



the Wheel

October 2020
Volume 38; Issue 10

www.RestonBikeClub.org

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RBC 2021 Executive Board Elections

Pursuant to our Bylaws, RBC Executive Committee has designated a nominating committee to come up with a slate of candidates for the annual election.

The nominating committee consists of the two current executive committee members who are not up for re-election, as well as one non-executive committee member of the club. Those individuals are: Boo Glowacki, Kelley Westenhoff, and James T. Ruffin. If you would like to serve on this committee, you are welcome to do so. Please contact Kelley by [email](#).

The preliminary slate of candidates follows, but please note that any current member who would like to run for election is encouraged to do so. Hopefully 2021 will be a year with much more activity for the club with many opportunities to serve.

The current slate consists of current Executive Committee Members who have all agreed to stay on, plus two who would like to switch positions:

Chair: Kathryn Troutman (1-year term)

Vice-Chair: James Stroud (1-year term)

Treasurer: Laura Robinson (1-year term)

Secretary: Nancy Sikorsky (1-year term)

Member at Large #1: Erica Staaterman (2-year term)

Member at Large #2: Ken Thompson (2-year term)

If you are interested in any of these positions, please send a note to Kelley Westenhoff by [email](#) by November 7 at midnight.

The election will be held by on-line vote this year as the annual meeting will have to be virtual as well. An email with the link to voting online will be sent Sunday, November 22 with the election open through the first hour of the annual meeting on November 29, 2020.

October Opportunities



A spooky Halloween ride? Yes, please! This month's version of the Last Weekend Adventure Ride. [Register here.](#) And here's one more RBC event. We will be giving bike lights away to vulnerable trail/road users on Friday night for the next two weeks. Sign up for this Friday here: [LIGHTS](#) If you speak Spanish, it's a HUGE plus - but we'll be happy just to have folks show up.

Training Corner

Someone (I forget who) asked many bike pros and coaches for pros to ask what was the most effective workout. Most agreed that a workout referred to as 40 seconds on and 20 seconds off

was the most effective. Meaning this built the most fitness in the shortest period of time.

So a workout would be 5 to 15 minute warm-up, then 2 to 3 sets of:

Each set would be 10 efforts of:

- 40 seconds on - 110% to 130% of FTP (Functional Threshold Power)
- 20 seconds off - 35% FTP (really go very easy)

After the 20 seconds off you go right back to the 40 seconds on. If you find 130% FTP too easy wait until the 7th effort to go for a higher power number - possibly up to 150% FTP.

Then after you have completed 10 of these (40 seconds on and 20 seconds off), then do some very light spinning for 5 minutes and do your next set of 10 efforts of 40/20.

If you are feeling great, go for a 3rd set (with another 5 minute break).

This is best to do on a trainer with a fan. If you don't have a power meter just go by effort and just do the 40 second effort below a max 40 second effort (so you can get through all 10 of them). For this workout you can't use a heart rate monitor as your heart rate will not increase enough because the "on efforts" are too short in duration. Also only drink before or after the set.

Here is Jens Voight's take on it

<https://roadcyclinguk.com/how-to/my-favourite-training-session-jens-voigt.html>

Submitted by James Stroud

Events Calendar

[Mike Dinsmore-5's @ 5](#), October 20, 5 pm

[Tuesday Group 2 \(15-18 mph\) with Jamey Lees](#), October 20, 5 pm

[RBC 1 Ride Hunters Woods](#), October 20, 5 pm

[Monday The Bike Lane Women's Ride](#) on Tuesday, Oct 20, 4:30 pm

[Last Weekend Spooky Adventure Ride](#), Saturday, Oct 24, 4:30 pm

[RBC Board Meeting](#), November 4, 7 pm via Zoom

[RBC Annual Meeting](#), November 29, 7 pm via Zoom

Let's Ride!

So many rides are virtual! Check Facebook or, if you have Fall rides for *the Wheel*, reply to this newsletter and they will be published!

[Fondo Fredericksburg](#), COVID Version: the month of October, Dixon Park, Fredericksburg, VA

[Bikes & Beers](#)-October 24, Flying Dog Brewing, Frederick, MD (Canceled)

[DC-Bike Ride](#) (DCVR2020)-Virtual, November 2020

Virginia Cycling Resources

Check out this link for [Cycling Virginia](#)! 2020 will be the 2nd 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

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