

the **Wheel**

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Letter from the Chair



Hello RBC Members and Fans!

While we have not had much of a winter here in Northern Virginia, the cold weather will soon be past and a new season of riding will commence. We plan to "officially" start the riding season the week of March 27. For those who took a role in posting those rides last year, please continue to do so if able. I will monitor the calendar, and try to correct any gaps in the schedule. And as always, if you want to post a ride - either a one off or a series, I am happy to provide the access and resources to do so.

In years past, the Club has had a beginning of season kick off ride - often on a Sunday and ending at a local brewery. Send me a note if anyone is interested in organizing a ride to welcome the change in weather, drink beer, and compare L'Alpe du Zwift times.

Begging the indulgence of the Membership, I do want to spell out a few of my personal guiding principles for the riding season:

- Be safe! Even the most brief perusal of the r/cycling Reddit page shows the dangers of the sport we love. Nothing we do here is worth an injury - and while we can not totally eliminate risk, I ask each and every one of us to do what we can to be safe on the road. I will not belabor the point here by enumerating safe cycling practices - we all know what right looks like, so enough said.
- Don't blow up the group...if you want to go hard, the great thing is, unless your name is Remco or Annemiek, there is always someone out there faster than you are...so go find that person and have at it. What I ask you not to do is start in a lower group for a "recovery ride."
- Make a friend - before each ride, look around and introduce yourself to someone you don't know.
- Register and check-in for RBC events. Doing so helps out with the above as you can see in advance who you are riding with and put a face to that Strava profile. It also helps the Club better understand what rides are of interest to the Members.
- Lastly, in the esteemed words of my predecessor, "...don't be a *D!@K.*"

On other less interesting non-cycling matters, we are looking to improve internal processes and ensure our technology infrastructure protects Member's personal information while supporting future growth. Look for changes in this area in the coming months.

A second area we are looking at is the Club's insurance provider. Insurance is by far the largest single annual expense we have, and as a result, I asked a Member with deep experience in contracts to review the Club's policy and survey alternatives to ensure we are getting full value for our premium. Once we have more information at hand, the Board will review the information and make a recommendation for next year's coverage.

We are also looking for a Club member to fill the role of Member communications coordinator. This person will be the point for ensuring the Club's communications channels (web, email, social media) are fresh and up to date. The person will also respond to outside queries from people seeking information about joining the Club or getting into the sport. Feel free to email me if you want to discuss in more detail.

Finally, I want to thank everyone who submitted comments to the January survey regarding construction of a bridge on the W&OD over Sterling Blvd. Click [here](#) to read a copy of the letter submitted to the Secretary of Transportation on behalf of the Club.

~~With that, I hope you fire up your streaming service of choice and catch some of the great racing from Belgium and Tuscany this month..and give [this](#) video a look if you want some excitement~~ [Link to 2023 Liability Waiver](#)

Cheers,

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.

40th Reston Century - SAVE THE DATE

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

To make this event as epic as can be, we will need all the volunteers we can get. If you don't plan to ride this year, please consider signing up to help in some way. If you are riding, there are still pre-race planning and setup activities you can help with.

Immediate needs for Century planning include:

- Co-volunteer coordinator
- Co-SAG coordinator

If you want to raise your hand for one of these roles, please [email](#) the club.

Board Vacancy Update

At the RBC Board Meeting on March 1, the Board appointed Andrew Schaaf to fill the Member At Large position vacated last month. Andrew will hold this position until the next election cycle.



A little about Andrew:

Andrew is a lifelong competitive cyclist and runner. He started criterium racing at the age of 12 and continued until entering college. Andrew graduated from VMI with an engineering degree, commissioned as an officer in the US Army and graduated from flight school as a helicopter pilot. He served in the National Guard for 6 years while working in private industry as a software engineer and business consultant for a handful of large and small companies, some of which he started. Andrew and Hope (his beautiful wife for 29 years) have 6 children. Four have entered into fruitful careers and two are still in high school. His first century was the Reston Century (can't remember the year). In 2011, he established the Clifton Cycling Club (CCC) and fostered a culture of commitment, self improvement and community involvement that is welcoming to all.

Some of his athletic accomplishments include:

- 2013 RAAM (4 person team)
- 3x Leadville 100 MTB
- 2018 Leadville 100 foot race
- 9x JFK50 foot race
- 4x Shenandoah 100 MTB
- 2x Wilderness 101 MTB
- 2x Silver Rush 50 MTB
- 7x VentureQuest multisport adventure race
- 12 Hours of Clifton 200 mile challenge

Club Philanthropy 2023

In 2023, RBC plans to continue to offer grant opportunities to bicycling-related organizations and non-profits. The Club will provide up to \$1,000 per grant request, if the request is approved. Grants will be reviewed at the next Executive Board Meeting following the request. Candidates will be informed of any decision after the meeting.

At the March 1 Board Meeting, the Board voted unanimously to give \$1,000 to [Reston Sprint Tri](#) in response to their grant request. The race will use the money to help pay for police support for the event.

Wheel of Trivia!

March Trivia Question

The Reston Bike Club was founded in what year?

February Trivia Answer

Q: A standard Olympic triathlon involves how many cycling miles?

A: 14.8 miles (40 km)

Welcome New Members!

Anthony F	Edward A
Carol S	Isaacs M
Caroline S	John K
Christian L	Richard W
Christopher M	Sam L
Daven F	

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

The official start of the RBC ride season will be the week of March 27. Below are some of the rides that will be on the schedule:

Monday - Women's Rides from The Bike Lane and Green Lizard

Tuesday & Thursday - All Levels Group Rides from Reston or Herndon - *Ride Leaders Needed!*

Wednesday - Ramble Rides (different location every week)

Thursday - Women's Ride from Lake Newport

Saturday - All Levels Group Rides from Art Space in Herndon - *Ride Leaders Needed!*

Sunday - Tour Rides (different location every week)

New rides may be added throughout the season. We also NEED ride leaders for the group rides on Tuesday, Thursday and Saturday. Please [email](#) the club if you are interested in helping out.

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.

- Mar 25-May 7 - [Fairfax County Watershed Cleanup](#), multiple locations
- April 21-23 - [3 Day Bike About](#), Williamsburg, VA
- April 29 - [Ride with Rotary](#), Front Royal, VA
- April 29 - [Tri-County Classic](#), Easton, MD
- May 7 - [Ride to End ALZ](#), Leesburg, VA
- 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
- May 21 - [10th Annual Delaware Gran Fondo](#), Wilmington, DE
- 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
- July 8-11 - [The Great Bicycle Tour](#) of the C&O Canal
- Aug 20 - [40th Reston Century!](#)

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](#)

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[Unsubscribe](#)