

the Wheel



August 2018
Volume 36; Issue 7

www.RestonBikeClub.org

How Can I Contribute?

With the 36th Annual RBC Century just weeks away, our preparation is hot and heavy. If you're wondering how you can contribute, there are still some **critical** areas that need people, some of which you can do AND still ride the event!

Because we're lacking police support in Loudoun County this year (their choice, not ours), we need people to wave flags at certain intersections. Only **one** of those spots has been taken.

All of our rest stops except Leesburg could use more volunteers for the afternoon shifts.

And helping get stuff unloaded and put away back at our storage area is always a multi-person effort. Only **half** of those slots are full.

Do your part, sign up today! [Handy Link](#).

Century Updates

The early discount price has ended. We are in full swing in preparation for the Century. Volunteers are scurrying around getting all the supplies and thinking about rest

Rides are Happening!

[Events Calendar](#)

[Wednesday Ramble](#), 8/15, Herndon

[Thursday Herndon Ride](#), 8/16

[Reston Century](#), 8/26, Reston Town Center

[August Board Meeting](#) 9/5 at 7 pm, North County Government Center

Member Cornered

stop food. Got a request? Reply to *the Wheel* email and we'll see if we can work it.

Whether you ride or volunteer, this is our annual event. Come out and support your club. We could still use a few volunteers to help out, volunteer at [Sign_up!](#)

Let's Ride

[Indian Head 100](#), 9/3, Indian Head, MD (reg closes 8/31)

[WABA 50 States Ride](#), 9/8, Washington, DC (new a Route 66 ride)

[Wild Goose Chase](#), 9/9, Cambridge, MD (women only)

[Back Roads Century](#), 9/16, Shepherdstown, WV (reg closes 8/31)

[Ride for the Reserve](#), 9/30, Poolesville, MD

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

Tire Health: One of the most important bike components for your safety is your tires. Having a failure at speed can result in a crash, and even a small puncture can leave you changing a tire on the side of the road.

Riders should always inspect their tires before a ride. If you have any cuts or holes that go through the tire, or even down to the fabric casing, they need to be replaced for safe riding. Keep an eye on cracking on the sidewalls as tires get older. If you have an older tire that is starting to develop cracks in the rubber sidewall, have your local bike mechanic take a look before you head out for your next ride.

Even with a tire in good condition, you may experience a flat on your ride from something in the road, so you should be prepared to make a repair. Make sure to keep a pack with a spare tube and/or a flat repair kit, as well as a set of tire levers and a pump or CO2 inflator. Ideally you should have a tube that is the proper size for your tire width. But in a pinch, you can use a 700x18-25 tube in a 700x28 tire, or you can use that 700x28-35 tube in a 700x23 tire for a temporary repair until you can home or to your local bike shop.



New to RBC? Don't know Kerry Moore? Well, in his own words, here is how he got into cycling and his cycling journey.

"I think I have always ridden. Can't remember not. I got really serious about the time Greg Lemond was riding in his first tour. He supported Hinault that year with a promise of his support in the '86 tour. A promise he broke, so there was an increased interest in the U.S as we followed that event. About the same time my brother-in-law and his wife did a century. A flat point-to-point out on Virginia's Easter shore. It just amazed me that regular folks could do such a thing, so I wanted to do it too. Started training for it about three months before. Was doing pretty well, when out on a ride, I severely tore a hamstring. The tear was so bad you could get three fingers in the hole it made. I didn't want to waste all that work, so I wrapped it up and did the ride anyway. It hurt like crazy. This ride only went in one direction, so naturally we had a 25-30 mph headwind the whole way. Finished it in six and a half hours in seventh place. I was hooked. Since then I've done hundreds of them."

"I started riding with RBC in the late 80's after doing the Reston century. Since then I was riding between 10,000 to 13,000 miles a year for many, many years. A lot of that was with RBC, so I made many friends here over the years."

RBC Chain Links

[Board Members](#)

[Check My Membership](#)

[Ride with GPS](#)

[Borrow a Travel Case](#)

“I found out just how many when I broke my left femur on a New Year's Day ride in 2017. I never knew pain like that could exist. When they got me into the ER and got enough drugs in me so I finally stopped screaming, the surgeon came in. He looked at the x-rays and says, “Man this is really bad,” I say “Doc. I heard that”. He says “Yes, I want you to hear, this is really bad and I'm not sure what we can do”. A little later I asked him when I could ride my bike again. He looks at me like I'm out of my mind and replied, “If you are really lucky you can take it out of the closet and look at it in six months”. All that said, I was determined to get back. While in the hospital I had nothing else to do, so I added up my lifetime miles. Almost 300,000 miles. Since then I've passed that mark. I got up on an indoor trainer in two weeks, did my first RBC ride after seven weeks, with the doctors blessing, and never looked back.”

“The help and support I had from so many of RBC members really helped to make this possible. So many were a great help, giving moral and practical support, I can't mention them all. I would like to single out Cheryl McMurray who kept things organized through that crazy time. Also, Matt at Velolabs and Dave Meyer at Green Lizard Cycles let me use their training facilities whenever I wanted, which really helped me put myself back together. After all of that and at age 65, I'm not what I was maybe, but I still enjoy the challenge of trying to hang onto an A ride, and occasionally I still have my moments.”

Address: PO Box 3389, Reston, VA 20195

Facebook • Meetup Twitter

Unsubscribe