

the **Wheel**

July 2023

Volume 41 | Issue 07



Table of Contents

- Chair's Letter
 - 2023 Liability Waiver
 - 40th Reston Century Update
 - In The News
 - *Wheel* of Trivia
 - Welcome New Members
 - Club Store
 - Club Events Calendar
 - Local-ish Events
 - RBC Online
 - Chain Links
-

Letter from the Chair



Hello RBC Members and Friends!

Now that we are deep into the riding season, I wanted to share my thoughts about risk and safety. So much of what we hear and read, even within Reston Bike Club, is rules based - "do this; don't do this." My intent here is to step back and provide my personal perspective about safety, and hopefully spark some dialogue within the Club about this issue.

First off, I would ask each of us to think about our personal risk tolerance. I know that the risks I took racing as a junior are obviously not where I am now. What is your personal risk tolerance, and more importantly, how does that align with your riding partners? My opinion is that group rides benefit the most when the group has the same risk profile - when done thinking about your own risk tolerance, talk to your ride group and seek their views? If the group's risk level is not the same as yours, consider finding another ride group. The great thing about Reston Bike Club is the diverse range of ride options - and in the event there is not a ride to your liking, send me your proposed route and we will post to the Club - it's that easy.

After considering your personal risk profile, what can you do to mitigate it? Nothing we do in life is without risk, but we can take individual measures to make our time on the road as safe as possible. The first step comes with having a bicycle well maintained and in good working order. Modern bikes are remarkable machines, but still require regular service - brake pads, chains, tires all wear out and need scheduled inspections and replacement. We literally trust our lives to machines - is your bike up to the task? When was the last time you or a qualified mechanic looked over your bike?

Are you prepared for the ride? Do you have proper nutrition and hydration on hand? Appropriate tool kit and know-how for use? Emergency information on your person? [Road ID](#) is a great resource that many use (Bonus #1 - Road ID offers big discounts for military and first responders), but other options include ensuring emergency numbers are programmed into your mobile phone, as well as the old stand-by of a piece of paper with contact information in your repair kit. Don't burden your mates hunting for your emergency contact information following an accident - they don't need this extra step while caring for you. Do you have ride share apps loaded and ready to go on your phone? (Bonus #2 - Strava will cover up to \$50 for taxi/ride share, though the program does require pre-registration).

Do you know the route? Is it loaded on your computer or phone? Weather check? Are the Club weather guidelines in line with your preparedness? If not, consider making a personal call before or during the ride based upon your individual

making a personal call before or during the ride based upon your individual situation.

[*Side Note:* With recent Canadian wildfires causing unhealthy air quality in the region, the Club's weather guidelines have been updated to note that all official Club rides will be canceled on days where the air quality status is deemed to be Purple - "unhealthy air conditions for the entire public, not just those with respiratory illnesses." Of course, you should continue to make individual choices about riding based upon your own circumstances]

My view is that each of these steps, along with adherence to the Club's [Ride Etiquette](#), will ensure the safest possible ride experience for everyone. And one final point, compliance with [Rule 43](#) makes for an enjoyable ride for the rest of us - your Club President does not enjoy spending time penning apologies on behalf of the Club for individual's poor behaviors.

On other, more positive matters, shout out to the RBC members making their way across the United States and up the Pyrenees - safe travels and enjoy the epic rides.

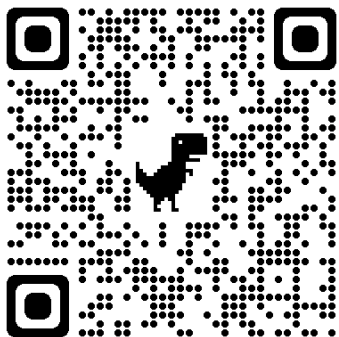
Tour de France - this year's edition is shaping up to be one for the ages. I hope you are able to follow the action - I personally am very satisfied with [GCN](#) and [VPN](#) to catch the intelligent commentary and race insights. For journalism, I am a fan of the [Escape Collective](#) - a new independent platform established by former reporters at Velo News following the implosion of that storied publication.

I always welcome hearing from members - on rides, and Board meetings, or any time via email.

Chris
rbc_chris@icloud.com

[Link to 2023 Liability Waiver](#)

If you plan to ride with RBC this year at any time (including the Century), you will need to sign the 2023 Liability Waiver. You only need to do this ONCE each the year. Click the link above or scan the QR code below.



40th Reston Century - Registration is Open!

August 20, 2023 is the 40th edition of the Reston Century - one of the longest running century events in the country.

Registration Information:

Late Registration is open until August 13.

Last-Minute Registration will be available August 14-20. Event T-shirt availability is not guaranteed.

Packet Pickup Dates / Locations:

1. Wednesday, August 16, 5:30-8:30pm at **Green Lizard Cycling**, 718 Lynn St., Herndon, VA
2. Thursday, August 17, 5:00-7:30pm at **The Bike Lane**, 11150 Sunrise Valley Dr., Reston, VA
3. Thursday, August 17, 6:00-9:00pm at **Bunnyman Brewery**, 5583 Guinea Rd, Fairfax, VA
4. Friday, August 18, 6:00-9:00pm at **House 6 Brewing**, 44427 Atwater Dr., Ashburn, VA

Event-day pickup will be available starting at 6:00 am.

There will be 3 new routes offered this year, with 31, 62 and 100-mile options. Route maps will be available in RWGPS in early August.

Click the link below to register.

[Link To Century Registration](#)

Volunteers Needed!

We have a critical need for volunteers for the following roles:

- Saturday morning, Route Marking - go out with a team to mark part a segment of the route. It's a great way to support the event if you're riding on Sunday.
- Sunday, SAG SUPPORT - Adults Only w/ Vehicle with a way to carry bikes (bike rack & vehicle w/space inside for passengers)

- Sunday afternoon, Unload Trucks at Storage - after the whole thing is over, we need muscles to help unload the trucks and get everything back into the storage unit.

These are vital activities to the success of the Century. Please consider helping out!

Volunteer Sign Up

Wheel of Trivia!

July Trivia Question

Who is the oldest existing bike manufacturer?

June Trivia Answer

In what year did the UCI hold its first Esports World Championship on Zwift?

A: **2020**; Won by Jason Osborne (Mens) and Ashleigh Moolman Pasio (Womens)

Welcome New Members!

Mohamed A
Michael A
Ian A
Mark A
Marisa A
Michael A
Tamara A
Mark B
Dawn B
Jeromy B
Timothy C
Thomas C
David C
Jack C
Tess C
Josh D
Larkin D
Sean D
Keith D
Michele D
Martin E

John F
Steve G
Terri G
Zachary G
Robert H
Cindy H
Keith J
Robert J
Jordan K
Mishall K
Richard K
Sreenivas K
Cheryl L
Kevin L
Catherine M
Robert M
David M
Pat M
Dan M
Kassandra M
Charles M

Danica M
Sharon M
Joann N
Cooper N
Tracy N
Milton P
Meredith P
Gene P
Jeff R
David S
Eduardo S
Karl S
Tim S
Rajen T
Sovandaro T
Narciso T
Nicolas T
Jillian W

RBC Club Store - 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 [here](#) to visit the RBC Store.

- Stickers are \$2 each
- Magnets are \$3 each
- Order together and save!

Free delivery within 10 miles of Reston.

Club Events Calendar

Welcome to the 2023 season! Below are some of the rides that will be on the club schedule:

- Monday - Women's Rides from Reston Town Center and Green Lizard
- Tuesday & Thursday - RBC 1, 2 and 3 Rides & 5's at 5 Rides (Reston and Herndon starting locations)
- Wednesday - Ramble Rides (different location every week) & the *NEW* Hump Day All-Levels Ride
- Thursday - Women's Ride from Lake Newport
- Saturday - A/B/C Group Rides from Art Space in Herndon
- Sunday - Century Training Series (starting times and locations vary)

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. Login credentials for the app are the same as for the website.



Local-ish Events

We are happy to share local cycling and other interesting events in the DMV and surrounding area with our members. Send an [email](#) if you'd like to see your event listed here.

Aug 19 - [Heroes for Housing | Carried To Full Term](#) Bike Ride Fundraiser, Triangle, VA

Aug 20 - [40th Reston Century!](#), Reston, VA

Sep 9 - [Heart of Virginia](#), Hanover, VA

Sep 16 - [Rappahannock Rough Ride](#), Washington, VA

Sep 16 - [Cannonball Century](#), Fredericksburg, VA

Sep 23 - [Bike the Brandywine](#), Chads Ford, PA

Sep 24 - [Jeremiah Bishop Alpine Loop Gran Fondo](#), Harrisonburg, VA

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

Virginia Cycling Resources

Check out this link for [Cycling Virginia](#)! 2023 is the 5th year for this website and with 70,000 unique visitors. 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](#)

Chain Links

- [RBC Board Members](#)
- [Check My Membership](#)
- [Ride with GPS](#)
- [Borrow a Travel Case](#)
- [Board Meeting Minutes](#)
- [Past Issue of the Wheel](#)
- [RBC Insurance Information](#)

Address: PO Box 3389, Reston, VA 20195
Telephone: 571-445-5993
Email: rbcrestonbikeclub@gmail.com
[Unsubscribe](#)