

The Wheel

February 2014
Volume 27; Issue 46

The Newsletter of Reston Bicycle Club

CHAIRMAN'S MESSAGE

By Chris Burgess

With winter's icy grip holding firm on the DC region, it's hard to believe spring's official start is only a month away. Last year marked yet another successful season for RBC, highlighted by a number of great events: Key among them was the Reston Century, the club's main event. Last year, we created a program called "the Training Series," a group of scheduled rides designed to help riders prepare for a (in many cases their first) century. The Reston Century has never been known as an easy one, but the participants in this program rode it like seasoned vets because of their training. The response to the series was overwhelmingly positive.

The man behind those training rides, Dan Scrafford, stepped down from his role as Chairman of the club at the end of the 2013 season. I know I speak for the Board and the entire membership when I say "thank you Dan, for all you've done to further the club's mission over the last several years". Dan has been a tireless advocate for the club and among the local communities in which we ride and he has worked to improve the safety and enjoyment of the rides for all the members. Dan's thoughtful leadership and quick wit have always been a great addition on the rides and we are optimistic that will continue in his regular member status. Dan will contribute much of his time to the club again this year in another capacity: He will be heading this year's Century effort. Calling all volunteers!!

Looking ahead, we have a number of events already lined up: The **Bike Swap and Social** is going to be March 16th at Art Space in Herndon from 3-6pm. In addition to buying, selling and trading for your used bike gear, we're making it a social event. So whether you need to sell something, buy something or just get out of the house and see some of your club friends, come on out! Food is pot luck and the club will provide some adult beverages. The **Tues/Thurs Club Rides** start on March 25th weather permitting. So tune up that bike and join us. And the **Reston Century** will be held on August 24th this year. Save the date!

Finally, I want to reiterate what others have said about this being *your* club. When I relocated here a decade ago, the club was an incredible resource for getting to know some good routes and a solid group of riding buddies. It still is. It's through the efforts of the Board and its great members, who come together as volunteers when asked, that the club and its events are a success. If you've never volunteered or are apprehensive to do so, I'd ask that you think about this: we've lost count of the number of people who have said they felt that way initially, but felt a sense of reward and camaraderie with other volunteers during and after the event. Why not step forward and give it a shot? Most volunteer opportunities require a little time commitment, but mostly, the willingness to lend a hand. With your help, this will be yet another great year for the Reston Bike Club.

Wishing you many carefree miles in 2014,

Chris

Work-out of the Month

By Jeff Major

As most cyclists who ride throughout the year (especially those who race) will tell you, the winter months are a good time for working on your "[aerobic base](#)". Without getting technical or very specific, for most cyclists, that means doing longish rides of lower intensity. Now there will always be differences of opinion as to what makes the [perfect "base-building"](#) program; however, what you do, when and how you do it, should depend on your specific goals and conditioning going into the program. The bottom line though, for cycling or any other type of exercise, before elevating your workouts to a very high intensity level: it's important to have an established aerobic base to reduce the risk of injury. Obviously, an injury could set back your training schedule. Injury avoidance ought to be top of mind whether your goal is to move up to a faster group on the Tuesday/ Thursday night rides, complete your first full century or move up to another racing category. And while not everyone cycles with these goals in mind, getting injured can knock us back psychologically as well as physically, so, you need the base before you start hitting the hills hard. The older we are, the more the concept applies! I speak from experience.

While the most disciplined cyclists have been base-building for months and are ready to up their intensity, those who have been less active this winter, should get started now on some aerobic rides. Longer, lower heart rate. Get on the trainer and watch the Olympics, college hoops, etc....and drink!

One of the characteristics of base-building often lacking is good technique drills. Racing teams will practice them, but most non-racers don't. Here's a great workout that Troy Jacobson, founder of [Spinervals](#), posted as a freebie on his website. This one is designed to help develop good technique with short bursts of high cadence reps. This is a good one if you're not used to maintaining a high cadence (120rpm) for a long time. If you find it challenging to maintain 120, get up to as high a cadence as you can maintain without bouncing. Don't get frustrated; you'll improve with time. "Coach Troy" has another workout calling for 10 reps of 60 sec @ 120 or higher w/30 sec rest waiting for you! Very doable, but you have to work up to it. If you're not used to this high a cadence, you'll notice your heart rate spiking. It's OK; these are short bursts, not major efforts. Again, maintain the cadence you can, but be sure you're pushing yourself; otherwise you won't improve.

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Who's Who In Reston Bike Club

Chairman:

Chris Burgess (703) 901-6135
burgess1108@gmail.com

Vice Chairman:

David Shomette (571) 239-8255
Dshomette@hotmail.com

Secretary:

Lisa Mackem (703) 725-9371
lmackem@yahoo.com

Treasurer:

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

Members at-large:

Bobby Anderson (301) 529-2258
Bander_4@verizon.net

[removed]

Member at-Large & Newsletter:

Jeff Major (703) 623-9650
Jeff@JeffMajorHomes.com

Database:

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

David Abrahamson, Chad Briggs, Tracy Briggs, Roderick Hines, Chris Dori, Douglas Pepelko, John Vieke, Stephanie Willer

Returning

Craig Clark, Collin Clark, Linda Clark, Gonzalo Dominguez, Jeff Erler, Melanie Erler, Gina Genovese, Greg Gibson, Chris Harris, Neil Knolle, Geoffrey Lipsey, John McCracken, Patty Merritt, John Merritt, Lois Olson, Mike Olson, Bill Szymanski, Lisa Szymanski, Bruce Wright, Kerie Hitt, Marc White

Work-out of the Month (from Page 1)

If you do this workout a couple times a week, you'll notice your cadence improving after 2—3 weeks. You may ask, why would I ever want to do this? Because it will develop many other muscles (your hip flexors for one), that will make you a much more efficient rider. You will be more comfortable longer in the saddle, you will climb better, and, you will become a better cyclist. Good enough reasons? I hope so!

Jeff



SPINERVALS CYCLING by Coach Troy:
 Workout of the Week - Aerobic Base / Technique

Workout Set	Description of Workout Set
Warm Up 5-10 Minutes	3x30 sec. on (53x15 or L3) @ 30 sec. rest.
1 Minute Soft Pedal	
8 x 20 Seconds High Cadence	Sm ring/15, 100-120 rpms @ 20 sec. rest. (Note: focus on keeping your upper body from bouncing and stay relaxed.)
1 Minute Soft Pedal	
4 x 7 Minute Aerobic Tempo	Bg ring/17, 80-90 rpms @ 30 sec. rest. (Note: Focus on keeping your HR in Zone 2-3.)
1 Minute Soft Pedal	
6 x 20 Second High Cadence	Sm ring/15, 110-130 rpms @ 20 sec. rest. (Note: Focus again on staying relaxed and still, letting your legs do the work.)
Cool Down	5-10 min. easy.

RIDE SCHEDULE—FEBRUARY

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 **10:00**. These rides are impromptu and start in the parking lot across from the Caboose in downtown Herndon. Rides include A, B & C level riders and typically cover distances of 50+ miles for the A & B levels and slightly less for the C level. While the A level tends to go at an aggressive pace, the B and C levels are “no-drop” rides. First time riders please call: John Hamilton, 703-593-9384 or Randy Karn, 703-402-0227.

Tues/Thurs Rides

Sick of winter?

The Tuesday/Thursday Night Rides resume on **March 25th**. That's less than 6 weeks away!!



Sunday Rides

Did you know the RBC has rides on Sunday?

While they aren't as well attended as the Saturday rides, they do offer some varied and often challenging routes with different starting points each week.

These rides tend to be long, lower heart rate (OK, it depends on your conditioning) rides earlier in the fall and deep winter months, but as the days begin to lengthen and warm, the routes start including progressively more hills.

Some of the club regulars on Sunday rides are training for Spring events like Mountains of Misery and the New York Gran Fondo.

Watch the club's website and Facebook page for weekly ride information and check with club Chairman Chris Burgess for more details about the Sunday rides.

**UPCOMING EVENTS
and
VOLUNTEER
OPPORTUNITIES**

**Bike Parts Swap/Club
Social**

Sun. March 16th 3–
6:00PM

Herndon ArtSpace

Bike Rodeo

Sat. May 10th

Bike-to-Work Day

Fri. May 16th

32nd RBC Century

Sun. August 24th

PAUL'S RIDE FOR LIFE

SATURDAY APRIL 26 RESTON TOWN CENTER



Join friends, family and other cyclists for a great ride along the W&OD Trail 10 , 20 mile and 1/2 Century options. Stick around after the ride for the Reston Town Center Wine Festival!

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Register and donate at Paulsrideforlife.org



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The 27th Tour de Madison
Syria to Uno
 May 17, 2014

The 27th annual Tour de Madison bicycling event will take place on May 17th, 2014, rain or shine, starting and finishing once again at Graves Mountain Lodge in Syria, Virginia.

We will offer three ride options. **Rest Stops and SAG support ends at 2 p. m.**

The Metric Century—Starting at 8:30 am, this will take cyclists to the extreme southeast corner of Madison County at Uno. Rest stops are at Brightwood General Store (19 miles), Good Hope Baptist Church (33 or 43 miles), and Hoover Ridge near the town of Madison (51 miles).

The Intermediate Route—This is a beautiful and challenging 45 mile route whose first half and final fifteen miles shares the metric century route. It will feature rest stops at Brightwood General Store (19 miles) and Hoover Ridge (31 miles). There are no short cut options this year incorporated into the route plan. Those choosing the intermediate route will leave at 8:45am.

The Family Ride—Ride as long as you want on the flat or gently rising roads around Syria. A planned route featuring several out and backs totals 20 miles. These riders will leave at 9:00 am.

Enjoy a post-ride meal featuring Pork BBQ, grilled boneless chicken breast, or a veggie wrap. 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 and beer from central Virginia breweries while you listen to some great music

Register online. Early registrants are guaranteed a pair of Tour de Madison socks and are eligible for one of our door prizes. The fee for Metric Century and Intermediate riders before May 1 is \$40 (\$55 after). For Family riders the fee is only \$20 (\$30 after May 1). **THERE IS NO MAIL-IN PREREGISTRATION. On Site Registration: from 7:00 to 9:00am**

Be sure to visit our website for updated information and to preregister: <http://tourdemadison.com/> and to pre-register.

Graves Mountain Lodge will have rooms available to Tour de Madison registrants at \$75. Call 540 923-4231 or email info@gravesmountain.com

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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
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 Burke, VA 22015
 (703) 440-8701

The Bike Lane Reston Town Center
 11943 Democracy Drive
 Reston, VA 20190
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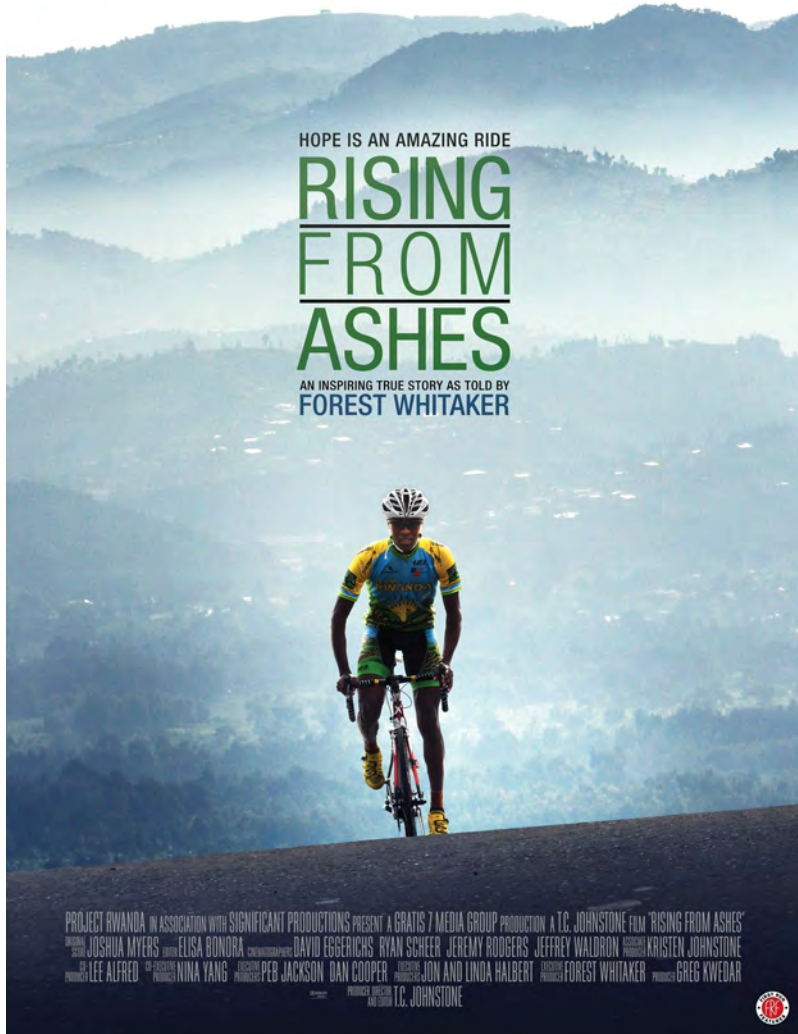


RISING FROM ASHES

AWARD-WINNING DOCUMENTARY FILM ABOUT TEAM RWANDA, COMING TO ARLINGTON CINEMA AND DRAFT-HOUSE ON THURSDAY, FEBRUARY 20th

Rising From Ashes is a joyous and uplifting independent film about the development of a national cycling team in Rwanda, a country still affected deeply by the genocide that tore the East African nation apart in 1994.

[More info / view the trailer](#)



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www.RestonBikeClub.org

The Wheel

The Newsletter of Reston Bicycle Club

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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

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Reston, VA 20195

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