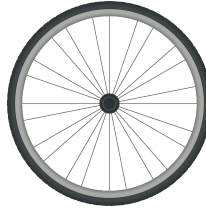


# the Wheel



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[www.RestonBikeClub.org](http://www.RestonBikeClub.org)



## Annual Meeting--Sun., November 18, 2018

Details are final! [Sign up today!](#) Always free for members. Sunday, November 18, 2018, 5:00 pm at the Reston Community Center. There will be food and beverages, a short business meeting, the election of the 2019 Executive Committee, and, of course, awards and door prizes. No expectation of death by PowerPoint. The guest speaker is Daniel de Visé, author of *The Comeback*, *Greg LeMond, the True King of American Cycling*, and *A Legendary Tour de France*. What can you do in 8 seconds?

## Chairman's Corner

This year we held over 230 ride events and rode over 160,000 miles. Overall our safety record is good. We did, however, suffer a number of crashes, a few letters of complaints

## Saturday A/B Ride Posted

Check out the event calendar for the Saturday A/B ride. James Stroud and Paul White are Ride Leaders and Laura Robinson is the Event Coordinator. Paul and James will be supported by a number of Event Admins to help with check-in. The new ride will include A and B speed groups and a new B no-drop group. Same old route, same old launch pad. Register on the RBC website or with the Wild Apricot app.



## 2019 Board Elections

from communities where we ride, and feedback from members regarding dangerous riding behaviors of individuals on some of our rides. In other words, we have room for improvement. To improve our ride performance we should set aside the cycling omertà of not discussing our experiences; instead, every ride should end with a few minutes of group retrospective to share lessons learned. Retrospective is a successful, well-documented best practice to improve both safety and ride enjoyment.

Lessons learned are reflections of both the positive and negative experiences of riders from the most enjoyable ride moments to the most painful crashes that can be usefully applied on future rides to improve rider safety, ride fun, and respect for the communities where we ride. While lessons learned are sometimes shared among a small group of friends after the ride, this best practice should be expanded and made a part of the ride event. Ride Retrospectives should be a part of our culture.

We are all ride ambassadors for safe and fun group riding practices. As a group rider, it is your shared responsibility to call out individuals when they demonstrate poor group riding practices such as: passing on the right, passing left without announcement, overlapping wheels, and failure to pass on or act on prompts such as “car back – single up,” “slowing,” or “stopping.” Bring these behavior lapses to the whole team during the retrospective. Let’s talk about it. We will all improve as group riders and the reputation of the club will be enhanced by our open communication and aspiration for ride safety, ride pleasure, and community respect.

If an organization does not consider post ride retrospectives and lessons learned as an important part of their culture, then they are destined to repeat performances. We can choose to pass on valuable knowledge gained during rides or we continue to complain about “the other guy” without feedback for improvement. We have a choice, action or acquiesce. Which do you choose?

### Call for Board Nominations

Pursuant to RBC's Bylaws, the Executive Committee has established a Nominating Committee to prepare a slate of potential candidates to serve in various positions. The positions of Chairperson, Vice-Chairperson, Secretary, and Treasurer serve for one year. The four at-large members serve for 2 year terms, alternating election years so there is overlap each year.

On October 3rd, the Board approved two actions: 1) to keep the slate open until the Annual Meeting and 2) to allow for nominations from the floor at the Annual Meeting. If additional candidates are identified prior to November 10th, please forward to the Nomination Committee Chair [Kelley Westenhoff](#).

The Board also approved a motion to implement a proxy vote process for members who can not attend the annual meeting. Details will follow.

The current slate is:

RBC Club Officers:

- Chairperson: Chip Magrogan
- Vice Chairperson: Kelley Westenhoff
- Secretary: Nancy Sikorsky
- Treasurer: Ken Thompson

Members-At-Large (3 positions available)

- Hung Bui - Chantilly
- Larry Deigh - Ashburn
- Kim Phillips - Herndon
- Erica Staaterman - Reston
- James Stroud - Oakton



### 2018 Lime Connect Century Ride

Volunteer or ride and help support an important mission!

Volunteer link: [Lime Connect Volunteer Page](#)

**Kick-Off/Post-Ride Festivities at The Bike Lane Reston, 11150 Sunset Hills Rd, Reston, VA**

Make history with Lime Connect by joining us for the inaugural Lime Connect Century Ride presented by Bloomberg Philanthropies! This event will bring together passionate riders and supporters for a scenic ride across Northern Virginia for a great cause: forging a pathway to success in the corporate workplace for students and professionals - including veterans - with disabilities. 100% of all proceeds raised will go toward Lime Connect’s mission to rebrand disability through achievement.

Riders of all levels are welcome! 30-Mile, 66-Mile, and Century (102 miles) routes are

All four of the named positions are up for election. Three of the four at-large positions are available, with one of those positions being for only one year.

Any current member can be nominated, and nothing precludes a member from nominating him or herself (i.e., if you'd like to serve on the board, please let us know). Of course, if you're nominating someone you need to make sure they agree with the nomination. Current member means someone who is up to date with his or her dues.

We all know club members who would be excellent candidates. Please forward that person's name (it might be you!) to Nominating Committee Chair Kelley Westenhoff at [westenhoff@gmail.com](mailto:westenhoff@gmail.com) by October 1 indicating for which position you are nominating him or her.

### Give Back to Herndon Middle Bike Shop

Herndon Middle School after-school bike shop needs volunteers. Got time, got skills? Signup for some hours [here](#).

### Coming! Reston Tour d'Lights!



RBC is pleased to announce a Family-Friendly holiday lights ride coming up in December. We're still working on details, but if you

plan to be in town close to Christmas, or have friends/relatives visiting, this is a wonderful way to experience the roads and paths of Reston from a completely different perspective. Stay tuned for details!

available.. Rider registration closes on Saturday, October 27th, 2018, at 11:59 pm PST.

### RBC Member App for Android

New: The RBC App is now available for Android as well as iOS. Search Google Play for Wild Apricot and choose "member".

### Rides Are Happening!

#### Events Calendar

[Wednesday Ramble](#) (the other Laura), 10/17, 10 am

[Saturday A/B Ride](#), 10/20, 9:30 am

[Saturday C-Level Ride](#), 10/20, 9:00 am

[Sunday Cruise Ride](#), 10/21, 9:00 am

### Let's Ride!

[Fall Foliage Bike Festival, 10/19-21, Staunton, VA](#) Registration will close when they reach 750 (or 10/16) with 50 slots for walkins.

[Two Rivers Bike Ride, 10/27, Centreville, MD](#) (\$55) if you missed the Great Pumpkin or Between the Waters.

[Lime Connect Century Ride, 11/3, Reston, VA](#)

**Check out these pages for more interesting rides:**

[Potomac Pedalers Outbound](#)

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

### RBC Chain Links

[Board Members](#)

[Check My Membership](#)

[Ride with GPS](#)

[Borrow a Travel Case](#)

Address: PO Box 3389, Reston, VA 20195

[Facebook](#) • [Meetup](#) [Twitter](#)

[Unsubscribe](#)