



the Wheel



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www.RestonBikeClub.org

Chairman's Letter



Sadly, our season (such as it was) has come to an end without us being able to resume our normal club activities. All in all, we did the best we could to stick together through a challenging time. We launched a handful of official outdoor small group rides, new leaders stepped up to create rides, the club carried on with its philanthropy

efforts and held some fun virtual events including indoor rides and happy hours. Thanks to innovative members, we even ventured into new territory with Zoom workouts and an official after dark ride series. Now we just need to stay healthy and safe through the winter and keep motivated to stay the course through to a better spring riding season.

Your club is here to help you stay fit and motivated through the cold dark months. We will have virtual offerings available through the winter, including Zoom workouts, Zwift meet-ups, and Trainer Road group workouts. In addition, we will have the occasional small and safe group ride outdoors. We kick off the cold weather season with an outdoor event at House 6 Brewing Co. on November 19th, the focus of which will be all about riding in the cold. Also, read on for how your RBC membership gets you a discount on membership at the Reston YMCA.

I want to say thank you to all who have contributed to the club this year by leading rides and volunteering on the board. I hope to see you all at our virtual annual meeting on November 29th.

Kathryn Troutman

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RBC Annual Meeting - the Last Sunday of November



RBC Annual Meeting will be Sunday, November 29, 7-8:15 pm, via the virtual meeting platform ZOOM. Please join your club to have some fellowship, a short business meeting, and receive first word of the newly elected board. Register **now** by clicking the blue button: [Annual Meeting](#) The link to the meeting will be in the confirmation email.

[Register for the Annual Meeting Now!](#)

RBC 2021 Executive Board Elections

The elections will be held electronically this year. Notice of the election poll opening will be sent to all active members on Sunday, November 22, 2020. Members will have one week to vote, anonymously, and voting will close at 8 pm November 29th, as part of the RBC Annual Meeting.

The slate consists of current Executive Committee Members who have agreed to stay on, two who would like to switch positions, plus one member who is new to the Board:

Chair: Kathryn Troutman (1-year term)

Vice-Chair: James Stroud (1-year term)

Treasurer: Laura Robinson (1-year term)

Secretary: James Ruffin (1-year term)

Member at Large #1: Erica Staaterman (2-year term)

Member at Large #2: Ken Thompson (2-year term)

Winter Clothing for Service Workers

During our outreach providing bike lights to service workers, we discovered an additional need in the community where people use bikes for transportation because they have no other choice. As a result, RBC is collecting gently used, clean, cold/wet weather riding gear (no shorts/jerseys) at **A-1** or **Green Lizard** for patrons of the Centreville Immigration Forum. Thanks to all the generous RBC members in advance. The bins will be there through the 17th.

Last Weekend Brunch Adventure Ride

Saturday, November 21 at 9:15

Registration is limited for this very social ride. You'll learn about a very new path that connects two really fun to ride areas.

[Sign Up Here!](#)

RBC Goes Inside

Tuesday Virtual Indoor Trainer Ride will guide you through a 90-minute structured workout on your bike and post-ride stretching. These Zoom ride classes are open to all RBC members from Beginners to Pros, committed cyclists to weekend riders. These workouts, at times, will be hard, energetic, and by far the most fun you have ever had on a trainer.

Our indoor rider leader for the Tuesday Virtual Indoor Trainer Rides

is Jamey Lees, an RBC member of 20 years. He has 30 years of bike racing and training experience. He has also owned and operated an indoor bike studio. Jamey currently runs several Wahoo Kickr Studio classes out of the M3Bike Shop in Vienna.

RBC registration: [Reston Bike Club - Tuesday Virtual Indoor Trainer Ride with Jamey Lees, all levels welcome!](#)

Dressing for Success

When: Thursday, November 19, 2020 at 6pm

Where: House 6 Brewing Company, 44427 Atwater Dr, Ashburn, VA 20147

Join RBC's panel of experts at House 6 Brewing Company on Thursday, November 19, 2020 at 6pm to find out how to stay warm and toasty on winter rides.

At this socially distanced event, our panel of experts will go over the best gear to wear on your rides and layering strategies to stay comfortable as the temperatures drop. We're hoping one of our local bike shops will be able to join us with some samples of different types of gear.

[This event](#) is open to RBC members only and will be limited to 25 people.

Cold Weather Dress

New RBC Perk--Reston YMCA

We are happy to announce a new perk for RBC members. RBC has partnered with the YMCA to offer our members a 15% discount on YMCA memberships.

The YMCA Fairfax County Reston is located at 12196 Sunset Hills Road in Reston and backs up to the W&OD trail. The location has been recently renovated and expanded and includes a fitness center,

free weights, gymnasium, indoor track, volleyball court, group fitness classes and a 25-yard indoor pool. Click [here](#) for a virtual tour of the facility.

By becoming a member of the YMCA, in addition to getting access to an excellent gym, you are supporting one of the largest social service agencies serving our area.

RBC members must be current with their membership dues to be eligible for the discount. When you visit the YMCA to sign up, either bring a print-out of your RBC membership card or use the Wild Apricot phone app to show an image of your card. In the app, click on My Profile, then My Card. If you prefer to print the card, visit restonbikeclub.org, log in and then click on your name in the top right corner of your screen; from there you will see your membership card and have an option to download it as a printable PDF document.

For specific questions about joining the YMCA, contact Paul Raker, Paul.Raker@ymcadc.org.

Note: The YMCA has a current promotion of no enrollment fees if you sign up before November 30th.

Tuesday Night RBC "1" Rides

When the weather cooperates, James Stroud will have an RBC 1 Ride at 5pm and will do the route we have been doing the past 3 weeks. But since daylight savings time has ended, we all must have a very good front light and rear light. If you don't have good front light, now is the time to get one.

James' light ad:

I'm a big fan of Cygolite (I have no affiliation with Cygolite) and recently bought this one on Amazon.

It works great. I recommend 600 Lumen for a front light (even 2

front lights would be better with one on the helmet and the other on the handlebar). You really need a light that will light up the road and not just have a "be seen" light.

Here is the link to the Cygolite Ranger 1400 Lumen on [Amazon](#) or the budget 600 Lumen [Dash](#).

If you have aero bike and non-standard front bar, but have a GoPro compatible mount on your bike or helmet, this Cygolite adapter will allow the light I recommended above to mount on your bike or helmet. [Adapter link](#)

Since it is nighttime we will go slower through the neighborhoods and on the turns. Also on Stuart Mill, & Bennett Road, Thompson Road we will have to go slower than normal to watch out for deer. But on the straight parts such as Lawyers & Franklin Farm we will go at our normal "1" pace.

If interest is there, we can continue through November & December. We won't ride ever if there is ice or can be ice on the road.

Here is the route for next Tuesday, 2 Birdfoot loops followed by one loop of Lawyers to Twin Branches to Glade. [RBC-102A](#)

Night Riding Corner

Tips

- You may have to go a bit slower because of lower visibility, wildlife & pedestrians
- Be wary of squirrels, deer, rabbits, and groundhogs as they come out more at night and cross trails and roads
- Be wary of pedestrians walking on the road and/or bike trail. Occasionally you will encounter walkers and/or runners with no reflective clothing and walking directly in

your path. They also may have earbuds in and may not even hear you

- Get a bright light to see the road and not just a "be seen" light. Ideally two front lights. With at least one with 600 lumen or above. Either both on the handlebar or one on the handlebar and the other helmet mounted
- Redundancy in lights is important because the cold will also sap battery-charged items much more quickly than when it's warm.
- When approaching on-coming cars or other cyclists approaching you place your hand over the light or point it down so as not to blind the person
- For the rear light, if it is very bright point it down slightly so as not to blind to the person behind you. Ideally have two rear lights.
- Also, items that move are more easily noticed by car drivers, so put on reflective clothing and ideally a reflective ankle bracelet.
- Dress in layers, it gets cold fast on some evenings. If you layer up and are too hot you can strip down a bit and then re-add later on if needed.

The following is a [video](#) from the Brits (GCN) Note: 20 km/h is 12.4 mph. They recommend 700 Lumen minimum for riding at night and putting on flash mode during twilight. [click on the tiny bicycle]

[Events Calendar](#)

[Tuesday Virtual Indoor Training Ride with Jamey Lees](#), November 17, 8 sessions, 5 pm.

Look for continuing 1 rides Tuesday with lights at 5 pm

Look for Tues/Thurs 5's at 4 pm rides

[RBC Winter Cycling Event](#), November 19, 6 pm, House 6 Brewing

[Last Weekend Brunch Adventure Ride](#), Sterling, November 21, 9:15 am

[RBC Annual Meeting](#), November 29, 7 pm via Zoom

Let's Ride!

Always share the rides your are interested in by replying to *the Wheel* or posting on Facebook Members-Only page!

[Bel Air Cyclocross Festival](#), December 5

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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