



*the Wheel*

August 2020

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

## Chairman's Letter



Dear Members,

As evidenced by shortening days, summer has peaked and has started to wane. But it's not over yet. It cannot be over until we have at least some official group rides. Our survey results of last month reveal that there are plenty of riders ready for small group rides. So, I am happy to announce that we are carefully adding some official rides to the schedule. Start looking for them to occur next week. It goes without saying that we are still in the midst of this horrible pandemic. With that in mind, we are applying guidelines to these rides to maximize health and safety. Please read the COVID-specific guidelines on the sign-up page for the rides. Please be respectful of the need to limit these rides to registered riders only.

This is not business as usual. Our intent is to launch SMALL groups and avoid the mass gatherings of the past. Ride leaders are empowered to set up their rides as they like. This means capping the group size as they see fit (ideal range is 5-10) and using alternative start locations to avoid having too many people gather in one spot. Do you want to ride but don't see a group that suits you? Easy solution – become a ride leader! [Ask me how!](#) Rides don't have to be held at the traditional Tuesday/Thursday 6 pm slots. If another time and place is convenient for you, it may be convenient for others as well.

Speaking of non-traditional rides, members can also post to our Members-Only Facebook page to find riding buddies for unofficial rides. And afterwards, put up some pictures of your exploits to go along with those of Members-Only page founder Larry Deigh.

As we prepare to say goodbye to a weird summer, I am looking hopefully towards 2021. For starters, I hope we can get together as a club for our traditional annual meeting in the fall or early winter to collectively say good riddance to 2020 and share some good stories. We still have time to make some good 2020 memories.

Kathryn Troutman

## Contents of *the Wheel*

- Riding Season
- Fall Group Riding Skills Opportunity
- Ride for Rose Haven
- Training Corner (new feature)
- North Reston Art Ride Adjustment
- Cookie?
- Bench is now Bike Racks
- August Executive Committee Highlights
- Mobile App is friendly

## Riding Season

RBC will have a two-phased approach to the rest of the season.

**INFORMAL:** If you want to find your people and ride informally, the RBC - Members Only [Facebook page](#) can help. The group is 240 interested members so reach out to find folks in your speed group with similar free time.

**POSTED RBC RIDES:** The season will continue to be small rides, no Tuesday, Thursday, or Saturday mass starts. Rides will be posted upon ride leader's request. If you are ready to lead, respond to [Kathryn](#) or reply to this email and we'll get you up & running.

## Group Skills Training Opportunity

Continuing with our group riding skills sessions, there is a waitlist for the morning session but spaces available in the afternoon session to hone your bike handling and technical group riding skills with Hefler Performance Coaching (HPC) head coaches Sue Hefler and Pierre Pelletier.

Saturday, Sept 12, 8-11 AM (Members Only)

Saturday, Sept 12, 12-3 PM (Members Only)

## Healing Vets Weekend

The Treva Inzerillo Ride for Rose Haven: Supporting Women Veterans is going virtual on October 10. This is based in Washington, NC and includes a VET Talk Friday night. There will be virtual Bike and Motorcycle rides and virtual vendor booths! No matter the distance of your ride that day, a 10-mile fun ride or a Century, your registration will promote support for women Veterans by raising awareness of issues that affect transition and reintegration and actual programming at the Rose Haven Center of Healing, a center dedicated to serving women Veterans ([www.pamlicorose.org](http://www.pamlicorose.org)). Check out their [Facebook](#) page.

## Training Corner

### **Social Distancing by Droppage?**

You got dropped. Now what? Follow this advice from our bike hero, James Stroud.

Have you found yourself not being able to hang with a group you used to or you feel you are suffering on a ride? Maybe do a few solo rides with "intervals". I find that doing just a few short workouts (less than 40 minutes) on the trainer quickly builds fitness. Try these workouts with a day or two of rest in between:

#### Workout 1:

Warm up for 15 minutes and don't even look at your heart rate or power.

Then do 4 intervals. Each interval is 3 minutes in duration. For these 3 minutes go as hard as you can for 3 minutes or slightly below your max effort. If you have a power meter and know your FTP shoot for something between 120% and 130% of FTP. After your first 3 minute effort pedal very easily for 3 minutes and do it again.

Then after the last effort pedal easy for 10 minutes to cool down.

#### Workout 2:

Warm up for 15 minutes

30 seconds - all out, rest for 2 to 3 minutes - pedal very easy

1 minute effort - all out - rest 2 to 3 minutes,

2 minute effort - all out - rest for 2 to 3 minutes

3 minute effort - all out - rest for 2 to 3 minutes

2 minute effort - all out - rest for 2 to 3 minutes

1 minute effort - all out - rest 2 to 3 minutes,

30 second effort - then cool down for 10 to 15 minutes easy spin

Doing these 2 workouts in one week will bump up your fitness.

### **North Reston Art Ride**

Oh no, pool renovation closed a segment of [RBC-170C](#)! The route has been revised and no art was lost in the adjustment. If you downloaded the route (not pinned) or printed a cuesheet (who?), please repeat the download/print with the 8/16/2020 version. Thanks!

By the way, if you want to try the South Reston art ride with a group, there are still a couple of spots available on the Last Weekend Brunch Adventure Ride. Register [here](#).

### **Local Bake Your Own Cookie Fondo!**

Keep your eyes open for a small group of RBC folks doing the Phil Gaimon's Cookie Fondo. If you want to join James Ruffin and some B/C riders on October 24, look for more details on our Facebook page. [Registration](#) supports Chef's Cycle & No Kid Hungry.



## **Bike Racks at The Bike Lane - Reston**

Your club at work in the community. In a tribute to early RBC member B.J. Silvey, RBC joined with others to place bike parking in the island at The Bike Lane's Reston location. B.J. was a long time customer there, a long time member of W&OD Trail patrol, and a supporter of every athletic event that came along in Reston. We couldn't do the ceremony of unveiling due to the pandemic, but I didn't want it to go unnoticed by our members who stop by there for beer or coffee! Your support for the Century over the years has made this type of community action possible. Thank you!



## August Executive Committee Meeting Highlights

- 2020 Riding Season discussion with input on the member survey and how to proceed with social distancing.
- RBC received request for advertising from Reston Sprint Tri



## We Love the Mobile App

Make sure that you're ready when RBC resumes group rides and events. Install the Wild Apricot app for members on your smartphone, update your profile and opt-in to the 2020 insurance waiver. Get more info on this useful app at: **Three things you can do in 30 seconds**

## Events Calendar

Monday The Bike Lane Women's Ride, August 24

Monday Green Lizard Women's Ride, August 24

Group 2 with Jamie Lees, August 25

Last Weekend Bike Adventure, August 29

RBC Board Meeting, September 2, 7 PM via Zoom

Saturday, Sept 12, 8-11 AM (Members Only)

Saturday, Sept 12, 12-3 PM (Members Only)

## Let's Ride!

So many rides are virtual! Check Facebook or, if you have Fall rides for *the Wheel*, reply to this newsletter and they will be published!

[The 50 States Ride](#), September 5, Washington, DC

Includes DC Murals Ride (75 available)

[Amish Country Bike Tour](#), September 12, Kent County, DE

[Wilderness Road Ride Gran Fondo](#), September 12, Radford, VA

[Shenandoah Valley Century](#), September 13, Bridgewater, VA

[Culpeper Cycling Century](#), October 3, Culpeper, VA

[Lime Connect Century Ride](#), October 10, Reston, VA,

4 distance options or Virtual Challenge

[Seagull Century Virtual](#), October 10, Salisbury, MD

[Tour de Greene](#), October 10, Standardsville, VA--with 37 and 57

Gravel/Road options

[Fondo Fredericksburg](#), October 18, Dixon Park, Fredericksburg, VA

[Bikes & Beers](#)-October 24, Flying Dog Brewing, Frederick, MD

[Between the Waters](#), October 24, Cape Charles, 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](#)

[Board Minutes](#)

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

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