



the Wheel

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www.RestonBikeClub.org

Chairman's Letter



Dear RBC Riders,

This has been the weirdest year in our history as a club. To my knowledge, it is the first time we have had to cancel our signature event, The RBC Century. Sad as it is, I am heartened to see how our members stuck together despite the cancellation of our normal group rides. We have had many small groups form and were even able to launch a few official rides. We even have some new members! I want to extend sincere thank you to those of you who

stepped up to lead rides. I hope that more RBC riders follow your example and set up rides. If we continue to spread our rides out and keep them small, we can have safe group rides. I am also happy to see our riders forming impromptu and unofficial rides by communicating through our Members Only Facebook group. Please, keep it up through the colder months.

As you have no doubt noticed, there are a lot of new users of the W&OD trail. I urge you to show kindness to those new users. Be compassionate when they make awkward moves on the trail and be courteous when passing. Right now, if you want to ride on the trail you must accept that it is crowded and ride accordingly. Don't expect that you have the right of way because you think you're the fastest thing out there.

As we look ahead to 2021 (may it be a less interesting year than 2020) I want to consider moving our century event westward, to take advantage of more scenic and more peaceful roads. Our all-volunteer board has begun looking for a new venue, but we need help. Please consider joining me on a committee to scout a new starting location for the 2021 century. If you have thoughts on the matter, please reach out to me directly at RBCTrout@gmail.com

Kathryn Troutman

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Lime Connect Century Ride

From September 10th-October 10th, join Lime Connect and hundreds of passionate cyclists and supporters from around the world as we ride to rebrand disability! Reimagined as a virtual experience, the annual Lime Connect Century Ride presented by Bloomberg will be bigger than ever. For the first time, riders of all levels will have a chance to participate on any day, at any distance, and from anywhere in one of three experiences – Virtual Ride, Virtual Challenge, Tour de Lime Connect – all for a great cause: college scholarships for high school seniors with disabilities. Learn more and sign up at limeconnect.com/centuryride.

Training Corner

Riding in the Drops for Speed and Control

Many riders do not use all the positions available to them when riding. If you add riding in the drops to your arsenal, you will have a way to increase speed, increase your control over the bike and alternate your riding posture to prevent discomfort.

What are the drops?

What we call “the drops” are the downward hooked part of your handlebars.

Why use them?

Speed

By riding in the drops, you are in a more aerodynamic position, enabling you to go faster with less effort.

Control

Riding in the drops lowers your center of gravity, giving you more control over the bike. Thus, this is the position you want to be in for most descending and handling sharp turns. For turns at speed, you will be able to lean the bike more by riding in the drops. Additionally, this position provides safety on bumpy surfaces. Your hands will not get bumped off of the handlebars from the drop position. And, because you can get a firm grip on the brakes in this position, it provides better braking. Lastly, having your hands in the drops while riding in a tight group protects you from having your handlebars hooked by another rider.

Comfort

This point may seem counterintuitive, because almost no one finds riding in the drops to be comfortable immediately. But, we know instinctively that alternating positions on long rides improves comfort. Having one more position available to you may help you last longer in the saddle and prevent sore spots.

But it doesn't feel right!

Riding in the drops is something you need to get used to gradually. You have to trust that it will improve your biking handling, even though it may feel awkward at first. Get used to the position a little at a time. Alone on a flat stretch of road, try riding this way for just 30 seconds. When you can do that easily, increase the time. Then try it on easy, nontechnical descents. Just make sure that you can reach the brake levers with a finger or two. If you cannot, you may want to consult a fitter to shorten the reach of your brake levers.

Riding in the drops is not just for racers. It will give you more control over your bike which will improve confidence and enjoyment of all types of rides.

Riding Season

RBC is having limited success with advertising and launching small rides. Please refer to Event Calendar below for current rides. If you are interested in leading a small ride please contact any Executive Board Member or reply to *the Wheel* & we will set you up!

Remember: If you want to find your people and ride informally, the RBC - Members Only [Facebook page](#) can help. The group is 240 interested members so reach out to find folks in your speed group with similar free time.

Group Riding Skills Training

The weather cooperated and the Hefler Performance Coaching (HPC) head coaches Sue Hefler and Pierre Pelletier provided two sessions of training Saturday, 9/12. Comments included "Pierre and Susan were a good, fun duo leading the clinic." and "Would like to have this offered again soon!"

Reply to *the Wheel* and we'll start an interest list for the next session. No response, no class.

Your Website Needs Your Input

Does the RBC website frustrate you? Do you find yourself muttering, 'If I was creating this site, . . . ?' Please, **TELL US!** We need that input to make the site more fully serve the needs of the members as well as to promote a good club image. Give us ideas here: [Gathering Website Suggestions](#)

The RBC Ride with GPS Library Update

The roads we ride on have changed in the last 10 years! It was time

for a review. The committee of volunteers formed in December 2019. Members included Hung Bui, Kevin Dybal, Mehrdad Erfani, Chip Magrogan, Laura Robinson, Ken Thompson, and Kelley Westenhoff; they have been reviewing the routes and creating route sets. What is a set? It is a group of routes that are similar, sharing the same start location but with differing lengths and/or difficulty. Route sets are great for larger rides of people who ride at different speeds. It is a way for all to return about the same time for post-ride discussion & refreshments. As we are under the COVID-19 curse this format is not available to us now, but when we start riding they will be there.

Please consider riding one of these routes solo or with your small pod and let us know what you think. Group sets have A, B, or C after the number with A being the longest and C the shortest.

New in the route titles is a descriptor for what kind of ride. Most routes are not labeled so are "regular" rides but we have added some gravel, ramble and themed rides. The Wednesday Rambles are being converted from starting with RAM to "RBC-xxx (nn) Ramble - Name". We're looking for consistency and when the public searches for Reston Bike Club routes they will find them all with "RBC-"

September Executive Committee Meeting Highlights

- Discussion of the Annual Meeting in time of COVID
- Jamey Lees discussed possibility of virtual rides in October
- Dulles Area Transit Organization (DATA) will partner with RBC in a "guerilla" bike light giveaway.
- Beginning 2021 Century Planning (see chairman's letter)

Oh No, My Name Is Incorrect!

Our database needs some straightening and tidying and you can

help by reviewing your profile with RBC. Please review your profile for correct names and email. Also, consider opting in to the directory for members to connect with you for a ride.

Edit profile is what you want!

For mobile apps:

On iOS there is a cute 3-dot button that is the secret edit your profile spot.

On Android there are 3 horizontal lines at the top left. Choose Account, then choose 'My Profile'.

On the website, you click your name from the upper right to find the edit profile button.

Please, no more Jones Henrys out there.

[Events Calendar](#)

[Mike Dinsmore-5's @ 5](#), October 1

[Monday The Bike Lane Women's Ride](#), October 4 @ 4:30 pm

[Tuesday Group 2 \(15-18 mph\) with Jamey Lees](#), October 6

[Ride 1 at Hunters Woods](#), October 6

[RBC Board Meeting](#), October 7, 7 PM via Zoom

Let's Ride!

So many rides are virtual! Check Facebook or, if you have Fall rides

for *the Wheel*, reply to this newsletter and they will be published!

[Lime Connect Century Ride](#), October 10, Reston, VA,

4 distance options or Virtual Challenge

[Seagull Century Virtual](#), October 10, Salisbury, MD

[Tour de Greene](#), October 10, Standardsville, VA--with 37 and 57 Gravel/Road options

[Fondo Fredericksburg](#), COVID Version: the month of October, Dixon Park, Fredericksburg, VA

[Bikes & Beers](#)-October 24, Flying Dog Brewing, Frederick, MD

[DC-Bike Ride](#) (DCVR2020)-Virtual, November 2020

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](#)

RBC Chain Links

[Board Members](#)

[Check My Membership](#)

[Ride with GPS](#)

[Borrow a Travel Case](#)

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