

the Wheel



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www.RestonBikeClub.org

Want a Summer Party?

Revisiting the idea of a Whine for Wine ride or summer picnic. We can pull it off but we need a champion. Are you that person? Could you lead the group?

We got ideas but we need new blood to pull off a social. How about the 1's cooking the meat; 2's providing entertainment; 3's with clean-up duty, 4's providing desserts, and 5's bringing the salads?

If you are the person; please reply to *the Wheel* and say, "I want to be on the committee!" It's not rocket science, if you can cycle, you can party. The Board is just at our Century limit.

Chair's Corner

Our membership is up by 147 this month to 937 active members. And, our weekly events are growing in popularity. We registered over 100 riders on our Tuesday and Thursday Ride Events this week. We now have Ride Events planned for every day of the week except Friday. We registered over 300 riders this week.

Please reach out to new members, those folks you see in your group but don't know

Rides are Happening!

Events Calendar

New Saturday C-Level Ride 5/19

Wednesday Ramble 5/23

Last SATURDAY ~~Sunday~~ Brunch Adventure Ride 5/26

June Board Meeting 6/6 at 7 pm, North County Government Center

Check Out the Check-in

Our weekly club rides are out on the streets and going strong. With over 80 signing up for the Tuesday/Thursday rides; it's like herding cats but everyone is doing a great job getting with the program.

The RBC Two-Step:

1. **Before each RBC ride**--Register on the website or iOS app. This saves you a spot.
2. **At the ride**--Check-in. This is roll call and you're saying present.

personally, and help them feel welcome. Offer some tips about the route, about the different methods to download the route and cue sheet in advance, and about how to use our new automated Registration and Check In tools. We have achieved over 70% automated check in with our new tools. With a few more Event Admin volunteers and a few more members moving over from paper to online, we can achieve near 100% automated check in and take a considerable workload off the Event Coordinators.

Do You Have a Marketing Gene?

Now that we have a beautiful new logo, we need to put it on stuff! We need a volunteer who is good at merchandising to lead a team to design and implement this very important revenue generator for the club. This will include everything from jersey and kit design to deciding which vendors to use and how to integrate sales with the RBC website. If you have that talent and interest, please contact us by texting to 571-237-5084 or replying to *the Wheel*.

Century Needs Volunteers

The RBC Century is our signature event, popular across the region. We can't do it without club members and friends volunteering. But we know some of you want to ride the event AND help the club, so we even have slots that allow you to do that - help with critical tasks and ride the Century. Benefits of volunteering include a free year of club membership and the satisfaction that you contributed to YOUR club's event! Volunteer [HERE](#).

RBC Membership

Members will receive the following automatic emails regarding their membership status:

Renewal reminders

[Reminder 1](#), Sent 14 days before renewal date

[Reminder 2](#), Sent 7 days before renewal date

[Renewal day notice](#), Sent on renewal date

[Grace period email notice](#), Sent after 7 days to members not renewed on time

[Lapsed email notice](#), Sent after 30 days to members not renewed on time

Contact records are filed by email address. Please log on with your original email – do NOT create a new

A Member Cornered



Meet Ed Shanahan. He was a runner and hockey player and began to develop back issues so he dropped running in favor of mountain biking then about 10 years ago dropped hockey and switched to road biking.

When he thinks of his favorite bike ride, it is tough as there are so many. The one that means the most to him is the Pan Mass Challenge (PMC), a two-day, 192 mile ride across Massachusetts the first weekend in August each year. The PMC is the largest athletic fundraiser in the USA. Riders and sponsors pay all the costs and last year the 6,400 riders raised \$51 million, all of which went to the Dana-Farber Cancer Institute for research and treatment. The ride is a feel good event, with the riders thanking the many thousands of spectators along the route and the spectators doing the same to the riders.

For Ed, folks have donated over \$6,300 so far this year and \$95K since he started doing the PMC in 2012. "Last year I was injured shortly before the ride and joined the photography team and worked with the head photographer shooting the event rather than riding in it. This year I am scheduled to do the same."

Ed's website is [here](#). and Erica Staaterman's is [here](#).

Ed's hardest was the 112-mile first day of the 2014 PMC, his third PMC. It rained all day and got colder the closer he got to the ocean and the finish line. Ed ended with hypothermia, but he finished!

How should RBC members pick him out from the crowd? "My head of hair? Kidding! I often wear a PMC jersey as they are nice and well-made and they give you a new one every year, so I now have six and will soon have 7."

Youth Riders Join RBC

record with a different email. Once logged in, you may edit any of your profile information (including your preferred email), renew membership, add additional family members (with their own email), adjust your privacy setting, register for events, etc.

Club Success Depends on You!

It is a big secret that the club's success depends on volunteers. Volunteer to be an event coordinator assistant (fancy name for a helper). As helper you will assist with the riders who didn't sign up online to have them sign the same-day waiver.

Let's Ride

[DC Bike Ride](#), May 19

[Shorebird Metric Century](#) May 19 (Salisbury, MD)

[Tour de Madison](#) May 19 (Madison, VA)

[Storming of Thunder Ridge](#) May 20 (Lynchburg, VA)

[Wilderness Road Ride](#) May 26 (Radford, VA)

[Pedal to Preserve](#) Jun 2 (Lancaster Co., PA)

[SMECO-75](#) Jun 2 (Hughesville, MD)

[Pax River Rural Legacy Ride](#) Jun 9 (Southern PG Co., MD)

[Le Tour de Shore](#) Jun 16 (Onancock, VA)

[Bike Virginia, Ride the River](#), June 22-26

[The Firefighter 50](#) July 22 (Westminster, MD)

[BBC Corn Roast Rides](#) Aug 4 (Union Mills, MD)

[MT Mama Cycling Challenge](#) Aug 4 (Monterey, VA)

[Cumberland Valley Century](#) Aug 25 (Clear Spring, MD)

[Tour de Frederick](#) Aug 10-12 (Walkersville, MD)

[Ride to See' a Tour of Kent County](#) Aug 11 (Galena, MD)

[Covered Bridges Classic](#) Aug 19 (Lancaster, PA)

[Shorefire Century](#) Aug 25 (Middletown, De)

[Brandywine Tour](#) Aug 26 (Kennett Square, PA)



New riders to the club. We have a group of youth riders who have joined our Tuesday/Thursday rides. Leeya Wang and Jennifer Zheng from Endorphin Fitness Junior Elite Team and Spencer Line. As for Spencer, on May 12th he finished, and won, the highly competitive 5-race VAHS spring cross-country mountain bike racing series (for middle school with 75-90 racers from across VA). The last race was also the VA State Championship race. Spencer's next stop is the U.S. Cross-Country Nationals being held at Snowshoe Mountain, WV in July.

Paid Volunteer Experience--Fall 2018

The Herndon Middle School After School bike shop (which RBC supports with volunteers and resources) will need a new mechanic to teach the kids in the fall. The ideal candidate knows how to do basic repairs, works well with kids, and is willing to go through the FCPS background check. The ideal candidate also has a desire to see the bike shop grow in the future and has ideas to effectuate that. The club meets 2:30-4:30 Wednesday and Thursday whenever school is open, and the pay is \$20 per hour for 4 hours per week. The mechanic will be the lead in the shop, admin support is provided by a volunteer. The shop always welcomes volunteers to help when they are available as well.

If interested, please send an email to [Kelley Westenhoff](#).

Tips for Riding in a Rotating Paceline

Clifton Cycling shared these tips and a snappy video. As too long for a Chairman's Letter, members can read the article [here](#) or see the [video](#).

RBC Chain Links
Board Members
Check My Membership
Ride with GPS
Borrow a Travel Case

*Address: PO Box 3389, Reston, VA 20195
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