



# *the Wheel*

December 2022

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[www.RestonBikeClub.org](http://www.RestonBikeClub.org)



Photo Credit: biketoeverything.com

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## Letter from the Chair

Hello RBC!

I always enjoy this time of year in the cycling schedule - reviewing accomplishments over the past 12 months and making plans for the coming year. The pause in the cycling calendar affords opportunity to explore new disciplines - Freezing Saddles, gravel and 'cross for some, or break out the set of rollers and work on your pedaling techniques to hone climbing techniques. I know many are also working hard in the "pain cave" on Zwift, Training Peaks, and other platforms that have made indoor training "a thing."

The same is also happening with your Club. We had our first in person board meeting this week, where the new and old members met and discussed the coming year. We are still working on plans, but one clear area we want to focus on is hearing from the membership about what the club can do to enhance your enjoyment of the sport. COVID and the march of time has reset many of the Club's patterns set over our 40-year history. Look for a member's survey in the coming year to seek input on how you enjoy the sport and what you want from the club as a whole.

In a similar vein, the Board had an active discussion about the outline of the 2023 Century. If you have any particular thoughts on this great event and how to make it better, now is the time to raise your hand with ideas, and more importantly, offers to help with the long-range planning.

On a minor note, we will be deleting the Club's Strava page and the end of the year - the current page was set up to allow anyone to join - as a result, the majority of the "members" are bots, bogus accounts, or individuals with no connection to our community. For inexplicable reasons, Strava does not have a bulk deletion feature, so the only way to clear up the account is to delete and restart from scratch with a closed group. I will bring in my followers, but please ask to join the page and we will approve right away.

Finally, I ask that each member officially register for Club rides on the Wild Apricot app or website. I know that it is not the most user friendly experience, but registering allows riders to see who they are riding with and put names to faces — and after all, isn't that the reason we love the sport? Registering allows us to better track turnout and other metrics to see what rides are of most interest to the

members. Lastly, registering affords members the coverage from the club's insurance policy.

And finally, I want to wish everyone a Happy Holidays and 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.**

December Trivia Question:

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

## Planning to Ride All Through Winter?

Are you one of those crazy cyclist that rides all-year-round regardless of the weather? Or are you thinking of giving it a go this winter for the first time? We've collected some resources to get you going and hopefully help you stay warm and safe during the frigid, dark winter days.

Check out this very informative [article](#) on winter riding from Bike to Everything.

The Washington Post offered a similar [read](#).

There are a few locally organized winter riding events you may be interested in:

[Freezing Saddles](#) (registration closes Dec. 24)

[Dirty Kitten Winter Training Series](#) (early registration ends Jan. 2; final registration is Jan. 29)

## Welcome New Members!

Jose C  
Tom D  
Kevin L  
Anthony M  
Rodel 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.

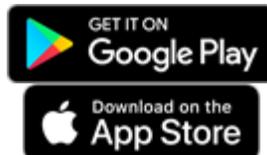


### Events Calendar

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](#)!**

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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