Reston through Lake Fairfax Park to Difficult Run. Only the (fool)heartly will want to try for Great Falls at this time of year. Some relatively steep hills and a few blazing descents will keep you on your toes. Moderately difficult. Once again, be prepared for mud...don'tcha just love it all over your bike? CALL LEADER IF PLANNING TO RIDE. Start: Reston Town Center, SW corner. Leader: Chad Gleason, 998-2512.

### Sunday, March 22

#### ALL LEVEL RIDE

10 AM. 39/27/18 miles. POHICK PARK RIDE TOUR #3. Here's another of a series of park rides Gordon Bailey has mapped. This ride has been scheduled to coincide with the Kite Festival at Gunston Hall from 11–4. Frisbee golf is another optional diversion at Pohick Park. Food will be available at the Festival. Bring \$ and a lock, admission is \$4. CALL LEADER IF PLANNING TO RIDE. Start: Visitor Center parking lot at Pohick Park. Take Fairfax County Parkway South to Hooe Rd./Gunston Rd. exit, go R on Gunston Rd., L on Rte. 1, R on Old Colchester Rd. and L on Gunston Rd., park is 2-3 miles on left.

A Leader: Tom Mckallip, 834-8151

B Leader: Gordon Bailey, 361-5367

C Leader: Rose Baker, 860-4314

### Saturday, March 28

#### ALL LEVEL RIDE

10:30 AM. 37 miles or less. KITE FESTIVAL RIDE. This ride spans the distance between Union Station and Mt. Vernon but you can always shorten it by turning around at any point. Optional lunch at Cap City Brewery. This also happens to be the day of the Kite Festival at the Washington Monument. CALL LEADER IF PLANNING TO RIDE. Start: Ride Starts at Cap City Brewery (next to Union Station). Free parking adjacent to the station on E Street. Call leader for directions if needed. Leader: Gordon Bailey, 361-5367.

### Sunday, March 29

#### SEASON OPENER

A/B; 10 AM. 38 miles. DASH TO ARCOLA. Mild rolling hills. Start: Reston Town Center, SW Corner, SW corner. Leader: TBD, 391-2613.

C; 10 AM. 29 miles. ALGONKIAN PARK RIDE. Break into Spring with this relatively flat ride to Algonkian Park where you can stop for refreshments. Start: Reston Town Center, SW Corner. Leader: Carlos Chapa, 352-7357.

C/D; 10 AM. ?? miles. NEW MEMBER RIDE. You won't be dropped on this ride. So, if you're new to the club, or cycling in general, come on out and experience the joys of riding with others. NOTE: ride leader is notorious for hanging back—she's the President after all. Start: Reston Town Center, SW corner. Leader: Pat Gleason, 288-1535.

# JERSEYS and CAPS

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

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

(Add \$1 for postage)

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

### MOVING?

The USPS will not forward the newsletter to you if you move (bulk mail). Let RBC know your new address by filling out the membership application, and label that you have moved to a new address.

# RBC's HOME PAGE...PART 2

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

(or just run a search for Reston Bike Club)

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

## RBC RIDE CLASSIFICATIONS

- A+ Animals only need apply. Intervals from the start, culminated by brutal, leg-burning climbs. Average speed said to be nearing Gaston's Lamborghini.
- A Strong training riders. Intervals of fast riding, particularly on hills, 40-100 miles, at 16-22 mph.
- B Competent, strong riders. Moderately difficult, 25-75 miles, 12-16 mph.
- C Average riders. Moderately easy pace, 15-50 miles, 8-14 mph.
- D New or casual riders. Easy pace, 10-25 miles, 10 mph or less.

### RBC MEMBERSHIP APPLICATION FORM

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

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

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

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

Age \_\_\_\_\_

ADDITIONAL HOUSEHOLD MEMBERS WHO RIDE:

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

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

Parents must sign for riders under age 17, or request our standard parental consent form for the young rider to present at each ride or to be kept in club files and updated annually. Check here if you need this form \_\_\_\_\_

What classification of ride do you generally go on? (Circle one) A+/A B C+/C D (See above for descriptions.)

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

Would you prefer Saturday rides? \_\_\_\_\_ Sunday rides? \_\_\_\_\_ or both? \_\_\_\_\_

Are you interested in mountain biking? \_\_\_\_\_

Please check all areas you might be willing to help with:

Lead rides \_\_\_ Tours & weekends \_\_\_ Annual RBC Century \_\_\_ Club social events \_\_\_ Data entry \_\_\_

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

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

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Club discounts valid on regular priced merchandise only. Oakley eyewear not included in sale. Private sale prices valid Thursday, March '26, 1998 only.

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Announcing the BIKES USA Semi-Annual Sale

## Everything's On Sale

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