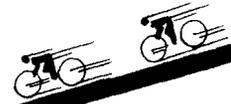


January 1981 Vol.1 No.1

VELOVOICE



A Journal of Bicycle Racing in the Nation's Capital

RIDERS CLINIC

U.S.C.F. RIDERS CLINIC TO BE HELD HERE JANUARY 3 & 4

The National Capital Velo Club will host a United States Cycling Federation Riders Clinic on January 3 & 4, 1981. The Clinic will feature Jim Grill as principle instructor. Grill, a National Coach, has served as Manager and Coach for Olympic, Pan-Am, National and World Teams for a

number of years. A second unconfirmed instructor will accompany Grill.

The Clinic will cover areas of training, tactics, conditioning, teamwork, strategy, hygiene, diet, position, and much more. It should also serve as an early-season incentive and inspiration for all those riders wishing to improve in '81.



NEWS FLASH

The un-announced co-instructor of the clinic will be none other than Mike Fraysee, U.S.C.F. President who helped this past year to coach Beth Heiden and Sue Novarra to their World Championships in France and who has a list of contributions and accomplishments to the sport of cycling unequalled by few. We are certain his visit will be both informative and entertaining. Dont miss it!

Geared to riders of all levels of ability, with emphasis on developing racers, the clinic is a must for all. Participants are encouraged to bring their bicycles for position analysis and to compete in Roller Races to be held at the conclusion of the first session. The top rider in this event will win a \$25 USCF License and a case of liquid refreshment.

DATE: January 3-4. Saturday & Sunday
PLACE: Sligo Jr. High, Silver Spring
Take Beltway (I-495) to Georgia Avenue. North ½ mile to Dennis. Right ½ mile to school on left. 1401 Dennis Avenue.

TIME: 9:30 AM to 5 PM Both Days.
FEE: \$30 for both days, pay at door

(it is recommended that participants bring a bag lunch)

Further Details: Pete Swan 649-4841
or 695-1564 or Larry Black 864-2211
or 277-2555.

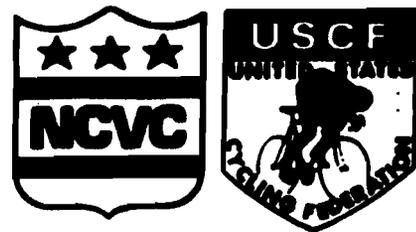
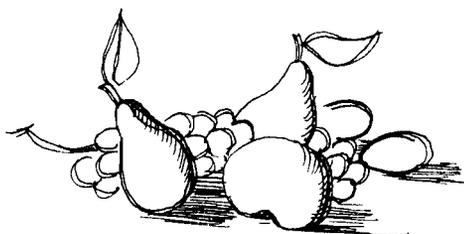
1980 NCVC AWARDS BANQUET DRAWS A CROWD

Over 100 of NCVC's finest gathered on November 15th to celebrate the Club's banner year and pay tribute to those individuals who made it happen. After several trips to Chef Lawrence de Negre's 'Horn of Plenty' and a few racing flicks for a little post-season inspiration, the Awards Committee put the icing on the cake with a long list of trophies and placques.

After many well deserved service and performance awards, a thunderous standing ovation greeted double National Champion Jim Montgomery as he received the NCVC 'Rider of the Year' Trophy. The ever-humble 'Montgomery Railroad' flashed his famous porpoise grin and accepted the award by paying tribute to the support he received from his family and teammates in his quest for the holy grail of U.S. Cycling.

A complete list of the Awards follows:

Rider of the Year: Jim Montgomery
Outstanding Performance: Jerry Nugent
Chris Cressy
Rookie of the Year: Rick Schuette
Diamond in the Rough: Cynthia Paul
Steady Rider; Ed Cottrell, Mary Pelz
Martha Rainey, Reeves Taylor
Colin Clark, Tim Noakes,
David Pedersen.
Promoteur Extraordinaire: Pete Swan
Outstanding Community and Sport Service:
Danny Wagner, Mel Pinto, Ken Gyory
Service Award: Mary Noakes, Linda Black,
Esther Pedersen, Harley Sheffield,
Pete Stevens, Sr., Al Rashid,
Dr. Ron Rae, Paul Lenz, Jim Mullen,
Ben & Emma Williams, Mike & Sarah
Casseday, Grahame & Carol Reffell
Rita Howard-Montgomery Rec eation.
Bent Wheel: Toussant McRae, Ron Rae
Life Membership: Mike Butler, Larry Black



VELOVOICE

is the monthly newsletter of NCVC, Inc., a non-profit educational and service organization supported by memberships, program fees and contributions. A subscription to Velo Voice is included with NCVC membership. Bike Shop & Newstand price is 25¢.

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Alan Rashid (229-0346)
Virginia Rider Rep.:
Ed Cottrell (476-4716)
Team Coach:
Jim Montgomery (471-7656)

STAFF

Acting Newsletter Editor: Larry Black
Contributing Staff: Jim Montgomery
Mike Butler
Ed Cottrell
Graphics: STUDIO GRAPHICS
Linda S. Craven (artist)

RAMBLIN WITH THE BIG WHEELIE

by Mike Butler

Ken Gyory is the very best district rep I've experienced. Ken enjoys being the Maryland-Delaware Rep but is disturbed by the age-old problem - no help. Two states and six clubs and he still has to do it all. Like everyone else, he would like to enjoy a bit of racing himself, and more important enjoy his family. Remember, this is not a paid job - the work is for the love of the sport. I've gone out on a limb by telling him that NCVC will come to his rescue in the district championships in supplying road marshalls and officials if he stays on as district rep. It's not too much to ask of parents, friends, and race fans not competing in these events. We have a good thing going - lets support it and not blow it!

People are still wondering why Mike Butler lost in his bid for the president, returning the club to Black power. Well, I must say the scandalous article appearing in the Newsletter alleging that I'm thinking of turning pro and milking NCVC contributed, also the voter turnout was poor once those who turned out asked the question, "Who's Mike Butler?" The dependable minority vote needed to carry me over the hump did not show, so now like Mohammed Ali I lost in my bid for the fourth time. Seriously, though, the club's success depends on all of us doing our part regardless of title, so in 1981 instead of complaining to each other, steer your gripes to your club officers with an idea of a solution and remember Executive Committee meetings are open to all members and you have representatives on the Executive Committee by area, so put Mr. Cottrell and Mr. Rashid to Work.

I am very happy to be a life member of NCVC and have Danny Wagner to thank for getting me involved in the running of races for the club back in '74 when I was his understudy for spring Rock Creek.

I also have to thank Sterling Pease for nominating me for vice-president 'in 1975 and thus introducing me to the running of the club. As club president for three years and race promoter for 6 years I have a lot of people to thank for making both jobs enjoyable.....I must also thank all the clubs members of the last 7 or so years for making my membership in NCVC an enjoyable one.

con't p.4

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Silver Spring

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WHEELIE cont.

Fred Kelley and Julie Paul are two people I know of whom wish the season would never end. They were the two most psyched racers I've known in a long time. It finally paid off in N.Y. City on Nov. 20th when Fred "the Beast" won the Senior III-IV race going away riding his newly home-made "F.K.S.".....Julie Paul riding high on her record-breaking ride in Rock Creek, placed 2nd in the womens event. Watch for these two in 1981. Both compete in other sports all year and are for team racing, making them valuable assets for NCVC.....

Did you see our Tommy Prehn in the new TV show "Breaking Away"? How about the win - who needs a follow van with spares?..... Do you know what's really disturbing??? On Nov. 25th I actually saw a member of our club hot dogging it down University Blvd. at 10 PM Chasing a car doing about 30, dressed in black....Please! People use your smarts. Go home and motor pace on your rollers or at least in the daylight.....Well, folk, here's hoping you and yours have a happy and enjoyable holiday season and a successful and winning 1981.

Cheers, Mike

P.S. It's in the constitution - a Late fee of \$5 if you do not renew by Jan. 15. Officers and Hot Shots should send in applications to get a newsletter. Hot Shots fees are also \$10 dues and \$5 if late. Dont wait until the NCO to join.

ROLLER RACES

Will be held every Sunday evening at 6:30 PM at College Park Bicycles through the end of January. A good chance to develop some speed, rap with other riders, maybe get some inspiration for the coming year. Also, we'd like to get some club members ready for the mid-Atlantic and other roller championships so we can blow the sprockets off the competition by the end of the winter. Some of our club members in Annapolis are planning a big roller race at the new Mall in the Capital City so keep your eyes on the Voice for details.

Renew your membership NOW!

This will be the LAST Newsletter mailed to those who have not yet renewed their membership to NCVC for 1981. And, according to our constitution, those members who do not renew by January, a late fee of \$5 will be required in addition to the regular dues in order to join for the coming year. DONT DELAY, RENEW TODAY!

RIDE & RACE Schedule

GREENBELT PARK EVENING SERIES-SEPTEMBER

<u>A - Class</u>	points	prize
1. Larry Black	21	\$ 15
2. David Edinburg	11	12
3. Bob Fisher	7	9
4. Kevin Lee	5	7
5. Mike Bangham	3	6
<u>B - Class</u>		
1. Larry Wright	10	12
2. Andy Perrone	7	6.75
2. Scott Rodenhuis	7	6.75
2. George Wilson	7	6.75
2. Joel Gallun	7	6.75
<u>C - Class</u>		
1. Dale Cannon	7	8
1. Andy Moore	7	8
1. Jim Cowell	7	8
2. Charles Apperson	6	4
3. Chip Melvin	5	4
<u>D - Class</u>		
1. Jeff Simpson	17	8*
2. Richard Groome	13	6
3. Larry Noel	9	5
4. Rich Flanagan	7	4
5. Mike Coplan	6	3

Prize Values are towards merchandise at College Park Bicycles and expire Jan. 31. Be sure to thank the staff members.

*D-class winner may receive a USCF license in place of merchandise prize.

A VERY SPECIAL THANKS to Mike Casseday and Ken McCormick for a fine promotion of this series. And let us not forget the cooperation of Park Ranger RON CRAWFORD and his staff without whom we could not have had such a success.

National Capital Velo Club, Inc.

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

MEMBERSHIP FOR 1981

N.C.V.C. is proud to be one of the largest bicycle racing clubs in the United States. Our purpose is to promote the sport on a local and national level. In 1978, N.C.V.C. was the host club for the Junior World Championship Road Race and Time Trial, and we are currently bidding for the 1981 National Time Trial Championships.

N.C.V.C. promotes club and open racing throughout the year to include: January - Roller Races; February - Low Gear Criterium Series; March - Time Trial Series; April - Road Race Series; May to September - Open Criterium Series; October - Road Race Series; November/December - Roller Races. N.C.V.C. also promotes a winter Training Clinic, and the finest race on the East Coast - The National Capital Open - National Prestige Classic.

The N.C.V.C. 1980 season produced a double National Champion and a bronze medal in the Veterans and Masters U.S.C.F. categories. In 1981, we anticipate a very successful season in which the Club's coaches will be working hard to encourage racing as a team, something not yet developed in the United States.

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National Capital Velo Club, Inc.

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



NATIONAL CAPITAL VELO CLUB 1981 MEMBERSHIP APPLICATION

New Regular (\$10.00) Associate (\$10.00) (May participate in all Club activities to the extent allowed in U.S.C.F. rules, but may not represent the Club in U.S.C.F. open races)
 Renewal Family (\$15.00)

(Please Print)

NAME _____ TELEPHONE () _____
ADDRESS _____
USCF LICENSE # _____ CLASS _____ CATEGORY _____ BIRTHDATE _____
USCF OFFICIALS LICENSE # _____ CATEGORY _____
OTHER BICYCLING AFFILIATION _____

I recognize that I may be called upon to assist with Club activities and am willing to help in the following areas:

Road Guard Race Officiating Race Promoting Telephoning Aid With Newsletter
 Organize Club Rides Provide Transportation To Races Provide Housing For Riders

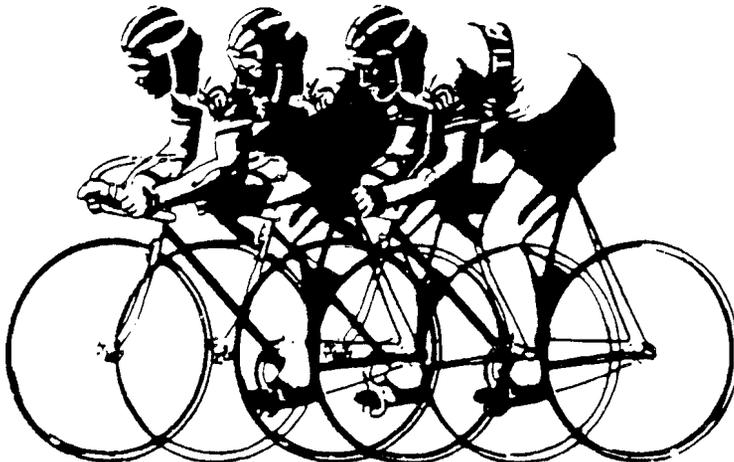
In consideration of the acceptance of my application for membership, I hereby agree to abide by the Constitution and By-Laws of the National Capital Velo Club, Inc., and hereby waive, release, and forever discharge any and all rights and claims for personal injury or property damage I may have against said club or any of its officers, while participating in any activity sponsored by said Club.

SIGNATURE _____ DATE _____
SIGNATURE OF PARENT OR LEGAL GUARDIAN _____

MAKE CHECK PAYABLE TO N.C.V.C., INC. AND MAIL APPLICATION WITH PROPER FEES TO:

N.C.V.C. MEMBERSHIP CHAIRMAN:

PAUL DIDIER
POTOMAC FARMS
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COLLEGE PARK BICYCLES



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LARRY BLACK

ERGOMETERS and EXERCISERS

LAST CHANCE to buy the TUNTURI ERGOMETER at the low, low price to NCVC members of \$ 329. It will go up in mid-January.

MONTHLY SPECIAL

Cycle Pro (panasonic) 270g Tubulars
Reg. \$20 now only \$16 or 2/\$29.95

NEW and IN STOCK

BARUM tubulars from Czechoslovakia
Midget rims, tires, wheels, bikes.
24" Alloy clinchers with light tires.

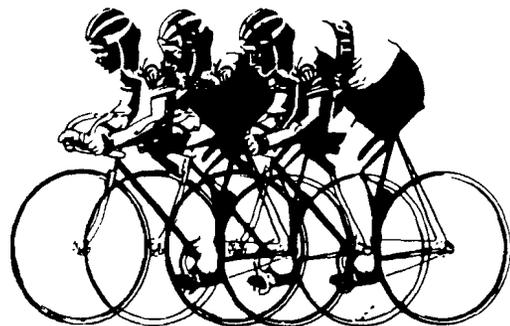
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both whisper-quiet Aluminum or PVC, as
well as other brands.

WINTER

More Winter Items in Stock - New Shipment
Long sleeve jerseys, training tops,
Shoe covers, toe clip covers, jackets
Training Track Bikes, fixed-gear hubs
and cogs, Wool warmup suits, team tights
winter gloves and Hats.

BE ALERT
BE VISIBLE
BE LEGAL



COLLEGE PARK BICYCLES



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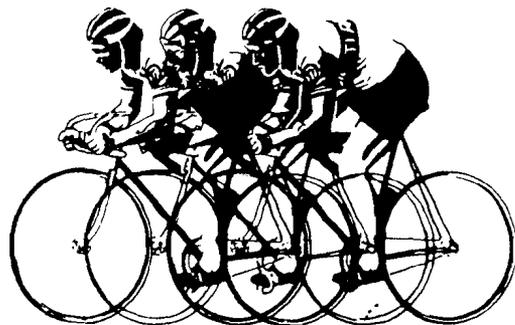
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ERGOMETER WORKOUTS

by Ed Cottrell

This is the latest in a series of ergometer workouts designed to improve different aspects of each rider. Last month I outlined a general winter training workout designed to improve strength as well as maintain cardiovascular fitness. Just as any training program must be dynamic and progressive, the types of workouts one should be performing as the winter proceeds into spring should also change. It is still too early to think of improving recovery or working on sprints. Rather, this time is better spent improving strength and maintaining heart and lung fitness. In addition, however, one can also improve anaerobic threshold, or the steady state of work point at which the rider kicks over into anaerobic work which cannot be maintained for any significant period of time. (I'm told that this is the brink on which a good time trialist teters.) Anaerobic threshold is not directly related to VO_2 level.

Although you cannot alter your VO_2 level significantly, you can through training. Raise the level of work you can perform before your system is forced to work anaerobically. The following ergometer workouts can also be performed on an alternating basis during the winter months in order to push back the point at which you make this transition.

Eddie B's threshold work is as follows: Warm up 5 minutes at 2.5 KPM Setting, 90 RPM is the constant cadence. Increase the resistance to 7, 8, or 9 KPM or whatever level you can just maintain for 3 minutes at 90 RPM. At the end of this work phase the Rider lowers the resistance to 2.5 KPM While maintaining 90 RPM. Repeat this work interval from 3 to 6 times. Once able to ride 6 intervals at the designated work level, the resistance is again increased and the number of repetitions lowered.

Ed Burke describes two workouts designed to improve anaerobic threshold. In the first he says to do 4-6 repetitions of 2-3 minute intervals with rest periods of 4 minutes between each. He designates no

RPM level. Burke's second workout instructs the rider to set the cadence to remain constant at 90 RPM and to adjust the resistance to allow the rider to be able to just maintain a constant cadence for a continuous hour. Naturally it takes some trial and error to determine the proper setting. Done correctly, this exercise is the most exhausting and should not be any fun!

Again, the settings mentioned in the above paragraphs are for the older style Tunturi Ergometer. Last month I explained how to adjust them to the newer Tunturi, but I now find that those figures were inaccurate. The following table shows the old Tunturi number on the far left, with the new figures on the far right:

KPM	WATTS	HP	NM
4	157	.12	19
5	196	.15	23
6	235	.18	28
7	275	.21	33
8	314	.24	37
9	353	.26	42
10	392	.29	47

DEADLINE FOR TEAM APPLICATION

by Jim Montgomery

The initial A and B teams will be formally named as of January 15, 1981. By this time you must have submitted your team application to Jim Montgomery and have paid your 1981 club dues. As of December 1, 1980 the following members had submitted applications and were qualified for the A team:

Jim Montgomery	Colin Clark
Jerry Nugent	Mary Pelz
Ed Cottrell	Martha Rainey
Reeves Taylor	David Pederson

Note that there are 7 positions left on the A Team.

CROSS-COUNTRY SKIING

by Julie Paul

It's again wintertime and depressing thoughts of rollers and ergometers occupy our minds' recesses. But let me relieve that 'training' pressure syndrome by suggesting an alternative- Cross Country Skiing.

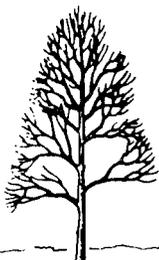
I was a cross country ski racer for many, many years before I started cycling as a dryland training alternative. However, after a couple of years my love for cycling began to take over, especially since I could race bicycles almost 10 months out of the year. Through in-depth physiological testing, cycling and x-c skiing were found to be compatible in terms of the muscle groups used. Especially exercised are the quadriceps (vastus lateralis), used in standing on the pedals, the groin muscles, and the anterior tibialis (front lower leg muscle), used when in the kick phase of skiing. Since the recent development on the faster fibreglass skis, racers are finding 25-30% of their forward momentum to be from the arms and back, as demonstrated by the amount of double-pole being used almost exclusively on level terrain. This exercises the latissimus muscles, deltoids, trapezius, and the majority of the arm muscles group. I have found that both the double pole and diagonal stride adds great strength and muscle tone to my lower back and stomach, so when I return to the bike, I have no lower back pain.

Another off-shoot of X-C to cycling is the tuck position used on the downhills. This position, when executed properly, cramps lung ventilation and enlargement even more than the bike racer on the drops. This is excellent training for the bike racer to become accustomed to breathing in a cramped position.

Cross-Country Skiing is an extreme cardiovascular sport as well. Tests have shown that when running at 6m/hr, you burn 10 cal/min., as compared to X-C at the same speed and terrain, which burns 17 cal/min. So, it is even a better off-season training exercise than jogging and will give you more exercise at any level of ability, as well as a lot of fun.

I feel that it is a good idea to prepare some muscles for X-C. The most specific exercise is rolle -skiing, but in the same weather conditions, cyclists would rather ride. So, you must be content to do stretching exercises for the groin area before and after skiing. The only other area you can strengthen is that of the particular muscles used for poling. For these, you can use 'Putney armbands', your old, wornout inner tubes can be tied together and looped around a tree. You pull on each end as if you were poling, and these will strengthen those muscles. I use an Exer-Genie, a cylinder that has a rope running through it with adjustable tension. This is placed in a doorway and pulled for 30 minutes. (now, see why I can ride rollers for an hour, Larry?)

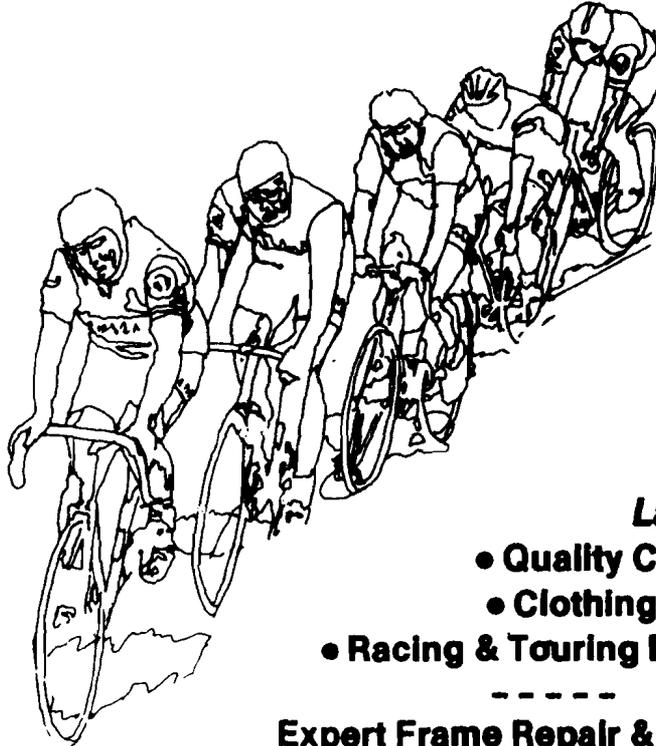
Skiing is a super way to be outdoors, exercising, and best of all it adds a needed change of pace to bicycle training. Also, the clean blanket of snow hides all of the glass and litter that bikies have to deal with when riding. I'm now the director of the ski touring school at the Viking Ski Touring Centre in Londonderry, Vermont. If you get a chance to vacation in New England this winter, please drop by and ski with me!



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Central Park, N.Y. Turkey Races
November 23
Womens 23 Mile
1. Elizabeth Davis, NJBC
2. Julie Paul, N.C.V.C.

NCVC ROLLER RACES DEC. 8
1000 m. Sprints
1. L. Black 37.2 sec.
2. Reno Rashid 40.0
3. Ken McCormick 42.0
4. Jim Patton 42.4
5. Ron Rae 43.0
6. Mike Kennedy 43.4

Roller Races, Dec. 15
1. L. Black 37.4
2. Reno Rashid 39.5
3. Jim Patton 40.0
4. Jerry Nugent 41.2
5. David James 45.2

...In the next issue

With this issue, the old NCVC Newsletter becomes the VELO VOICE. After reviewing several alternatives and ideas, the editorial staff finally decided on the new name submitted by Mary Pelz, who wins a one-year membership for her effort. We have a new format, new masthead, new columns, and more. All at the same old price.

There are a few simple rules and we would appreciate your cooperation. All material for publication must be legibly printed or typed, and in the hands of the editor by the 15th of the month preceding the issue. We can also accept photographs or artwork. All materials become the property of the Voice unless a stamped, self-addressed envelope is included for return. The Voice should reach members by the first of each month.

Some other departments you'll find in the

Velo Voice will be LETTERS TO THE EDITOR, INTERVIEWS, NCVC HISTORY & TRIVIA, BIRTHDAYS & ANNIVERSARIES, and MORE!! So feel free to send whatever you would like considered for publication.

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