

The Whoool

November/December 2009
Volume 27, Issue 10

The Newsletter of Reston Bicycle Club

Annual Meeting to be Held.

On November 8th from 6 to 8 PM the Reston Bike Club will hold its annual meeting. The meeting will be held at Art Space at 750 Center Street in Herndon. All active members are welcome! Food and snacks will be served and we have scheduled to start after the Redskins Game has ended. We will review the last year activities, talk about our plans for 2010, elect new board members, reminisce about a great biking season that just passed and get to know RBC members without a helmet or jersey on. The artists that participated in the competition for the century shirt graphics will be on hand and their submissions on display. Artwork may be on sale as well. So come and enjoy the fun, share food with friends and help guide the direction of our club!

Call for Board Members

We are looking for RBC club members who would like to volunteer a little bit of their time to help direct RBC in its mission to promote Bicycling in the Reston area. We have openings in the position of Chairman, Vice-Chairman, Secretary, Treasurer, and Members at large. Please contact Dan Scrafford at 703-263-7915 if you are interested.



Sports Medicine Tips from an Expert

By Fred Matheny for www.RoadBikeRider.com

Andy Pruitt's name has become synonymous with sports medicine for cycling. As director of the Boulder Center for Sports Medicine in Boulder, CO, Pruitt has made a career out of treating world-class riders such as Lance Armstrong and George Hincapie. In 1996, Pruitt served as chief medical officer for the U.S. Olympic Cycling Team.

Pruitt is an elite athlete in his own right, too. He lost his lower leg in a hunting accident at age 14 but still wrestled and participated in track, eventually winning 12 high school varsity letters. When he took up cycling he earned a category 2 ranking in able-bodied racing and was twice a world champion in disabled cycling.

But the Boulder Center isn't reserved for elite clients. Pruitt wanted to develop a sports medicine center equal to any university or Olympic training facility but available to recreational athletes of any age. That's what he has accomplished

Here's a sampling of Pruitt's sports medicine wisdom.

* **Floating Pedals.** "In the late eighties, the cycling injury rate soared due to step-in pedals. The old, slotted cleats and soft leather cycling shoes allowed feet quite a bit of movement, but the newer step-in cleats and more rigid

shoes with a heel counter locked feet in one position. Now the injury rate has gone way down due to cleats that float, allowing each foot to find its best position on the pedal."

* **Bike Fit.** "I've done thousands of bike fits. Much is made of saddle height and saddle fore-and-aft position. It's true—they're important. But the reach to the handlebar along with the height difference between the bar and the saddle are the two most personal aspects of bike fit. If they aren't right, you'll be miserable. We're seeing more riders who want to raise their handlebars for increased comfort."

* **Chondromalacia.** "When cyclists have chondromalacia (pain under the kneecap) it's not good medical advice to keep them off the bike. They need to ride. The knee likes motion and riders want to be on their bikes. So we check saddle height and other bike fit factors like cleat position and let them ride. Most chondromalacia sufferers can ride at some level no matter how severe the degeneration. I've seen riders with a back of the kneecap that was full of gouges. It looked like one of those rural road signs peppered with bullet holes. But they can still ride without pain."

* **Patellar Tendinitis.** "Strain of the tendons around the knee often happens in the early season when riders get caught out in the cold and wind and decide to get home fast. They push a big gear, maybe they aren't wearing leg warmers, and the next morning they have an ominous twinge. The problem is that in the early season, your muscles can bear a lot more strain than your connective tissue."

(Continued on page 7)



Cycling coaches Susan Hefler and Pierre Pelletier of Hefler Performance Coaching are pleased to announce the opening of their brand new training facility located at 783 Station Street in Herndon, Virginia. The shop is easy to find- just off the WO&D trail located right next to Great Harvest Bread co. in old town Herndon. We will open for classes on November 9, 2009 (the link for this event is <http://www.bikereg.com/events/register.asp?eventid=9535>).

The Herndon Performance Center will offer the following services to athletes of all levels and disciplines including road, mountain, triathlon, running, and time trials.

Indoor training and cycling performance classes using a Computrainer multi-rider system.

Coached outdoor training rides to teach new skills, tactics, and inspire confidence.

VO2 max / metabolic and rest testing and evaluation.

Professional Bicycle Fitting including biomechanical assessment, SPINSCAN, BG fit, ICM, and ALINE systems for unmatched balance, comfort and power for your cycling.

Neuromuscular and Therapeutic Massage services rendered by top therapists.

A wide array of fueling recovery products to enhance your cycling experience.

A fun, positive place for cyclists and athletes of all abilities to meet and interact.

For additional details please contact Hefler Performance Coaching at:

www.hpcoaching.com or contact Susan Hefler @ 571.212.2895 or Pierre Pelletier @ 703.732.8352



The PedalShop is leaving its Ashburn 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:

Robert Rodriguez, (517) 238-3765
RDRodrigue@hotmail.com

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
rothrock@earthlink.net

Level C:

Vacant

Newsletter:

Don Brumbaugh, (703) 880-3024
debrumbaugh@verizon.net

Database:

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

Web Master:

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

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

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 Members

Ron Bremen, Jenny Bremen, Brent DeRobertis, Carlos Hazera, James Kohler, Susanne Meehan, Karen Rompalo, Rich Schneck, Dustin Sell, Brook Walters

Returning Members

Rodrigo Garcia, Katy Gadzichowski, John Giglio, John Mahieu, Jason Navon, Troy Sivak, Laura Sivak, James Stroud, Albert Sun, Theodore Wilson

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

**HOT, Fun
HOT, Fun
HOT!
Fun!**

Visit us and taste REAL Sonoran Mexican Dishes prepared using REAL fresh & REAL good ingredients!

The Best Southern California Mexican Food in the Washington area!
-Washingtonian Magazine

The Tortilla Factory
RESTAURANT
RESTAURANT & CATERERS

471-1156
648 Elden Street
Herndon, VA
 www.thetortillafactory.com – Since 1975

Ride Schedule — November / December

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.

November & December 2009 Schedule

RBC Sunday rides will restart in March 2010.

Date: Saturday, November 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 – No Drop**
 (First time riders, please call if planning to ride)
 A/B Leader: John Hamilton, 703-593-9384
 Randy Karn, 703-402-0227

Date: Saturday, November 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 – No Drop**
 (First time riders, please call if planning to ride)
 A/B Leader: John Hamilton, 703-593-9384
 Randy Karn, 703-402-0227

Date: Saturday, November 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 – No Drop**
 (First time riders, please call if planning to ride)
 A/B Leader: John Hamilton, 703-593-9384
 Randy Karn, 703-402-0227

Date: Saturday, November 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 – No Drop**
 (First time riders, please call if planning to ride)
 A/B Leader: John Hamilton, 703-593-9384
 Randy Karn, 703-402-0227

Date: Saturday, December 5, 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 – No Drop**
 (First time riders, please call if planning to ride)
 A/B Leader: John Hamilton, 703-593-9384
 Randy Karn, 703-402-0227

Date: Saturday, December 12, 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 – No Drop**
 (First time riders, please call if planning to ride)
 A/B Leader: John Hamilton, 703-593-9384
 Randy Karn, 703-402-0227

Date: Saturday, December 19, 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 – No Drop**
 (First time riders, please call if planning to ride)
 A/B Leader: John Hamilton, 703-593-9384
 Randy Karn, 703-402-0227

Date: Saturday, December 26, 2009
 No Ride Scheduled for this day

2009 RBC Jerseys Are Now on Sale

If you received last March's newsletter, you may have noticed the front page article announcing the winner of this year's Jersey Design contest. This is the second year that we conducted this contest. The chosen design is now available for purchase along with matching shorts. Go to our web-site <http://www.restonbikeclub.org/> to place your order today.



Hurry in for our Inventory Reduction

SALE! Save BIG on Summer Apparel, Bikes & more

Bicycle Outfitters
www.bikeoutfitters.com



19 Catoctin Circle NE, Leesburg, VA (behind Wendy's)
703-777-6126 | Service 703-777-2148
Mon-Fri 11am-7pm | Sat. 9am-5pm, Sun. CLOSED

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 listed on page 3 and we will give you directions to the meeting.



WHAT A NEIGHBORHOOD BIKE SHOP IS ALL ABOUT!

9544 Old Keene Mill Road, Burke, VA 22015
Monday-Friday 10:00-8:00 • Saturday 10:00-6:00 • Sunday 12:00-5:00



SPONSORS OF:
Trips for Kids Metro DC
www.tfkmetrodc.org
Evolution Cycling Club
www.Evolutioncycling.org
Potomac Velo Club
www.potomacvelo.com

SPONSORED EVENTS:
• MORE Trailwork Series
• Cranky Monkey Mtb series
• Wednesdays at Wakefield
• Reston Town Center Grand Prix
• Fitness Concepts Greenbriar Challenge
• Venturequest and more!

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

- Weekly Mountain and Road Rides
- Monthly Bike Maintenance Clinics
- Monthly Skills Clinics
- Family Rides and Bike Rodeos
- Sales and other events!

(703) 440-8701 www.thebikelane.com



Bicycles & Equipment For The Whole Family!

Competitive Prices With Home Town Service

◆ Since 1980 ◆

Whether you are buying your first bicycle for you or your kids, or looking for your professional supplies, you can expect the best service from our knowledgeable sales staff.

We stock equipment for every rider's level & needs!

A family run business, CELEBRATING 25 YEARS OF AREA SERVICE, our focus is as always on Quality & Service.

TWO LOCATIONS OPEN SEVEN DAYS A WEEK

Mon-Sat: 10am - 9pm Sun: 12 - 6pm

HERNDON

Clock Tower Shopping Center
2451-B Centreville Road
Herndon, VA 20171

703-793-0400

MANASSAS

Next to Best Buy Store
7705 Sudley Road
Manassas, VA 20109

703-361-6101

A-1 Cycling



www.A1Cycling.com

SIT BACK,

RELAX,

AND

RIDE

A

RECUMBENT



Great Harvest Bread Co.

WHOLE GRAINS: The Power of Three!

according to the new USDA dietary guidelines you should eat 3 SERVINGS of whole-grains every day.

SERVING #1

A slice of
Orange Cranberry
W&OD Mile #20
(Herndon)

SERVING #2

A slice of
Nine Grain
W&OD Mile #11.5
(Vienna)

SERVING #3

A slice of
Raisin Cinnamon Chip
W&OD Mile #20 (Herndon)



17 MILES ROUND TRIP.

(You've definitely earned yourself a jumbo Double Choc Chip cookie!)



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



bikes@vienna, LLC
128A Church St, NW
Vienna, VA 22180

www.bikesatvienna.com

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



WWW.VBCHALLENGE.KALERUNNING.COM

December 12-13, 2009

Saturday, December 12

Cyclocross – register at www.bikereg.com

Men's, Women's and Junior's races will be held!
 Virginia Beach Sportsplex and the US National Field Hockey Training Center
 Challenging, technical and fast course
 Stick around and participate in Sunday's 5K Cross Country Race or the Virginia Beach Duathlon!

Sunday, December 13

5K Cross Country – register at www.active.com

Prizes awarded to the overall top three men and women as well as top three males and females in various age groupings (if you have an age.....we have a group!)

This challenging cross country course is used locally by several schools and running clubs! Much of the course was used for the AAU Cross Country National Championships!

Challenge yourself to beat your best!

Virginia Beach Duathlon – register at www.active.com

Attack this challenging, off road course and cross country run by yourself or part of a team! Prizes will be awarded to several age groups and categories!

This course will take you through challenging obstacles and treacherous mud pits! You will be tested throughout.....Good luck!

Cyclocross	\$15 – Junior Race \$25 – All categories except Men's A Men's - \$30
Fat Tire Duathlon	USAT member \$45 prior to December 1, \$55 after
5K Cross Country	Non-USAT member \$55 prior to December 1, \$65 after
	\$20 prior to December 1, \$30 after



WANT A DISCOUNTED ENTRY? Make your way to Conte's Chesapeake and pick up your registration packet right there in the store and receive \$5.00 off of your registration! No purchase necessary, only valid for walk in customers! Conte's Chesapeake is located at 109 Volvo Parkway, Suite 19, Chesapeake, VA! Call them at 757-842-6083 for deals, advice and directions!

WWW.VBCHALLENGE.KALERUNNING.COM

sport&health

New Corporate Wellness Plan!

Reston Sport&Health To Partner With Reston Bike Club Members!

Sport&Health Features:

- Fitness centers with cardiovascular, strength training and free weight equipment
- Personal training & customized workouts
- 100 Group exercise classes/week with 2 Studios
- Group Cycle Studio
- Childcare and children's programs
- Full service locker rooms with steam and sauna
- Onsite Chiropractor, massage and physical therapy

- Rates as low as \$39.99
 - Next to the W&OD trail with tons of parking
 - 10% Discount exclusively for RBC members at Java Cafe (sat-sun)
 - Largest Health Club in Reston
 - Best Value in the Reston area
 *Must get 10 new members in 60 days for partnership!

100% OFF Our \$99 Enrollment Fee Until 10/31! Free Hour With a Personal Trainer! Free Meal Planning!

For more information
 Contact Pete Nelson
 at 703.904.7600 or email
pnelson@sportandhealth.com

sport&health
 YOU BELONG
 sportandhealth.com



(Continued from page 1)

* Saddle Position. "Greg LeMond has extremely long femurs. His kneecaps are slightly above his ankles. So for him a bike with a slack seat tube angle, a long top tube, and the saddle jammed all the way back is appropriate. But most people aren't built that way. For example, Ron Kiefel moved his saddle back when a famous pro he admired told him he'd be faster if he did. Ron didn't get faster, instead he got severe back pain and missed several weeks of racing. The moral of this story: Let your femur length determine your saddle position, not your hero."

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!



PO. Box 3389
 Reston, VA 20195

www.restonbikeclub.org

Place
 Stamp
 Here

Join the Reston Bicycle Club now!

complete and return the membership form below
 or
 visit RestonBikeClub.org for online registration and payment.

Membership Application Form

Please complete form (circle information) & return with check payable to: Reston Bicycle Club

Mail to: Reston Bicycle Club • P.O. Box 3389 • Reston, VA 20195-1389

Annual dues for single membership : \$15.00 plus \$2.00 for each additional household member riding with the club.

Name _____ Age _____ Rider Level A . B . C . S
 Address _____
 City _____ State _____ Zip _____
 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 Avid 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