

The Wheel

February 2013
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The Newsletter of Reston Bicycle Club

CHAIRMAN'S MESSAGE

By Dan Scrafford

We are less than two months away from the official start of the Tuesday/Thursday rides and Winter, for the most part, has been kind to cyclists. Many members are riding every weekend. The Saturday ride has only been cancelled once. Rule IX of cycling continues to be our motto.

Although many of us would like to be hibernating, the Board continues to work to offer more to its members. The Ride Committee, the Century Committee, and the Communications Committee still need more members to join their efforts. Contact me for more information on what you can do for the Club!

The South Lakes High School Jersey contest has been narrowed down to 6 jerseys and the winner will be announced soon. We are hoping to have the jersey by April 1, 2013.

And to further brighten your sprits during these gray winter days, I'd like to share the following unsubstantiated rumors.

- Brent DeRobertis claims to have been sick for over 6 weeks but reappeared on the Saturday ride with a suntan.
- Chuck, the shirtless wonder, has ordered a dozen of his favorite jerseys and will sell them for a slight mark-up.
- Kim P. has decided she will no longer be smiling on rides and has been working on her, "I'm going to crush you" look for the spring.
- Tania is feeling great; she has no complaints at all.
- Alisdair Craig is going to "Charm school" so people will not be insulted by his "helpful" comments.
- Jeff Major has decided to become a taxidermist after a recent night ride.
- John Hamilton is trying to take over as Dictator and is forcing riders to stick to the "no-drop" policy.
- Ed Shanahan is stealth training on the CompuTrainer.
- Lisa Mackem is running her first marathon to get in shape for the Spring riding season.
- I have not ridden once over the Winter. I am out of shape, have gained 30 pounds and will be extra slow come Spring. My story seems to be the norm for most members in the club.

Ride safely ,

Dan

WORKOUT OF THE MONTH

By Jeff Major

Off-Bike Workouts

Has it been so long since you last rode your bike that you recently checked the expiration date on your tube of chammy cream? Have the tires on your road bike deflated to 50 psi from lack of use? Is the thought of riding so remote that you haven't even given those tires a little squeeze so as to notice their depression caused by your negligence? Then keep reading.

I know a lot of people, some RBC Board members included, who ride all winter. I think that's great. While it's easier to do if you have a regular group of riding buddies who are roughly equal in ability to ride with, you still need an admirable level of motivation and mental toughness, not to mention appropriate apparel, to simply get out there and do it. Of course, there are plenty of cyclists who ride all winter on their own, including those who commute to work by bike in virtually any weather. I salute you all!

Alas, I have grown soft, at least this winter. And, while I plan to stay in some kind of shape, it's already February, so clearly, it won't be by riding. If you too have chosen to ride fewer miles this winter, you hopefully have selected an alternative form of exercise to keep yourself in shape. In the event that you have not and you expect that trend to continue for the foreseeable future, take heart. I have 2 great exercises that will contribute to your being a stronger cyclist, whenever it is that you do decide to get back in the saddle.

They are the **Lateral Lunge** and the **Dumbbell Squat with Overhead Press**. Both of these exercises, when performed properly, require engaging most of your core muscle group while using your legs and/or upper body. If you do these and a few other exercises of your choosing regularly, you will have a fairly well conditioned body to start the cycling season. Of course, at some point, you and I will need to start riding, so dust off the air pump and maybe treat those rims to some new tubes and get them "pumped" for the coming warmer days ahead. Meanwhile, check out these exercises: (cont. page 2)

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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

Andrew Rose

Returning

Dan Boughton, Jeff Erler, Melanie Erler, Vincent Kelly, Neil Knolle, Geoffrey Lipse, John McCracken, Kevin Moehn, Linda Moehn, Ann Morgan, Michael Ruth, Lauren Ruth, Gerald Warren, Paul White, Beth White-Dietz, Marc White, Bruce Wright, Kerie Hitt

Off-Bike (from page 1)

Lateral Lunge:

With plenty of room around you, begin standing upright with your feet a little more narrow than shoulder width. Take a step to the side. Plant the heel of the foot you step with. This helps to relieve unnecessary pressure on the knee. The left leg should be straight, only pivoting at the ankle; therefore, increasing the stretch on the inner thigh.

Try to maintain an upright posture maintaining muscular balance in your core. The hips stay back, keeping the weight on the heel. Once you reach the end of your range of motion, push off of your heel and reset to the standing position.

Important: Do not let the knee go forward of the ankle. Not only does this limit the benefits of the exercise, it also adds pressure on the knee. From this point, it is impossible to push up from the heel. With all your weight on the balls of your feet, it is difficult to develop the power to push yourself up to a standing position.

Once you feel comfortable with this exercise, you can complete it with weights or add some explosiveness. A lot of demonstrations show it being performed with dumbbells held in front which, to me, seems awkward and potentially injurious to the lumbar. To prevent the weight obstructing your movement, either use a straight bar on your shoulders or hold the dumbbells at chest height. You can also increase your power by performing the lateral lunge with a rebound. To reap the benefits of this, don't plant your foot as you return to the starting position, instead begin to fall back toward the side and control your descent by planting your leg.



(cont. page 3)

Dumbbell Squat with Overhead Press

There are an infinite number of variations on this exercise that include the use of barbells, Kettle bells and a Bosu as well as other props and body positions. How you choose to do it and which video you want to use as a model is up to you. Some are safer than others. I am describing here what I think is the safest form of the exercise. This one will primarily work your quads and glutes as well as the majority of your core, shoulders, triceps and upper back muscles. You can focus on higher reps with lighter weights emphasizing muscular endurance or go a little heavier once you've mastered the technique, and concentrate on lower reps and greater power.

Important: This is an easy exercise, but it's also easy to hurt yourself if you get careless or sloppy with your form. Care should always be taken to 1) keep your core muscles tight to protect your lumbar; 2) keep your butt back and your knees from going out over your toes so as not to strain your knees (you should feel this in your butt muscles more than in your knees); 3) not let your upper legs go down further than parallel to the floor. A good way to practice this last point when beginning this exercise is to use a bench or chair to prevent your butt from going down too far.

I recommend trying this with no dumbbells or very light ones initially to simply get the motion right. You can then add weight gradually. I guarantee you will be surprised at how much you will feel this exercise even with very light weights. You will also find yourself advancing quickly to heavier weights, but don't move up in weight too fast.

Here it is: Stand with your feet shoulder-width apart. Hold dumbbells at your shoulders, palms facing forward. Lower into a squat until your thighs are nearly parallel to the floor. Quickly return to standing and immediately press both dumbbells overhead. Return to start position.



Enjoy!

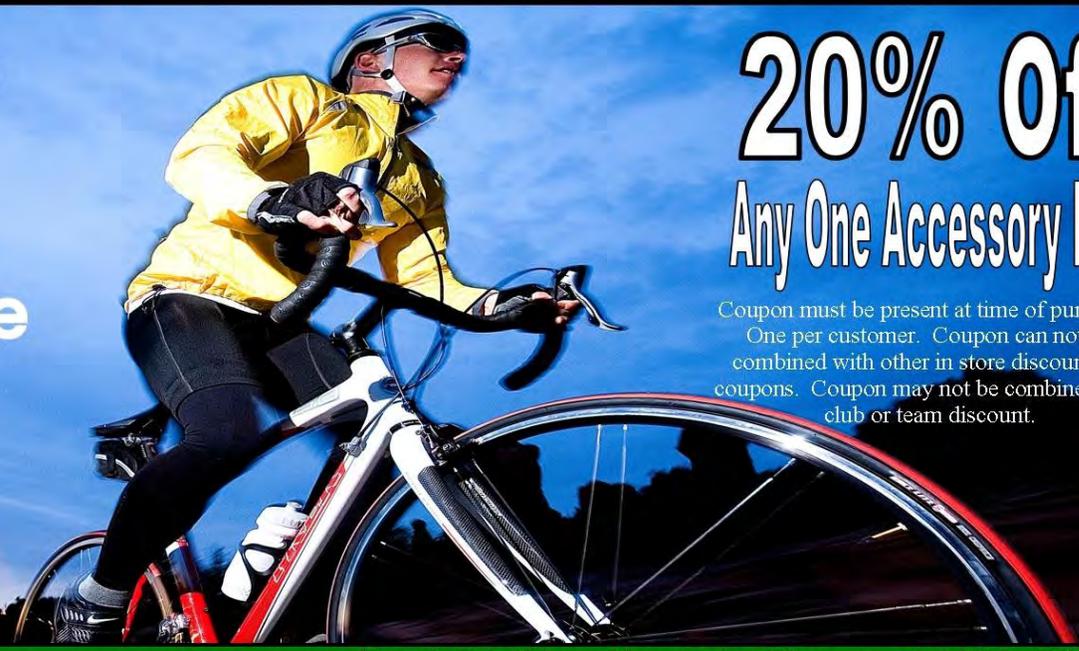
Jeff

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.

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The 26th Tour de Madison
**The Vineyards of
Madison County**

May 18, 2013

The 26th Tour de Madison bicycling event will tour the vineyards of Madison County.

The ride begins and ends at Graves Mountain Lodge in Syria. Riders and their families will have the opportunity to enjoy the complete Graves Mountain Lodge experience.

There will be 3 ride options:

Metric Century—A 61 mile ride with rest stops at Early Mountain and Prince Michel Vineyards. Those choosing the metric century will leave at 8:30 am.

41 Mile Ride—A beautiful and challenging ride featuring a rest stop at the Prince Michel Vineyard. The 41-mile cyclists will leave at 9:00 am.

Family Rides—Ride as long as you want on the flat or gently rising roads around Syria. These riders leave at 9:30 am.

Enjoy a post-ride meal featuring Pork BBQ, grilled boneless chicken breast, or pita bread and hummus. Also included will be slaw, baked beans, French fries, dessert and a drink. **THE MEAL IS INCLUDED WITH YOUR REGISTRATION.**

Bring along some extra cash to enjoy the local Madison County wines that will be available from the Early Mountain, Prince Michel, and Ducard Vineyards. There will also be something for the beer lovers featuring central Virginia breweries.

Pre-registration is strongly encouraged!

- Registration before May 1 for 41 and 61-mile rides is \$40. After May 1: \$55.
- Registration before May for Family Riders is \$20. After May 1: \$30.
- The first 350 pre-registrants are eligible to win prizes including an Early Mountain Vineyard Gift basket and 2 three-day passes to the 2013 Festival of Music at Graves Mountain Lodge.

Be sure to visit our website for updated information: <http://tourdemadison.com/>

To pre-register visit: <https://www.bikereg.com/Net/18066>

Or email pedal.va@gmail.com for registration paper registration.

RIDE SCHEDULE—FEBRUARY

NOTE: Due to club insurance policies all participants on RBC rides must be current club members.
Non-members June 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.

Saturday Rides begin at **10:00**. 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.

Wait a minute; did someone say
there's an
RBC
Spring Century?

Someone did!

We're still ironing out the details, but the target date is Sunday, April 14th. **This will not be a supported ride.** No manned rest stops; no SAG. We'll probably have 100 and 50 mile options. Stay tuned for more information.

Can You Believe It?

The
Tue/Thu Rides
Start
Tuesday
March 26th!

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Register and donate at Paulsrideforlife.org

The Club Needs YOUR Input

The newsletter has been a staple of the club for years, but we want to be sure we're giving you what you want.

We will be sending a brief questionnaire to you via email in the near future that will give you an opportunity to weigh in on the newsletter.

We want to know what improvements you'd like us to make: to the format, in how it's delivered, to its appearance.

We promise to make it multiple choice with an opportunity to comment.

Keep your eyes open for it!



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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

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