THE WHEEL

vol. 5, no. 5 * Reston Bicycle Club * June 1987

Fall Mini-Tour for Novices

A Reston Bicycle Club group recently completed a week-long spring tour in the southern Shenandoah Valley and Blue Ridge Mountains. So that beginning riders can also enjoy the wonderful experience of bicycle touring, we are planning a Fall mini-tour designed specifically for the novice or beginning rider.

The tour is over the Columbus Day weekend, October 10, 11 and 12. We have selected the Eastern Shore because of its flat terrain and network of scenic, lightly traveled back roads. We will ride approximately 25 miles per day. This is well within the capability of beginners because they will have all day to complete the ride.

The tour will be conducted in the same manner as Janet and Dick Hays' spring tours. We will stay in hotels, motels or country inns and our luggage will be transported via sag wagon (van). Restaurants for breakfast and dinner will be planned and maps and cue sheets provided for each days ride. Tourers will be responsible for their own expenses, typically $50 to $60 per person per day. A non-refundable deposit of $60 per person will be required when you sign-up. This money will be used for room deposits, scouting expenses, printing, mailing and other tour necessities. The unused portion will be returned after the trip.

Preliminary indications show a big demand for this tour. We can accept only a limited

(cont. p. 2)

Spring Bike Day Moved To 1988

FRONT WHEEL

The best laid plans do not always come to fruition. A classic case is our attempt to have Spring Bike Day. Rain and a previously committed calendar for May and June did us in. Alas, we shall rise again next Spring. The good work by Mary Howard and her all-star committee give us a head start for next year. I hope that Mary again takes charge and leads us to victory next Spring.

During my occasional tours on the W&OD I have been making a count of riders with without helmets. Without wins hands down. Even more disconcerting is the number of "walkman-type" instruments with accompaning earphones. I am afraid that the earphone crowd is growing more rapidly than helmeted bikers.

The cyclist media has exploded. There are numerous publications from which you may choose. Winning appeals to the racing devotees. Bicycle Rider is oriented toward the touring types. Cyclist takes the non-serious California attitude towards bicycling, while Bicycle Guide seems to cover a wide range of cycling and bicycle-touring topics. The old standby, Bicycling Magazine has the best advertisements. Read and enjoy.

Now that Summer is here remember to carry at least one water bottle. Drink before you become thirsty.

Keep up the rpm's

Dick

Benchmark

NAME	TIME	MPH
Linard Cimmevauis	24:33	24.4
Jon Girard	28:48	20.8
Terry Troxell	29:05	20.6
Craig Carpenter	29:21	20.4
Mark Girard	29:23	20.4
Mike Moran	29:41	20.2
David Heymsfeld	29:57	20.0
Geoff Keenan	30:15	19.8
Megan Troxell	30:19	19.8
David Simenauer	30:20	19.8
Elliot Witmer	30:48	19.5
Bill McDonnell	32:24	18.5
Dan Grove	32:32	18.4
Dale Dunlop and Baby Michael	32:49	18.3
Bob Barth	32:58	18.2
Gary Goldberg	33:10	18.1
Joe Girard	35:34	16.9
Frank Keenan	36:29	16.4
Anne Cristenson	36:31	16.4
Matt Fay	39:44	15.1
Leslie Girard	41:21	14.5
Susan Dunlop	41:33	14.4
Sue Lopez	43:09	13.9

Annual Picnic to be held in August

Tour (cont.)

number due to availability of accommodations. If you wish to go, please sign up early on the sign-up form in this issue of THE WHEEL.

Since this tour is aimed primarily at new bikers and first time tourers, we are offering a pre-trip seminar and a series of developmental rides.

The touring seminar will be Sunday, June 21, 6-8 pm at the Reston Regional Library on Bowman Town Drive. We will show bicycle touring slides and discuss the trip in more detail to help answer your questions about the tour or bicycle touring in general. We will also cover what clothing and bicycle equipment you need to bring, preparation for the tour, and possibly forming groups to ride together over the summer.

Information on developmental rides will be announced in the July and August RBC newsletters.

If you have questions, please call Norm Happ (860-1845) or Joe Fleig (437-5199).

LEAGUE OF AMERICAN WHEELMEN LAW

Wheelsquealer

Lots of RBC movement in May. Members went hither and yon for various bicycling events and we will fill you in a bit.

Mike Moran went to Leesburg and won his age group in the Leesburg Bicycle Classic race. He was so far ahead of the 2nd place finisher that the judges missed him at first!

The Howards went to Chestertown for the weekend, and had a wonderful time at the annual Kent County Spring Fling.

The Happs, Joe and Mary Fleig, Ed Hass, Nancy Thompson, Jeff Wilson, Pat Forbes, Jane Kinzler, Linda McKinstry, and leaders Dick and Janet Hays, went to the Southern Shenandoah Valley and the Blue Ridge Parkway for a fantastic week. A full report on this next month!

Some of our loyal RBC members went on the ALANV Bike Trek to Charlottesville and Syria, and sweated their little hearts out in 90 degree weather (more on this next month)!

Ex-Restonian, and ex-RBC member, Pete Benson, is putting together a new book of rides for Howard Countians. When it's available, we'll let you know.

Seen on several RBC rides lately, PPTC stalwart Wally Brown...glad to have him as part of our group.

An article in the May 1st Fairfax Journal on Spring fitness programs mentioned RBC and Front Wheel Dick Hays.

Congrats to Benchmark Guru David Weiskopf who managed the May event all by himself (Linda was off in the Shenandoah Valley having fun)! Consequently, the Ex Committee has authorized the purchase of a stopwatch.

June 1 is supposed to mark the end of the construction on the W&OD Trail...will we miss those diggers? No, a thousand times, NO!

Have fun in June,
The Wheelsquealer

Letters.....

May 10 1987

Dear Bike Enthusiast,

My name is Don Boyer and I'm a physical education teacher in the Frederick county school system. A friend and I had planned to take a cross country bike trip this summer, but due to a recent hernia he cannot make the trip. I've tried to find someone locally , but have come up empty handed. My wife is busy with her business and our almost grown children. I thought that maybe through bike clubs I could find someone interested in riding cross country. I got your address through the bike magazine Spokes.

I plan to leave on July 18 and return around August 26. I would like to start from Oregon and finish in Ocean City, Maryland. My present plan is to follow the Oregon trial as close as possible. If you know of someone would you have them contact me. Maybe you could put this in your club newsletter. My address is as follows.

Don Boyer
7418 Mason Drive
Middletown, Maryland
21769
Home Phone- 301-371-7742

Thanks,
Don Boyer
Don Boyer

Calendar of Outside Events

GAVAB '87, Gathering of Virginia Bicyclists, Jun 19-21. Jamestown, VA. Peninsula Bicycling Association, call Jimmy Pereira, 804-838-0614.

6th Annual Great Valley Interstate Tour Harrisburg (PA) to Harrisonburg (VA), June 19-21. Harrisburg Bicycle Club, c/o Dolores Rhen, PO Box 10053, Harrisburg, PA 17105.

Pennsylvania Dutch Biking Vacation, July 2-5, Millerville, PA. Mrs. Helen Riso, Hull Hall, Millersville Univ., Millersville, PA 17551.

GEAR '87 LONG ISLAND, July 17-20, Stony Brook, NY. Contact Gear'87 Long Island, PO Box 7159, Hicksville, NY 11802.

Hagerstown Weekend, July 17-19, Potomac Pedalers, call Bob Cross, 759-2945.

New England Area Rally (NEAR), July 30-Aug 2, Univ. of New Hampshire, Durham NH. Barbara Paiton, UNH Conference Office, Pettee House, Durham, NH 03824, 603-862-1922

TRANE, The Ride Around New England, Aug 2-8, a 6-day trip with sag, covering 6 NE states. Marc Goldstein, 2657 Albany Ave, West Hartford, CT 06117, 203-233-7348.

Tandem '87, the Barrens of South Jersey, Aug 14-16, Stockton State College, Pomona, NJ. M. Synnestvedt, 116 Tavistock, Cherry Hill, NJ.

When writing for information enclose a self-addressed, stamped envelope.

FALL BICYCLE TOUR SIGN-UP FORM
~~October 10,11 & 12,1987~~

LAST NAME:_____ FIRST NAME:_____

STREET ADDRESS:_____

CITY:_____ STATE:_____ ZIP:_____

PHONE (home):_____ (business)_____

WAIVER: I hereby for myself, my heirs, any executors and administrators, waive all rights for all claims for damages that I may have against the Reston Bicycle Club and the persons conducting this tour, their representatives, successors and assigns for any and all injuries suffered by me and/or the loss of or damage to any personal property owned by me on this tour.I attest and verify that I have full knowledge of the risks involved and that I am physically fit to undertake this tour.

SIGNATURE:_____

Reservations can only be accepted with your $60.00 (per person) deposit which is non-refundable.
MAKE CHECKS PAYABLE TO: RBC FALL TOUR

RBC Fall Tour
2461 Freetown Drive
Reston, Va. 22091

Please indicate room-mate preference ~~and mail forms in the same envelope.~~

Change of Pace -- Sunday, June 14

Actually an "E" ride along the northern part of the Mt. Vernon Bike Path -- about 17 miles, flat, leisurely paced and plenty of rest stops. We'll leave about 9:30 from the Colonial Parking Lot (free on Sundays!) at the corner of Cameron and N. St. Asaph Streets in Old Town, Alexandria. We'll follow the Mt. Vernon Path past Daingerfield Island and National Airport, through Lady Bird Johnson Park and over Memorial Bridge to the Lincoln Memorial. After nodding to Abe, we'll proceed down the Mall for a rest stop at Constitution Gardens, refresh ourselves, depart past the Jefferson Memorial and cross the 14th Street Bridge (not as dramatic as it sounds, there's a section for bikes and pedestrians) to rejoin the Mt. Vernon Path and glide back to Old Town in time for brunch.

Getting there is easy! Take the most convenient route to Route 7 East and follow Rt. 7 to Old Town, Alexandria where it is called King Street. Look for Murphy's Pub and Henry Africa Restaurant (my idea of landmarks) on the left. When you see these the next street is N. St. Asaph -- turn left. Go one block and across Cameron Street you will see us waiting at the Colonial Parking Lot. Traffic is light this time of the morning and parking should be plentiful!

For further information call Troy Churchman at 233-3032 days and 671-6217 evenings.

RBC Ride Schedule

Thursday, June 4

CD - 9:30 am - 20-35 mi - The Leisurely Tuesday/Thursday Midweek Morning Rides. Usually includes a lunch stop. Call leader if planning to ride. Sue Thompson, 476-4106.

Saturday, June 6

SPRING BIKE DAY, TENTATIVELY RESCHEDULED FOR THIS DAY, WILL NOT TAKE PLACE TODAY. IT WILL BE HELD IN THE SPRING OF 1988.

BCD - 10:30 am - 10-20 mi - June Developmental Ride #1 - "Street Smarts" - Barbara Happ, 860-1845, and Janet Hays, 860-0112.

AB - 12:00 noon - 40-50 mi - Saturday Afternoon Rides with Luci. These rides start at the Fairfax Bicycle Exchange and will go out to such places as Clifton, Vienna, Manassas, etc. CALL LEADER BEFORE RIDE to tell her you are coming, and to get directions to the Bicycle Exchange. Luci Borris, 978-7497. Remember, call first!

Sunday, June 7

ABCD - 8:00 am - 10 mi - Monthly Benchmark Ride. Three times around the new Twin Branches-Lawyers-Soapstone-Glade loop. Ride starts at Lake Audubon Pool parking lot. HELMETS ARE MANDATORY! David Weiskopf and Linda McKinstry, 860-9621.

After the Benchmark Impromptus

Rides at all levels starting from the Lake Audubon parking lot at @ 9:00 am.

A+ - 40 mi - Mike Moran takes off for Breakfast in Leesburg after the Benchmark, and invites his A+ friends.

Tuesday, June 9

CD - 9:30 am - 20-35 mi - see June 4.

Wednesday, June 10

ABC - 6:15 pm - 25 mi - The Wednesday Evening Ride on the W&OD Trail (nicknamed the W&OD Wednesday "Wide" West). Impromptu.

Thursday, June 11

CD - 9:30 am - 20-35 mi - see June 4.

Saturday, June 13

AB - 12:00 noon - 40-50 mi - Saturday Afternoon Ride with Luci. See June 6.

Saturday, June 13 (cont.)

C - 9:00 am - 30 mi - Charlie Heads West on the Trail. Charlie Gorsey, 860-1725.

D - 10:30 am - 18 mi - An Introduction to the D Saturday Rides. Libby Chandler, 476-6763.

Sunday, June 14

A+ - 8:00 am - 40 mi - Floyd takes out the "Animals" on One of His Special Rides. Floyd DeAndrade, 860-2631.

AB - 8:30 am - 45 mi - On the Back Roads to Leesburg, On the Trail Back. Plan to take a break somewhere in Leesburg.

A - David Heymsfeld, 435-0325.

B - Linda McKinstry, 860-9621.

C - 8:30 am - 32 mi - The Reston-Chantilly Roundabout. Sue Lopez, 437-0875.

D - 9:30 am - 17 mi - Change of Pace Bike Tour. A special ride starting in Old Town Alexandria, up the Mt. Vernon Bike Trail, into the District and back for a special brunch. (See the detailed description elsewhere in the Wheel.) Troy Churchman, 233-3032 (days) or 671-6217 (evenings). Please call if planning to go on this ride.

Tuesday, June 16

CD - 9:30 am - 20-35 mi - see June 4.

Wednesday, June 17

BC+ - 8:30 am - 35 mi - The Ride Captain's Ride to Great Falls Park. Stop and see the River, and have a snack. Lunch afterwards if the group has time? Janet Hays, 860-0112.

ABC - 6:15 pm - 25 mi - W&OD Wednesday "Wide" West Impromptu.

Thursday, June 18

CD - 9:30 am - 20-35 mi - see June 4.

Saturday, June 20

BCD - 10:30 am - 10-20 mi - June Developmental Ride #2 - "Shifting and Spinning" - Robin Weber, 476-4790.

AB - 12:00 noon - 40-50 mi - Saturday Afternoon Ride with Luci. See June 6.

Unless otherwise stated, rides start at the W&OD Trail by the pond. Rides are cancelled if chance of rain is greater than 49%.

Ride Schedule(cont.)

Sunday, June 21

HAPPY FATHERS DAY!!
SPECIAL RIDES TO MARYLAND FROM LEESBURG!
All rides start at the Leesburg Plaza parking lot, in front of the Giant Food Store, on Route 7 in Leesburg.

A+ - 8:30 am - 67 mi - Wally Brown's Beautiful, Hilly Ride To Brunswick, Jefferson, Mar-Lu Ridge, Dickerson, White's Ferry, and Back. Dave Gillogly, 777-1693.

AB - 8:30 am - 55 mi - A Slightly Shorter Version of Wally's Ride Through the Maryland Countryside, with a Return to Leesburg Via White's Ferry.
A - Jon Girard, 536-5132.
B - David Weiskopf, 860-9621.

C - 9:00 am - 35-40 mi - Through Waterford and Across the River Through Point of Rocks, Then Back Via White's Ferry to Leesburg. Many food stop possibilities. Nancy Thompson, 476-4726.

D - 9:30 am - 20 mi - Cross Both Ways on White's Ferry, and Ride a Short Loop in Maryland. Food stop at the Ferry restaurant. Irving Brown, 476-0910.

Reminders - rides start in Leesburg, and money is needed for the toll on the Ferry.

Tuesday, June 23

CD - 9:30 am - 20-35 mi - See June 4.

Wednesday, June 24

ABC - 6:15 pm - 25 mi - W&OD Wednesday "Wide" West Impromptu.

Thursday, June 25

CD - 9:30 am - 20-35 mi - see June 4.

Saturday, June 27

BCD - 10:30 am - 10-20 mi - June Developmental Ride #3 - "Hill Climbing" - Leader to be announced.

AB - 12:00 noon - 40-50 mi - Saturday Afternoon Ride with Luci. See June 6.

Sunday, June 28

A+ - 8:00 am - 100 mi - Jim's Monthly Ride up the Skyline Drive and Back from Front Royal. Meet at the Fox Mill Shopping Center parking lot at 8 am to make up car pools. Call leader if planning to come on this ride. Jim Desrosiers, 860-3599.

AB - 9:00 am - 40 mi - Read the Paper and Then Make the Leesburg Run for Cinnamon Buns. Norm and Barb Happ, 860-1845.

C - 8:00 am - 33 mi - An Early Start, Then Ashburn All the Way! Mary and Bob Howard, 860-4771.

D - 9:00 am - 15-20 mi - A New Ride Leader's Surprise Ride. Carol Trippett, 476-8210.

Tuesday, June 30

CD - 9:30 am - 20-35 mi - see June 4.

Wednesday, July 1

BC - 8:30 am - 40 mi - The Ride Captain's Quick Ride to Leesburg, with Offshoots Along the Road. Janet Hays, 860-0112.

ABC - 6:15 pm - 25 mi - W&OD Wednesday "Wide" West Impromptu.

Thursday, July 2

CD - 9:30 am - 20-35 mi - see June 4.

Friday, July 3

ABCD - 8:00 am - ? mi - Friday Fourth of July Holiday Impromptu Rides for all Levels.

Saturday, July 4

ABCD - 1:00 pm - ? mi - A Holiday Family Ride to Wolf Trap to Hear the Marine Band's Special July 4th Concert. Bring locks. Dick and Janet Hays, 860-0112.

Sunday, July 5

ABCD - 8:00 am - 10 mi - Monthly Benchmark Ride. 3 times around the Twin Branches-Lawyers-Soapstone-Glade loop. Ride starts at Lake Audubon Pool parking lot. HELMETS ARE MANDATORY! David Weiskopf and Linda McKinstry, 860-9621.
After the Benchmark Impromptus
Rides at all levels starting from the pool parking lot at @ 9:00 am.

Spring Bike Day T-Shirts

Get your collector's T-shirt to commemorate the event that wasn't! Amaze your friends and awaken envy in those who don't know what we missed! Or--if you prefer--just pick up a neat T-shirt at a bargain price.

For just $5 the Spring Bike Day '87 T-shirt can be yours. Choose red, yellow or turquoise, available (alas) in a range of sizes. Call Anneliese Schmid, 437-0160.

T-Shirt Order Form

Date_____

Name_____

Address_____

Home Phone_____ Work Phone_____

I wish to order _____ T-shirts as shown below. My check for $_____ payable to the Reston Bicycle Club is enclosed.

____ I will pick up my shirt from Anneliese Schmid.

____ Please mail my shirt. $2 for postage and mailing is included in my check.

	No.	Price	Size
Short-sleeved/with pockets (M, L, XL) White w/orange cotton-poly/club logo	___	@ $12	___
Short-sleeved/regular T (S, M, L) Orange w/white cotton poly/club logo	___	@ $8	___
Long-sleeved/regular T (S, M, L, XL) Yellow w/black cotton/ club logo	___	@ $12	___

Mail order with check to Anneliese Schmid, 11444 Waterview Cluster, Reston, Virginia 22090 (437-0160)

RESTON BICYCLE CLUB MEMBERSHIP APPLICATION

Make check payable to: Reston Bicycle Club, and mail to PO Box 3389, Reston VA 22090

Date_____ New_____ or Renewal_____

LAST NAME(S)_____ FIRST NAME(S)_____

OTHER FAMILY NAMES_____

STREET ADDRESS_____

CITY_____ STATE_____ ZIP_____

PHONE (home)_____ (work)_____

ANNUAL DUES (please circle) Individual $8 Family $10 Business $12

Permission for riders under 18:
I hereby give permission for _____ to participate in Reston Bike Club rides and other authorized activities.

_____
(signature of parent or guardian)

What class ride do you generally go on? (circle) A+ A B C D

Another person in the family? A+ A B C D

RBC needs volunteers to participate in all phases of the club's activities. Please circle any of the areas you or your family members might like to work in. This data will be added to our membership file.

19: Leading Rides
20: Education/Safety
21: Work on Newsletter
22: Public Relations
23: Membership
24: Programs/Workshops
25: Legislative Action
26: *Other Volunteer Areas
*_____

officers

EXECUTIVE COMMITTEE

Chairman: Dick Hays, 860-0112
Secretary: Norm Happ, 860-1845
Treasurer: Lea Gallardo, 476-9067
Members-at-Large:
David Heymsfeld, 435-0325
Mary Howard, 860-4771
Anneliese Schmid, 437-0160
Robin Weber, 476-4790

RIDES COMMITTEE

Ride Captain: Janet Hays, 860-0112
Coordinators:
A+ Ed Hass 860-3324
A David Weiskopf 860-9621
B Jane Kinzler 860-8652
C Sue Lopez 437-0875
D Hart & Nancy Davis, 437-0138

COMMITTEE CHAIRS

Membership: Barbara Happ, 860-1845
Education & Safety: vacant
Public Relations: Elisabeth Parsons, 435-0154
Newsletter Editor: Lyn Broad, 860-2058, Janet Hays
Newsletter Distribution: Ed Hass, 860-3324
Sign-up Sheet Distribution: Nancy Thompson, 476-4726

Executive Committee Meeting: June 8, 1987, 8 p.m.
Norm & Barbara Happ, 2461 Freetown Drive.

Printing By

THE PRINT HOUSE EXPRESS

3 LOCATIONS:
RESTON (703) 435-3388
VIENNA (703) 281-5831
LEESBURG (703) 777-2567

Membership

Please watch the label on your copy of the Wheel. Memberships expire on the date on that label. If the label says "Expiration Date: June 1987 or earlier, it is time to renew NOW! This is the last newsletter you will receive.

RESTON CLUB

FIRST CLASS MAIL

Expiration Date: Mar 1988
Ken & Sue Thompson
2106 Lirio Court
Reston , VA 22091