



the Wheel

July 2022

Volume 40; Issue 7

www.RestonBikeClub.org



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39th Reston Century - Early registration discount ends July 31!

Registration for the 2022 Reston Century is OPEN. The ride is limited to 1000 riders. Late Registration begins on Aug 1 at a cost of \$75. The event is limited to 1,000 riders and we have over 500 currently registered.

Co-Chairs Stephen Krill and Steven McLaughlin have provided a number of important updates for this year's event. Click here to link to [Century News and Updates](#) page which will be updated as new information becomes available.

Wristbands and T-shirts can be picked up one of the following locations:

- [Green Lizard Cycling](#), 6-9 pm on 8/17
- [The Bike Lane](#), 5-8 pm on 8/18
- [Bunnyman Brewing](#), 6-9 pm on 8/19
- [House 6 Brewing](#), 6-9 pm on 8/19

If not at capacity, we will accept last-minute early registrations each of these nights, so BRING A FRIEND WHO WANTS TO RIDE!

Reston Century Ride Registration

39th Reston Century - Call for Volunteers

We are excited to announce that **Cheryl Lawson** has agreed to serve as the Volunteer Coordinator for this year's ride.

Shout out to our Pre-Century Inventory Team of: Kristen, Jennifer, Melvin, Darren, Jeff and Mike D for the great job they did with organizing and recording the storage locker inventory for the 39th Century. Thank you!

There are still many volunteer positions open. Areas of opportunity include pre-event, event-day and post-event positions whereby you can make a difference. Checkout the Signup link below and save the dates to join us for some good fun as well as needed assistance to make this event a success. Signing up early will help guarantee that you get the position you desire.

Every volunteer gets a free t-shirt. AND, if you volunteer for 3 or more hours, you also get one free year of RBC membership.

You may reach out at rbcRestonBikeClub@gmail.com if you have any questions about volunteering. Or click the link below to go to the volunteer sign up page.

[Reston Century Volunteer Signup](#)

REMINDER: SIGN THE LIABILITY WAIVER

[Link to Liability Waiver](#)

Welcome New Members!

Christopher B	Dave J	Heidi R
Steven B	Hassan L	Michael R
Christopher B	Levi L	Dehghi R
Alonzo B	Davis M	Damian R
Joleen C	Joe M	Pascoe S
Esha D	Balaji N	Puneet S
Meg E	Greg P	Daniel S
Jay E	Carolyn P	Michael S
Caitlin H	Daniel P	Christine S
Jimmy H	Hannah P	Sean S
Mark H	Suzanne P	Bond T
Marlene J	Antonio R	Tim W

The Club Store is Open!

RBC KITS: JERSEYS/SHORTS/BIBS

RBC Kits are available through the [Jackroo team store](#) until this Friday, July 22. Estimated delivery date is August 8, so 2 weeks prior to the Century!

With Jackroo's *Dynamic Pricing*, the more pieces ordered of a particular item, the lower the final price will be on that item. Currently, jerseys and bibs are 35% below the regular price and shorts are 20% (need 3 more orders of shorts to get to the 35% level).

SIZING INFO: We highly recommend that you use Jakroo's size recommendation service before you make your order of a jersey or bibs. Click on the link that says "Need help determining your size? Try our free Size Recommendation Service" in the team store. You will receive a size recommendation in 1 business day (make sure to submit this request before July 12).

If Jakroo's size recommendation is incorrect, you pay to return the unused item to Jakroo (with tags on and within 14-days of original delivery date) and Jakroo will have a new item created and shipped to you.

Please note that RBC does not receive any proceeds from the sale of these kits. All costs go to the manufacture and delivery of these kits.

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.



Exos Research Opportunity

[Exos](#), a leader in the field of human performance, is excited to announce that our newest Human Performance Lab is up and running at the OAKHealth Club and kicking off our first study! This study is looking to determine the accuracy of the technology (sensors, algorithms, etc.) in wearable devices during workouts at varying intensities.

We're looking for individuals willing to complete 1-2 testing sessions at the Exos research facility at OAK Health Club over the course of 3 weeks. Participants will be asked to wear smartwatches during their exercise sessions in the study.

What's in it for you:

Aside from helping to develop the algorithms used in our everyday wearables, we're also offering a \$75 incentive for current OAK Health Club Members and 1 month complimentary access to OAK Health Club for non-members for each exercise session completed. If interested, click on the image to apply.

Any questions, please reach out to ExosResearch.Oak@teamexos.com!

We look forward to meeting you!

exos

COME JOIN EXOS RESEARCH!

Help us test the technology that powers our everyday wearables + get 1 month access to OAK Health Club for each exercise session completed

Scan the QR code to apply!



OAK
HEALTH CLUB

Events Calendar

Please make note of changing start times for certain weekly rides as many are starting earlier due to shortened daylight hours.

- Weekly Women's Rides:
 - Monday from The Bike Lane
 - Monday from Green Lizard
 - Thursday from The Lake House @ Lake Newport
- 5's @ 5 on Tue. and Thu. with Mike D.
- Wednesday Rambles with Laura R.
- RBC 2.0 at 5:30 from Fox Mill on Tue. and Thu.
- RBC 1, 2, 3, 4 and 5 rides from Hunter Woods on Tue.
- RBC 1, 2, 3, 4 and 5 rides from Art Space on Thu.
- Saturday morning A/B/C rides from Art Space
- Saturday morning C ride from Ashburn
- Sunday Tours with Chip
- Social Chocolate Rides with Laura R., Kelley and Karen H.

There are new rides being added regularly, so check back often.

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.



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!

Let's Ride!

The 2022 event registration season is open! If you know of an event that we should share with the RBC community, please send an [email](#)!

July 29 - [Bike to the Beach](#)

August 6 - [Mountain Mama Road Bike Challenge](#) (Go Jim Carley!)

August 21 - SAVE THE DATE! 39th Annual Reston Century

August 27 - [2nd Annual CCAP BENEFIT Bike Tour](#)

Sept. 10 - [36th Amish Country Bike Tour](#)

Oct. 8 - [Seagull Century](#)

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 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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[Unsubscribe](#)