



*the Wheel*



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

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## 2022 Ride Season Kickoff

Welcome to the 2022 Ride Season! RBC weekday group rides are back in full swing! Check the ride listings below for an overview and visit the Events Calendar on the RBC website, or in the Wild Apricot app, to see upcoming ride offerings.

The key to our success for the weekly rides is that we have the best ride leaders in the DMV. People who don't mind guiding others along the route, people who know how to ride as a group and model the safest (but most fun) behaviors on the bike. People who encourage and challenge the other riders even as they're doing so for themselves.

If you've never led a ride, maybe this is your year? If so, contact us at [rbc.restonbikeclub@gmail.com](mailto:rbc.restonbikeclub@gmail.com). We'll help you set up the registration and we'll publicize the ride. You get to choose the parameters of speed, distance, and number of riders and even how often you lead. We have an extensive library you can draw on for route ideas. And if you need any help at all, we're here to provide it.

What does it take to be a ride leader? You must be a current member and you must have signed the 2022 liability waiver. You should be able to ride at the speed that the level of ride you want to lead is advertised for. That's it!

### **REMINDER: SIGN THE LIABILITY WAIVER**

It's a new year which means it's time to sign a liability waiver for 2022. Remember, you only have to do this once a year! Click the button below to access the waiver:

[Link to Liability Waiver](#)

## Featured Ride: The Sunday Tours

Do you like variety, country roads, and social group rides? Our Sunday Tour Ride Events provide RBC members an opportunity to drive a short distance to Tour our surrounding country roads on

paved, safe, curated routes in a social group ride setting. Tour route sets are designed so that riders can choose a route length (A=long, B=medium, C=short), and a group speed (A: 18+ MPH Avg), (B:16-18 MPH Avg), or (C:15-16.5 MPH Avg). All routes include rest stops for water, food, and facilities at about 20-25 miles apart.

Routes are designed as complementary sets. The A route is the longest base route. The B route is a shorter subset of the A route. The C route is a shorter subset of the B route. All routes include the same starting segment and same finishing segment. This allows riders to ride in any group to start and change groups/speed at the first rest stop. Or, if you want to drop from a faster speed group to a slower speed group, you can simply slow down and join the slower group behind you. No other club offers this flexibility in ride length and group speed. For example, this allows a husband and wife to both enjoy the scenery and terrain at their own pace and arrive back at the start/finish location at about the same time.

Please arrive 15 minutes before the scheduled start time so we can sort into groups by distance and average speed. Load your bike computer with at least two of the routes so you can choose a route at the start and can change routes, if desired, during the ride. And, we have a few minutes to introduce new riders and socialize. After the Sunday Tour ride, everyone is invited to a social lunch at a nearby restaurant – typically at the start/finish location.

About 3 months before the Reston Bike Club Century, the Sunday Tour Ride offers progressively longer and higher elevation routes to help prepare for the Century ride. We finish the progression two weeks before the Century with an 80 mile (Century prep), 50 mile (Metric-Century Prep) and 30-40 Mile (1/2 Metric Century prep).

This year we are adding some new, slightly further out, tour locations to continue our tradition of offering variety in scenery and terrain. In Virginia, we will have rides to Mt Weather, Culpeper, and Shenandoah. In Maryland, we will travel to Fredrick and Chesapeake Beach. We will add back SugarLoaf and other MD routes when/if White's Ferry reopens.

If you have a favorite location or route suggestion for our Sunday Tours, please let me know. We are always looking to add fun and adventure to our Sunday Tour ride events.

Ride Safe/Ride Fun. [Chip.Magrogan@gmail.com](mailto:Chip.Magrogan@gmail.com)

## Monthly Photo Challenge

[#rbcphotochallenge](#)

### February Photo Challenge Winner:

Jan Everhard

A board member will reach out regarding your prize!

### ***March/April Theme: Bike Wash!***

Getting your ride ready for the spring season? Share your fancy, or simple, bike washing routine.

*Must be a current RBC member (dues paid) in order to win. Posts must be made on the RBC Members Only page and tagged with [#rbcphotochallenge](#).*



## The Club Store is Open!

### RBC JERSEY and BIBS

The RBC ride season has kicked off. Time to get kitted up with an RBC Jersey and/or bibs.

The RBC store will be available for the first batch order ***until 4/6/2022 11:59 PM PST*** with an estimated delivery date of

... with an estimated delivery date of 4/27/2022.

ORDER HERE: <https://designlab.jakroo.com/store-front?storeId=ryiEI1idu>

**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.

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.

Note on dynamic pricing - the RBC store starts with discounted team pricing but the price will drop depending on how many orders we have in total during the ordering period. Charges aren't finalized until the store closes so everyone pays the same low price, even if you ordered early on in the period.

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.

Jersey: With a European twist to the classic jersey, the TOUR custom cycling jersey features longer sleeves and a folded band cuff. It is built with upgraded soft and comfortable performance fabrics and offered in all three fit styles (Slim, Standard and Relaxed) for a personally tailored fit.

Details:

- Full length hidden zipper
- 3 rear cargo pockets
- Additional zippered pocket for valuables
- Elastic waistband with silicon gripper
- Reflective piping for visibility

Bibs: The CADENCE PRO BIB are the perfect combination of performance fabrics and Italian-made Chamois, which will make these bibs a part of your go-to kit. As an added bonus, emergency pit-stops are now easy thanks to the open back layout.

Details:

- Comfortable fit and high breath-ability for every rider
- Premium Dolomiti Italian Chamois with a 5+ Hour Ride Rating
- 5 cm Swiss made - Finished Edge Power band grippers

- Reflective elements for visibility

### 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!

Shipping \$2



## RBC Philanthropy: Major Taylor Association

Throughout the year, RBC receives requests from organization seeking support. We consider each request and the board votes on whether to donate to the requesting organization.

Recently, we chose to make a donation to The Major Taylor Association. The organization's mission is to memorialize Major Taylor with a statue on public land in Worcester, in recognition of his athletic achievements and strength of character -- his sportsmanship, concern for those less fortunate, devotion to God, and personal struggle for equality. Click on the logo below to learn more about the organization and their mission.

If you want to receive their email newsletters, click [here](#) to fill out a short form.



## Borrow a Travel Case

Are you planning to travel with your bike and don't have a travel case? We have you covered! RBC has five hard-shell travel cases available for members to borrow. These are available on a first-come, first-serve basis for active members only. (just one more reason it pays to be a member!)

[Travel Case Info](#)

## 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
- Social Chocolate Rides with Laura R., Kelly 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](#)!**

March 25 - April 25: [Bicycle Film Festival New York Virtual #2](#)

April 9 - [Ride With Rotary \(Warren County\)](#).

May 7 - [The Right Stuff USE Gravel Grinder National Championship and The Mini G](#)

May 7 - [Six Pillars Century](#)

May 15 - [Ride to End ALZ - Nation's Capital](#)

May 24 - 34th Annual [Tour de Madison](#)

June 4 - [2022 Armed Forces Cycling Classic Challenge Ride](#)

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

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

Also, check out [BikeReg's Mid-Atlantic listing of events](#) throughout the region.

### **Virginia Cycling Resources**

Check out this link for [Cycling Virginia](#)! 2021 will be the 3rd year of this website and it is pretty smooth.

[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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