

# the Wheel



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

## Century Updates



**VIETVELO**



**EVOLUTION**  
CYCLING TEAM

Congratulation to the VietVelo club for stepping up and leading the way to run the Leesburg rest stop for the Century! EVOLUTION Cycling is on board to help staff the Old Mill rest stop. Do you ride with another club? Want to bring your team out for a day of rest stop fun? [Signup](#)

## GOT WATERMELON?

Our long time Century Watermelon Purveyors (Thanks Kathryn & Cesar) would like a chance to ride the Century this year. Unless someone steps up to run this, there will be NO WATERMELON at any pit stop. The club will provide the melons and knives, etc., but we

## Rides are Happening!

### Events Calendar

[Saturday C-Level Ride with Gaston 6/23](#)

[Wednesday Ramble 6/20](#)

[Last Sunday Brunch Adventure Ride 7/1](#)

[July Board Meeting 7/5 at 7 pm, North County Government Center](#)

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## Reason to Register for a Ride

Another good reason to register for rides -- if there's a cancel due to weather or the zombie apocalypse, you'll get a personal email to let you know the ride is canceled.

## Members Cornered

need at least 2 people who are interested to commit to this. Maybe a family member who wants to share in your joy of riding? This will require sharp knives, so adults only, please.

Check out the Watermelon Wizards on the signup [here](#).

### Century Needs Volunteers

Wow -- 38% of our volunteer spots are filled. Thank you to those who have stepped up! Every spot is essential though, so please cajole your friends and family members to support your biking habit by coming out to have fun on **August 26** by volunteering with us! We all know someone who loves classic bikes - the IDEAL place for him/her is the Purcellville stop, sponsored by Velo Classique. Or someone who LOVES pickles? The Lovettsville rest stop will have homemade pickles by Pedal Shop. Or maybe you know someone who loves to go to Reston Town Center but NOT pay for parking...it's a Sunday and parking will be free! But the most important reason to volunteer is that it supports our Club which allows us to support local biking in many forms. Volunteer [HERE](#).

### Join the Lead

Okay, now we're well into our riding season and the Tuesday and Thursday evening rides are drawing close to 100 riders each time. We need help checking people in. Every ride group needs a ride leader to do this. The 1's, 4's, 5's, and new 6 group have dedicated, committed, ride leaders.

We need people in the 2's and 3's to step up to do this.

What does it entail?

1. Check your group members in electronically. If they didn't pre-register, send them to the person with paper.
2. Be a leader. Practice good bike handling skills, etiquette, and encouragement. You don't have to stay on the front of your ride group the whole way - leadership can be from the middle and the back. Just be the kind of rider that others want to follow/ride with.

And how about supporting Group 3? It's the only riding group that consistently does NOT have ride leaders. Are you that person to step up ahead of time?

You don't have to do it every time - this is a task best shared. If you're up to the task,



Cesar Olivos joined RBC in 2000 and is a past chairman. He encouraged Kathryn to get into cycling and she joined in 2004 after getting her first road bike in 2003. Kathryn admits she didn't even learn to ride a bike until her 20s when she needed a way to get around her college's campus. It took her many years to be able to keep up with Cesar, but now they enjoy riding together as much as possible. They live in Reston with two cats and a dog and house full of bicycles. Cesar's main ride is a Independent Fabrication Corvid and Kathryn's is an Independent Fabrication XS. Here is Kathryn's vacation recommendation:

If your dream of a vacation is an active one on the bike where your days are composed of cycle, eat, sleep, cycle, repeat; then consider a training camp. Not just for pros and hard core amateur racers, a pre-season ride camp can boost your fitness, provide a goal to get you through winter, and immerse you in cycling culture, all while giving you a break from the winter doldrums.

This past December when I had to layer on two pairs of gloves, liner socks, wool socks, toe covers and booties on sub-freezing days (all for a 30-mile trail ride), what got me out of the door was the thought of our upcoming ride camp in Mallorca the last week of March. I had no idea what to expect from camp, other than much needed sunshine. Mallorca is the hallowed winter training grounds of the cycling gods, but I really did not have any specific

contact [RBC](#) to be added as an Admin for your group.

### What's Up With These Youth Riders?

Several of you have noticed we have youthful riders among us and shared concerns about them. Long standing club policy is that riders age 15 and above may ride with any level group as long as their parents have signed a waiver. Riders under 15 must have a parent or responsible adult with them on the ride. This means you treat them as any other rider - if they bonk or have a mechanical or something else that causes them to stop - they are responsible for getting themselves sorted out to get back to ride start. That said, the three who are riding with us consistently are all delightful, so welcome them to the club and then waive as they fly by you on their way to future cycling competition greatness!

### RBC Board Member Resigns

Mike Harloff's plate is full and with regrets he cannot finish out his term. He has held the position of secretary and provided great support. We're looking for interested folks to attend board meetings and provide minutes. Meetings are first Wednesdays of the month at the North County Government Center.  
[Interested?](#)

### Let's Ride

Check out these pages for interesting rides!

#### Potomac Pedalers Outbound

Peter's DC Bike List is a weekly email of rides: [Signup](#), [Twitter](#), [Facebook](#)

### Crank Corner

Tips for Chain Maintenance-[Full Article here](#).

At some point, we've all heard squeaking from the chain on our bike. The chain might be the most important component on every bicycle. So, regular maintenance of your chain is essential to keeping your bike working smoothly and reliably. The advice that every cyclist gets is to regularly "clean and lubricate your chain." So, how exactly do you go about doing this? And how often is "regularly?"

1. Do a "quick and easy" cleaning using a rag and some degreasing solvent.
2. For a complete and thorough cleaning, use a chain cleaning device.

expectations. I just expected it to be fantastic and was not disappointed.

Day 1 opened to sideways waves of lashing cold rain and dense fog. No good. The deluge of wetness turned roads into raging streams. No worries, Day 2 more than made up for it with brilliant sunshine, yellow flowers carpeting the fragrant orchards of olive, almond and orange trees and snow-white new lambs cantering around, bleating loudly for their mamas. All this beauty taken in from the seat of a bike was just pure heaven. Our first ride of the camp was the Col d'Orient loop in the Tramuntana mountains. We soaked in the beauty around us and enjoyed challenging ourselves on the serpentine switch-backed roads into the mountains. Where we were based in the north-western part of the island, cyclists greatly outnumbered cars on the roads. This place is made for cycling.

Speaking of made for cycling, I must introduce you to the most iconic road of Mallorca, the inimitable and intimidating Sa Calobra. Port de Sa Calobra is a tiny little speck on the Mediterranean, not even big enough to be called a village. Its claim to fame is the magnificent road that descends precipitously to the sea with 26 hairpin turns (every time a guide said how many, they increased it by one. I heard it said that there are as many as 29 hairpins, but I did not count them so lets just settle for 26). The road resembles a pile of tangled up vermicelli dropped off a cliff. Limp pasta is an apt metaphor here because that is exactly what your legs will feel like after you have climbed back up this monster. There is only one way out, and it's up! If you want to do the Sa Calobra climb, pace yourself as it is 9.5 km long with an average gradient of 7.1%. There are zero false flats.

All that hard work deserves a little celebration, and the local wine and food does not disappoint. Our evenings were spent in comradery with other cyclists of different nationalities, ages and abilities. We all got to know each other over plentiful Spanish Rioja and shared highlights and laughs from each day. Cesar and I returned from the trip with strong legs, suntans, new Strava buddies and great memories.

Location: Mallorca is the largest of the Balearic Islands of Spain. Its airport in Palma is a 45-minute flight from Barcelona.

Getting there: Find great off-season airfare by booking 6-8 months in advance.

3. Apply lubricant to the chain and wipe off the excess.

4. If you do anything at all, it's better than doing nothing!

Many people go for months, or even years, without doing any cleaning or lubricating of their chain, either because they don't have the time or knowledge to do it. Or, they are afraid that unless they can do it perfectly, they should try it at all. Don't be afraid to ask other club members or a local bike shop technician to show you how to properly clean and lube your chain!

Getting around: English is widely spoken and hotels in the western part of the island cater to cyclists. Roads are excellent.

Trip providers: There are many. Find the one that suits your needs best. No need to ship a bike. Excellent rentals are available.

When to go: February-April or November-December. Avoid summer.

<b><a href="#">RBC Chain Links</a></b>
<b><a href="#">Board Members</a></b>
<b><a href="#">Check My Membership</a></b>
<b><a href="#">Ride with GPS</a></b>
<b><a href="#">Borrow a Travel Case</a></b>

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