



# *the Wheel*

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



## **Chairman's Letter**

Welcome to 2020 everyone! Tis the season for turning a new leaf after holiday over-indulgence (in my case anyway, and I suspect this is not uncommon). A new year offers a blank state for personal renewal and improvement. Personally, I hesitate to make new year's resolutions because I usually find a way to sabotage those resolutions. I really need to get over this habit, by the way. It's the fear of a missed goal, fear of failure which keeps me from setting big goals. This is no way to live. Don't fear life, get out there and live it! If you need inspiration, you don't have to look far. Look within RBC. We have amazing accomplished members who are out there just living life to the

fullest, whether that means base jumping, crushing it on big rides, raising families or overcoming adversity.

### Chair Letter (continued)

Cycling has expanded my life in surprising ways. Years ago, I never would have imagined I would be climbing mountains by bike or traveling just to ride my bike in beautiful places. I never would have imagined that love of the bike would have connected me with great friends who I love and admire at the same time. Especially if you are new to the club, I urge you add this to your new year's resolutions: Make new friends within the club. Introduce yourself on a club ride to someone you haven't gotten to know yet. Call a ride of your own to explore a route with new friends. Volunteer at a club event and find out how enriching that experience can be.

If you need inspiration, read below for a collection of 2020 goals from among club members. Names have been removed, but some may be easily attributable to certain people.

Reading these goals sent to me by members has inspired me to set some this year and overcome my propensity to self-sabotage. I'm all in to live to the fullest in 2020. Are you?

### 2020 Goals

Do a long gravel race.	Complete an Imperial Century in 2020.	Complete the first Double Triple Bypass stage within 6.5 hrs and the second within 8 hrs.	Be in the mix at the end of Jeff Cup.
Commute by bike at least six times per month.	<b>RIDE MORE HILLS.</b>	Improve my descending skills.	Do 3-4 MTB races as a beginner.

<b><i>Give a few podium-placing lead-outs for VeloLabs Racing.</i></b>	<b>Ride 5,000 miles in 2020.</b>	Stop focusing on Strava weekly goals.	<b>Ride more gravel.</b>
<b>4 w/kg by May</b>	Continue weightlifting throughout season.	Learn to do a track stand.	<b>QUIT ALCOHOL.</b>
Don't burnout until July at least, with variety and fun.	Do at least one organized ride per month.	Don't growl at people from my bike.	Try cyclocross.
Stop living in the shadow of past fitness and create a whole new level of fitness now.	High finish in age-group in a long gravel race TBD	Get involved in bicycle advocacy.	Mix up my workouts to improve my cycling.
Take more bike photos.	Enjoy the ride.	Explore more countries by bike.	<b>At least 1 top 5 in a CX race.</b>

### Too Cold to Ride?

Then how about prepare for the riding season by signing your 2020 Liability Waiver. New year, new waiver. Two minutes and you're done. Follow the green button; also available on RBC homepage.

**Annual Liability Waiver - - - 2020**

## Save the Date!

The 38th Annual Reston Century will be August 23, 2020  
Reston Town Center

### New Member Featured



### Let's meet Kay LyBrand!

Kay had a former boss who was an avid recumbent cyclist, and he got her into cycling. It was a good way to bond with her work friends. That was 10 years ago, and she has completed a century every year, along with countless metrics, 50 milers and training rides.

She is considering converting to a recumbent now, so she can keep going. Unlike some riders, she doesn't aim for great speed; instead it's all about endurance. Kay says, "Can I make it across that line?" Kay's favorite cycling event is the Seagull Century. Not only does her family have history in that

area (5 generations and counting!) but it's a very well-supported ride, and it's a lot of fun, which you need at mile 90+. |:o)

How will we recognize Kay on a ride? She always has on crazy bright cycling clothes. She does it for visibility, but also because she often has to be drab for work. She says, "I can really go nuts with the bright colors and patterns when I'm on the bike." Even before she joined RBC, she was a volunteer for the Reston Century. She could be seen at the Ashburn rest stop for the last four years. Next year she's considering changing it up, and may be distributing T-shirts.

## RBC Fabulous 2020 Classified Ads

The Club does not work without you.

**ISO: Gravel Champion,** as gravel becomes larger and larger, RBC seeks a champion to explain gravel to the club, suggest rides to be put in the Ride with GPS Library, and to be our go-to person for questions about the discipline. All interested applicants should contact Kathryn Troutman @ her [email](#).

**ISO: Recon Riders:** Tis the season for reworking RBC routes in the library. The club needs a person or two to help pre-ride routes before the season starts to assess whether road changes have created issues for re-route. If you are that person and like to do this, contact Chip Magrogan @ his [email](#).

**Reston Tuesday Launch Coordinator:** Duties include create the event and posting the rides for each Tuesday, history included and training provided. For information or to express interest, please contact Laura Robinson @ her [email](#) or reply to this newsletter.

**Spring Training?** The club needs a person or two to help plan the spring training skills clinics. Time commitment - perhaps 2-3 hours total. Advantage - you can ensure you get a place in this very popular opportunity. If you would like to do this, contact Kelley Westenhoff @ her [email](#).

**Century Thinkers:** If you are a planner and would like to ride the Century but could contribute on these chilly days, give a shout out to Laura Robinson@ her [email](#). We have event flyers to create, survey results to review, a search for a different lunch caterer, or assistance in creating a Century playbook.

**Database/Web Gardener?** RBC needs additional folks to understand the workings of our website and membership database. Have a spare hour a week to support our software? Reply to this [email](#), please.

#### [Events Calendar](#)

Wednesday Ramble, [January 22](#)

Saturday A/B Ride, [January 25](#)

Saturday C Ride, [January 25](#)

Ashburn Ride 7:30 am Saturday [January 25](#)

Ashburn Ride 9:00 am Saturday [January 25](#)

Ashburn Ride 7:30 am Sunday [January 26](#)

Ashburn Ride 9:00 am Sunday [January 26](#)

Last Weekend Bike Adventure, 10:00 am, Sunday [January 26](#)

RBC Board Meeting, February 5, location TBD

#### **Let's Ride!**

Got rides for *the Wheel*? Reply to this newsletter and they will be published!

Icicle Ride, [April 4](#), Elkton, MD

Cycle Zydeco, [April 15-19](#), Lafayette, LA, A party on wheels!

Ocean to Bay Bike Tour, [April 24-25](#), Fenwick, DE

Tour de Cookie, [May 2](#), Rockville, MD

Six Pillars Century Blackwater Tour, [May 2](#), Cambridge, MD

#### **Virginia Cycling Resources**

Check out this link for [Cycling Virginia](#)! 2020 will be the 2nd 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\*](#)

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