

THE WHEEL

Newsletter of the Reston Bicycle Club

June 1997

Volume 16 Issue 5

News...

Meetings

The next RBC Board meeting will be on Wednesday, June 18, at 7:30 pm. All RBC members are encouraged to attend the meeting and get involved in club activities. We are always in need of volunteers for club events. Ride leaders are needed for rides, volunteers are needed for the upcoming century. Also, volunteers are needed for help with membership duties and for help on the newsletter. The location of the meeting will be at Pat Gleason's house. Call Pat at 703 222-3897 for directions or more information about volunteering and helping out the club.

The ride coordinators will be meeting on Monday June 16 to plan this summer's rides. If you would like to get involved in the ride planning process or have a ride you would like to go on, or even better, lead, contact one of the ride coordinators (see page 3 for listings).

Bicycle Safety Rodeo

On Saturday April 19, the Reston Bicycle Club along with the Reston Home Owners Association and State Farm Insurance, participated in a Bicycle Safety Rodeo for children under twelve. Eight safety station teaching skills such as turning in tight corners and proper helmet positioning, were set up to teach children safe and responsible cycling habits. Approximately

(Continued on page 10)

PROGRESS AND OPPORTUNITIES IN FAIRFAX COUNTY

by Allen Muchnick

Fairfax County, the region's most populous jurisdiction and one of the wealthiest counties in the United States, is showing signs of becoming more bicycle-friendly. Over the past several years, WABA membership within Fairfax County has more than tripled and now stands at over 500. This political strength, combined with the county's urbanization, offers tremendous opportunities for rapid and significant change.

• Trails Committee Charts New Direction

During the past year, the Countywide Non-Motorized Transportation Committee, which advises the Board of Supervisors on trail issues, has been ener-

gized by its new chair Deborah Leser and by out-going WABA delegate Linda Tolkan. With the active participation of WABA members, the committee is completing a long-needed inventory of trail segments built over the past 20 years under the ambitious Countywide Trails Plan. Moreover, with backing from the Board of Supervisors, the committee has gained access to the mapping capabilities of the county's sophisticated Geographic Information System. A users' map of existing county trails and a better process to identify priority trail improvements are two short-term objectives.

In coming months, the committee will

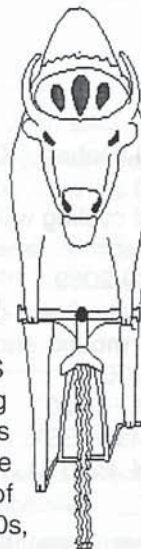
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USGS EARTH DAY BIKE-IN

by Kerie Hitt

RBC members Kerie Hitt, Bruce Wright, and Dave Morganwalp organized an EARTH DAY BIKE-IN to the U.S. Geological Survey (USGS) headquarters in Reston on April 25, 1997.

Although the facilities at USGS are ideal for bike commuting (bike racks, lockers, and showers are available), not many of the employees take advantage of them. During the 1970s and 1980s,



an active USGS bike club existed. Recently, however, the interest has languished. Many years had passed since the previous Earth Day Bike-In; old timers guessed the last Bike-In to USGS occurred in 1980! This year, inspired by the WABA Bike-In to D.C., we invited our fellow employees to revive the Earth Day celebration by riding to USGS either on their own or in a group.

(Continued on page 3)

The Front Wheel

by Pat Gleason

I saw an article in the newspaper the other day that I couldn't resist reading. *The Washington Post* title read "Volunteering is Harder Than You Think" by Ann O'Hanlon. She appeared to have some of the same experiences that I've had with various volunteer positions. Some of you may have heard of a mentoring program I was involved with at Hunter Woods Elementary school through my employer, Freddie Mac. Ann summed up my experience when she said "Like the feeling that—for all the difference you made—you might just as well have stayed home and watched reruns of 'The Simpsons'." Anyway, the bottom line of her article, was that volunteering can be rewarding, but it's important for the supervisor to take care of the unpaid volunteers and for volunteers to find exactly what they *want* to do. Beth Lovain, of the Alexandria Volunteer Bureau, is quoted saying, "I encourage people to be selfish—think about what you *want* to do. Forget about the person you'd be helping." The article also states that the average life of a volunteer is 18 months (as a volunteer, not your actual life). So you can see there is always a need for new, fresh recruits.

I guess I see myself as the supervisor of the bike club volunteers; I have a pretty good profile for this duty. A Meyers Briggs test labeled me as a teacher (for those of you who believe in that sort of thing) and I have been diagnosed as a 'care taker' (some of you have already

discovered this). As such, I feel equipped to cultivate and care for volunteers—requiring that I continually attempt to find new recruits and shed off various jobs and duties that land in my lap.

Currently, the Reston Bike Club is in need of several types of volunteers. Please pick one of these activities and call to help, but only if you really want to. We promise to take care of you and appreciate any help you can give. Listed below are several opportunities with the name of the person to contact or feel free to call me at home (703-222-3897) or at work (703-903-3299).

Newsletter Committee Chair
 Newsletter articles (mailbag, ride write-ups)
 Newsletter editing
 Newsletter proofing
 Newsletter publisher (club owns Publisher software for Windows)

Membership list maintenance

Nominating Committee

Century Committee
 Registration



Classifieds

FOR SALE

Trek 7600. Top of the line bike (hybrid). Like new. Size 20" (31" inseam). Paid \$800, take \$399. Robert (703) 938-7027, day & eve.

Santana tandem. Buy this tandem and cycling will never be the same. Top quality road machine, smooth ride and gobs of features. Jeff (703) 689-2069.

Yakima Rack. Complete with towers, locks & 48" cross bars, 3 bike & wheel mounts, a tandem mount, and fairsing. All or separate. Jeff (703) 689-2069.

Cannondale KV500 Mountain Bike. 1996, 20" polished aluminum V-frame, Manitou Mach 5SX, LX, 747 pedals. Rarely ridden. \$1,600 retail. Paid \$1,350, asking \$950. Gary, (703) 912-1978.

Miscellaneous. Used but new Campy groupe (Chorus Ergo), competition wheels, and Cannondales. Call Mike for details 430-1426.

Yakima Bike Rack. 1996. Complete with two fork mounts and fairsing. \$300 obo. Mike (703) 430-2615.

Cannondale Super V. 1994. Many upgrades. \$900. Mike (703) 430-2615.

Hiking Backpack. Ultimate Direction, with H₂O bladder. \$60. Mike (703) 430-2615.

WANTED

The Reston Youth Club's Bike Shop is in constant need of donations of used bikes and bike parts in good condition—particularly BMX-type bikes that kids like so much. Contact Bob Dim, RYC Director, 758-1675, or email: rdim@gmu.edu.

To place an ad, send to RBC Classifieds, P.O. Box 3389, Reston VA 22090. Free to RBC members.

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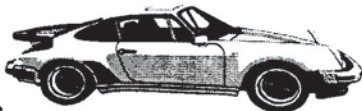
The first stage of "Operation Earth Day" was BICYCLE COMMUTING 101, a lunchtime seminar on April 15 at which Kerie, Bruce, and Dave discussed the basics of bike commuting--reasons for bike commuting, equipment needed, rules of the road, and safety. The whole group shared ideas about biking issues and experiences.

Employees who regularly commute by bike to USGS from various points in Reston, Herndon, Sterling, and Fair Oaks, were identified to act as Bike-In ride leaders to accompany anyone who wanted to ride with a partner. Kerie coordinated the biker "referral service," matching new riders with bike leaders in their neighborhoods. Bruce designed our mascot, the bicycling bison, to match the buffalo that graces the Department of the Interior logo.

On April 25, about 25 bikers and one in-line skater converged at the USGS headquarters for bagels (transported in our bike panniers) and group photo. We realized that we have a small, but dedicated, group of bicyclists at the USGS, and we hope we helped raised the bicycle awareness level of our non-biking coworkers. We're already looking forward to next year's EARTH DAY BIKE-IN, not to mention hosting the RBC Century Rides in September.

That's right, the Reston Century will start from its new location at the USGS this year on Sunday, September 21. Remember to volunteer and lend a hand to the club for this classic fall event.

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WHO'S WHO IN RBC

Chairperson: Pat Gleason, 222-3897

Vice chairperson: Julie Light, 917-9346, jlight@erols.com

Secretary: Jane Hanna, 777-5636, jane928@aol.com

Treasurer: Dan Cassidy, 406-3244, dcassidy@snm.org

Members-at-Large

Mike Pomata, 430-2615, pedalshop@aol.com;

Joan Waggoner, 476-1315; Dirck Harris,

dirckh51@mnsinc.com; Bill Alkire 729-2158, mrbilla@mnsinc.com

Ride Coordinators

A: Curt Hughitt, 620-3414

B: Jeff Purvis, 689-2069

C: Rose Baker, 860-4314; rbaker@helium.apa.com

D: Denis Ratliff, 444-1071, dratliff@erols.com

Mt. Bike: Mike Pomata, 430-2615; pedalshop@aol.com

Editor: Chad Gleason, 802-9540; chadg@erols.com

Assistant: Dirck Harris, dirckh51@mnsinc.com

Advertising: Joan Waggoner, 476-1315

Miss an issue? Call: Pat Gleason, 222-3897

LAB representative: Thomas Bonneau, 256-0986

IMPORTANT PHONE NUMBERS

RBC Ride Info Line: 904-0900

ChainRing BBS: 202-554-3175

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. Any articles to be submitted can be sent to Chad Gleason by email, chadg@erols.com, or through snail mail to: 5239 Braywood Drive, Centreville, VA 20120. Submissions can be sent as a hard copy or, preferably, placed on a 3.5" IBM compatible disk. All disks will be returned to sender. Dirck Harris is also helping organize material for The Wheel. Ride coordinators should send the monthly schedule to him at dirckh51@mnsinc.com. Deadline for submissions is the 10th of each month.

From The Mailbag

June 7—1997 Tour de Loudoun at Lansdowne. Mt. Bike ride around Lansdowne resort's 800+ acres. Benefits the Douglass Community Center, 703 771-5913.

June 7—National Trails Day. Celebrations around the U.S.; contact American Hiking Society, Virginia Trails: VA-Trails@aol.com, or the Washington Area Bicyclist Association: WABA@capaccess.org.

JUNE 7-8—Second Annual Catoctin Challenge. Fully supported ride around the Catoctin Mountains from Frederick, MD. Fully supported, T-shirt, sag, lunches, etc. Phil Heffler, 301-662-5518.

June 15—Knott's Island Century Rides. 100/63/33 miles through pastoral VA and NC ferry ride and cook-out; Kim Aldridge, Tidewater Bicycle Assoc., Box 12254, Norfolk, VA 23502. 757-436-9300.

June 15—BAW 100 (Baltimore-Annapolis-Washington Century). 25, 50, 100 mi. Benefits Wheelers Not Dealers and the East Coast Greenway Alliance. \$30, includes t-shirt. 202 686-5879. Email baw100@erols.com.

June 19-22—Washington, DC AIDS Ride. NC to Washington DC AIDS Ride, 300 miles; benefits Food & Friends and Whitman-Walker Clinic, providers of HIV/AIDS services in Washington DC; limited to 1700 riders; call 1-800-825-1000 or 202-293-RIDE.

June 20-25—Bike Virginia, The Civil War Odyssey II: Lee's Retreat. 227-346 miles, over five days, 2000 riders; camping and showers, luggage transport, T-shirt, and more; meals are extra. Bike Virginia, PO Box 203, Williamsburg, VA 23187-0203; 757-229-0507.

June 29—Bay to Bay Ride. Betterton, MD. 50/76/86/107 mi. \$12 til June 10. SASE to: Bay to Bay Ride, c/o Jim Gent, 7 Cedar Chase Ct., Chestertown, MD 21620-1665.

July 6—Delaware Doublecross. Family ride across Delaware; Paul Stevenson, White Clay Bicycle Club, 35 Rossiter Cir., Newark, DE 19702; 302-368-2167.

July 11-13—Pomona Pine Barrens.

Winding rivers and backroads of New Jersey's Pine Barrens. \$99. BBC, 410-356-4644, or 1-800 638-3764.

July 18-20—Commonwealth Games. Blueridge Parkway Road Race, Hill Climb, and Criterium. Virginia Amateur Sports, Inc., 305 First St., Suite 412, Roanoke, VA 24011, 540 343-0987 or 1-800-333-8274.

July 25-27—Chowan Weekend Get-away. 10-63 mile rides from local college; Tidewater Bicycle Assoc, Box 12254, Norfolk, VA 23502, 757 436-9300.

July 26-31—CAM Tour (Cycle Across Maryland). 350 miles over six days in southern and central MD; also, new 3-day option; 1500 riders; CAM Tour, 7 Church Ln, Suite 8, Baltimore, MD 21208, 410-653-8288.

July 27-Aug 1—5th Annual Moose Tour. A six-day, fully supported, tent camping bicycle vacation. Maine Wheels Bicycle Club, 225 Paris Hill Rd., South Paris, ME 04281, 207-743-2577, email: moostour@megalink.net.

Aug 2-8—MOOSA Tour. Cycle the best of Maine and SE Quebec. CAN-AM Wheelers, RR1 Box 3278, Norway, ME 04268. 207-743-9018, email: Moosa@megalink.net.

Aug 10-16—Lighthouse Tour. Cycle the rim of the Bay of Fundy. See listing above for more info.

Sept 14—PPTC Century. PPTC, 202-363-8687.

Sept 19-21—Dutch Country Meander. 3 days/2 nights in Lancaster. Daily rides, breakfast, entertainment. BBC, 410-356-4644, or 1-800 638-3764.

Sept 27—Seventh Annual Adams Apple Bike Ride. Choose from 25, 50, and 100 mile rides around historic Gettysburg. \$10 before Aug. 23. Snacks, water, juice, and SAG service. Gettysburg-Adams County Area Chamber of Commerce, 33 York St., Gettysburg, PA 17325, 717 334-8151.

Oct 5—National Capital Bicycle Tour, Washington DC. 9 to 100 mi., flat to moderately hilly; choose city sights, urban greenways, or county roads; WABA, 818 Connecticut Ave NW Suite 300, Washington DC 20006; 202-872-9830, email: waba@capaccess.org.

Oct 11—Seagull Century. Salisbury, MD. Salisbury State U BC, SSU Campus Box 3046, 1101 Camden Ave, Salisbury, MD 21801-6860; 410-548-2772.

Oct 17-19—Frederick Fall Foliage Frolics. PPTC, 202 363-8687.

Oct 31-Nov 2—Chincoteague Weekend. Chincoteague, VA, Bob & Willa Friedman, email: friedman@cais.com.

PEDAL PENNSYLVANIA TOURS: Contact Bob Ingersoll, 1914 Brandywine St., Philadelphia, PA 19130. 215-561-9679. Email: bobi@pedal-pa.com. Web: <http://www.pedal-pa.com>.

June 28-July 5—Battlefield Ramble. 7 day, 385 miles through SE PA and NJ.

July 19-26—Penn Central. Pittsburgh to Philadelphia in 7 days covering 450 miles of the scenic central section of Pennsylvania, sleep at local colleges.

Aug 9-17—Great Northern Crossing. 8-day, 580-mile tour across the northern tier of Pennsylvania, staying at schools, motels and B&B's.

Aug 30-Sept 1-16th Annual BAM. 100, 288, or 576 miles. Hosteling Int., Gateway Council, 7187 Manchester Rd, St. Louis, MO 63143.

1997 PRE-GEAR RIDES: Contact: Mike Arnette, Old Dominion Bicycle Tours, 3620 Huguenot Trail, Powhatan, VA 23139. 804-598-1808.

June 1-6—James River Basin Tour. Natural Bridge to Williamsburg following the James River. No sag support.

June 2-6—James River Basin Tour. Same route as above with sag.

June 4-6—Charlottesville to Williamsburg. A shorter tour with full sag.

LAB 1997 EVENTS: For a free brochure: The League of American Bicyclists, 190 W. Ostend St., Suite 120, Baltimore, MD 21230. 410-539-3399. Email: Bikeevent@aol.com.

June 6-9—GEAR South, Williamsburg, VA. Bike rides down the James and York Rivers, visits to the Jamestown settlement, Yorktown battlefield, and Colonial Williamsburg tavern.

July 3-6—National Rally, West Lafayette, IN. Ride along the Wabash River to visit historic sites. Flat to rolling, with a few challenging climbs.

Aug 8-11—GEAR North, Canton, NY. Cycle along the Lawrence River in upstate NY. Venture into Canada by bike or car—see the Adirondack Mountains or head South to the 1,000 Islands.

Oct 12—Tour du Port, Baltimore, MD. Urban/family tour of Inner Harbor, port, and historic neighborhoods.

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(Continued from page 1)

recommend changes to the County-wide Trails Plan as part of the periodic update of the county's Comprehensive Plan. Fairfax bicyclists should carefully review the Trails Plan to suggest additional locations where bicycle accommodations will be needed; otherwise, VDOT won't provide them in future road improvements. A copy of the current Trails Plan is available in the WABA office. Suggestions for changes should be sent to the appropriate District Supervisor as well as to the Non-Motorized Transportation Committee.

Bicyclists are encouraged to serve on the Countywide Non-Motorized Transportation Committee. Mount Vernon District Supervisor Gerry Hyland has recently appointed WABA member Kevin Brugman as his delegate, and Lee District resident Walter Brodtman has applied for WABA's seat as Linda Tolkan's replacement. At press time, the seats representing Board Chairman Kate Hanley and Lee District Supervisor Dana Kauffman are believed vacant. To apply for these vacancies, contact the office of the respective official.

• Turnaround on Trails Funding

Over the past decade, Fairfax County has nearly eliminated all funding to improve county trails and parks and has drastically reduced its annual contribution to the Northern Virginia Regional Park Authority (NVRPA), the multijurisdictional agency that operates the 45-mile W&OD Trail. Speaking for WABA at the annual budget hearings in early April, I asked the Fairfax County Board of Supervisors to spend more on bicycle and pedestrian facilities and on county and regional parks. I called on the Board to restore long-abolished funding for a trails coordinator in the Office of Comprehensive Planning and to reinstitute regular capital funding for priority county trail improvements. Other speakers also endorsed more funding for parks and trails.

The Board of Supervisors is finally responding to these requests. The NVRPA's \$1.3 million FY98 capital funding request for its 20 regional parks--while still half the level in

prior years--was fully approved, an 11% increase over FY97. Moreover, at the initiative of Providence District Supervisor Gerry Connolly, the Board added \$1 million to the FY98 budget to improve county walkways and trails, the first such funding since 1988! The Countywide Non-Motorized Transportation Committee will get to nominate projects for that funding.

• Why Fairfax Roads Aren't Bicycle Friendly



At the April budget hearings, I also asked the Board of Supervisors to take three critical steps to better accommodate bicyclists on the roadway in future highway projects: 1) adopt a policy to routinely provide on-road bicycle facilities in highway improvements (the current policy only calls sidepaths which are typically unsafe and inefficient), 2) designate a bicycle coordinator in the County's Office of Transportation (the county agency that plans road improvements and interacts with VDOT), and 3) create a citizens bicycle advisory committee to review proposed highway designs and to suggest low-cost bicycling retrofits.

Fairfax County's lack of both a bicycle coordinator and a bicycle advisory committee is causing the County to miss many low-cost opportunities


to improve bicycling conditions. For example, over the next three years, VDOT is placing 1,000 bike parking racks at neighborhood destinations throughout Northern Virginia, but Fairfax County has nobody available to propose or approve suitable locations. Without staff time dedicated to submitting successful applications, the county foregoes hundreds of thousands of dollars annually for bicycle and pedestrian improvements under the ISTEA Enhancement program, the Recreational Trails Fund, and the state Recreational Access fund.

Because the Fairfax County Comprehensive Plan only considers sidepaths, not on-road bicycle facilities, roadways in the county have not been designed for bicycling until recently. On urban-style roads with concrete curb and gutter, VDOT only provides room for bicycling when specified in a local Comprehensive Plan. The Countywide Trails Plan does a good job of identifying the major roads where bicycle facilities are needed but only specifies inappropriate sidepaths. For the past four years, WABA has persistently asked for on-road bicycle facilities (wide curb lanes or bike lanes) instead of--or in addition to--the sidepaths routinely proposed for arterial road improvements in the county. As a result of massive letter-writing campaigns in-

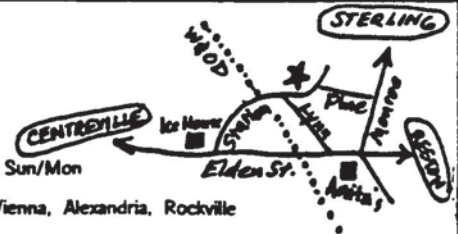
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stigated by WABA, VDOT has redesigned a few projects after presentation at public hearings, and bike lanes are now under construction on Beulah Street (VA 613), Dranesville Road (VA 228), and Lorton Road (VA 642). On-road bicycle facilities, however, should be provided routinely--not just after bicyclists protest -- because they best serve bicyclists, also benefit motorists, and need not increase road construction costs. This major advance for bicyclists might be accomplished simply by adding a brief policy statement to the Comprehensive Plan. The preview of new road designs by a county bicycle coordinator and a bicycle advisory committee should assure suitable bicyclist accommodation and eliminate costly project redesigns due to bicyclist complaints at public hearings.

• Bike Lanes Approved for Telegraph Road!

VDOT's own bicycle facility guidelines generally recommend on-road facilities, not sidepaths, except along freeways. Consequently, VDOT routinely designs bike lanes for Fairfax County roads that are part of Interstate Bicycle Route 1, a route designated for long-distance bicycle touring. Last September, VDOT included bike lanes in its proposed design for widening Telegraph Road (VA 611) from 2 to 4 lanes between US-1 (at Old Colchester Road) and Beulah St (VA 613) adjacent to Fort Belvoir. In April, neighborhood associations flanking the project asked that the bike lanes be deleted to reduce the project's footprint. Several WABA members, including Kevin Brugman, Bob Brubaker, and Ben Allen attended a community meeting on very short notice

and effectively defended the bike lanes. On April 28, the Fairfax County Board of Supervisors approved this project with the bike lanes intact.

• Organizing Effectively

During the past year, Fairfax County bicyclists have met four times to discuss ways to advance bicycling accommodation and promotion in the county. The next two meetings will be held on September 3, and November 5 at 7:00 PM at Fairfax High School. Volunteers are needed to coordinate activities in some of the nine county districts or to adopt particular issues that interest them. Periodic meetings allow information, experience, and perspectives to be shared and will continue as long as they are needed. The establishment of a county bicycle advisory committee however, would likely provide a better venue.

In conclusion, bicyclists must work for several changes in Fairfax County. A formal policy to routinely accommodate bicyclists on the roadway instead of sidepaths, the designation of a county bicycle coordinator, and the creation of a county bicycle advisory committee are the three key steps for achieving suitable accommodation on new roadways. In addition, a commitment to fund both a full-time trails coordinator and priority trail improvements are needed to advance the Countywide Trails Plan. These changes will occur when enough Fairfax bicyclists ask their District Supervisors to make them. The accompanying directory of local county supervisors is provided for that purpose. It's up to you to use it. Get involved and help make Fairfax County a bike-friendly community.

FAIRFAX COUNTY BOARD OF SUPERVISORS

Katherine K. Hanley, Chairman (Elected at-large)
Fairfax County Government Center
12000 Gov. Center Parkway, Suite 530
Fairfax, VA 22035
Phone: 324-2321

Gerald W. Hyland, Vice Chairman, Mt. Vernon
Mount Vernon Government Center
2511 Parkers Lane
Alexandria, VA 22306
Phone: 780-7518

Sharon Bulova, Braddock District
Old Chapel Square Elementary School
4414 Holborn Avenue
Annandale, VA 22003
Phone: 425-9300

Gerald E. Connolly, Providence District
8739 Lee Highway
Fairfax, VA 22031
Phone: 560-6946

Robert B. Dix, Jr., Hunter Mill District
North County Governmental Center
12000 Bowman Towne Drive
Reston, VA 20190
Phone: 478-0283

Michael R. Frey, Sully District
5900 Centreville Road, Suite 205
Centreville, VA 20121
Phone: 378-9393

Penelope A. Gross, Mason District
Mason Governmental Center
6507 Columbia Pike
Annandale, VA 22003
Phone: 256-7717

Dana Kauffman, Lee District
Franconia Governmental Center
6121 Franconia Road
Alexandria, VA 22310
Phone: 971-6262

Elaine McConnell, Springfield District
West Springfield Gov. Center
6140 Rolling Road
Springfield, VA 22152
Phone: 451-8873

Stuart Mendelsohn, Dranesville District
McLean Governmental Center
1437 Balls Hill Road
McLean, VA 22101
Phone: 356-0551

UPCOMING BICYCLE CLASSES

Allen Muchnick, an Effective Cycling Instructor certified by the League of American Bicyclists, will present four bicycle courses in CENTRAL FAIRFAX (Fairfax High School, 3500 Old Lee Highway, Fairfax City or the Pimmit Hills Center, 7510 Lisle Ave, near Tysons Corner), in GREENBELT (Schrom Hills Park, 6915 Hanover Parkway), and at the FALLS CHURCH Recreation Center (223 Little Falls St.). Classes will meet on weekday evenings for three hours starting at 6:30 pm or 7:00 pm unless otherwise noted. To register or for more information, call 703 227-2377 for the Fairfax classes, 301 397-2200 for the Greenbelt classes, or 703 241-5077 for the Falls Church classes.

EFFECTIVE CYCLING ROAD-I: Increase your bicycling proficiency, safety, confidence, and enjoyment with bicycle driver education developed by the League of American Bicyclists. Appropriate for club ride leaders, beginning bicyclists, weekend warriors, and commuters, this 12-hour foundation course covers bike selection and fit, equipment and apparel, bike handling, emergency maneuvers, gear use, nutrition, vehicular cycling principles, traffic safety, accident avoidance, trail and group etiquette, and basic bike maintenance. Bike and helmet required at each session. Certificate awarded upon passing road and written exams. Four 3-hour sessions as follows:

- FAIRFAX CO COURSES (#5302), \$59 for everyone. July 22, July 24, July 29, and July 31 (consecutive Tuesdays and Thursdays) at Fairfax HS, 7:00 pm (Sect. 30)
- GREENBELT COURSE, \$48 for residents/\$60 for non-residents.

June 11, June 18, June 25 (three consecutive Wednesdays) and June 27 (Friday)

BICYCLE MAINTENANCE & REPAIR: Save time and money, be self-reliant, and get better bike performance by

learning bike care. Covers flat tires and other emergencies, optimal fit, cleaning and lubrication, tools and references, and the inspection, adjustment, replacement, and overhaul of all major components. Bring your bike for limited practice with instructor. One 3-hour session:

- FAIRFAX COUNTY CLASSES (COURSE #5300), \$29 for everyone.

Tuesday, June 3, Fairfax HS, 7:00 pm (Sect. 30)

Tuesday, June 10, Pimmit Hills Center, 7:00 pm (Sect. 31)

Wednesday, July 16, Fairfax HS, 7:00 pm (Sect. 32)

Wednesday, July 23, Fairfax HS, 7:00 pm (Sect. 33)

- GREENBELT CLASS, \$16 for residents/\$20 for non-residents.

Thursday, June 19, 6:30 pm

- FALLS CHURCH CLASS, \$12 for residents/\$15 for non-residents.

Tuesday, August 5, 6:30 pm

BICYCLE MECHANICS WORKSHOP: A self-directed, hands-on opportunity to tune up, fix, or modify your bicycle. Completion of Bicycle Maintenance & Repair or some familiarity with bicycle mechanics is recommended. Call 703 237-8967 to discuss proposed project and needed materials with instructor beforehand. One 3-hour session:

- FAIRFAX CO CLASSES (COURSE #5301), \$29 for everyone

Tuesday, June 17, Fairfax HS, 7:00 pm (Sect. 30)

- GREENBELT CLASS, \$16 for residents/\$20 for non-residents

Thursday, June 26, 6:30 pm

- FALLS CHURCH CLASS, \$17 FOR RESIDENTS/\$21.25 FOR NONRESIDENTS

Tuesday, August 12, 6:30 pm

BICYCLE SAFETY FOR PARENTS (Effective Cycling Kids-I): This one-hour presentation helps parents of young bicyclists (ages 4-9) understand bike and helmet selection and fit, basic mechanical checks, essential bike handling and traffic safety skills, and child bicycling hazards.

traveling with e-mail

----- Forwarded message -----

Date: 30 Mar 1997 00:42:39

From: em@access2.digex.net

To: Recipients of conference <dcbike@igc.apc.org>

Subject: bicyclists welcome at Traveler's Circle



Summary: bicyclists welcome at D.C. travel storytelling group

Attention travel-loving bicyclists. The Traveler's Circle meets every Wednesday night (6:30-9:30pm) at the Kabab House, at K Street between 11th and 12th, 3 blocks north of metro center, across the street from the Washington Youth Hostel, next door to the American Youth Hostel Travel Store.

The Traveler's Circle (tc) is a way for travel-loving fools to hang out, swap stories, meet other travelers. It's free. Food at the Kabab House is plentiful, inexpensive, good (all you can eat for \$5-6).

tc has been meeting every week now for nearly one year. There used to be a Peace Corps Beer Scholarship fund but currently that is unavailable. Nonetheless, Peace Corps types do show up, as do NR-

PCV's (Not Returned Peace Corps Volunteers--Not or Nearly). Some weeks there are as few as eight people, others there are as many as twenty-five. Currently, many tc'ers are...traveling!

Have you ever traveled abroad with Lonely Planet Guide in hand, stayed overnight at a not-very-fancy place where curious characters congregated from around the world, swapped stories, and went their separate ways the following day? tc is like a page from a Lonely Guide, ripped out, pasted to a town where perhaps this type of informal gathering is unique.

Bring a travel story (non-fiction (though we do no fact-checking...)) that you have written or that you admire. Bring a story to tell. Or bring yourself and listen.

tc doesn't yet have a webpage but feel free to email or call me should you have questions.

Mark

em@access.digex.net

202 265 7210

p.s. Should you forget this info, keep in mind that tc has a listing each week in the City Paper's Notices section.



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Baseball cap - Judy®	20.00	Bar Ends - Bontrager Titec	31.50	Quick Tune - Up \$28
Bracelet - Ti dye spoke	7.95	Brakes - Sachs set	101.00	Adjustment of all working parts to get your bike on the road. Includes lubrication
Key Chainring w/ Mountain Bike	5.00	Clothing - Qranc DH gloves	28.95	Complete Overhaul \$48
Pasta - Tri-color - Bicycles 15oz. bag	4.00	Computers - Cateye AT 100	66.50	All of the above and also includes the replacement of any worn parts. Finish the bike off by waxing the frame.
Silk Tie - Road Race Print - blue	15.00	Cranks - Adventure Components	174.00	Price does not include the price of replacement parts.
Watch - Kokopelli - from bike parts	61.00	Derailleurs - Grip Shift ESP 900	102.00	
License Plate Frame (each)	5.00	Forks - Girvin Carbon ODS	430.00	
(I'd rather be riding my bike)		Hydration - Ultimate Direction SS	49.00	
(Mountain bikers do it in the woods)		Headsets - Cane Creek	70.00	
(My other car is a mountain bike)		Pedals - Shimano 747	139.25	
(Recycle - Ride your bike again)		<i>Call for complete brochure</i>	430-2615	

(Continued from page 1)

100 young children showed up and participated in the day's activities. RBC sends a special thanks to B.J. Silvey and Dick Hays for their knowledge and skill in working at the all important Bicycle Inspection Station. Rumor has it they were kept busy inspecting bikes and doing minor repairs. The public needs more information on bicycle safety, not to mention keeping their bikes in proper order, especially for young children.

WABA Bike Swaps

The Washington Area Bicyclist's Association (WABA) will be sponsoring bike swaps on the following Saturdays: June 7, and September 13. The location is behind the Bicycle Place, Bethesda store, 10219 Old Georgetown, Wildwood Shopping Center, just north of the Beltway.

Bikes can be dropped off between 8-9 am. WABA volunteers will sell the bikes at prices set by the owners from the hours of 9 am-noon. WABA asks that bike sellers donate WABA 15% of the selling price. That money funds WABA advocacy programs, geared to improve bicycling facilities and routes for all bicyclists in the regions.

Buy and/or sell a bike. This is a great chance to clean out the garage, or to buy the Cinelli you've always wanted and deserved. We have quite a range of bikes available to riders of all levels.

Adopt-a-Shop

A few good people are invited to join club members who are now keeping "adopted" bicycle shops with RBC membership and century brochures. Participants can choose among local shops which do not yet have a source of RBC materials.

The following shops need adoptive parents:

Arlington: Papillon Cycles, Blue-mont Park kiosk (W&OD trail), Washington Bike Center

Burke: NOVA

Chantilly: NOVA, A-1 Manassas

Herndon: Cyclesmith

For more information, to adopt-a-shop, or to get refills of brochures,

please call Charlotte Kraebel, (H) 379-8253, (O) 683-6226, or fax 683-6227.

Cross the Country with RBC

We are now planning to ride from Seattle to Washington, DC, hopefully in the beginning of September, 2000. We will procure maps from Adventure Cycling, as well as information from each state about lodging. We figure it will take approximately two months to complete the entire trip. 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.

Discounts at Bikes USA

RBC members are eligible for discounts at all Bikes USA and Bicycle Exchange stores. Bring along your mailing label or other proof of club membership and receive the following discounts on regularly priced items.

Parts & accessories.....10% off
Clothing..15% off

Bikes.....5% off

Offer valid at all locations. See coupon on back for nearest location.

Time Trial and Racing Teams

The TT would likely be on Sunday mornings, once a month, and be open to all club members. Each TT requires two timekeepers and riders. It would be good to create a pool of timekeepers, so timekeepers could rotate each month (if necessary). If you are interested in either riding or timekeeping, or both, call me: Frank Sogandares 834-0725, fso-ganda@mitre.org.

Anyone wishing to become part of a club racing team, whether road or mountain bike, you'll be happy to know that the club has joined the USCF and NORBA. For more details about a club racing team contact either Frank Sogandares (road racing) at 834-0725, fso-ganda@mitre.org, or Dan Cassidy (Mtn. Biking) at 406-3244, dcassidy@snm.org.



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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.

June Ride Schedule

Updates

WEEKDAY RIDES

The Tuesday/Thursday night rides continue this month. Tuesday night rides will start at the Reston Town Center, (Southwest corner parking lot). All ride levels are welcome. Rides start at 6:00 PM.

Thursday night rides start from the Tortilla Factor parking lot in Herndon, and also leave at 6:00 PM.

The rides will be about 1.5 hours in length, and may become longer as daylight allows and will follow the same format as last year (a ride for a slower group and a ride for a fast group, with as much in common as possible), with dinner following the rides.

MOUNTAIN BIKE RIDES

Mike Pomata will be leading Thursday night mountain bike rides at 7:00 PM. Locations will vary from week to week. Bring a light as it will get dark before the end of the ride. For weekend rides, or plan a ride any other time of the week, call Mike: 703 430-2615, or email:pedalshop@aol.com. Please call to find out locations of rides.

MISCELLANEOUS

Much of the George Washington (GW) Parkway between I-495 (American Legion Bridge) and I-395 will be closed to automobile traffic from 9 a.m. to 3 p.m. On Sunday, June 8th. Traffic will be diverted starting at 9 a.m. promptly, so allow some time for cars already on the parkway to clear the system. Northbound lanes will be closed beginning at a point between the Pentagon and Memorial Bridge. Cyclists and others planning to use the parkway for recreation can park at the Pentagon North Parking lot, cross the footbridge over Boundary Channel, go through the LBJ Grove and cross over the parkway to the Mount Vernon trail. Use the trail and head northward

(upriver) to the point where the parkway is closed to cars. Park police will be on hand to help people cross the parkway at the LBJ Grove location (due to car traffic there). From 9 a.m. on, any northbound car traffic will exit the parkway up to the Memorial Bridge circle.

From Memorial Bridge northward the parkway's northbound lanes will be free for recreation (cycling, jogging, walking, in-line skating...) up beyond Turkey Run Park. Users will be required to cross the median to the southbound lanes of the parkway just inside the Beltway. Turkey Run Park will be open for exploring, but people will not be able park there. Several "informal" dirt trails along Turkey Run and Dead Run can be used by the hardy to access the parkway from the McLean suburbs. Ramp access for all is available from Route 123 in McLean.

Southbound lanes of the Parkway will remain open to car traffic from Spout Run in Arlington. All southbound pedestrian and bicycle traffic will be diverted from the southbound lanes to the northbound lanes just north of Spout Run. Between Spout Run and south of Memorial Bridge, there will be two-way recreational traffic on the northbound lanes.

For more information contact the National Park Service information line at: 285-2109.

Courtesy of Rob Swennes, VBF, WABA

RIDE CLASSIFICATIONS

- 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.

Sunday, June 1

B/C; 8:30 am. 40 miles. RIDE TO CIVIL WAR FORT. Shoot down the W&OD to Fort Ward in Alexandria. Start: Reston Town Center, SW corner.
B leader: Bob Lambert, 620-9367.
C leader: Bill Alkire, 729-2158.

D; 10:00 am. 19 miles. ASHBURN TRAIL RIDE. Follow the W&OD Trail to Ashburn and back. PLEASE CALL IF PLANNING TO RIDE. Start: Reston Town Center, SW

corner. Leader: Denis Ratliff, 444-1071.

Tuesday, June 3

6 pm. All level ride on the trails. Start: Reston Town Center, SW corner. Ken and Sue Thompson, 476-4106. Dinner afterward.

Thursday, June 5

6 pm. All level ride on the trails. Start: Tortilla Factory parking lot in Herndon, 648 Elden St, Herndon. Ken and

Sue Thompson, 476-4106. Dinner afterward at the Tortilla Factory.

**Saturday, June 7
TRAINING RIDE**

A/B; 8:30 am. 50+ mile country training rides. Route to be determined. Start: Reston Town Center, SW corner. CALL LEADER IF PLANNING TO RIDE: Frank Sogandares, 834-0725.

D; 10:00 am. 25 miles. LEESBURG TO PURCELLVILLE, ON AND OFF. Enjoy the rolling countryside while biking partly on the W&OD Trail; partly on the roads. Start: Giant Food parking lot in Leesburg, corner of Market St & Catocin Circle. Leader: Jim Delaney, 443-0496.

Sunday, June 8

Take advantage of riding the George Washington Parkway from Turkey Run Park to I-395. It's closed to traffic from 9 am-3 pm. NPS recorded information line: 285-2109. See related article in Updates section for more information about this unique opportunity.

D; 9:30 am. 30 miles. GW PARKWAY RIDE. Call ride leader for start location. Leader: Jane Hanna, 777-5636.

Tuesday, June 10

6 pm. All level ride on the trails. Start: Reston Town Center, SW corner. Ken and Sue Thompson, 476-4106. Dinner afterward.

Thursday, June 12

6 pm. All level ride on the trails. Start: Tortilla Factory parking lot in Herndon, 648 Elden St, Herndon. Ken and Sue Thompson, 476-4106. Dinner afterward at the Tortilla Factory.

Saturday, June 14

A/A+; 8:00 am. 42+ miles. SKYLINE HILLCLIMB. Improve your strength by grinding up 4200+ feet of pure vertical elation. Bring water!! \$5 park entrance fee. Leader: Frank Sogandares, 834-0725. Meet at Franks house. PLEASE CALL LEADER IF PLANNING TO RIDE.

**Sunday, June 15
ALL LEVEL RIDE**

8:30 am. 32/32/26 miles or more. BETWEEN THE RIVERS. Check out the Remington countryside and its rolling roads. Start: Margaret M. Pierce Elementary School in Remington. PLEASE CALL LEADER/COORDINATOR IF PLANNING TO RIDE.

A leader: TBD

B leader: Donna Waller 368-2606

C leader: Nancy Thompson, 476-4726

D leader: TBD, coordinator is Dennis Ratliff, 444-1071

Tuesday, June 17

6 pm. All level ride on the trails. Start: Reston Town

Center, SW corner. Ken and Sue Thompson, 476-4106. Dinner afterward.

Thursday, June 19

6 pm. All level ride on the trails. Start: Tortilla Factory parking lot in Herndon, 648 Elden St, Herndon. Ken and Sue Thompson, 476-4106. Dinner afterward at the Tortilla Factory.

**Saturday, June 21
TRAINING RIDE**

A/B; 8:30 am. 50+ mile country training rides. Route to be determined. Start: Reston Town Center, SW corner. CALL LEADER IF PLANNING TO RIDE: Frank Sogandares, 834-0725.

ALL LEVEL RIDE

10:00 am. 38/26 miles. NATIONAL BLACKWATER REFUGE RIDE. This is 38 mile bike ride around Blackwater National Wildlife Refuge is on lightly travelled and flat country roads. There is a 26 mile option as well. PLEASE CALL LEADER IF PLANNING TO RIDE TO GET DIRECTIONS TO THE STARTING POINT. Leader: Dirck Harris, 771-8863.

B/C; 9:00 am. 38 miles. MANASSAS/BULL RUN/FAIR LAKES PARK TOUR #1. This is one of a series of Gordon Bailey's park rides. Ride starts at Manassas Mall in front of Montgomery Ward. PLEASE CALL LEADER IF PLANNING TO RIDE.

B leader: Gordon Bailey, 361-5367;

C leader: Brian McMann, 369-1157.

Sunday, June 22

A/B; 8:30 am. 45 miles. Leesburg HO! (fast version). See if you can beat the D riders to their starting point at Rt. 28. Start: Reston Town Center, SW corner. Leader: Ron Rothrock 759-2850.

C; 8:30 am. 31 miles. MR. ED'S WILD RIDE. Check out the horses along this ride. Start: Broadrun H.S. in Ashburn on Ashburn Rd. Leader: Ed Weil, 729-7361.

D; 9:00 am. 25 miles. LEESBURG HO! Follow the W&OD Trail into Leesburg and back. Please call if planning to ride. Start: W&OD Rt. 28 parking lot. Leader: Denis Ratliff, 444-1071.

Tuesday, June 24

6 pm. All level ride on the trails. Start: Reston Town Center, SW corner. Ken and Sue Thompson, 476-4106. Dinner afterward.

Thursday, June 26

6 pm. All level ride on the trails. Start: Tortilla Factory parking lot in Herndon, 648 Elden St, Herndon. Ken and Sue Thompson, 476-4106. Dinner afterward at the Tortilla Factory.

**Saturday, June 28
TRAINING RIDE**

A/B; 8:30 am. 50+ mile country training rides. Route to be determined. Start: Reston Town Center, SW corner. CALL LEADER IF PLANNING TO RIDE: Frank Sogandares, 834-0725.

**Sunday, June 29
ALL LEVEL RIDE**

8:30 am. 37/21 miles or more. HAYMARKET HAY RIDE. Ride starts at Tyler Elementary School in Gainesville. Take 66 West to Gainesville exit, follow Rt. 29 to first light, bear right. School on right 1-2 miles. PLEASE CALL LEADER IF PLANNING TO RIDE.

A leader: Chad Gleason, 802-9540
B leader: Jeff Purvis, 689-2069
C leader: Rose Baker, 860-4314
D leader: Denis Ratliff, 444-1071

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

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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 B C+ C D (See page 3 for descriptions.)
Other family member(s) Name _____ A B C+ C D Name _____ A B C+ C D
Name _____ A B C+ C D Name _____ 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 _____

BIKES★USA®



June Calendar of Events



Our stores offer FREE events every month!

Rides:

- Road Ride -- Sunday, June 22nd at 9:00 AM. Meet at the Georgetown store, 3411 M St., N.W.

Special Clinics:

- Women's Cycling Clinic -- Thursday, June 5th at 7:00 PM at the Arlington & Tysons Corner stores.
- Kids Safety Clinic -- Wednesday, June 11th at 7:00 PM at the Gaithersburg, Tysons Corner & Potomac Mills stores.
- Commuting Clinic -- Wednesday, June 11th at 7:00 PM at the Bailey's Crossroads store.

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- Bailey's Crossroads (703) 379-7500
- Potomac Mills (703) 494-5300
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- Gaithersburg (301) 590-3000
- Rockville (301) 468-0808

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