

# the Wheel

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## Letter from the Chair

Reston Bike Club has come a long way in 40 years. From a small group of dedicated cyclists in Reston, we now have more than 1,100 members spread across the Northern Virginia area. Last year, the club's operating budget was about \$110,000. Long time residents of the area don't need to be told that our region has changed even more - with rapid development, population growth, and increased regulations in both the private and public spaces. To meet our goal of providing a safe venue of enjoying the sport we all love, the club has numerous obligations to be in compliance with Federal, State, local, and private partner requirements. A critical requirement is protecting the club, members, volunteers, and partners with insurance protection. Without this coverage, the club would cease to exist. Board member Ted Ebert has done tremendous work over the last year reviewing the club's insurance portfolio ensuring that we (individually and collectively) are properly protected. Ted has provided useful information regarding the club's insurance policies and why they are integral to the club's continued existence. As an individual, you can do your part to protect the club by keeping your [membership](#) current, completing the annual [waiver](#), and [registering](#) for each ride. Ride leaders will be checking in riders as well - you can help this process by making yourself available to the leader prior to the ride start - it only takes a few seconds and helps the club remain in compliance with our underwriting requirements.



On bike related matters, Reston Bike Club "officially" launched the 2024 season with our season kick off ride in April. More than 100 members braved the chill to take on the roads of Ashburn and Broadlands and then back to Old Ox for post-ride refreshments. Thanks to Lauren, Boo, and Chip for making this all happen. Chip also continues to post a rotating schedule of challenging Sunday rides and look for a new Ashburn Wednesday night "hour of power" from

Abhi in the coming weeks. We are now deep into planning the 2024 Century - keep an eye out for information on volunteering in the next few weeks and be sure to sign up early to get your favorite slot.

With that being said, be sure to catch the action from [Italy](#) this month.  
Chris

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## 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.

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## 41st Ken Thompson Reston Century Update

It's already May and the century preparations are picking up. Until now most of our work has been administrative, in the form of emails, applications, permits, fees, etc. In May we open the event for registration and post the SignUpGenius form for volunteers. It's getting real!

We have said it before: "the secret to a successful century is our volunteers." It's so important in fact that we need a volunteer (coordinator) just to manage our volunteers, a task that Steve Ward has graciously stepped up to take on.

The main way we manage our volunteers is through SignUpGenius, where we break down each job need with a description, date and time, so all our volunteers need to do is sign up for their desired job and show up. This also lets us know if we have a slot that doesn't get filled so we can recruit someone. Each year we refine the volunteer roles based upon feedback and a desire to continually improve our event. It's heartwarming to see our returning volunteers sign up for their favorite jobs the first day we post the sign up, but also perplexing as some jobs are difficult to fill or remain empty year after year.

This is also the time when any major changes to the century need to be considered and corresponding jobs added to the sign up. One significant change this year is the gravel route option starting and ending in Leesburg. We are still getting information and prices that will affect our plans, and those plans affect the volunteer needs. Our solution for now is a generic gravel volunteer slot; we can then assign those volunteers to specific jobs once our plans become more definite.

My very first volunteer job for the RBC century was running the snow cone machine. It was an easy job and the only nuisance was the swarm of bees. Now I'm leading the event and that nuisance has changed to a swarm of emails. Ride safe.

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## RBC Insurance Coverage

*By Ted Ebert, RBC Board Member*

Insurance is complex and boring, right? Probably, yes. However, in today's world, insurance is necessary to protect people and organizations from financial liability.

This is particularly true for RBC, since well-planned club rides and attentive riders are no guarantee that accidents won't happen. Insurance is the single largest expense in our annual budget - more than \$10,000 a year. This substantial investment provides important benefits not only to the club, but to its members.

Our policy provides two types of coverage for club members: (1) general liability coverage and (2) participant accident coverage. General liability coverage protects a member from a claim by another party for personal injury arising out of a club activity. For example, if a pedestrian alleges injury in a collision with a member participating on a club ride, or a driver claims an accident was caused by riders, our general liability policy would cover members up to the limits of the insurance. Liability insurance is also required for the century, as venues like Reston Town Center, the W&OD, and the rest stops require proof that the club maintains liability coverage as a requirement to use their facilities. Additionally, liability coverage protects ride leaders, volunteers and anyone else supporting club activities from claims resulting from sponsored events.

The participant accident coverage provides for up to \$10,000 per person (with a \$500 deductible) for injuries sustained by an RBC member on a club ride. If a rider already has health insurance, the RBC insurance is secondary coverage for deductibles, co-pays, and other out-of-pocket expenses. (Sorry: repair of the bike is not covered.)

To make sure that the club is aware of who is on a ride – both for insurance purposes and to identify emergency contacts – club members should register for the ride on RBC's Wild Apricot app and check in with the ride leader. If there is an accident on the ride, please make sure the ride leader (if not in the immediate vicinity) is aware of the accident. The ride leader will report the accident to the RBC board, who will in turn provide guidance for submitting claims. Of course, insurance is not a substitute for safe riding. When ON a Club ride, follow the rules of group riding, such as: comply with the direction of ride leaders; be attentive to road conditions and other riders; ride at a safe distance from other riders; and signal hazards to riders in your group.

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### Welcome New Members!

Mohamed A	Andrew D	Kurt G	Zade J	Anthony O
Stacia A	Steven Di	Paul G	Jeanine K	Cassidy O
Scott B	Mary D	David G	Chitti K	Caitlin O
Chad C	Caroline E	Akua G Laura H	Melissa L	Chan P
Trebor C	Steve F	Christopher H	Bobbie Mac	James Pl
Beth D	Melissa F	Shyamali H	Joshua Mc	Ali S
Madeleine D	Olga G	Soo O	John M	Chris S
				Megan V

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## 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.*

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## 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.*

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## Special Olympics Cycling Team Seeks Volunteers

*By Amy Levinrad, Team Founder*

The Loudoun Special Olympics Cycling team is looking for some great volunteers to help us develop our athletes' cycling abilities. Virginia right now is very behind in the sport in Special Olympics. In Europe, cycling has a large participation, but not in the U.S. We'd like to change that.

The team was founded last year with 9 athletes. We now have 28 on our roster. We practice every Sunday at Trailside Middle School in Ashburn and will continue through the summer and fall, although the practices will likely be moved to Saturdays then. We are looking for volunteers to ride with different levels of riders, both on the WOD and around the schools, to assist the riders with their riding skills and make sure they are safe riders.

There is also a group of beginners who practice in the parking lot. These new riders need help, too, growing to become safe riders.

Special Olympics competitions are held in Delaware and Maryland in the fall, although I don't have specifics on this yet. We competed in the Delaware competition last year and did very well considering it was our first attempt: we placed first in both the 500m (on a trike) and the 2000m races and did well with the 10k race.

Please join us! It's a rewarding experience with these athletes. You can contact me, Amy Levinrad, at [kenamyl-mail@yahoo.com](mailto:kenamyl-mail@yahoo.com). Volunteers need to complete a little paperwork and have a background check. Thanks so much for your time Reston Bike Club! Ride on!

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### 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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