

The Whoool

June 2013
Volume 27; Issue 43

The Newsletter of Reston Bicycle Club

CHAIRMAN'S MESSAGE

By Dan Scrafford

The cycling season is in full swing. Many members trained and completed their Spring Challenge. Special congratulations go to Greg Gibson who finished 80th out of 719 riders at Assault on Mt. Mitchell on May 20, and then six days later finished 18th out of 427 riders at Mountains of Misery. This is an amazing accomplishment. Our Club is fortunate to have riders of Greg's caliber who work and commit themselves to becoming the best they can be at cycling.

RBC serves well the experienced cyclist who is comfortable riding in a group and knows how to get improve. Where the Club has room for improvement is in providing more options for newer cyclists. Our Tuesday/Thursday rides continue to get faster each year. Our slowest group often averages over 17 mph on a challenging course: too fast for a beginning rider. Our social ride on Wednesday seldom takes place for lack of a ride leader. Our Saturday rides are viewed as too fast for our level 4 riders. Reston Bike Club started as a social Club to promote cycling in Reston. I am pleased how many good riders we attract and do not want that to change; however, I do want us to provide rides for people to learn how to bike in groups while enjoying the social benefits of cycling.

This Summer we are going to provide a Century/Metric Century Training Group for newbies as well as for cyclists who generally want to improve their century times. Hopefully, these rides will help attract new cyclists to our Club. For this effort, we need ride leaders who are experienced cyclists willing to lend a hand. Every Sunday starting on June 24, we will hold a century training ride for people registered for the 2013 RBC Century. I am envisioning two separate groups: One for riders who want to improve their time on a Century and the other whose goal it is to finish a century. Please contact a board member if you can volunteer to lead one of these training rides.

The training rides will end on Sunday, August 18, 2013, a week before our century, which is scheduled for Sunday, August 25th. Of course, as in previous years, we need volunteers to run our century. Please contact Barb Lytle at vballbarb@yahoo.com, to let her know what you can do to help. Thanks in advance for giving back to your Club!

Dan



RBC TEAMS WITH LIFETIME FITNESS FOR CENTURY TRAINING

By Charlie Bobbish

We've finally been able to shed the arm and leg warmers and reliably leave the jackets at home. Summer has arrived and along with the longer riding days, our thoughts turn to the summer cycling events. The Club's annual century will be held on Sunday August 25th (you ARE signed up, right?). This is the keystone ride for RBC and it's always a lot of fun. While we can't promise great weather this year, the club is adding something that will be of interest to many, especially new riders or those who haven't ridden much this past spring.

Under the leadership of Club Chair Dan Scrafford, the club will be holding a series of rides geared specifically toward training for a century. To be held on Sunday mornings, these rides will be "no-drop" and will be led by experienced club members, all of whom have experience riding many centuries. In addition, the Club is partnering with Lifetime Fitness of Centreville to help facilitate these rides. Lifetime Fitness has an active cycling program led by Dawn Danner. We are very excited about this partnership, which will mutually benefit Lifetime and RBC.

The rides will commence on Sunday, June 23rd at 9am at the Caboose in Herndon. There is no cost to attend; however, these are Club sponsored rides, which means you must adhere to Club rules with regard to safety and membership. Each week the Club will email members reminders with ride times and start points. Following is the schedule for the first 3 rides:

June 23rd - 30 miles; June 30th -35 miles; July7th - 40 miles

If you are interested in leading a ride or two, please contact Dan Scrafford scrafford@aol.com, Charlie Bobbish cbobbish@cox.net, Dawn Danner of LifeTime Fitness dawndanner@yahoo.com. We look forward to seeing you...either as a leader or as a participant!

Charlie

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Who's Who In Reston Bike Club

Co-Chairman:

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

Co-Chairman:

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Jhamilton11@cox.net

Co-Chairman

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RandyKarn@cox.net

Vice Chairman

David Shomette
Dshomette@hotmail.com

Secretary:

Lisa Mackem (703) 725-9371
lmackem@yahoo.com

Treasurer:

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e2Ken@verizon.net

Members at-large:

Bobby Anderson (301) 529-2258
Bander_4@verizon.net

Jill Spaeth

Jill@innerspaeth.com

Charlie Bobbish

Cbobbish@cox.net

Member at Large & Newsletter:

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

Member Secretary & Database:

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

Rusty Austin, David Beabout, Richard Bockman, Ayse Boybeyi, Margaret Boyne, Eric Brugel, Pete Dailey, Karen Dailey, Pj Dailey, Christi DeSisto, Joseph Fragale, Howard Dymond, Ken Fugate, Reggie Gaither, Joey Gonzalez, Arianne Hardt, Jo Hendon, Kim Hendon, Kim Holcomb, Jessica Johnson, Zane Kaylani, Regina Kelly, Kapri Kupper, Patrick Marstall, Samantha Marstall, Daniel Mills, Michael Mintz, Max Montfort, Adam Buss, Justin Onusko, John Petersen, Susan Phillips, Ken Porter, Anne Pursifull, Richard Quaye, Jennifer Sample, David Sarver, Paul Sgambati, Patrick Shumate, Cara Shumate, Wendell Sissler, Claudia Thompson-Deahl, Dave Tipher, Mihuelo Tipler, Michael Tipler, Mark Warner, Richard Wurtz

Returning

Hyder Ali, Vernalisa Ali, John Brugel, Barbara Brugel, Kathleen Bunch, Helene Burden, Jack Mount, Katy Curran, David Dang, Marc De Bruijn, Tasha De Bruijn, Barry Dicicco, Jane Dicicco, Daran Doran, Joseph Evans, James Fraser, Diana Creech, Fausto Garcia, Bruce Geyman, Zoe Getman, Don Graling, Stephan Greene, Brian Grzelak, Brian Hajost, Anne Hajost, Cindy Hajost, Andrew Hare, Patrick Hobson, Gregg Hyde, David Jennings, Kevin Jones, Peggy Jones, Scott LaFever, Maureen Lopina, Dennis McDonald, Deborah McDonald, Frank Newman, Rick Racine, Zach Racine, Sam Racine, Steven Russell, Ed Shanahan, Willetta Sutton, Scott Thatcher, Brandon Vincent, Bruce Wall, Scott Weir, Richard Weisman, Jill Weisman, Jeff Weisman, Samantha Weisman, Christopher Wiedmaier, Ryan Wilt, Karl Wilt, John Yendt, Willson York

2013 RBC Winning Jersey Design

Same price as 2012! Taking orders now

Contact Chairman Dan Scrafford



TRAINING FOR A CENTURY

By Jeff Major

Since RBC will be teaming with LifeTime Fitness to offer training rides for both experienced and first time century riders in preparation for this year's RBC Century scheduled for August 25th, this edition of The Wheel is probably a good one to discuss how to adequately train for that event. Since I will be an RBC Century volunteer again this year, like all good Board members, I will not be participating in the actual event. However, I am contemplating doing the pre-century ride the previous week. For me, this would mean getting in shape for a century almost from scratch as I have logged fewer than 300 miles since last October.

Since our ever inspiring Chairman Dan Scrafford never fails to ask me if I've been riding when he sees me, and specifically asked if I plan to ride the pre-century this year at the last Board meeting, I recently started scanning the web for articles on century training programs. There are a lot of them: 12-week programs, 10-week programs, 8-week programs! Some of them are more structured than others, but they all have certain factors in common for riding a successful and safe century, whether the goal is a personal best time or just finishing. Those factors are: 1) You need to have built up a base level of aerobic fitness on the bike and your body needs to be accustomed to being on the bike for a long period of time. 2) You cannot develop this fitness base and comfort level overnight; it takes, MINIMALLY 8 – 12 weeks. 3) If you attempt to increase your distance too quickly you will most likely injure yourself, but if you don't increase your distance gradually over the 8, 10, 12 week program, you will not have a pleasant

time the day of the event, and then, what would be the point? 4) During the preparation period, you need to figure out what combination of food, hydration and sleep works best for you and stick with that on the day of the century so you can minimize the probability of unpleasant surprises.

I would encourage those of you who can, to join the RBC/LifeTime training rides beginning June 23rd. They will start with a distance of 30 miles. I plan to do these as long as my schedule will allow, but since I work many weekends, my fallback plan may be the 8-week program recommended by [Bicycling's](#) Selene Yeager, who says she can have, "...any determined cyclist ready to hit 100 with just three rides per week: one long, one steady and one speedy". Hmmmm, 8 weeks, 3 days per week seems rather minimalist, but hey, there's always the metric century. RBC has options!

The bottom line is, pick a plan and stick with it. Do a web search and you'll see plenty to choose from. Your performance on the day of the century will reflect your efforts. Check out the RBC/LifeTime team training rides. If you can train with others, it'll make the training more motivating and fun and you will pick up some tips on riding in a group. Given the number of riders who register for our century, that's not a bad skill to have. Oh, and don't forget to register for the RBC Century!.If you're not riding it, I sure hope you're working it :)

Best,

Jeff

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RIDE SCHEDULE—JUNE/JULY

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, June 18th, 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: **Tuesday, June 25th, 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: **Tuesday, July 2nd, 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: **Tuesday, July 9th, 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, June 20th, 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

Date: **Thursday, June 27th, 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

Date: **Thursday, July 4th, 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

Date: **Thursday, July 11th, 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

**The 31st Annual
RESTON BIKE CLUB CENTURY
Sunday August 25th!**

Advance Registration: \$40.00 before August 17th; On-site: \$60

Pre-register by mail or on-line

ID/wrist band will be mailed to you

Check-in at ride start NOT required

Includes T-shirt available for pick up after the ride (sizes as ordered)

For more details go to the RBC website

RBC Century Volunteer Opportunities

The 2013 RBC Century **OUR 31st** is being held on Sunday August 25th. Take pride in your club and volunteer to work the event — for the day, for a few hours — any amount of time you, your family or your friends can provide, will contribute to the success of yet another great RBC Century!

[Email Barb Lytle](#) to sign up today or you may call her at 703-362-8286.

Pre-Century opportunities

- ◇ Route marking
- ◇ Coordinate food – work with vendors and other co-coordinators to arrange pickups and deliveries
- ◇ Pick up Snow Cone Machine and syrup from Booths Rental in Vienna on Saturday morning and return Monday morning
- ◇ Purchase soda and water and deliver to RTC Information Room on Friday afternoon before 5:00 pm
- ◇ Distribute Century registration forms to bike stores, gyms, community centers, libraries, etc.
- ◇ Maintain water, soda, and ice distribution.
- ◇ Distribute T-shirts
- ◇ Breakdown and stack RTC tables and chairs
- ◇ Cleanup RTC
- ◇ Deliver remaining food and beverages to RTC shelter
- ◇ Take remaining T-shirts to RBC storage

Day-Of opportunities:

- ◇ Morning Registration at Reston Town Center “day-of” rider registration and registered rider assistance
- ◇ Support vehicle drivers.
- ◇ Distribute food to rest stops

Support at Reston Town Center

- ◇ Registration setup – tables, chairs, and signs
- ◇ Oversee tent, table and chair set up and pick-up.
- ◇ Oversee food set-up and breakdown.
- ◇ Oversee set up of communication group and bike shops/vendors
- ◇ Check state of portable bathrooms throughout event
- ◇ Maintain bulletin board

Rest stop support at Ashburn, Hamilton, Lovettesville, Round Hill, Loudoun County Mill

- ◇ Set –up tables, chairs, and signs
- ◇ Oversee tent, table and chair set up and pick-up
- ◇ Oversee food set-up and breakdown.
- ◇ Oversee set up of communication group and bike shops/vendors
- ◇ Check state of portable bathrooms throughout event
- ◇ Maintain bulletin board
- ◇ Maintain water, soda, and ice distribution.
- ◇ Breakdown and cleanup – mainly tables, chairs, and trash

We need your help to make this huge undertaking a success!!

[Email Barb Lytle](#) or call her at

703-362-8286.

We're counting on your support!!



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The Wheel

The Newsletter of Reston Bicycle Club

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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