



# *the Wheel*

December 2019  
Volume 37; Issue 12  
[www.RestonBikeClub.org](http://www.RestonBikeClub.org)



## Chairman's Letter

In my first Chairman's Letter to Reston Bike Club members, I want to start by thanking all of you who voiced your support for me in the role of Chairman. Your confidence in me is inspiring and I have warm and fuzzy feelings for all of you. I will do my best to make sure RBC membership continues to be fulfilling and supportive of your cycling goals, whatever those may be. Our club supports a wonderful diversity of riders, from hardcore racers, stoic no-matter-the-weather commuters, randonneurs, newbies, seasoned cycling veterans, people who ride bikes as an excuse to drink beer and riders of all ages who just want to have fun on two wheels with friends. This club is for all of you.

Looking forward to 2020, we see exciting things and challenges on the horizon. Challenge number one is finding a new launch spot for our Thursday rides. Our long-time parking and ride launch area will be demolished this spring to make way for a 4.7 acre re-development of this part of downtown Herndon. This means we must find a new parking and launch area now and

redesign our routes for the new starting location, possibly multiple locations. I and the rest of the RBC Board will keep you informed of developments via *the Wheel* and Facebook.

So, I close by wishing you happy holidays. Personally, I hope to get in a few sunny and not-too-freezing outdoor rides between now and the new year. I would love to see some of you out there on the trail and the roads, or even in the virtual realms of Zwift. May 2020 be a great riding year for you!

Please do not hesitate to contact me at [RBCTrout@gmail.com](mailto:RBCTrout@gmail.com)

### **RBC Board for the New Year**

RBC Annual Meeting was December 1 and a new Executive Board was elected. Larry Deigh was nominated from the floor, each candidate provided a brief introduction and the votes were tallied during the speaker.

Kathryn Troutman, Chair

James Stroud, Vice Chair

Ken Thompson, Treasurer

Nancy Sikorsky, Secretary

Julia (Boo) Glowacki, Laura Robinson, & Kelley Westenhoff,

Members-at-Large with Erica Staaterman continuing as 4th Member-at Large

### **RBC Gives to the Community in 2019**

Reston Bike Club was pleased to contribute \$7,750 to the local biking community in 2019. The Board commits \$10,000 to this grant program each year.

Recipients of 2019 grants include:

B.J. Silvey Memorial Bench at the Bike Lane-Reston

Laurel Learning Center

Cycling Without Age

Be AMYazing! Reston Youth Triathlon

Reston Sprint Triathlon

Phoenix Bikes

Trails for Youth

NOVACycling

### **New Member Featured**

Met David Jiang. He started bike commuting over ten years ago. Then, he thought it would be fun to try doing some longer rides, found out about Back Roads Century, and discovered the joy of riding out in the countryside. Eventually, as all of us, he broke down and got a road bike to increase his range and enjoyment. Now David enjoys hills and tries to do Garrett County Gran Fondo every year. Also, he enjoys the various WABA rides since they are a fun way to explore the area. Particularly the 50 State ride since it's pretty cool to say "I've biked all 50 states!" and the Cider Ride exploring some of the roads less cycled around Greenbelt. David also enjoys the Tweed ride as it's a unique ride where you have people that love to dress up in vintage clothing with people that love to ride often vintage bikes. He is a member of the DC Triathlon Club so in addition to being a part-time cyclist, he's a part-time runner!

Why did he newly join RBC? He started working in Reston last year and joined RBC to try some rides after work!



## Why and How to Ride in the Cold, by Kathryn T.

I love my smart trainer set-up. For quality training time and convenience, it is superb. I admire my friends who post 3-hour trainer workouts. Those guys tend to be the strongest riders come spring and summer. But, I need to get outside on my bike at least once per week through the winter. Why? Because it's a needed dose of sunshine and fresh air to keep the winter blues away, braving the elements builds character and a sense of accomplishment and it keeps my actual, real-life bike handling skills in play.

I have some rules though. Icy pavement is a no-go. I want to be intact come spring. Excessive wind or temps far below freezing will also keep me indoors. But on days when the sun is shining and the air temperature is in my tolerable range, I want to be outside. Here are the tips I follow for winter riding.

- Let's start with the feet and work our way up.
  - I use a system of thick wool socks with thin liner socks underneath. The liner and wool sock combo creates layers of insulating air which when warmed by my body heat, keep my feet warm.
  - Over my shoes, I wear a stretchy soft shell cover when temps are below 45. On very cold days of temps around freezing, I will put a neoprene toe cover over my shoes and under the shoe covers.
  - If your road shoes have vents in the bottom, cover those holes up with duct tape.
  - Only if it is extremely cold (in the 20s) I will add a set of plastic baggies over my socks but inside of my shoes. I know people who swear by this, but I find it makes my feet too sweaty.
- Speaking of sweat...
  - Excessive sweat must be avoided! If you sweat too much, you will freeze later in the ride. If you start a ride so well covered up that you are warm at the start, you will regret it. You should be chilly when you start your ride.
- Legs.
  - I find a good pair of wind resistant tights are just fine and get by with one layer in this area.
- Core.
  - Keep your core warm and the rest will follow. This is where layers are really key. You need to dress in layers for two reasons, 1) the layer of insulating air already mentioned, and 2) the ability to peel those layers off to regulate your temperature to avoid excessive sweating. Your arms don't need to be as warm as your core. You can give your core a heat boost by slipping some chemical hand warmers into your jersey pockets or wear one on a lanyard on your chest.

- Hands.
  - As with the feet, layers are your friends. I like a thin pair of liner gloves under a thicker pair. I am not a fan of thick ski-type gloves as my hands get too sweaty.
  - Carry an extra pair of gloves. If your hands do get wet from sweat, change into your dry backup gloves. And if a friend needs them, you'll save the day.
  - If you really suffer from cold hands, try bar mitts. I have not tried them myself but know people who swear by them.
- Neck:
  - Having a blast of icy air down your front is unpleasant. A neck gaiter is very effective to prevent this and you can even pull it up over the lower part of your face.
- Head:
  - I favor a stretchy wool knit cap that covers my ears beneath my helmet. If I start to get warm, I will push it up to expose my earlobes for a cooling effect.
- Non-gear related items:
  - Bring a thermos of a hot beverage to drink after you stop riding. You may not feel that cold right away after you finish riding, but you will continue to get chilled to the point of shivering. The hot drink will warm your core and prevent the chills. It's a nice treat anyway. You deserve it.
  - Change out of your sweaty biking gear immediately! Put on something warm and cozy if you need to drive home after your ride. That includes a dry and cozy covering for your head too.
  - You need to be proactive about not getting chilled. It is possible to do everything right on a ride and then turn into a teeth-chattering mess when you stop moving. So put on all of your extra layers at rest stops. That coffee stop may be nice, but when you get rolling again you will quickly realize how cold you became while stopped.
- Ride with friends. You will make great memories braving the cold together.

As they say, there is no bad weather, just bad gear. Experiment and see what works for you, but don't give up! Have I missed anything? Please visit the [RBC Facebook page](#) and share your own winter riding tips.

## **Freezing Saddles 2020**

Need motivation to cycle outside through the winter? Join this silly and fun contest to see which team can accumulate the most points by riding outside from January 1st through March 19th. Your friends will be impressed when you go out for "sleeze" rides in polar vortexes, snow and howling wind. You may even make some new riding friends. Riders will be randomly assigned to teams.

Deadline to [register](#) is Tuesday 12/24 before midnight.



### Your Club Gives More than Money

On December 14, RBC Members assisted Herndon Middle School Bike Shop students in fitting helmets and bikes to local community children in a holiday giveaway program. The 7th and 8th grade students took the names, ages, and heights of children identified by Herndon Neighborhood Resources Center in October, found donation bikes to fit, and then rehabilitated those bikes into "like new". The HMS students were as thrilled to make gifts of these bikes as the children were to receive them. The HMS Shop is coordinated by RBC member Kelley Westenhoff, members Bob Evans and Andrew Jens are regular volunteers. Members Cathy Miller and Bruce Peltzer served as additional elves for the giveaway. The Bike Shop students say, "Thank you" to RBC for your support.

**David Boldt** has become an active RBC member. For the Annual Meeting he helped organize the door prizes and was responsible for the bike display. He has another life, check it out:

## **The Philly Bike Expo – [A CYCLIC PHENOMENON](#)**

### [Events Calendar](#)

Saturday A/B Ride, [December 21](#)

Saturday C Ride, [December 21](#)

### **Let's Ride!**

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

Icicle Ride, [April 4](#), Elkton, MD

Cycle Zydeco, [April 15-19](#), Lafayette, LA, A party on wheels!

#### **Virginia Cycling Resources**

Check out this link for [Cycling Virginia](#)! 2020 will be the 2nd 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](#)

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

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