



the Wheel



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Letter from the Chair



Happy Spring, RBC Members.

Yes – it is spring, even if it doesn't feel like it outside. With warmer weather on the way, I think it is time to reprise this letter I wrote to

all of you this time last year.

A special message from the Chair as we resume group riding.

Whether you have been training indoors, riding outdoors solo or in small groups, or not at all, I want everyone to be very aware of your group riding skills and situational awareness as we resume group riding. Please, read on for some important reminders. This is not a lecture, just some good reminders and things to keep in mind at all times, especially after a long break.

- Ride as if you have some responsibility to the person behind you. A sudden bad move on your part can be catastrophic for the person on your wheel. You can do the following:
 - Point out obstacles. If you can't get a hand off of the handlebars to point out obstacles, give a verbal warning for debris, potholes, glass, etc.
 - Avoid suddenly braking hard. If you grab a handful of brake, the person behind you can run into you. In this situation, their relatively unweighted front wheel is going to lose to your weighted rear wheel, resulting in a bad crash for them.
 - Signal turns. Miss a directional cue? Don't turn suddenly with little or no warning. That leads me to...
 - Know the route! – Don't go off the front if you don't know the next turn.
 - When standing on hills, be aware that your bike may shift back an inch or two as you stand up. If someone is following close behind, give them a verbal warning before standing.
 - If you have a mechanical which will cause you to stop or slow suddenly (like a flat tire), raise an arm to indicate an emergency stop.
 - Signal or call out when slowing and stopping.
- Be aware of the wheel in front of you.
 - DO NOT OVERLAP WHEELS – EVER. Riding in a position where your front wheel overlaps the rear wheel of the person in front of you is dangerous. A sudden move on the part of the rider in front can make you go down hard.
 - If you are drafting someone and that person turns out to be unsteady or unpredictable, put a little more distance between yourself and that person.
 - Consider leaving a little distance between you and the rider in front of you if you do not know that person's riding behavior. Recommendation is to only draft trusted people.
 - Remember, cycling demands full attention at all times, but

especially in a group. A group ride is no time to zone out. If you are fatigued, be extra careful.

- Take it easy on trails.
 - The trail is not the place for aggressive riding or high speeds.
 - When overtaking slower traffic, LOOK and make sure the oncoming lane is clear before passing. WAIT to pass until it is clear. WARN when you do pass.
 - The trail is for EVERYONE. Yes, that means walkers with dogs, strollers, small children, skate boarders, rollerbladers, etc. The rule is that faster traffic YIELDS to slower traffic.
 - Consider the W&OD trail segments of club rides as warm up and cool down and ride those sections conservatively. This is the time to chill and chat with your buddies about the ride.
- Don't let Strava kill the group ride any more than it already has.
 - The leaderboard, KOM/QOMs and PRs are not worth life, limb, and property. Have fun going for those things' full gas, but don't compromise safety in doing so. For example, crossing the yellow line to get around slower riders on a hill is not worth it.
- And finally, BE NICE
 - All RBC members are part of the same community and should treat each other with kindness and respect. If you don't know what this means, come see me. We do this for fun – keep it fun, keep it light and play nice with others.
- Respect our neighbors.
 - This is a new bullet point this year because we can all use a little reminder about respecting traffic rules and the neighborhoods we ride through. Yes, sadly it is true that there are a lot of jerks who don't appreciate our right to use the roads, but let's not give them any legitimate reasons to not like us. On our group rides we need to represent cycling in the best way possible. So, obey traffic rules, ride single file, when necessary, don't ride more than 2 abreast ANYWHERE and just generally be nice. I like to give drivers a friendly wave (yes, with my WHOLE hand) when they stop for me so I can cross roads. It's just a nice little gesture that reminds that driver I am a human too and I appreciate them looking out for me.

Have a great season. everyone!

Kathryn

REMINDER: SIGN THE LIABILITY WAIVER

It's a new year which means it's time to sign a liability waiver for 2022. Remember, you only have to do this once a year! Click the button below to access the waiver:

[Link to Liability Waiver](#)

Featured Ride: Monday Women's Ride from Green Lizard

If you're interested in the Monday Women's Ride from GL, please contact [Lisa Mackem](#).

This is a great time to spotlight women's rides because this is the 10th year of women's specific rides in RBC. The first rides started in 2013 at Spokes in Ashburn. Spokes was great about supporting us, but the location didn't work out. In 2014, I asked Dave and Beth if Green Lizard could support the rides, and we've been riding from the Green Lizard ever since. A Green Lizard staff member nearly always sweeps our rides and helps with technical support whenever it's needed.

I think Dan Scrafford suggested starting the rides. He was RBC president then and I was on the board. At that time, most RBC women rode with the 5 group on Tues-Thurs, so the women's rides were targeted to them, and went approximately the same distance and pace. Now, many RBC women ride faster than our average 15-16 mph pace.

The rides range from 18-32 miles and routes are posted in advance. Routes go through Herndon and Ashburn, where the terrain is flat or gently rolling, with 2-3 hills that are more significant than the rest. Riders should download the route or familiarize themselves with the routes in advance, because we no longer use paper cue sheets. Pre-registration is required, along with pre-registration for other RBC rides. Most of us average approximately a 15-16 mph pace. If you like to ride faster than

approximately a 15-16 mph pace. If you like to ride faster than that, we have had a 17-18mph group in the past. Depending on rider demand, we can re-start that group later this season. We will start with two groups that will each average 15-16mph, and both groups will ride the same route. Both groups will wait for any rider who has technical problems, and Dave Meyer, our usual sweeper and owner of the Green Lizard, can offer technical help. Both groups also will wait for any riders who are caught at traffic lights, and faster hill climbers will wait at the top of significant hills to make sure everyone catches up. We ask that women who sign up for this ride be able to maintain an average pace of 15 mph. The ride leader will ask anyone who falls significantly behind this pace to drop off the ride at a safe location along the WOD. Any dropped rider is welcome to try again another day. Several other RBC rides accommodate paces under 15 mph.

Our safety record is the best in the club. We have had one, single-rider accident in our 10 years and no significant injuries or bike damage. :) That rider has continued riding with us.

Monthly Photo Challenge

[#rbcphotochallenge](#)

February Photo Challenge Winner:

Jan Everhard

A board member will reach out regarding your prize!

March/April Theme: Bike Wash!

Getting your ride ready for the spring season? Share your fancy, or simple, bike washing routine.

Must be a current RBC member (dues paid) in order to win. Posts must be made on the RBC Members Only page and tagged with [#rbcphotochallenge](#).



Training Corner: Yoga for Cyclists

Yoga for Cyclists: It's a Thing

By Molly Field RYT-200+, guest writer, yoga instructor

Below is an excerpt from an article written by Molly. Click [here](#) to read the full article.

Depending on your type of ride, cycling experiences tend to fit into a category somewhere between a beautiful, leisurely, and restful experience or an exhilarating, competitive and sweaty fight to the finish line. Sometimes it starts as one and ends as another style. Sometimes it's just one. Whatever your habits, yoga can help round out your overall fitness and wellness program.

Do you ever find yourself thinking of other things while you're on a ride? Even during a race? Do you ever wonder why? Do you plan or remember or seek revenge of a rival cyclist? Do your thighs, calves, shoulders, wrists, and neck ever ache after even the gentlest of rides? Raise your hand! Of course, they do! And they will also ache after you crush a flawless 30-mile jaunt in the most glorious weather.

These aches and stiffnesses are normal and are a sign that you've had a good ride, that you've worked your body and that you've done some muscle shredding and building. Keep it up! Is it possible, also, that those aches and stiffness linger longer than expected or they used to? If you're missing a stretch or breath or mindfulness routine from your life, chances are, yoga is the answer. As a yoga instructor for the past 15 years or so I've worked with a lot of cyclists to release low back immobility and sacral spine pressure. Yoga can help.

Click [here](#) to read the full article.

COMING SOON!

We're looking to host Yoga for Cyclists classes with Molly starting in May. Please reach out to [Erica Staaterman](#) if you are interested and stay tuned for more details!

Welcome New Members!

Pablo V.
David B.
John W.
Adam S.
Rob M.
Victor S.
Angelica S.
Chuck G.
Rogerio D.
Iara O.
Victor B.
Bunny and
Jerry B.
Carol B.
Emad N.
Stephanie D.
Dan B.
Anthony S.
Nathan D.
Linda B.
Karen H.
John L.
Philip E.

James F.
MaryEllie Z.
Kay L.
Kirsten S.
Amar N.
Ted D.
Robert R.
Masoud N.
Sepideh A.
Melinda C.
Stacey F.
Alton B.
Damira S.
Philip E.
Sreedhar M.
Hunter H.
Charlie H.
Leslie H.
Eric M.
Camila L.
Edgar J.
Lucas J.

Christopher N.
Russell H.
Phuoc T.
Phong N.
Henry S.
Sam S.
Steve N.
Leo C.
Matthew Z.
Kay T.
Quan T.
Heidi G.
Kamana M.
Matthew S.
Ariane A.
Oscar V.
Erin C.
George D.
John F.
Donald L.
Janet F.
R. C.
Ross T.

The Club Store is Open!

STICKERS AND MAGNETS

Show off your RBC pride by purchasing a sticker and/or magnet. Add to your beer fridge magnet collection. Adorn your car-mounted bike rack with a sticker. There are so many uses for RBC stickers and magnets that we just can't list them all!

Click on the RBC logo below to visit the RBC Store.

Stickers are \$2 each

Magnets are \$3 each

Order together and save!

Free delivery within 10 miles of Reston.



Events Calendar

Please make note of changing start times for certain weekly rides as many are starting earlier due to shortened daylight hours.

- Weekly Women's Rides:
 - Monday from The Bike Lane
 - Monday from Green Lizard
 - Thursday from The Lake House @ Lake Newport
- 5's @ 5 on Tue. and Thu. with Mike D.
- Wednesday Rambles with Laura R.
- RBC 2.0 at 5:30 from Fox Mill on Tue. and Thu.
- RBC 1, 2, 3, 4 and 5 rides from Hunter Woods on Tue.
- RBC 1, 2, 3, 4 and 5 rides from Art Space on Thu.
- Saturday morning A/B/C rides from Art Space
- Saturday morning C ride from Ashburn
- Social Chocolate Rides with Laura R., Kelly and Karen H.

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

If you don't see a ride you'd like to do, reach out to us and we'll support you in setting it up!

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



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 post impromptu rides, #rbcphotochallenge posts, trading/selling gear and other fun stuff.

[Public RBC page](#)

[RBC Members Only Group 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!

Let's Ride!

The 2022 event registration season is open! If you know of an event that we should share with the RBC community, please send me an [email](#)!

March 25 - April 25: [Bicycle Film Festival New York Virtual #2](#)

May 7 - [The Right Stuff USE Gravel Grinder National Championship and The Mini G](#)

May 7 - [Six Pillars Century](#)

May 13 - 15 [Wilmington Grand Prix Weekend](#)

May 14 - [Tour de Hunter Mill](#)

May 15 - [Ride to End ALZ - Nation's Capital](#). We've created a "Reston Bike Club" team for anyone who would like to join. Ride registration is \$50 and the objective is to raise donations for Alzheimer's research. Click [here](#) to visit the RBC donation page.

May 21 - 23rd Annual [Tour de Chesapeake](#)

May 24 - 34th Annual [Tour de Madison](#)

June 4 - [2022 Armed Forces Cycling Classic Challenge Ride](#)

June 12 - [Loudoun 1725 Gravel Grinder](#)

August 6 - [Mountain Mama Road Bike Challenge \(Go Jim Carley!\)](#)

August 6 - [Mountain Mania Road Bike Challenge](#) (GO JIM CAHEY!)

August 21 - SAVE THE DATE! 39th Annual Reston Century

Also, check out [BikeReg's Mid-Atlantic listing of events](#) throughout the region.

Virginia Cycling Resources

Check out this link for [Cycling Virginia](#)! 2022 is the 4th year for this website and with over 60,000 unique visitors last year, it is your one stop resource for information on cycling in the Commonwealth of Virginia.

[Virginia is for Lovers](#)

[Bicycling in Virginia \(VDOT\)](#)

[Virginia Bicycling Federation](#)

[Fairfax Alliance for Better Bicycling](#)

RBC Chain Links

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[RBC Insurance Information](#)

Address: PO Box 3389, Reston, VA 20195

Telephone: 571-445-5993

Email: rbcrestonbikeclub@gmail.com

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