



the Wheel



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Letter From The Chair



RBC Club members,

As I sit down to write this letter to RBC members, I am struck by how time flies. It flew so fast last month that because of me, we didn't even get out an edition of the Wheel. Did you miss us? In August, your RBC board members and their many, many happy elves were quite busy getting ready for the return of the RBC Century. You elves, you know who you are. I cannot list all the names of the many volunteers here – it would take a page – but I want to extend my heartfelt thank you to all of you who had a hand in producing this year's Century event. Because of you, this large and complex event was a smashing success. Seriously, sending close to a thousand riders out on the roads, making sure the way has been paved with the necessary permits and approvals and the route marked, making sure those riders are fed and watered, coordinating with local jurisdictions, arranging for everything from ice to toilets to cookies to Coke to after-party food, setting up registration....and on and on....makes for so large and complex an event, it nearly has a life of its own and no one person controls the entire thing. Our success with this event is in large part due to the many years of experience of the people before us, like Ken Thompson. So, I extend my thanks not just to the people involved in this year's event, but all the past Century events as well. Thank you.

Fall is upon us, and our daylight hours shorten accordingly. We are doing something new this year and moving our Tuesday/Thursday evening rides to 5:30pm. Ordinarily increased traffic and work schedules would prevent this; but altered commuting habits due to the pandemic make it possible. Depending on what the weather throws at us, we will continue to offer variety on our calendar with the continuance of Chip's Sunday tour rides, the regular Saturday rides (now in several flavors) and a few themed rides with special treats, just for fun.

Enjoy the crisp autumn weather while it lasts!

Happy Riding,

Kathryn

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38th RESTON CENTURY RECAP

The 2021 Reston Century was a HUGE success. Thanks to all of the volunteers, organizations and members who donated their time. We have fun putting this event on, but as an all-volunteer event, we literally cannot do it without your help.

Here are some fun facts that made this year so amazing:

- 960 registrants with 884 riders checked-in
- 71,422 miles ridden
- 129 volunteers who worked a combined 508+ hours before, during and after the ride
- 480 lbs. bananas
- 96 gallons Gatorade
- 46 loaves of sandwich bread
- 56 lbs of peanut butter

Top Requested Items for Next Year:

- BEER! (at the after party)
- Socks in the SWAG bag
- Long-sleeve t-shirt option



Training Corner

What are the best strength exercises for cyclists?

- Planks with variation: core strength helps maximize efficiency on the bike.
- Lunges: fire up the main muscle movers in cycling, including your glutes, quads, calves and hamstrings.
- Leglifts: Target your hip flexors and abdominal stabilizer muscles for a smoother pedal stroke.
- Burpees: require full-body explosive power.

When you think about the best strength and conditioning exercises for cycling, you first examine what's needed. Cycling happens one leg at a time, is predominately aerobic and requires repeated force production. Cycling also requires a strong core for [handling your bike](#), climbing and overall endurance. There are many exercises that can address these needs but there are a few, especially when combined, which will target the entire body in a cycling specific way. Body weight exercises can be done anywhere, from your home, gym or office, while exercises incorporating weights are best done in a gym setting with proper footwear, form and spotters if needed.

The primary focus when it comes to strength exercises for cyclists is to train in a similar motion to cycling with lower and upper body, while increasing overall core strength and muscular endurance. The main goal with strength training is to create a stronger support system for your prime movers while on the bike. The aerobically stronger you're assistance muscles and core, the less fatigue you will experience late in a race, additionally, the more potential you will have for increasing power.

For more information and videos to explain some of the exercises listed above, check out this article at [TrainingPeaks.com](https://www.trainingpeaks.com).

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 ever experience group ride anxiety and if so, how do you work through it?"

James Ruffin had the following response:

I've been nervous about a group ride before. I've found a few things make it easier to join in, ride and have fun.

- Have the route on my cycle computer/phone and know the route ahead of time – This way I’m not worried about being lost if I end up dropping off the group.
- Talk to the ride leader or do research on the ride before you come – Find out who is leading the ride and ask them about the group ride expectations and etiquette. Things like, will the ride occasionally stop to regroup? Is it a drop ride or a no-drop ride? Will the ride stop at a mid-point? What sort of pace will the group hold?
- Pack the night before and come prepared – Make sure you have your helmet, lights, water bottles, batteries are charged, tire patch kit, snacks and a few dollars in cash just in case. Nothing is worse than showing up to a new ride and realizing you left something at home.
- Ride with a friend / Bring a friend – It can help to know someone else who has been on the ride before to show you the ropes. If you’re new to a ride, bring a riding buddy who is willing to ride with you if you end up getting dropped off a group.
- Realize it’s not a race and just enjoy. Hang in the middle and chat, enjoy the scenery and the ride.

James Stroud had this to add:

I agree w/ everything James R. said. I would add that if you are not confident in your fitness, do one level lower group ride than what you normally do, so if you ride the 2s do the 3 ride. Also as James R said, I always prep my kit, bike (clean drive train and lube chain) and have my bottles in the fridge the night before.

[Click Here to Ask the Jameses](#)

Group Riding Etiquette

Welcome to the RBC Wheel column on riding etiquette.

This month's topic is more about solo riding than group riding. What do you do when you encounter another cyclist on the trail ahead of you and passing doesn't make sense because you are going about the same speed? Is it okay to draft?

Why not to draft:

- You don't know this person and their riding habits.
- They may become annoyed with you being a wheel-sucker.

When it makes sense to draft:

- To avoid a leap-frog situation. You pass them, but don't really have the speed to stay ahead, they pass you, and so on and so on.
- You're struggling and just want a little help getting home.

In either of the above cases, the right thing to do is to get permission. First, maintain a respectable distance to make sure this is really someone you want to be riding behind closely. Are they steady? Do they pass other riders/walkers/runners safely? If not, hang back and keep a safe distance. If so – and they have already noticed you are there and started giving you hand signals (a positive sign), ride up next to them and ask if it's okay if you draft. If they are a much stronger rider, they may just pull you along for as long as you need (or if you can hang on). They may also want to take turns with you to catch a little break themselves. If so, return the favor when they pull off to the left to let you come through to take your turn. Maybe you'll even make a new friend.

Monthly Photo Challenge [#bcphotochallenge](#)

July Photo Challenge Winner: Doug Errett

August Photo Challenge Winner: Lisa Mackem

September Photo Challenge Theme:

Oktoberfest

Prost! September is the month of beer, pretzels, blue plaid and lederhosen. Post a photo of you/your bike with an Oktoberfest themed item.

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.

- Mellow Monday Nights from South Lakes H.S. w/ Kathryn
- Monday Women's rides from The Bike Lane (w/ Kelley and Laura) and Green Lizard (w/ Lisa)
- Tue/Thu 2.0 Ride with Jamey Lees
- Mike D's "5's at 5" on Tue/Thu
- Tue/Thu RBC 1/2/3/4 Rides
- Saturday A/B/C Rides
- Chip's Sunday Tours
- Last Weekend Brunch Rides
- Wednesday Rambles with Laura
- Thursday Women's Ride from Lake Newport w/ Lauren

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](#)



Welcome New Members

Chris Henne
Batjargal Henne
Bob Reinhold
Carol Pan
Valentin Sribar
Michael McCabe
Juliane Sullivan
Lynne Cuppernull
Charlotte Brace
Ron Williams
Aaron Oh
Lawrence Chris
Pari Kooshesh
Rich Twilley
Leo Sin
Sara Harsher
Darius Farshchian
Malhar Mahajan
Yatzi Avila

Christopher Reneau
Narrienne Satre
Eric Koefoot
Denise Gerrity
Joey Hess
Shariq Mirza
Zimmerman Jon
Sharon Brusie
Ed Harris
Betts Alanna
Daniel Betts
Adam Austin
Mirza Baig
Fernanda Kim
Ronald Borza Jr.
Adam Smith
Ivan Irizarry
Ilana Gamerman
Jean Tzintzun

Terry Thornton
Nguyen The
Jacob Vargis
Y Lakhanpal
Kathryn Killebrew
Xzaivar Hall
Lynda Hall
Andrew Wilde
Vu Truong
Tiffhany DuBose
Camille DeLew
Greg Schaaff
Ellen McCarthy
Cheryl Mizrachi
Michael Ansell
Jacob Amtmann
Mark Lantzy
Luis Marty

Let's Ride!

Share the rides you're are interested in by replying to *the Wheel* or posting on the [Reston Bike Club - Members Only Facebook group page!](#)

Sept. 25: [21st Annual Cannonball Century](#)

Sept. 25: [From the 'Wood' to the Beach](#)

Oct. 15-17: [Shenandoah Fall Foliage Bike Festival](#)

Oct. 23: [Great Pumpkin Ride](#)

Oct. 23: [6th Annual Tour de Mount Vernon](#)

Oct. 23: Inaugural [BellRinger Weekend Ride](#) to support cancer research at Georgetown Lombardi Comprehensive Cancer Center

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 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!

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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