

# *the* **Wheel**

October 2023

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## **Table of Contents**

- Chair's Letter
  - Board Elections
  - 5's at 5 Ride  
Winter Schedule
  - *Wheel* of Trivia
  - Welcome New  
Members
  - Club Store
  - Club Events  
Calendar
  - 2023 Liability  
Waiver
  - Local-ish Events
  - RBC Online
  - Chain Links
-

## Letter from the Chair



Hello RBC Members and Friends!

I hope everyone is enjoying the changing season and getting in quality rides with the last few weeks of nice weather. I have a few non-riding matters that I wish to share with you:

- Annual meeting: by now you will have received word of the annual meeting to be held on November 12. For the 40th anniversary of the Club, we decided to upgrade from past years with a new venue and a compelling guest speaker. We are honored to have 2022 USA Cycling Women's Road Race National Champion [Emma Langely](#) speak about her career on the World Tour and what cycling means to her. Emma will bring her Super Six Evo decked out in the US champion colors for us mortals to ogle. The Club is also going to be recognizing Dave and Beth Meyer and the Green Lizard for 10 years as the breathing heart of the local cycling community. I hope you can attend.
- Board Elections: If you have ever said (or thought) while out riding "*Reston Bike Club should...*" now is your opportunity to make that thought come to life. See the details in the next section and use the link to submit your nomination. If you don't want to take on one of the formal board positions, we also always need folks to help out with all manner of tasks large and small that are needed to keep a club our size running smoothly. Most of these tasks can be addressed as needed or otherwise don't interfere with [Rule 11](#). Election results will be announced at the annual meeting.
- Lastly, an observation on support to the cycling community: each year, the Club receives outstanding support from local law enforcement who help ensure the safety of Century riders. Fairfax, Herndon, Leesburg, Purcellville Police forces in particular go out of their way to assist with the Century. We likewise are also deeply grateful for the EMS support provided by Hamilton, Fairfax, and Ashburn units. Regrettably, for many years now, the Loudoun County Sheriff's Department has steadfastly declined to meet with the Club to discuss the Century or generally cyclist safety in the County. Tuesday, 7 November is Election Day, and I encourage club members to engage candidates for office and let them know that cycling is an important part of their community and seek their support.

Cheers,

Chris

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## 2024 Board Elections

An important part of the upcoming annual meeting is the opportunity to vote on board member positions. This year we have several spots open including:

- President
- Vice President
- Treasurer
- Secretary
- Member at Large

All posts are for one year aside from the Member at Large which is two. Each position has unique challenges and opportunities but all share the abilities to improve the club.

You are welcome to nominate yourself or a friend, with their permission. We welcome nominations from all riding and skill levels, however, you must be an active member of the club, be able to participate in the monthly meetings on the first Wednesday of the month in Herndon, as well as bring a great attitude and desire to help our community through our wonderful club. Nominations are due 10/30 and voting will be open from 11/5 - 12, the votes will then be tallied and announced at the annual meeting.

**Click the button below to submit your nomination by October 30.**

Board Nominations

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## 5's @ 5 Ride - Winter Schedule

We are in the peak of the fall riding season and the "Fives" rides are drawing more riders than ever. One question I frequently get is "how long will I continue to post during the week." The answer is "all winter long."

When we set the clocks back on November 5<sup>th</sup> the fives ride will start an hour earlier at 4 pm. And all rides will start from Herndon art space. The routes will vary due to available daylight but expect 20-23 miles that would include an out and back on the trail and an Ashburn loop. Front and rear lights are a must of course especially for the last 5 miles on the trail.

My bigger challenge is the weather. I will post rides on better weather days of the week, so it may not always be a Tuesday or Thursday. When I post a ride, I'm looking for days that are above 50 degrees, dry road conditions, and winds under 15 MPH. And if the weather is bad on a ride day, I'll cancel the ride. Reflecting on last year, I think we were able to ride at least once almost every week.

I can't predict what the weather will be like this winter but with a little planning and some winter gear there should be plenty of riding opportunities so I may not have to use the dreaded "indoor trainer" Ride safe!

- Your 5's Ride Leader, Mike Dinsmore

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## Wheel of Trivia!

### October Trivia Question

The first segment of the W&OD trail was opened to the public in which year?

### September Trivia Answer

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

A: **2020**; Won by Jason Osborne (Mens) and Ashleigh Moolman Pasio (Womens)

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## Welcome New Members!

Ronald A  
Ryan B  
Cecilia C  
Nicole D  
Chris F  
Michael G  
Melvin H  
Michael H  
Sue H

Masroor H  
Knight K  
Michael M  
John M  
Samuel N  
Adam P  
Steven W  
David T  
David W

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## RBC Club Store - Stickers and Magnets

Celebrate RBC's 40th Century by purchasing SOCKS. Prices: \$7.50 for 1; \$15 for 2; \$30 for 4. Socks come with the same special delivery options as stickers & magnets. Also in the store--a 2XL men's 40th Century jersey.

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

*Free delivery within 10 miles of Reston or pickup at The Bike Lane or Green Lizard Cycling.*

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## Club Events Calendar

The 2023 season is winding down. Be sure to register for rides you plan to join so can receive updates in case there are changes.

- 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)
- Saturday - All Levels Group Rides from Art Space in Herndon - *Ride Leaders Needed!*
- Sunday - Tour Rides (different location every week)

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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[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 year.

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### 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.

- Oct. 21 - [Bikes & Beers Manassas](#), Manassas, VA
- Oct. 21 - [Tour de Mount Vernon](#), Mount Vernon, VA
- Oct. 28 - [The Great Pumpkin Ride](#), Warrenton, VA
- Nov. 4 - [SBI Three Bridge Tour](#), Ocean Isle Beach, NC

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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