

the Wheel



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www.RestonBikeClub.org

Chair's Corner

Welcome to 2018. There are so many new and exciting things going on in Reston Bicycle Club that we decided to bring back the Wheel as a monthly communication tool to keep our community informed about what's going on. We are welcoming new members and adding new rides and training events. We will be introducing several new tools to help everyone find, register, and sign-in to rides. Enjoy this first issue of the Wheel for 2018. Thanks to Laura for volunteering. What do you like to hear about? Start the conversation.

Why register?

You will see more and more emphasis on registering for club events in 2018. There are many reasons registration is helpful for the club. This month, the first reason: From a safety and insurance standpoint, it is critical for the club to have accurate information if there is an incident on a ride. All of our club rides are for members and first-time guests. Of course, if cost is an issue (current family

I Like My Bike

First love: Vintage Hoo Koo E Koo by Gary Fisher from 1995. Perfect for Lake Fairfax and the CCCT. Erin Schultz



Upcoming RBC Rides

New Rides

In order to broaden our membership and appeal, RBC is launching some new rides. The Last Sunday Brunch Adventure rides started in the fall but have experienced weather problems, so are relaunching anew with Spring's arrival. These are social rides with a food destination for each ride. Check out the next one [here](#).

Another new ride is targeted for those who like to ride mid-week, mid-day. The Wednesday Ramble will commence on March 14 with a goal of 15 miles at a speed

A Member Cornered

Scott LaFever



Like many children, he fell in love with biking from his very first bike. What really kick started his passion for biking was at age 8 he started racing BMX in the NBA, National Bicycle Association, in New York State. BMX racing at the tracks and jumping off ramps, jumps and berms suited him as a young person and fostered the life-long love of cycling.

His favorite cycling event is an annual trip back to upstate NY near Ithaca with a group of friends. It is a weekend of amazing single track trails throughout the forest. Scott and his friends camp self-sustained, ride, eat, visit, laugh

dues are \$25 annually), the club has volunteer opportunities that can help offset your club membership fee. Next month: another good reason to register.

Let's Ride

Fools Classic, April 7

Face of America, April 27-29

Inaugural Warrior Bike Ride, May 5

Tour de Cookie, May 5

Cap-to-Cap May 12

Wilmington Grand Prix, May 18-20

DC Bike Ride, May 19

Bike Virginia, Ride the River, June 22-26

agreed by participants to celebrate Pi Day.

For those of you who enjoy the higher intensity training rides, we still have plenty of those. Remember to register for all rides by downloading and using the Wild Apricot mobile member app or by visiting the [club website](#).

Saturday Impromptu
[February 24](#), [March 3](#)

Sunday Training Rides
[March 4](#)

| |
|--------------------------------------|
| Chain Links (RBC) |
| Board Members |
| Check My Membership |
| Ride with GPS |
| Borrow a Travel Case |

and enjoy the riding and company for nearly a week. 2018 will be the 23rd great weekend.

“The most significant and meaningful cycling event I’ve completed is one of the most challenging races in the US, the Shenandoah Mountain 100. It is a one hundred mile mountain bike race held each September near Harrisonburg, Va. If you are up for a huge challenge, the SM100 is just that!”

Scott rides both road and mountain bikes and sometimes enjoys riding his mountain bike with the road riders on RBC rides. “I really enjoy riding with the RBC groups because they are all great people.”

The Wheel will keep spinning if we all contribute

To keep the Wheel rolling & interesting & fresh, members must contribute! Send pictures of your rides, volunteer for A Member Cornered, send other rides you know about for Let's Ride. Just reply to the Wheel or better yet, recommend your friends!

Ride Safe/Ride Fun Tips

Building Your Base for More Fun and Fitness

In the 2/9/18 Chairman’s Letter how to establish your max heart rate (MHR) and how to translate that into heart rate zones (HRZ) was discussed. We didn’t discuss why base training is so important. First the simple equation for MHR is $214 - (0.8 \times \text{age})$ for men, and $209 - (0.9 \times \text{age})$ for women. HRZ’s are simply a percentage of your MHR as shown in the table.

| Heart Rate Zone | % MHR |
|--|---------|
| 5: Can't speak - maxed out, breathing hard | 92-100% |
| 4: Difficult to speak - focused more on breathing | 85-91% |
| 3: Talk in short sentences | 75-84% |
| 2: Easy to talk | 65-74% |
| 1: Easy to carry a conversation and look around | 50-64% |

If your training regime only includes riding as hard as you can or even adding high-intensity interval power training, you will reach a plateau or even regress because your body's engine just can't maintain prolonged exertion. Base training on the other hand is about building aerobic endurance so your power training can continue to improve your riding performance. This in turn translates into more fun because you don't get dropped, or at least dropped less often.

Base building grows capillaries, those tiny blood vessels that deliver oxygen-rich blood to your muscles; grows mitochondria - the parts of the muscle cell that produce energy; and finally, produces more enzymes that help turn stored fuel into energy - fat burning. The result of base building is better endurance for heavier muscle loads and longer muscle loading.

So take a break from pushing hard to build a better base - and do it every year. The winter is a great time to do a few months of base training. According to Joe Friel, author of The Cyclist's Training Bible 5th edition, long and slow endurance rides of over two hours in HRZ 2 or 3 in the off-season months is a good strategy. According to Danny Suter, USA Cycling Level 2 coach and founder of the Boulder Performance Network, "depending on how much you ride, it can mean - anything from 90 minutes (or an hour on "an indoor trainer) to multiple hours. About 40 percent of your weekly training time should be at Level 2 during base building."

Now you know what base building is all about and how to measure your HRZ. Join us for our Sunday base building rides. They will gradually get longer and faster as we get closer to the start of our riding season. Our Sunday Training Rides are social, fun, and will help keep you from getting dropped later in the year.

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