



the Wheel

July 2021

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Letter From The Chair

RBC Club members,

Happy Dog Days of Summer, Reston Bike Club members! I hope you are finding ways to still get outside while coping with the extreme heat we have been experiencing. I wonder what the weather spirits will have in store for us on August 22 for the 38th production of RBC's excellent Century Ride??? Whatever it is, the show must go on! That's right, the event goes on, rain or shine.

I have been heartened by the positive response we have had to our call for century volunteers. THANK YOU TO THOSE WHO HAVE SIGNED UP! We are still not there quite yet, but I know that we will get the support we need from our club members and friends. A few important volunteer spots still need to be filled, so please show your love for the club and your hospitality to our guest riders and consider signing up [HERE](#). Crucial jobs we still need to fill include SAG drivers, rider check in, unloading vans at the storage facility post-event and rental van return.

Our regular weekly rides have been humming along nicely, but we have room for more. If there is a particular ride or type of ride you would like to see added to the calendar, please reach out to a board member and we will help you get the ride set up. My email is RBCTrout@gmail.com.

Happy Riding,

Kathryn

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38th RESTON CENTURY

We are excited to announce that the 2021 Reston Century is taking place on **August 22**.

Registration is open and details, including a member discount, can found on the [RBC Century](#) page on the website.

REMINDER: Registration fees go up on August 2.

WE NEED YOU!

We are looking for volunteers for this year's century.

Volunteers who work a minimum of 3 hours will receive a *free RBC annual membership* and a Century t-shirt if they're signed up before August 1.

Do you know a student whose organization or activity needs money? RBC will donate money to their organization (school, scouts, church, etc.) for their volunteer time.

Volunteer needs:

- Several slots at Reston Town Center for people to be in the action and really helpful - but not too far from home.
- RBC can still use some route markers on Saturday morning before the event.

[Link to Volunteer Sign Up](#)

Get Your Team Kits!

The store is open for another batch order and will remain open until July 24.

One of the great services Jakroo offers is fitting recommendation. From the site "With our size exchange program, however, you have the option to keep your original item and order a different size at a cost of 50% of the original item price."

[Link to RBC Store](#)

Training Corner

This month's topic is recovery in hot weather. Here's what some of our board members have to say:

This is a hot topic these days (pun intended) and has seen some changes by experts in the last year or so.

1) Most experts agree to get balanced calories into your body ideally 30 minutes after the ride. What has changed is that many top riders believe in eating healthy foods (balance of healthy fats - from plants, protein and carbohydrates) with water, and some sort of juice with many nutrients such as cherry juice or beet root juice vs. recovery drinks.

2) Many folks now believe in taking turmeric post ride to help with inflammation. You can buy capsules and take them with water or mix powder into a fruit shake.

3) Stretching is also considered very important.

4) Sleep is critical. Try getting more than 8 hours of sleep at night (ideally 9 or more if you can). If feasible, take naps when you can sneak them in.

5) The day after a long or hard ride, many coaches and cyclists swear by what they call a recovery ride. These rides are supposed to be extremely easy (for example if you have a power meter and your ftp is around 270 watts, this ride would be about 100 to 120 watts, or if you train by using the 5 or 7 zone model, this is a zone 1 ride). Do a ride like this for up to an hour to help flush out the lactate from your legs.

Here are a few links to articles on recovery:

<https://www.healthline.com/health/food-nutrition/ways-cherry-juice-benefits-you#boosts-immunity>

<https://support.trainerroad.com/hc/en-us/articles/360032788951-Recovery-FAQ>

A Tale of Two Jameses

James Stroud is our ride leader for the "1"s. He has been chasing, racing and training for a long time. James Ruffin has come to cycling later in life and wants fitness, finishing and fun cycling. This column is your chance to ask the Jameses a question and receive two perspectives, both valid, but perhaps different.

This month, we received the following question from RBC member John:

"How do you know you're ready to move up the group ride levels?"

For the first time ever, the Jameses agreed on their response! Read on to see their advice.

This is a good question. From my perspective and riding experience, I have moved up groups when I have noticed that I am able to do the ride without too much difficulty. Then I would try to

do a ride a level higher. If you get dropped don't worry, you can keep trying and eventually you should be able to hang with the faster group.

I have also moved up a group to challenge myself. If I know it is a drop-ride where I must keep up the pace, I make sure to bring the route with me so I can finish the ride if I end up getting dropped.

In terms of normalized power, it would be hard to provide a specific guideline since a heavier rider may have a higher normalized power over a route than a lighter rider. Some Zwift rides provide guidance on watts per kilogram (e.g. w/kg), but RBC doesn't require any sort of power testing and many riders do not have a power meter. Simple w/kg may not always indicate the ability to ride with a certain group. At the end of the day, we're riding rather than racing. But to give you some perspective, most of the group 1 riders can sustain 4 w/kg for an hour. Several of them can maintain well over 5 w/kg for an hour. But for each group we don't have power numbers. Also, for the 1s, it is an attacking ride very akin to a very hard race and you need to be able to do very hard surges over and over again to stay in the ride. The other ride groups are not attacking type rides.

If you are having a hard time finding the right group to ride with, feel free to reach out to an RBC board member or talk to the ride leaders at events. If you are a new to cycling, the no-drop rides are a good place to start since the ride leader will occasionally regroup and make sure no one is left behind. Also, some rides are constructed so that if you fall off the faster group, you will eventually meet up with the slower group coming behind you.

Having said all this, there is plenty of fun riding to be had at every level of the club!

[Click Here to Ask the Jameses](#)

Group Riding Etiquette

Welcome to the RBC Wheel column on riding etiquette.

This month's topic: Overlapping Wheels

The most important thing to remember for crash prevention is to always guard your front wheel. In our club rides, the cardinal rule is do not overlap wheels.

What does it mean to overlap wheels?

As illustrated in the graphic below, overlapping wheels occurs when the front wheel of a rider is closely alongside the trailing edge of the rear wheel of the rider in front of them.

Why is it bad?

Riding in a position in which your front wheel overlaps the rear wheel of the person in front of you is dangerous. When the person in the front swerves (to miss an obstacle, to change position in the group or just because they are a squirrely rider) their weighted rear wheel is going to take out your front wheel, causing you to crash hard and fast. Touching wheels like this is the most common cause of crashes in group rides.

In conclusion:

Be aware of your position as it relates to the person in front of you. Pay attention and never overlap wheels. The person in front of you is not aware when you are overlapping their rear wheel and only you, not them, are responsible for your front wheel.

Monthly Photo Challenge [#rbcphotochallenge](#)

July-August Photo Challenge Theme:

Show us your kit!

Share your kit photos to the RBC Members Only Facebook group page and include the [#rbcphotochallenge](#) to be entered into this month's contest. There will be 2 winners selected - one for July and one for August. Photos already shared this month will be included in the July contest, but future posts must include the # to be considered.

Fine print: Must be a current RBC member to win. Multiple posts are allowed, encouraged and will increase your chances of winning!

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Events Calendar

The monthly Events Calendar is filling up! Some of your regular favorites are back, including:

- The Monday Women's rides from The Bike Lane (w/ Kelley and Laura) and Green Lizard (w/ Lisa)
- Tue/Thu 2 Ride with Jamey Lees
- Mike D's "5's at 5" on Tue/Thu
- Tue/Thu RBC 1 Ride led by James Stroud
- Saturday A/B/C Rides
- Chip's Sunday Tours
- Last Weekend Brunch Rides
- Wednesday Rambles with Laura
- Thursday Women's Ride from Lake Newport

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 link above or download the Wild Apricot For Members app (links below) for updated events listings.

REMINDER: Sign the 2021 Liability Waiver

Club rides are in full swing! Sign the waiver so you are eligible to join us. *You only have to do this once and you are good for the entire year.*

If you are looking for club ride insurance information, there's a link at the bottom of the newsletter in the Chain Links section.

[Link to Liability Waiver](#)

Let's Ride!

Share the rides you're are interested in by replying to *the Wheel* or posting on the [Reston Bike Club - Members Only Facebook group page!](#)

Aug. 15: [Reston Sprint Triathlon](#) (RBC is a sponsor)

Aug. 22: [38th Reston Century](#) - Registration is open!

Sept. 11: [Valley Veterans Ride for Heroes](#)

Sept. 12: [11th Annual PMTCC McDermott 3 State Tour](#)

Sept. 25: [21st Annual Cannonball Century](#)

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 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 are posting 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!

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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