



the Wheel

August 2019

Volume 37; Issue 8

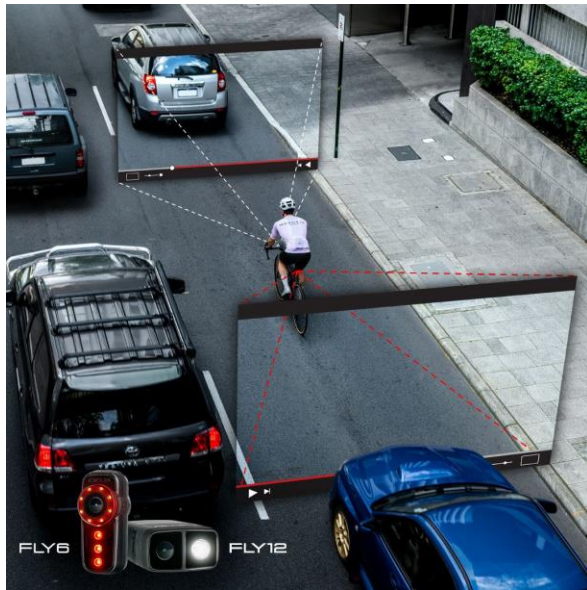
www.RestonBikeClub.org

The 37th Reston Century

Registrations for our Century have been growing since the beginning of May. Current registration is over 940. Sign up before registration closes on Sunday 8/18. The [37th Annual Reston Century](#) registration is live!

Critical Volunteer Need: Sunday 8/25 late afternoon at the **Reston Town Center** to clean up, pack up and put away. This event doesn't happen without volunteers!!!! These slots will allow you to ride and party. Consider volunteering to make the event fabulous. [SIGN UP PAGE](#)

LAST CHANCE: MEMBERS ONLY RBC BENEFIT



Do you want to know how the riders behind you look when they're trying to catch up? Those grimaces of determination? Those faces of intent? You can record them for posterity -- along with any vehicles that make close passes or cyclists who do dumb stuff. And that's just with the FLY 6! With the Fly 12 you can record what's in front of you - intersections, driver interactions, etc.

We're getting down to the wire for the Cycliq Fly 6 and/or Fly 12 Members Only order. You don't have to use the order form if you just want to send me a message about what you want. It's a statement of interest and I'll follow up with payment info when we get the order together. Send it to [Kelley Westenhoff](#). Remember, these things don't go on sale, and

we can get up to 30% off if we get enough orders.

And by the way, the club is not making money on this - it is strictly something we're making available to members through our club buying power. (In case you wondered)

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 this Friday, August 16.

Hello Reston Bike Club



My name is BJ Basham and I am a USACycling Cat 1 and Power Certified cycling coach and a Master Coach with the Peaks Coaching Group. You may have met me at one of the skills clinics RBC offered this year. I have been riding and racing since 1984 and have been a full time coach since 2004.

I have worked with riders of all levels from folks just starting out to Pros working toward their next big result. The one thing that I have learned through the years is that what we

want as cyclists is pretty consistent no matter what your goals or level of fitness. We all want to do what ever events we are doing faster and to have fun while doing them.

I am making the members of the Reston Bike Club a special offer.

A FREE 30 minute consultation, with me, normally a \$85 value.

This time (which I am not going to be super strict about if we go over a bit) can be to discuss your training or events you are looking to do or how to handle the heat a bit better or nutrition or anything bike related.

I as an instructor and as a coach, I like to answer questions and even more so when the subject is cycling. Please feel free to drop me an email at BJ@PeaksCoachingGroup.com to set up a day/time if you are interest in talking bikes.

Fine print – This free offer only includes a consultation with me, BJ Basham.

This would be a phone call consultation.

I can also take email questions if that works best for you.

[Events Calendar](#)

EARLY Saturday C-Level Ride, [Aug 17](#), 7 AM

Saturday A/B Ride, [Aug 17](#), 9 AM

Saturday C-Level Ride, [Aug 17](#), 9 AM

Ashburn Saturday, [Aug 17](#), 7 AM

EARLY Sunday Ride, [Aug 18](#), 7 AM

Sunday Training Ride-12, [Aug 18](#), 8 AM, last before the Century!

RBC - Bike Lane Women's Ride, [Aug 19](#), 6 PM

RBC - Green Lizard Women's Ride, [Aug 19](#), 6 PM

The 37th Reston **Century**, Sunday, [August 25](#), we don't ride before 6:30!

Let's Ride!

[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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