



the Wheel



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Letter from the Chair

Happy February Reston Bike Club members!

In the spirit of Valentine's Day (reminder, it is this coming Monday) I am writing this month about how to spice up your love life with the most important partner you have – that's right, I am talking about your bike.

For those of you not just absolutely crushing it all winter on your favorite online training platform, it is time to rekindle the romance with your favorite two wheeled partner (or one-wheeled, or three-wheeled, if you swing that way). We are enjoying a respite from the cold, reminding us that Spring is right around the corner. Groundhog prognosticators be damned, Spring is coming soon! For those of you suffering it out in your home pain cave – reconnect with the great outdoors. I promise, your bike doesn't really love indoor training either. It desires sunshine, fresh air and the feeling of having its wheels rolling over various surfaces. Get outside with your bike and find the spark again!

The best way to show your bike some love is to just go ride outside. But bikes like care and presents too. Consider a tune up and wash before the season really gets underway; especially if you never really cleaned away last season's grit. Inspect your tires. Are they in good shape or on the cusp of leaving you stranded? Maybe strip away the bar tape to inspect your handlebars (they can wear out and results can be catastrophic if that happens while riding – yes, it happens) and give your bike a fresh new look with tape of a new color.

Our little break from winter is also a time to spark your romance with cycling in general. February has left me feeling a bit flat. While writing this I am recalling why I love cycling in the first place – that feeling of freedom and independence cycling brings me, the sheer childlike joy of doing something physical outdoors with my friends and the power it brings to my body. Maybe it is time to forget about the numbers, goals and how fast you are (or want to be) and remember the simple pleasure of going for a ride. Do that first and the numbers will follow.

Happy Valentine's Day everyone.

With Love,

Kathryn

Board Vacancy Filled

My name is Jake Welch I am 35 years old and originally from Arizona. My wife, Geena, and I have 2 strong independent little girls (ages 2 and 6). My family moved here from Nevada as a result of my wife receiving orders to the area; she is currently serving in the Air Force. I previously served in the Navy and served for 7 years. I have for the last few years become active in charity work aimed at helping veterans in need, specifically those that need mental health support. To that point, I just finished a yearlong challenge, in which I rode 22 miles a day on average for the year, a total of 8030 miles, I was able to raise a little over \$1800 for the charity Hope for the Warriors. To my surprise, one of our area's local news stations chose to do a story on the effort, so if you're interested in seeing more on the story, [click here to watch the story](#). As I said I am new to the area but love the cycling community here. I hope to see you all on the road.

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:

"James, It's so hard to stay motivated during the winter. What do you do to stay motivated?"

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



I, like many others, am having a very hard time getting motivated for training. Typically, I have a very big race called Jeff Cup in April and a team training camp in the mountains of West Virginia at Lost River in March that I have to get in shape for. I don't have those targets this year.

Most racers try to adhere to a detailed structured training plan. I have an informal one that I typically create each week. This year I've been negligent in doing this consistently.

In 2022, I was lucky enough to get invited to a long weekend of bike riding with some of my old teammates from Evolution Cycling in February and that is forcing me to train. My old teammates rent out cabins at Lost River State Park in West Virginia and do a mini version of our former training camp. If I did not have that I would just use the start of the Tuesday and Thursday RBC rides as motivation for training.

It is still very hard to stay motivated. One thing I have also been doing is accepting invitations for Zwift rides with friends which gets me on the bike.

I don't have any great tips other than keep in mind Tuesday/Thursday group rides are about 2 months away and it takes about 2 months to get into pretty good shape.

It's dark and cold early in the morning and the sun goes down just as you hit prime riding time. You're grinding out indoor workouts but you don't feel like an indoor session. Staying motivated over the winter can be hard so here are some things I do to keep going over the winter.

1. Take a break. Sometimes you just need some time off the bike and do something different so hopping back on the bike feels fresh. Mix in some yoga, hit the weights, maybe do some rowing. I traded out my Sunday rides for some indoor tennis with friends over the winter.

2. Keep an eye towards the spring. Putting in hard work over the winter will really pay off when you'll be fit and ready for the early season rides.

3. Set a challenge - I joined Freezing Saddles again. My goal was to ride almost every day over the winter, even if it was just a mile or two.

4. Habit forming trick - Associate something you want to do or really like with your indoor workouts. For example, if you're working your way through a TV series like the Expanse, only watch episodes during training workouts. It will give you a little something to look forward to.

Monthly Photo Challenge

[#rbcphotochallenge](#)

January Photo Challenge Winners:

Steven Kim

A board member will reach out regarding your prize!

February Theme:

How Cold Can You Go?

Are you braving these frigid temps? Show us how you survive (some proof of actual temp required. You can't just put on a bunch of gear and take a photo).

Must be a current RBC member (dues paid) in order to win. Posts must be made on the RBC Members Only page and tagged with [#rbcphotochallenge](#).



The Club Store is Open!

Show off your RBC pride by purchasing a sticker and/or magnet. Add to your beer fridge magnet collection. Adorn your car-mounted bike rack with a sticker. There are so many uses for RBC stickers and magnets that we just can't list them all!

Click on the RBC logo below to visit the RBC Store.

Stickers are \$2 each

Magnets are \$3 each

Order together and save!

Shipping \$2



Borrow a Travel Case

Are you planning to travel with your bike and don't have a travel case? We have you covered! RBC has five hard-shell travel cases available for members to borrow. These are available on a first-come, first-serve basis for active members only. (just one more reason it pays to be a member!)

[Travel Case Info](#)

2022 Sign the Liability Waiver

It's a new year which means it's time to sign a liability waiver for 2022. Remember, you only have to do this once a year! Click the button below to access the waiver:

[Link to Liability Waiver](#)

Events Calendar

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

- March 1 - Ride with GPS Happy Hour (Virtual Event)
- Zwift Friday Happy Hours with Kathryn
- Feb. 9 - Wednesday Ramble
- Tue & Thu Indoor Training Rides
- Saturday morning A/B/C and C-Ashburn Rides
- March 13 - Social Chocolate 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.



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 post 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!

The 2022 event registration season is open! If you know of an event that we should share with the RBC community, please send me an [email](#)!

May 7 - [The Right Stuff USE Gravel Grinder National Championship and The Mini G](#)

May 24 - 34th Annual [Tour de Madison](#)

June 4 - [2022 Armed Forces Cycling Classic Challenge Ride](#)

June 12 - [Loudoun 1725 Gravel Grinder](#)

August 21 - SAVE THE DATE! 39th Annual Reston Century

Also, check out [BikeReg's Mid-Atlantic listing of events](#) throughout the region.

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](#)

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