

**the Wheel - Reston Bike Club Newsletter - November 2021**

1 message

**Reston Bike Club** <admin@restonbikeclub.org>

Mon, Nov 8, 2021 at 9:02 PM



*the Wheel*



November 2021  
Volume 39; Issue 11  
[www.RestonBikeClub.org](http://www.RestonBikeClub.org)

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## It's Election Time!

Annual board elections will be held from Nov. 14 - 21.

If you're interested in serving, please send us your name and what position you're seeking by Friday, November 12th. Note that you must be a current (dues paid up) member to be on the ballot.

Keep an eye out for an email with a link to the voting site. Results will be shared at the Annual Meeting on Nov. 21.

Only current members (dues paid) can vote.



## 2021 Annual Meeting

We are excited to announce that the Annual Meeting is back - in-person - at the Reston Community Center on Sunday, Nov. 21. *Registration closes on Nov. 10*, so time is running out. Click [here](#) to reserve your spot.

## Training Corner

### Building Fitness Fast

I've known from experience that you can do back to back intervals on two consecutive days. I read this [very interesting article](#) on how to acclimate for altitude if you have a race at high elevation. It is from Hunter Allen, who is one of the most respected cycling coaches in the world.

One of the most fascinating items in the article is that he did 3 consecutive days with the same interval workout before a week of taper before a race. He mentioned he did this in the same workout:

- 3 intervals of 5 minutes at 115% FTP
- 3 intervals of 10 minutes at 100 to 105% FTP

What he does not mention is how much to rest between intervals. I would suggest 3 to 5 minutes of rest in between each interval of the same duration and a good 10 minute break between the 5 and 10 minute intervals.

I found this fascinating as it is doing both what you call VO2 max and FTP work in the same workout for 3 days in a row. But after the 3rd day you will be fatigued and need to rest, so doing this before a rest week makes sense. Also doing 5 minutes at 115% FTP is very hard (especially doing 3 of them) that you may need to drop down to 110% or so for some of these efforts.

*Contributed by James Stroud.*

## 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:

***"I've gotten into good shape riding outdoors this year. How do I maintain my fitness over the winter when it's too cold to ride outside?"***

[Click Here to Ask the Jameses in the Next Wheel](#)



1) You should stretch out before getting on the trainer. I rarely do this, but most people do. Stretch your hamstrings, quads, calves and IT Band.

2) If you have a wheel-on style trainer, put a trainer tire on your rear tire.

3) If you have more than one bike, use your least expensive bike for the trainer. I keep a dedicated bike on my trainer, it is a 10 year-old Fuji road bike on my Tacx Neo2.

4) Absolutely use a [sweat guard](#) to protect your bike.

5) For rides over an hour, I use and recommend a [seat cushion](#), you can buy them with varying thickness.

6) Get a fan and turn it on after a few minutes. I have mine connected to a smart switch that I can control from my phone.

7) For rides less than an hour, an ice water is sufficient – you don't need fuel in your bottle.

8) For rides over an hour get a cold water bottle and another bottle with the fuel of your choice and/or a bar.

8) Now for the ride, this is the hard part. If I am not doing a hard workout, I tend to put on a TV show to pass the time, I watch the news, documentaries, or whatever floats your boat. For hard workouts, doing intervals above FTP or 2 by 20 minutes at 90% of FTP, I just blast music to try and help me get through the workout.

I like to have my Garmin on that shows me duration, current power, average power, and current heart rate. I use that to see how fit I am. I know for a certain watts output, my heart rate should be a particular value if I am in shape.

9) In terms of how much and how often to train, which varies greatly from person to person and what your goals are. But if you want to maintain decent shape, my guess is that you want to ride at least 3 days a week for at least an hour, but ideally 4 or 5 days a week for an hour a ride.



When the days get colder and the daylight gets shorter, I tend to do most of my cycling workouts indoors. It's not as much fun as riding outside but staying in shape over the winter makes riding in the spring so much better.

Here are a few tips to get ready:

1. Time to tune up the indoor bike. If you have a second bike that stays on the trainer, it might be a good time to wipe it down, change bar tape, check for corrosion, check the chain for stretch and even clean and lube the chain. If you're bringing your usual bike indoors, time for a good wash and lube.
2. Time to renew those indoor apps and find those indoor cycling videos - I usually put my Zwift account on hold over the summer, but start the subscription again in the winter. If you want to get started with a structured program, TrainerRoad works very well with smart trainers. There are also plenty of good indoor cycling videos on youtube, that provide [video of cycling on some mountain roads in Europe](#) or [videos that provide instructions on indoor workouts](#).
3. Mix it up - As hard as I try, I really only want to ride the trainer for 60 minutes to 90 minutes max. But this means I can take the additional time that went to outdoor rides and add in flexibility work and or strength training.
4. Check your indoor cooling - working out indoors, you don't have the wind to help evaporate sweat and keep you cool. If you don't have one, it might be a good time to get a large fan for those indoor cycling sessions.
5. Work on your workout music list. It's always good to have some music going to keep my legs moving. I also keep a playlist for those power songs that keep me pumped up and going on that final interval. Here's a cool [article](#) on how use music to improve your performance. You can use a website like [Song BPM](#) to search for music in the 120 and 140bpm range which seems to work best.
6. Get ready for RBC Happy Hour Zwift Rides. I'll see you online!

## Monthly Photo Challenge

[#rbcphotochallenge](#)

### November Photo Challenge Theme:

November is the month of giving thanks. For this month's photo challenge, share your photos of the person or people you are thankful to ride with.

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.*

- Wednesday Rambles
- Saturday C Ride from Ashburn
- 5's at 4 - bring lights!
- Tue & Thu Indoor Training Rides
- Saturday morning A/B/C and C-Ashburn Rides
- Sunday Tours
- Tuesday RBC 1 Ride

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

David Benjamin

Rogério Dias

Chuck Griffith

Rob McNamara

Iara Oliveira

Angelica Samudio

Victor Siegfried

Adam Stainiger

Pablo Villegas

John Wegl

## Let's Ride & Do Other Things Too!

**With the outdoor event season coming to an end, we'll share not only upcoming rides, but also other activities and events of interest to the Club.**

Our friends from Reston Triathlon are working to bring back this iconic event. See their message below and get in touch with them through their [website](#) if you are interested in getting involved.

*The 37 year-old Reston Triathlon (Which has been inactive for the past two years) because of the pandemic is looking for New Board Members who would be interested in planning our "comeback" for the 2022 season. Our triathlon has always been scheduled for the first Sunday after Labor Day. We need committed volunteers who would take on all of the duties and planning of the annual Reston Triathlon Association come back. We are a 501c3 organization.*

### 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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