

# *the* **Wheel**

April 2023

Volume 41 | Issue 04

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## Letter from the Chair



Hello RBC Members and Friends!

Reston Bike Club members bring impressive talent to the sport we all love. I would like to highlight two talented members, Cheryl M and James K, who in March headed south to ride the Gran Fondo Florida. The event, which started and finished in Dade City, featured country roads and rolling hills for 100 miles and over 4,000 feet of climbing. Working together and with other riders, Cheryl and James competed in a timed-segment competition (4 segments, roughly 4-6 miles each) where Cheryl took 2nd in her age group! Both qualified for the National Championship Gran Fondo this September in Frederick, MD.

Chapeau to Cheryl and James!





As you all know, Reston Bike Club is celebrating its 40th anniversary this year. While the sport and our region has seen tremendous change over this time, the Club likewise needs to change and adapt. To begin addressing these challenges, the Board approved a new position of Communications Coordinator. I am pleased to announce that Traci Waller has stepped up to this role and will be looking at how we communicate both internally and with the broader community about the Club and our sport. I have also asked Traci to think about how we can reach out to potential members and gain their support. If you have any ideas in this area, please let me or Traci know your thoughts.

I am also looking to modernize our governance and infrastructure to serve the needs of members and volunteers. As one example, at the last meeting, the Board ratified a set of financial and record control guidelines - a first in the history of the Club. Under these guidelines, the Club will now document, protect and retain information and records regarding activities and expenditures and make them available for inspection to any member. While these guidelines are a necessary first step, additional changes are still needed to meet current and future needs. I know that both new and long term members recognize the need to update the Club to prepare for the next 40 years. I will keep you updated on developments in this area, and of course welcome thoughts you may have.

With the ride season fully underway, I want to remind riders that ideally you should have the planned route loaded in your device at the start of the ride. If you don't, that is fine, but please do not ride at the front of the group if you are not familiar with the route. Not to state the obvious, this leads to white knuckles and squealing brakes for the rest of us.

Finally, we are always looking for ride organizers - if you have a special route - Skymass, Skyline Drive, Twice Across the River, etc, that you want to organize a special event around, please let me know. We can help with the route planning, publicity and other support to make a memorable ride for the membership.

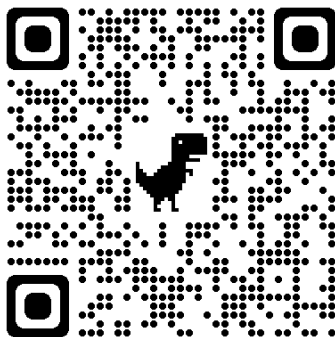
Cheers,

Chris

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[Link to 2023 Liability Waiver](#)

If you plan to ride with RBC this year at any time (including the Century), you will need to sign the 2023 Liability Waiver. You only need to do this ONCE each the year. Click the link above or scan the QR code below.



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## 40th Reston Century - SAVE THE DATE

Mark your calendars! August 20, 2023 is the 40th edition of the Reston Century - one of the longest running century events in the country.

Rider registration and volunteer sign-ups will open in early May.

There will be 3 new routes offered this year, with 31, 62 and 100-mile options.

To make this event as epic as can be, we will need all the volunteers we can get. If you don't plan to ride this year, please consider signing up to help in some way. If you are riding, there are still pre-race planning and setup activities you can help with.

Immediate needs for Century planning include:

- Co-SAG coordinator (work with Eddy DiMonda (aka "Layers"))

*If you want to raise your hand for one of these roles, please [email](#) the club.*

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JULIA GRIFFIN DESIGN

We are excited to reveal the design of this year's jersey for the Century. Created by talented, local graphic artist [Julia Griffin](#) (who also happens to be Chris' daughter), the jersey design celebrates Reston and the 40th Anniversary of the event. The jerseys will be produced by Charlottesville-based [Cutaway USA](#).

When you register for this year's century, either as a rider or a volunteer, there will be a link to purchase a jersey.

We will also have a jersey fit party at The Green Lizard in May, if you want to check sizing and fit before you purchase. The event details will be posted and shared once they are finalized.

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## Group Ride Etiquette & Call For Ride Leaders

### Group Riding Etiquette

It's the beginning of the season and we're off to an amazing start with gorgeous Spring riding weather and great turnout at the weekly organized rides.

We want to take a minute to review group ride etiquette, as we have a mix of seasoned riders shrugging off winter rust and new-to-group-riding cyclists.

1) Have the route loaded on your device (phone, Garmin, Wahoo, etc.). Follow the turn-by-turn directions. Communicate upcoming turns to the rider behind so they know you will be slowing and turning. **DON'T LEAD THE GROUP IF YOU DON'T HAVE THE POSTED ROUTE LOADED.**

2) Don't cross wheels. Not even as you start up a climb. Anticipate the climb and adjust accordingly.

3) If the group is riding side by side, don't ride in the middle. You're a potential safety hazard and ruining the draft for the people behind you.

4) Call out "on your left" as you pass slower riders. **NEVER PASS ON THE RIGHT.**

5) Don't move up in the group when you get to a red light. You should stay in your position and allow the stronger riders to keep theirs.

6) Hold your line on turns. In other words, if you're on the right, stay on the right. If you're on the left, stay on the left. Changing your line in a turn almost guarantees a crash.

7) If you're pulling the group, try to avoid sudden surges and slow downs. This causes an accordion affect, which is magnified the farther you get in the group. Sudden slow downs can also cause crashes.

8) And not safety related, but super important - don't blow snot rockets when there's a rider behind you (good advice from KT).

### Call For Ride Leaders

We need some volunteers to "lead" the Tuesday/Thursday All Levels Group Rides. Ideally, there will be groups for Ride Levels A-E/1-5. Responsibilities include:

- Ensure riders know what group they are riding in and that they don't leave with a faster or slower group

- leave with a faster or slower group.
- Ensure everyone has the posted route loaded on their device.
  - Request participants to sign the Liability Waiver (have the QR code saved on your phone that you can show those who haven't signed).
  - You don't have to be the fastest person in the group. You can "lead" from the back of the pack.
  - If you are not the Ride Champion, follow up after the ride with that person and share feedback on the route and/or the group.

*If you want to raise your hand as a ride leader, please [email](#) the club.*

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## In The News

The Bicycle Museum of America traces the bike's impact on culture, transportation and plain ol' fun, showing how it became synonymous with convenience and ease (thus the phrase, "It's like riding a bicycle.") Read about it [here](#).

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## Wheel of Trivia!

### April Trivia Question

What epic ride is located near the Shenandoah National Park, with a distance of 52 miles and an elevation gain of 5,575 feet?

### March Trivia Answer

The Reston Bike Club was founded in what year?

*A: **1982**; The club is a volunteer-run, non-profit organization and boasts over 1,000 members.*

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## Welcome New Members!



Zendelle John B  
Agata B  
James C  
Katherine C  
Thomas C  
John C  
Xavier D  
Dung D  
Mark D  
Kerry F

Eric H  
Lisa H  
Joseph I  
Luke J  
Eddie J  
Maria L  
Nicole L  
Diana M  
Joe M  
Stephen M

Khoivu N  
Steven P  
Tom P  
Christopher R  
Ben S  
Bridget S  
Patricia S  
Alan S  
Alesha T  
Linh T

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## **RBC Club Store - Stickers and Magnets**

Show off your RBC pride by purchasing a sticker and/or magnet. Add to your beer fridge magnet collection. Adorn your car-mounted bike rack with a sticker. There are so many uses for RBC stickers and magnets that we just can't list them all!

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

- Stickers are \$2 each
- Magnets are \$3 each
- Order together and save!

*Free delivery within 10 miles of Reston.*

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## Club Events Calendar

Welcome to the 2023 season! Below are some of the rides that will be on the club schedule:

- Monday - Women's Rides from The Bike Lane 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 may 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 (links below) for updated events listings. Login credentials for the app are the same as for the website.*



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## Local-ish Events

MMayWe are happy to share local cycling and other interesting events in the DMV and surrounding area with our members. Send an [email](#) if you'd like to see your event listed here.

Mar 25-May 7 - [Fairfax County Watershed Cleanup](#), multiple locations

April 21-23 - [3 Day Bike About](#), Williamsburg, VA

April 29 - [Ride with Rotary](#), Front Royal, VA

April 29 - [Tri-County Classic](#), Easton, MD

May 7 - [Ride to End ALZ](#), Leesburg, VA

May 13 - [The Right Stuff USE Gravel Grinder National Championship and The Mini G](#), Loudoun County, VA

May 20 - [35th Annual Tour de Madison](#), Madison, VA

May 20 - [Tour de Chesapeake](#)

May 21 - [10th Annual Delaware Gran Fondo](#), Wilmington, DE

June 3 - [Triple Peak Gran Fondo](#), Winchester, VA

June 3 - [Armed Forces Road Cycling Classic](#), Arlington, VA

June 11 - [Loudoun 1725 Gravel Grinder](#), Middleburg, VA

July 8-11 - [The Great Bicycle Tour](#) of the C&O Canal

Aug 20 - [40th Reston Century!](#)

Sep 20 - [Jeremiah Bishop Alpine Loop Gran Fondo](#)

Also, check out [BikeReg's Mid-Atlantic listing of events](#) throughout the region.

## Virginia Cycling Resources

Check out this link for [Cycling Virginia](#)! 2023 is the 5th year for this website and with 70,000 unique visitors. It is your one stop resource for information on cycling in the Commonwealth of Virginia.

[Virginia is for Lovers](#)

[Bicycling in Virginia \(VDOT\)](#)

[Virginia Bicycling Federation](#)

[Fairfax Alliance for Better Bicycling](#)

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## Chain Links

- [RBC Board Members](#)
- [Check My Membership](#)
- [Ride with GPS](#)
- [Borrow a Travel Case](#)
- [Board Meeting Minutes](#)
- [Past Issue of the Wheel](#)
- [RBC Insurance Information](#)

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[Unsubscribe](#)