



*the Wheel*



December 2021

Volume 39; Issue 12

[www.RestonBikeClub.org](http://www.RestonBikeClub.org)

## **CONTENTS of *the Wheel***

- 2022 Board Election Results
- Club Store for Stickers and Magnets
- 2021 Club Philanthropy
- Training Corner: Strength Training, Part 2
- A Tale of Two Jameses: Tips for Winter Riding
- Monthly Photo Challenge: Holiday Delight!
- Events Calendar
- Let's Ride & Do Other Things Too!
- RBC Online
- RBC Chain Links

## 2022 RBC Board - Election Results

Please congratulate the following individuals have been elected to the 2022 Board:

Kathryn Troutman Chairman (1-year term)

James Stroud, Vice Chairman (1-year term)

James Ruffin, Secretary (1-year term)

Laura Robinson, Treasurer (1-year term)

Julia (Boo) Glowacki, Member-at Large (2-year term)

Kelley Westenhoff, Member-at Large (2-year term)

## The Club Store is Open!

Need stocking stuffers for the holidays? Visit the [club store](#) for RBC stickers and magnets.

Stickers are \$2

Magnets are \$3

Set for \$4.50

Shipping is \$2



## 2021 Club Philanthropy

Every year, the Club receives grant requests from local organizations seeking support for their unique mission.

In 2021, grants were approved for the following organizations:

- [NicaWorks](#) is based in Northern Virginia and provides maintenance and preparation of donated bicycles for delivery to disadvantaged communities in Nicaragua.
- [Phoenix Bikes](#) is based in Arlington, VA and the RBC grant goes towards purchase of U-locks for their Earn-a-Bike program.
- [TrailsforYouth.org](#) mission is to mentor at-risk youth and provide opportunities for all children to benefit from a healthy, active lifestyle through safe outdoor experiences. TrailsforYouth is based in Springfield, VA.
- [MORE](#) (Mid-Atlantic Off-Road Enthusiasts, based in Fairfax, VA) maintains hundreds of miles of natural-surface trails in over 50 state and county parks throughout the Washington DC Metropolitan region, including the the mountain bike trails at Lake Fairfax.
- [Reston Sprint Triathlon](#) The Reston Sprint Triathlon is the largest triathlon in Virginia. The race hosts 1000 athletes annually and has raised almost \$400,000 for [Cornerstones](#) since the race was founded in 2007.

If you know of an organization seeking support in 2022, please direct them to the [Grant Request](#) link on RBC website.

*Reston Bicycle Club welcomes bicycling-related organizations and non-profits to apply for a grant to further their work. The Club will provide up to \$1000 per grant request, if the request is approved. Grants will be reviewed at the next Executive Board Meeting following the request. Candidates will be informed of any decision after the meeting.*

## Training Corner

### Strength Training for Cycling, Part 2

In September, we featured some tips on strength training that you can largely do at home.

If you want to take it to the next level (e.g. put in some time at the gym), check out this great [video](#) on how to add strength training to boost your cycling performance.

"Weightlifting improves cycling performance, the science is clear on this. The question now is how do we implement gym training into our cycling training program." - Dylan Johnson

## A Tale of Two Jameses

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 and wants fitness, finishing and fun cycling. This column is your chance to ask the Jameses a question and receive two perspectives, both valid, but perhaps different.

This month, we received the following question:

***"Do you change tires or anything on your road bike for riding in winter?"***

[Click Here to Ask the Jameses in the Next Wheel](#)



I don't make any changes to my road bike setup for winter.

In order to avoid poor paved road conditions, many riders I know ride a gravel bike during winter months with wider tires and do rides on roads that are a mix of gravel and paved roads.



My main set up change for the winter are my winter weather gear (thermal tights, jacket, warm base layers, helmet cover, ear warmers, shoe covers and gloves).

I may occasionally throw on my larger gravel tires instead of my more slick road tires on days when I know there may be left over snow on the ground.

Beyond that, it's always good to give the bike a good wash if we know they recently put salt or de-icing solution on the ground.

## Monthly Photo Challenge

[#rbcphotochallenge](#)

**December Photo Challenge Theme:**

**Holiday Delight!**

Post a photo on the Facebook Reston Bike Club - Members Only page of you/your cycling pals in your best holiday-themed kit or with one of the many holiday installments around town.

Remember to add [#rbcphotochallenge](#) to your post to be entered into the contest.

Fine print: Must be a current RBC member to win. Multiple posts are allowed, encouraged and will increase your chances of winning!

## Events Calendar

*Please make note of changing start times for certain weekly rides as many are starting earlier due to shortened daylight hours.*

- 12/12 - Social Chocolate Ride #2
- 12/22 - Christmas Cookie Ride(s)
  
- Wednesday Rambles
- Saturday C Ride from Ashburn
- 5's at 3:30 - bring lights!
- Tue & Thu Indoor Training Rides
- Saturday morning A/B/C and C-Ashburn Rides
- Sunday Tours
- Tuesday RBC 1 Ride

There are new rides being added regularly, so check back often.

If you don't see a ride you'd like to do, reach out to us and we'll support you in setting it up!

*Click the link above or download the Wild Apricot For Members app (links below) for updated events listings.*

[Link to Liability Waiver](#)



## RBC Online

Did you know RBC has TWO Facebook presences? One is for the whole world to view and comment on (our official page). The other is for Members Only and it's where people are posting impromptu rides, #rbcphotochallenge posts, trading/selling gear and other fun stuff.

[Public RBC page](#)

[RBC Members Only Group page](#)

If you are on Facebook, a current (dues paid up) member, and interested in what's going on in the heart of the club, you should be part of the Members Only group. Just put in a request, we'll do a quick check for dues status, and let you in!

## Let's Ride & Do Other Things Too!

**With the outdoor event season coming to an end, we'll share not only upcoming rides, but also other activities and events of interest to the Club.**

Our friends from Reston Triathlon are working to bring back this iconic event. See their message below and get in touch with them through their [website](#) if you are interested in getting involved.

*The 37 year-old Reston Triathlon (Which has been inactive for the past two years) because of the pandemic is looking for New Board Members who would interested in planning our "comeback" for the 2022 season. Our triathlon has always been scheduled for the first Sunday after Labor Day. We need committed volunteers who would take on all of the duties and planning of the annual Reston Triathlon Association come back. We are a 501c3 organization.*

### 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**

[\*\*Board Members\*\*](#)

[\*\*Check My Membership\*\*](#)

[\*\*Ride with GPS\*\*](#)

[\*\*Borrow a Travel Case\*\*](#)

[\*\*Board Minutes\*\*](#)

[\*\*Past issues of \*the Wheel\*\*\*](#)

[\*\*RBC Insurance Information\*\*](#)

*Address: PO Box 3389, Reston, VA 20195*

*Telephone: 571-445-5993*

*Email: [rbcrestonbikeclub@gmail.com](mailto:rbcrestonbikeclub@gmail.com)*

*[Unsubscribe](#)*