



the Wheel

June 2019

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www.RestonBikeClub.org

Good Time for New Rides

RBC-Bike Lane Weekly Women's Ride started on Monday, June 17th. The ride is at a slower speed than the long-standing women's ride at Green Lizard. With threatening weather, there was a bailout plan, 7 riders ventured out, finished without rain, and celebrated with a toast at The Bike Lane last call.

June brings an almost consistent group 6 ride leader for Tues/Thurs rides. Whenever possible Laura Robinson will lead about a 20-mile route at over 12 but under 14 mph. The challenge is to grow the group and get the riders graduated to group 5. Please tell your friends it is not too late in the season to hop onto a ride.

Saturday C-Level ride is in search of "owners". There continues to be a great group for the rides but both the span of speeds and the number of riders mean that we need more than one point-of-contact/ride leader for the event. Moving forward if you ride faster than 18 mph consider the A/B group or relaxing your speed. The two groups for the ride will be 17-18 mph and 16-17. If you cannot maintain 16, please volunteer as a ride leader for a slower ride. If you can help RBC with launch/smaller group rides, please reply to this email, contact [Chairman Chip](#) or [Laura Robinson](#), the event coordinator.

[Kevin Dybal](#) is organizing a RBC ride out of Ashburn/Loudoun during the week. It would be awesome if we could get an RBC-West launch on Tues/Thurs nights from out there. More of our western-living members would be able to do evening rides. Let Kevin know if you are interested in routes out west. How many would ride? Also, do we have ride leaders (to help check in) and event coordinators (to help publish the ride) volunteers?

Calling all Teachers Out for the Summer

Do you have the kind of job that means you're out for the summer? Or do you know someone who does? We especially invite teachers to join the Wednesday Ramble. A social ride of about 20-30 miles at an average speed of 12 mph. Launching mostly from The Bike Lane or Green Lizard Cycling on Wednesday mornings, we explore new roads, secret cut-through paths, and those wide two-lane roads of Ashburn. There is stopping for a rest break with socializing after the ride if time permits.

Advanced Skills Class



Participants thought the clinic was good and were glad RBC offered it. This was an appropriate clinic for intermediate and advanced riders. Many of the techniques were review, but it's good to see how the pros do things and work on improving the techniques based on those taught skills.

One skill taught was touching other riders mid-ride such as in tapping a shoulder or bumping elbows. Partnering up was awkward for folks who have only done group riding, not racing. The results proved to be smoother than the participants thought. It was confidence building for close situations.

As Lisa Mackem said, "We also worked on riding a straight line while intermittently looking behind us and while getting our water bottles out of the cages and holding them. These are things I know how to do, and I've also taught or tried to teach people how to retrieve a water bottle, take a drink, and put the bottle back while riding. After those drills, we worked on improving our cornering - making turns tighter and getting our speed up through the turn. This is also something I've taught or tried to teach others to do, and I think I can improve my technique with what I learned.

The last thing we worked on was riding in a rotating paceline. I am trying to teach this on the Monday women's ride, so it was helpful to see how the pros taught it. Maybe I'll be able to teach it better now.

During the clinic, we were encouraged to practice techniques with our hands in different positions - like in the drops if we usually rode on the hoods and vice versa. I almost never use my drops, but I'm going to try to use them more often now."

Thank you Lisa for your clinic insights!

The 37th Reston Century

Registrations for our Century have been growing since the beginning of May. Current registration is over 230. Sign up during early registration and save. The [37th Annual Reston Century](#) registration is live!

Still looking for two rest stop captains. Is that you?? Laura Robinson and Long Nguyen successfully managed last year as first-year captains. You can do it!

This event doesn't happen without volunteers!!!! There are many slots that will allow you to ride. Consider volunteering to make the event fabulous. [SIGN UP PAGE](#)

New Member Cornered

Meet David Pelfrey, a federal contractor, who spends about two weeks out of every month working/living in NOVA. The other two weeks are spent at his home in Black Mountain, NC, right outside of Asheville, NC, where he loves to bike as well. He says, "As I live down in NC half-time, I have found that some of my favorite riding is up on the Blue Ridge parkway, early in the morning, of course, to avoid the traffic!"

Having primarily ridden gravel rides in the last few years. David joined Reston Bicycle Club in order to ride with a group here in NOVA. He is fairly new to road riding, but is having the most fun of my life while riding with the RBC on the road.

How he find RBC? "I discovered RBC while riding on the W&OD and passing by the Old Ox Brewery." It just so happened to be the 2019 Launch Party &



ride for RBC and he stopped to see why all of cyclists were there. He went home and looked up the RBC website and thought it looked like a great club with a lot of different skill levels. The rest is May & June.

He loves coming out and riding in the evenings during the week as he spends all day in an office. David says, "The evening rides are a great way to unwind."

How to Fix Your Identity with RBC

There are a few of you out there who have incorrect information in the RBC database. Why is this important? One name and one email in our database mean that your membership payment does not get lost and you receive (or don't receive) RBC communication. Here is how to fix it, all by yourself:

With a browser:

1. Log onto restonbikeclub.org
2. Look at your name in the upper right-hand corner, if it says [Last Name] [First Name], you need a change
3. Click on your name
4. Click the box "Edit profile"
5. After User ID are two boxes for your name--switch them, change anything else & find the save box.

On the **Wild Apricot Member** mobile app:

1. Press for "Profile".
2. Look for edit profile, on iPhone it is a white circle with 3 black dots.
3. Change your personally-identifiable info.
4. Click save.

[Events Calendar](#)

Saturday A/B Ride, [June 22](#)

Saturday C-Level Ride, [June 22](#)

Sunday Training Ride-4, [June 23](#)

Last Weekend Brunch Adventure, Saturday [June 29](#)

RBC Wednesday Board Meeting, [July 10](#)

The 37th Reston Century, Sunday, [August 25](#)

Let's Ride!

[Discover Hudson Valley Ride](#), "The world's longest footbridge" 75 miles w/ 4200' gain or 100 miles w/ 5900' gain, Poughkeepsie, NY, June 30 (registration closes 6/26)

[The Firefighter 50 \(35/50/101\)](#), Westminster, MD, July 21 (same day registration)

[Tour de Frederick](#), Walkersville, MD, Aug 10

[Covered Bridges Classic](#), Lancaster, PA, Aug 18

[50 States/13 Colonies Ride](#), Washington, DC, Sept 7

[Amish Country Tour](#), Dover, DE, Sept 7

[911 Promise Bike Journey](#) Washington, DC, to Shanksville, PA. Sept 9-11

[Back Roads Century](#), Shephardstown, WV, Sept 22

Got rides for the Wheel? Reply to this newsletter and they will be published!

Check out [Potomac Pedalers Outbound](#) for more interesting rides.

RBC Chain Links
Board Members
Check My Membership
Ride with GPS
Borrow a Travel Case
Board Minutes
Past Letters from the Chair
Past issues of <i>the Wheel</i>

Registrations for our Century have been growing since the beginning of May. Websites are being checked; the volunteer website is live; routes are being planned; and, as they say in industry, "We're fixing to get ready." Looking for two rest stop captains. Is that you??

This event doesn't happen without volunteers!!!! There are many slots that will allow you to ride. Consider volunteering to make the event fabulous. [SIGN UP PAGE](#)

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