

the **Wheel**

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Letter from the Chair



Hello RBC Members and Friends!

I hope everyone is enjoying the nice weather now that spring has officially arrived. RBC members are showing impressive rides locally and around the world. I want to give a particular shout out to Trevor L who finished the Grand Fondo Stelvio Santini (7,000 plus feet climbing!), Doug P who finished the super hard Unbound Gravel (200 miles of gravel), and the RBC members who participated in the Armed Forces Classic in Arlington.

To kick-start the riding season, we added three new rides to our usual lineup. We now have two rides on Thursdays—Fox Mill and Hunter Station/Birdfoot repeats, a Wednesday “All Levels” ride from Herndon (an alternative to the Green Lizard Shop rides) and a C-paced 35-mile ride from Herndon on Saturdays. These additional rides were added based on member requests. Feel free to propose new rides and I will make sure they are posted. I know some rides are oversubscribed and the remedy is to offer more ride choices to meet the needs of a growing Club. I kindly request you register for rides, as it helps us track popularity and allows participants to know who they will be riding with.

Speaking of new rides, the recent Members' survey showed a strong and clear interest in having more rides starting in Loudoun County, especially during the week, for those who live west of Rt 28. Additionally, there was significant interest in RBC gravel rides. If you are interested in contributing to the growth of the Club “out west,” please let me know.

On the subject of assistance, I am also looking for someone to take charge of planning our annual dinner in November. We have already lined up an impressive speaker and participation from the bike industry. However, I need help finalizing a suitable venue such as a brewery, winery, or other location, as well as working on catering planning. If you are interested, please let me know.

Our Century training series is off to a very strong start. Long-time members will recall this popular event in previous years leading up to the Century, aimed to build the necessary fitness for completing the ride. This year, XCAL Sports and Dawn D (with assistance from Dan S and Chip M) have stepped up to revive this series for club members. Our kickoff ride was very well attended and everyone enjoyed the post-ride lunch.

With nearly 80% of club members now active on Strava, we set up a [2023 Century page](#) where anyone can join, see who is training for the big event, get late breaking updates, and follow “Chip’s Tips” for training. This page is in addition to the already popular [Members only](#) page where Traci W will continue to

...to the already popular [RBC website](#), page where most of our content is posted breaking items of Club interest such as road conditions, new rides, etc. that do not merit an individual email. We will continue to use the RBC website as our primary and "official" means of communication, but with the growth of Strava, will incorporate this platform into our social media presence. I want to thank Traci for taking the lead on this initiative and for her efforts to look holistically at the Club's communications posture - look for additional initiatives in this area in the coming months, to include a process for capturing the great adventures we have on bikes around the world.

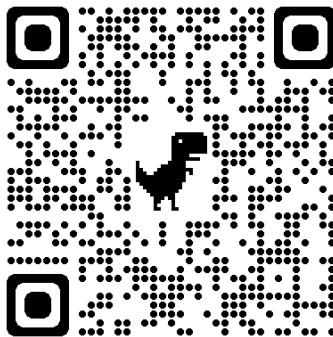
Under Jake Welch's leadership, the Century planning is on track and we already have over 200 registrants. What's even more impressive is that approximately one-third of our volunteer slots have already been filled. If you are interested in volunteering, please [sign up](#). I invite you to consider the SAG position, as we are looking for someone to shadow Ed D and eventually take over next year. Ed has been incredibly supportive of the Century throughout the years, and we hope to find someone equally committed to the success of this vital role.

I hope to see you on a ride in the near future.

Chris
rbc_chris@icloud.com

[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.



40th Reston Century - Registration is Open!

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

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

Click the link below to register. [Sign up to ride before July 1 when prices increase and member discount ends.](#)

[Link To Century Registration](#)

40th Reston Century Jersey - Available for Pre-Order

We are super excited for 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](#).

Not sure which style or size to order? Come to jersey fit party at The Green Lizard on Thursday, June 15 from 5 - 8 pm, if you want to check sizing and fit before you purchase.

The last day to pre-order is June 20.

Jersey Pre-Order



JULIA GRIFFIN DESIGN

In The News

It's almost TDF time! Are you excited??? Check out some headlines and a new docu-series on Netflix to get you through the next few weeks.

[Pogacar and Yates head to Sestriere to prepare for Tour de France.](#)

Tour de France: Unchained

'Tour de France: Unchained' closely follows all the Tour's actors, from riders to team managers, to understand the multiple stakes of a race that has become a true international symbol, broadcasted in 190 territories.

Wheel of Trivia!

June Trivia Question

In what year did the UCI hold its first Esports World Championship on Zwift?

April Trivia Answer

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

A: **Skyline Drive**; *The ride has 18 categorized climbs*

Welcome New Members!

Attique A
Selman A
Stephanie A
Ami A
Rony A
Eli B
Thomas B
Rishi B
John B
Raquel B
Jun C
David C
Nicholas C
Randolf D
Lanchi D
Lanphuong D
Jillian F
Bruce F
Jose G
Earle G
George G
Colleen G
Chetana G

Sathy G
Cindy H
Nicole J
Joni J
Jonathan K
Sally K
Kyung L
Steve L
Randi L
Julio L
Dorothy L
James L
James M
Jongkyu M
Sheryl M
Hiranya M
Vicki M
Jason M
Thuy N
Peter P
Matthew P
Meenakshi P
Abhi P

Robert P
Suzanne P
Ricardo Q
Ellen R
Bob S
David S
Heidi S
Jennifer S
Walsh S
Arezoo S
Randall S
Tonya S
Eric S
Sal S
Guy T
Danny T
Doug T
Holly T
Antonio U
Christopher V
Eric V
Christopher W
Estel Y
Aric Z

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.

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 Reston Town Center and Green Lizard
- Tuesday & Thursday - RBC 1, 2 and 3 Rides & 5's at 5 Rides (Reston and Herndon starting locations)
- Wednesday - Ramble Rides (different location every week) & the *NEW* Hump Day All-Levels Ride
- Thursday - Women's Ride from Lake Newport
- Saturday - A/B/C Group Rides from Art Space in Herndon - *Ride Leaders Needed!*
- Sunday - Century Training Series (starting times and locations vary)

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.



Local-ish Events

We 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.

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](#)

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