



the Wheel



January 2022

Volume 40; Issue 1

www.RestonBikeClub.org

CONTENTS of *the Wheel*

- Letter from the Chair
- Call for Candidates!
- Training Corner: Try Something Different - Indoor Rowing
- A Tale of Two Jameses: How do you restart from a break?
- Monthly Photo Challenge: Show Us Your Indoor Setup
- The Club Store is Open
- Borrow a Travel Case
- Sign the Liability Waiver
- Events Calendar
- Let's Ride & Do Other Things Too!
- RBC Online
- RBC Chain Links

Letter from the Chair

Happy New Year, Reston Bike Club members!

Confession time, January 2022 has found me in the midst of the winter doldrums. Personally, I am running low on inspiration and motivation. 2020 and 2021 kicked us all around a lot and I think I am just a bit worn down. But I also know this is perfectly normal and that I am not alone in feeling this way. I also know I will bootstrap my way back up to feeling better, like I always do. So, if you feel similarly, step one to feeling better is to acknowledge it (that is what I am doing right here, very publicly) and tell yourself it is not a permanent condition. Step two is to get moving.

If winter conditions are keeping you from your bike and you have not embraced riding indoors, now is the perfect time to do something different. Sign up for a class or learn something new, like a martial art, or a specific personal goal like doing a handstand or finally being able to do multiple pull-ups, learn to swim if you are not a swimmer already, or connect with something you used to do but have lost touch with.

If you miss the social aspect of riding, meet up with friends in Zwift, schedule a Zoom trainer ride or get outside for a hike with friends who will lift your spirits. I will be rebooting the RBC Zwift Happy Hour rides this week. Follow me on Zwift to be invited. The important thing is to not wait to get going until you feel better. It doesn't work that way. You must get going to feel better. Once you get moving, it's time to set a few goals for 2022.

I have a few goals for RBC in 2022. Number one is to continue to get new rides on our weekly calendar. The club did a great job of this in 2021 and I would like to see us build on that. We need more ride leaders to make that happen. Please add leading a ride to your 2022 plans. Number two is to have a kick-off event in the spring with rides, food and fun. Stay tuned for that. If you would like to be involved in planning such an event, please contact me. We always need member volunteers to make things happen. Number three is to continue to improve our safety and ride etiquette culture. In 2022 and beyond I want all of our rides to be safe, fun and welcoming. You can play a part in that by modeling good riding behavior and mentoring newer riders if you are a more experienced rider.

2022 is going to be a fantastic year, I can feel it. It is the year of the Tiger, after all. We are going to have many club rides of all levels, welcome new club members, make new friends, put on another stellar RBC century in August and have a great time doing it! I feel better already.

Happy Riding,
Kathryn

Call for Candidates!

After serving as a founding member and nearly 40 years to the Reston Bike Club, Ken Thompson is retiring from having an active role in club leadership. **BIG THANKS** doesn't begin to express our gratitude for all the time and effort he has put in to making RBC one of the premier bike clubs in the nation.

Ken's retirement leaves one vacancy on the Board for a Member at Large - big shoes to fill, but we know there's someone out there with the passion and energy to do it!

Ken's replacement will be appointed by the Board and will serve until the next election cycle (e.g. until the end of 2022).

Interested parties should email rbcrestonbikeclub@gmail.com.

The Board will discuss potential candidates and announce an appointee after the next board meeting in February.

Training Corner

Try Something Different

In the spirit of trying something new in the new year, this month's Training Corner is not about cycling at all, but instead, it is about a great form of cross training for cyclists, indoor rowing.

Indoor rowing complements cycling training by developing strength endurance, aerobic capacity, and (often neglected by cyclists) upper body strength. The indoor rower is a beautifully simple piece of machinery which requires no external power source, but it is not intuitive and many people without instruction use it incorrectly. Taking the time to learn the proper form will lead to injury free and much more enjoyable workouts.

Use this [instructional video](#) to learn how to execute a fluid rowing stroke. Remember to push off forcefully with your legs before using your back and arms. Your glutes, quads and hamstrings contribute the most to the stroke. This is primarily a leg sport. The beginning rower's mantra for the active part of the stroke, called "the drive" is "legs – back – arms". Reversing the stroke, called "the recovery", reverses the sequence, as in "arms – back - legs". Once you feel comfortable with the technique, use this short beginner workout before progressing to non-stop rowing and longer sessions.

- 3 min. at 20 strokes per minute (spm), comfortable effort; 1 minute rest.
- 3 min. at 22 spm, harder effort; 1 minute rest.
- 3 min. at 20 spm, comfortable effort; 1 minute rest.
- 3 min. at 24 spm, harder effort; 1 minute rest.

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:

"

"I haven't done anything since before the holidays. How much training do I need to do to before to be ready for the spring riding season?"

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



For those that have taken time off, here is one way to restart your training.

The idea is to spend a few months building up your base. This is done by doing 2 to 3 months of training at low intensity (equivalent to zone 2 in the 7-zone model) with a rest week every 3 to 4 weeks. For athletes over 40, a rest week every 3 weeks is recommended. Ideally each successive week you do a bit more time of riding (say by 5 to 10%)

A typical week would look like this:



The holidays are a good time to take a break from the usual grind and recover. But the new year represents a good time to get things going and be ready in the spring.

Personally, I prefer to start slow and build to riding season.

If you follow James Stroud's advice and start training now, it should give you 2-3 training blocks with 2-3 recovery weeks before spring hits.

At a minimum, I'd shoot for at least 3-4 weeks of training before the spring season hits.

- Mon. - Rest Day or weights in gym
- Tue. - 1 hour ride easy
- Wed. - 1 hour ride easy
- Thu. - Rest Day
- Fri. 30 to 45 minutes easy
- Sat - 1 to 2 hours easy
- Sun. - 1:30 to 2+ hours easy

NOTE: In a zone 2 ride or training session, you should be able to comfortably talk.

Tip for the longer rides: if you are doing them indoors, watch a show or series on Netflix or use this time to watch a recorded sport event. The idea is to take your attention away from the grind of being stuck on a bike indoors.

In this recent [video](#) by Cyclist and coach Dylan Johnson, he focuses on the science shows that including an higher intensity workout in every 7 to 10 days, can help tolerate high intensity, shorter duration training/riding during the season.

If you don't know how or don't want to create your own training plan, there are many great resources, such as TrainerRoad, that offer training plans and programs.

Monthly Photo Challenge

[#rbcphotochallenge](#)

December Photo Challenge Winners:

Amyal Bari and Jen Everhard

A board member will reach out regarding your prize!

January Theme:

Show us your indoor cycling setup!

Not everyone has the perfect indoor training space. Many are in a basement, some in a garage, others in a living room. If you're comfortable bringing us into your personal space, we'd love to see creative ways members keep those legs spinning indoors.

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!)

Here's a recap on 2021 travel case usage:

- 13 completed loans, which slightly outpaced pre-pandemic loans
- For comparison, there were 6 completed loans in 2020, 12 loans in 2019 and 11 loans in 2018.

For 2022, we already have 4 cases reserved with one currently out on loan.

[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

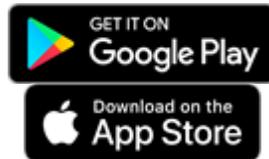
Please make note of changing start times for certain weekly rides as many are starting earlier due to shortened daylight hours.

- Jan. 25 - Meet the W&OD Park Manager Happy Hour
- Zwift Friday Happy Hours with Kathryn
- Zwift Ride to the Sky with Boo
- Wednesday Rambles
- Tue & Thu Indoor Training Rides
- Saturday morning A/B/C and C-Ashburn Rides
- Sunday Tours
- Monthly Social Chocolate Rides

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 & 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.

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

[Unsubscribe](#)