

The Wheel

November 2011
Volume 27; Issue 29

The Newsletter of Reston Bicycle Club

Chairman's Message

by Dan Scrafford

It has been a little over a month since the Tuesday/Thursday rides ended and I am already having withdrawal. I miss the sign-up sheets, I miss the pre-ride conversations and, of course, I miss the post-ride conversations. Cycling is about friends. I very seldom know the last name of the rider next to me, but I sure can tell you about their bike, their riding ability and whether I can hang with them. The cold weather has come, we have had our first snow and I already can't wait to get out on the bike.

I am so thankful to John Hamilton and Randy Karn for organizing the Saturday bike ride that never ends. They have done this for over 5 years. This ride has introduced numerous people to the Reston Bike Club and I hope the trend continues. It's truly a great time. I'm pretty sure I hear some variation of the same jokes each Saturday and I'm pretty sure I hear everyone laughing just as hard each time. The Saturday route, although listed as "impromptu", gets complaints if someone suggests changing it in the least. We cyclists are strange animals. We love the freedom and independence of being on the bike, yet we are such creatures of habit that we cringe when someone changes our routine. I would have it no other way.

Here are my hopes for the next cycling year: Everyone rides at least 1,000 miles on the bike....NO CRASHES! Barb Lytle gets 12 continuous months of cycling. I enjoy the New York Gran Fondo much more than this past year. The new Ride Committee makes creative changes to increase safety AND enjoyment in the RBC sponsored rides. Steve conquers his recently acquired "squirrelophobia". Alisdair conquers his fear of riding within 10 feet of Steve. I do more rides with "The Fools". "The Fools" join us for a few Saturday rides. 2012, the 30th Anniversary year of the Reston Bike Club, is our best year ever!

November is a special month for the club. We will hold our **annual meeting (November 13th)** and elect several new Board members. We'll also be giving away some awards, going over highlights of the past year and sharing our vision for next year. The most important thing we do, however, is thank our membership for their support of the club with a catered dinner. We want everyone to come and eat and have a good time because you, our members, are the reason the club can exist. I hope everyone can join us at the Artspace in Herndon for the annual meeting. We want to continue the tradition of offering our members this special annual meeting so please mark your calendar and make sure you and your significant other attend.

Ride Safely,



Dan

Don't Forget - The RBC Annual Meeting Sunday November 13th 6:00 - 8:00PM [ArtSpace](#) 750 Center St Herndon. Dinner, fun and friends!!

Winter Training for Cyclists

by Doug Baumgarten

As Winter approaches, most of us cut back on our road cycling: days are shorter, temperatures are colder, and snow or ice can make roads treacherous. This is probably a good thing, as the human body thrives on a variety of physical activities, rather than constantly overdoing only one activity. As an exercise physiologist, I recommend "cross-training," even for elite athletes who must spend a lot of time training for their chosen sport. You can maintain or even improve your fitness level over the Winter, if you follow a smart exercise program.



"Fitness" is defined differently by different people, but we typically divide it into 5 major categories:

- 1. Cardiorespiratory fitness** - the strength of your heart, health of your circulatory system, lung function, and muscle aerobic system combine to determine your endurance potential.
 - 2. Strength & Power** - the ability of your muscles to exert large forces (strength) at high speeds (power) can influence your cycling speed, climbing ability, and sprint potential.
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Who's Who In Reston Bike Club

Chairman:

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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

Stephen Fields, Alex Gorenshtein, Suzanne Johnson, Stanley Crocker, Michael Nicholas, Christine Willett

Returning

Daniel Bird, Larry Blakely, Barbara Blakely, Nathan Blakely, Mark Hollinger, Andrew Hollinger, Lori Hollinger, Neil Knolle, James Kohler, Barbara Lytle, Bob Lytle, Peter McIntyre, Jamie McIntyre, Eamonn Murtagh, Lois Olson, Mike Olson, Thomas Raezer, Ingrid Czintos



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RIDE SCHEDULE—NOVEMBER

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 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.

(“**Winter Training**” from Page 1)

3. **Flexibility** - your ability to move joints through their full range of motion is dependent on muscle flexibility. Better flexibility can prevent injuries and improve muscle strength and endurance.

4. **Coordination & Balance** - muscle coordination is perhaps less essential in cycling than some other sports; but as you age, it’s important to maintain coordination and balance to prevent injuries and accidents.

5. **Body Composition** - we all start to think about weight and body fat in the Winter. If you can avoid gaining body fat in the off-season, you can be healthier and faster in the Spring.

At Sportfit Lab, we assess each cyclist’s fitness characteristics, to determine which aspects need the most training in the off-season. Then we emphasize training those characteristics over the Winter, so the following cycling season is stronger and pain free. There are many steps you can take, on your own, to improve your fitness in the off-season. Here are some general guidelines and tips for Winter training:

Rest and Recuperation

All athletes schedule time for recovery, especially after a long season of training and competition. . If you ride frequently all Spring, Summer, and Fall, you should give yourself a break - or at least a relative respite - from cycling. Try to set aside your addiction for a month. Allow your body to rest a little more, and engage in some other fun activities for a change. Try some yoga, hiking, weight training, or swimming, for example. You’ll return to cycling mentally, as well as physically, refreshed.

Cardio-respiratory Fitness & Indoor Cycling

There are many ways to exercise the heart and oxygen-carrying systems without being on the road. Swimming, indoor cycling, and elliptical training are all excellent means of maintaining endurance. If you prefer to keep on cycling indoors, stationary cycles and bike trainers are both great substitutes. When you use stationary cycles - such as in spinning classes - make sure the seat position is set to the same height as your road bike. Remember that pedals and handlebars vary - and are different from your own bike - so warm up gradually and be aware of any aches and pains that arise from the different position. If you do spinning classes consistently, you may want to invest in a dedicated pair of shoes. Remember, also, that spinning instructors are not physiologists and don’t always follow the best exercise principles.

If you find their instructions (e.g. “jumping” up and down on the saddle) cause discomfort or pain, back off . Listen to your body.

If you prefer to get your own bike trainer - to which you attach your own bike - keep in mind that, for the most part, you get what you pay for. More expensive models will generally be quieter and more durable. You also need to take precautions with your bike: make sure to use a rear-wheel skewer (quick release axle) designed for trainers, or you’ll ruin your nice light skewer; if you use the trainer consistently, invest in a special trainer tire, which will prevent you from wearing out your road tires from the friction; and remember that sweat can accumulate on the bike, and you can prevent that by using towels or specially made covers.

On the high end, there are trainers with special characteristics for training. If you like to climb, or just want a more realistic “road feel,” the Kurt Kinetic Rock-n-Roll trainer allows the bike to sway as you ride - and may help protect the bike frame if you’re a heavier rider. More expensive computerized trainers, such as the Computrainer, can control pedaling resistance or even simulate real-world road courses - although they can cost well over \$1,000. Many triathletes and time trialists have found computerized training to be extremely helpful in building power in the off-season...or even during the season.

Strength Training

Strength is essential for improving cycling speed and preventing injuries. Unfortunately, cycling itself only strengthens a few muscle groups - your body can gradually become unbalanced and more susceptible to injury. That’s why Winter is a great time to develop a strength training routine that will build strength throughout the body. “Core” strength - abdominal and lower back muscles - is especially important for power, endurance, and injury prevention. Unfortunately, many fitness instructors have a poor understanding of core muscles, or assume that every trainee is a 20-year-old elite athlete. Start with assessing your abdominal and lower back strength. Then integrate slow abdominal curls and “supermans” into your exercise routine. You can then progress to more intense exercises. Again, listen to your body and avoid exercises that put undue strain on the lower back or seem dangerous. Leg strength for cycling can be improved through resistance training. Controlled leg lunges or step-ups work well; machine leg presses - done properly, slowly, and safely - can also build leg strength. Don’t make the mistake of thinking that cycling is just an “endurance” sport and doing dozens of repetitions: essentially, strength training is for strength - your cycling (or cross-training activities) is your training for endurance.

(Cont. Page 4)

(“Winter Training” from Page 3)

Flexibility

Cycling doesn't require terrific flexibility - you move through a very limited range of motion on the bike. But, if all you do is cycle, the bent-over position and limited range of motion will lead to chronic tightness; and a chronic lack of flexibility can lead to fatigue or repetitive-motion injuries on the bike. To maintain an aerodynamic (low) position on the handlebars, you need good lower back, hip, and hamstring flexibility. Shoulder flexibility is also helpful for maintaining good riding position. There are many styles of stretching, from “static” to “active isolated” to yoga, etc. The key is to find a style that works for you, and practice it, like you would any other type of training. Most athletes feel that 5 minutes of stretching - after 2-3 hours or more of intense exercise - is a lot. Actually, to really improve your flexibility, you need to dedicate 30 or more minutes per session and be patient. Winter is ideal for flexibility concentration.

Coordination and Balance

Again, cyclists don't need a lot of coordination - compared to athletes in some other sports. However, neuromuscular control can deteriorate with age, until it becomes a chronic problem. Winter is a great time to try some activities that force you to work on balance and coordination, such as yoga, racquet sports, ball sports, or dance.

Body Composition

Maintaining your weight - or achieving a weight goal - can be very challenging over the Winter. Rather than becoming obsessive, try weighing yourself once or twice a week, to be sure your weight isn't creeping up steadily. Keep in mind: if your training output drops in the Winter, your calorie intake needs to drop as well. This doesn't mean

you can't enjoy the occasional holiday party; but you must balance that with healthy eating the rest of the time, and/or a little extra indoor exercise. A variety of activities that challenge your body - and take care of the fitness mentioned above - can prevent unwanted weight gain.

If you're looking to change your body weight (or composition), it's best to start with some professional testing and guidance. That way, you can properly assess your current body composition, metabolic rate, and exercise levels; and set up goals for weight loss (or gain) that is healthy and maintains your energy level.

About the Author

Doug Baumgarten, M.S. is Director of Sportfit Lab in Herndon, Virginia (www.sportfit-lab.com). The lab provides performance testing, training, professional bike fitting, and custom bike design for cyclists, triathletes, and other recreational and competitive athletes.

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BICYCLE DREAMS,
AWARD-WINNING DOCUMENTARY FILM ABOUT RACE ACROSS AMERICA, COMING TO
ARLINGTON DECEMBER 8

Bicycle Dreams, the award-winning feature-length documentary about the Race Across America (RAAM), will premiere in Arlington, VA, at the Arlington Drafthouse on Thursday, December 8 at 7:15 p.m. The screening is sponsored by Freshbikes Cycling (formerly Conte's) of Arlington.

The film, which has won numerous awards at film festivals all over the world, "is an up-close look at what RAAM riders go through," says Stephen Auerbach, the director and producer of *Bicycle Dreams*. "They deal with searing desert heat, agonizing mountain climbs, and endless stretches of open road. And they do it all while battling extreme exhaustion and sleep deprivation. It's a great subject for a film."

"*Bicycle Dreams* is a spectacular and heartfelt film that offers a riveting portrait of extreme courage in the face of inhuman obstacles," writes TheLoveOfMovies.com. "It is an artistic triumph that renewed my belief in the power of desire and the strength of the human will."

"We are very excited to be able to bring *Bicycle Dreams* to so many locations along the route that have never had access to the film before," says Auerbach. "Viewers will be overwhelmed by the amount of pain and suffering these riders go through."

To capture the mammoth scope of the race, Auerbach worked around the clock with a complement of 18 cameras. Embedded camera operators traveled inside the racers' support crew vehicles, gaining unprecedented access to the cyclists and their teams. Their footage captured emotional and physical breakdowns, late-night strategy sessions, and great moments of personal triumph, all in intimate detail. Auerbach then took on the enormous task of editing hundreds of hours of material and forming it into a powerful and inspiring look inside the most difficult race on the planet.

Bicycle Dreams has won major awards at the Fallbrook and Breckenridge film festivals, as well as the Yosemite, Grand Rapids, Red Rock and All Sports LA film festivals, among many others.

Most recently the film added the *Best Foreign Film* trophy from the Krasnogorski International Festival of Sports Films in Moscow and was also invited to be included in the 2011 World Cinema Showcase in New Zealand as well as the Mountain Film Festival in Istanbul, Turkey. And before that it made its Australian debut at the Big Pond Film Festival in Adelaide.

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.

(“Bike Dreams” from Page 5)

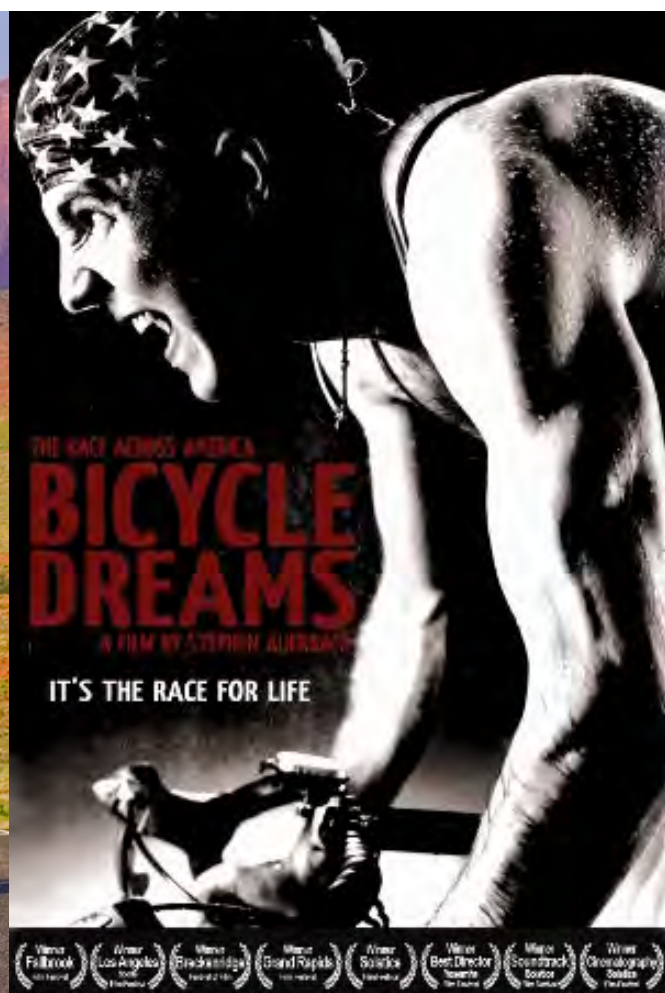
Critical acclaim for the film continues to pour in from all sources.

“An astonishing documentary,” declares *Pez Cycling*. “This film is a ride of many stark contrasts; when it ended I felt both shattered and triumphant. I realized I was experiencing its genius. A central theme of *Bicycle Dreams* is the profoundly inspiring strength of the human in facing monumental challenge and tragedy. *Bicycle Dreams* is a race of truth.”

“This film isn’t for those who want to shy away from the tragic side of the human experience, unwilling to risk the cracking of their shell of denial, not willing to risk their coping mechanism,” writes *Cycling-Review.com*. “*Bicycle Dreams* captures the human condition like few other films. *Bicycle Dreams* moves us to break through the barrier of the fear of death. I have seldom found a film that captures this ‘life drama’ as powerfully as does *Bicycle Dreams*.”

Adds *Podium Café*, “*Bicycle Dreams* is the ultimate inner journey. If you thought the life of a cyclist was an internal struggle, wait until you see what Auerbach unearths in this film. *Bicycle Dreams* is an unprecedented exploration of the subject of the suffering on the bike.”

About.com writes, “As we fall deeper and deeper into *Bicycle Dreams*, what we witness grows more terrifying, yet more compelling. Auerbach’s masterful direction exposes the raw lessons that drive people to push beyond the limits of human endurance. Revealing what lies at the heart of every impossible human endeavor is what *Bicycle Dreams* is all about.”



(“Bicycle Dreams” from Page 6)

And finally, *Bicycle Touring Pro* comments, “If you've ever dreamed of challenging yourself to a place far beyond what you previously thought was possible, *Bicycle Dreams* is a film you must see. It’s beautiful, thought provoking, exciting, emotional and scary. The experience of watching this film will leave you with a new perspective on life that will remain with you for a very long time to come.”

Bicycle Dreams also has been named one of the top 10 adventure films of all time by both *The Matador Network* and *Playground Magazine*, calling it the best bicycle film since “Breaking Away.”

Tickets will be \$10 in advance and \$15 at the door the night of the show. To purchase advance tickets, order online at www.arlingtondrafthouse.com under Special Events.

For more information on the film, go to www.bicycledreamsmovie.com or visit us on Facebook.

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 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
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