

National Capital Velo Club, Inc.

P.O. BOX 14004, BENJAMIN FRANKLIN STATION, WASHINGTON, D.C. 20044



NCVC NEWS

FEBRUARY 1979

A JOURNAL OF BICYCLE RACING AROUND THE NATION'S CAPITAL

Ready for **EDDIE**

ATTENTION ALL BIKIES! Tired of getting contradictory answers to your racing questions? Frustrated by renowned champs (or not so renowned teammates) who won't reveal their secrets of success? Disappointed by the lack of cycling literature? Well, here's your chance to remedy some of these and other problems by attending the NCVC riding clinic conducted by Eddie Borysewicz, the U. S. national cycling coach.

Borysewicz, who came to this country from Poland in 1976, is one of the world's most knowledgeable authorities on bicycle racing. His expertise comes from a highly acclaimed racing career in Poland lasting over 10 years, and the successful completion of that nation's rigorous coaching program, and ultimate qualification for the status of 1st category coach, a position held by only 10-15 persons.

So, for information on diet, position, training, hygiene and more, bring your bicycle to the Walter Johnson High School in Bethesda on Saturday and Sunday, Feb. 10 and 11. The sessions will be from 9:30 a.m. to 4:00 p.m. Cost is \$15.00 for both days and registration will be at the door. People will be coming from all over, so make sure you arrive on time. SEE YOU THERE!

FEBRUARY FORT HUNT SERIES

Races will be held every Sunday morning in Fort Hunt Park, Virginia, unless temperatures are 20 degrees or below according to the 7:00 a.m. C & P weather report, (WE6-1212), or the roads are icy. Registration is at 8:00, and the fee is \$1.00 for members and novices. To reach Fort Hunt Park, take the Mt. Vernon Parkway 3 miles south of Alexandria and Fort Hunt Park will be on your right. For more information, call Alan Rashid at 229-0346.

DATES FOR NCVC TRAINING RACES ESTABLISHED

The following training races and promoters have been designated for 1979:

<u>Date</u>	<u>Race</u>	<u>Location</u>	<u>Promoter</u>	<u>Phone #</u>
February	Fort Hunt Criterium	Fort Hunt, Va	Alan Rashid	(301) 229-0346
March	Hains Point Time Trial	Washington, D.C	Pete Swan	(301) 649-4841
April	Rock Creek Series	Washington, D.C.	Jim Mullen	(703) 378-4735
April 22	National Capital Open	Washington, D.C.	Jim Mullen	
May/Sept	IBM Criterium	Bethesda, Md	Peter Swan	
June 3	Miller Grand Prix	Washington, D.C.	Peter Stevens	(301) 229-4893
October	Rock Creek Series	Washington, D.C.	Mike Butler	(301) 277-2555

Plans are in the works to make an inexpensive NCVC jersey available for those who are still lacking the team colors. Gil Clark has hatched a scheme whereby a high quality T-Shirt would be silk screened with the NCVC pattern; selling for about \$9-10. Gil, who has introduced us to such treats as the inflatable handlebar and plastic seat post, thinks this will be a winner.

Seriously folks -- don't forget to send your cards and letters to Proud Mary "Rolling, Rolling, left a good job in the city" Pelzx -- Editor. She can use race results, letters to the editor, training articles, receipes, etc.

AND YOU THOUGHT THE BIG WHEELIE WAS THE ONLY ONE WHO KNOW HOW TO RAMBLE

Keem'm'Spinning,



CLUB MEETINGS

General Membership meetings of NCVC will be held in the National Capital Region Conference Room at 1100 Ohio Drive, S. W. (Haines Point) on the following dates in 1979:

Monday, Feb. 12
Monday, Mar. 5
Monday, Apr. 2
Monday, May 7
Monday, June 4
Monday, July 2
Monday, Aug. 6
Monday, Sept. 3
Monday, Oct. 1
Monday, Nov. 5
Monday, Dec. 3

(Apologies to anyone expecting February's meeting to be held on the 5th.)

Meetings are from 8-10 P.M.

FROM THE DIRECTOR'S CHAIR

Before going into my goals as the Team Director, I must first explain the title "Team Director." It does not mean banker, babysitter or water bottle man. It means exactly what it says: Team Director.

My job as I see it is to direct NCVC to victories. My goal is to make NCVC the best team working club in the east. In order to reach my goal I will need your cooperation, so if you have any ideas or suggestions, let's talk about it before the race starts.

For the few who are concerned with sponsorship money, let me say this -- if you are in racing to make money or get rich quick, you are not only in the wrong club but in the wrong sport. The money available to the club will be spent on (1) teams to special events, (2) individuals for outstanding performance, (3) individuals showing consistency in good performance at open races, and (4) to support personnel at major races.

There will probably be no racing team named as every member will be riding as a team in all classes. However, teams will be named at special events. Teams should be formed by area or friendship to compete at all club races. We will try to have at least one team trial event in March; maybe a two-person team.

So in 1979 our motto has got to be "teamwork." You get into winning condition and I'll help you cross the line first. Feel free to call or stop me and talk Team Talk. I am very knowledgeable about bicycle racing, but I do not know it all, so give me a call and help me to get to know it all.

Winning doesn't come easy but with cooperation and hard work we will succeed!

Mike Butler

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THE PRESIDENT'S PERCH



Greetings from your fearless leader -- thanks be to all my loyal subjects for my belated confirmation at the last General Membership meeting. I guess the secret to becoming President lies in knowing where to get the race movies. That was a race movie wasn't it? What with the "Cats and tennis in the South -- and the dogs and farmers in the North -- the North is actually the South and the South is actually the North." Hell, don't ask me. I've seen the thing three times and I still don't know what their talking about.

I think I understood the part about the guys in the little black shorts and the red and white jerseys. I don't know about you, but it has been a few weeks since I last inserted my foot in a toe clip, and parts of that movie really got the juices flowing again.

Speaking of training -- I hope everyone will be able to make the Eddie "B" U.S.C.F. Riders Clinic on February 10-11. We have had many inquiries from riders in Delaware, Pennsylvania, and Virginia; so I expect a good crowd. Be sure to bring your bike and riding duds for a personal fitting -- if your frame is too long Eddie will cut some off. Sessions will be from 9:30 A.M. to 4:00 P.M. each day. If your work schedule does not allow you to make both days special accommodations can be arranged. Cost for the affair is \$15.00. (See article for details)

Ah yes -- the Maryland Racing Club alias "Le Team Alpine." Thought you'd never ask. It seems we've lost a few of NCVC's finest to a new select team formed by none other than Georgetown Cycle Sport's Danny Wagner. Danny explained at the Executive Meeting that in an effort to publicize his shop's Alpine frame he has decided to sponsor (and function as Team Director) a small team of riders to feature Ian Jackson, Paul Pearson and Ed Slaughter; with Ned Carey, Steve Rashid, and a few others to serve as domestiques. What makes this move a little unusual is that Danny is going to sponsor NCVC again this year; to the tune of \$750 cash and \$1500 in tires and rims.

The bottom line is that everyone is making out better than ever, although we will sure miss seeing the "General," "Animal," "Wrong Way Eddy," and the others streaking around the familiar haunts of East Coast racing. We're not mad fellows; but in the words of Teng Hsiao Merckx, "May the bird of paradise leave a large deposit in your bottom bracket."

Take heart sports fans. All is not lost. NCVC still fields as formidable a team as ever -- legends such as "Off-the-back" Rusk, "The-lights-are-on-but-no-ones-home" Fisher, "Lightning Legs" Lipovsky, and "Vacuum Breath" Bradford can still send chills through the crowd on a cold day. Why racers up and down the East coast lament about dusty rear wheels until Jim-Bob returns from the West coast each spring. And how about NCVC's resident sage "The Montgomery Railroad," going after his first National Veteran's Road Championship; and ready to coach our stars to victory. Says Jim, "Yesterday I couldn't even spell Coach - now are one." Yes, it looks like another great year.

Where was I before I took leave of my senses? Oh yes -- The National Capital Open. NCVC's annual "Rite of Spring" will be held on April 22, at 10:00 A.M. sharp. Big Jim "Moon" Mullin is heading up this key project and is in desperate need of all able bodied club members who can do as little as wield a roadguard flag. The NCO committee will be meeting Wednesday, February 7th at 8:00 P.M. to work out the details and invite all interested parties. For directions call 649-4841. Beer and Wheat Germ will be served.

THINK TEAM RIDING -- this is one of goals established at the last general membership meeting -- This means in every class, not just for a select few. Other target projects include:

- renewed interest in the development of beginning riders
- promoting stock bike races
- developing a new rider information packet

Think about ways that you could implement these goals.

CLUB OFFICERS

Title	Name	Phone
President	Pete Swan	649-4841
Vice President	Larry Black	277-2555
Treasurer	Paul Lenz	279-0061
Secretary	Alan Rashid	229-0346
Membership Chairman	Pete Rusk	933-7848
Maryland Rider Rep./ Editor	Mary Pelz	587-5489
Virginia Rider Rep.	Nick Freer	243-6658
Team Coach	Jim Montgomery	471-7656
Team Director	Mike Butler	277-2555

THE THEORY OF WEIGHT TRAINING FOR CYCLING
 By Bob Thompson of Crushers Unlimited of D.C.
 Edited and Adapted By Jim Montgomery

Editor's Note: Since only a few members of the club were able to hear Bob Thompson's outstanding lecture on weightlifting, I would like to try to pass what I can on to you. I heartily recommend that you consider not only what he specifically recommends but even more importantly the theory which he propounds.

To have true strength fitness a person must have muscle power which is not the same as pure strength alone. When optimally developed, strength fitness has the potential to produce maximal dynamic force capacity. Total strength fitness (muscle power) is the ability to move the muscles through the full range of multiple body joint movement (flexibility), to accelerate (speed) and to repeat the movement as long as possible (endurance.) These four elements must be built in the order listed below in order to attain maximum strength fitness.

Flexibility---->Strength---->Speed----->Endurance

A very important thing to remember in any system of weight training is the law of specificity of the neuromuscular system. If you train a muscle to work in an aspect of its action or speed which is similar to the actual action or speed of the muscle in your event, then there will be a far greater carry over from the exercise to the event. The closer you can approximate in an exercise the movement in cycling, the more you gain from the exercise. Which is another way of saying that nothing beats getting out there and riding the bike.

The next thing to remember is that the nerves can be made to function faster if they are trained that way. As long as you try to explode even if you are moving slowly then the strength will be transferred over. Technique also plays an important role in order to gain the most from your body. Speed and technique in movement eventually leads to gradual development of a strong explosive force through a complete range of body action.

There is a greater transference of strength from exercise to the event when as many muscles as possible are working in the exercise as are working in the event. This again is because of neuromotor specificity. The training of many of the muscles used in the motion of an athlete's event will be more beneficial to the transference of coordinated muscular strength, speed and endurance than would be in training of isolated muscles.

There is another aspect that is important when seeking the ultimate in muscle power. This is concentration. It has been proven in the laboratory that the more concentration one gives to a voluntary muscular action, the more strength is applied. This is because more nerve fibers are called into play and therefore more muscle fibers are brought into action.

By using this theory the athlete will be helped to gain flexibility and strength then through speed to add power and finally to add endurance so that he can use it in his event. This means when tested he may not have gained as much simple strength as another athlete training using another

philosophy, but he will have gained strength which he can use in his event. The athlete is primarily interested only in what will help him in his event. It is very unfortunate that some athletes get carried away with weight training and think it is the only thing necessary for success in their event. It isn't. Although it is very important, it is only one aspect.

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THE PRACTICE OF WEIGHT TRAINING FOR CYCLING
THROUGH SUPER QUALITY STRENGTH TRAINING

Super quality strength training is composed of both fast moving and slow moving exercises. Fast moving exercises involve the employment of large muscle groups, multiple joint action, full range isotonic exercises. Specific weightlifting exercises that meet this criteria are power cleans, power snatches, high pulls, and power jerks. Slower moving exercises which work isolated muscle groups through a more limited range of motion are bench presses, squats, deadlifts and functional isometrics.

Super Quality Strength also involves the task of establishing a productive training intensity. This is based on the proper selection of repetitions, sets and loads as related to ones repetition maximum and in cases where more endurance is desired, the length of time the exercise is performed. Use the following as a guideline:

	% of Max	Reps	Sets
For Maximum Strength	90 & UP	1 - 3	6 - 9
For Strength Plus Muscular Endurance	75 - 85	4 -10	4 - 6
For Muscular Endurance	60 - 75	12-20	3 - 5

The ideal routine would be for six months. A period of less than three months would be of little value. This of course could be modified depending on what peaks the athlete is aiming for and the length of the competitive season. Do not choose too many exercises. Four or five per workout is enough. Every other day would be a good guideline in deciding on how often to perform the routine. However your stretching exercises should be done daily throughout the season.

Below is outlined the four phases of the system. In determining how long you should spend in each phase consider your general physical condition, your degree of flexibility, how quick you adapt to the exercises, and your relative emphasis on strength, power and endurance.

Phase One--Flexibility, fitness and adjustment.

In this stage a moderate weight is used. A good guideline would be under 60%. Do 3 or 4 sets of 10 repetitions in order to get used to the movements and alleviate soreness. Be sure to warmup and stretch for flexibility 10 to 20 minutes depending on your initial flexibility. Usually two or three weeks is sufficient for this phase.

Phase Two--Strength.

Take a moderate weight on the first set (between 45% and 60%) and increase until maximum weight is reached (75% to 87%) or as another guideline, until the last repetition is very difficult. One more repetition at the most would have been possible. Eight sets of five reps is a good guideline. If for example you were doing 8 sets, you would try to hit your maximum on the 4th or 5th set and stay with that weight until completion.

Phase Three--Power.

In this phase you reduce the weight by 10 or 15% and do the exercises as fast as possible. It is a good idea during this phase to use a stopwatch to time yourself. The same number of sets and reps as the strength phase is a good guideline or you could increase the reps to six and the sets to six. This will turn your strength into power.

Phase Four--Endurance.

In this phase reduce the weight to 35 to 40% of maximum and adjust from there. Concentrate on lengthening the time for the exercise not on increasing the number of repetitions. Use a stopwatch after the first week (it usually takes a week to adjust to the system.) A guideline is to go for 45 sec the first week, 60 sec the second week and 75 seconds the third week.

There are many ways this system can be modified. You could combine two phases at once. You could do a fast moving and a slow moving exercise in the same phase. Or you could try many different exercises on many types of equipment, but it is suggested that you go through the four phases for at least three month with four or five exercises and then tailor the program to meet your own specific needs.

It is very important that you warm your body properly and go through the flexibility exercises before each and every workout regardless of what phase you are in. Place special emphasis on flexibility until you can put all of your muscles through the full range of motion and have good flexibility in all joints and tendons.

Breathing is very important when performing the exercises. Most exercises require breathing in during preparation for contraction and breathing out during forceful contraction.

Below are listed some exercises that will help in strengthening isolated muscles and groups of muscles. These would not transfer as much power to the event as working groups of muscles with full range of motion but would strengthen areas needing special attention.

Deltoid--Narrow bench press (hands a little closer than shoulder grip)
Narrow Incline Press
Deltoid raise with arms straight (arms facing front or side)
Bent arm standing flys with dumbbells

Lats-- Wide grip chin with palms facing away from body (behind the neck)
This works the upper lats. For lower lats bent over rows.

Triceps--Tricep presses on a lat machine, French curl (lying or standing),
and parallel bar dips.

Traps-- Upright rows and all pulling movements

Lower Back--Good mornings and deadlifts

Shoulders--Standing press

One final point is in order. A positive mental attitude coupled with hard work and perseverance are indispensable. Without these qualities he or she will disappear from the competitive scene very quickly. The successful athlete must have the attitude that what he wishes to accomplish is already a fact in his mind and now it's just a matter of time. Believing in yourself, desire and discipline in our experience are the most important factors in any endeavor.

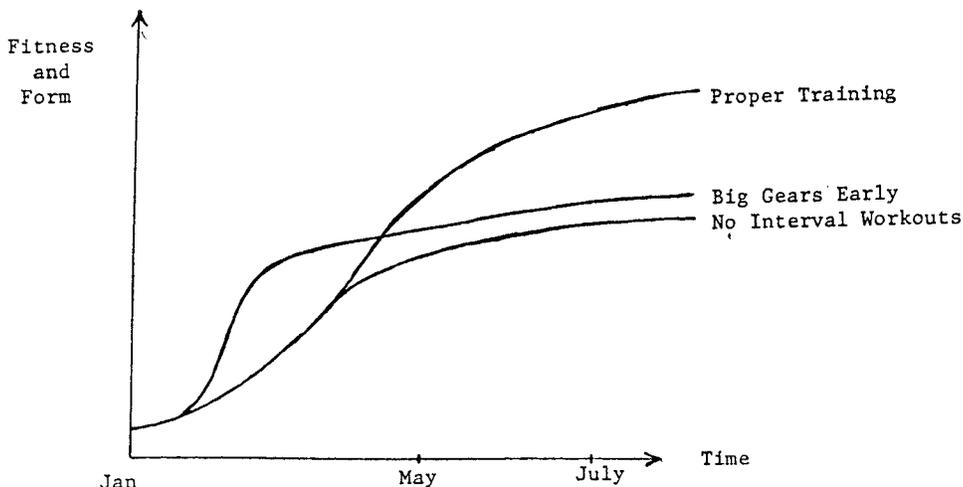
Final Editor's Note: I would say that most of us have been neglecting to put sufficient emphasis on flexibility. In addition do not be afraid to continue your weight program into the first part of the season; in fact, it is a good idea at least until you can get out every day.

A PERSPECTIVE ON NEXT SEASON

One needs to take the long view of next season now in order to get the most out of it. Just as when you were a young child, you could not see past today, but gradually learned to see a week into the future, so it is in looking at next season. You must look past the first races of the season and determine your strategy for peaking for say the state or national championships. The reason is clear. In order to achieve that form where they will all say, "Man, he is flying!", it is necessary to properly prepare your body first. The sequence is first, general body strength, second, leg speed, third, strength and fitness and finally, form. There are no short cuts. So that leads to the first point.

During December and January concentrate primarily on general body strength particularly on the arms, back and abdominal muscles.

That leads to the second point of looking ahead. Consider three training strategies which are graphed below.



Which fits your goal?

Ah yes, speaking of goals, let's consider some points concerning realistic goals. First by way of encouragement, given some talent, you can be a very successful rider with one and a half hours consistently devoted to training per day. That is basically a one to 1 1/4 hour training ride with 15 minutes for off the bike activities. But on the other hand, remember that all national champions are born and then made, so you have to have some God given talent first to be national caliber. I think a few words concerning "realistic" and "consistently" are in order. In my experience on of the most significant factors separating the winners from the losers is consistent training. You simply cannot take a week off and expect to do well.

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off, but after that it is all downhill, fast. My experience is that it takes three weeks of training to make up for 5 days off and for three weeks off, you start all over again. So in setting a realistic goal, consider whether you can train consistently or does your lifestyle require business trips or final exams during which you will not be able to train?

The final point then is to turn your goals into a strategy for next season. In general terms you need to plan out next season's training strategy now. Decide when you want to achieve fitness and when you want to reach form. Decide when you want to have achieved your goal for leg speed and leave the fixed gear for the road bike. Decide approximately when you plan to start interval training. The idea is to know where you are going and how you plan to get there. The attached form may help. The next step is to set standards for yourself for next month based on your goals and progress to date. Then by breaking this down into weekly standards, you know exactly the training required to realize your aspirations. Talk to your coach if you need help in setting up your training schedule.

Good Luck Planning



79 CYCLING SEASON STRATEGY
for

Season's Goals:

Date of 1st Major Event from above:

Date to Start Specialized Training for 1st Major Goal:

Standard for Specialized Training (such as 1:14 Kilo, 12.5 for 200m, etc.):

Date to Start "Power" Training which includes that portion of the season when you will start intervals, time trials and tempo rides:

Standard for Your Early Season Training (such as working up to 10 intervals, 22 minutes for 10 miles, etc.):

Date to Start Pre-Season Base Miles on Fixed Gear:

Standard for Your Pre-Season Program (such as 600 miles on a fixed gear of 63 inches such that you are smooth on steep downhills):

Date to start General Body Conditioning:

Standard For Your General Conditioning (such as the being able to complete 25 pushups, 50 situps, 10 toe touches, 20 circular pushups and a set of breathing and stretching exercises in a workout session):

Pre-Season Personal Evaluation

Strengths:

Weaknesses:

Strategy for Overcoming Those Weaknesses:



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Barum Tires: Special to NCVC Club Members while supply lasts: 160 - 310 gms.,
each \$21.00, 2 for \$38.00

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FOR SALE: 23" Criterium Frameset, Campy Headset, Phil Wood B.B.
Weyless Seat Post, Grande Compe Brakes, needs paint \$140.00
Call Pete Swan- 649-4841

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w-591-3881, h-279-0061

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Used 22or 23" 10-speed under \$100.00, call Tom- 587-5489.

ETC.
Dedication Ceremony: Opening of D.C. Metro Station Bike
Lockers-- Tues., Feb. 27 at noon. Dupont Circle Station.
For More Info. call Eileen Kadesh at 727-5906.