



June 2020

Chairman's Letter



Dear RBC Members,

I know you miss our group rides. I do too. Last month, I asked members to let me know how they were coping with the lack of group riding opportunities. I heard from people who have turned to the gravel scene for solitude and the beauty of Loudoun County's bucolic gravel lanes. I heard from others who were making more family time to ride bikes with their kids. We cannot yet safely ride together in the way we used to, but our love of life on the bike is undiminished.

It makes me sad to say it, but our official group rides will continue to be suspended until we have enough information to know that it is safe to ride as a group.

Please read on for a few introductions of new members, how to order our fabulous club kit, how to protect yourself from the summer sun and other RBC news.

Happy Trails,

[Kathryn](#)

June Executive Committee Meeting Highlights

- 2020 Century [cancelled](#)
- RBC donated \$1000 to Cornerstone to support community efforts during the pandemic



- Until Northern Virginia reaches COVID-19 Phase 3, the season continues on hold

A Note on Tan Lines

The infamous Velominati Rules contain this gem as their Rule #7: Tan lines should be cultivated and kept razor sharp. Even better would be no tan lines at all. No, I am not advocating nude sunbathing. All I am saying is wear sun protection, people! Simple, right? Actually, there are more things you should know about sun protection. I did a little research after getting a nasty sunburn recently. Here are some things to know.

- 1) **APPLY IT EARLY.** To be effective, sunscreen should be applied to dry skin, 20-30 minutes before sun exposure. I see a lot of people slathering it on last minute in the parking lot before rides. It is better to apply it at home before you even kit up. There are several benefits to applying it at home. First, your skin has a chance to absorb it. Putting it on before you pull on your jersey means you won't miss any spots. And, you are more likely to take time to rub it in, thus avoiding that charming I-just-slapped-this-on-in-the-parking-lot streaky look.

- 2) **AIM FOR HIGH NUMBERS.** No, I'm not talking about watts. The SPF rating is not how long the sun protection is good for. SPF values refer to the percentage of harmful rays that product filters out. The higher, the better.
- 3) **COVER UP.** If you don't like the feel of sun cream on your skin, consider cloth protection. Several manufacturers make thin coverings for arms and legs that filter out harmful rays. I like [REI's sun sleeves](#) because they have a mesh panel on the inside for ventilation. Benefit: unlike sunscreen, they won't sweat off.
- 4) **NO ONE IS IMMUNE.** People of all skin tones should be concerned about sun protection. Skin of all shades are vulnerable to skin cancer.

Submitted by concerned member!

The Store is Open!

Our Reston Bicycle Club kit now available for sale! Two fits are available: a close fitting Pro style and a more relaxed fitting Club style. These fit pretty true to size, but if you find you are between sizes, get the larger one.

STORE CLOSSES AT 11:59 PM on JUNE 25. [The Store Link](#)

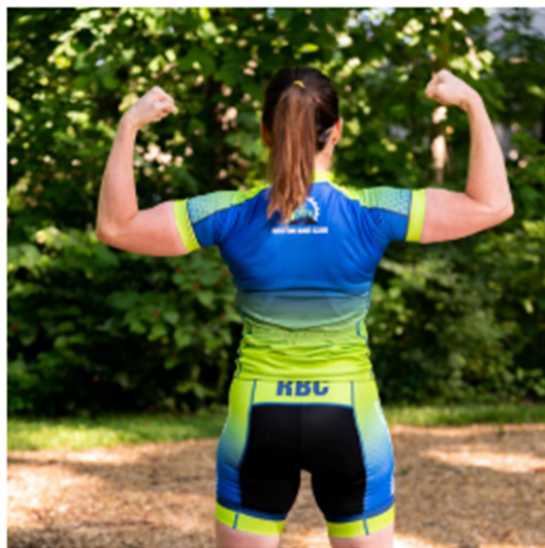


Photo Credits: Ed Shanahan, [Breakaway Images Photography](#).



Joe Tatusko was up in Boston during Marathon Weekend last year and seeing the athletes everywhere. He remarked, "Reminded me of how I looked while I was doing Track and XC." But as much as he tried he could never get back into running after high school." Cycling seemed like a more fun option, especially with all the breweries located on or near the W&OD. Not being on a bike in over 10 years, he grabbed a cheap road bike from Amazon, felt like death after the first 6-mile ride, and promptly signed up for the RBC Century.

Joe loves gravel, but he was able to do the first garage race in Arlington before the quarantine hit and had more fun than he thought was possible on a bike. Such a wild atmosphere and leads to plenty of funny looks from people when they hear about you racing bikes on polished concrete. Joe said, "I think any type of event that's ridiculous in some way (overall distance, top speeds reached, locations, etc.) are great as they can be relatable to people outside the sport, and might get them to look into cycling. Things like the Socially Distanced Bikes and Beers event has also been like that as everyone loves supporting local breweries (and RBC team for phase 1 did pretty well!)"

We should remember Joe as the bikepacker. Coming up with logistics for a Pitt-DC ride reminded him of how much fun he has planning hiking/camping trips and he'd love to set up some events for the club in the future. (Yeah!) More and more gravel bikes keep appearing out there and it's a great way to put some more miles on them!

Why did Joe join RBC? "Group rides! Kept hearing around that RBC had plenty of strong riders, and while I was happily building fitness in my basement I knew I'd never get where I want to be without learning some group dynamics and seeing how others rode." Naturally, his first ride with the B group was March 14th, so he's definitely looking forward to things getting under control and us returning to some form of normalcy.



Keoki Smythe and his wife Lauren recently returned to the DMV area after a 3-year adventure across the country and overseas. They are now looking forward to settling down for a while.

He got into cycling after years of service in the Army which resulted in increasing injuries and difficulty with mobility. Who knew that jumping out of airplanes and carrying lots of weight was hard on your body? After nearly 15 years in the Army, he was placed into a Warrior Transition Battalion to help heal and either return to the force or retire. Fortunately, Keoki was able to return to the force and retire just a couple of years ago.

While at the Warrior Transition Battalion, Keoki overheard a couple of Soldiers talking about a cycling trip they had just returned from with a non-profit called **Ride 2 Recovery**. After talking to these Soldiers more, he signed up for the next challenge. What a surprise was he in for! He had not been on a bike in about 20 years, and never had ridden a road bike. Keoki entered the **Ride 2 Recovery** California Challenge which was 7 consecutive days and 500 miles spanning from San Francisco Bay to Los Angeles. He flew into California and at the hotel where they in-processed him into the event: issuing 3 kits, a helmet and a road bike. They took him to a local store to get some cycling shoes.

So on the first day he was super excited but really had no idea what he was in for that day. Why is there a diaper in his shorts?! What is this purple packet in his welcome bag that says something buttr? What in the heck are these shoes that attach/clip into the pedal?! Why did he fall over at a stop sign and

at a stop light in-front of everybody? They had a ride brief and were off heading south on Pacific Coast Highway. He finished that first day, just barely, and met some really great people that helped him crawl in to finish the first day's ride just before dinner. Keoki said, "Boy did I ever hurt that night! Oh that saddle owned me LOL. And I now understand the need for that little purple packet."

By the end of the week he had so many new friends and a new sense of accomplishment for finishing (or suffering) thru every mile of this ride. It really was something special as he was going through a lot of changes and facing the possibility of being medically retired. "I owe **Ride 2 Recovery** a huge thanks for getting me and so many other Soldiers out there on bikes. They even gave several of us bikes to continue the adventure on our own."

Seven years later, he's been to a handful of Tour De France stages, ridden 2 of them on the same day as the race (those were early mornings), ridden around Germany, France, Belgium, Luxembourg, and around the United States to include one Race Across America (RAAM) as part of a team from Walter Reed and Assault on Pikes Peak, CO.

"I look forward to getting on my bike daily and making new friends once things are back to normal. Look forward to meeting many of you soon at an RBC event."



Brian McGough is a child of the late 70s and early 80s, so he got into bicycling naturally. BMX was big back then and they all rode BMX bikes around wherever they went. Brian spent most of time on two wheels chasing his friends and having fun. As he got older he stopped riding as much as other responsibilities took over. He's gotten back into cycling as a way to stay in shape and find a sense of camaraderie. He has done a few Soldier Rides with Wounded Warrior Project and am looking to stay engaged. Those rides, and the rides of his youth, are probably my most memorable. He said, "I'm pretty much a newbie, so I don't have any real memorable rides and most RBC members will probably remember me struggling to keep up 😊🕶️"

He joined RBC to meet other riders in the area and get engaged in some volunteer opportunities. Brian also got sick of seeing what he thought were v'all fly by his house every now and then (lives on a side road off Lawvers) and he decided to get involved. Look forward to seeing everyone out there once this has all passed.

How to Fix Your Identity with RBC

There are a few of you out there who have incorrect information in the RBC database. Why is this important? One name and one email in our database mean that your membership payment does not get lost and you receive (or don't receive) RBC communication. Here is how to fix it, all by yourself:

With a **browser**:

1. Log onto restonbikeclub.org
2. Look at your name in the upper right-hand corner, if it says [Last Name] [First Name], you need a change
3. Click on your name
4. Click the box "Edit profile"
5. After User ID are two boxes for your name--switch them, change anything else & find the save box.

On the **Wild Apricot Member** mobile app:

1. Press for "Profile".
2. Look for edit profile, on iPhone it is a white circle with 3 black dots.
3. Change your personally-identifiable info.
4. Click save.

Quick Renewal Button Below

Review your information with the club and renew today. Benefits without a riding season:

- Access to Ride with GPS club membership which provides turn-by-turn

audible directions

- Access to RBC route library of over 150 routes from 10 to 120 miles long for solo/small groups
- Annual member dinner
- Loaner bike travel cases [\[link\]](#)
- Cycling information for local bike shops, discounts, nutrition, safety tips, coaching
- [Discounts](#) (5% to 10% off) on merchandise and local bike shop service

Quick Renew Button

[Events Calendar](#)

[RBC Board Meeting](#), 7:00 pm, July 1, via Zoom

Let's Ride!

So many June/July/August rides are postponed or canceled! Check Facebook or, if you have August/September rides for *the Wheel*, reply to this newsletter and they will be published!

[Tour De Frederick](#) (virtual)-August 1-15, Frederick, MD

[Bikes & Beers](#)-August 15, Vanish Brewing, Leesburg, VA

[Cap2Cap](#)-August 22 (also has a virtual option), Henrico/Williamsburg, VA

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](#)

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