

THE WHEEL

NEWSLETTER OF THE RESTON BIKE CLUB

MAY 1998

VOLUME 17, ISSUE 4

NEWS...

Board Meeting

The Next board meeting is on the second Wednesday of May, the 13th, 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.

Pedal to End Poverty Housing

DC Habitat for Humanity is holding a bike-a-thon on Saturday, May 30. Riders can choose either a 27 or a 56-mile loop that starts in Washington and continues through northern Virginia. Registration: \$25, plus a suggested \$100 in pledges. For more information, call 202 610-2355.

Puget Sound Trip

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

Cross the Country with RBC

We are planning to ride from Seattle to Washington, DC, in the beginning of September, 2000. We will procure maps from Adventure Cycling, as well as information from each state about lodg-

(continued on page 4)

RBC ANNUAL SPRING PICNIC AND METRIC CENTURY

Don't forget the Annual Spring Potluck Picnic following the Annual Spring Metric Century on Saturday, May 2nd. Plans are for rides to begin at 10:00 am from the Reston Town Center and finish at the nearby Temporary Road Picnic Pavilion. It will be up to the individual ride leaders to determine if the rides will go in the event of rain, but the picnic will be held rain or shine, beginning around noon. The pavilion does have a large covered area that will be able to accommodate us in the event of inclement weather.

The full metric century will be a combination of many of our favorite club routes, first heading east along the trail, then through Great Falls, Cascades, Ashburn, and Arcola. The C and D rides will skip the Great Falls and Cascades portions and will first head west along the trail towards Ashburn. Cue sheets, of course, will be avail-

able at the start.

As far as the picnic is concerned, riding is not a prerequisite! The club is providing an oversize submarine sandwich and beverages, so why not bring your favorite salad or dessert? There are also grills available if you



have an outdoor specialty you'd like to share, but don't

forget the charcoal. Alcohol is allowed in the park, so bring that as well, if desired. We'll also have volleyball, but please feel free to bring along any other games. (horse-shoes, maybe?) Plan on spending the afternoon with us! We'll

be there from around noon and the pavilion is reserved until sunset. This promises to be a fun event for all and is a great way

for new members to meet your fellow RBCers. Again, non-riders are also welcome. Call Mark or Paula Kukulich at 703 860-1316 if you'd like to volunteer your help.

RBC RACERS **6**
BIKE CLASSES **7**

THE FRONT WHEEL

BY PAT GLEASON

NEW MEMBERS

What beautiful weather so far this year! I led a ride this past month where about a dozen new members showed up and rode from RTC to Smith's Switch Station on a day that could not have been ordered to specifications and been any better. I hope you all had a GREAT time and that I will see you again out with the club. Don't forget to put air in your tires (makes it easier to ride) and helmets on (insurance requirement—not to mention safety).

ACCIDENTS

Easter Sunday brought out a large crowd on the road to Leesburg. The A riders had an incident involving a paceline and bike wheels getting caught up in each other. One rider had to be taken to the hospital. Thanks to Ken Thompson for phoning for help and Sue Thompson who came to the bikes rescue.

Earlier in the year another rider related an incident in Herndon where a vehicle attempted to intimidate and then ran him off the road in front of fellow bikers. This incident resulted in appearances in court.

So PLEASE, PLEASE, PLEASE be careful when you are on the road. Obey all the rules, ride single file, stop at the stop signs and red lights, and ride defensively. Always ride with a friend and carry identification. Ride to be safe and have fun.

VOLUNTEERS

I know that there are a lot of people who check off several volunteer boxes when they register for the club but none of those

people seem to call and volunteer when events are posted in the newsletter. It appears that when called most members will help but that assumes that there is someone who is willing to call. Please let me know what might entice members to call and volunteer. Thanks

KIDS IN NEED

Reston Interfaith in conjunction with a teen club in Reston has contacted me to assist them in getting kids from grades 7-12 out biking. They would like someone to come and speak to them about hike safety and riding tips. In addition they would like to have riders join them once a month for a ride. Please contact Pat Gleason at 288-1535, if you would like to help with this cause.

FOODFEST

Please join Mark and Paula Kukulich for their post-ride foodfest on Saturday, May 2. There will be rides prior to the event. But feel free to come even if you don't ride. This may be the final appearance of Bill Doty who is being transferred to Wyoming! He will be missed by the club.

CENTURY

Mark your calendars for Sunday, September 27 for the Reston Century. A partnership with Paolo's Ristorante and the Muscular Dystrophy Association looks like this year's century will turn into a weekend festival at the Reston Town Center featuring real food and music. Don't miss it!

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.

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

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.

Specialized Epic Comp. 55cm. Carbon fiber frame w/ aluminum fork. Ultegra 8-speed STI. New Continental tires, Vetta saddle, Avocet computer, Look pedals. Excellent condition, like new. Must sell. \$700 or best offer. Shimano Road Shoes. Size 43 1/2. Worn only twice. \$20. Bill, 787-6638.

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 20195. Free to RBC members.

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



Who's Who in RBC

BOARD MEMBERS

President: Pat Gleason, 288-1535
Vice President: Rose Baker, 860-4314; baker@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
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Dirck Harris, 771-8863, dirckh51@mnsinc.com
Mark Kukulich, 860-1316, kukulich@juno.com

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

NEWSLETTER

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Miss an issue? Call: Mark Kukulich, 860-1316
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.

(continued from page 1)

ing. The trip should take approximately two months. If anyone has done a cross-country trip of this sort, we would love the benefit of your experience. To help, contact Ken or Sue Thompson; 476-4106.

Adopt-A-Shop

Reston Bicycle Club gratefully acknowledges the assistance of Brooks Sido (Bikes USA) and Paul McCray (W&OD Regional Park Authority) for their help in distributing RBC brochures and other publicity materials.

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.

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 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 available.

A-1 Cycling in Herndon offers a 10% discount on all merchandise. Located at 2451-I3 Centreville Rd.

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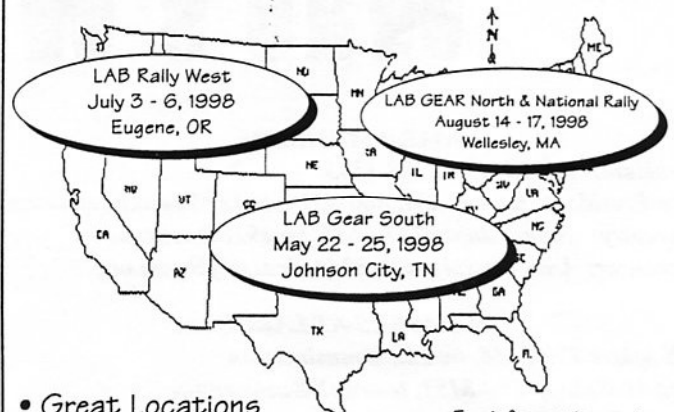
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Washington DC 20006

E-MAIL: bikevent@aol.com

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TACKLE THAT FLAT TIRE

by Chad Gleason

If you happen to be one of the fortunate few who has made it this long without suffering a flat tire, count yourself lucky. However, your day will come, so it's best to be prepared. Everyone traveling more than a couple of miles on a bike should be well equipped to deal with a flat tire.

The following items are essential and should be carried on every ride you take—unless you are willing to pick up your bike and hike to the nearest remnants of civilization:

A spare tube (the right size for your bike)

At least two tire levers

A patch kit

A pump

Taking it Off

1. Remove the offending wheel. First, undo the brakes on that wheel (you'll either have a lever to switch or you can squeeze the brakes together slightly to pop the brake cable out one side of the brakes). If the flat is in the rear, pick the rear of your bike off the ground and shift into your smallest rear sprocket. Now

pop off the wheel. If you've got quick-release wheels, you just pop open the lever. On a few bikes, you'll have to partially unscrew the nut on the opposite side of the skewer to escape the idiot-proof notches on your dropouts that keep the wheel from falling out even if the quick-release isn't fastened. If you don't have quick-release, you'll have to use a wrench to take your wheel off. Don't have a wrench? Stick out your thumb and start hitching.

2. Once you've removed the wheel, make sure that the tube is completely deflated. Grab your trusty tire levers and insert the slightly curved end of one between the tire bead and the rim. Pry the bead off the rim—being careful not to pinch the tube with the lever—and hook the lever around the nearest spoke. Repeat this procedure with another tire lever a few inches away from the first. Now remove the first lever and repeat as before. Continue this procedure until you can work the bead off by hand. (Articles in macho bicycle magazines will tell you to throw away the tire levers and do this whole procedure by hand. If you're Hulk Hogan, you probably can take your tire off using your hands. The rest of us need tire levers.) Remove only one side of the tire.

3. Now it's time to remove the tube. Start opposite the valve stem and carefully remove the blown tube—pay particular attention when removing the valve stem so you don't damage it.

4. Check the inside of tire as well as the rim for any foreign objects that may have caused a puncture. You can easily do this by wiping a rag around the rim and tire. Check the outside of the tire as well; you may find a hunk of glass or metal embedded in the tire. Occasionally, you'll find a large hole in the tire. If the hole is greater than 1/8" in diameter—about the size of xxx—you'll need a tire boot to cover the gap. Otherwise, when you put the repaired

tube back in it will poke out the hole and blow again. A dollar bill, or even better, a Powerbar wrapper, placed between the tube and the tire will get you home. Be sure to replace the tire as soon as possible—don't keep riding on this boot to try to extend the life of your tire, like some people we know.

Putting it On

1. Partially inflate the spare tube until it just takes shape.
2. Install the valve stem first and gently poke the tube into place, working around the rim until the tube is inside the tire.
3. Reseat the tire on the rim—this you can do by hand. Start at the valve stem and pay particular attention to make sure that the bead seats properly around the stem. Work your way around the rim until the tire is completely seated on the rim. Occasionally, the last few inches will require gentle persuasion with a tire lever. Be patient and careful so you don't pinch the new tube between the tire and the rim. Never use a screwdriver as a substitute for tire levers. (We won't explain why we know this is a bad idea.)

4. Check to make sure the tire is properly seated and that the tube is not caught between the tire and the rim.

Don't make the mistake of merrily pumping away without checking. About the time you hit 80 psi that poorly seated tube will pop off, the tube will explode and you'll think you got caught in crossfire (the ringing in your ears will subside in about 20 minutes).

5. Inflate the tire gradually, while periodically checking the tire for bulges or dips. If any bulges or dips occur, slowly release the air and work the tire onto the rim properly.



Some of you will be unfortunate enough to have a second flat on the way home—or maybe you forgot a spare tube. In these instances you must patch the tube. Some people like to patch their tubes on the spot whether or not they have a spare, on the theory that the next flat might occur during a thunderstorm or in a place where it's inconvenient to stop. New glueless patches have helped simplify this process and they work well. Traditional patch kits with glue also work. Whichever kind of kit you have, be sure to follow the instructions that came with the kit. It may seem stupid to mark the hole before patching it, but after you've had to peel off a poorly placed patch once and do it over, you'll learn to mark the holes. After patching, pop the tube back on as explained above.

Changing a blown tube may seem more complicated than it actually is. Practice at home when you have some spare time to become familiar with the tools and techniques involved in this process. There's nothing worse than sitting by the side of the road in the glaring sun and relentless heat for a half hour trying to change a tube—unless you get a flat in the middle of the winter, that is.

RBCERS AT THE RACES

On a beautiful warm and sunny Sunday afternoon, March 29th, three intrepid racers showed the RBC colors in the Primavera Coppi circuit race in Upper Marlboro, MD. Sponsored by Squadra Coppi and the Java Shack, the day's races were conducted in an industrial park on a 1.4-mile long course with three right turns and a fast downhill run-up to the finish.

Greg Goldman, Mark Kukulich, and 42 non-RBC members participated in the second race of the day for category 5 racers. Rather than a set number of laps, the race was run for 45 minutes followed by two additional laps. Two riders, neither Greg nor Mark, got away early and managed to maintain their lead for the entire race. The rest of the field finished in a mass sprint. Greg and Mark more or less crossed the line together somewhere in the top 20. The total number of

laps completed was 15, which were ridden at an average speed of over 24 mph.

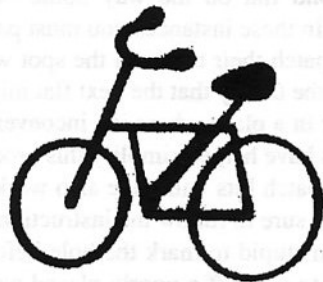
Chris Bell (and 55 non-RBC members) rode later in the day in the Masters 35+ race. This was an age-based race in which riders of any of the categories 1 (pro caliber) through 5 (novice) were able to compete. Chris, a category 4 racer, was unable to maintain the blistering early pace and later dropped out.

Special thanks go out to unofficial RBC race photographer, Paula Kukulich, who supported the team while sharpening her early season skills. Another current or former RBC member, Stuart (sorry, I forget his last name—rides a Litespeed) was also spotted riding in the Masters 50+ race. If I missed anyone else who participated, send in your story! We'll include it in

next month's *Wheel*.



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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)

FROM THE MAILBOX



May 2—Southern Maryland May Metric. Explore rural roads in southern MD on a ride of 40 or 63 miles. 301 839-9398.

May 2—Pedal the Parkway. Experience a car-free day on the Colonial Parkway while riding from Williamsburg to Jamestown. Free to public. 757 229-0507.

May 16—Tandem Fun Ride & Demo Day. Join Santana Cycles and other tandem enthusiasts for a fun ride and a chance to glimpse the newest products. Contact College Park Bicycles, 301 864-2211 or www.bike123.com for more info.

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.

May 30—6th Annual Shorebird Metric Century & 35 Miler. Travel along the quiet roads of Maryland's Eastern Shore. Benefits the American Cancer Society. 800 937-9696.

May 30-31—Wilderness Road Ride and Mountains of Misery Challenge Century. Tackle parts of the Tour DuPont course in the Blue Ridge and Allegheny mountains. New River Valley Bicycle Club, P.O. Box 488, Blacksburg, VA 24063-0488. 540 951-3271. Mahowar2@bev.net.

May 30-31—3rd Annual Catoctin Challenge. Ride from Frederick, MD to Gettysburg, with an overnight stay in the Catoctin Mountains. 63 miles first day, 55 miles second day. Benefits Deaf Access Services. Phil Helfer, 301 662-5518.

May 31—The Great Baltimore Bike Tour. Explore downtown Baltimore on rides ranging from 10 to 40 miles. 410 502-8733.

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 14—Knots Island Century Rides. Four rides ranging from a 40K time trial to a full century. T-shirt, food stops, and sag. Tom Adler, 668 Blackthorne Dr., Chesapeake, VA 23322-9030. 757 482-5587 or thomas@grtbrdg.net.

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.

June 28—13th Annual Bay to Bay Ride. Rides ranging from 27 to 100 miles. Full support and food stops. Swimming in the bay at end of ride. Proceeds benefit Lions Club Leader Dog Program for the Blind. SASE to: Bay to Bay Ride, c/o Jim Gent, 7 Cedar Chase Ct., Chestertown, MD 21620-1665.

July 3-6—GEAR West. LAB event in Eugene, OR. 202 822-1333 or bikevent@aol.com.

July 11-18—Pedal Pennsylvania. Pittsburgh to Philadelphia. Fully supported ride with stays at colleges and universities. Trail ride options in partnership with Rails to Trails. Bob Ingersoll, 1914 Brandywine St., Philadelphia, PA 19130, 215 561-9679, bobi@pedal-pa.com, www.pedal-pa.com.

July 23-29—Cycle Across Maryland (CAM). Explore Maryland's Eastern Shore and conquer the Bay Bridge. Fully supported with a 3-day option available. 888 226-7433 or www.jhu.edu/cam.

July 24-26—Chowan Weekend Getaway. Distances ranging from 10-78 miles. Full sag with tent camping or dorms. Kim Aldridge, 172 Bass Lake Rd., South Mills, NC 27976-9760. 919 771-5790 or 757 436-2079.

July 25-August 2—The Blue Ridge Bike Challenge. 498 miles from Boone, NC to Washington along the Blue Ridge Parkway and Skyline Drive. www.bigwheelbiketours.com.

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

July 26-31—Moose Tour. Six-day loop ride in Maine, fully supported with tent camping. Maine Wheels Bicycle Club, 225 Paris Hill Rd., South Paris, ME 04281, 207 743-2577, moostour@megalink.net.

July 26-31—The Bon Ton Roulet. A 385-mile festival on wheels through the beautiful Fingerlakes Region of Upstate New York. Wineries, beautiful scenery, friendly people. Includes breakfast, dinner, sag, and camping. Cortland YMCA, 22 Tompkins St., Cortland, NY 13045, 607 756-2893.

Aug 1-7—MOOSA Tour. Ride through the wilderness of Western Maine and Southeastern Quebec to Quebec City. Several rides to choose from. CAN-AM Wheelers, 140 Emerson Rd., Norway, ME 04268, 207 743-9018. Moosa@megalink.net or www.megalink/~moosa.

Aug 9-15—Lighthouse Tour. Explore the dramatic coast, unspoiled fishing villages, and friendly people of Nova Scotia. Find out why Nova Scotia is the top cycling destination. Fully supported, one or two weeks. CAN-AM Wheelers, 140 Emerson Rd., Norway, ME 04268, 207 743-9018. Moosa@megalink.net or www.megalink/~moosa.

Aug 14-17—GEAR North and National Rally. LAB event in Wellesley, MA. 202 822-1333 or bikevent@aol.com.

MAY RIDE SCHEDULE

UPDATES

Tues/Thurs Night Rides

The rides will start at 6:00 PM and will be 1.5 hours in length to start, but will increase in length as day light permits. 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, or to schedule one of your own, contact Mike Pomata, 703 430-2615, pedalshop@aol.com; or Dan Cassidy, 703 406-3244.

Mid-Week D Rides

D riders who are interested in going on a weekday ride, call Joyce Wilkinson, 478-6942. How about 11:00 AM Thursdays, starting at the Old Herndon Railroad Station? Contact Joyce to discuss other days and times.

Prepare for the Sea Gull

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

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

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

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

Saturday, May 2

ALL LEVEL RIDE

10/11 AM. 62/30/20 miles. SPRING METRIC CENTURY. This ride will pass through Great Falls, Cascades, Ashburn, and Arcola. Picnic afterwards at the Temporary Road pavilion hosted by Mark and Paula Kukulich. D ride will travel the W&OD trail westwards, with an 11 am start time. Start: Reston Town Center, SW corner

A Leader: Joel Guzman, 481-6936

B Leader: BJ Silvey, 860-5141

C Leader: Carlos Chapa, 352-7357

D Leader: Pat Gleason, 288-1535

Sunday, May 3

ALL LEVEL RIDE

9 AM. ?? miles. TOMBSTONE TOUR. This ride passes by six cemeteries—very creepy. Start: Manassas Mall, Manassas, VA.

Directions: Take I-66 West to Exit 47A (Rte. 234 South) towards Manassas. Continue on Rte. 234 to a right onto Rte. 668 (Rixlew Rd), then right into mall.

A Leader: Paul Baker, 860-4314

B Leader: Gordon Bailey, 361-5367

C Leader: Nancy Thompson, 476-4726

Tuesday, May 5

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

Thursday, May 7

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

Saturday, May 9

C/D; 9 AM. <30 miles. DC OR BUST?. Tim guarantees an easy ride on the trail. Lots of shade trees. Ride can be shortened at any point by reversing course. Start: Under Whitehurst Freeway at end of K St. Cross Key Bridge, right on M St., right on K St. Park under overpass. Leader: Tim Donohue, 264-0727.

Sunday, May 10

A/B; 9 AM. 52 miles. RIDE TO PURCELLVILLE. A straight out (slower) and back (faster) on the trail. Start: Reston Town Center Reston, SW corner.

A Leader: Tom McKallip, 834-8151

B Leader: Ronald Rothrock, 759-2850

C; 9 AM. 25 miles. WOLFTRAP SPECIAL. Some trail and some roads to Wolf Trap Park and back. Nice way to start Mother's Day. Start: Reston Town Center, SW corner. Leader: Virginia Mitchell, 709-7620.

D; 9 AM. 12 miles. FRANKLIN FARMS FUN. Ride the Fairfax County Parkway bike trail to Franklin Farms for refreshments. Come join the Ratliff family for this easy ride at an honest 8-10 mph pace. CALL LEADER IF PLANNING TO RIDE. Start: Reston Town Center Reston, SW corner. Leader: Shirley Ratliff, 444-1071.

Tuesday, May 12

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

Thursday, May 14

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

Sunday, May 17**ALL LEVEL RIDE**

9:30 AM. 37 miles. HAYMARKET HAY RIDE. Great views and country roads. Don't worry about the hay though, your bike will ride right through it. Start: Tyler Elementary School, Gainesville, VA. Directions: Take I-66 West to exit 43A, Gainesville, Rte. 29 South. Take first right onto Rte. 55 (John Marshall Hwy). School is about 1.5 miles on right.

A Leader: TBD, 834-8151

B Leader: Anneliese Schmid, 684-3222

C Leader: Deanna Renko, 841-0956

Tuesday, May 19

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

Thursday, May 21

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

Saturday, May 23

D; 11 AM. 10-20 miles. HERNDON WEST. Come enjoy this westward trek on the W&OD trail. PLEASE CALL LEADER IF PLANNING TO RIDE. Start: Old Herndon Railroad Depot, after the W&OD trail crosses Elden St. Leader: Joyce Wilkinson, 478-6942.

Sunday, May 24**ALL LEVEL RIDE**

10 AM. 43/31 miles. A NEW DEALE. A beautiful ride that's well worth the trip. Lots of shady roads and views of the Bay. Make sure you scream to stop for crabs at the water. Start: Davidsonville Elementary School, Davidsonville, MD. Directions: From Beltway Exit 15, take Rte. 214 (Central Ave) east 12 miles to school on left (2 miles after crossing Patuxent River).

A Leader: TBD, 391-2613

B Leader: Donna Waller, 368-2606

C Leader: Dirck Harris, 771-8863

D; 10 AM. 10-15 miles. W&OD WEST. Come and enjoy this mostly level ride westward on the W&OD trail. PLEASE CALL LEADER IF PLANNING TO RIDE. Start: Reston Town Center, SW corner. Leader: Kathy & Jeff Leader, 264-0356.

Tuesday, May 26

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

Thursday, May 28

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

Sunday, May 31

A/B; 9 AM. 48/32 miles. A BUNCH OF BULL. A classic fast ride out to Bull Run Park. Rumors have it that there could be a bull sighting, so keep your eyes peeled. Start: Reston Town Center, SW corner.

A Leader: Chris Bell, 758-0180

B Leader: Brian Collies, 860-5720

C; 9 AM. 40 miles. RIDE TO PURCELLVILLE. Ride the trail to Purcellville & back. Lunch & refreshments at Old Dominion Brewery. Start: Route 28 parking lot on W&OD Trail. Leader: Bernie Byrne, 938-0278.

D; 10:30 AM. 20 miles. LEESBURG TO PURCELLVILLE. Tour the spring countryside on the W&OD trail. PLEASE CALL LEADER IF PLANNING TO RIDE. Start: Loudoun County High School, Leesburg, VA. Directions: Take Rte. 7 West to Leesburg, turn left on Catocin Circle at traffic light about 0.7 miles after the Rte. 15 bypass interchange. Continue 1.5 miles to a left on Dry Mill Road at traffic light. School is on the right. Leader: Denis Ratliff, 444-1071.

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@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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