

The Whool

March 2012
Volume 27; Issue 32

The Newsletter of Reston Bicycle Club

CHAIRMAN'S MESSAGE

By Dan Scrafford

I want to start this message by thanking **Ed Robichaud** for everything he does for the Club. It seems that whenever we need someone to do anything for the Club or the Community, we can consistently depend on Ed. In addition to Ed's heavy contributions of energy and time toward special events, he is always working behind the scenes maintaining our database and posting important announcements on the website and on Twitter. Before I joined the Board, I never realized how critical Ed is to the Club. He is essential to this organization and I know that my job would be overwhelming without him. Members, please thank Ed for everything he does the next time that you see him. Now to the Club news!

On March 27, the **Tuesday/Thursday rides** for will start. These rides are a club highlight and we are trying to make them more popular, more fun, and safer for all. As our club has grown to its largest membership with cycling becoming more popular than ever, safety continues to be our focus on these rides. At the beginning of March, with input from every class of rider, we will announce some of the safety changes that will be in place to make these Tuesday/Thursday rides better than ever. Chris Burgess has led the Committee that has been focused on this task.

We had our first ever **Meet, Swap, and Eat Potluck dinner** on Sunday, February 26, 2012 at the Art Space in Herndon, VA. It was very successful. Many members left with valuable bike equipment for very little cost. The drinks, the food and the company were more valuable than the bike parts. I love being part of a membership that continues to grow and to do more things together.

As the winter turns to spring, the Club will have several opportunities for members to help in Community Events to help promote cycling. The **30th Anniversary Jersey** was picked in mid-February and will be ready to purchase before May 1, 2012. We will need volunteers for **CycleFest** and the **Bike Rodeo** in late April and for **Bike To Work Day** in May. Thanks again for your anticipated efforts to help with these important events.

We have scheduled rides for **March 4, March 11 and March 25** in addition to the Saturday rides. Please check the website and Reston Bike Club Facebook page to receive specific details. These rides are **Training Rides for Spring Centurians**. On April 1 we will hold our **Annual Spring Fling Ride** for all levels and the Ride will end with lunch at Carolina Bros. Barbeque in Ashburn!

(Cont. next page)

WORKOUT OF THE MONTH

Get in the Zone - Test your LT

By Jeff Major

Ever go on a group ride and hear one or more of the riders say something like, "today's gonna be a Zone 2 ride." "Yep, definitely zone 2."? Did you think they were making a geographical reference? Then you might want to keep reading. Cyclists who race and those who train seriously are familiar with the zone training concept, as are many people who have taken aerobics classes or who attend gyms where charts are posted that provide a formula to determine heart rate training zones based on age using a formula that starts with the number 200.

The great thing about the 200 minus your age formula is anyone can use it; the problem with it is it's not really accurate. And if you're trying to do a specific type of workout on the bike that references your training zones, you won't achieve the goal or intended benefit of the workout unless you know what those zones are as they apply to you. A big advantage to training zones is they give you feedback to monitor in the form of numbers in addition to the perceived effort type of feedback your body gives you. What your body gives you is commonly measured as RPE (Rate of Perceived Effort or Exertion) on a scale of 1 - 10. It's always a good idea to have that RPE in mind because, depending on what's going on with your body (e.g., state of dehydration, recovery from illness, recovery from a previous day's hard ride, medication, change in fitness level, etc.) heart rate alone can sometimes be deceiving.

There are a variety of schools of thought on how to determine training zones as well as the most optimal way to train, including the use of power output measuring devices (measuring wattage) and the use of V02 Max testing (a measure of how efficiently the body uses oxygen).

(Cont. page 3)

In this Edition:

Chairman's Message.....	<i>Ed Robichaud / Announcements</i>
Workout of the Month.....	<i>Lactate Threshold Test</i>
RBC Directors	<i>Roster / Contact Information</i>
Membership Info	<i>New and Returning members</i>
In Memoriam.....	<i>former RBC President, Dick Hays</i>
Ride Schedule	<i>March</i>
A Fond Farewell.....	<i>Mike Barwell</i>
Membership Application Form	

Who's Who In Reston Bike Club

Chairman:

Dan Scrafford, (703) 955-1676
Scrafford@aol.com

Vice Chairman:

John Hamilton (703) 904-9381
Jhamilton11@cox.net

Secretary:

Barb Lytle, (703) 362-8286
vballbarb@yahoo.com

Treasurer:

Ken Thompson, (703) 476-4106
e2Ken@verizon.net

Members at-large:

Randy Karn (703) 402-0227
RandyKarn@cox.net

Jeff Major, (703) 623-9650
Jeffrey.Major@cox.net

Trisha Wells, (703)-973-2119
Patrishia.Wells@gmail.com

Ed Robichaud, (703) 860-0108
edrobichaud@wdn.com

Newsletter:

Jeff Major, (703) 623-9650
Jeffrey.Major@cox.net

Database:

Ed Robichaud, (703) 860-0108
edrobichaud@wdn.com

Web Master:

Mark Hollinger (703) 815-2723
markahollinger@gmail.com

Ride Level Descriptions

A - Aggressive riders. Grueling pace with sprints, 40 - 100 mi, 18 - 20+ mph avg.

B—Strong riders. Demanding pace, 25 - 75 mi, 14 - 18 mph avg.

C—Average riders. Moderate pace, 15 - 50 miles, 10 - 14 mph avg.

S—Social riders. Relaxed, casual tempo per group consensus

Welcome New And Returning Members

New

Emmett Delaney, Susan Flanagan, John Flanagan, Scott Germas, Greg Gibson, Tom Goetz, Sharon Goetz, Renee Jakobs, Oya Koyukan, Richard Morgan, Ann Morgan, Sara Swenson, Steve Tomanelli, John Von Knorring, Alexandra Von Knorring,

Returning

Craig Clark, Linda Clark, Collin Clark, Jeff Erler, Melanie Erler, Larry Graham, John Hamilton, Russell Hamilton, Lisa Hamilton, William Hauser, John McCracken, Kevin Moehn, Linda Moehn, Bruce Pretty, Tim Schreiner, David Shomette, Bill Szymanski, Lisa Szymanski, Jeffery Wise, Bruce Wright, Kerie Hitt

Chairman's Message (from previous page)

I want to end this message by saying **good-bye to Mike Barwell**. Mike is returning to England as his assignment in the States has ended. Mike is an excellent cyclist who has provided much fun during group rides. We will miss him!

Ride Safely,

Dan

RBC members discussing the finer points of bike saddles at the Bike Parts Swap held at ArtSpace in Herndon.



The Tortilla Factory has closed after 37 years.

The RBC will miss the entire Tortilla Factory family as they have been a friend and supporter of the club through the years. We are sorry to see them go.

Best of luck to you all and thank you!!

RIDE SCHEDULE—MARCH

NOTE: Due to club insurance policies all participants on RBC rides must be current club members. Non-members may try a ride one time before joining.

Call Ride Leader to confirm information accuracy. Check the club website at RestonBikeClub for new rides and additional information. **If there is greater than a 50% chance of rain or if the forecast starting temperature is less than 40 degrees, the ride may be cancelled.**

Saturday Rides begin at **9:30**. These rides are impromptu and start in the parking lot across from the Caboose in downtown Herndon. Rides include A & B level riders and typically cover distances of 50+ miles. They are “no-drop” rides. First time riders please call: A/B - John Hamilton, 703-593-9384 or Randy Karn, 703-402-0227; C - Gaston Prudencio 703 906-7524.

The Tuesday/Thursday night rides run from March 27th — September 27th. That means they will be starting up in just over 3 weeks!!

RBC needs ride leaders
for the
Wednesday night Social Rides.

If you'd like to volunteer, please contact Ken Thompson at (703) 476-4106.

The First **Spring Picnic Ride** is Sunday April 1st (no foolin') for all levels of riders.

These are casual rides that will start and end at Carolina Brothers BBQ in Ashburn along the W&OD trail. Times will be announced in the near future.

We did a couple of these rides last year and we hope to make it a habit this year.

“Zone” from Page 1

However, since the cost and convenience of those methods dictates that most cyclists likely have just heart rate monitors to work with, I've chosen to focus on determining heart rate training zones exclusively for this edition and I've selected what I think is one of the easier ways of determining your training zones.

Keep in mind that if you are working out regularly and diligently and mixing it up appropriately, that is, not just doing the same ride at the same effort level each time, your fitness level will improve. Therefore, your Lactate Threshold will improve and you will need to retest yourself periodically to determine your new zones. Once a month is a good rule of thumb. Lactate Threshold you say? Yes, otherwise known as LT and sometimes referred to as AT or Anaerobic Threshold, which some argue, is different, but I won't get into that here. LT is one of the keys to cycling fitness and performance because your muscles produce lactate, or lactic acid, when they work. Under normal circumstances like walking or light exercise, your body can absorb the lactate they produce. The point at which your muscles work so hard that they produce more lactic acid than your body can cope with is your LT. This is the point where fatigue starts to set in; it's a sign that you're really pushing it. To take this notion a step further, as your fitness level improves, your LT will improve, that is, you'll hit it at a higher HR level and you will be able to sustain it longer. That, of course, translates to lots of good things, be they staying with a faster group, setting a personal record or simply knowing that you are doing wonderful things for your health..

There are other versions of the LT test out there, and maybe you'll want to do one of those longer more complex ones as your training progresses and your fitness improves, but if you haven't done it before and you just want to establish your zones so you can begin doing zone cycling workouts and have the zone

references be meaningful, here it is:

LACTATE THRESHOLD TEST

This test assumes:

- You are an athlete or cyclist with some experience and you want to take your training to the next level, but you might not know your maximum exercise HR
- You are on your bike indoors on a trainer
- You have a HR monitor that will give you an average reading for a given period of time.

Since this is a high intensity exercise that requires a great deal of exertion, it is advisable to check with your doctor before doing this type of workout.

Warm-up (15 minutes):

Easy spin 10 minutes Small Ring/15 Rear
5 x 5 min (30 sec Big Ring/15 Rear; 90+ RPM hard effort; 30 sec easy spin)
Go right into Test Rep

Test Rep (20min):

20 min Big Ring/ (13 – 15 Rear) or whatever gearing allows a cadence of 90 – 100 RPM for the full 20 minutes. (Get an avg split reading for your HR during this 20 minute rep)

The idea is to maintain the maximum effort possible non-stop. You should finish with your legs burning, sweat pouring off you, breathing very rapidly and your HR at about 90% of your maximum. In other words, don't expect to read a magazine, talk on the phone or check your email. Come on. It's only 20 minutes. Focus!

Cool down (5 - 10 minutes easy spin)

Cont. next page

“Zones” from previous page

Your average HR for the 20 minute test set is a pretty good approximation of your Lactate Threshold. Now, simply take the middle of the LT range (87%) and divide your number by that. For example, if your AVG HR for 20 min is 148 then $148/87=170$. Your max HR in this case would be 170. You can then calculate your other zones as percentages of that number.

The following Zone Chart was modified from one provided by Matt Simpson in an article he wrote for [Amateur Endurance](#), an online magazine for triathletes.

Zone 1 <65% of max HR - very easy pace

Zone 2 65-72% of max HR - easy

Zone 3 73-80% of max HR - steady/light

Zone 4 84-90% of max HR - steady, race tempo. LactateThreshold

Zone 5 91-100% of max effort, sprint finishes - can't be maintained very long

Here's a great example of how knowing your zones can pay off. Notice the gap between Zones 3 and 4. Simpson claims, and I've heard this from experts, that most cyclists tend to spend the bulk of their time pushing an effort that falls in the 80 – 84% range. It's hard, but not hard enough, to really give the benefits that intervals or tempo riding at harder efforts will provide, yet a more comfortable pace in Zone 3 can be maintained longer and still provide the same benefits. The point being, know your zones and don't spend time in the low benefit zone.

One other point, about this test or one like it: If you do it on a monthly basis, not only does it enable you to adjust your zones accordingly, but it tells you what kind of shape you're in. The more you can repeat the same set of conditions, the better, because if you get different results, they will most likely be due to your fitness at that time, not due to the conditions, which is why doing this test indoors probably makes more sense than doing outside.

And so now that you are in the know and in the zone, next time someone says, “it's a zone 2 ride” you'll know what they mean. The fact that virtually none of the group is actually riding in zone 2 for most of the ride, well, that's a topic for another day.

Jeff

Disclaimer: While I have experience as an amateur competitive athlete in numerous sports and have coached athletes, I am not a fitness expert nor am I currently involved in fitness coaching. The articles and information I provide on behalf of The Reston Bike Club are part of my voluntary role as Editor of this newsletter. I use a combination of knowledge gained from experience and from numerous sources of publicly available information. We recommend that you consult with a fitness expert and/or medical professional if you have any question about your ability to safely perform any workouts included in this or any edition of The Wheel.

Ride Globally, Shop Locally



thebikelane

20% Off Any One Accessory Item

Coupon must be present at time of purchase. One per customer. Coupon can not be combined with other in store discounts or coupons. Coupon may not be combined with club or team discount.

The Bike Lane
9544 Old Keene Mill Road
Burke, VA 22015
(703) 440-8701

The Bike Lane Reston Town Center
11943 Democracy Drive
Reston, VA 20190
(703) 689-2671

Road, Triathlon, Mountain, Fitness, and Kids Bikes.
Gear, Clothing, and More.
Full Service Tech Center and Professional Fittings
thebikelane.com

Mon—Fri 10-8 pm Sat 10-6 pm Sun 12-5 pm



[Online Registration for the 2012 Tour de Madison is NOW OPEN!](#)

This year marks the 25th anniversary of the Tour de Madison Bike Ride and we are planning a special celebration of cycling in Madison County. The ride is on Saturday, May 19, 2012 this year and will begin and end at Graves Mountain Lodge in Syria, Virginia. **(UPDATE: Special Room Rates are available at [Graves Mountain Lodge](#), contact the Lodge for details: 540.923.4231)**

There will be three ride options this year:
 (Up to) 20 mile, mostly flat Family Ride
 40 Mile Ride
 Metric Century

T-Shirts are included with registration. Optional Tour de Madison cycling jerseys are available for advance purchase. *Please note that if you do not order your jersey prior to March 19, 2012, we cannot guarantee delivery by the day of the ride.*

Lunch will be available for purchase following the ride, provided by the staff at Graves Mountain Lodge. Plan on hanging around for some food, drink, and live music with two of Madison County's biggest bands! Bring along some extra cash to enjoy something special on tap for the occasion.

Register now to make sure you can fully participate in this celebration of cycling in Madison!

A Fond Farewell

By Mike Barwell

To all my biking friends,

After nearly four & half years in the US, I'm finally returning to the UK next week. I'd just like to thank you all for your friendship, generosity and all the good fun I've had with you during my time in the US.

After my first 5 months in the US of working out on my own in the winter of 2007, RBC gave me exactly what I needed: a hard Tuesday night workout, a halt to my expanding waistline, and some fantastic new buddies! That first ride saw me trying to keep up with you all on my hybrid bike with fenders - what a challenge! When I got home I was 6lb lighter, my legs hurt and I couldn't walk in a straight line, but I had a smile from ear to ear. My wife said I was a new man, well, a slightly worn-out new man. I was happy and I felt ALIVE! I haven't been able to ride with you as much as I wanted, mostly due to work, numerous vacations and supporting my wife with our little baby. But every ride has been awesome. The sprinting, the crazy attacks, the lead-outs, the chases, or simply just cruising and having a chat: it's all been great.

The RBC helped me re-discover road-biking following a 10-year period without one. I now know that back in the UK next week, I'll continue to ride my road bike and I've found a club with similar objectives and schedules to the RBC's: to simply enjoy riding bikes and promoting biking in the community. I will also resurrect my local mountain-biking in the UK, which I have also enjoyed with a few RBC members.

Thanks to you all for your friendship and for the fantastic rides. Keep enjoying the rides and be safe.

Cheers,

Mike

*We would need a dedicated edition of this newsletter to print all of the warm responses to Mike's letter. It's obvious, Mike, that your presence will be missed by a **LOT** of RBC members. Good luck to you and your family and stay in touch!*

RBC Monthly Meetings

On the first Wednesday of every month the RBC conducts its monthly meeting, typically held at the Reston Public Library. Although these meetings are attended by club leaders, all club members are invited. If you would like to have greater input into how the club is run, if you want to find out what being a board member is all about, or if you just want to contribute your ideas and tell us what we could do better, please join us. Just call any board member (listed on page 2) for directions to the meeting.

Dick Hays

By Norm Happ

I was recently informed by one of Dick's son's that Dick Hays, one of the founders of the Reston Bicycle Club, has succumbed to Alzheimer's disease. He passed away on February 26, 2012 after entering Hospice.

Dick was president of Reston Bike Club for many years and his leadership helped give birth to what the club is all about today. Dick was also one of the instructors for the club's annual maintenance class. I recall fondly during the early '80s, when we held those 6 week bike maintenance sessions in the Community Center on Sunday afternoons. We would disassemble every bike component and repack every bearing and enjoy the experience.

Dick and his wife, Janet, were both very involved in making the club something special. They organized an annual, week long bike tour. Each year, 20 to 25 members of the club, would spend a wonderful week in May touring together. Many members participated in those tours during the 1980s and early 1990s. Over the years, the tours covered much of the Shenandoah Valley, all of Skyline drive and the neighboring states of Pennsylvania and North Carolina.

Dick and Janet's tours remain the standard by which many of us still measure the quality of bike tours. Janet Hays passed away in 2004.

Dick was also a member of the organizing committee for the Reston Triathlon and he managed the bike segment of the race for a number of years. In addition to founding and leading the Reston Bicycle Club, Dick is a past president of the Potomac Pedalers Touring Club and the Bicycle Adventure Club (BAC) -- an international bicycle touring group. Dick was among the first Reston residents in the Hunters Woods area. He was influential in bringing the early commuter bus service to Reston and has been recognized, along with his wife, Janet, as a community leader by receiving the "Best of Reston" award.

There will be a memorial service in Reston on the 23rd or 24th of March to be held at either the Reston Community Center in Hunters Woods or the Walker Nature House on Glade Drive.

RBC Tue/Thu Ride Committee

By Chris Burgess

At the end of last season, the RBC board convened a committee of riders to discuss some of the issues that have started to arise over the last few years. As the Tuesday and Thursday ride participation has grown, so have the instances of crashes and the complaints from motorists and pedestrians. Additionally, there has been a blurring of the ride levels. You might join the "3" Group, but will you ride a "3" pace? The group comprised riders from across ride levels and it was tasked with 1) identifying and discussing the causes of some of the problems; and 2) developing some possible workable solutions and plans for their implementation.

Overall, the committee found that group size combined with certain riding tactics caused the majority of the problems. A major challenge for RBC then is: how to continue its growth, which is beneficial in so many ways to its membership, while doing so in a way that allows for safe and fun participation of its members in the context of a busy, car-oriented community. Since we want to continue to encourage more riders to join us, it's critical that we establish some organization for the rides to ensure we can continue running them safely.

We've gathered input from some experienced riders who have benefitted from riding in other groups. What seems to work well as groups get larger is the appointment of Ride Captains at each level. Riding that puts other riders or the Club's ability to continue providing these rides in jeopardy is simply not acceptable. Therefore, the Ride Captains' role is to control the rides to the extent that people are obeying traffic laws, are considerate of motorists as well as other riders in the group, and are maintaining the general pace range for that particular group. Our expectation is that this practice will quickly create some newer, better riding habits for everyone. We hope that you'll support this move so that we can all continue to enjoy our Tuesday and Thursday night rides. We'll have more information on the format, how we'll select Ride Captains and who they'll be when the rides start on March 27th.

Thanks,

Chris

Register Today
paulsrideforlife.org

PAUL'S RIDE FOR LIFE AND THE BIKE LANE CYCLEFEST EXPO
SATURDAY APRIL 28 RESTON TOWN CENTER

Join friends, family and other cyclists for a great ride along the W&OD Trail
10, 20 mile and Half Century ride options
benefitting the Washington Regional Transplant Community

THE BIKE LANE CYCLEFEST EXPO FROM 10-3 PM
OPEN TO EVERYONE. TENT SALE, DEMO BIKES FROM TOP MANUFACTURERS,
MULTIPLE VENDORS, LOCAL CYCLING CLUBS, RAFFLES AND MORE!



visit thebikelane.com for more information or register and donate at Paulsrideforlife.org



PedalShop
.com

BICYCLE SALES • SERVICE • EVENTS

Bicycles & Equipment For The Whole Family!
 Competitive Prices With Home Town Service
 ♦ Since 1980 ♦
 Whether you are buying your first bicycle for you or your kids,
 or looking for your professional supplies,
 you can expect the best service from our knowledgeable sales staff.
 We stock equipment for every rider's level & needs!
 A family run business, CELEBRATING 25 YEARS OF AREA SERVICE,
 our focus is as always on Quality & Service.

TWO LOCATIONS OPEN SEVEN DAYS A WEEK
 Mon-Sat: 10am - 9pm Sun: 12 - 6pm

HERNDON
 Clock Tower Shopping Center
 2451-B Centreville Road
 Herndon, VA 20171

MANASSAS
 Next to Best Buy Store
 7705 Sudley Road
 Manassas, VA 20109

703-793-0400

703-361-6101

Great Harvest Bread Co.

WHOLE GRAINS: The Power of Three!
 according to the new USDA dietary guidelines you should eat
3 SERVINGS of whole-grains every day.

<p>SERVING #1 A slice of Orange Cranberry W&OD Mile #20 (Herndon)</p>	<p>SERVING #2 A slice of Nine Grain W&OD Mile #11.5 (Vienna)</p>	<p>SERVING #3 A slice of Raisin Cinnamon Chip W&OD Mile #20 (Herndon)</p>
--	---	---



17 MILES ROUND TRIP.
 (You've definitely earned yourself a jumbo Double Choc Chip cookie!)

HERNDON: 785 Station St. 703-471-4031 • VIENNA: 132 Church St. 703-938-0921

A-1

A-1 Cycling



www.A1Cycling.com

www.RestonBikeClub.org

The Wheel

The Newsletter of Reston Bicycle Club

Place
Stamp
Here

PO Box 3389
Reston, VA 20195

Join the Reston Bicycle Club now!

complete and return the membership form below
or
visit RestonBikeClub.org for online registration and payment.



Membership Application Form

Please complete form (circle information) & return with check payable to: Reston Bicycle Club

Mail to: Reston Bicycle Club • P.O. Box 3389 • Reston, VA 20195-1389

Annual dues for single membership : \$20.00 plus \$2.00 for each additional household member riding with the club.

Name _____ Age _____ Rider Level A . B . C . S
 Address _____
 City _____ State _____ Zip _____
 Home Phone _____ Other Phone _____
 E-mail _____

Additional Household Members:

Name _____ Age _____ Rider Level A . B . C . S
 Name _____ Age _____ Rider Level A . B . C . S
 Name _____ Age _____ Rider Level A . B . C . S

Attention Parents: Parents must sign a parental consent form for riders under the age of 18. Please request a copy of this form so young riders can present it when signing up for each ride. An adult family member must accompany children under 15.

What is your preferred day/time to ride? Saturday—Sunday—Weekday (AM—PM)

Are you interested in mountain biking? Yes No

Indicate areas you might be willing to help with: Lead Rides; Tours & Weekends;
 Annual RBC Century; Newsletter; Club Social Events; Data Entry; Triathlon;
 Education/Safety; Legislative Action; Membership; Phone Calls;
 Other _____

Club Rider Levels

RBC tries to cater to every level of cyclist. Please use this guide when completing your application and planning your rides.

- S Social riders.** Relaxed, casual pace; Distance & speed per group consensus
- C Average riders.** Moderate pace; 20 - 50 miles; 10 - 15 mph average
- B Strong riders.** Demanding pace; 25 - 75 miles; 15 - 18 mph average
- A Aggressive riders.** Grueling pace with sprints; 40 - 85 miles; 18 - 20+ mph average



Helmets are required on all RBC rides.



RESTON BICYCLE CLUB

P.O. Box 3389
Reston, VA 20195

RestonBikeClub.org