



the Wheel



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Love Letter From The Chair



RBC Club members,

Dreary gray and cold February gets spiced up with a little kick of heat on Valentine's Day. In honor of the day of Cupid, your RBC Chair is writing you this love letter. I love cycling because it keeps me fit not just physically, but mentally as well. The people I have met and befriended through cycling have turned out to be the best people in my life and the best influences. As you trudge through this difficult month, feel a bit warmed by all of the good things cycling brings to your life and know that Spring is right around the corner.

Suffering from lack of motivation due to winter weather and the pandemic blues? Reconnect with why you love riding your bike. Read on to learn about the two James's meet cutes with riding bikes. You may be inspired. Kindle love by getting on your bike and finding a love sign. See our photo contest for details. You may just end up winning some of Laura Robinson's lovely cookies. I have sampled Laura's baking on multiple occasions; so take it from me, you want to win the photo contest. With

this edition of the Wheel, Laura has officially handed her pen to Lauren Goebel who takes over as editor of The Wheel. Welcome Lauren!

Show your bike some love by getting it a tune up before the better weather gets here. Our local bike shops are all small businesses and they can use your love right now. Send some business their way. Now is the perfect time to get a tune up before Spring arrives.

Share the love by showing some generosity to other riders: take a less experienced person out on a ride, encourage a friend to get on a bike, bring treats to a group ride for your friends.

And love yourself by keeping fit through cycling.

With love,

Kathryn

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REMINDER: Sign the 2021 Liability Waiver

We're inching closer to spring and the start of organized club rides. One important step in your preparation is signing the liability waiver for the new year.

Waivers are one of the two-part annual process of riding with RBC: 1. pay your dues; 2. sign the liability waiver. Everyone who rides with RBC must sign the waiver. Non-members are welcome to join for a "test ride," but must join the club for subsequent rides.

[Link to Liability Waiver](#)

NEW Monthly Photo Challenge

Join the challenge! Each month, a new challenge will be posted on Facebook and *the Wheel*. Simply post a photo on the [Reston Bike Club - Members Only](#) Facebook page with the tag #rbcphotochallenge and the location of your post. You will be entered into a drawing to win a prize.

Fine print: Must be a current RBC Member to win. Multiple posts are allowed, encouraged and will increase your chances of winning! Posts for a given month must be up by the 7th of the following month (i.e. the cutoff for the February challenge is March 7).

This month's challenge is:

February is for Bike LOVERS

Since February is all about love and Virginia is for Lovers, show us your love for cycling by posting a photo of you (in cycling gear) and/or your bike next to one of the many "LOVE" signs in Virginia. To help you out, a link to a map of all the Virginia LOVEworks signs is included below, but there may be others. Where will you find LOVE? (Be sure to include your location in your post!)

This month's prize will be your choice of heart-shaped cookies baked by board member Laura or an alternative, non-food item of unspeakable value.

Virginia LOVEworks Map



A Tale of Two James's

Our new feature column! 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:

"James's, What made you fall in love with cycling?"

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



James Stroud

I cycled as a kid to deliver newspapers and in college to get to and from class. I bought a Trek 1000 about 30 years ago and rarely used it. I only started riding again to get into shape as I was in terrible cardiovascular condition, and overweight, so I started commuting to work on my bike - every day in rain, sleet or snow - I never missed a day.

I found and I did one RBC Saturday group ride about 13 years ago and that made me really want to get going. I wanted to see if I could hang with experienced cyclists and see how I stack up to folks who took this way too seriously.

As I improved my fitness and noticed I was in a more select group of riders on rides, that spurred me even more to continue. At the same time, I joined a racing team by mistake (long story) and then I sort of had to keep riding.



James Ruffin

I have always loved riding my bike, since I got a Schwinn bike for Christmas as a kid. But what made me fall in love with road cycling was the challenge.

My first ever group ride, I ended up walking a hill. Since that time, the challenge was on to get, better, faster, and more in shape.

Beyond that, it is fun getting out for a ride usually puts a smile on my face. Feels good to go out and just ride somewhere, and just enjoy the moment. There is nothing like an epic ride where the weather is good, the scenery is green, and you can enjoy a bit a peace and calm.

It is also a great sport that anyone can do, I can go and ride with my kids or go out and ride with friends. If they have a bike and can pedal, we can ride and talk and have a wonderful time and get some exercise.

VA Proposed Legislation Update

From Virginia Bicycling Federation:

YOUR EFFORTS ARE WORKING:

And just like that, we succeeded in the House with a whopping 75-24, widely bipartisan and statewide vote.

Before we double down on the Senate, take a moment to reflect. We wouldn't have gotten here without your support. Your passion for biking and authentic claims for improving the conditions of your community are what makes your delegate care about this issue.

Take a minute to thank your delegate, as appropriate, and then turn your eyes to the Senate. Friday is crossover, so this bill could be in Senate Transportation as early as Thursday February 11. If votes stay the same, we should get out of that committee with approximately 9-6, and a few days later, we'll be before the whole Senate again. That's when we'll know if we did enough to get them on the right side of this issue. Keep. It. Up!

Friday Happy Hour Zwift Ride

Every Friday @ 5pm

It's winter, there's a pandemic raging, what else do you have to do on Friday evenings?

Join our Friday Happy Hour Zwift ride for some camaraderie and sweaty silliness through the winter. This ride is for all levels and the group is kept together by the magic of Zwift, no matter how easy or hard you push. Email RBCTrout@gmail.com for information on how to join.

RBC Friday Zwift Happy Hour



Training Corner

Shared by member Tim, this is a great article on riding this winter:

[How to Ride Safely Amid Coronavirus Concerns](#)

[Events Calendar](#)

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

Feb. 3, February 2021 Board Meeting

Feb. 9, Tuesday Virtual Indoor Trainer Ride with Justin & Jamey

Let's Ride!

Share the rides you are interested in by replying to *the Wheel* or posting on the Reston Bike Club - Members Only Facebook page!

June 12, 2021: The Tour de Lebanon Valley. Full details at: tourdelebanonvalley.com.

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](#)

Get the Wild Apricot for Members App

Did you know that RBC Members can use the *Wild Apricot For Members* app to register for upcoming events? Get connected in 2 easy steps:

1. Download the app
2. Login using your RBC website credentials.



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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