

Tax those legs and ride.



the Wheel

April 2019

Volume 37; Issue 4

www.RestonBikeClub.org

Season Launch Ride & Party

The second annual season launch ride out of Old Ox Brewery was a success! With over 300 folks registered, the event just rolled itself out with the help of our able volunteers. We had equipment movers at storage at 8 am, a successful rolling start at 11, fellowship at the after party with food trucks and beer, and a hardy cleanup crew. Pictures can be seen on the [Facebook page](#). Reply to the Wheel or a board member if you have suggestions to make it better.

While the usual suspects were in attendance, the Totally Turtles launched with 20 folks doing a 10-miler. They were last to start and first to return for the party. Thank you to Erica Staaterman for stepping in to lead the group at the last minute!

For members who did not pick up a cap at the Launch, we have a few, size large only, left and they will be made available at the Tuesday and Thursday rides for members only. First-come first-serve. See Chip to pick up your RBC riding cap.

Cycling Skills Classes

On April 6, the Club tried something we've never formally done. Recognizing that the club has grown and many riders are unsure of how to ride in groups, we hired Peaks Coaching to put on a Skills Clinic. The weather cooperated and 60 participants received Gold Standard quality instruction in basic skill sets that increase safety and confidence when riding in group settings. Most participants were very happy with the event with 40 of the 41 responses feeling worthwhile investment of time and money.

However, there were definite calls for more advanced training (this was too basic for some) as well as more of the same, offered more often. The Club subsidized this clinic, but we probably can't do that forever.

So, now it's up to the members. If you are a more advanced rider, with great skills for helping riders get out of the parking lot and into the road in a group, we need

you to help your club. Help us take it to the next level. It will make riding safer and better for the entire club.

There were also specific requests for specific types of classes. If you have a skill set that can help your club, please share. Respond to [the Wheel](#).

1. Basic trailside repair
2. Cleaning & maintaining your bike
3. Paceline training

We will set up a time/place/ and promo - you get to run it.

And by the way, there are 2 spots left in the May Coaching Clinic in Leesburg. Grab them [HERE](#).

New Member Cornered



Meet Eric Young, a 60-year-old who wants to become a better bike rider. He has had his Cannondale CaddX for a few years and does a few 50-mile solo rides every month in good weather. He also participated last year in the Armed Forces Cycling Classic and had a blast last year. It was his first bike event of any kind and he caught the bug. His favorite rides are Greek islands or the Appalachians. Riding the mountains in the Greek islands and stopping at little bakeries for baklava and tea to recharge for a few more hours is so amazing, historical and beautiful. The Appalachian Mountains in Pennsylvania is where he grew up. As probably a strong C rider he wants to work his way up to the B level by learning to ride faster with a group.

Eric has been on some Sunday rides, if you see him, say welcome to RBC.

Bike to Work Day

Represent YOUR club for Bike to Work Day -- if you want to rep RBC at your local pit-stop, we can provide you the info to pass out. We have coverage for Reston and Herndon, but always welcome more volunteers and would love to add other pit-stops - Vienna? Ashburn? WABA [sign-up](#) gets you a bagel and a t-shirt (first 14,000 registrants).

Membership, Register, Check-In, Waiver

Membership: Pick one email and use it as your member login for the website and the phone app. Change it on the profile page accessible from website or app. **Website:** click on your name then click edit profile. **App:** There is a profile button at the bottom, then an option at the top to edit profile.

Register: Signup for a ride on the website or app prior to the ride.

Check-In: On ride day, prior to the ride see someone with a phone and check-in which means *you made it to the ride*.

Waiver: The insurance waiver is only signed, online, once a season. We're doing great with over 400 signed. A tip for signing the waiver on the phone: turn to landscape so you can find the submit button!

9-11 Promise Ride

Member Karen Marginot has directed the club to an event. The [911 Promise Run](#) was established in 2016. It is a relay running event Washington, DC, to NYC. This year they have added the [911 Promise Bike Journey](#) Washington, DC, to Shanksville, PA.

For more information you may contact [Karen](#) or the run founder Jen DePoto directly at 911promiserun.jennifer@gmail.com.

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For more information you may contact [Karen](#) or the run founder Jen DePoto directly at 911promiserun.jennifer@gmail.com.

[Events Calendar](#)

Wednesday Ramble, [April 17](#)

Saturday A/B Ride, [April 20](#)

Saturday C-Level Ride, [April 20](#)

Sunday Cruise Ride, [April 21](#)

Let's Ride!

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

[Tour de Cookie](#), Rockville, MD, May 4 (no t-shirts)

[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

[The 28th Annual Wilderness Road Ride](#), **A Grand Gran Fondo!** Radford, VA, May 25

[Lakes and Grapes Century Ride](#), Featuring Lake Anna Winery, Fredericksburg, VA June 8

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

[Discover Hudson Valley Ride](#), "The world's longest footbridge" 75 miles w/ 4200' gain or 100 miles w/ 5900' gain, Poughkeepsie, NY, June 30

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

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