

The Whoool

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The Newsletter of Reston Bicycle Club

CHAIRMAN’S MESSAGE

It’s Been A Great “Ride”

By Dan Scrafford

This is my last message as Chair. I have been Chair of the Reston Bike Club for the last three years. I have enjoyed serving the Club and feel lucky to have been on the Board for these years. I am proud how much our Club continues to support the Community and to support biking. The Club established these goals long before I began my tenure.

I would be remiss if I did not thank Randy, John, Barb, Trisha, Jeff, Lisa, Dave, Bobby, Jill and Charlie for serving on the Board and making my job as Chair easier. Without a doubt, Ken and Ed taught me the ropes and continue to teach me how to best serve the Club.

The hardest part of the last three years has been dealing with accidents that occur on rides. Some accidents are unavoidable, some are due to inexperience, and some are due to carelessness. The club will continue to emphasize safety and will incorporate training rides to help people learn safer ways to ride in groups. Riding carelessly is a choice and people need to realize that their carelessness does not only affect them, but may put others in danger as well. Rides need to become more self-policing.

The easiest part of the last three years has been riding with my friends. As I have stated over and over in these columns, there is nothing better than being on a bike with a group of club members who challenge and encourage each other. Thank you all for making my life on the bike richer. Please continue to support the club with as much participation as you can afford to give on every level.

Ride Safely,

Dan



REMINDER!

The RBC ANNUAL MEETING Sunday November 17th

6:00PM—8:00PM

Once again it is being held at

[ArtSpace Herndon](#)

750 Center St

Herndon, VA 20170

Great food and drinks will be served

There will be giveaways

The new Board will be elected

We’ll have a fun time with some serious (as well as some not so serious) awards.

In this Edition:

- Chairman’s Message.....*It’s Been a Great “Ride”*
- RBC Directors*Roster/Contact Information*
- Membership Info*New and Returning members*
- Letter from the Editor..... (Article) *Is it OK to Kill Cyclists?*
- Ride Schedule*November*
- Membership Application Form

Who's Who In Reston Bike Club

Co-Chairman:
Dan Scrafford, (703) 955-1676
Scrafford@aol.com

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John Hamilton (703) 904-9381
Jhamilton11@cox.net

Co-Chairman
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RandyKarn@cox.net

Vice Chairman
David Shomette
Dshomette@hotmail.com

Secretary:
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lmackem@yahoo.com

Treasurer:
Ken Thompson, (703) 476-4106
e2Ken@verizon.net

Members at-large:
Bobby Anderson (301) 529-2258
Bander_4@verizon.net

Jill Spaeth
Jill@innerspaeth.com

Charlie Bobbish
Cbobbish@cox.net

Member at Large & Newsletter:
Jeff Major, (703) 623-9650
Jeffrey.Major@cox.net

Member Secretary & Database:
Ed Robichaud, (703) 860-0108
edrobichaud@wdn.com

Ride Level Descriptions

A - Aggressive riders. Grueling pace with sprints, 40 - 100 mi, 18 - 20+ mph avg.

B—Strong riders. Demanding pace, 25 - 75 mi, 14 - 18 mph avg.

C—Average riders. Moderate pace, 15 - 50 miles, 10 - 14 mph avg.

S—Social riders. Relaxed, casual tempo per group consensus

Welcome !! New And Returning Members
New
Jersey Lynch, Anne McCloskey, Debra Sanders, Christine Shreves

Returning
Andre Blazich, Mark Czifra, Brent DeRobertis, Barbara Lytle, Bob Lytle, Robert Rodriguez, Maryann Erfami, Karen Rompalo

2013 RBC Winning Jersey Design

Same price as 2012! This popular design is still available.

Contact [Ken Thompson](mailto:KenThompson@verizon.net)



RIDE SCHEDULE—NOVEMBER

NOTE: Due to club insurance policies all participants on RBC rides must be current club members. Non-members may try a ride one time before joining.

Call Ride Leader to confirm information accuracy. Check the club website at RestonBikeClub for new rides and additional information. **If there is greater than a 50% chance of rain or if the forecast starting temperature is less than 40 degrees, the ride may be cancelled.**

Saturday Rides begin at **10:00**. These rides are impromptu and start in the parking lot across from the Caboose in downtown Herndon. Rides include A & B level riders and typically cover distances of 50+ miles. They are “no-drop” rides. First time riders please call: A/B - John Hamilton, 703-593-9384 or Randy Karn, 703-402-0227; C - Gaston Prudencio 703 906-7524.

Tues/Thurs Rides

The Tuesday/Thursday Night Rides have **Ended for this Season.**

They will resume in March 2014.

Spring will be here before you know it, so watch your email for announcements and check the club’s web site for the start date and next year’s ride schedule.



Sunday Rides

Did you know RBC has rides on Sunday?

While they aren’t as well attended as the Saturday rides, they do offer some varied and often challenging routes with different starting points each week.

These rides tend to be long, lower heart rate (OK, it depends on your conditioning) rides earlier in the fall and deep winter months, but as the days begin to lengthen and warm, the routes start including progressively more hills.

Some of the club regulars on Sunday rides are training for Spring events like Mountains of Misery and the New York Gran Fondo.

Watch the club’s website and Facebook page for weekly ride information.

Letter from the Editor:

By Jeff Major

[Is it OK to Kill Cyclists?](#) And Tips for Safe Road Riding

I'm sharing this article, which ran in the NY Times "Sunday Review" on November 9th, because it articulates a lot of what's been on my mind as of late. The author shares his fears about riding on the road, but he further does a great job, in my opinion, of presenting the challenges of overcoming an anti-cycling mentality among drivers, police and judicial systems. Worth reading!

And, as long as we're on the subject of cars and bikes, check out this [video](#) about a documentary in the making. I'll share a couple more links at the end that include tips for riding safely in traffic. **Some of these tips are pretty basic and perhaps obvious, but others, in particular, staying farther left in the lane, may seem counter-intuitive to cyclists who don't have a lot of road riding experience.**

Have you experienced it? You ride as far to the right as possible and, if the lane is narrow, cars will almost invariably try to pass you without crossing the lane line to their left, squeezing you against the curb. And, what is it about some drivers? I mean, what would possess someone to pass a cyclist while going around or over a blind curve or hill or when there is clearly an on-coming vehicle? Another discussion! But anyone who rides the roads frequently has seen it, right? So, the idea here is move over just a couple feet to the left, and drivers are forced to wait until there is room to pass. In my personal experience, at least, most of the time, it's highly effective.

Unfortunately, there are some drivers who don't understand the logic behind this and view it as though cyclists are simply taking up more than their share of the lane. While there are no guarantees with respect to driver (human) behavior, this and some of the other practices shared in the following links can better your odds of avoiding a run-in with a car. It's one example of why additional education and a culture shift still need to take place, but we can be part of that process.

<http://www.bicycling.com/beginners/commuting/stay-safe-traffic>

<http://bicyclesafe.com/>.

Best,

Jeff

Ride Globally, Shop Locally



thebikelane



20% Off

Any One Accessory Item

Coupon must be present at time of purchase.
One per customer. Coupon can not be combined with other in store discounts or coupons. Coupon may not be combined with club or team discount.

The Bike Lane
9544 Old Keene Mill Road
Burke, VA 22015
(703) 440-8701

The Bike Lane Reston Town Center
11943 Democracy Drive
Reston, VA 20190
(703) 689-2671

Road, Triathlon, Mountain, Fitness, and Kids Bikes.
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Full Service Tech Center and Professional Fittings
thebikelane.com

Mon—Fri 10-8 pm Sat 10-6 pm Sun 12-5 pm



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.com

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A family run business, CELEBRATING 25 YEARS OF AREA SERVICE, our focus is as always on Quality & Service.

TWO LOCATIONS OPEN SEVEN DAYS A WEEK
 Mon-Sat: 10am - 9pm Sun: 12 - 6pm

HERNDON
 Clock Tower Shopping Center
 2451-B Centreville Road
 Herndon, VA 20171

MANASSAS
 Next to Best Buy Store
 7705 Sudley Road
 Manassas, VA 20109

703-793-0400

703-361-6101

Great Harvest Bread Co.

WHOLE GRAINS: The Power of Three!
according to the new USDA dietary guidelines you should eat 3 SERVINGS of whole-grains every day.

<p>SERVING #1 A slice of Orange Cranberry W&OD Mile #20 (Herndon)</p>	<p>SERVING #2 A slice of Nine Grain W&OD Mile #11.5 (Vienna)</p>	<p>SERVING #3 A slice of Raisin Cinnamon Chip W&OD Mile #20 (Herndon)</p>
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17 MILES ROUND TRIP.
(You've definitely earned yourself a jumbo Double Choc Chip cookie!)

HERNDON: 785 Station St. 703-471-4031 • VIENNA: 132 Church St. 703-938-0921

A-1

A-1 Cycling



SPECIALIZED

www.A1Cycling.com

www.RestonBikeClub.org

The Wheel

The Newsletter of Reston Bicycle Club

Place
Stamp
Here

PO Box 3389
Reston, VA 20195

Join the Reston Bicycle Club now!

complete and return the membership form below
or
visit RestonBikeClub.org for online registration and payment.



Membership Application Form

Please complete form (circle information) & return with check payable to: Reston Bicycle Club

Mail to: Reston Bicycle Club • P.O. Box 3389 • Reston, VA 20195-1389

Annual dues for single membership : \$20.00 plus \$2.00 for each additional household member riding with the club.

Name _____ Age _____ Rider Level A . B . C . S
 Address _____
 City _____ State _____ Zip _____
 Home Phone _____ Other Phone _____
 E-mail _____

Additional Household Members:

Name _____ Age _____ Rider Level A . B . C . S
 Name _____ Age _____ Rider Level A . B . C . S
 Name _____ Age _____ Rider Level A . B . C . S

Attention Parents: Parents must sign a parental consent form for riders under the age of 18. Please request a copy of this form so young riders can present it when signing up for each ride. An adult family member must accompany children under 15.

What is your preferred day/time to ride? Saturday—Sunday—Weekday (AM—PM)

Are you interested in mountain biking? Yes No

Indicate areas you might be willing to help with: Lead Rides; Tours & Weekends;
 Annual RBC Century; Newsletter; Club Social Events; Data Entry; Triathlon;
 Education/Safety; Legislative Action; Membership; Phone Calls;
 Other _____

Club Rider Levels

RBC tries to cater to every level of cyclist. Please use this guide when completing your application and planning your rides.

- S Social riders.** Relaxed, casual pace; Distance & speed per group consensus
- C Average riders.** Moderate pace; 20 - 50 miles; 10 - 15 mph average
- B Strong riders.** Demanding pace; 25 - 75 miles; 15 - 18 mph average
- A Aggressive riders.** Grueling pace with sprints; 40 - 85 miles; 18 - 20+ mph average



Helmets are required on all RBC rides.



RESTON BICYCLE CLUB

P.O. Box 3389
Reston, VA 20195

RestonBikeClub.org