



the Wheel

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www.RestonBikeClub.org

Chairman's Letter



Dear RBC Members,

Oh how I miss all of you. We should be several weeks into our official group ride season with a fun launch party behind us already, looking forward to long weekend rides and spring/summer events. But alas, we are house-bound, working out on indoor trainers or riding solo outdoors, not knowing when we will return to group activities or what our post-pandemic world will be like.

My message to you is this: Whatever your situation is, continue to ride your bike in some form – inside your own home or outdoors. Exercise is [good for your immune system](#) and [good for your spirit](#).

Some of us have perhaps struggled with motivation to get on the bike. If this is you, think about why you ride. There was a reason you started riding in the first place and I bet it had something to do with the sheer pleasure of riding a bike. Reconnect with that. Turn off the cycling computer and just go

ride. Pretend you are a kid who has freedom to ride as long as you get home before dark and just explore. Alternatively, if you are a competitive sort and just can't turn that off, set some personal targets, race in Zwift or challenge friends to see who can complete an outdoor hill climb or segment the fastest.

Personally, I am doing a combination of using my smart trainer and riding outdoors when the weather cooperates. I am staying close to home for the most part and riding conservatively. Now is not the time to be pushing the envelope and ending up in the ER. I was a little too excited recently to get my Zwift avatar to do a supertuck (not to mention she dresses better than I do right now and has better hair). Please follow me on Zwift and we can get some unofficial RBC rides going virtually. I want to say thank you to Michal Gnatek and his EVO pals and to Jeff Mann for establishing regular Zwift meetups. We RBC folk need to remain connected through this tough time. We'll come out stronger for it. We are resilient, we are tough, we take care of each other. We are RBC. Hang in there my friends.

Kathryn

Status of the Reston Century

RBC is treading water in a wait and see mode, same as most summer events. Planning continues! Registration will be delayed until we know the status of Governor's Executive Order. Currently, we are social distancing, no more than 10 folks in a group, until June 10, per [EO-55](#).

Be AMYazing! Reston Youth Triathlon



As part of our club's philanthropy program, each year we donate to the Be AMYazing! Reston Youth Triathlon. This is a big year for them -- their 10th Anniversary. Held each year on Mother's Day, this year's event had to be converted to a virtual duathlon. Nevertheless, over 125 young athletes are

eager to compete. Since the virtual event doesn't need money from RBC to pay for police protection for the cyclists, we instead purchased bike handlebar bells to go into the participants' swag bags. They will receive them later in the summer when socializing is allowed again. The club purchased enough extra to pass out at elementary school bike events for next year.

Here are samples!



Bikes & Beers Social Distancing

RBC has at least 4 members of RBC supporting local breweries (Old Ox and Vanish) by participating in B&B in an RBC team. Join Joe Tatusko and Barry Brewer and two unidentified board members. It's not too late to join the fun! [B&B Registration](#), weekly prizes and good Facebook chatter. Discount code for \$5 off is "DISTANCE".

Where Have You Been Solo Riding?

Zwifting in your basement or out and about? There continues to be good guidance on cycling in the year of COVID-19. Whatever you choose, be respectful of others, social distance, and have a face covering for when the 6 feet cannot be maintained.

04/19/20-M-m-ma My Corona



Credit: Kelley Westenhoff, route creation

Got a route that draws a picture, on purpose or by chance? Send it along for inclusion in the May newsletter section "COVID-19 Wacky Routes". Reply to this email or better yet, post on the RBC-[Members Only](#) Facebook Group.

Continued Hope for a 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](#)

Change in Bylaws to Allow for Electronic Voting

The vote is coming up! May 6th at the monthly virtual board meeting. The proposed language changes are below with bracketed language as deletes. Please contact Laura Robinson by [email](#) if you any concerns about this Bylaw change. As for attending the meeting, there is a signup on the RBC site [RBC 2020 Board Meeting-May](#) with instructions on accessing the virtual meeting.

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 designed 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

[Events Calendar](#)

[RBC Board Meeting](#), 7:00 pm, April 8, via Zoom

Let's Ride!

So many April/May/June rides are postponed or canceled! The list will resume when there is more to report. Check Facebook or, if you have May/June 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](#)

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