

The Wheel

April 2012
Volume 27; Issue 33

The Newsletter of Reston Bicycle Club

CHAIRMAN'S MESSAGE

By Dan Scrafford

After over a decade of riding with the Reston Bike Club, I have come to the conclusion that I am an average cyclist. The Tuesday/Thursday rides started last week and I know that I have put in more miles this winter than in any other year. I assumed that the "3" ride would be easy for me and, of course, it wasn't. I felt like I always feel on the ride: pushing myself and hoping that Hunter Station doesn't kill my legs. At the end of the ride, I wonder how much harder I could have gone, but I am usually satisfied. The best part of being an average cyclist is that I have friends who are much better than I and on our long rides, they have to wait for me at the top of each climb. They cool down and I just keep moving. I often feel that I get to experience both worlds of cycling. I ride with cyclists who have never done a group ride and I ride with the best cyclists in the club. The conversations, the joys and the worries are the same, except the new cyclists will share their worries, while top cyclists never let their worries dominate their thoughts. New cyclists worry about holding back others, while the top cyclists enjoy the competition and the challenges of the rides. Although my legs may not improve much, I continue to learn from the best how my mind can improve during rides. It has always been my experience that the best cyclists are willing to help others as much as others want to be helped. I urge members to take advantage of the expertise in our club. On our Sunday Rides, I learn more about cycling than I could ever read about. The best cyclists will ride with the average cyclists and so on. Cyclists helping and learning from other cyclists. The healthy mix of skills and experience this club offers is one of the greatest benefits of RBC membership.

I want to continue to honor people that represent the best of cycling in Reston. As I keep reminding our members, RBC is celebrating its 30th anniversary. And as our 30th annual Century draws near, we will be highlighting some of the club's early history and riders.

April is a busy month for cycling. We have our **Spring Ride on April 1** and **WE NEED VOLUNTEERS** for two events on **April 28. Cycle Fest at the Reston Town Center from 10 AM until 3 PM** and **The Bike Rodeo at the Lake Newport Pool Facility from 1 PM to 4 PM**. Volunteers at the Cycle Fest will help out at our booth with information about our club. Volunteers at The Bike Rodeo will do safety checks on bikes, do minor adjustments, and hand out Bike Helmets that have been purchased by RBC for children who do not have proper helmets. Members, please contact board members to let us know for which event you would like to volunteer. Thanks for your participation.

Ride safely,

Dan

WORKOUT OF THE MONTH

By Jeff Major

You've Heard it Before; Don't Neglect Your Core
Your core group of muscles can simply be thought of as those which connect the bottom part of your body to the top part. They generally involve the muscles of the hips, abs and lower back. Since cycling can subject the spine to long periods of stress while in a vulnerable position, maintaining core strength can help prevent back, particularly, lumbar injuries. I speak from personal experience on this subject. After lumbar surgery 3 years ago, I went through physical therapy and as I advanced through the process, I was given some great core strengthening exercises. I'll share a few of them here. The key to core exercises is to engage the lesser used smaller "supporting cast" muscles. The harder the exercise, the more you need to engage the larger muscles and the less the smaller muscles get recruited, so keep that in mind when you're doing these exercises. It's more about using the correct form. A body builder who does sit-ups with 45 lbs dumb bells is no less likely to end up with a herniated L4-L5 disk when cycling if he doesn't also develop the finer muscles of his core.

Dead bug:

Great for your lower abs and hip flexors. Start this exercise by tightening your abs and pushing your lower back to the floor and holding it there as best you can for the entire exercise. Begin by lying on your back, knees up and bent at 90 degrees. Take your arms straight up overhead and hold this position for a moment, making sure your abs are in tight and your back isn't arching off the floor (cont. next page)



In this Edition:

Chairman's Message...	<i>Great mix, 30th Year, Coming Events</i>
Workout of the Month.....	<i>The Core Focus</i>
RBC Directors	<i>Roster / Contact Information</i>
Membership Info	<i>New and Returning members</i>
Ride Schedule	<i>April</i>
Out of Town Rides.....	<i>April/May</i>
Tue/Thu Opening Night.....	<i>Photos</i>
Membership Application Form	

Who's Who In Reston Bike Club

Chairman:

Dan Scrafford, (703) 955-1676
Scrafford@aol.com

Vice Chairman:

John Hamilton (703) 904-9381
Jhamilton11@cox.net

Secretary:

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

Treasurer:

Ken Thompson, (703) 476-4106
e2Ken@verizon.net

Members at-large:

Randy Karn (703) 402-0227
RandyKarn@cox.net

Jeff Major, (703) 623-9650
Jeffrey.Major@cox.net

Trisha Wells, (703)-973-2119
Patrishia.Wells@gmail.com

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

Newsletter:

Jeff Major, (703) 623-9650
Jeffrey.Major@cox.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 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

Karen Bach, Lisette Bergeron, Joseph Brand, Deanne Brand, Carol Carter, Tom Garey, Dan Gillenwater, John Golden, Chris Harris, Great Hols, Oya Koyukan, Geoffrey Lipsey, Joe Meinhardt, Adam Milton, Russell Pearlman, Kathryn Pearlman, David Pearlman, Steven Russell, Pierce Schmerge, Mary Schmerge, Yupei Tian, William Weech, Elizabeth Weech, David Williams, Nathan Williams

Returning

Mario Alvarez, Germain Alvarez, Donald Brumbaugh, Kathleen Brumbaugh, Mark Burns, Ken Ching, Brian Conklin, Rob Crangle, Brian Daum, Rosemary Daum, Michael Dinsmore, Craig Ellis, Dylan Ellis, Samantha Ellis, Larry Fox, David Gray, Mary Gray, Vincent Kelly, Stacie Kelly, Linda Kennedy, Kurt Kerin, Guy Kramel, Mark Laudo, Shelby Lawton, Eric Mackem, Lisa Mackem, Lora Mackie, Willy Meinert, David Meinert, Gopichand Mandava, Deborah Margraff, Eric Marshall, Roger Masse, Richard Mazelsky, Anne Miranowski, Linda Moeser, Rose Moeser, Sherry Moeser, Chuck Moeser, Herman Molzahn, Bob Mylls, Kevin Neary, Thomas O'Connor, Bartlett Rhoades, Sharon Rhoades, Joseph Roesch, Gerard Rugel, Richard Ryan, Raphael Silvestro, Shaun Solhjou, Phil Steinschneider, Jose Torres, Abigail Torres, Thomas Toth, David Toth, Chris Waagen, Alice

Core (from previous page)

If you find your back is arching, lower your feet to the ground for this exercise until you're able to perform it without arching. Slowly lower your right arm and left leg towards the floor while keeping your lower back on the floor. Bring them back up and lower your left arm and right leg to the floor. Continue lowering your opposite arm and leg for a total of 10 reps. Within a couple weeks, you'll find it easier to keep your lumbar against the floor, making the exercise even more effective. And it's such a safe basic position that you can easily devise ways to gradually make it more challenging. But the key is always to keep your lower back touching the floor, because as soon as it loses contact, the benefits of the exercise diminish and the chances for injury increase.

Plank:

Excellent for your entire core and you can add multiple variations from the basic position.

Begin by placing your elbows on the floor and resting your body on your toes. Pull your abs tight to hold your body in a straight line from head to toes without sagging in the middle. Don't cock your head back, which strains the neck. Hold this position for 30 - 60 seconds (or as long as you can), relax and repeat 3 or more times.



RIDE SCHEDULE—APRIL

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 **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, April 3, 2012**
 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: **Tuesday, April 17, 2012**
 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, April 5, 2012**
 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: **Thursday, April 19, 2012**
 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, April 10, 2012**
 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: **Tuesday, April 24, 2012**
 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, April 12, 2012**
 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: **Thursday, April 26, 2012**
 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

RBC needs ride leaders
 for the
Wednesday Night Social Rides
 If you'd like to volunteer, please contact Ken Thompson at (703) 476-4106.

The First **Spring Picnic Ride** is
Sunday April 1st for all levels of riders.
 All rides are casual, no-drop and will start and end at Carolina Brothers BBQ in Ashburn along the W&OD trail.
 9:30 Start — 52 Miles
 10:30 Start — 36 Miles
 11:30 Start — 19 Miles
 If you can lead a ride, contact Dan Scrafford

Plank Variations:

You can also do **Side Planks**, either as a separate exercise or, as an advanced workout, alternating from the Basic Plank to the Side Plank and back without releasing.



There are numerous advanced variations on the plank. Another is to hold the position with one leg and move the other leg into different positions, knee up toward the stomach, heel up toward the ceiling, leg straight out to the side, etc., always slowly and under control, for a set number of repetitions.



As with any exercise, try to keep the ego out of it (you've got the bike for that!). Don't try to do too much too soon or you risk injuring yourself (Again, I speak from experience). Simply being able to perform an exercise does not offer the benefits that working through slow, deliberate repetitions with good form does. Better to work your way up with 6 - 8 weeks of the basic plank by progressing through longer hold times and more repetitions. If you do these exercises 2 - 3 days a week, you will notice a difference in your core strength. I'll include some others in future editions.

Jeff

Disclaimer: While I have experience as an amateur competitive athlete in numerous sports and have coached athletes, I am not a fitness expert nor am I currently involved in fitness coaching. The articles and information I provide on behalf of The Reston Bike Club are part of my voluntary role as Editor of this newsletter. I use a combination of knowledge gained from experience and from numerous sources of publicly available information. We recommend that you consult with a fitness expert and/or medical professional if you have any question about your ability to safely perform any workouts included in this or any edition of The Wheel.

Ride Globally, Shop Locally



thebikelane

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.



The Bike Lane
9544 Old Keene Mill Road
Burke, VA 22015
(703) 440-8701

The Bike Lane Reston Town Center
11943 Democracy Drive
Reston, VA 20190
(703) 689-2671

Road, Triathlon, Mountain, Fitness, and Kids Bikes.
Gear, Clothing, and More.
Full Service Tech Center and Professional Fittings
thebikelane.com

Mon—Fri 10-8 pm Sat 10-6 pm Sun 12-5 pm

2 Great States; 2 Great Ride Options



[Online Registration for the 2012 Tour de Madison is NOW OPEN!](#)

This year marks the 25th anniversary of the Tour de Madison Bike Ride and we are planning a special celebration of cycling in Madison County. The ride is on Saturday, May 19, 2012 this year and will begin and end at Graves Mountain Lodge in Syria, Virginia. **(UPDATE: Special Room Rates are available at [Graves Mountain Lodge](#), contact the Lodge for details: 540.923.4231)**

There will be three ride options this year:
 (Up to) 20 mile, mostly flat Family Ride
 40 Mile Ride
 Metric Century

T-Shirts are included with registration. Optional Tour de Madison cycling jerseys are available for advance purchase. *Please note that if you do not order your jersey prior to March 19, 2012, we cannot guarantee delivery by the day of the ride.*

Lunch will be available for purchase following the ride, provided by the staff at Graves Mountain Lodge. Plan on hanging around for some food, drink, and live music with two of Madison County's biggest bands! Bring along some extra cash to enjoy something special on tap for the occasion.

Register now to make sure you can fully participate in this celebration of cycling in Madison!

TOUR de CHESAPEAKE

MAY 19, 2012

The 14th Annual Tour de Chesapeake is back and better than ever!!! This year, the County of Mathews, the Mathews Land Conservancy, and the Mathews Visitor Center are teaming up to host the event. If you have ridden with us before, you will notice some changes (it's cheaper, for one) and some things that have not changed – great FLAT routes with views of the water everywhere you turn, delicious local eats, toe-tapping music, and nice, down-home folks to help you with whatever you need! **We are rolling out the red carpet for you!**

Tour de Chesapeake is a family-friendly cycling event located in Mathews County, on Virginia's Middle Peninsula. The supported ride is all day on Saturday, but we hope you will make a weekend of it and see all Mathews has to offer. We have lined up a whole assortment of things for you to do on Friday and Saturday nights and Sunday too!

Visit our website at www.tourdechesapeake.org to see all the Ride information, weekend activities, local accommodations and much more!

Registration is open!!!

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.

THEY'RE HERE!!

The
30th Anniversary Edition

RBC Jerseys

Available in 2 styles

Faster (White) and Slimmer (Red)

ORDER YOURS TODAY

GO TO WWW.RESTONBIKECLUB.COM OR BRING A CHECK TO ONE OF OUR CLUB-SPONSORED RIDES!

CONTACT BARB LYTLE AT VBALLBARB@YAHOO.COM WITH QUESTIONS



Available in XS, S, M, L, XL, XXL

Club Cut \$50

Race Cut \$90

Check the website for a printable order form in the next few days.

Online ordering will be active sometimes in mid-April



PedalShop
.com

BICYCLE SALES • SERVICE • EVENTS

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

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

703-793-0400

703-361-6101



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.

<p>SERVING #1 A slice of Orange Cranberry W&OD Mile #20 (Herndon)</p>	<p>SERVING #2 A slice of Nine Grain W&OD Mile #11.5 (Vienna)</p>	<p>SERVING #3 A slice of Raisin Cinnamon Chip W&OD Mile #20 (Herndon)</p>
--	---	---



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



A-1 Cycling

25th Anniversary
 SPECIALIZED
 HALLMARK

www.A1Cycling.com



Thursday night opener...signing-up.



Register Today
paulsrideforlife.org

PAUL'S RIDE FOR LIFE AND THE BIKE LANE CYCLEFEST EXPO
 SATURDAY **APRIL 28** RESTON TOWN CENTER

Join friends, family and other cyclists for a great ride along the W&OD Trail
 10 , 20 mile and Half Century ride options
 benefitting the Washington Regional Transplant Community

THE BIKE LANE CYCLEFEST EXPO FROM 10-3 PM
 OPEN TO EVERYONE. TENT SALE, DEMO BIKES FROM TOP MANUFACTURERS,
 MULTIPLE VENDORS, LOCAL CYCLING CLUBS, RAFFLES AND MORE!





Visit thebikelane.com for more information or register and donate at Paulsrideforlife.org

Thursday night opener. Riders preparing to roll out.



www.RestonBikeClub.org

The Wheel

The Newsletter of Reston Bicycle Club

Place
Stamp
Here

PO Box 3389
Reston, VA 20195

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 : \$20.00 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 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