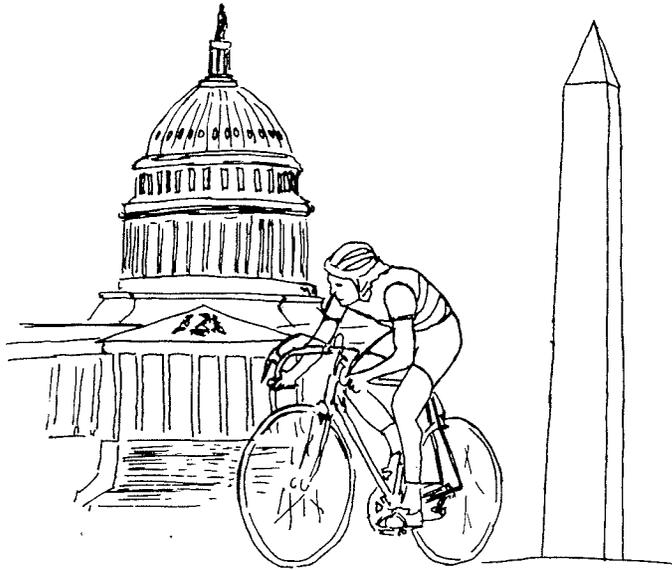


# National Capital Velo Club, Inc.

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

## NCVC Newsletter

February 1980



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### A JOURNAL OF BICYCLE RACING AROUND THE NATION'S CAPITAL

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#### CLUB OFFICERS

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| <u>Title</u>        | <u>Name</u>    | <u>Phone</u> |
|---------------------|----------------|--------------|
| President           | Larry Black    | 277-2555     |
| Vice President      | Ron Rae        | 986-0379     |
| Treasurer           | Paul Lenz      | 279-0061     |
| Secretary           | Ken McCormick  | 776-5774     |
| Membership Chairman | Mike Butler    | 588-2087     |
| Maryland Rider Rep. | Mike Casseday  | 345-1923     |
| Virginia Rider Rep. | Nick Freer     | 243-6658     |
| Team Coach          | Jim Montgomery | 471-7656     |
| Team Director       | Alan Rashid    | 229-0346     |
| .....               | .....          | .....        |
| Newsletter Editor   | Carol Reffell  | 362-0619     |

#### START YOUR SEASON IN BEAUTIFUL BERMUDA!!

The Bermuda Bicycle Association presents the first Grand Prix aux Bermudes. Two days of racing in beautiful Bermuda on March 15 and 16, 1980. There will be a 10 mile individual time trial, a 28 mile (50 k) two man team time trial, an 80 k Senior Road Race and a 40 k Veteran's and Women's Road Race. You can ride all three events, or any individual race. Entry fee is \$10 for all categories. Prizes will be (U.S.) \$1,000 total value. Lodging and food will be made available free by the BBA (may be only a sleeping bag in someone's living room). Current USCF license is the only requirement. Entry forms and additional information available from Larry Black.

#### GREENBELT SERIES

Over forty riders showed up on a frosty Sunday morning for the first race of the Greenbelt series. Here are the results:

##### A Class

1. Larry Black
2. Matt McGoey (PBC)
3. Kraig Klinke
4. Gail Fetterman
5. Bob Fisher

##### Novice A

1. Matt Hanna
2. Scott Rodenhuis
3. Jim Capra

##### B Class

1. Nicolas Walker
2. Simon Walke
3. Mike Casseday
4. George Wiggins
5. Boris Starosta

##### Novice B

1. Scott Rodenhuis
2. Mark Thurber
3. Tim Noakes
4. Philip Hensel

##### C Class

1. Pat McGrath
2. Denis McGurin
3. Dennis Lee

There are three more Greenbelt races scheduled in February. After the fourth race, there will be prizes, a training clinic and a meeting. Please show up and help with the planning for the upcoming season.

The Greenbelt races are held every Sunday in February at 10:00 a.m. Greenbelt Park is located on the Capital Beltway just west of the Baltimore-Washington Parkway. Call Larry Black or Mike Butler for further information.

## WINTER TRAINING, CONTINUED

### Flexibility

Any proper training program involves sessions whereby the muscles used by the athlete in that competition are stressed to their capacity. In cycling, unlike rowing, racket sports, and even running, the legs must take on most of the work load. An intense workout causes the muscles to experience a relative decrease in oxygen, nutritional depletion, and some fiber breakdown. The body reacts to this by a compensatory process whereby an increased number of capillaries are formed to carry more oxygen and more muscle fibers are made in each muscle cell, and more food is stored. This whole process takes about 36 hours, which is why you need to alternate easy workouts with intense workouts to give the body a change to go through this compensatory mechanism. The end result will be stronger muscles capable of taking on greater aerobic loads. However, the 36 hour estimate is merely a guideline, and the recovery for each individual will vary as to age, intensity of previous workout, and present level of conditioning. To correctly monitor, then, how we should space our intense workouts, we need to ask our body for its feedback, and the way it tells us is by the degree and pattern of pain. Grading your pain will provide a guide to treatment.

| <u>Grade</u> | <u>Pain Pattern</u>  | <u>Treatment</u>  |
|--------------|--|---|
| 1            | Pain after workout   | Better stretching and warmup and cool-down                  |
| 2            | Pain before and after workout; performance during workout unchanged. | Decrease intensity and/or duration                          |
| 3            | Pain throughout workout; performance during workout compromised      | Decrease frequency of workouts and limited rest             |
| 4            | Pain is severe; workout is prohibited                                | Extended rest; with an aerobic alternative (e.g. swimming). |

Most of us have had Grade 1 and 2 pain before. If Grade 3 or 4 pain persists beyond two weeks, see an orthopedist. Much of it could be avoided if we observed the important parameter of FLEXIBILITY. It is equally as important as SPEED, STRENGTH, & ENDURANCE. When we exercise our legs, they undergo a relative ischemia (lack of oxygen) which causes a release of a "p-substance" which causes the sensation of pain which causes muscle contraction, which causes less oxygen to come into the legs, which causes more release of "p-substance" which causes more pain and so on the cycle goes. This cycle begins 12 to 24 hours after we exercise. Our legs feel sore, stiff, and heavy. The way to break this cycle is to spend at least ten minutes performing static stretch exercises which lengthens the muscles and allows more oxygen to the area. This practice will not only prevent this pain but will allow longer, intense workouts by preventing muscle cramping during the training period.

First of all, most of you probably remember those toe touches you did in grammar school to a record of Jack LaLane and his German shepherd. This caused tugging at the muscles, pain, and resulted in tighter muscles. This is known as ballistic stretching and has fallen in disrepute.

What is now being advocated is static stretching which means slowly assuming a posture of stretching your muscle groups, stopping short of where it is painful. This position is held, and after about ten seconds, you will find that you can move even so slightly more without experiencing pain. You keep on advancing your posture in this way short of the pain threshold for a total of about 30 seconds. A circuit of stretching postures is done (as illustrated below) and repeated three times. Remember, don't stretch to the point of pain, this will only cause your already tight muscles to tighten more. This should be enjoyable; easy. Those of you who have been practicing Hatha Yoga are already ahead in this game.

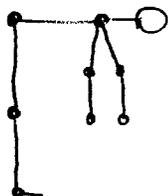
After you do three circuits of the stretching exercises illustrated below, proceed with the second stage of stretching which involves ten minutes of riding your bike easily (warm-up) before starting your training program of the day. Remember, stretch before every workout. THE STRONGER YOU BECOME AND THE FITTER YOU ARE, THE LONGER YOU NEED TO STRETCH AS CONDITIONED MUSCLES BECOME SHORTER. Muhammed Ali spends 45 minutes stretching before training, so you can spend at least ten minutes.

Happy training,

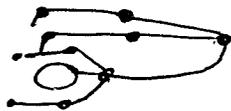
Ron Rae, M.D.

## STRETCHING EXERCISES

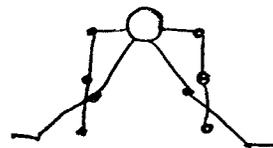
Toe Touch  
Buttocks  
Hamstrings  
Calfs



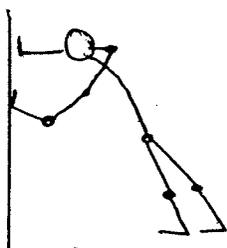
Plow  
Low Back  
Buttocks  
Hamstrings  
Calfs



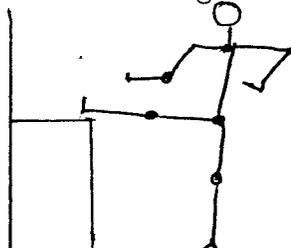
Japanese Split  
Groin Muscles



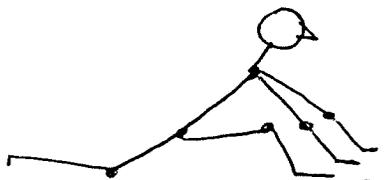
Wall Push-up  
Calf Muscles



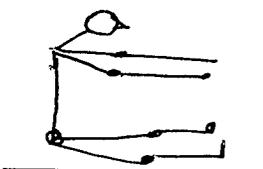
Inside Upper Leg  
Alternate Right & Left Legs



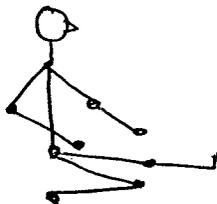
Stride  
Thigh Muscles  
Alternate Right & Left Legs



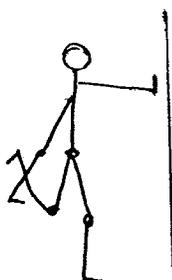
Sitting Toe Touch  
Hamstrings  
Calf Muscles



Hurdler's Stretch  
(Sitting Leg Tuck)  
Thigh Muscles  
Alternate Right and Left Legs



Opposite Hand/Foot Leg Fold  
Thigh Muscles  
Alternate Right and Left Legs



### Newsletter News

Deadline for the March 1980 issue is February 29. Doesn't anyone out there have any stories, hints or tips for us all? If it weren't for Messers Montgomery and Rae, the newsletter would have been pretty thin this month. Come on all you aspiring authors, now is your chance!

### LAST CHANCE DEPARTMENT

The Butler says he is tired of all this messing around! The February issue of the newsletter is absolutely the last you will ever receive if you have not sent in your 1980 dues. So get busy and send your checks to Mike Butler. His new address is 636 Houston Avenue, #106, Takoma Park, Maryland 20012.

### START PLANNING ....

Bobby Phillips says that the Chesapeake Wheelmen plan an evening series during the Summer at Druid Hill or Poly West in Baltimore.

COMING UP - THE 1966  
AND YOUR MOST SUCCESSFUL SEASON YET

With a little preparation on your part and a little help from your friends, you can look forward to the best yet. Now is the appropriate time to lay your foundation for a championship season. We will need mental, physical, and equipment preparation. The mental attitude is by far the most important now and throughout the season.

Mental Preparation: Set Your Sights

In order to have a successful season, you have to set a goal against which to measure your performance. So, first set a specific, measurable and realistic goal. Next, make it public. At least everyone on the team should know each other's season goals. This helps identify conflicts and gives teammates, coaches and club members a chance to help you reach that goal. Pardon my prejudice, but I recommend that you sit down with the coach and seriously discuss your goal and the steps required to attain it.

Mental Preparation: Believe It

Next you should prepare and ride as if you have been given a window into the future and seen your goal reached. This is not some trivial bit of "uh-huh, sure" advice. You need to ride as if you are the one rider which everyone wants to beat and yet there is nothing that they can do to stop you from winning. Think through how you will win, how you would have to train, how you would have won the other riders' support, how you would have gotten the necessary equipment. I recommend starting at the achievement of your goal and working backward, rather than taking it one step at a time. From here; for instance, realizing now that placing in the Nationals this year requires air fare to Arizona and the necessary time off is a more practical first step than worrying about how you will win the states. You may win the states, but be unprepared for the training and expenses before the Nationals. Just remember that there is a far greater difference in mental attitudes among riders than there is in physical ability. I am firmly convinced that even as talented as Bobby Phillips is, that he places consistently because he believes that Bobby Phillips can win.

Physical Preparation

Before the season starts, which may be April or May or even June for you, you should have built the necessary broad base of general conditioning through a three month program of weight training and flexibility exercises. This strength should be refined by a three to four week period on a 60 to 70 inch fixed gear. This helps you lose excess weight, develop your spin and establish your position on the bike. During this pre-season and during the regular racing season you need to identify and concentrate on both your strength and your weakness. By developing your strongest asset and minimizing your biggest weakness, you will get the most out of your training.

Equipment Preparation

Perhaps for very practical reasons, like no money, the area in which riders are most unprepared for a successful season is in getting their equipment ready for the next season. Most of us need to:

Completely overhaul the bike, including repacking the bottom bracket, repacking the headset, repacking the pedal bearings, replacing worn or rusted cables, disassembling and cleaning brakes and derailleurs and replacing the chain.

Build another set of wheels. I have always believed in having a set on which to train and two sets on which to race.

Buy all the next season's tires. In general, tires one to three years old will last much longer than brand new ones. Any serious racer needs at least five good racing tires to get through the next season; among these should be a set of cotton tires with good tread for racing under wet conditions.

Buy more shorts (who has enough?). A minimum of three pairs of cycling shorts is a practical necessity. But don't forget jerseys and a pair of cycling shoes which will last all through next season. I do not recommend changing shoes in midseason!

The penalty for not getting your equipment ready may be delays in early season training, equipment failure when it really hurts, or only interruptions in training, but they can all seriously detract from your best possible season.

Put It All Together

Now that is where it's at. The rider who can set his sights, believe in himself, be physically prepared and not limited by his equipment, will be far and away ahead of the pack. Finally, don't forget the little help from your friends. Teamwork not only wins races, but training together produces more speed. Believe it!

# COLLEGE PARK BICYCLES



LARRY BLACK

4360 KNOX ROAD, COLLEGE PARK, MARYLAND

864-2211

## WINTER CLOTHING SALE Special Prices to NCVC Members

All of the following in stock: Arm Warmers, Leg Warmers, Tights with and without Chamois, Knit Caps, Warm-Up Suits, and Long Sleeved Jerseys.

Winter Training Equipment: Track Hubs, Cogs, Training Tires, Fenders, Lights, Rollers, Ergometers, and other fitness aids at special prices.

## TIME TRIALS IN MARCH

The March series of Sunday morning time trials is coming up. They will be held every Sunday in March at Lock 6 on the Maryland side of the George Washington Parkway. Registration is at 8:00 a.m. and first rider will be off between 8:30 and 9:00 a.m. For information contact Alan Rashid at 229-0346.

## BICYCLE ERGOMETER TESTING

If you care to see what kind of shape you are in, or, if you would like to know what kind of sprint potential you have, join us on February 12 or February 26 at Jim Montgomery's house between 7 and 9 p.m. for a club testing night. Suds supplied to all, afterwards.

Jim

## ROLLER RACES

Larry Black announces that he now has the new four place rollers for which he has been waiting. Roller races therefore resume on Fridays at College Park Bicycles. Larry points out that these races will give you a good opportunity to get in shape for the Mid Atlantic Roller Championships on March 1, 1980.

## MID-ATLANTIC ROLLER CHAMPIONSHIPS

The Columbia Wheelmen will hold a USCF sanctioned roller race at Columbia Mall on March 1, 1980 from noon to seven p.m. Prizes will be \$300 in merchandise. Call (301) 992-7152 for further information.

## OFFICIATING CLINIC

Artie Greenberg will conduct a clinic for would-be officials on Saturday February 22, 1980. Contact Larry Black for details.

## CLASSIFIED ADS

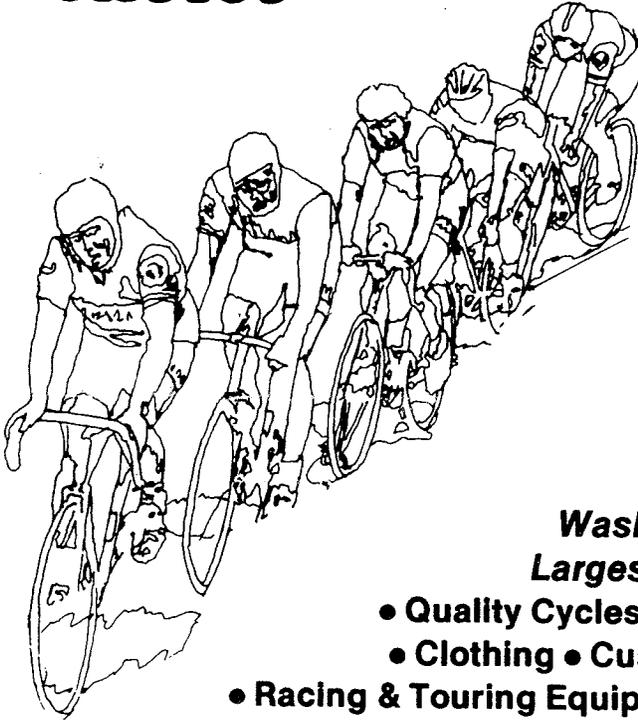
For Sale: 21" Peugeot Track Bike, complete, without tires. \$350. Call Gerry Goetz at 780-7605 after 4:30.

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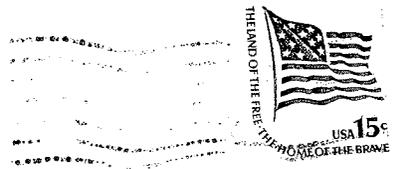
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