

the Wheel

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Letter from the Chair

After a false start, spring made a hasty exit in the last few weeks, with weather not conducive for riding...but of course this has not held back the hardy Reston Bike Club which continued to ride in the last few weeks. If you want to see what your fellow members are up to, don't forget to check out our new [Instagram](#) page, where you can catch up on the latest bike content hosted by board member [Gideon Schmidt](#). And also don't forget to follow the club on [Strava](#) and [Facebook](#) for updates on rides, local events, and the finest [goat](#) content from around the world.



On club-related business, our newly revamped website is coming into focus. Along with a modern look there has been back-end maintenance to Wild Apricot which will enhance the club's ability to support our members and get full value for our subscription. I want to thank board member Andy Schaaf for taking on management of this project on behalf of the board. Another initiative that was rolled out this month is our 2024 [club kit](#), with orders open until 17 April. Club member Danny B and board member [Traci Waller](#) did great work getting this long delayed project off the ground. For other exciting news, see below for details on our

[2024 season kick off ride](#) organized by member Boo Glowacki and board secretary [Lauren Goebel](#).

I'd like to take a moment to remind everyone of our expectation for etiquette on RBC rides. Already this year I am aware of three incidents where, when advised regarding safe riding practices, a rider chose not to be receptive to input, and elected instead to lash out at others. We understand that cycling can be unpredictable and that mistakes can happen, but it's important that riders are able to take responsibility for their activity on the road, and we trust our ride leaders' assessments of any situations that occur during a ride. By joining an RBC ride you are part of a greater community. With that comes the responsibility to ride in a way that is safe, supportive and respectful of others. If you do choose to violate [Rule 43](#), be aware *RBC does not tolerate uncivil or disrespectful behavior on club rides*.

Wishing you many PRs in the coming weeks,
Chris

2024 Liability Waiver

If you plan to ride with RBC this year at any time (including the Century), you will need to [sign the 2024 Liability Waiver](#). You only need to do this ONCE each year.

41st Ken Thompson Reston Century Update

While planning the century our team is always looking for ways to improve the event and create a better rider experience. But changing anything takes a lot of planning and leg work. Even the slightest tweak needs to be followed through with permits, supply lists, and volunteer sign ups. Something as simple as changing the flavor of Gatorade served at our rest stops requires twenty-five emails and three Google documents.

Earlier this year a club member reached out to us suggesting we add a gravel route option to our century. My first thought was, "That's a great idea!" My second thought was, "That's impossible, we would have to reorganize the entire event." During a planning session the century planning team discussed this suggestion and realized that the main challenge would be: how does a gravel rider get from Reston Town Center out to Loudoun County where the gravel roads are and still have a good rider experience? RTC is just too far from the gravel.

So, on a whim I blurted out, "Why don't the gravel riders just start from the Leesburg rest stop?" And just like that an idea was born. This is certainly a challenge for century leadership, but we did some brainstorming. Here's what we came up with.

- Start and finish from Leesburg rest stop.
- 50-60 miles.
- Use existing stops in Lovettsville & Old Mill.

To make this plan viable, many other tasks need to be addressed. These include:

- Communicating the new start location with riders.
- Getting permits for Leesburg and Loudoun County.
- Gravel SAG support.
- Post-ride meal.

This is a long way of saying that while the club has an effective model for the century, adding a gravel option presents a variety of new issues to address.

I am excited to add this route option to our century ride and offer the growing gravel community a planned cycling event that builds on the legacy of the century. What are your thoughts? Are you interested in playing a role adding gravel to the century? I welcome your thoughts, opinions, and . most importantly, your time to make this idea a reality. Please email [Mike Dinsmore](mailto:mike.dinsmore@restonbikeclub.org).

And remember, ride safe.

Season Kickoff Ride

Join us! Registration is open for the 2024 Season Kickoff Ride on Sunday, April 21. Go to the calendar at <https://restonbikeclub.org/calendar> to see details and get signed up.

There are four options:

- A Group / 50 mile route
- B Group / 50 mile route
- C Group / 40 mile route
- D Group / 30 mile route

We'll hang out at Old Ox Brewery after to compare winter riding achievements (or lack thereof).



Welcome New Members!

Richard A	Mark F	Matt M	Terry R
Robert B	Kevin G	Domenic M	Abigail R
Maria B	Lisa H	Christopher M	JoAnn T
Michael B	Timothy H	Christopher N	Eddy W
Dan C	Allison H	Richard N	
Traynham D	Maggie L	Julie P	
Xavier D	Brian L	Anne P	

Club Store

Show off your RBC pride by purchasing socks, a sticker, or magnet.

Click [here](#) to visit the RBC store.

- Socks are \$7.50 a pair
- Stickers are \$2 each
- Magnets are \$3 each
- Order stickers and magnets together and save!

Free delivery within 10 miles of Reston.

Events Calendar

Welcome to the 2024 season! Here are some of the rides that will be on the schedule:

- Monday – Women’s Rides from Fox Mill and Green Lizard
- Tuesday & Thursday – All Levels Group Rides from Reston or Herndon – *Ride Leaders Needed!*
- Wednesday - Ramble Rides (different location every week)
- Thursday – Women’s Ride from Lake Newport
- Saturday – All Levels Group Rides from Art Space in Herndon – *Ride Leaders Needed!*
- Sunday - Tour Rides (different location every week)

New rides will be added throughout the season. We also need ride leaders for the group rides on Tuesday, Thursday, and Saturday. Please [email](#) the club if you are interested in helping out.

If you don't see a ride you'd like to do, reach out to us and we'll support you in setting it up!

Click the "Events Calendar" link above or download the Wild Apricot For Members app from the Apple app store or Android Google play store for updated events listings. Login credentials for the app are the same as for the website.

Reston YMCA Discounted Membership

The YMCA of Metropolitan Washington offers a corporate discount. That amounts to a 10% to members of the RBC.

YMCA membership benefits include a heated pool, steam room, and diverse fitness classes. There are also special family perks:

- **Exclusive Camp Discounts:** Enroll your children in our ACA-accredited camps for 3-4 weeks and save substantially – enough to cover a Family 1 membership.
- **Convenience for Parents:** We offer early drop-off at 7:30 AM and late pickup till 6 PM.
- **Flexible Membership Options:** Choose from Individual Adult, Family I, Family II, or Senior Memberships, all with the freedom of month-to-month commitments.

Scan this QR code for more information:



ymcadc.org/community-impact

Chain Links

- [Who We Are](#)
- [Membership Info](#)
- [RBC Ride with GPS](#)
- [Borrow a Travel Case](#) (Members Only)
- [Board Meeting Minutes](#) (Members Only)
- [Past Issues of *the Wheel*](#)
- [RBC Insurance Information](#)
- [RBC Facebook Group \(Members Only\)](#)

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