



# VIENNA BICYCLE ADVISORY COMMITTEE

WWW.VIENNABAC.COM

## BIKE VIENNA NEWSLETTER

SEPTEMBER 2011 NEWSLETTER

### \*\*\*MARK YOUR CALENDARS\*\*\*

Thursday, 20 October 2011, 8pm – Town Hall  
Vienna BAC Meeting is open to the public.

**Linda Watkins, Injury Prevention Coordinator, at Inova Fairfax County Safe Kids program will speak about bike safety and helmets.**

### HELMET REQUIREMENT FOR CHILDREN UNDER 14 BIKERS

Town Council is hearing comments from the public to adopt a bike safety ordinance requiring bikers and certain other riders age 14 or under to wear a helmet. Vienna BAC encourages the public to voice opinions about the helmet requirement for bike safety to Town Council [council@viennava.gov](mailto:council@viennava.gov).

### IS YOUR BUSINESS BIKE-FRIENDLY? BE A TOWN OF VIENNA BIKE VIENNA PARTNER!



Attract more customers, advocate a healthy lifestyle, invest in the health of our planet. Be a Bike Vienna Partner! Add a bike rack to your business, it's a simple process for little to low cost to you, an added service which benefits your customers. Email us

at [bac@viennava.gov](mailto:bac@viennava.gov) for more information.

### ▶▶▶ COMING SOON ▶▶▶

Bike Vienna Bike-Friendly Directory of businesses coming soon at [www.ViennaBAC.com](http://www.ViennaBAC.com).

### WHAT'S THE RIGHT BIKE FOR YOU?

By Tim Fricker

It's a question you hear in every bike shop in the world. I suspect, as well as along the trails, in online bike forums, coffee shops, and anywhere else folks discuss bikes - "what's the best bike for me? Well, the two most important words there are "for me". That may seem obvious, but you'd be surprised how many people end up with a bike that would be better suited to someone else entirely.

So what do you look for? First, visit some bike shops and get a feel for what shop best fits you - your personality as well as the type of riding you think you'll actually do.



Are you a budding road enthusiast? Mountain biker? Triathlete? Commuter? Or just someone who wants to go out on the weekend with family and friends for a casual meander? Try to find a shop that seems to attract and support that sort of rider and you're halfway there to answering your main question.

Once you've found "your" shop, talk to the sales folks, and tell them how you see yourself using your new bike. Be honest with them and with yourself... try not to indulge in flights of fancy at this stage. I think a lot of people find themselves on the wrong bike because they

let themselves get seduced by an image or a dream, rather than taking a realistic look at how and when they'll ride. I suspect this is part of why we see so many race oriented road bikes and dual suspension mountain bikes being used for casual rides on paved, multi use trails on weekends with the family.

Next, let the sales person work with you to find a bike that both fits the type of riding you envision as well as your body. Make sure both of you understand your physical abilities and limitations especially how strong and flexible you are. Let's face it, a twenty-something who regularly exercises will need a very different bike from a largely sedentary forty-something. Try out several more or less similar bikes, and focus primarily on how it feels to ride it... does this one put too much weight on your hands? Does that one make your behind sore? While there is certainly some degree of "adapting" that your body might need to do, be wary of any bike that just doesn't feel right. The most important quality you are looking for at this point is proper fit and feel, so really pay attention to that.



The last thing you really need to worry about when choosing a bike is the name... by that, I mean brand names. Frankly, any brand of bike sold in a reputable bike shop (and I do mean BIKE shop) is going to be reasonably well made and come with good parts. So try not to obsess about Brand X gears or Brand Y tires, etc. Focus instead on getting a bike that fits both your body and your riding style and needs.

Tim Fricker is the Owner of Bikes@Vienna, avid cyclist, mechanic, lover of the outdoors. Tim writes a blog at <http://spokesofawheel.blogspot.com/>

## FAIRFAX CO BIKE PLAN WEBSITE ANNOUNCED

By Bruce Wright

At the second bicycle advisory committee (BAC) meeting for the county bicycle master plan, the plan consultant, Toole Design Group, announced the release of the public website for the Countywide Bicycle Transportation Plan for Fairfax County. Information about the upcoming geographic area meetings will be announced on the Meeting Schedule page once that information is finalized. The first meeting will cover the Clifton area and is tentatively scheduled for September

27, location TBD. As you can imagine, scheduling 8 geographic meetings and 6 thematic meetings will be a major challenge.

The presentation from the BAC meeting will also be posted on the new website. During the meeting we discussed an online mapping tool developed by the other consultant, Cambridge Systematics, to allow BAC members to comment on proposed bike facilities. During the Tysons bike planning process cyclists had access to a similar tool, Community Walk, to provide their input. It's not clear yet whether that tool will be available again for the countywide process.

We also discussed goals for the plan. There was consensus that we need to spend the time necessary to ensure that we have a process for identifying the major goals and a plan for implementing them. To be effective, it will require a commitment of resources from county officials to implement the identified goals. Given the current lack of resources and the challenge of working with VDOT, which controls most roads in the county, it's important that this commitment be stated early in the process.



For more information, visit Countrywide Bicycle Transportation Plan, the website is at <http://tooledesign.com/fairfax/>.

Bruce Wright is the Chairman of FABB (Fairfax Advocates for Better Bicycling). He has been a daily bike commuter since moving to Reston in 1979. He helped form Fairfax Advocates for Better Bicycling in 2005 and is the current chairman. Currently serves on the WABA board.

Are you interested in volunteering your time in helping Vienna BAC transform Vienna to a more bike-friendly community? Send us an email; we would love to speak with you.

Let us know what you think – if there is a subject you want to see more of from Vienna BAC, please send us an email at [bac@viennava.gov](mailto:bac@viennava.gov).