

the **Wheel**

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Letter from the Chair



Hello RBC Members and Friends!

I want to thank everyone who attended the Annual Meeting last month; I did a check of Club records, and we had the largest turn out since at least 2016. Our guest speaker Emma Langley (following a warm introduction by Abhi), spoke elegantly about her career as a professional cyclist and the expanding opportunities for women to compete in the sport both here in the US and in Europe. I also want to thank Dan for his moving tribute to the late founder of Reston Bike Club, Ken Thompson, and the motion to name the Century in his honor. We are in debt for the strong foundation his many years of service has bequeathed to the Club.

Looking forward to the new year, we are excited that Mike Dinsmore has stepped up and will be the 2024 Century Chair. Mike is starting to build a team to implement some exciting changes for next year - if you want to be a part of this, please contact him or myself - the Century has lasted for 40 years now because of the hard work and dedication of the Club members - it is time for a new team to take over and build on what has been done in the past.

On other Club news, the Board started the process of designing a new Club kit. We will be using Cutaway again (the same vendor as the Century jersey). We found Cutaway, a Virginia company, to be very helpful navigating the process and delivering a quality product on time with minimal burden on our volunteers. Look for order details in the New Year.

The Club continues to refine our communications and social media presence. Adding to our existing Facebook ([Reston Bike Club - Members Only | Facebook](#)) and Strava ([Reston Bike Club - Members Only on Strava](#)) presence, we will soon be launching an Instagram site (because it is all about the `gram) to capture all those great ride photos. Wild Apricot will remain the official record of Club rides (and other bike events from partner organizations) with Strava and Facebook channels for news and updates relevant to our rides and membership. We also have a presence on Zwift, and encourage anyone who wants to post Club specific rides in Watopia.

Cheers,

Chris

2024 Board Elections Results

Elections for the 2024 Board were held in November and the results were shared at the Annual Meeting on November 12.

Your 2024 Board Members are:



Chairperson - Chris Griffin

Chris is serving his second term as Board Chair.

I started racing as a Junior, competing in events in the area, to include a road race series in the farm lands of Ashburn and crits in what is now the Capital One center and on the Ellipse in Washington DC. I also spent a year racing in Flanders, Belgium which was instrumental for recognizing the limits of my athletic talent. College and the Army, and later a career overseas, regrettably took me away from the sport until ten years ago, when I rediscovered the joys of cycling and joined RBC.



Vice Chairperson - Joel Kuester

Joel is serving his first full term as VC after stepping in to the vacated spot in the middle of 2023.

Joel is a lifelong cyclist and has been riding with the Reston Club since the early 2000's. He's a dedicated bike commuter and often rides with the B groups on weeknights.

Why did you start cycling? Growing up, bikes were the default way you got around and spent time with your friends, and I carried that mindset into adulthood. Cycling-obsessed friends introduced me to road cycling culture and got me joining local rides and organized events like the Reston Century and RAGBRAI.



Treasurer - Laura Robinson

Laura is serving her 4th term as Treasurer.

I've lived in Reston since 1978 and continue to enjoy the Reston community. I joined the Reston Bike Club in 2014 and rode on and off for a few years. I joined the board in 2018 and became the treasurer in 2021. My passion is having the club be available to all riders including new and social riders. I lead the Wednesday Morning Ramble most of the year: 20 or so miles through different and unusual places.



Secretary - Lauren Goebel

Lauren is serving her first term as Secretary.

Lauren joined RBC in 2019 and has been the publisher of *the Wheel* since 2021. She has been riding for over 25 years on both road and dirt. Lauren leads the Thursday Women's Ride from the Lake House and will occasionally be found on the 5's @ 5 and RBC Sunday Tours hanging out in the C group.

Why did you start cycling? When I was an intern in college, a woman at my company was raising money for the California AIDS Ride, a 7-day, fully supported charity ride from San Francisco to Los Angeles. As a California native, the concept of riding a bicycle from SF to LA blew my mind and I was

determined to participate one day. In 2000, I realized my dream, signing up for the event and then bought my first road bike, a used Terry Symmetry "touring" road bike. (Google it if you haven't heard of it)



Member At Large - Ted Ebert

Ted is serving his first term as a Member At Large, filling the 2-year seat vacated by Jake Welch.

Ted has been an RBC member since 2017. He rode his first century fifty years ago and, while he still does centuries, has found the distance has gotten much longer over the years. Ted is a frequent participant in the "5s and 5" rides.

Why did you starting cycling? I became interested in riding when I was a student in Europe in the early 1970s. I discovered that cycling there was considered an adult sport and that drivers actually respected cyclists on the road. (While cycling is now an adult sport in the U.S., drivers here have still not adapted.)



Member At Large - Gideon Schmidt

Gideon is serving his first term as a Member At Large.

Gideon joined RBC in 2021 after moving to Reston from upstate New York. He is a former collegiate lightweight rower and now rides mostly road bikes, occasionally riding gravel or racing cyclocross. He frequents the Tuesday 1s ride and the Saturday A/B ride as well as meandering around quiet roads wherever he can find them.

Why did you start cycling? I started riding bikes in 2019 after I hung up the

oars. During COVID my hours of riding time were the only thing that kept me from losing my last remaining sanity to grad school. The guys at the Dutch Flyers cycling club showed me a huge number of quiet rural roads, provided a great cycling community, and the best breakfast sandwich in Schenectady County.



Member At Large - Andrew Shaaf

Andrew is serving the second year of his term as Member At Large.

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.



Member At Large - Traci Waller

Traci is serving her first term as Member At Large.

I have been a member of the club since 2018 and currently direct club Communications/Social Media. I recently handled promotions for the RBC Century and instrumental in securing Hidden Creek CC for our annual meeting and getting donations for door prizes - something new. I have enjoyed my time volunteering and would like to be a voice on the Board for club members.

2023 Philanthropy Recap

In addition to organizing all the group rides you enjoy each week, RBC works to support cycling-related causes in the local community by providing grants to deserving programs and events. Taking a look back at 2023, RBC was proud to support a number of great causes in our area, including:

- The Youth Internship Program at Phoenix Bikes, an Arlington-based bike shop and youth education nonprofit. The interns teach hands-on bike mechanics skills to students, serve as positive peer role models, and learn workforce skills as junior instructors in the Earn-a-Bike program.
- Trails for Youth's outdoor biking program, focused on educating and empowering low-income or at-risk youth in our area.
- The Reston Sprint Triathlon, organized by the CORE Foundation and benefiting a number of non-profit organizations in the Reston/Herndon area.
- The Warrior Ride organized by Willing Warriors, raising funds to support sick or injured service members and veterans.
- Girls in Gear's program to provide scholarships, bikes, and helmets to young riders in the Reston area.
- The "Kids Helping Kids" fun ride along the W&OD, organized by the Rotary Satellite Club of Reston/Herndon.

Interested organizations can submit grant applications via the link [here](#) on the Club's website. The Board reviews and votes on applications at its monthly meetings.

Welcome New Members!

Ashley J
Kevin K
Janice P

Whitney R
Bahar R
Bill S

RBC Club Store - Socks

Celebrate RBC's 40th Century by purchasing SOCKS. Prices: \$7.50 for 1; \$15 for 2; \$30 for 4. Socks come with the same special delivery options as stickers & magnets.

Click on [here](#) to visit the RBC Store.

Free delivery within 10 miles of Reston or pickup at The Bike Lane or Green Lizard Cycling.

Club [Events Calendar](#)

The 2023 season is winding down. Be sure to register for rides you plan to join so can receive updates in case there are changes.

- 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)
- Saturday - All Levels Group Rides from Art Space in Herndon - *Ride Leaders Needed!*
- Sunday - Tour Rides (different location every week)

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.



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 year.

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.

- Jan. 23 - Virtual visit 23 with "Major Taylor" author. Charles R. Smith Jr., author of the new children's book "Major Taylor: World Cycling Champion," will share his inspiration, enthusiasm, and love of language with readers of all ages. The [free Zoom session](#) is at 7 p.m. EST / 6 p.m. CST / 4 p.m. PST,

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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