

The Wheel

September 2011
Volume 27; Issue 27

The Newsletter of Reston Bicycle Club

Chairman's Message

By Dan Scafford

Throughout the cycling year I have highlighted either individual cyclists or several cyclists due to their outstanding recent accomplishments. This month I want to highlight the 96 volunteers who helped out with the 2011 Century. For 29 years, RBC has held a successful Century. This year, the response from members to the call to volunteer was outstanding. From registration, to each Rest Stop, to the Post Ride Party and even the clean-up, we were well staffed with volunteers and it seemed like fun rather than work. There is a saying in cycling that when you're having a good day on a bike it "feels like you're pedaling without a chain." This year, because of you (the volunteers) our Century was a "no chain day".

And while the feedback was overwhelmingly positive, we also heard about a few areas with the potential for improvement, such as making the route available prior to the event, more choices of food at the party, and different color and material options for the t-shirt. We will continue to listen to all your feedback with an eye toward making our 30th Century the best ever.

As most members know, the Century's close means the Tuesday/Thursday rides sadly will be wrapping up for the season. The last ride will be on Thursday, September 29. The next big event will be the club's **Annual Meeting**, which is scheduled for **Sunday November 13th at ArtSpace in Herndon, 6:00PM - 8:00PM**. Once again, a heartfelt THANK YOU to all of you wonderful volunteers whose contributions of time and energy offered up another great RBC Century.

Ride Safe,

Dan



Riders from the Fairfax County Police Department

The 2011 Century had over 1,100 riders. Post ride surveys by participants gave an overall rating for the event of 8.47 out of 9.0. (More Century photos and info [here](#).) Some comments reflecting the general tone of the survey were: "great event, staffing and rest stops were excellent", "route markings were extremely well done", "rest stops were well stocked, and were manned by wonderfully helpful and upbeat volunteers", "this was an outstanding and well supported ride with sag cars everywhere!" As you can see, it was not just the quantity, but the quality of the volunteers that made this a successful day. As a member of the board, I am extremely proud of how our bike club members and the local community stepped up to help us. As I thought of the message for this month, I started listing certain people who put forth an extraordinary effort for the Century, but so many met that standard that I decided instead to recognize the effort of all the volunteers.



7:00AM proved early for some riders of the Volunteer's Century on 8/13

In this Edition:

- Chairman's Message.....Thanks Century Volunteers
- RBC DirectorsRoster/Contact Information
- Membership Info New and Returning members
- Ride ScheduleSeptember
- Expert Contribution.....Bike Fit, Doug Baumgarten, M.S.
- Come to a Meeting Members Encouraged to Attend
- Membership Application Form

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

David Bush, Greg Chesterton, Brian Clark, Laura Cross, Ani Dutta, Joseph Fulkerson, Tim Geiger, Barry Geiger, Isabella Geiger, Dennis Hays, Brian Holesapple, Abraham Jackson, Kathryn Jackson, Charles James, Jason James, William Kyburz, Mariltn Anderson, Carlos Marino, Charles Marquez, John Mediar, Suzanne Mediar, Carl Nasr, Matt Newman, Erik Rasmussen, John Steckel, Shawn Sutherland, Joan Tannen, Mary Tisch, Thomas Van Leunen, William Wallace, Dave Wandishin, Samuel White, James Wright

Returning

Robert Beckley, Charles Bobbish, Craig Bryan, Alisdair Craig, Vanora Hundley, Jonathan Daugherty, Pete Dauphinais, Keith Driscoll, John Friedman, Mark Getis, Dennis Greene, Lynne Greene, Craig Guensch, Scott Hall, Jerry Hanson, Jacy Hanson, Allen Hobson, Mercia Hobson, Roger Kurrus, Linda Kurrus, Louis Lamoureux, Adrienne Lamoureux, Barbara Lytle, Bob Lytle, Elaine Mattair, Jason Miller, Julie Miller, Cesar Olivos, Kathryn Troutman, Eduardo Ponce, Barry Rudolph, Pedro Silva, James Stroud, Albert Sun, Jeff Traasdahl, Randy Tyson, Patricia Wells, John Woody, Naveen Yeddula

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RIDE SCHEDULE—SEPTEMBER

Weekday Rides End Thursday September 29th!

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.

Saturday Rides begin at **9:00**. 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.

Date: **Tuesday September 13, 2011**
 Start Location: Hunters Woods Shopping Ctr. (South Reston)
 Level: 1,2,3,4,5
 Time: 6:00 PM
 Mileage: 30-40
 Description: **Route Varies each week**
 Leader: Ken Thompson 703-476-4106

Date: **Thursday 15, September, 2011**
 Start Location: Parking Lot Across from Herndon Caboose
 Level: 1,2,3,4,5
 Time: 6:00 PM
 Mileage: 30 - 40
 Description: **Route Varies each week**
 Leader: Ken Thompson 703-476-4106

Date: **Tuesday, September 20, 2011**
 Start Location: Hunters Woods Shopping Ctr. (South Reston)
 Level: 1,2,3,4,5
 Time: 6:00 PM
 Mileage: 30-40
 Description: **Route Varies each week**
 Leader: Ken Thompson 703-476-4106

Date: **Thursday 22, September, 2011**
 Start Location: Parking Lot Across from Herndon Caboose
 Level: 1,2,3,4,5
 Time: 6:00 PM
 Mileage: 30-40
 Description: **Route Varies each week**
 Leader: Ken Thompson 703-476-4106

Wednesday Social Rides

Every Wednesday at 6:00 starting at the parking lot across from the Herndon Caboose on the W&OD Trail
No- Drop, casual pace for new or non-aggressive riders. Distance and routes vary but average 20 miles.
Levels C, D - Ride Leader is Ken Thompson 703 476-4106



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SEPTEMBER RIDE SCHEDULE

Bike Fitting - Do it Before You Buy!

How the science of bike fit is changing cycling
By *Doug Baumgarten, M.S.*

If you've never heard of professional bike fitting, or have only had a bike shop salesperson measure your inseam before recommending whatever bike the shop has in stock, then it's time to bring your understanding into the 21st century. In the past, the world of cycling was essentially divided into two groups: professional/elite athletes and casual recreational riders. Now, we have thousands of serious and competitive amateurs pushing themselves and their bikes to the limits of their performance. Chances are, you are one of those aspiring amateur athletes.

With the kind of mileage and competition you're putting in, your bike position becomes an extremely important consideration:

1. You must be comfortable enough, even after many miles on the road, to efficiently produce the speed you desire.
2. Your muscles must be in a position to biomechanically develop power consistently and on demand.
3. Your body must be aerodynamic enough to reduce drag, especially if you are competing in triathlons or time trials where drafting is illegal.
4. Your joints and tendons must be in positions which allow smooth functioning and prevent overuse injuries under stress.

Clearly, it takes much more than an inseam measurement to determine your ideal bike position. (Cont. Page 6)

Date: **Tuesday 27, September, 2011**
 Start Location: Hunters Woods Shopping Ctr. (South Reston)
 Level: 1,2,3,4,5
 Time: 6:00 PM
 Mileage: 30-40
 Description: **Route Varies each week**
 Leader: Ken Thompson 703-476-4106

Date: **Thursday 29, September, 2011**
 Start Location: Parking Lot Across from Herndon Caboose
 Level: 1,2,3,4,5
 Time: 6:00 PM
 Mileage: 30 - 40
 Description: **Route Varies each week**
 Leader: Ken Thompson 703-476-4106

:(*This is the last weekday ride of 2011* :(

Popular Middleburg ride returns!!
Known as the *DASH TO DELAPLANE*
Sunday September 25, 2011 9:30 AM
A,B & C Levels
A/B route approximately 47 miles; C route 32 miles on similar rolling terrain. This is a really nice Autumn ride.

Start: Middleburg Elementary School Parking Lot, Middleburg, VA at 9:30AM

A/B Leader Paul (aka Paolo) Baker 703 860-4314; C Leader Rose Baker 703 860-4314 Please call ride leader if planning to attend or for directions.



Ride Globally, Shop Locally



20% Off

Any One Accessory Item

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.

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("Bike Fitting" - from Page 4)

In fact, the number of dimensions we measure in comprehensive bike fitting is mind-numbing, and can be divided into 3 general categories:

1. Bike frame and component parts (not readily adjustable)
 - a. Lengths of top, seat, and head tubes
 - b. Angles of seat and head tubes
 - c. Crank length
 - d. Crankset and cassette gearing
 - e. Handlebar/aerobar width, length, drop, and reach
 - f. Frame stack and reach ("cockpit" height vs. length relative to bottom bracket)
2. Stem length and angle². Adjustable component positions:
 - a. Saddle height from bottom bracket, and angle of tilt
 - b. Saddle horizontal position relative to bottom bracket
 - c. Saddle distance from handlebars and/or aerobars
 - d. Saddle height above handlebars and/or aerobars
 - e. Cleat position on the shoe: fore/aft, lateral, and rotational
3. Biomechanical body positions:
 - a. Foot stability, position relative to the pedal, and ankle angle during pedaling
 - b. Knee flexing angles throughout the pedaling motion
 - c. Knee alignment viewed from front
 - d. Hip flexion throughout the stroke and stability on the saddle
 - e. Back position relative to the body
 - f. Back position relative to horizontal (for aerodynamics)
 - g. Shoulder position relative to the body and the handlebars/aerobars
 - h. Elbow position relative to the body and the handlebars/aerobars
 - i. Hand/elbow width relative to the body and the

Believe it or not, that's not the complete list. But it should be obvious that many bike shops are neither equipped nor motivated to provide that kind of comprehensive evaluation of body position relative to the bike. That's why fitting has developed as a profession, with its own scientific principles and rigor, outside the purview of bike sales. Organizations such as Serotta International Cycling Institute, Bike Fit Systems, F.I.S.T. and others have begun to develop methodologies for rigorously determining optimal riding positions, for both power and comfort. If you want a good bike fit, you'd do well to seek out a fitter certified by one or more of these organizations. More importantly, look for a fitter whose work is NOT dependent on bike sales or a lower priority in a big bike shop. True bike fit professionals are dedicated to finding YOUR best fit, based on YOUR goals and body type - and won't hesitate to recommend any brand or model of bike if it will fit you best. The best bike fitters are also experts in physiology, or at least the biomechanics of cycling. Determining proper fit is based on knowledge of the science of joints, muscles, and motions, and also on an understanding of your body's specific characteristics.

Recently, I've come to realize an even more important maxim: if you want a bike that fits well, see a professional bike fitter BEFORE you purchase your next bike. Although every bike can be modified somewhat with changes in stem, handlebars, saddle, and even crankset, you are restricted by the size of your bike frame - and frames vary tremendously in their geometries. In this day and age, frames have become even harder to compare with the advent of sloping or curved tubes made possible by carbon fiber. One manufacturer's "54" (traditionally a measure of seat tube length in centimeters) can be similar to another's "56". Moreover, frame height vs. length ("stack and reach") can vary widely, resulting in entirely different positions on bikes listed as the same nominal size. More and more, I'm seeing athletes riding bikes that have the wrong geometries for their bodies, (Cont. next page)

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.

We hope you'll join us!



The PedalShop has left its Ashburn Location to go virtual. The services and merchandise will still be available through their website (below) In the meantime, they are looking for new tenants for their Ashburn location. Go to www.pedalshop.com for more information.

(“Bike Fitting” from Previous page)

flexibility, and riding styles. And sometimes the adjustments needed to achieve comfort and efficiency are impossible with the frame they purchased. This is even more true of triathletes, whose frames need to accommodate torso length, arm length, and muscle flexibility (or lack thereof) in the aero position. Too often, I see triathletes struggling with a frame that forces them to bend much too low or reach much too far.

By seeing a professional fitter before you buy, you can settle on dimensions that can be used to shop for the right bike for your size, strength, flexibility, and riding goals. A good professional fitter will have an adjustable fitting bike, which can be used to “dial in” to your ideal position. More advanced fitters even use video motion analysis and/or power analysis to accurately measure body angles and stroke production in different positions.

Most of the time, a good fitting will allow you to shop for a number of stock bikes that will allow for correct fit, even if minor adjustments (such as stem or handlebar changes) are needed. Your fitter should be able to suggest some models, or give you the correct stack and reach dimensions to look for. In some cases, you may have a body type which doesn't fit well into stock bike dimensions. For that reason, or if you're looking for a truly ideal glove-like fit, you may want to consider a custom bike, where the frame is built to your dimensions. While that kind of customization adds to the initial cost of a bike, it often eliminates spending on subsequent part changes – not to mention therapy for possible injuries.

Is the expense of professional pre-purchase fitting worth it? While I admit to bias, keep in mind the discomfort, pain, and even injuries that can be caused by an ill-fitting bike, as well as the expense required to “fix” a bike that doesn't fit you.

To shop with confidence and spend well on your new bike, a relatively small investment in professional fitting can pay off handsomely in the long run.

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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 Address _____
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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
Reston, VA 20195

RestonBikeClub.org