



the Wheel

March 2019

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www.RestonBikeClub.org

Ride Season Begins!

Since it will never be warm but it might stop raining RBC riding season will begin April 8. That week will start with Monday at Green Lizard for Women's Ride, Tuesday at Hunters Woods in Reston, and Thursday at ArtSpace in Herndon, and the Launch Party Saturday at Old Ox Brewery.

A successful riding seasons happens with volunteers. RBC is in search of a few good folks to provide support for the previously mentioned rides. Rider check-in allows you to check-in some folks before the ride starts and then hop on your bike and ride. Easy! And as long as you're riding consider being a ride leader. What does a ride leader do? Knows the route and carries the incident forms. Consider sharing a ride leader position with a friend. Reply to this email or email [Chip Magrogan](mailto:Chip@RestonBikeClub.org) and help make our season a success.

Want to ride together as group before then? Think about joining the [Reston Bike Club - Members Only](#) and posting a ride. These rides are not advertised as regular RBC events but a good way to meet other RBC members and not ride alone.

Season Launch Ride & Party

The second annual season launch ride out of Old Ox Brewery is still Saturday morning April 13, 2019. The event is open for registration, the routes are current, and you can sign up [here](#). VOLUNTEERS? Come one, come all! **Critical need** for ride leaders. Please sign up to support A, B, C rides. There are tasks that will still allow you to ride & partake of the party. Check it out in the [call for volunteers](#).

Up Your Skills Clinic

RBC riders are so awesome -- you all filled the skills clinics spots immediately and when we expanded you did it again. Right now there are 11 people on the wait list

for the morning session and the afternoon (women only) is full. If your schedule has changed and you know you're not going to be able to do it, please contact Kelley Westenhoff (westenhoff@gmail.com) so we can move people off the waitlist. For those on April 6 who are still waiting, you'll get first choice for the new class that we will be offering in May (still working on the date, so stay tuned).

New Member Cornered



Tim Dotterweich: New Member as of January 2019

Tim moved south to Reston from Baltimore in July 2018 and fell in love with the W&OD Trail in August 2018. His first RBC Event was the 36th Reston Century for 75 miles. He used to ride a 1993 Specialized Epic Pro, upgrading in December to a 2011 Specialized S-Works Tarmac SL-3 SRAM. Tim loves the W&OD as seen in the reflection of his glasses. He enjoys meeting new people and is looking forward to warmer weather.

Favorite ride - the Tour de France - which he has watched on TV every year since LeMond's win in 1989. His other pursuits are drinking craft beer and picking up trash on the trail.

Tim Dotterweich is happy to get outside and not be sitting in traffic on the toll road.

The Chair Cornered

Our evening rides end close to sunset - normally during twilight. Twilight presents a unique lighting hazard that require extra caution by cyclist to maintain high conspicuity to drivers, cyclist, and pedestrians. Low sun angles cause colors to fade and riders to disappear from the view of drivers facing west and south - into the sun. You can see them but they often can't see you until it's too late. Brightly colored clothing loses it visibility as the light dims. Only retro-reflective material and lights can help to make you more conspicuous during twilight.

RBC Ride Safe Guideline - Be Noticeable: Cyclists need to maximize their conspicuity at twilight, at night, and under reduced visibility conditions including fog, overcast, and heavy shade. Cyclists need to wear retro-reflective clothing, use reflective materials on the bicycle and use lights (see [shareVAroads](#) for WABA and VDOT recommendations).

Ready for the Season?

Only three weeks until the season opener ride and party. Do this ride-ready checklist:

- **Membership:** Join or renew membership in RBC to take advantage of all the free stuff, discounts with bike shops, and access to member-only social events.
- **Batteries:** Check your batteries for holding a charge: bike computer, lights, phone, and maybe your electronic shifter.
- **Helmet:** A helmet should be replaced if the shell has faded from UV exposure, since the plastic may have weakened. Check the foam liner for any cracks or dents and the straps and buckles for any worn or tattered areas.
- **Software:** Update your bike computer. Download the new Wild Apricot Member app for the phone. It allows registration up to ride time & map download for RWGPS.
- **Bike:** Visit your bike shop to check chain stretch, cable slide, spoke and wheel tune, brake pad thickness, cassette wear, derailleur alignment, tire tread, rim for alignment and brake surface, frame cracks, cleat ware, and more.



Triathlon Season Kick Off Open House

On March 30th, M3 Bike (part of Machine Performance Center) will be showcasing 2019 products from Argon 18, Quintana Roo, Zipp, Zone 3, Garmin, Wahoo, and Betty Designs. Onsite vendors, Bike Fit discussion with Dave Luscan, VO2 Max specials, etc. [[9-5; 204C Mill Street (Adjacent to the W&OD Trail), Vienna]]

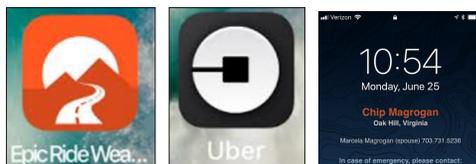
APPs, APPS, APPS

Here is a short list of must have and should have apps for RBC members.



Wild Apricot Apps (FREE): You need the Wild Apricot Member app to register for a ride event. Everyone is required to register for an event using our [website Event Calendar](#) or using the Wild Apricot Member app. If you are an Event Coordinator, Ride Leader or just helping out with check in, you will also need the Wild Apricot Admin app.

Ride with GPS (FREE): As a member of RBC you need the RWGPS app. It's free and your RBC membership grants you access to Premium Features for all routes in our library. That includes download of the "Official Cue Sheet" and "Voice turn-by-turn navigation". If you don't have Premium Club Library access, send [Chip](#) a note and he'll provide you the auto-registration link.



Epic Ride Weather (\$9.00/Year) gives you detailed weather information for every minute of your planned ride. It is linked to your RWGPS routes on your phone as well as those in our RBC Library. Select a route, a time and date, and presto, you get temperature, rain, and wind forecast for the route. This app is not free but very helpful.

Uber, Lyft (FREE): A Ride service is essential when you have a breakdown or if you just "Bonk" or "Hit the Wall" on a long ride on a hot day. Don't wait till you

faint. The Ambulance is far more expensive. You only pay for the ride if you use the service.

Road iD (FREE): What happens when you crash, alone or in a group? Emergency Responders and Ride Leaders are trained to look at your phone lock screen for emergency contact information. The tool to help you develop an Emergency Contact lock screen is available for free from ROAD iD. Chip says, "And of course I always wear my ROAD iD bracelet as well but that isn't free."

Events Calendar

Saturday A/B Ride, [March 16](#)

Saturday C-Level Ride, [March 16](#)

Sunday Cruise Ride, [March 17](#)

Ride Season Launch & Party, [April 13](#)

Yes, the Ramble will return.

Let's Ride!

[39th Florida Bicycle Safari](#), Full refund prior to March 24, April 13-18

[Six Pillars Century](#), Cambridge, MD, May 4

[Tour de Cookie](#), Rockville, MD, May 4

[Cap2Cap](#), Henrico County, VA, May 11-New routes.

[DC Bike Ride](#), Washington, DC, May 18

[37th Kent County Spring Fling](#), Chestertown, MD, May 24-27

[4th Annual Komen Maryland Promise Ride](#), Edgewater, MD, June 22

Got rides for the Wheel? Reply to this newsletter and they will be published!

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](#)

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