



Chairman's Letter



Our cycling culture is upside down at the moment. Getting dropped on a group ride is now virtuous (so doing maintains social distance). Being on a group ride to begin with is not. The debate about whether small group rides are okay continues. I had been planning to write about group ride etiquette in this month's letter in anticipation of the regular season starting, but that is not to be just yet. Instead, your RBC Board is having to postpone all activities including official group rides, clinics and even our own in-person meetings. The racing schedule has been decimated as well.

People are coming up with interesting and novel ways to cope with the worry brought by this pandemic, from virtual happy hours to new Coronavirus-themed Strava clubs. For some, coping means

hunkering down and training in the basement. For others it means defiantly continuing with group rides. For me, it means long walks on the lovely paths of Reston with my loyal four-legged companion, seeing in each blossoming flower and tree bud a sign of hope. Regardless of your individual coping strategy, I hope it involves a healthy dose of gratitude for the good things in your life.

Our official group rides will be postponed in accordance with the current CDC guidance of limiting social contact and USA Cycling's advice to not hold group rides. The same goes for our planned 25 April season kick-off. Those events will eventually go on. With the rapidly changing situation, it is impossible to say exactly when.

USA Cycling's current advice is "Go Solo". I personally see getting out on a bike – solo or with an appropriately spaced out small group – a healthy thing to do. I will continue to do so as long as I can. Consider this, in Italy and Spain right now it is not even permissible to ride a bike outside at all. We still can, so let's count that among our blessings. Stay healthy.





New bike path & fixit station on Sunrise Valley Drive, Reston. Development is called Lincoln at Wiehle Station.

Get Ahead of the Riding Season!

Prepare for the riding season by signing your 2020 Liability Waiver. New year, new waiver. Two minutes and you're done. Follow the green button; also available on RBC homepage.

[**2020 Liability Waiver**](#)

Season Launch Party Postponed

Cycling Skills Clinics are Pushed Back

RBC will attempt to offer bike skills training in May. Members who already signed up for the April sessions will be moved to the new sessions as they are scheduled. At present, we do not have reschedule dates.

Questions? Contact [Kelley Westenhoff](#).

APPs, APPs, APPs

Here is a short list of 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 features for all routes in our library. Find out more [here](#). Features includes downloading of the "Official Cue Sheet" and "Voice turn-by-turn navigation". If you don't have Club Library access, send [RBC](#) an email and request 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 until

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.

Change in Bylaws to Allow for Electronic Voting

With modern technology to support electronic polling, RBC Executive Committee (Board) proposes moving to electronic voting for our annual board elections. This requires written notification and a vote to change the bylaws. The vote will be the first Wednesday in May (May 6) at the monthly board meeting. The proposed language changes are below with bracketed language as deletes. Please contact Laura Robinson by [email](#) if you have additional suggested changes before Tuesday April 7, 2020.

ARTICLE VI. ELECTIONS *(revised [month of approval] 2020)*

Section 1. Election **results** of Club officers and Members-At-Large shall be [held] announced **at the conclusion of the** annual meeting. The election shall be by **electronic** ballot from a slate chosen either by a nominating committee or from nominations in an open meeting **at an Executive Committee meeting prior to the annual meeting. Polling will be open seven days prior to the Annual Meeting and close one hour after the beginning of the meeting.**

[, the Chairperson shall appoint a nominating committee to nominate the designated Club officers.]

Section 2. At a regular meeting of the Executive Committee or Club, at least 30 days preceding the annual meeting, the Chairperson shall appoint a nominating committee to nominate the designated Club officers.

Section 3. For the purposes of these elections, an individual membership has one vote. [a family has no more than two votes, and a business membership has one vote]

Save the Date!

The 38th Annual Reston Century will be August 23, 2020
Reston Town Center

RBC Fabulous 2020 Classified Ads

The Club does not work without you.

Century Helpers: This ad is getting old. Please consider throwing your cap in for a few hours of help! If you are a planner and would like to ride the Century but could contribute on these cool days, contact Laura Robinson @her [email](#). We have event flyers to create, survey results to review, or assistance in creating a Century playbook.

[Events Calendar](#)

[RBC Board Meeting](#), 7:00 pm, April 8, North County Government Center

Bikes for the World Collection, **postponed** from March 21, St Anne's Episcopal Church

Let's Ride!

So many March/April rides are postponed or canceled! The list will resume in April. Check Facebook or, if you have May rides for *the Wheel*, reply to this newsletter and they will be published!

Virginia Cycling Resources

Check out this link for [Cycling Virginia](#)! 2020 will be the 2nd year of this website and it is pretty smooth.

[Virginia is for Lovers](#)

[Bicycling in Virginia \(VDOT\)](#)

[Virginia Bicycling Federation](#)

[Fairfax Alliance for Better Bicycling](#)

RBC Chain Links

[Board Members](#)

[Check My Membership](#)

[Ride with GPS](#)

[Borrow a Travel Case](#)

[Board Minutes](#)

[Past issues of *the Wheel*](#)

Address: PO Box 3389, Reston, VA 20195

Telephone: 571-445-5993

[Facebook](#) • [Twitter](#)

[Unsubscribe](#)