

# THE WHEEL

vol. 5, no. 1 \*Reston Bicycle Club\* Jan-Feb 1987

## Club Annual Meeting Held

Despite the hasty rescheduling of the Annual Meeting on November 23rd (when the TV moguls changed the Redskins game starting time from early to late afternoon), a large turn-out of convivial folks enjoyed the delicious food, good company, and a short business meeting!

Elected to the Executive Committee were Chairman Dick Hays, Secretary Norm Happ, Treasurer Lea Gallardo, and two new Members-at-Large Mary Howard and Robin Weber. The club was declared solvent, the annual incentive awards were presented (see related article), the 1986 cycling year was reviewed by the Chair, and such items as the annual Spring Tour, a CPR class for RBC members, and maintenance/repair class were discussed.

One of the highlights of the meeting was a special W&OD update by Park Manager, Paul McCrae, who talked about the future development of the Trail.



## Club Honors 34 at Meeting

"Huzzahs" were heard at the RBC Annual Meeting on November 23rd, as 34 members of the club were honored for their special contributions during 1986. The awards were RBC's way of recognizing those members who worked on the Executive Committee (Norm Happ, Ron Keysor, Tom Magoffin, Jeanne Rich, Anneliese Schmid, and David Weiskopf); served as Committee Chairs (Barbara Happ, John Robinson, David Heymsfeld, and Elisabeth Parsons); arranged the monthly Ride Schedule (Mike Moran, David Weiskopf, Jane Kinzler, Sue Lopez, and Nancy and Hart Davis); led 5 or more rides (Davises, Jane Ferguson, Charlie Gorsey, Happs, Hayses, David Heymsfeld, Sue Lopez, Linda McKinstry, Mike Moran, Mike Pantelich, Jeanne Rich,

Anneliese Schmid, B.J. Silvey, Nancy Thompson, Dick West, David Weiskopf, and Luci Borris); got the Wheel out each month (Lyn Broad and Ed Hass); and worked on special RBC projects and events (Bruce Abell-picnic, Joe Fleig-biathlons; Pat Forbes-club banner, Jack Schmid-special art work, Terry Troxell-winter program, and Robin Weber-repair class, developmental ride).

A special "small token" of the club's appreciation was also presented to Dick and Janet Hays, in recognition of their unique and continuing leadership.

Members who were unable to attend the Annual Meeting will receive their awards.



A VERY HAPPY NEW YEAR!

As usual the New Year brings great promise and resolve, and in keeping with the spirit, the RBC Executive Committee is firming up plans for 1987. Thrusts for this year include:

- Maintenance & Repair Class
- Winter Seminars
- Spring Tour
- Reston Bike Day (Spring)
- Summer Picnic
- Century

Special Programs on Safety and, of course, the weekly rides! With many activities and projects in each area, our standing committees (i.e. Rides, Education and Safety, etc.) will have a busy year ahead, and could use new volunteers...so call the appropriate chairpeople!

In behalf of the entire Reston Bicycle Club, I extend our warmest appreciation to outgoing Executive Committee members Tom Magoffin, David Weiskopf, and Ron Keysor. Each made outstanding contributions to the club, and, fortunately, they have agreed to continue working and leading special projects.

We are also pleased to have Lea Gallardo, Mary Howard and Robin Weber join our Executive Committee ranks.

We look forward to a most successful year.

*Dick*

We are pleased to announce that Pam Shipley of Oakton is the 250th member of the Reston Bicycle Club. With the addition of the bicycle clubs on our mailing list, we now have a total of 276 memberships. Pam is a 'C' rider and is also a member of Bicycle USA.

Thirteen new memberships

## Annual Repair Clinics Begin

The annual Maintenance and Repair Class sponsored jointly by the Reston Bicycle Club and the Reston Community Center starts on Sunday, January 11th, at the Community Center Art Room from 1 to 3 pm. It will run for six weeks, until February 15th. As in the past, the course will be taught by RBC members (and star mechanics) Dick Hays, Norm Happ, Ron Keysor, Robin Weber, Joe Fleig, Mike Delean, and "flat tire specialist" Janet Hays. Due to space considerations, class size is limited. A \$10 equipment and supplies fee is payable at the first class session.

RBC members who signed up at the Annual Meeting are already considered part of the class. Other interested participants may call Janet or Dick Hays(860-0112) to enroll.

The course is divided into six segments covering the following areas: recommended tools and basic bicycle adjustments; on the road repairs (flat tires); brake and derailleur adjustments and cable replacement; chain removal and cleaning; wheel repairs (spoke replacement,

were received by RBC in November and December of 1986. People are thinking about biking during the cold winter months!

Please look at the label of your newsletter. If it is stamped "Last Issue," please renew your membership today.

Barbara Happ

truing, freewheel removal and cleaning, hub overhaul); bottom bracket and pedal removal, cleaning and overhaul; and headset overhaul.

This Sunday is it!! Bring your bicycle to the first and each subsequent class. At the end of 6 weeks, you will have a completely overhauled bicycle! "Phoenix arising from the ashes." It is also recommended that each class member bring his own tools. Recommended tools will be discussed at the first session.

## Volunteer

HELP WANTED...NEW A+ RIDE COORDINATOR NEEDED BY RBC! After four successful years as the A, and then the A+ Ride Coordinator, Mike Moran is leaving the Rides Committee. If one of the Clubs' "animal" riders would like to volunteer, please call Ride Captain Janet Hays, 860-0112.



# Ride Schedule

JANUARY-FEBRUARY IMPROMPTUS: Saturdays at 1:00 pm. Rides go without leaders or predetermined routes, with distance and direction set by participants.

D-RIDE IMPROMPTUS: During the winter months, there will be no "led" D-rides, only impromptus, starting at the Duck Pond at 10:30 am on Sunday mornings. D-riders are also encouraged to try the C-rides. Regularly scheduled D-rides will start again in March.

## Sunday, January 4

- AB - 10:30 am - 35 mi - To Ashburn and Arcola in the Snow? John Robinson, 476-9264.  
C - 10:00 am - 35 mi - To Leesburg by Road and Trail. Nancy Thompson, 860-1725.  
D - 10:30 am - Impromptu.

## Sunday, January 11

- AB - 10:00 am - 30+ mi - We Welcome New Ride Leader William to Lead a Winter "Wide!" Bill McDonell goes somewhere and promises to stop for a snack in the middle. Bill McDonell, 620-3025.  
C - 10:00 am - 30 mi - Warm up in the Winter on the Hills of the Shady Roads Ride (electric socks are not required, only recommended). Charlie Gorsey, 860-1725.  
D - 10:30 am - Impromptu.

## Sunday, January 18

- AB - 10:00 am - 40 mi - A Quick Sprint to Leesburg and Back, with Some Portions on the Road. David Heymsfeld, 435-0325.  
C - 10:00 am - 25 mi - Join the Howards on One of Their Regular RBC Outings. Mary and Bob Howard, 860-4771.  
D - 10:30 am - Impromptu.

## Monday, January 19

HAPPY DR. MARTIN LUTHER KING JR'S BIRTHDAY HOLIDAY!!

- ABC - 10:00 am - 30 mi - Celebrate the 2nd annual national holiday in honor of Dr. King's birthday with an Impromptu Ride.

## Wednesday, January 21

- BC+ - 10:00 am - 25-30 mi - Get Another Jump on Winter, with Another Midweek Ride. Lunch afterwards? (Dietetic, of course!) Janet Hays, 860-0112.

## Sunday, January 25

### HAPPY SUPER BOWL SUNDAY!!

- AB - 10:00 am - ? mi - A Special ATB (aka Mountain Bike) Ride with the RBC ATB Specialist. Join Jeff on some of his special off-road trail riding outside of Reston! Jeff Hays, 860-0112.  
BC - 11:30 am - 30 mi - A Special B/C Combo Ride with the Broads. Enjoy the "heat of the day(??)" and give those fast C's a chance to ride with the B's. Bob and Lyn Broad, 860-2058.  
D - 10:30 am - Impromptu.

## Sunday, February 1

- AB - 10:00 am - 25-? mi - Have Ride Leader, Will Travel! The routing and distance of this ride depends on "conditions," and getting the ride leaders back for the repair class!! Dick and Janet Hays, 860-0112.  
C - 10:00 am - 25 mi - Back to ~~Friends~~ (I Mean) Quicksilvers Ride. Ride and then enjoy Sue's favorite omelets (or whatever) at Quicksilvers Restaurant in Herndon. Bring locks and money. Sue Lopez, 437-0875.  
D - 10:30 am - Impromptu (or amble over to Quicksilvers and join the C's at noon).

## Sunday, February 8

- AB - 11:00 - 25-? mi - "Heat of the Day" Weiskopf Leads Another One of Those Rides That Depends on "Conditions." David Weiskopf, 860-9621.  
C - 10:00 am - 25 mi - Charlie Leads One of His Favorite Rides...Barbara's Surprise. Charlie Gorsey, 860-1725.  
D - 10:30 am - Impromptu.

## Sunday, February 15

### SUPPORT YOU LOCAL PANCAKE BREAKFAST!

- A - 10:00 am - 30-? mi - Mike Leads the Winter Hot-Shots to Leesburg for a Hot Shot of Breakfast at the Rescue Squad Pancake Breakfast. Mike Moran, 860-4073.  
BC - 10:00 am - 30 mi - The Howards Invite the B's to Join Them on Their Ride to Leesburg for a Pancake Breakfast at the Rescue Squad...only if the B's promise to behave!! Bob and Mary Howard, 860-4771.  
D - 10:30 am - Impromptu Ride to the Pancake Breakfast from the Parking Lot at Route 28 and the W&OD Trail.

# Ride Schedule (cont.)

Monday, February 16

HAPPY PRESIDENTS' BIRTHDAY!!

ABCD - 10:00 am - ? mi - Special Impromptus for Those Lucky Enough to Have This February Holiday.

Sunday, February 22

AB - 10:30 am - ? mi - Celebrate George Washington's real birthday with an Impromptu ride to Mt. Vernon (no, too far!)

B - 11:00 am - ? mi - A 2nd ATB Ride for All the New Mountain Bikers in RBC. The Happs will be on their "yellow cruisers." Norm and Barbara Happ, 860-1845.

C - 10:00 am - Nancy Leads Her Custis-Mt. Vernon Trail-W&OD Trail Loop. This ride starts at the Vienna Community Center. Nancy Thompson, 476-4726.

D - 10:30 am - Impromptu.

Sunday, March 1

AB - 10:00 am - 30+ mi - The March Comes In Like a Lion/Lamb (we hope the latter!) Ride. And the "In Case The Wheel Doesn't Come Out in Time" Ride. Dick and Janet Hays, 860-0112.

C - 10:00 am - 25+ mi - The Special "Sue Doesn't Know She Got Drafted For This Ride" Ride. Janet will find a substitute if she can't. Sue Lopez, 437-0975.

D - 10:30 am - 15 mi - The Special "Hart and Nancy Don't Know They Got Drafted for This Ride" Ride. Ditto the above! Nancy and Hart Davis, 437-0138.

\*\*\*\*\*

Unless otherwise stated, rides start at Park Headquarters on the W&OD Trail, by the pond. Rides are cancelled if high for the day is less than 40°, or chance of precipitation is greater than 49%.

\*\*\*\*\*

## EXTRA WHEEL

FOR SALE

NEW: Freewheel, Suntour New Winner 6, \$12.95; Suntour Cyclone Derailleur System, braze-on front \$6.95; rear \$13.95; shift levers \$5.95. Ale toe clips, alloy, small \$3.95.

USED: Schwinn Floor Pump, Schrader \$18. Call Bill, 620-3025.

Fuji Supreme, 21" men's frame, 12-speed. Good finish and tires, toe clips. \$175. Call Lyn or Bob, 860-2058. Will consider trade for comparable larger bike.



## Ride Classifications

A+ - for strong training riders. Intervals of fast riding, particularly on hills. 30-100 miles long, at 17-22 mph.

A - for strong experienced riders. Fast-paced, 25-100 miles long, at 15-18 mph.

B - for competent, moderately strong riders. Medium difficult rides, 20-75 miles long, at 12-15 mph.

C - for average riders. Moderately easy rides, 15-40 miles long, at 8-13 mph.

D - for new or casual riders. Easy rides, 10-20 miles long, at less than 10 mph.

## Winter Program

"Yes, Virginia, there will be a Winter Program!" After a great deal of discussion, the RBC Executive Committee has decided to hold a scaled down winter program series. Possible presentations (slide extravaganzas, talks by local racing heroes, a repeat of the Fit-kit presentation, etc.) are being planned for February and March.

How will you find out about them? Watch for the new RBC post card "alert" and articles in the local newspapers.

## CPR

A CPR course for members of the Reston Bicycle Club is under consideration by the Executive Committee. Nancy Thompson has agreed to head up this effort, and details will be available in the March Wheel.

# Spring Tour Planned

A 3rd Annual RBC Spring Tour is tentatively penciled into the year's cycling calendar for the first week in May. Two optional destinations are currently under consideration by tour leaders, Dick and Janet Hays: A trip from Reston to Williamsburg and back; or a trip in the southern Shenandah Valley/Blue Ridge Mountain region, starting in the Charlottesville, Waynesboro, Staunton area.

The tour will follow the usual Hays format...daily mileages averaging 50-60 miles, overnight stays in inns and hotels, and sag wagon service. Participants pay for their own expenses en route, but all arrangements are made by the tour leaders. A deposit (usually \$100) is required to cover scouting costs and inn deposits, but part is refunded at the end of the tour. Maps and cue sheets for each day's ride are also provided.

For additional information please call the Hays at 860-0112. More details will be available in the March Wheel.

## Wheelsquealer

Happy 1987 and may the biking be "supercalifragilisticexpialidocious" (sp?) all year!

Congrats to Knockaround Biathlon winners Stephen Donahue (1st), Tom Voeller (2nd), Doug Turco (3rd), Tom Conrad (4th) and Elliot Witmer (5th). We won't tell anyone that we only had 5 participants, because they all did beautifully!

Ditto congrats to Judy Flannery who came in 3rd (45-49) in the Bud Light Triathlon Championship in Hilton Head last Fall.

RBC "ins and outs!" In-electric socks, ala Charlie Gorse! Out-plastic bags, ala Jack Schmid! In-Loudoun County. Out-Fairfax County! In-ATB bikes, ala Bob Lambert Jeff Hays, and the Happs! Out-road bikes! In-Andy Hampstead! Out-Greg LeMond!

Apologies to Gio Zett from Janet Hays. She was in his

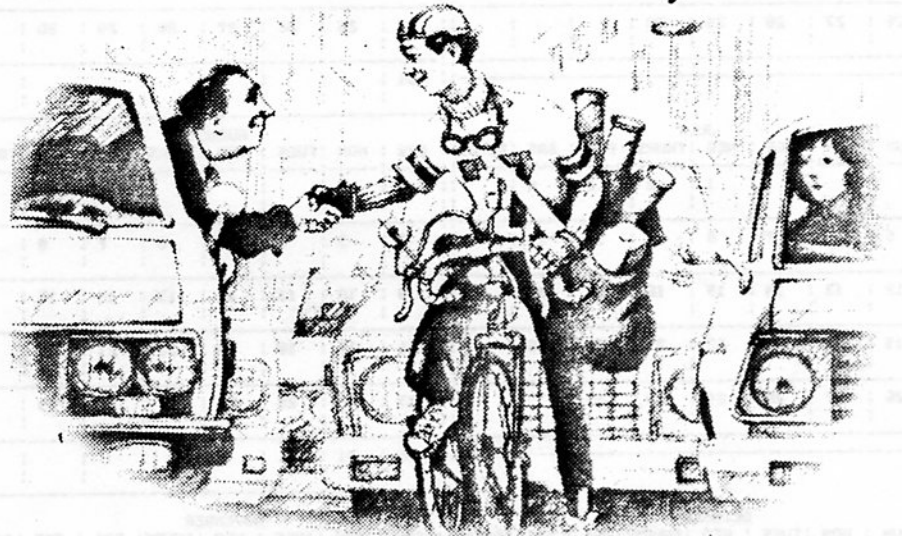
lane on the W&OD, and during a brief inattentive moment, almost got run down! And she deserved it!

Did you know that member Jim Tiffany is teaching two new classes at Loudoun campus of NOVA...one on triathlons and one on nutrition for the athlete. He should know!

Is that J.R. Davison hiding behind a new beard?

Ride safely in 1987, RBCers!

*Wheelsquealer*



(And from the Sunday, Jan. 4, 1987, New York Times...)

Roger Roth

## Thanks for deeds done and undone.

**T**HERE are those who say that New Year's resolutions serve no purpose, but they are, without equivocation, wrong. It's very comforting, the last week or two of December, when such things usually take place, to resolve to do good things. And it matters not one whit if these resolutions are broken, abrogated, kaput, the first day or week of the new year.

Nevertheless, there are some, cognizant of the frailty of their wills, who do not wish to tempt even further disillusionment. They refuse to make personal resolutions, although, all things being equal, they like to start the new year with a positive perspective. One of the best ways of doing this is by paying tribute to other people who, with or without the aid of resolutions last year, did unto others what should be done by a lot more.

**L**ET'S take cyclists, for example, a group that, with some reason, became more unpopular as each month went by, and remains so. But despite this, there were cyclists who not only knew that they were subject to traffic laws but also obeyed them, and who appreciated, too, that their vehicles could be dangerous. So it's only fair to offer thanks to those men and women on bicycles who didn't speed ahead at red lights, who didn't swoosh around corners and who didn't cavalierly zip along in the wrong direction on one-way streets.

# 1987 Mileage Chart

JANUARY								FEBRUARY								MARCH							
SUN	MON	TUES	WED	THURS	FRI	SAT	TOTAL	SUN	MON	TUES	WED	THURS	FRI	SAT	TOTAL	SUN	MON	TUES	WED	THURS	FRI	SAT	TOTAL
				1	2	3		1	2	3	4	5	6	7		1	2	3	4	5	6	7	
4	5	6	7	8	9	10		8	9	10	11	12	13	14		8	9	10	11	12	13	14	
11	12	13	14	15	16	17		15	16	17	18	19	20	21		15	16	17	18	19	20	21	
18	19	20	21	22	23	24		22	23	24	25	26	28	28		22	23	24	25	26	28	28	
25	26	27	28	29	30	31										29	30	31					

APRIL								MAY								JUNE							
SUN	MON	TUES	WED	THURS	FRI	SAT	TOTAL	SUN	MON	TUES	WED	THURS	FRI	SAT	TOTAL	SUN	MON	TUES	WED	THURS	FRI	SAT	TOTAL
			1	2	3	4							1	2			1	2	3	4	5	6	
5	6	7	8	9	10	11		3	4	5	6	7	8	9		7	8	9	10	11	12	13	
12	13	14	15	16	17	18		10	11	12	13	14	15	16		14	15	16	17	18	19	20	
19	20	21	22	23	24	25		17	18	19	20	21	22	23		21	22	23	24	25	26	27	
26	27	28	29	30				24	25	26	27	28	29	30		28	29	30					
								31															

JULY								AUGUST								SEPTEMBER							
SUN	MON	TUES	WED	THURS	FRI	SAT	TOTAL	SUN	MON	TUES	WED	THURS	FRI	SAT	TOTAL	SUN	MON	TUES	WED	THURS	FRI	SAT	TOTAL
			1	2	3	4								1				1	2	3	4	5	
5	6	7	8	9	10	11		2	3	4	5	6	7	8		6	7	8	9	10	11	12	
12	13	14	15	16	17	18		9	10	11	12	13	14	15		13	14	15	16	17	18	19	
19	20	21	22	23	24	25		16	17	18	19	20	21	22		20	21	22	23	24	25	26	
26	27	28	29	30	31			23	24	25	26	27	28	29		27	28	29	30				
								30	31														

OCTOBER								NOVEMBER								DECEMBER							
SUN	MON	TUES	WED	THURS	FRI	SAT	TOTAL	SUN	MON	TUES	WED	THURS	FRI	SAT	TOTAL	SUN	MON	TUES	WED	THURS	FRI	SAT	TOTAL
				1	2	3		1	2	3	4	5	6	7				1	2	3	4	5	
4	5	6	7	8	9	10		8	9	10	11	12	13	14		6	7	8	9	10	11	12	
11	12	13	14	15	16	17		15	16	17	18	19	20	21		13	14	15	16	17	18	19	
18	19	20	21	22	23	24		22	23	24	25	26	28	28		20	21	22	23	24	25	26	
25	26	27	28	29	30	31		29	30							27	28	29	30	31			

TOTALS:	MONTH			YEAR	
	GOAL	ACTUAL	GOAL	ACTUAL	
JAN					
FEB					
MAR					
APR					
MAY					
JUN					
JUL					
AUG					
SEP					
OCT					
NOV					
DEC					

**BACKSPACKLE**  
*(bak' spak uh)*  
 n. Markings on the back of one's shirt from riding a fenderless bicycle.

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.

	<u>No.</u>	<u>Price</u>	<u>Size</u>
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      | 22: Public Relations   | 25: Legislative Action     |
| 20: Education/Safety   | 23: Membership         | 26: *Other Volunteer Areas |
| 21: Work on Newsletter | 24: Programs/Workshops | * _____                    |

# officers

Printing By



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

## EXECUTIVE COMMITTEE

Chairman: Dick Hays, 860-0112  
Secretary: Norm Happ, 860-1845  
Treasurer: Lea Gallardo, 476-9067  
Members-at-Large:  
Mary Howard, 860-4771  
Jeanne Rich, 437-8494  
Anneliese Schmid, 437-0160  
Robin Weber, 476-4790

## RIDES COMMITTEE

Ride Captain: Janet Hays, 860-0112  
Coordinators:  
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  
Legislation: David Heymsfeld, 435-0325  
Education & Safety: John Robinson, 476-9264  
Public Relations: Elisabeth Parsons, 435-0154  
Newsletter Editor: Lyn Broad, 860-2058  
Newsletter Distribution: Ed Hass, 860-3324  
Sign-up Sheet Distribution: Nancy Thompson, 476-4726

Executive Committee Meeting: Monday, February 9, 1987.  
Barbara and Norm Happ, 2461 Freetown Drive, 860-1845.

## Membership

Please watch the label on your copy of the WHEEL. Memberships expire on the date on that label. If the label now says "Membership: 2/87" or earlier, it is time to renew NOW! This is the last newsletter you will receive.



Form fields for membership information including: LAST NAME(S), OTHER FAMILY NAMES, STREET ADDRESS, CITY, STATE, ZIP, PHONE (home), PHONE (work), and ANNUAL DUES (please circle) Individual \$8, Family \$10, Business \$12.

Signature box with text: "I hereby give permission for [ ] to participate in Reston Bike Club rides and other authorized activities." and "(signature of parent or guardian)".

Form fields for ride preferences: "What class ride do you generally go on? (circle)" with options A, B, C, D and "Another person in the family?" with options A, B, C, D.