

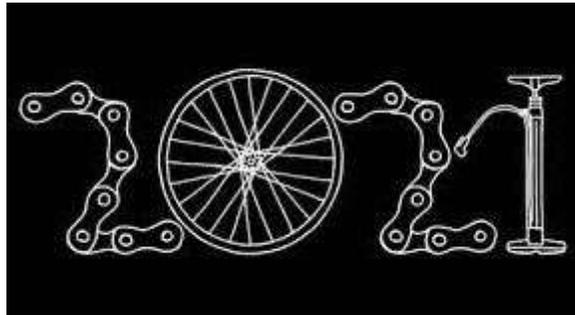


the Wheel

January 2021
Volume 39; Issue 1

www.RestonBikeClub.org

Chairman's Letter



Happy New Year, RBC Riders! I used to think that day one of a new year was just like any day on the calendar. Saying good riddance, don't let the door hit you on the way out to 2020 changed that for me. I welcomed 2021 with fervent hope for a better year. Day one of 2021 was highly symbolic for me because I decided to treat 2021 as a fresh start. I burned my 2020 wall calendar at midnight on New Year's Day (true story) and decided to enthusiastically embrace 2021 with optimism.

Here is what I want to see in 2021 for RBC:

1. **A return to group riding.** I want group rides to come back better than ever. For me, this does not mean just starting up the Tuesday/Thursday night rides business as usual. I want to see more options on the calendar more days of the week led by more RBC members. We have become so large that we need to spread out a bit for safety and enjoyment. Retired or have a flexible schedule? Consider leading a week-day morning or mid-day ride. Our few small group rides during the pandemic were excellent practice for this. Anyone can be a ride leader! Ask me how!
2. **Return of the RBC Century.** It saddened us to cancel the 2020 century event. However, it was so obviously the necessary thing. While we are considering moving our century westward in future years, 2021 will see a return of the Reston Century to the Reston Town Center.

3. **Destination Weekend Rides.** Weekend rides will return. I want to see more options at different locations. We will introduce a hill training series and of course bring back the Reston Century training rides.
4. **Bike advocacy.** This is territory RBC has not been very involved in previously. However, with more and more people now interested in cycling, the time is ripe to make a little noise for roads to become more bike friendly. [Get involved.](#)
5. **Continued cycling-related philanthropy.** It was a slow year, but RBC made a difference in our community. We awarded grants and/or partnered with Cornerstones, Phoenix Bikes, Trails for Youth, The Mid-Atlantic Off-Road Enthusiasts and the Dulles Area Transportation Association. Your membership fees contribute to these valuable philanthropy efforts. Some members even went above and beyond and donated to the club. Thank you, all.

Is all of this 100% certain? I can't predict what will happen in the coming weeks and months, but things will get better and we are going to push forward with planning for a normal season and hope for the best. If you have ideas for 2021 or things you want the executive board to consider, please write to me at RBCTrout@gmail.com.

Happy riding,

Kathryn

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Winter Clothing

In December a group met at House 6 Brewing to discuss winter riding gear. A hardy group arrived to discuss winter options. Providing tips were Freezing Saddles participants James Ruffin, Kelley Westenhoff, and Laura Robinson. The following are a few takeaways:

Tip: It's okay to start off feeling cold. But if by the 2 mile point you're not feeling your toes and fingers warming up, you need to up your effort. It means you're not getting your core warm enough to share the warmth with your extremities. Riding in the cold shouldn't be painful and if your toes and fingers stay that way too long, you can do some real damage.



Rich Knopman, a long-time commuter, sends his dressing for the weather chart. His strategy is to target specific clothes for specific temperature ranges. The table below summarizes his temperature ranges for different gear combos. Of course, you'll want to figure out what works for you and adjust ranges accordingly. Finally, when it's raining, introduce waterproof gear, a hooded jacket, and adjust the temperature range for the breathability of that gear or if water intrusion might be an issue (e.g., wool socks).

Finally, whatever works for you, continue it. It is more important to keep moving and be comfortable and remember the winter cycling rule: Below 50 your kit doesn't need to match.

A Tale of Two Jameses

Our new feature column! James Stroud is our ride leader for the "1"s. He has been chasing, racing, and training for a long time. James Ruffin has come to cycling later in life but wants fitness, finishing, and fun cycling. This column is [your chance to ask](#) the Jameses and receive two perspectives, both valid, but perhaps different. We'll start the ball rolling with the following:

James, "I see all these high numbers for mileage and fast riding speeds and feel like I'm such a loser. How do I build endurance and speed? And if don't do so, am I a loser?"

Ask the Jameses



James Ruffin

No, you are not a loser. If you are riding your bike, you are winning. Any day you can get out for a ride is a good day in my book. While it can get easy to get wrapped up in the numbers, my advice is to just have fun.

There are plenty of ways to enjoy riding your bike:

- To get some exercise
- Meet a few people
- Riding to the café (coffee stops and rides to food spots are two of my favorite reasons to ride.)

You don't have to put in a ton of miles or ride at high speeds to just have fun. For every rider who is ready to go pro, you can be sure there are groups of riders who don't go as fast or as far and get just as much enjoyment from cycling.

How can you ride longer and faster? My advice would be to:

1. **Be consistent in riding** - Even if you can only ride twice a week, stick with it, and gradually add a few miles each ride. When I bought my first road bike a few years ago, my first ride was only 3 miles.

Each week I added a few miles to my ride and also came out for RBC group rides. By the end of the season, I managed to finish the Reston Metric Century.

2. **Stay motivated** by riding with a cyclist with a similar ability level, finding a riding buddy, or joining group rides with an experienced cyclist. Currently group rides are a bit hard to find, but one of the ways I really got into riding was finding a friend who was willing to ride with me every weekend. I started slow (out of breath) but every week he encouraged me to ride and I got better and learned a few things on the way.
3. **There an app for that** - If you're really serious about getting faster and don't mind dedicating some time to training, check out indoor training classes or virtual cycling apps like Zwift or TrainerRoad. Indoor training can really increase your fitness on the bike and the cycling apps also have built-in training plans that can help you ride longer and faster.
4. **Ride for fun** - Not every ride has to be a race. Plan out a ride on the weekend and just go, even if it's just a few miles down the W&OD to grab some BBQ.
5. **Compete against yourself** - If you are the type of person who likes a little competition, using an app like Strava which tracks your ride stats can provide a little motivation to do better each week. You can set up a segment and compare your times on parts of a ride. Don't worry about getting a KOM or QOM (king or queen of the mountain), look at bettering your own time on rides and pushing yourself to new personal bests.

Now get out there, have fun, and smile like you know you look good in lycra.



James Stroud

From the RBC 1 ride leader, I don't put in nearly as many miles as most riders do. Don't feel down on yourself if you are 50% less in terms of miles or days than many of your peers. If you want to be a strong rider and you are not riding much (say 3 or less days a week for less than 1 hour or so for each ride), just ensure you try to push yourself for portions of the ride. Think of this as informal and unstructured "intervals" or efforts". Maybe go all out for a minute or two, rest for 3 to 5 minutes and do this again three or five times on

the ride. Or maybe go near all out for 10 minutes, rest 5 minutes and do it one more time on the ride. Then enjoy the rest of the ride and go at your own easy pace.

If you ride a lot (4 or more days a week for over an hour each time) see this very informative video from Dylan Johnson ([457\) Sweet Spot vs. Polarized Training: Which Makes You Faster? The Science - YouTube](#) on training that is spot on. Many top racers in the country are discussing this and agree with Dylan.

If anyone feels like a loser just have them talk to me, I have more tales of woe than anyone else on the bike.

Proposed Virginia Bike Legislation

Would you like to have an "Idaho Stop" law in Virginia? How about requiring cars to change lanes to pass? How about making it legal to ride two-abreast for safety? It **might** be possible this year.

There's some exciting proposed legislation in Virginia this session!
Member

[Peter Klosky](#) has agreed to head up an advocacy subcommittee for RBC to make sure our voices are heard. He could use some help, so if you're interested in this very important work, please message him or comment on the post in Facebook, RBC - Members Only with his name in the comment.

Also, if you want to read the proposed legislation, go here: [Legislation](#)

If you want to read the FAQ's about the proposal, go here: [FAQs](#)

Jamey is Back with Justin

Check out virtual riding Zoom-style with Justin and Jamey. Here's the link to signup: [January 26 at 5.](#)

Winter Happy Friday Hours

Check for RBC Zwift Happy Hour on Fridays with Zwifty Kathryn. Each session is no more than an hour and it can be as easy or challenging as the participant makes it for themselves, so it's a perfect happy hour ride. To participate, be on Zwift and follow Kathryn to get the invite.

Sign Your Waiver Today

Waivers are one of the two-part annual process of riding with RBC: pay your dues & sign the liability waiver. Anyone who rides with RBC must have a waiver. As a reminder, non-members are welcome to ride with us to "test the waters" but must join the club for subsequent rides.

The waiver is electronic and pretty painless. On a browser, say a laptop, it is straightforward. Click the link below and enter your email, member name and initial you accept the waiver. For folks on phones, the trick is to turn the phone to landscape so the submit button is not hidden. Good luck, go forth and waiver!

[2021 Liability Waiver](#)

Training Corner

Cycling Performance Podcasts

If you're looking for resources to help make you faster in the spring, check out a few cycling podcasts while you're on the trainer this winter.

[Ask a Cycling Coach-TrainerRoad](#)

Hosted by the developers of the TrainerRoad app and USAC/USAT Level I certified coach Chad Timmerman. This podcast covers a wide range of topics and answers cyclist's questions about training and

nutrition.

They also host live Q&A sessions on their [YouTube channel](#).

[Empirical Cycling Podcast](#)

Riding a bike isn't rocket science... or is it? If you enjoy going deep into sports science, this podcast is for you. The podcast is hosted by Kolie, a leading expert in endurance, sprint, and strength training for cyclists, and Kyle, a NASA scientist, and national champion sprinter.

[Zwift Powerup](#)

Presented by Zwift, this podcast digs deep into the world of cycling and indoor training. Get training tips from Matt Rowe and some of the world's best coaches and athletes.

[Faster - Podcast by FLO Cycling](#)

Not only do they make fast wheels, but FLO also produces a good podcast. Their most recent episode, which featured Hannah Grant talking about nutrition and her time as the team chef for a world pro tour cycling team was very interesting.

So what are you listening to? Let *the Wheel* know, then *the Wheel* will know.

Thanks, James Ruffin

[Ask a Cycling Coach](#)

[YouTube Q&A](#)

[Empirical Cycling](#)

[Zwift Powerup](#)

[Faster - Podcast by FLO Cycling](#)

[Events Calendar](#)

[Tuesday Virtual Indoor Trainer Ride with Justin & Jamey, all levels welcome!](#) Starting January 26, 2021

[February 2021 Board Meeting](#), February 3, 2021 to be posted on the calendar.

Let's Ride!

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

Virginia Cycling Resources

Check out this link for [Cycling Virginia](#)! 2021 will be the 3rd 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

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