

Jewish Community Center of Northern Virginia CYCLING CLUB



February 2012

Upcoming Cycle Events and Information!



June 3, 1012

8:00 am

Location: Fairfax Corner
Monument Drive, Fairfax

Mileage:

64 - Advanced

30 - Intermediate

15 - Beginner

Contact Paula Cole at
PaulaC@jccnv.org
www.active.com

Are you thinking about
riding more this summer?
Got a big bike trip planned?
Want to participate in the



The Jewish Community Center of Northern Virginia
Cycling Club is putting together a riding club for
advanced riders.

Rides will range from 30 to 60 miles.
For more information, contact [Paula Cole](#).

Club Corner... Meet Our Member of the Month

JCCNV 64 mile Cycle Fest event?

Partner with Kasha Williamson, Ironman, National Capital Velo Club/United Healthcare Women's Team Member, JCCNV Instructor and Personal Trainer

What you get:

- Customized training plan (12-week plan from trainingpeaks.com)
Strength training with weights (cycling specific)
- Core and lower back strengthening
- Stretches for increased flexibility and comfort on the bike
- Cardiovascular endurance (anaerobic threshold and aerobic work)

Get all of your cycling questions answered, like...

- Why do I get tired after a couple of hours on the bike?
- What/when/how should I be eating while cycling? Before and after riding nutrition?
- Do I really need padded shorts? Bike



Kasha Williamson

I'll admit it: I was a runner. Until, one day after 18 years of a lot of running, I met a wonderful man who introduced me to triathlons. So, I got on a bike. Wow! While I had cycled competitively for one season in high school, I had not been on a bike since college. Let me give you my Top 6 reasons why I love cycling.

1. See a lot in a shorter time period - let's face it, running takes a lot longer to cover miles.
2. Burn calories - I really like to eat.
3. Aerobic benefits without the body pounding/joint demands (non weight-bearing, too!)
4. Fun group exercise - lots of bonding with pals.
5. Another excuse to eat - stop for a snack, coffee, or even a pizza, and get back on the bike and ride.
6. Shopping - this is a sport that is fun to shop for (everyone needs a bike upgrade every few years, right?)

Since cycling is the longest event in the swim, bike, and run race of triathlons, it is the one that I spend the most time training for. As an Ironman competitor, I typically spend between 13-20 hours/week on the bike; some of which include time leading our [great spinning classes](#) at the JCCNV. I have come to love cycling so much, that I tried out for and made a women's racing team. I am looking forward to racing this spring and summer. My current tri race line-up includes Kinetic Half Ironman (Virginia), which will be my warm-up race for the season; Eagleman Half Ironman (Maryland) - my "A" race since this is a qualifier for Ironman World Championships in Hawaii; Savageman Half Ironman (Maryland); and hopefully at tri to Hawaii for Worlds

jersey? Clip-in shoes? Sunglasses?

- Bike basics - what should I do if I get a flat? Chain falls?
- What should I have in my tool kit/saddle bag?

Join in for personal training in an intimate group setting of 2-4 persons, once a week for one hour. Yes, there will be homework.

Training package fees:

2 people \$975

3 people \$1200

4 people \$1450

Contact [Paula Cole](#) for more details and registration.

in October. As a fun challenge, my husband and I are riding from Fairfax to Naples, Florida in August. 1,200 miles in 10 days - should be a good challenge!

Enough about me ... a few things of note for you cyclists, spinners and hopefuls reading this. Other than time in the saddle, critical to your fitness is strength training (yes, lifting weights, and especially important for the ladies), recovery time/days, stretching (after your workout) and good nutrition. I have not missed a single week of weight training since high school (and I have a sophomore in high school) - it's just that important.

Warm weather is just around the corner, so if you haven't been on the bike since last fall, or if you haven't been off the couch since then, come and spin. I recommend padded cycling shorts, water bottle or two (typically need about 20 ounces per class), and cycling shoes with SPD cleats (the shoes make a world of difference - it's worth the investment).

Bike Tip

Love Your chain...

THE MISTAKE: Many students come to their first class with dried-out chains chirping like birds. Then there was the guy whose rear rim, frame and even brake pads were splattered with lube. He cleaned and reapplied lubrication perfectly on schedule, but never wiped his chain down afterward, causing the lube to coat most of his bike.

THE FIX: A poorly lubed chain has a shorter life span and diminishes the bike's performance, so oil it about every 100 miles or whenever your bike gets wet. For every minute you spend greasing it, spend two holding a rag lightly against both sideplates of the links as you spin the chain backward. Excess oil attracts dirt, and over time that dirt will work its way to the moving parts inside

leaving you with a gritty mess that creates almost as much damage as no lube at all. With proper care, your chain should last 1,500 to 2,000 miles.



Jewish Community Center
of Northern Virginia

