

the Wheel



FRIDAY THE 13TH

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www.RestonBikeClub.org

Century Updates

The club volunteers are working towards a successful Century by gathering sponsors and supplies, booking vans, renting tables and chairs, and generally getting it done. The website is processing registrations which are currently ahead of last year already over 400. Wouldn't that be great if we sold out? **The early discount price ends August 6;** and the routes are on RBC Ride with GPS page as an Event in the calendar. They will be posted for the public prior to the ride.

Please consider joining in the fun. It's a day to give back to the club and if you want to ride there are activities before or after the ride.

Century Needs Volunteers

54% of our volunteer spots are filled. Thank you to those who have stepped up! Every spot is essential though, so please cajole your friends and family members to support your biking habit by coming out to have fun on **August 26** by volunteering with us! One of our critical areas will be the tear down at Reston Town Center and storage of the supplies. For those of you who ride earlier, it would be great if you can conserve a little

Ten Days to Order



The Store: Order!

The clock is ticking. Time is of the essence. Order your RBC cyclist fashions in stunning florescent colors available for women and men in race club cut fitting. You must order by July 23 to be included in the first batch order. RBC membership not required. This sale is open to the public for just 10 more days. All orders will be home delivered in time for the Reston Century on August 26th.

Rides are Happening!

energy to help with this job! Volunteer for this and all other jobs [HERE](#).

RBC Board Welcomes Nancy Sikorsky

Welcome to the Board! Nancy Sikorsky joins as secretary until the November elections. See her in action at the meetings, the first Wednesday of the month at the North County Government Center.

Let's Ride

[Indian Head 100](#), 9/3, Indian Head, MD

[Wild Goose Chase](#), 9/9, Cambridge, MD

[Back Roads Century](#), 9/16, Shepherdstown, WV

[Ride for the Reserve](#), 9/30, Poolesville, MD

Check out these pages for interesting rides!

[Potomac Pedalers Outbound](#)

Peter's DC Bike List is a weekly email of rides: [Signup](#), [Twitter](#), [Facebook](#)

Hydration Corner

It's summer in the DMV; it's hot; it's hydration. Here's a fun [hydration calculator](#), albeit advertisement, from Camelbak. Camelbak partners with the Korey Stringer Institute @ UCONN. It's all about your factors: height, weight, weather, and length and intensity of your ride. Do you know your [sweat rate](#)? Know your numbers and target per hour liquid consumption. Are you drinking enough liquid? Can you drink too much?

Events Calendar

[Saturday C-Level Ride with Gaston](#) 7/14

[Sunday Training Ride](#) 7/15

[Last Sunday Brunch Adventure Ride](#) 7/29

[August Board Meeting](#) 8/1 at 7 pm, North County Government Center

Season in Full Swing

Congratulations to the Monday Women's Ride. They consistently show the highest percentage of riders preregistered, checked-in, and with signed liability waivers on file. Because their ride leaders do this, no board member has to come get them launched each week.

On the weekend rides, there is more great leadership on Gaston's C ride, Sunday Training Rides, and the monthly weekend adventure rides. The Wednesday Ramble works to get it right each week as well, before beer.

Now for the T/Th and Saturday Impromptu Rides. The leadership continues to improve exhibiting the above for the 1, 4, 5, and 6 riding groups for T/Th. RBC has a current void for ride leaders for T/Th group 2 & 3 and the Impromptu group.

If something happens on a ride, the Club insurance has no way of verifying who is on the ride and thus covered unless you register and check-in AND you must have a season liability waiver on file.

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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