

the **Wheel**

August 2023

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Letter from the Chair



Hello RBC Members and Friends!

I am writing this after a great day of cycling - in the morning, I participated in the Century training ride - where 49 dedicated club members battled the very challenging 80-mile "Twice Across the River" route into Maryland - recovery afterward included watching Mathieu van der Poel dominate the peloton at the UCI Worlds from Scotland..

Equally existing is the 40th Reston Century. I want to express my personal gratitude to Jake, Laura, Kelley, and Boo for the leadership for what will be a first class event. I also want to thank the numerous volunteers who have already stepped up to lend the many hands needed to pull off such a complicated undertaking. You are all truly what makes this sport, and particularly this club, so wonderful. I also want to thank Dawn, Dan, and the rest of the volunteers who have supported the Century Training series.

On non-Century business, I want to ask each Club member to help ensure that new riders coming out to the many weekly rides are reminded to join the club, sign the waiver, and register for our rides, The Club - meaning you, the members, pay tens of thousands of dollars per year to support our infrastructure that makes all these rides possible - it is only fair that everyone chips in a mere \$25 to underwrite the many benefits of our Club. Thank you.

See you on the 20th!

Cheers,

Chris

[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.

40th Reston Century News - LAST MINUTE UPDATES

We're looking forward to seeing you on Sunday, August 20, for the 40th edition of the Reston Century.

Reminders:

- Weather Advisory:

The weather forecast is showing high temps in the mid 90s, so please be sure you drink plenty of fluids and consume enough nutrition to withstand the heat. Each rest stop will be equipped with a water bottle filling station, electrolytes and a variety of food options.

- Start Location / Time:

The start location is Reston Town Center, 11900 Market St, Reston, VA 20190. There are several parking garages and parking is free on weekends.

If you are riding the 100-mile route, you should start no later than 7:30 am. The rest stop in Lovettsville, at mile 47.5, is scheduled to close at 11:00 am, but we will try to keep it open until the last rider comes through.

- Registration Information:

Last-Minute Registration is 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 Notes:

- There will be a sales table at RTC with a limited number of event jerseys, 40th century socks, magnets, stickers and vintage jerseys.
- On the ride, all routes follow blue arrows back to RTC after the Ashburn rest stop (last stop for all routes).
- While riding on the W&OD trail during the event, please be mindful of the park guidelines:
 - Always travel to the right of the center line.
 - Travel slowly when the trail is congested.
 - Slow down and use caution when approaching or overtaking

- Slow down and use caution when approaching or overtaking other trail users.
- o Be sure to look for trail users approaching from the opposite direction before passing.
- o Give a clear, polite signal with voice, bell or horn at least 2-3 seconds before passing.

Wheel of Trivia!

August Trivia Question

What year was The Reston Bicycle Club formed?

July Trivia Answer

Q: Who is the oldest existing bike manufacturer?

A: *Bianchi (1885); The company was started by Edoardo Bianchi when he was just 20 years old.*

Welcome New Members!

Gulnara A	Charles H	William N
Lynlee B	Paul H	Charles N
James B	Margie H	Scott P
Justin B	John H	Gary P
Edmund C	Amy J	Justin Q
Henry C	Cy J	Wesley R
Charles C	Rasika J	Stephen R
Cory C	Robert J	Andrew S
Alice C	Kevin K	Jesse S
Nathaniel C	Sarah K	James S
Matthew D	Alexandra K	Kaitlin S
Marc E	Eun L	Nancy S
Manduul E	Joon L	Sandy S
Christopher F	Serena M	Leandro T
Matthew G	Matt M	Kevin W
Amina G	Carolina M	
Keesha G	Kristi M	

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

Below are some of the rides on the schedule:

- Monday - Women's Rides from RTC and Green Lizard
- Tuesday & Thursday - All Levels Group Rides from Reston or Herndon
- Wednesday - Ramble Rides (different location every week)
- Thursday - Women's Ride from Lake Newport
- Saturday - All Levels Group Rides from Art Space in Herndon

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.

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

Sep 9 - [DC Bike Ride](#), Washington DC

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

Sep 9 - [37th Annual Amish Country Bike Tour](#), Dover, DE

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

Oct 28 - [Great Pumpkin Ride](#), Warrenton, 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](#)

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