

The Wheel

March 2013
Volume 27; Issue 41

The Newsletter of Reston Bicycle Club

CHAIRMAN'S MESSAGE

By Dan Scrafford

It's cold...really cold! I will never again write in February about what a mild winter we are having. Up until this week, we have had little snow, but it's been COLD! And windy! And that about sums up the weather report for February through now. Do I sound like I'm whining? Well, sometimes it feels good to whine especially with a little wine.

But most of this message is about the future, as many people are just starting to ride this time of year. Members are running, swimming, and spinning, but only a few are actually outside riding. Fortunately, I am part of a group of people that keep riding. We deal with the weather because there are big events right around the corner: Many of us are riding the club's Spring Century; over 20 members are riding Mountains of Misery over Memorial Day Weekend; around 5 members are riding Assault on Mt. Mitchell and/or New York Gran Fondo in mid-May. 2 people are riding at least 2 centuries. These are the toughest Spring rides east of the Mississippi! Good luck to all members who are training for and participating in these events.

Meanwhile, the racers are training for early Spring races. These cyclists put tremendous effort and dedication into the sport. Already, each weekend they are doing training rides that would crush most of us.

I mentioned earlier that the Reston Bike Club is doing a Century on April 14th. This will be the club's first Spring Century and because it will be free, it will be a non-supported ride open only to club members. There will be 100, 50 and 35 mile options. The exact routes are still being worked out.

I hope everyone knows that the Tuesday/Thursday Rides start on March 26th. In order for the club to accomplish its goal of making these rides better organized and as safe as possible, we need ride leaders for each group. Please contact Dave Shomette or Charlie Bobbish for more information on what is involved in leading a ride.

Finally, as is our tradition this time of year, I am pleased to announce we have chosen a winning design (page 8) for our 2013 Club Jersey. Each year art students from South Lakes High School compete by submitting their designs and the winner is made available for sale. Last year's jersey was a huge hit. We hope this year's will be just as popular. [Email me](#) for ordering information. You'll also be able to order your jersey when you renew your club membership.

I hope to see you for the first Tuesday ride on the 26th.

Ride safely!

Dan

WORKOUT OF THE MONTH

Flexibility for Cyclists

By Scott Germas

As cyclists, our primary concerns in an effort to increase performance, usually center on aspects of fitness, such as base aerobic conditioning, threshold power, maximal power for sprints and the like. There are many other aspects of performance and fitness, that may or may not apply to cycling, such as quickness, agility, balance, flexibility and coordination, to name a few. I'm going to concentrate on a pillar of strong cycling, flexibility, and show you how it's benefits can be applied to, and enhance your cycling.

Flexibility is the combination of two things, extensibility and Range Of Motion (ROM). Extensibility is the capacity of soft tissue to be elongated, or stretched, and varies with tissue type. ROM refers to the ability of a joint to be moved over its entire "natural" capacity to move. These two aspects of flexibility don't necessarily go hand in hand, and training for it requires more than you might think.

In order for a joint to be moved throughout its ROM, some muscles must contract, while opposing, or antagonistic muscles, simultaneously relax. Your body functions this way naturally, through reciprocal inhibition, a fancy term describing how any muscle won't hinder its antagonist from moving under normal circumstances. When you're doing 12oz. curls after a long ride, your biceps (elbow flexor) contracts, allowing you to curl that cold one up to your lips. Automatically, your triceps (elbow extender) muscles relax, allowing the movement to occur: this is reciprocal inhibition at work. Imagine if it wasn't! You go to lift the bottle, your triceps contracts, and the beer goes nowhere! No-beer=bad.

The beer staying on the bar is an extreme example of reciprocal inhibition's evil counterpart, Altered Reciprocal Inhibition.

Cont. (next page)

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Who's Who In Reston Bike Club

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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

Gonzalo Dominguez, Julie Rome, Andrew Rose, Mark Schultz, Max Schultz, Amelia Schultz, Erin Schultz, Wendy Ulmer

Returning

Dan Boughton, Christopher Burgess, Dawn Sherwood, Michael Dinsmore, Dan Gillenwater, Tom Goetz, Larry Graham, David Gray, Mary Gray, Linda Kennedy, Geoffrey Lipsey, Eric Marshall, Linda Moeser, Rose Moeser, Sherry Moeser, Chuck Moeser, Thomas O'Connor, Joseph Roesch, Richard Ryan, John Schaller, Zoya Schaller, David Shomette, Raphael Silvestro, Shaun Solhou, Steve Tomanelli, John Von Knorring, Susan Wambsganns, Bradley Wedemeyer, Kristin Wedemeyer, William Weech, Elizabeth Weech, Ann West, Marc White

Flexibility (cont.)

ARI typically occurs when a muscle is trying to work against a spasming, or over tight antagonist. In my no-beer example, the bicep is trying to move the beer, while the antagonist (triceps) prevents the movement. Because the triceps is over tight, the neural signal causing the biceps to contract is decreased, preventing its optimal function. Altered Reciprocal Inhibition always occurs between sets of opposing muscles and it can cause or contribute to decreased ROM and force production at any joint. The primary method to prevent or correct this problem is flexibility training, particularly addressing the inhibiting muscle group, in this case, the triceps.

In cycling, one of the major muscle groups involved are the glutes, and (one of their) antagonist groups, the hip flexors. The main gluteal muscle, the Gluteus Maximus, extends the hip, while the hip flexors do the opposite, bringing the trunk and upper leg closer together. To pedal powerfully, you need to take advantage of your glutes, at the same time making sure the hip flexors are not preventing them from working, as in the biceps/triceps example. This is (finally!) where flexibility comes into play. If you want your glutes to work optimally, you must have flexible, extensible hip flexors. This is an aspect of stretching typically overlooked, in that many people focus on stretching the primary, working muscles, when they should be addressing the joint ROM, not just specific muscles. Tight, inflexible hip flexors will decrease the glute's ability to generate maximal force: this is our working example of ARI, applied to cycling. ARI is basically a protective mechanism, which prevents damage to the tight muscle, and is almost impossible to "consciously" override.

The fact that ARI is a protective mechanism, and happens automatically, should be enough to get even those who hate stretching, to do it. You will not be able to fully use those prime movers, quads and glutes, if they are being restricted by tight antagonist muscles. Evolution and nature have had millions of years to work out these protective mechanisms; you can't beat em! The solution is to work on returning the tight muscles to their correct length and tension, allowing the primary working muscles and joints to function optimally.

Particularly in road cycling, your hips are constantly flexed to some degree. Many of us come from work, having sat for many hours (also a flexed-hip position), and then go for a ride in a similar anatomical position. The result for many bike-only athletes is tight hip flexors, and hip extenders (glutes) that are being inhibited to some degree, because of this. Stretching those tight, constantly flexed muscles is one key to an efficient, powerful pedal stroke. There are many muscles that can flex the hip, most notably the psoas (SO'-as), one of the quadriceps, and the TFL, which attaches to the IT band, and some of the adductors. (cont. next page)

Flexibility (cont.)

I'll go over a couple stretches for the hip flexors that you can do while you're jawboning in the parking lot before a ride.

Left hip flexor stretch. Take a step back, and then push your pelvis forward, until you feel a stretch in the front of your hip/top of your quadriceps, and hold the position for 30 seconds.



Holding the arm overhead, on the same side, can actually increase the stretch in the hip area: everything's connected! To make this one harder (more effective), rotate your arm and torso away from the stretched side, in this case I would rotate to my right, increasing the stretch in the left side hip flexors.

There is a variation on a stretch for this muscle group also done from a standing position. As with many stretches, it should be done carefully with emphasis on the target area. This often

Standing left hip flexor stretch

used stretch is very effective, but can put a lot of strain on knee ligaments, so if you have any problems in that area, stay with the first version. This could also be considered a quadriceps stretch, and requires a little more effort in targeting the hip flexors. Balance yourself, or hold onto something, and pull



Standing hip flexor stretch Variation

Scott

your leg back, as shown until you feel a stretch in the front of your hip. Hold for a 30 count. You're trying to pull your hip joint into a stretch, not your knee. Don't make the mistake of pulling your calf to your hamstring. Instead, pull your knee behind you, so you feel it at the top of your quads and front of your hip.

Note: These are "static" stretches, meaning no movement takes place. Studies on static stretching show minimal benefit when for less than 20 seconds and no additional benefit when longer than 30 seconds.

Editor's note: While we appreciate Scott's contribution, we regret that he did not provide a picture of himself demonstrating the inability to perform "12 oz. curls" due to Altered Reciprocal Inhibition.

More seriously - Scott is an RBC member and decades long cyclist. He is a Certified National Association of Sports Medicine (NASM) Corrective Exercise Specialist and Personal Trainer as well as a multi-sport athlete since childhood. 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

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.

thebikelane

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Burke, VA 22015
(703) 440-8701

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

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

RIDE SCHEDULE—MARCH

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 **9:30**. 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.

Tues/Thurs Ride Announcement

The Board has been examining ways to increase ride options while improving the safety of our Tues and Thurs night rides. The success of this effort requires additional volunteers to lead ride groups 3-5. This is among the highest of the club's priorities. Please contact [Charlie Bobbish](#) or [David Shomette](#) if you understand and are experienced with group riding dynamics and etiquette and are interested in leading one of these groups.

Ride Leader Orientation is scheduled for Tues March 19th, 6:00PM at Hunters Woods.

Date: **Tuesday, March 26th 2013**

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, 28th, 2013**

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

Registration is now open for the **2013 CASA River Century** is now open at www.casarivercentury.org

This annual event, set in beautiful and historic Shepherdstown, WV and the Panhandle of WV, begins and ends at Shepherd University on **Saturday, May 18, 2013**. Shepherdstown is just 65 miles west of Washington D.C, and the ride draws cyclists from as far away as New Jersey and Ohio. The ride has grown exponentially, and the 100 mile route attracts a loyal following.

The ride is fully supported, and includes:

-25, 50 and 100 mile routes

-fully supported with well-stocked aid stations and sag support, making the ride appropriate for many levels

-breakfast and lunch is included- our famous post-ride picnic features local produce and pies, and the Bavarian Inn's famous bratwursts

The ride is a great early season training ride, and is often used by triathletes, as well- the start and end point offers a nearby university pool, and several running routes. Join us for a great route through the Eastern Panhandle and see the beautiful orchards, historic homes, and check out Shepherdstown, which offers wonderful recreation and restaurants.

Routes, registration, and elevation info is available at www.casarivercentury.org. All proceeds from the event benefit the **Court Appointed Special Advocates program (CASA)** in the Eastern Panhandle. There are currently 320 abused and neglected children on our organization's waiting list- so your club members are truly riding for a great cause. **No fundraising is required, but there are great rewards for your fundraising efforts.**

Please check the website for details! www.casarivercentury.org

We hope you can make it to this fantastic event and participate in a wonderful cause.



Paul's Ride

The story behind the Ride

In an instant, everything changed for the Rossmeissl family of Reston. Their lives would be turned upside-down due to a tragedy. But in that tragedy the family found a cause—as well as hope—after their immense loss. Through an annual bike ride titled “Paul’s Ride for Life,” the family promotes a cause very special to them. All thanks to Paul Rossmeissl.

Besides U.S. Civil War history and a keen interest in *The Titanic*, one of Paul’s favorite pastimes was bicycling. While he biked all across the Washington area, his preferred route was the Washington and Old Dominion (W&OD) Trail, just minutes from where he lived right here in Reston. While the trail is very popular for many area residents, including bicyclists, runners and walkers alike, it is a difficult place for Paul’s wife Hedy to come. It’s where he died more than six years ago.

“He was biking along the route here near our home—he loved it here,” she explains, the loss still fresh in her mind despite the passing of years. “He pedaled about two thousand miles each year on his Trek, much of it right here along this trail,” she says.

But everything in her life changed in a quick second. Paul was biking along the trail when a horrific accident occurred. The details are sketchy, but based on suggestions from doctors and from those on the scene who witnessed Paul’s accident, something caused him to abruptly veer off the trail. When his bike left the trail, something became jammed in his front wheel causing it to freeze, catapulting him over the handlebars. When Paul landed, he hit a very vulnerable spot—the base of the skull. Despite the fact that he was experienced and always took safety precautions, including the use of a helmet that day, onlookers said that he was unresponsive from the moment they rushed to his side.

There were a few people on the trail who were present both during and immediately following the crash. “One thing that I was told by a doctor who happened to be biking the trail when he came upon the accident scene was that Paul wasn’t conscious at all,” explains Hedy. “One of the onlookers held his hand while the doctor was attending to him,” she says, her voice shaking with emotion at the idea that someone was consoling her husband in his last hours. “That meant a lot to me.”

When Hedy reminisces about what Paul was like, a picture emerges of a complex man with vast and varied interests. “Paul worked in counterintelligence and was extremely bright,” she describes. “He had three degrees, including a Ph.D. from the University of Wisconsin, and he had a real passion and love for history. But his interests included a lot of different topics, from *The Titanic* to NASCAR to the Civil War.”

At the hospital where Paul was taken by helicopter immediately after his accident, the doctors explained to his family that he had suffered an irreversible brain injury as the result of his biking accident. They continued to explain that while he was not yet officially brain dead, over the course of the next few days his condition would decline dramatically.

The couple’s daughter Rachael was in college a few hours away at the time and recalls, “The whole rush of getting to the hospital was just a blur. When I got there, the only thing I remember the doctors saying was “inoperable brain damage.” It is difficult for her to convey how truly devastating it was for her to see her father decline from day to day. “It got to the point where they told us that he would never recover,” she continues.

It was at that moment, once Hedy and Rachael were told that Paul would never recover, that people in the hospital discussed organ donation with the two. “They eventually told us he was gone,” Rachael explains quietly.

According to Hedy, organ donation was something the family had already decided. “When we got our driver’s licenses after moving to Virginia more than 25 years ago,” Hedy recounts, “it was just something we automatically did. We checked ‘yes’ on the organ donor box on the application, and that was that.”

The individuals on the end of life care team who approached Hedy and Rachael were from the local non-profit organization that facilitates organ, eye and tissue donation in the D.C. area, the Washington Regional reversible brain injury as the result of his biking accident. They continued to explain that while he was not yet officially brain dead, over the course of the next few days his condition would decline dramatically.

Transplant Community (WRTC). WRTC staff checked the Donate Life Virginia Donor Registry and were able to confirm Paul’s wishes to become an organ, eye and tissue donor. The registry is the database that contains the names of all of the individuals who registered as donors at the Department of Motor Vehicles or through the state’s online registry, www.DonateLifeVirginia.org.

“In the sea of negativity, the idea that he was registered as an organ donor was definitely the one shining glory that has come from the tragedy. Something good did happen,” Rachael explains. “I knew that dad wanted to be an organ donor, and I didn’t want to do anything that would go against dad’s wishes. He would want to go on to help people. If he didn’t donate, there would be absolutely nothing good that could come out of this.”

“I remember thinking that a part of him would go on, because some of his organs would still be here living in others,” Hedy adds.

The two accepted his death. Knowing that Paul wanted to be an organ donor, and knowing that he was an extremely generous individual in life, they also embraced the idea of his donation. According to Hedy, the WRTC staff explained to her what the process was like, what she could expect within the next day or two, and answered any questions she and Rachael had. The Rossmeissls were told that Paul could save a number of lives through his donation, which was something that meant a lot to them. The WRTC staff also introduced the Rossmeissls to the bereavement program the organization offers to family members of its organ, eye and tissue donors.

Cont. (next page)

Paul's Ride (cont.)

"Paul went on to save three lives through the donation of his kidneys and his liver, and his pancreas was donated for research. He was also able to donate tissues such as his heart valves," Hedy goes on to explain with a tinge of joy in her voice.

According to the U.S. Department of Health and Human Services, in 2012 more than 20,000 lives were saved thanks to organ transplant surgeries. These transplants (such as hearts, lungs, livers, and kidneys) were donated by deceased individuals and their families. Thousands more transplants took place thanks to the life-saving or life-enhancing gifts of tissues such as corneas, skin for burn victims, veins for bypass surgeries, and tendons and ligaments used to repair sports-related injuries. A single organ donor can save the lives of as many as nine individuals, while a single tissue donor could save or enhance the lives of dozens.

Hedy and Rachael now actively volunteer for WRTC, educating the community about the need for organ, eye and tissue donors. Also, each year since 2009, Hedy and Rachael, along with their friends and family, organize "Paul's Ride for Life," a biking fundraiser held on the W&OD Trail. The event helps to honor Paul and his love for biking, while recognizing the lives saved through his organ and tissue donation. All of the proceeds from the race benefit the organization that helped them through their process—WRTC. Through the race, Hedy and Rachael have raised tens of thousands of dollars to support WRTC's efforts to educate the public about the importance of organ, eye and tissue donation, and continue to honor Paul's memory. **This year's ride will take place on Saturday, April 27, 2012 on the W&OD Trail in Reston, V.A—beginning at the Reston Town Center. Registration opens at 7 a.m. and continues until 9 a.m. For more information, visit www.PaulsRideforLife.org** (See Ride Description on Next Page).

While Hedy and Rachael have never met the recipients of Paul's organs and tissues, they have expressed an interest in communicating with them and possibly arranging a meeting. One day, perhaps, they can all meet to celebrate Paul's gift and the new life he has given his recipients—perhaps taking in the beautiful scenery while biking along his favorite trail.

For more information on Washington Regional Transplant Community and to register as an organ, eye and tissue donor, visit their website at www.BeADonor.org.

REVEAL THE PATH

EXPLORE. DREAM. DISCOVER.

"*Reveal The Path*," a visually stunning adventure documentary that will ignite the dreamer in everyone, will be coming to the Arlington Drafthouse on Thursday, April 4 at 7:30 p.m. The event is sponsored by MORE, the

Mid-Atlantic Off-Road Enthusiasts mountain bike club.

"*Reveal The Path*" is the followup film from the creators of the wildly popular and award-winning film "*Ride The Divide*." The film is an inspirational story of adventure, taking viewers on a 36-day vagabond bike trip to some of the world's most visually stunning destinations.

Filmed on four continents, "*Reveal The Path*" features world-class mountain bikers, including Tour Divide founder Matthew Lee, star of "*Ride The Divide*," and Kurt Refsnider, 2011 Tour Divide winner.

Sponsored by Salsa Cycles, the full-length feature film explores Europe's snow-capped mountains, Scotland's lush valleys, Alaska's rugged coastal beaches, Nepal's elevated wonders and Morocco's high desert landscapes.

Along the way the riders connect with locals who are living modest yet seemingly fulfilling lives, leading the filmmakers to question what it means to live an inspired life – however humble or extravagant.

"This adventure will leave you with an eager desire to chart your own course to faraway lands," said director Mike Dion, who also co-stars in "*Reveal The Path*," as he did in "*Ride The Divide*." "Or, simply, you may just want to discover with eyes wide open what is around the next bend."

Advance tickets to the screening are \$10 and are available at www.arlingtondrafthouse.com. The Arlington Drafthouse is located at 2903 Columbia Pike in Arlington. Tickets the day of the show will be \$15 at the door.

MORE is a non-profit organization representing thousands of mountain bikers in the DC area. Founded in 1992, MORE maintains more than 400 miles of natural-surface trails in 41 state and county parks throughout the region. MORE members contribute more than 6000 volunteer hours annually and have constructed nearly 100 miles of new, sustainable trail. The club also leads hundreds of rides each year at local parks, ranging from beginning to advanced levels.

MORE is committed to environmentally sound and socially responsible mountain biking, facilitating recreational trail cycling, educating about the sport of mountain biking, maintaining local trails and advocating for increased multi-user trail access. For additional information, go to www.more-mtb.org. To view the trailer or for more information, go to www.revealthepath.com.

For additional information, contact Garry Harrington at 603-209-5010 or gharrington3165@hotmail.com

Register Today
paulsrideforlife.org

PAUL'S RIDE FOR LIFE

SATURDAY APRIL 27 RESTON TOWN CENTER

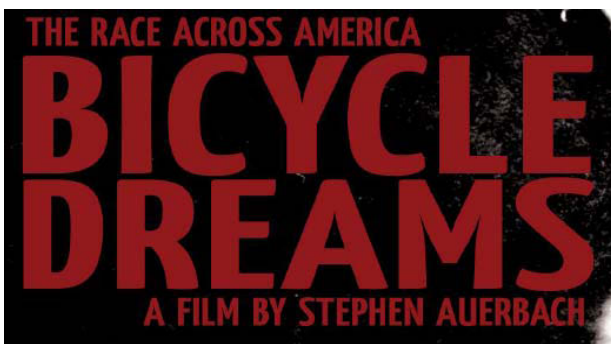
Presented By:  **thebikelane**
rideglobally.shoplocally.

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!
Stick around after the ride for the Reston Town Center Wine Festival!






Register and donate at Paulsrideforlife.org



Bicycle Dreams, the award-winning feature-length documentary about the Race Across America (RAAM), will make a triumphant return to Arlington on Thursday, March 14 at 7:15 p.m. when the film screens at the Arlington Drafthouse. The film sold out when it made its first appearance at the Drafthouse in 2012. The event is a benefit for Team 4Mil, the team of wounded warriors that has competed in RAAM for the past three years.

The mission of Team4Mil is to support wounded veterans and their families through cycling and competitive events. The capstone event, of course, is Race Across America, in which Team 4Mil will enter two teams in the 2013 event. For more information, go to www.team4mil.org. gharrington3165@hotmail.com

The film, which has won numerous awards at film festivals all over the world, "is an up-close look at what RAAM riders go through," says Stephen Auerbach, the director and producer of *Bicycle Dreams*. "They deal with searing desert heat, agonizing mountain climbs, and endless stretches of open road. And they do it all while battling extreme exhaustion and sleep deprivation. It's a great subject for a film."

Bicycle Touring Pro comments, "If you've ever dreamed of challenging yourself to a place far beyond what you previously thought was possible, *Bicycle Dreams* is a film you must see. It's beautiful, thought provoking, exciting, emotional and scary. The experience of watching this film will leave you with a new per-

spective on life that will remain with you for a very long time to come."

To capture the mammoth scope of the race, Auerbach worked around the clock with a complement of 18 cameras. Embedded camera operators traveled inside the racers' support crew vehicles, gaining unprecedented access to the cyclists and their teams. Their footage captured emotional and physical breakdowns, late-night strategy sessions, and great moments of personal triumph, all in intimate detail. Auerbach then took on the enormous task of editing hundreds of hours of material and forming it into a powerful and inspiring look inside the most difficult race on the planet.

The Arlington Drafthouse is located at 2903 Columbia Pike in Arlington. Tickets will be \$10 in advance and \$15 at the door the night of the show. To purchase advance tickets, order online at www.arlingtondraftthouse.com.

For more information about Race Across America, go to www.raceacrossamerica.com. For more in on the film, go to www.bicycledreamsmovie.com or visit us on Facebook.



Important Announcements:

Events

Tuesday March 19th - Ride Leader Orientation.
Location: Hunters Woods Shopping Center Parking Lot (where the Tues night rides start). Time: 6:00PM

Sunday April 14th -1st RBC Spring Century 100, 50 & 35 mile routes. Unsupported. Start/end routes to be announced.

Sunday March 24th - Bike Parts Swap 6 - 8 PM
Location: ArtSpace 750 Center St Herndon. Bring your bike apparel and accessories and sell and trade with other members. Members are still talking about the great deals they made at last year's swap. Pot luck dinner. Snacks and drinks will be provided.

Sunday May 5th - Spring Picnic Ride Probably starting and finishing in Ashburn at Carolina Bros. Barbeque. Routes of 62, 36 & 19 miles. Hang out and eat after the ride!

May ? - Women Only Kick-Off Ride More to come!

Volunteer Opportunities

Saturday April 27th - Volunteers needed to staff **Paul's Ride** at Reston Town Center for RBC. Contact Ken or Ed if interested.

Sunday May 5th - Ride Leaders needed for the **Spring Picnic Ride** (62, 36 & 19 mile routes).

Friday May 17th Bike To Work Day Need volunteers to work the RBC tent at the Reston Town Center from 5:30AM - 10:00AM

Tues/Thurs Rides Ride Leaders Needed Groups 3 - 5. Ride Leader Orientation March 19th, 6:00PM at Hunters Woods.

New Rides Consistent with the Club's goal of offering more ride variety, we will be officially adding 3 rides to the schedule. We will need people to help plan and lead these rides.

They are:

- A "C" pace (no drop for real) group on Saturday mornings, to start at the same time as the "A" and "B" pace groups
- A recurring women-only ride
- A mid-week social and beginners ride

Contact [Charlie Bobbish](#) or [David Shomette](#) if you are interested in leading one of these rides.

2013 RBC Winning Jersey Design

Same price as 2012! Taking orders now

Contact Chairman Dan Scrafford





The 26th Tour de Madison
***The Vineyards of
Madison County***

May 18, 2013

The 26th Tour de Madison bicycling event will tour the vineyards of Madison County.

The ride begins and ends at Graves Mountain Lodge in Syria. Riders and their families will have the opportunity to enjoy the complete Graves Mountain Lodge experience.

There will be 3 ride options:

Metric Century—A 61 mile ride with rest stops at Early Mountain and Prince Michel Vineyards. Those choosing the metric century will leave at 8:30 am.

41 Mile Ride—A beautiful and challenging ride featuring a rest stop at the Prince Michel Vineyard. The 41-mile cyclists will leave at 9:00 am.

Family Rides—Ride as long as you want on the flat or gently rising roads around Syria. These riders leave at 9:30 am.

Enjoy a post-ride meal featuring Pork BBQ, grilled boneless chicken breast, or pita bread and hummus. Also included will be slaw, baked beans, French fries, dessert and a drink. **THE MEAL IS INCLUDED WITH YOUR REGISTRATION.**

Bring along some extra cash to enjoy the local Madison County wines that will be available from the Early Mountain, Prince Michel, and Ducard Vineyards. There will also be something for the beer lovers featuring central Virginia breweries.

Pre-registration is strongly encouraged!

- Registration before May 1 for 41 and 61-mile rides is \$40. After May 1: \$55.
- Registration before May for Family Riders is \$20. After May 1: \$30.
- The first 350 pre-registrants are eligible to win prizes including an Early Mountain Vineyard Gift basket and 2 three-day passes to the 2013 Festival of Music at Graves Mountain Lodge.

Be sure to visit our website for updated information: <http://tourdemadison.com/>

To pre-register visit: <https://www.bikereg.com/Net/18066>

Or email pedal.va@gmail.com for registration paper registration.



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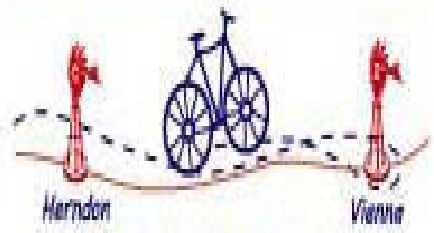
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Join the Reston Bicycle Club now!
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visit RestonBikeClub.org for online registration and payment.



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