

Hot, hot, hot---ride hard, ride early.



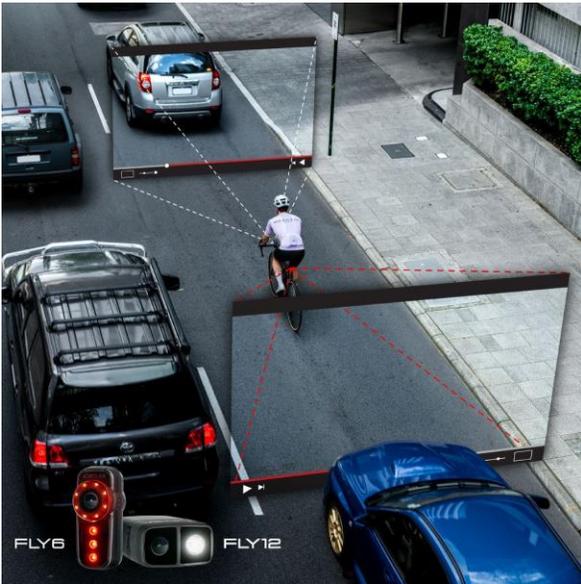
the Wheel

July 2019

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www.RestonBikeClub.org

MEMBERS ONLY RBC BENEFIT



Club members are invited to participate in a group purchase of Cycliq Fly6CE and/or Fly12CE bike cameras. These amazing little cameras strap onto your bike to record what's happening behind or in front of you -- helping to insure accountability when cars get too close.

The Fly6 looks to the back (and is a bright flashing taillight). The Fly12 looks to the front.

Several club members have one or the other of these cameras. James Stroud (Ride Leader for the T/Th 1's) swears by his.

Visit the website here: Cycliq

If you want to participate, you must send an email of

commitment with the [order form](#) to westenhoff@gmail.com by August 16, 2019, indicating which camera you want. When we reach the minimum order for the best price break (30 units) OR August 16, we will hit you up for payment and the order will go in. The price break Cycliq has offered us is:

Product	Retail Price	Price if 30	Price if 20
Fly6 CE (back)	\$179	\$127	\$145
Fly12 CE (front)	\$279	\$197	\$225



So if you're interested, please go to the [order form](#) to indicate what you want. Save the form and email to westenhoff@gmail.com by August 16.

The 37th Reston Century

Registrations for our Century have been growing since the beginning of May. Current registration is over 440. Sign up during early registration and save \$\$\$\$. The [37th Annual Reston Century](#) registration is live!

Critical Volunteer Need: Saturday 8/24 **Mark Routes**; Friday 8/23 **Pick up Vans & rest stop food shop**, and Sunday 8/25 **Reston Town Center early volunteers**.

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](#)

Member Cornered

Mike Dinsmore has lived in Northern Virginia his whole life and works as a customer service representative for a national tool rental company in Tysons Corner. He discovered cycling about 20 years ago as a way to reduce stress and get fit. Early on, Mike spent his effort on getting faster and riding longer distances, but he soon discovered shorter rides are easier with a busier lifestyle. "I really enjoy being a ride leader for the group 5 as it is plenty of distance and intensity and also provides a great social outlet as well." Mike's customer service experience serves him well: welcoming new riders to the club and practicing group riding skills as many new riders start out in the five group. One of his favorite cycling memories is he and his sister decorating their bikes for the grand opening of the W & OD trail through Vienna. They had their picture on the front page of the local paper. That was around 1980 and little did he know then how many miles he would ride that trail. Wouldn't you love to see that photo? As Mike has been known to say, "Ride safe!"

Meet a New Member



Meet John Koss. He is a long time runner who dabbles in cycling – especially when that plantar fasciitis is acting up, or just maybe when a triathlon or cycling event is looming large on his calendar.

John chose RBC as his club because he has enjoyed some of the previous events and has some friends in the club. Favorite rides: Sunday morning "cruise" rides. He loves riding with the Bs – everyone is so friendly, and what could be any more fun than pounding up Woodburn Road, then swooping back down? Thanks to the person(s) who put the GPX files and cue sheets on the web site. He no longer worry about getting lost, now his greatest concern is whether or not the lunch meeting spot will serve beer. Happy riding!

What Mobile App?

Go to your favorite app place, search and download the **Wild Apricot for Members** app. Log in with your same credentials as restonbikeclub.org. Quick and easy: browse events, click attend, see your tickets, and have an ice tea. Some have been known to register in the parking lot, but your event leaders find it more helpful to give us a day.

[Events Calendar](#)

RBC - Monday Women's Green Lizard Ride, [July 22](#)

RBC - Monday Women's Bike Lane Ride, [July 22](#)

[Tuesday](#) (Reston) & [Thursday](#) (Herndon), 6 PM

EARLY Saturday C-Level Ride, [July 27](#), 7 AM

Saturday A/B Ride, [July 27](#), 9 AM

Saturday C-Level Ride, [July 27](#), 9 AM

EARLY Sunday Ride, [July 28](#), 7 AM

Sunday Training Ride-9, [July 28](#), 8 AM

RBC Wednesday Board Meeting, [Aug 7](#), 7 PM

The 37th Reston Century, Sunday, [August 25](#) o'dark 30

Let's Ride!

[Tour de Frederick](#), Walkersville, MD, Aug 10

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

[50 States/13 Colonies Ride](#), Washington, DC, Sept 7

[Amish Country Tour](#), Dover, DE, Sept 7

[Civil War Century](#), Thurmont, MD, Sept 7

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

[Back Roads Century](#), Shephardstown, WV, Sept 22

[Sea Gull Century](#), Salisbury, MD, Oct 5

[Between the Waters](#), Exmore, VA, Oct 26

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

Check out [Potomac Pedalers Outbound](#) for more interesting rides.

RBC Chain Links

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