



## *the Wheel*

May 2019

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

### **Bike to Work Day**

Last call to represent YOUR club for Bike to Work Day: Wiehle Reston Plaza, shifts 6-8 or 8-10 for the Reston pit-stop. We can provide you the info to pass out. WABA [sign-up](#) gets you a bagel and a t-shirt (first 14,000 registrants).

### **Cycling Skills Classes**

Our local class was held last Saturday in Leesburg. There were 15 in attendance.

Next session is June 8th [ADVANCED ROAD/GROUP RIDE SKILLS CLINIC](#). It is a members-only class for those who can sustain 15 mph. There are only 4 slots available but the first few who are on the wait list usually get in (life happens!)

### **The 37th Reston Century**

Registration for our Century went live the beginning of May. Websites are being checked; the volunteer website is live; routes are being planned; and, as they say in industry, "We're fixing to get ready." Looking for two rest stop captains. Is that you??

**Meet the Team!** The Century Chair, Laura Robinson, first-year newbie; Route Management, Chip Magrogan; Volunteer Coordinator, Kelley Westenhoff; SAG, Ed DiMonda; returning Rest Stop Captains, Long Nguyen and Mike Dinsmore; and bringing up the rear with all things money, our treasurer Ken Thompson.

This event doesn't happen without volunteers!!!! There are many slots that will allow you to ride. Consider volunteering to make the event fabulous. [SIGN UP PAGE](#)

## New Member Cornered



Meet Toni DeWitt, a busy marketer by day, who began “real” cycling about 3 years ago as a new way to stay in shape and enjoy the outdoors. Little did she know it would become a passion! She mostly takes her “upgraded” Specialized Dolce on 15-20 mile weekday rides on the W&OD, but has been known to get a bit more mileage in during weekend rides to Purcellville for a delicious Market Burger BLT. She also had one sighting at the Seagull Century in 2017 and finished with both lungs in tact! She is new to road cycling, learned about Reston Bike Club through her spin classes, and finally decided to join for the fun and camaraderie! Since she is new to road cycling, she is taking advantage of the wonderful skills clinics to help her gain more comfort and confidence riding on the road. Look for her on Tuesday or weekend C/D rides soon!

## How to Make Your Check-In Fabulous

**Check-In:** On ride day, prior to the ride, see someone with a phone. He/she could be a ride leader, a volunteer who is checking-in because they are ready to ride and have a few minutes, or just a kind soul. Go up to the person and say your last name or just spell the first three letters of your last name. The volunteer will confirm by saying your first name. Voila! You are checked-in : *you made it to the ride.*

Give yourself a pat on the back or a great big bear hug, check-in is much smoother the 2nd year.

## Mechanical!

Wednesday there was a discovery on the Ramble. The Fixit stations on the W&OD have pumps but they are for Schrader valves. The ride leader's was in her car: not helpful. Better carry that adapter!

### [Events Calendar](#)

Friday Bike-to-Work Day Volunteer Experience, [May 17](#)

Saturday A/B Ride, [May 18](#)

Saturday C-Level Ride, [May 18](#)

Sunday Cruise Ride, [May 19](#)

Last Weekend Brunch Adventure, Saturday [May 25](#)

The 37th Reston Century, Sunday, [August 25](#)

### Let's Ride!

[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

[Patuxent River Rural Legacy Bicycle Ride](#), Upper Marlboro, MD, 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

[The Firefighter 50 \(35/50/101\)](#), Westminster, MD, July 21

[Covered Bridges Classic](#), Lancaster, PA, Aug 18

[911 Promise Bike Journey](#) Washington, DC, to Shanksville, PA. September 9-11

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 seems to have gone dark. Any info?**

### RBC Chain Links

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