



the Wheel

January 2023

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CONTENTS of *the Wheel*

- Letter from the Chair
- *Wheel* of Trivia!
- Sign the 2023 Liability Waiver
- Welcome New Members!
- The Club Store is Open: RBC Kit & Stickers and Magnets
- Events Calendar
- Let's Ride & Do Other Things Too!
- RBC Online
- RBC Chain Links

Letter from the Chair

Hello RBC!

I hope everyone survived the late December deep freeze and were able to get some outdoor miles around the New Year. With the change of the year, I am excited with the resumption of World Tour racing and the cobbled classics just around the corner. Closer to home, our attention turns to winter training plans. We have a very active RBC Zwift presence - reach out to Kat if you want to join the RBC Zwift group - if that is part of your program. If looking for variety in your indoor training regime, I can put in a personal plug for old fashion rollers. While not as fancy as modern smart trainers, they are invaluable for improving pedal stroke and overall balance. Youtube is full of videos about rollers, and a good pair can be had for a few hundred dollars. Speaking of training, I understand that Sue Hefler, whom many members know, is considering opening a cycling training studio in the Sterling area. I don't have the details yet, we will pass them on when we learn more.

On the Club front, we have streamlined the process for members who wish to post rides - either one off or reoccurring to the Club's Wild Apricot and FaceBook pages. The intent is to allow any member to post a ride whenever their schedule permits. I know there are many WhatsApp groups that members use to coordinate rides, but if anyone wants to post a member wide ride, these are the steps:

1. Email rbcrestonbikeclub@gmail.com with a request for Wild Apricot access to post rides. Currently about 60 members have that access, and we are happy to add more.
2. For a one off ride, fee free to email (or contact a member with existing access) with ride details (route, expected speed, times, and (ideally) GPS track). We will try and post as soon as possible, but obviously the more lead time the better.
3. If you are ready a member of the RBC Face Book page and care to go that route, feel free to post there as well.

For all rides, please do encourage everyone to sign up - its always nice to see who you are riding with. Speaking of sign ups, don't forget it is time for all members to sign the annual liability waiver - details on the website.

As mentioned in last month's newsletter, we relaunched the [Club's Strava page](#) at the end of December. For those on Strava, send me a request and I will add right away. Chapeau to Rob H for the most

miles last week!

Finally, we are looking to survey the Members about the Club's future direction. Feel free to email me (rbc_chris@icloud.com) if there are any particular topics or areas you think we should be addressing. I hope to have the survey ready by the middle of February.

Wishing you a Happy New Year

- Chris

NEW FEATURE

Wheel of Trivia!

Each month, we'll challenge you to answer a different trivia question. The answer will be posted on the RBC Members Only Facebook page on the 1st of the following month (e.g. Jan. 1 for the answer to this month's trivia question.

January Trivia Question:

Women's road cycling was first featured in the Olympics in what year?

December Trivia Answer:

The predecessor to USA Cycling Inc, was known as the Amateur Bicycling League of America, what year was it organized?

1920

USA Cycling is the now the official governing body for nearly all disciplines of competitive cycling the US, to include: road, track, mountain, BMX, and cyclo-cross

Sign the 2023 Liability Waiver

Get ahead of the game this year and sign the 2023 Liability Waiver now. That way if you decide to join one of Chip's Winter Sunday Tours or Mike's 5's at 4 ride during the unseasonably warm weather this week, you will be covered by the Club's insurance.

2023 Liability Waiver

Welcome New Members!

Gerald B
Jill K
John K
Michelle K
Lura M
Andrew S

The Club Store is Open!

STICKERS AND MAGNETS

Show off your RBC pride by purchasing a sticker and/or magnet. Add to your beer fridge magnet collection. Adorn your car-mounted bike rack with a sticker. There are so many uses for RBC stickers and magnets that we just can't list them all!

Click on the RBC logo below to visit the RBC Store.

Stickers are \$2 each

Magnets are \$3 each

Order together and save!

Free delivery within 10 miles of Reston.

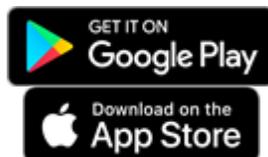


Events Calendar

We are into the winter riding season, so weekly rides are less regular. Be sure to check the schedule each week as new rides may be added depending on riding conditions.

If you don't see a ride you'd like to do, reach out to us and we'll support you in setting it up!

Click the "Events Calendar" link above or download the Wild Apricot For Members app (links below) for updated events listings.



Let's Ride and Do Other Things!

If you know of an event that we should share with the RBC community, please send an [email](#)!

May 13 - [The Right Stuff USE Gravel Grinder National Championship and The Mini G](#), Loudoun County, VA

May 20 - [35th Annual Tour de Madison](#), Madison, VA

June 3 - [Triple Peak Gran Fondo](#), Winchester, VA

June 3 - [Armed Forces Road Cycling Classic](#), Arlington, VA

June 11 - [Loudoun 1725 Gravel Grinder](#), Middleburg, VA

Also, check out [BikeReg's Mid-Atlantic listing of events](#) throughout the region.

Virginia Cycling Resources

Check out this link for [Cycling Virginia](#)! 2022 is the 4th year for this website and with over 60,000 unique visitors last year, it is your one stop resource for information on cycling in the Commonwealth of Virginia.

[Virginia is for Lovers](#)

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

[Virginia Bicycling Federation](#)

[Fairfax Alliance for Better Bicycling](#)

RBC Online

Did you know RBC has TWO Facebook presences? One is for the whole world to view and comment on (our official page). The other is for Members Only and it's where people post impromptu rides, #rbcphotochallenge posts, trading/selling gear and other fun stuff.

[Public RBC page](#)

[RBC Members Only Group page](#)

If you are on Facebook, a current (dues paid up) member, and interested in what's going on in the heart of the club, you should be part of the Members Only group. Just put in a request, we'll do a quick check for dues status, and let you in!

RBC Chain Links

[Board Members](#)

[Check My Membership](#)

[Ride with GPS](#)

[Borrow a Travel Case](#)

[Board Minutes](#)

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

[RBC Insurance Information](#)

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