

The Wheel

Jan-Feb 2008
Volume 26, Issue 1

The Newsletter of Reston Bicycle Club

Improve your Economy with Indoor Rides

By Adam Coon

Now that winter is here and your outdoor rides are limited it is a great time to do some specific workouts on the indoor trainer which will improve your overall riding economy and allow you to get a head start on your springtime fitness. Pedaling technique is a skill that everyone can improve upon. Anyone who followed the evolution of Lance Armstrong's racing career can tell you that one of the major changes in his fitness from the time he won the World Championships in 1993 to the final Tour victory in 2005 was his change in pedaling technique. His focus on saving energy by learning how to pedal smoothly through the entire pedal stroke rather than simply mashing the pedals is one of the details that made him the best he could be. If Lance needed to make improvement in his pedaling then chances are your technique could use some improvements as well.

Your pedaling economy can be improved over time by performing the following workouts drills on once or twice a week during the next 12-16 weeks.

- *Single Leg Pedaling: Warm-up. Then unclip one foot out of the pedal and rest it on the trainer. Pedal with the other leg for 2 minutes, switch legs, and repeat for the opposite leg. Allow 1 minute of simultaneous pedaling recovery and then repeat for 2-6 sets per leg. Alternate between sets at 40-60 rpm with a big gear and sets at 80-90 rpm with a small gear. Concentrate on keeping the downstroke light and driving the knee up and forward quickly on the upstroke. Cool-down.

- *Spin-Ups: Warm-up. Then with an easy gear gradually increase your cadence for 60 seconds, from 80 rpm to your maximum (140+ rpm). When you begin to bounce, back off and then hold it for several seconds. Recover for 2 minutes and repeat for 4-6 sets. Cool-down.

*Tempo Tension: Warm-up. Then shift into your hardest gear and pedal at 40-60 rpm with your heart rate at a moderate intensity for 10-20 minutes. Allow a 10 minute recovery in a gear that allows you to spin easily at 100 rpm. Repeat for 2-4 sets and cool-down.

Adam Coon is a USACycling licensed coach co-creator of the Cycling Fitness Results DVD training series. You may contact Adam at Adam@Syn-Fit.com and visit www.Syn-Fit.com for details on the Coaching Services or DVD's.

RBC Annual Meeting

In November the RBC held in annual meeting at the Tortilla Factory. The meeting was well attended and everyone had a good time. During dinner we were presented with a slideshow of pictures from the 2007 and 2006 Reston Bike Club Century.

After dinner appreciation and gifts were presented to some of the club's more active volunteers. Ken Thompson reviewed the financials for the year and we held elections for open club board positions. The elections did not result in any board membership changes but we are losing the services of Cesar Olivos our most recent club chairman. We were unable to find a volunteer for this position so it will continue to be an open position until we can find a replacement. If anyone is interested in becoming the club chairman please contact a board member and we will consider you for the position.

The meeting ended with a round of drawings for door prizes and more socializing and everyone was ready for another year of riding.

Check the Reston Bike Club website in early January for reports on the RBC 2007 and 2007 Reston Century financials at <http://www.RestonBikeClub.org>.

Editor's Message: Don Brumbaugh

Happy New Year! Anybody that reads this fine publication knows that this article has in the past been titled Chairman's message. In November the RBC held it's annual meeting and held elections for board members. As a result we were left without a club chairman when Cesar Olivos could not continue as chairman and no one stepped forward to take his place. Therefore I have taken over the message duties until this situation is rectified. By the way, if you would like to volunteer for the chairman's position we are taking resumes.

The lack of a chairman aside, I am writing this on December 21st just hours before the winter solstice. Since the beginning of my adult affair with bicycling this is always a joyful day in my year. It is great knowing that the days are going to start getting longer and we will be slowly emerging from the grips of winter. This is of course the same reason that we have major holidays at this time of year also. Civilizations have been in tune with this fact for millennia.

Unfortunately the deepest part of the winter is still ahead of us, and not being the hearty type I am taking refuge in the basement on my recumbent trainer to keep myself in minimal shape for spring. My formula for relative time passage is riding outside makes an hour seem like 30 minutes. Riding inside make an hour seem like two hours. Riding outside with good friends

makes an hour seem like 5 minutes. So I am looking forward to spring when I can join the Saturday morning crowd for great riding and friendship. For anybody interested in a semi-serious ride, the Saturday morning impromptu rides are great. These rides continue year-round. Check the ride schedule for details.

For those of you, who are still riding inside but want to get the most out of indoor riding, check out this months article by Adam Coon that gives tips on using your indoor riding time to improve you pedaling economy. This is a great article from our new newsletter fitness guru.

The next time you will hear from me will be early March. The first signs of spring will hopefully be starting to sprout. At the very least we should be getting our bike ready for the spring ride. So whether you are braving the elements, riding inside or riding the couch this winter, have a safe, healthy and happy winter and we will be looking forward to seeing you on the trails as soon as possible.

Don Brumbaugh



PedalShop
.com

10 % off
any Complete bike purchase
or
PEDALSHOP TUNE

Serving Ashburn since 1994! ➔

We sell complete bikes, parts and accessories from the best suppliers in the industry and will be happy to steer you in the right direction so you can make the best purchase at very competitive prices.
Stop by our shop in Ashburn for a test ride.

20630 Ashburn Rd. Ashburn, VA 20147

☎ 703-724-0188 ✉ PEDALSHOP@AOL.COM

- Community Message Boards
- Sponsored Events
- Knowledge Base

- Group Rides
- Race Schedules
- Results

Please Note / We are Moving right beside to the WO&D in Old Town Ashburn, next to Partlow's at the Oak Barn.





US Dealer





Live the Ride, Ride the Dream!

Who's Who In Reston Bike Club

Chairman:
Vacant

Vice-Chairman:
John Hamilton (703) 904-9381
[Jhamilton11@cox.net](mailto:jhamilton11@cox.net)

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

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

Members at-large:
Victor Siegfried, (703) 946-2994
vasieg@comcast.net

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

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

Randy Karn (703) 742-4074
rk@htarch.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

Social Rides:
Arline Brecher, (703) 471-4734
arline.brecher@gmail.com

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

Returning Members

Lisa McCoy, Tom Kuenning, Joel Kuester

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

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

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.

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
 SPECIALIZED
 www.A1Cycling.com

Body by Geoff
More Results. Less Time.

Personal Training
Physical Therapy **Group Classes**
Chiropractic
Diet & Nutrition **Skin Care**
Massage Therapy

Stay Fit & Healthy for the New Year!

www.bodybygeoff.com
 703.464.5559
information@bodybygeoff.com

1609-B Washington Plaza
 Lake Anne Village Center
 Reston, VA 20190

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.

Rides will follow the <50% chance of rain and start temperature >40 degrees rules. If the weather reports are predicting conditions outside these ranges the ride may be cancelled. Please call the listed ride leader to confirm the ride status.

January & February 2008 Schedule

Date: **Saturday, January 5, 2008**
 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 6, 2008**
 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: Chris Ross, 703-243-2042

Date: **Saturday, January 12, 2008**
 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 13, 2008**
 Start Location: Reston Town Center NE parking lot
 Level: A/B
 Time: 10:30 AM
 Mileage: 31 miles
 Description: **Out the Back Way**
 A/B Leader: Jon Daugherty, 703-431-4108

Date: **Saturday, January 19, 2008**
 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 20, 2008**
 Start Location: Vienna Community Center
 Level: A/B
 Time: 10:30 AM
 Mileage: ~37 miles
 Description: **Georgetown and Four-Mile Run**
 A/B Leader: Paul White, 703-876-6019

Date: **Saturday, January 26, 2008**
 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 27, 2008**
 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

(Continued on page 7)

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

TRY THE NEW RESTON BIKE CLUB "S" CLASS!

The Reston Bike Club is pleased to announce a new opportunity for local biking enthusiasts to enjoy a relaxed schedule of weekly events designed to accommodate social bikers. Here's a chance to participate in a healthy activity with no stress, no strain, and no need to keep up with Lance Armstrong wannabees! If you've always wanted to join a social biking group with like-minded friendly folk for a convenient ride ending with a snack or light meal at a local trail-accessible eatery, here's your chance. Respond to this announcement and we'll do our best to accommodate your ideas for convenient times, speeds, ride lengths, etc. We are interested in expanding membership among families with children, beginning riders, seniors and juniors alike.

INTERESTED? Boy we hope so! Fill out an application to join the Club on-line at: www.restonbikeclub.org

For detailed ride information please call or e-mail our "S" Class Coordinator, Arline Brecher – she's eager to hear from you!

PHONE: 703-471-4734

E-MAIL:

arline.brecher@gmail.com



Hurry in for our Inventory Reduction

SALE! Save BIG on Summer Apparel, Bikes & more

Bicycle Outfitters 

www.bikeoutfitters.com

Raleigh **TREK**
GIANT **MIRRACO** **GARY FISHER**

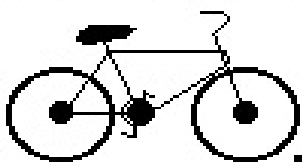
19 Caboctin Circle NE, Leesburg, VA (behind Wendy's)
703-777-6126 | Service 703-777-2148
Mon-Fri 11am-7pm | Sat. 9am-5pm, Sun. CLOSED



Come test ride

bikes@vienna is the headquarters for recumbents, trikes, and folding bikes.

We sell, repair and rent all types of cycling equipment.



bikes@vienna, LLC

128A Church Street, NW

Vienna, VA 22180

www.bikesatvienna.com

703-938-8900

(Continued from page 5)

Date: **Saturday, February 2, 2008**
 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 3, 2008**
 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, February 9, 2008**
 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 10, 2008**
 Start Location: Reston Town Center NE parking lot
 Level: A/B
 Time: 10:30 AM
 Mileage: 32 miles
 Description: **Tour de Reston**
 A/B Leader: Jon Daugherty, 703-431-4108

Date: **Saturday, February 16, 2008**
 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 17, 2008**
 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 Cassidy, 703-447-2180

Date: **Saturday, February 23, 2008**
 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 24, 2008**
 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: Dan Scrafford, 703-263-7915
 C Leader: Rose Baker, 703-860-4314



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



INDEPENDENT

TREK
 TREKBIKES.COM

GARY FISHER

SANTA CRUZ



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