



the Wheel

June 2021

Volume 39; Issue 6

www.RestonBikeClub.org

Letter From The Chair

RBC Club members,

Welcome to summer, Reston Bike Club members! Post pandemic life is really looking up. This time last year, we had zero official club rides and there was much uncertainty as to how things would unfold for the rest of the summer. This June finds us in full swing with our official club events - Last week alone we had twenty-one events on our calendar, including a brand-new early Saturday ride. By the way, of course we have room on the calendar for more rides. If there is a particular ride you want us to produce, even if it is a one-time thing, get in touch with a board member and we will make it happen. RBC is your club and you have the power to make positive change.

This summer also finds us planning for our signature event, the RBC Century, which will be held on August 22. Personally, I am finding a lot of enjoyment giving my time to RBC. I am thankful to be a part of this club because cycling has brought so many wonderful things into my life. Cycling is quite literally the center of my social life; and the people I have met on two wheels have enriched my life tremendously. This is the reason I am trying to give back a little by serving as the club Chair. I urge you to find a little of that joy of giving back as well. RBC is an all-volunteer organization, and our spectacular century is powered strictly by volunteer efforts. The century event needs YOU. Many volunteer spots still need to be filled. Please sign up [here](#). If you have ridden the century before and ride the roads on the route often but have never volunteered, please consider giving your time. Volunteering and seeing the event from the "inside" will give you a different perspective and a feeling of fulfillment. I bet you'll even have fun!

Happy Riding,

Kathryn

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Remembering Debbie Ceschin

By Paula Kukulich

Debbie was a well-respected nurse practitioner who is remembered for her unwavering love of family, friends and fitness. She enjoyed spending time outdoors, especially with her golden retriever Cooper. In her free time she loved running, hiking or biking with family and friends.

Debbie had an impact on everyone she met. For those who knew Debbie, her zeal for life and fitness was and continues to be infectious. She was a kind, happy, fierce woman and always determined to meet her goals. She made an impression on everyone she came in contact with and is missed by many.

Ed. RBC member Debbie Ceschin was tragically killed while biking in Arizona. A long time member of RBC, Debbie had many friends among us.

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.

Want to volunteer? Click [here](#) to view the dates and opportunities available.

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](#)

Training Corner

With the 38th Reston Century just 2 months away, we'll focus on training for a century over the next few months.

We asked James Stroud how he'd prepare for a century.

Well this all starts with where you are with fitness. If you have been riding the last few months and have been doing a weekend ride of 65 or 70 miles every weekend, then you are all set. You just need to taper the week before the century. I like to take 2 full days off the bike before a big ride or big race.

But let's assume you are out of shape and the century is in 2 months. Start by doing 10 or 15 miles a day for 3 or 4 days during the week and try do a 25 or 30 mile ride on Saturday or Sunday (take one of those weekend days off).

Next week try to bump up 10% or 15% your miles, so you are now doing say 12 to 18 miles a day for 3 to 4 days a week, and then shoot for 30 to 35 mile ride on weekend day.

Keep ramping it up like this and after the 3rd week build in a rest week, where you just ride 2 or days later in the week but very easy.

Ideally you keep doing this till you can do a 65 to 70 mile ride on the weekend.

Remember for all rides over an hour it gets more and more important to fuel while you are riding, both gels and bottle drinks with calories or something else.

If you do not have the time at all to do this riding, you can greatly improve fitness by doing very hard intervals during a short ride (say only a 30 minute ride), do various efforts almost all out for say 30 seconds, 1 minute, 2 minutes, 5 minutes etc. with 2 to 3 minutes rest in between.

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:

"It is so **HOT** out! How do you prepare for riding in the heat?"

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

James Stroud

The best thing you can do for the heat is to hydrate before the ride. If you have a big ride on the weekend and you know it will be hot, ideally you start by ensuring you are drinking plenty of water 2 days before.

The morning of the ride I like to drink at least 24 ounces of water before the ride. I also often throw in my water an electrolyte tab such as [Gu Energy Labs Brew Electrolyte Drink Tablets](#).

During the ride I keep drinking both water and water with some form of fuel (electrolytes, energy or endurance formula). You may need to drink a full 20 oz. bottle every hour.

Another trick I use for short / very fast rides is I put ice in a woman's stocking and put that down my back (this only helps for 10 minutes though).

James Ruffin

Start early or ride later in the day to avoid it – Starting a summer ride at noon, just as the W&OD heats up enough to melt your tires, is just not fun. Once the summer really starts cranking up the heat, I prefer to get out early and enjoy cooler morning rides.

Stock up on fluids and know your water stops. On hot days, I may pack a third bottle in my jersey pocket to ensure I have something to drink on hand. I prefer a sports drink with electrolytes on hot days. I also try to plan out stops for water. There is nothing worse than being stuck in the middle of a hot ride and your bottles are bone dry. If things are going to be extremely hot, try starting with a bottle packed with ice or freeze half your drink in the bottle overnight.

Slow Acclimation – The first 100+ degree day probably is not the best day to go for your hardest ride. I try to get some shorter, less intense rides in the heat to get acclimated.

Group Riding Etiquette: Don't Be THAT Rider!

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

Don't be that rider...

...who shares their germs with the group.

Now that life is slowly returning to normal post-pandemic, let's take a moment to consider some hygiene issues. We learned from the pandemic the consequences of passing around germs and we picked up some pretty good habits about how to keep our germ sharing to a minimum. So, let's share our love of cycling, but not our snot, spit and the icky things on our cycling gloves. To that end: may we be reminded to:

1. Move to the back of the group or far out to the side before spitting or clearing your nose.
2. Remove your gloves at rest stops. Those gloves have soaked up your sweat, and god knows what else. Take them off rather than share those germs when sharing food and drink.
3. Speaking of gloves, when was the last time you washed those things?

Monthly Photo Challenge [#rbcphotochallenge](#)

May Photo Challenge Winner: Doug Errett

(Your gift card is in the mail.)

June Photo Challenge Theme:

(to be resumed in July)

Share with us what you're seeing this month. Post your photo(s) on the RBC Members Only Facebook page along with [#rbcphotochallenge](#). Each submission that includes you and/or your bike will be worth 1.5 entries into this month's drawing.

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

[Events Calendar](#)

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

- *NEW* Early Saturday rides from Sterling w/Bruce
- The Monday Women's rides from The Bike Lane (w/Kelley and Laura) and Green Lizard (w/Lisa)
- Tue/Thu 2.0 Ride w/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 Adventure Rides
- Wednesday Rambles w/Laura
- Monthly Hill Training Ride
- Thursday Women's Ride from Lake Newport w/Lauren

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

If you would like to lead a ride, 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.

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 page!

Aug. 7 [Mountain Mama Road Bike Challenge](#), Monterey, VA

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. 11 [Civil War Century](#), Thurmont, MD

Sept. 18 [Amish Country Bike Tour](#), Dover, DE

Sept. 18 [Heart of Virginia Bike Festival](#), Hanover, VA (registration opens 7/1)

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 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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