



the Wheel



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Letter from the Chair



Dear RBC Members,

You haven't heard from your club chairperson in a while, and I'm sorry about that. I didn't realize how worn down the past two years had gotten me and frankly, I needed to pull back to restore and refresh. The arrival of summer has me feeling up again and back on two wheels; and I see that we as a club have serious work to do.

In the wake of a couple of unfortunate incidents on recent club rides, my focus for the club right now is safety. We have the same old problems that are perhaps inevitable for such a large club. We have tried to limit group size, we have tried to get members to lead rides, we have tried to change behavior, we have tried adding so many rides to our calendar that the groups would naturally be smaller, BUT I still hear from riders about dangerous behavior on our rides such as unsafe passing on the W&OD trail, running lights, lack of group awareness and more. All of this is nothing new. So, I implore you, if this is an issue you care about, get in touch with me to find out how you can help. I always tell people – this is your club; YOU can make positive change. Paying yearly dues does not absolve you of responsibility to be active in the club beyond just showing up for rides. Don't be passive and please don't expect someone else to fix things. If you see something you don't like and you have something to offer to help improve the issue, get involved!

Here are some things you can do:

1. RIDE CONSERVATIVELY ON THE W&OD TRAIL. If you are part of a group that is going too fast or has riders behaving in unsafe ways, drop back! We should never, ever be more than 2 abreast on the trail. Remember the most important rule of the trail – Pass only when it's clear. This means when there is no oncoming traffic. If that means you have to slow to a crawl behind walkers while waiting for the oncoming lane to be clear, that is what you do. It doesn't mean screaming ON YOUR LEFT and expecting everyone to jump out of your way. The trail is crowded and we need to share it. Our max speed on the trail should be around 18mph.
2. Volunteer to lead a ride. This doesn't mean you have to be the fastest person and pull everyone the entire time. Being a leader means modeling the right behavior and speaking up when necessary to correct behavior. It also means holding your group back a few minutes while earlier groups take off to make sure groups are spaced out enough so everyone doesn't end up in one big bunch.
3. Volunteer to be a ride coordinator for Tue/Thu nights. We do not have a single person who can be at every Tue/Thu ride launch. Just having someone there to space out the groups as they depart makes a huge difference. If you can do this occasionally, please get in touch with me

occasionally, please get in touch with me.

4. What else? I'm sure there are some great ideas out there. I want to hear from you. Please reach out to me at RBCTrout@gmail.com

Have fun and be safe, everyone. Let's make this the year we make positive change. Together, we can do it.

Kathryn

39th Reston Century - Registration is Open!

Registration for the 2022 Reston Century is OPEN. The ride is limited to 1000 riders and an early registration discount is available through July 31. Click the link below to get registered!

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.

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!

John B
Nicolas B
Chip B
Darren B
John B
Sean C
Bryan C
Thierry C
Thomas F
Eric F
Ross F
Claire F
Michael G
Thomas H
Brian H
Marisa H
Norman J

Ashira J
Danny K
Michael L
Karl M
Caitlin M
Samantha M
Kristin M
Haley M
Mandana M
Elizabeth M
Oren M
John N
Robert O
David P
Arman R
Jeff R
Janet S

Kristen S
Robert S
Patrick S
Daniel S
Denesha S
James S
Ralph S
Cyndi S
Matthew S
Ricardo S
Dottie S
Patrick T
Jaba T
Dennis V
Christopher W
Becca Y

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

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 me an [email](#)!

June 12 - [Wheels of Love](#)

June 12 - [Loudoun 1725 Gravel Grinder](#)

June 18 - [RVA Gravel Scavenger Hunt](#)

June 26 - [36th Bay to Bay Jim Gent Memorial Ride](#)

July 23 - [Tour of Prince William](#)

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

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

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](#)

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[Ride with GPS](#)

[Borrow a Travel Case](#)

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[RBC Insurance Information](#)

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[Unsubscribe](#)