



the Wheel

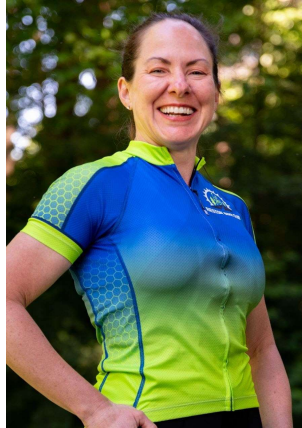


March 2021

Volume 39; Issue 3

www.RestonBikeClub.org

Letter From The Chair



RBC Club members,

Here we are, Marching into Spring. With progress on the pandemic front, I am feeling very optimistic about this riding season for RBC. Our active club membership has suffered a dip in the past year, but now that we are getting official events back on the RBC calendar, I hope to see our number of renewals increase. If you have allowed your membership to lapse, please consider renewing.

The annual fee of \$25 is not a hardship for the vast majority of you and allows our club to keep functioning smoothly, allows us to plan big events like the annual Reston Century Ride and supports local, cycling-related charities. So, please, renew your membership and sign the annual liability waiver.

As for what to expect this season, I am happy to say that we are resuming group riding. For now, we must adhere to pandemic guidelines because Covid isn't done with us just yet. Consider attending one of our Gearing Up for Ride Season online sessions about what to expect this year. For any questions and concerns, you can also reach out to me personally at RBCTrout@gmail.com.

Read on for our March photo contest, wisdom from the two James's and a new feature on group ride etiquette.

Be well. Stay safe and ride happy!

Kathryn

CONTENTS of *the Wheel*

- Sign the 2021 Liability Waiver
- Training Corner: Gearing Up for Ride Season
- A Tale of Two James's: What is your ride recovery routine?
- Don't Be That Rider
- Monthly Photo Challenge: Will Ride for Pie
- Events Calendar
- Let's Ride!
- Get the Wild Apricot for Members app
- RBC Chain Links

REMINDER: Sign the 2021 Liability Waiver

We're inching closer to spring and the start of organized club rides. One important step in your preparation is signing the liability waiver. *You only have to do this once and you are good for the entire year.*

Waivers are one of the two-part annual process of riding with RBC: 1. pay your dues; 2. sign the liability waiver. Everyone who rides with RBC must sign the waiver. Non-members are welcome to join for a "test ride," but must join the club for subsequent rides.

[Link to Liability Waiver](#)

Training Corner

Gearing up for the 2021 Ride Season: Join members of the RBC board to learn about our plan for the 2021 Ride Season. Things will look a bit different this year, but we are excited to get out and ride in small groups, and want to set expectations for our members. Please join us for a short presentation and a chance to ask questions.

There are 4 sessions planned for March:

- 3/8 @ 8 pm with Erica (session full)
- 3/15 @ 5:30 pm with Laura
- 3/22 @ 8pm with Erica
- 3/29 @ 5:30 pm w/ Laura

Basic Ride Skills: Whether you're new to riding with a group or just want to build more confidence for your solo rides, consider registering for this training session/ride on Sunday, March 28 at 4:00 pm. The session will start in a parking lot for an overview of basic skills followed by a short ride to put them all to use. Speed is not the goal for this session - confidence and being safe riding is. This event will be led by Kelley Westenhoff and Laura Robinson who

are both League of American Bicyclists certified instructors and they co-lead our Monday night Reston Women's Ride.

Registration links for all of these events are in the [Events Calendar](#) on the RBC website or in the Wild Apricot app.

A Tale of Two James's

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 James's a question and receive two perspectives, both valid, but perhaps different.

This month, we received the following question:

"James's, What is your ride recovery routine?"

[Click Here to Ask the James's](#)



James Stroud

After a ride, I drink water & take turmeric (turmeric is noted for its anti-inflammatory properties which are believed to help reduce muscle soreness and speed recovery). I have tried various recovery drinks. Most times, I don't take one. The last one I tried was [Swiss RX Total Recovery](#). It is supposedly very effective, but it is pricey.

Two good friends of mine, who are very strong riders, swear by putting their legs in either an ice bath or using a product like [Ice Legs Cold Therapy Packs](#). I bought them and only used them once. I'm too lazy to use them, plus our two refrigerators' freezers do not have room for the ice packs.

To keep my body rested, based upon cycling coach [Dylan Johnson](#), I am now riding "Steady" (Zone 2 in the 5-Zone model) 2 to 3 days a week and "Very Hard" just 2 days a week. "Very Hard" would be rides near FTP (Functional Threshold Power) or with intervals above FTP.

Zone	Effort	You can	It feels like you're
1	Easy	Chat freely	Warming up
2	Steady	Speak one sentence at a time	Riding along in the bunch on the flat
3	Brisk	Speak a few words at a time	Breathing deeply and working hard
4	Hard	Say only one word at a time	Really attacking (perhaps on a climb)
5	Very hard	Grunt and gasp	Sprinting



James Ruffin

Last summer was the first time I got serious about doing structured training for cycling. I quickly found out that I needed to balance intense training sessions while allowing time to recover. If I didn't recover, fun weekend rides quickly became long tired slogs.

Recovery comes down to 2 key things for me:

Sleep - Getting 7-8 hours of sleep. I'm a night owl and a parent, so this is a tough one for me. After a busy day, I might not be able to get on the trainer until late and I might not finish my training session until midnight. It's always tempting to hop online and play a few games post-workout to ramp down before going to bed. I had to get more disciplined about turning in early.

Take it Easy Once in a While - I usually take a recovery week every 4 to 6 weeks where I only stick to fun, low-intensity recovery rides instead of workouts. This allows me to keep my legs fresh and prevents burnout from a mental perspective. On a week-to-week basis, I use Mondays to recover from weekend rides and I'll do some strength training Fridays and take it easy on the RBC Zwift happy hour ride.

Group Riding Etiquette: Don't Be THAT Rider!

Welcome to the new RBC Wheel column on riding etiquette. Our theme for the coming months is "Don't Be THAT Rider".

HOLD YOUR LINE!

Have you ever heard this on a group ride? Maybe it is because you have been "that rider." With our official ride season beginning, and many of us training in virtual worlds on indoor trainers, now is a great time to consider what it means to hold one's line and to make sure we are doing it. This is a fundamental skill for safe group riding.

To hold your line in essence means to be predictable. It means riding in a straight line with no jerky movements which could, at the worst, endanger yourself and others, and at the least, annoy your riding buddies. Here are some dos and don'ts to avoid being "that rider" who does not keep their line.

DO:

- Be aware of riders around you.
- Ride in a predictable way.

- Ride parallel with the edge of the road.
- Signal before making turns.
- Practice (while alone) making sure you can ride in a straight line. Find a painted line somewhere with little traffic and see if you can stay on it. The slower you go, the harder it is.
- Look up the road. The farther ahead you look, the steadier you will be.
- Keep your upper body loose with elbows gently flexed. Locked out elbows and a rigid upper body make your bike harder to handle smoothly.
- Reduce speed gradually while continuing to pedal rather than suddenly sitting up.

DON'T:

- Make sudden, jerky shifts out of the line you are traveling in.
- Suddenly reduce your speed.
- Stop dead in your tracks without making sure someone isn't behind you.
- Suddenly stop pedaling when someone is behind you.
- Abruptly turn at the last moment if you have missed a directional cue. Safer to miss the turn and have to turn around instead of possibly taking out riders who are behind you. This one in particular ends in a catastrophic crash.
- Fail to signal turns and obstacles.
- Get distracted by your phone. The selfie pic can wait.

Monthly Photo Challenge

Join the challenge! Each month, a new challenge will be posted on Facebook and *the Wheel*. Simply post a photo on the [Reston Bike Club - Members Only](#) Facebook page with the tag #rbcphotochallenge and the location of your post. You will be entered into a drawing to win a prize.

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

February Photo Challenge Winner: Ed Shanahan

Ed - Laura R. will be in touch regarding your prize!

March Photo Challenge Theme:

Will Ride for Pie

Remember the old "rollout method" to calibrate your bike computer to your bicycle? I imagine bike computer manufacturers know that most of us are not math majors and calculating $C = 2\pi r$ is just not in our wheelhouse.

Speaking of π , March 14th is known as "Pi Day" which brings us to this month's photo challenge: Pie.

Post a photo of you (in cycling gear) and/or your bike in front of or with something that represents pie or pi. It could be a sign, business, or, well, a pie (apple, cherry, pizza – you get the idea). We'll even accept a photo at the Albert Einstein memorial on 3/14. (if you're not sure why, check out the link below).

This month's prize is a pie baked by your RBC Chair Kathryn, or an alternative, non-food item of unspeakable value.

The cutoff for the March challenge is March 31.

Here are some links to help get you rolling!

<https://www.funin Fairfaxva.com/celebrate-pi-day-in-northern-va/>

<https://dcbikeblogger.wordpress.com/2014/03/14/the-albert-einstein-memorial-on-pi-day/>



Events Calendar

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

Gearing Up for Ride Season - Zoom sessions available 3/8, 3/15, 3/22, 3/29

3/9 - Virtual Indoor Trainer Ride with Justin & Jamey. All levels welcome.

3/14 - Pi Day Ride (B, C and D groups available) with James Ruffin

3/14 - Sundays with Chip: Art Space Herndon. 2 routes available.

3/16 - Tuesday Group 2 (18-20 mph) Ride with Jamey Lee (registration required)

3/18 - Thursday Group 2 (18-20 mph) Ride with Jamey Lee (registration required)

3/21 - Sundays with Chip. Stone Ridge Village Center. Two routes available.

3/28 - Sundays with Chip: Loudoun County High School. Three routes available.

3/28 - Basic Ride Skills with LCI Team (Kelley and Laura)

4/7 - April Board Meeting

Let's Ride!

Share the rides your are interested in by replying to *the Wheel* or posting on the Reston Bike Club - Members Only Facebook page!

June 5-6, 2021: Bikes & Beers Frederick. Check out their [page](#) on Facebook.

June 12, 2021: The Tour de Lebanon Valley. Full details at: tourdelebanonvalley.com.

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](#)

Get the Wild Apricot for Members App

RBC Members can use the *Wild Apricot For Members* app to register for upcoming events. Get connected in 2 easy steps:

1. Download the app (links below)
2. Login using your RBC website credentials.



RBC Chain Links

[Board Members](#)

[Check My Membership](#)

[Ride with GPS](#)

[Borrow a Travel Case](#)

[Board Minutes](#)

[Past issues of *the Wheel*](#)

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