

The Wheel

Jan/Feb 2009
Volume 27, Issue 1

The Newsletter of Reston Bicycle Club

How to Find Time for Cycling

By Fred Matheny for www.RoadBikeRider.com

We shouldn't feel excessive admiration for pro racers who log 600-mile weeks. They have plenty of time to ride and recover—that's their job. The real heroes are people like you, who find time to ride while still having a life away from the bike.

Full-time work, family commitments and cycling can be efficiently interwoven into your busy day. All it takes to schedule everything into 24 hours is maximum use of time-budgeting techniques.

Here's where to look for time slots that can accommodate your love for riding:

Commuting

Riding your bike to work or school and back may be the best way to create cycling time.

When you commute by bike, time normally spent sitting in a car is used productively as part of the training day. An eight-mile ride to work or school takes about 30 minutes each way. Even if you do no other riding, that's still an hour of cycling each weekday. The trip home can be lengthened as much as time, daylight and energy allow.

Another benefit is arriving at your job refreshed and alert. It may be tough to get up earlier for the ride in, but the physical and mental lift of exercise will carry you through that 10 a.m. letdown that your sedentary colleagues experience. Then you ride home, clearing cobwebs and blowing away job-related frustrations. You're refreshed and ready for evening responsibilities or family fun.

Commuting Logistics

Use a small backpack to carry clothes, lunch and papers. A waist strap helps eliminate swaying and bouncing as you ride.

Keep a pair of shoes at work so you don't have their weight and sharp edges in the pack. Take the week's clothes to work on Monday morning and shuttle them home Friday afternoon, or whatever arrangement fits your situation.

Clean up in the restroom with a lightly soaped washcloth. Meanwhile, get coworkers interested in commuting and lobby your boss to install a shower.

Dress in your office if it has a door. If not, use the restroom or a storage room.

Play on the way home. Scout out a longer route and ride for an hour or more as time and commitments allow. Do intervals, time trials, or hit the hills hard to get a great workout while you're homeward bound.

If commuting simply won't work for you, here are two popular options:

Early Bird Special

Consider an early-morning workout. By the middle of March it's usually light enough to get in a ride before work. At dawn there are few cars on the road and the day is brightening every minute.

Getting up in the pre-dawn hour may be the ultimate test of whether you really want to ride. Roll out of bed the minute the alarm rings and don't think about anything. The longer you lie there moaning about how early it is, the harder it is to extricate yourself from the sheets.

Sleep loss is the biggest risk. Make up the deficit with an earlier bedtime because it's vital to get enough rest. Lack of sleep can lead to deep fatigue and poor performance in everything you do.

Evening Rides

If your schedule prohibits riding most of the day, try from 9 to 10 or 10:30 p.m. For most people, the kids are in bed, the chores around the house complete, and you're probably wasting time watching TV.

To make this work, eat a moderate dinner at 6 or 7 p.m., allowing the food to digest by riding time. As an additional benefit this provides motivation not to overeat.

Riding in the dark used to be dangerous because lights were poor. You couldn't see road hazards clearly, and motorists couldn't see you. Modern lighting systems make night riding safer, but it's still smart to use lighted parks or suburban streets if they're available.

Receive a FREE copy of the eBook "29 Pro Cycling Secrets for Roadies" by subscribing to the RoadBikeRider Newsletter at www.RoadBikeRider.com. No cost or obligation!



Editor's Message: Don Brumbaugh

Happy New Years!

I am writing this as the last article to go into the first newsletter of 2009. I am looking back on 2008 and feeling thankful that I had a wonderful adventurous year and I've seen some good milestones through the year. My wife and I celebrated our 25th wedding anniversary in September. As part of that celebration we took a tandem tour of Tuscany. We had a wonderful time. In December our son graduated from college. On the morning of graduation I was able to take advantage of the mild South Carolina weather and take a morning ride. The whole year was loaded with rides, planned and unplanned, local and distant.

Now we look forward to 2009 and this is the time of year I start to plan my riding activities for the upcoming season. For many this is the time when they make resolutions to improve their lives. You may want to lose weight, save money, go green or just enjoy life more. And of course as I always do I can find an answer to these goals in bicycling. To that end this issues front page article gives us all tips on finding more time to ride. As many will tell you about resolutions, staying motivated is very important. My motivation is that I love to ride. What makes it hard is the rest of life that invades into my ride time. For many, riding doesn't reach their priority list due to other of life's duties. My way of staying on track is to remember that this is not just a fun activity but one that helps me stay healthy (both mentally and physically), save money, go green and enjoy life more by riding with friends. What more important thing to we have to do, than to ride?

I hope you have a great 2009 and find the time for many happy miles of bicycling.

See you on the trail!

Don Brumbaugh



The PedalShop is leaving its Asburn Location and going virtual. The services and merchandise will still be available through their website, www.pedalshop.com. In the mean time they are looking for new tenants for their current location. Go to www.pedalshop.com for more information.

Who's Who In Reston Bike Club

Chairman:
John Hamilton (703) 904-9381
jhamilton11@cox.net

Vice-Chairman:
Randy Karn (703) 742-4074
rk@htarch.com

Secretary:
Minnie Scrafford (703) 263-7915
scrafford@aol.com

Treasurer:
Ken Thompson, (703) 476-4106
Kenneththompson@att.net

Members at-large:
Paul Baker, (703) 860-4314
parobaker@verizon.net
Don Brumbaugh, (703) 880-3024
debrumbaugh@verizon.net

Barb Lytle, (703) 362-8286
vballbarb@yahoo.com

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

Ride Coordinators:
Level A/B:
Ron Rothrock, (703) 759-2850
rrothrock@earthlink.net

Level C:
Vacant
Newsletter:
Don Brumbaugh, (703) 880-3024
debrumbaugh@verizon.net

Database:
Ed Robichaud, (703) 815-2723
edrobichaud@wdn.com

Web Master:
Mark Hollinger (703) 815-2723
markahollinger@gmail.com

Travel Cases Available to RBC Members

The RBC has two travel cases available for membership use. These are available on a first come first serve basis.

Call 703-264-0210 to make arrangements.

Welcome New and Returning Members

New Memebers

Brandon Ham, Nina Samuels, Nate Spohn

Returning Members

Kevin Kunkel, Kurtis Kunkel, Joanne Kunkel, Lois Olson, Mike Olson

Please come and ride with us soon so we can meet you!



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HOT, Fun
HOT!
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-Washingtonian Magazine

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Ride Level Descriptions

- A** Aggressive riders. Grueling pace with sprints, 40 - 100 mi, 18 - 20+mph average.
- B** Strong riders. Demanding pace, 25 - 75 mi, 14 - 18 mph average.
- C** Average riders. Moderate pace, 15 - 50 miles, 10 - 14 mph average.
- S** Social riders. Relaxed, casual tempo per group consensus

Ride Schedule—January / February

NOTE Due to club insurance policy clarifications all participants on RBC rides must be current club members. Non-members may join a ride one time only as a non-member.

ATTENTION ALL RIDERS - MAKE SURE YOU CALL THE RIDE LEADER ESPECIALLY FOR ALL OUT OF TOWN RIDES TO MAKE SURE THAT THIS INFORMATION IS ACCURATE AND IT HASN'T CHANGED. REFER TO WWW.RESTONBIKECLUB.ORG FOR NEW RIDES AND ADDITIONAL INFO.

If there is a greater than 50% chance of rain or if the starting temperature is predicted to be less than 40 degrees the ride may be cancelled. Please call the listed ride leader to confirm the ride status.

January & February 2009 Schedule

Date: **Saturday, January 3, 2009**
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B ride
 Time: 10:00 AM
 Mileage: Various (typically 50 miles or more)
 Description: **Impromptu** (First time riders, please call if planning to ride)
 A/B Leader: John Hamilton, 703-593-9384
 Randy Karn, 703-402-0227

Date: **Sunday, January 4, 2009**
 Start Location: Reston Town Center NE parking lot
 Level: A/B
 Time: 10:30 AM
 Mileage: 32 miles
 Description: **Arcola and Ashburn**
 A/B Leader: Ron Rothrock, 703-759-2850

Date: **Saturday, January 10, 2009**
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B ride
 Time: 10:00 AM
 Mileage: Various (typically 50 miles or more)
 Description: **Impromptu** (First time riders, please call if planning to ride)
 A/B Leader: John Hamilton, 703-593-9384
 Randy Karn, 703-402-0227

Date: **Sunday, January 11, 2009**
 Start Location: Reston Town Center NE parking lot
 Level: A/B
 Time: 10:30 AM
 Mileage: 32-36 miles
 Description: **Leesburg Donut Run/Impromptu**
 A/B Leader: Bobby Anderson, 703-834-1065

Date: **Saturday, January 17, 2009**
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B ride
 Time: 10:00 AM
 Mileage: Various (typically 50 miles or more)
 Description: **Impromptu** (First time riders, please call if planning to ride)
 A/B Leader: John Hamilton, 703-593-9384
 Randy Karn, 703-402-0227

Date: **Sunday, January 18, 2009**
 Start Location: Vienna Community Center
 Level: A/B
 Time: 10:30 AM
 Mileage: 33/44 miles
 Description: **Reston Ramble**
 A/B Leader: Jon Daugherty, 703-431-4108

Date: **Saturday, January 24, 2009**
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B ride
 Time: 10:00 AM
 Mileage: Various (typically 50 miles or more)
 Description: **Impromptu** (First time riders, please call if planning to ride)
 A/B Leader: John Hamilton, 703-593-9384
 Randy Karn, 703-402-0227

Date: **Sunday, January 25, 2009**
 Start Location: Reston Town Center NE parking lot
 Level: A/B
 Time: 10:30 AM
 Mileage: 32-36 miles
 Description: **Leesburg Donut Run/Impromptu**
 A/B Leader: Dan Scrafford, 703-263-7915

Date: **Saturday, January 31, 2009**
 Start Location: 7-Eleven at Crestview and W&OD Trail
 Level: A/B ride
 Time: 10:00 AM
 Mileage: Various (typically 50 miles or more)
 Description: **Impromptu** (First time riders, please call if planning to ride)
 A/B Leader: John Hamilton, 703-593-9384
 Randy Karn, 703-402-0227

Date: **Sunday, February 1, 2009**
 Start Location: Vienna Community Center parking lot
 Level: A/B
 Time: 10:00 AM
 Mileage: ~34 miles
 Description: **Georgetown and 4-Mile Run**
 A/B Leader: Ron Rothrock, 703-759-2850

(Continued on page 6)

Visit www.restonbikeclub.org for up to date ride info., membership renewal, Century registration, and much more!



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Find Out What Makes the RBC Tick..

On the first Wednesday of every month the RBC conducts its monthly meeting. Although these meetings are attended by club leaders, all club members are invited. If you would like to have a greater input into how the club is run, if you want to find out what being a board member is all about, if you just want to join the fun you are invited to join us.

If you would like to join us, call one of the board members from page 3 and we will give you directions to the meeting.



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Join the Bike Lane's Weekly Ride/Event Announcements for our:

- Weekly Mountain and Road Rides
- Monthly Bike Maintenance Clinics
- Monthly Skills Clinics
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(Continued from page 4)

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Date: **Saturday, February 7, 2009**
Start Location: 7-Eleven at Crestview and W&OD Trail
Level: A/B ride
Time: 10:00 AM
Mileage: Various (typically 50 miles or more)
Description: **Impromptu** (First time riders, please call if planning to ride)
A/B Leader: John Hamilton, 703-593-9384
Randy Karn, 703-402-0227

Date: **Sunday, February 8, 2009**
Start Location: Reston Town Center NE parking lot
Level: A/B
Time: 10:30 AM
Mileage: 33+ miles
Description: **Algonkian Park, Country Side, Ashburn**
A/B Leader: Bobby Anderson, 703-834-1065

Date: **Saturday, February 14, 2009**
Start Location: 7-Eleven at Crestview and W&OD Trail
Level: A/B ride
Time: 10:00 AM
Mileage: Various (typically 50 miles or more)
Description: **Impromptu** (Please call if planning to ride)
A/B Leader: John Hamilton, 703-593-9384
Randy Karn, 703-402-0227

Date: **Sunday, February 15, 2009**
Start Location: Reston Town Center NE parking lot
Level: A/B
Time: 10:30 AM
Mileage: 30+ miles
Description: **Lansdowne (and Maybe Beyond)**
A/B Leader: Jon Daugherty, 703-431-4108

Date: **Saturday, February 21, 2009**
Start Location: 7-Eleven at Crestview and W&OD Trail
Level: A/B ride
Time: 10:00 AM
Mileage: Various (typically 50 miles or more)
Description: **Impromptu** (First time riders, please call if planning to ride)
A/B Leader: John Hamilton, 703-593-9384
Randy Karn, 703-402-0227

Date: **Sunday, February 22, 2009**
Start Location: Reston Town Center NE parking lot
Level: All Level
Time: 10:30 AM
Mileage: 32 miles
Description: **Bull Run Abbreviated**
A/B Leader: Ron Rothrock, 703-759-2850

Date: **Saturday, February 28, 2009**
Start Location: 7-Eleven at Crestview and W&OD Trail
Level: A/B ride
Time: 10:00 AM
Mileage: Various (typically 50 miles or more)
Description: **Impromptu** (First time riders, please call if planning to ride)
A/B Leader: John Hamilton, 703-593-9384
Randy Karn, 703-402-0227

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HERNDON: 785 Station St. 703-471-4031 • **VIENNA:** 132 Church St. 703-938-0921

RBC Welcomes New Board

As a result of the November RBC annual meeting we have new members of the board for 2009. At the top John Hamilton who was vice-chairman and acting chairman for 2008 will become chairman for 2009. Randy Karn will be filling in as vice-chairman. Finally Paul Baker and Barb Lytle are our new members at large.

Please congratulate and welcome our new board members!



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Club Looking for Reston Pedestrian and Bicycle Advisory Committee Liaison

The Reston Association has formed the Pedestrian and Bicycle Advisory Committee whose responsibilities include coordination with private and public entities on funding and direction of the Reston pedestrian and bicycle systems and facilities. This includes assisting the development of priorities for improving these facilities, encouraging the use of these facilities for transportation and recreation, evaluating safety concerns, and developing recommendation for reducing these concerns.

The Reston Bike Club is looking for a club member who would be willing to act as a liaison to this group on behalf of the club. This would be a great opportunity for someone to not only help out the RBC but also help the bicycling and Reston communities as well. This volunteer would keep in touch with the Advisory Committee direction and report back to the RBC. If you are interested in volunteering contact the RBC chairman, John Hamilton for details.



Place
 Stamp
 Here

Reston Bicycle Club Membership Application Form

Name _____ Age _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ E-mail _____

Additional Household Members Who Ride

Name _____ Age _____

Name _____ Age _____

Attention Parents: Riders under age 17 must sign a parental consent form, please send me this form: r Yes r No

Rider Level (see left page for descriptions)

Name _____ A+ A B C S Name _____ A+ A B C S

Name _____ A+ A B C S Name _____ A+ A B C S

What is your preferred time(s) to ride? Saturday Sunday Weekdays

Indicate areas you might be willing to help with: Lead Rides Tour & Weekends Annual RBC Century Newsletter

Club Social Events Data Entry Triathlon Education/Safety Legislative Action Membership Phone Calls

Other _____

Please complete this form and return with checks payable to Reston Bicycle Club to:

Reston Bike Club P.O. Box 3389 Reston, VA 20195

Annual Dues: Annual dues for single membership \$15.00 plus \$2.00 for each additional member of the household.