

The Wheel

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The Newsletter of Reston Bicycle Club

CHAIRMAN'S MESSAGE

By Dan Scrafford

Numbers, Numbers, Numbers!

We cyclists are obsessed with numbers. We want to know how far, how fast, how many. More numbers! And with these numbers we can compare, contrast and analyze ... to produce more numbers. The heartbeat number compares to the watts number, which defines the numbers in our training zones.

My plan for this month's message was to simply report the number of miles that some of the members rode in 2011. I keep forgetting whom I'm dealing with. The simple question, "How many miles did you ride in 2011?" started a major debate. For over a week there was an online argument over whether indoor miles on a trainer or a spinning bike should be included in one's total for the year. Well, you should have heard the pro and con arguments being presented. The following is just a sampling of the exchange: "Counting indoor training miles is like tri-athletes counting the time they sit in a bathtub as swimming miles", "a mile is only a mile if it passes under your bike outside", "pedaling fast while going nowhere is training, not riding." The other side of the debate went something like, "maybe we should separate "uphill" and "downhill" miles, they sure seem different to me. Maybe "windy day" miles too. :) My two cents worth: we could certainly break it down more if we wanted to be very precise. But if anyone were to ask how many miles I logged, I would assume they were inquiring about how hard I had worked, not just the time I rode outside. I believe (hope) they thought I was a good cyclist already and just wanted to know how my training is progressing . Therefore, I would just read the odometer for this year. In any case, after several virtual fist fights and some very entertaining commentary, the debate ended.

Such exchanges are common amongst some of our active members and they are strong examples of how opinionated we cyclists can be and how hard we will often fight for what we believe. And I would have it no other way. There is never a simple question around numbers if you ask a cyclist. Following are the simple numbers of a few of our members who were generous enough to share them with us (if you need to know how many of them were ridden outside, you'll have to ask them personally):

Over 13,000 miles in 2011 – Kerry Moore

Over 10,000 miles in 2011 –Paul Baker

Over 8,000 miles in 2011 – Brent DeRobertis

Over 6,000 miles in 2011 – Shaun Sohjou, David Officer, Phil Steinschneider

Over 5,000 miles in 2011 – Rick Rowe, Ed Shanahan, Alisdair Craig, Marc C, Dan Scrafford, James Stroud, Andrea Milano, MichaelDutchak

Over 4,000 miles in 2011 – John Hamilton, Steve Slovikosky, Cheryl McMurray

Over 3,000 miles in 2011 – Bob Rodriguez, Barry Rudolph, Roger Kurrus, Bobby Anderson, Chris Burgess, Vince Quinn, Tina McGarvey

Over 1,000miles in 2011 – Lisa Makem, Jeff Major, Diana and Jim Fraser, Ivan Teper, D. Davis, Jake N., Diane Condrey, Charlie Bobbish

(My apologies if I missed anyone who sent me their mileage and I didn't manage to include it.) What an incredible group of cyclists!

Ride safely in 2012!

Dan



Got Bike Parts you don't need? Maybe another RBC member can use 'em. Or better yet, maybe another RBC member has bike parts you can use. Come find out at the

RBC Bike Parts Swap

When: Sunday, February 26th 6:00PM—8:00PM
Where: ArtSpace 750 Center St Herndon, VA 201710
Pot luck dining
Wine, beer and soft drinks provided

In this Edition:

Chairman's Message.....*Numbers*
Article on Winter Road Riding.....*Bicycling.com*
RBC Directors*Roster/Contact Information*
Membership Info *New and Returning members*
Ride Schedule*January*
Who Would You Call?.....*Road ID Special*
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

Jason Kyzar, Nadine Urban, Stephen Urban

Returning

Chris Ciccone, Ross Fenton, Joshua Powers, Bruce Pretty, David Safford, Heather Safford, Michael Skinnell, Gerald Warren



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RIDE SCHEDULE—JANUARY

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 **10:00**. 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.

Here’s a warming thought: The Tuesday/Thursday night rides run from March 27th — September 27th. That means they will be starting up in just 11 weeks.

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 (no foolin’) for all levels of riders.

These are casual rides that will start and end at Carolina Brothers BBQ in Ashburn along the W&OD trail. Times will be announced in the near future.

We did a couple of these rides last year and we hope to make it a habit this year.

How to Avoid 8 Common Road Biking Hazards

from Bicycling.com

Former Olympian and current USA Cycling coach David Brinton rides bikes for a living—and as a professional stuntman, he used to get paid to crash them, too. Brinton shares some advice on how he handles his bike in eight common road hazards.

Gravelly or Chip-Sealed Roads

“It’s better to pedal through gravelly roads than to coast,” says Brinton. Propulsion provides stability. There is such a thing as too much speed, though. If you start sliding, back off the power (without braking) while staying in the saddle to keep your bike planted. (cont. next page)

Photo: Matt Haughey



Who would you call?

If one of your riding buddies went down in a crash and needed help... Sure...911, but then who? That’s why there’s **Road ID**. RBC member Chris Burgess alerted us to special pricing available **until January 25th** on **Road ID** for RBC members. You’ll receive a **20% discount** by either:

1. Going to the Road ID [website](#) and entering code **PC9758954** during the check-out process. OR,
2. By calling in your order to (800) 345-6336 and giving the code to the Customer Service representative.

Either way, the **special pricing ends 1/25 at midnight**.

Road Biking Hazards (from previous page)

Graveled Corners *Photo: Vera & Jean-Christophe*



Take the turn wide and lean your bike more than normal at the beginning. Straighten the bike as you approach the gravel, then, once on clear road, resume leaning. "It's pretty much the opposite of how I recommend riding corners in normal conditions," says Brinton.

Wet Roads *Photo: Theo Elliot*



The first minutes of riding in rainfall are the most dangerous, Brinton says. "Before the oil residue from cars is washed away, it creates a slick film." To turn, exaggerate the normal cornering technique of driving weight into the lowered, outside pedal. This helps your tires grip the road as much as possible.

Paint Stripes *Photo: Andrew Hecht*

The slickest parts of any wet road are the lane markings, says Brinton. To stay safe, cross road lanes as close to a right angle as you can. If you get forced onto a slick road line, avoid an abrupt reaction. "Clear the line gradually," he advises.



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Road Biking Hazards (from previous page)

Potholes Photo:Autumnlight



Swerving around potholes makes sense unless there's traffic or you're surprised by one while riding in the middle of a group. Learn to lightly roll or hop over potholes. "Master popping the front wheel over small cracks," says Brinton. "Once you can do that, practice popping the rear wheel over the same crack." When you can clear both wheels separately, combine the two maneuvers.

Parallel Cracks

Photo: Julian Stallabrass

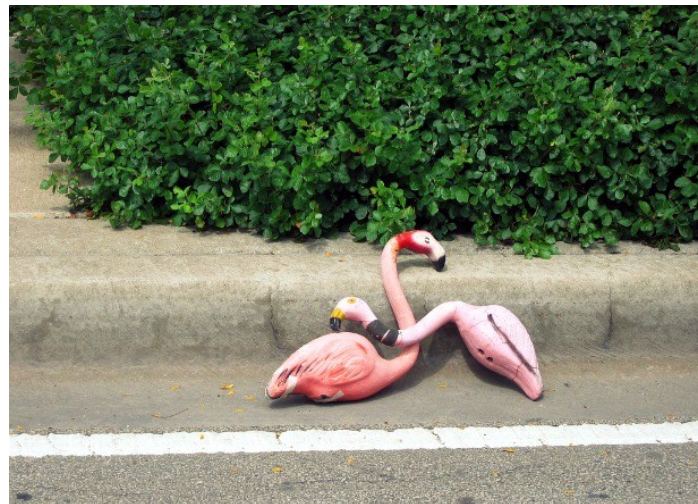


To cross a parallel crack without getting a flat tire, lean your bike slightly toward the damaged pavement, then pop your front wheel sideways so it clears the crack. If your wheels get caught in the crack, pull directly up on the front wheel, and it will automatically pop out and to the side.

Road Kill

As with resolving the grief you feel for the poor critters, the key to avoiding them is to look ahead. It's a well-known adage that your bike goes where your eyes focus. Look about 20 yards up the road, not 5.

Photo: Goatling



Cobbled and Brick Roads

"Avoid death-gripping the handlebar," says Brinton, "and use your arms as a suspension system for the rest of your body." Push a bigger gear than normal, which floats your butt just above the saddle. Just like in mountain biking, let the bike find its own, natural line through cobbles. On brick roads, slot into the path smoothed out by car tires.

For the complete article as well as other interesting news and information available on Bicycling.com's website click [here](#).

Photo: Megabeth



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.

Jeff's Workout of the Month:

Here's a great indoor cycling workout that I'm recommending for this edition because A) it's an indoor workout and it IS winter; and B) the reps are fairly long, so it doesn't require that you pay a lot of attention to your cycling computer, meaning you can watch your favorite, NBA, NHL or NFL game (or perhaps choose from among some more interesting, entertaining or educational selections) while you are burning calories and developing those [mitochondria](#). The general idea behind this workout is to develop your [aerobic base](#).

Warm-up Set

I like starting with the warm up sets that Troy Jacobson uses in his [Spinervals](#) DVD workouts. (I have a few of these and I think they're great for those days when you just can't motivate to ride outside)

10 -15 min easy spin
 3 x 30 sec Hard Effort
 30sec easy between reps
 1 min rest

Small Ring (front) /15 (rear cog)
 Big Ring (front) /15 (rear cog)

Main Work-Out

20 Min Steady Effort – Stand after every shift for 15 – 20 sec. Effort Level = 6/10
 Gearing: Big ring/15 for 2min; Big ring/ 14 for 2 min; Small ring/15 for 6 min; Small ring/17 for 2 min; Big ring/15 for 2min; Big ring/23 for 6 min.

1 min. rest

15 Min Steady Effort - Stand after every shift for 15 – 20 sec. Effort Level = 6/10
 Gearing: Big ring/15 for 2 min; Small ring/15 for 3 min; Big ring/13 for 2 min; Small ring/15 for 8 min.

1 min. rest

10 Min Steady Effort - Stand after every shift for 15 – 20 sec. Effort Level = 6/10
 Gearing: Big ring/13 for 2 min; Big ring 15 for 2 min; Big ring 23 for 2 min; small ring 15 for 4 min.

1 min. rest

5 Min Steady Effort - Stand after every shift for 15 – 20 sec. Effort Level = 6/10
 Gearing: Big ring/13 for 1 min; Big ring 15 for 2 min; Big ring/23 for min.

Cool Down – Small ring/15 easy spin for 5 min.

Follow up with a good thorough stretching session and make sure you focus, gently mind you, on your [hip flexors](#). It's a fragile muscle for most cyclists and if you over do it or, God forbid, bounce the stretch, you can tear the muscle. So, as with all stretching, take your time and take it easy.

Enjoy!

Jeff



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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

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