



## February 2009 Bulletin

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### Prez Sez

Well, here we are again. It's February. . . and it's cold, really cold! What's a roadie to do? Of course, the New York Cycle Club has the answer! As always, we've got some of the most exciting and popular ways to get you into peak riding condition for the upcoming season.

We call 'em SIGs and STSs. SIG, you ask? STS? What's that? They're just fancy acronyms for our upcoming spring line-up.

The **SIG (Special Interest Group)** is a progressive series of rides for riders of all levels, from A to C, and everything in between. Some of the best leaders in the club will help you develop technique and skills that will have you in excellent condition and with exemplary group skills by this May. You'll make new friends and discover (or rediscover) some of the best routes in the club library.

And the **STS (Spring Training Series)?** For those who have completed the SIG, or others who want a series of rides to get into the highest fitness levels for this year, a group of the most dedicated and experienced leaders in the NYCC are waiting to take you on some of the prettiest and challenging rides in the New York metro area.

To kick this all off, the **February 10th club meeting** is dedicated to the 2009 SIG and STS programs. Come down and meet some of the leaders. Have questions about the programs? This group has the answers. And if they don't, they'll challenge you to find the answers, with them, this spring, on the road!

Even though February is the shortest month in the calendar, in addition to the SIG and STS extravaganza, we also have the Volunteer Recognition Party. Did you lead a ride in 2008? Assist with the best ever Escape New York? Volunteer in some other capacity? Then I expect to see you on February 25th at the party! It's the NYCC's way of saying "Thank you!" to all of those members who have made a voluntary contribution of their time this past year. It's guaranteed to be fun!

Stay warm, stay well and safe, and I'll see you on the road.

--George Arcarola

### Who's In Your Club

**Catching up with Rich McCauley**

### Submit!

Have you a hankering to express yourself in prose? Do you have a wealth of information to share with the NYCC membership? Have you just returned from some far-flung spot and wish to tell everyone about it? Submit! Submit!

**How many bikes?**

My first bike was a TREK 2000. My second bike is an Orbea Orca.

**What is your favorite pre-ride breakfast?**

My pre-ride breakfast is usually an egg on a roll, with juice and coffee at the Boathouse with my friend, Charlie Wagner. The breakfast is really good when Charlie pays.

**What is your favorite ride destination?**

I like riding to Spring Lake and the Allair State Park area of the Jersey Shore as well as the east end of Long Island, both forks.

**What's the last book you read?**

I'm not much of a book reader. I like looking at the papers, and a few magazines, including The New Yorker, Time and bike-related magazines.

**What do you do when you're not cycling?**

When not on the bike I maintain real estate on the east end of Long Island and in Nassau County.

**Featured Article****Expert David Jordan Prescribes Winter Training for a Better Summer**

**By Grace Lichtenstein**

David Jordan, an NYCC member, certified personal trainer and spinning instructor delivered a remarkably detailed prescription for winter training in his talk at the club's January meeting. Here's a brief synopsis of his lecture:

The three parts of winter training are outdoor riding, indoor riding and weight training, according to David, who was a BMX competitor as a youngster.

For outdoors, the key element is LSD, or Long Slow Distance training -- also referred to as base training. "It's a great time to figure out how to maintain a steady state temperature" by experimenting with various clothing layers, he said. Winter is also when you want to pay attention to keeping RPMs high, which means concentrating on pedal stroke, not on distance, especially in cold weather. Low intensity/high RPM pedal strokes, in turn, allow you to focus on efficient breathing.

When outdoors in the winter, you don't need to put in big mileage, but you do need to "think about your goal for later in the season (racing or recreational) and see a progression toward it," David said. Think about your position on the bike and coordinating breathing with the downstrokes on the pedals. He suggested 3 to 5 rides per week

combined, between outdoor and indoor riding.

When frigid temperatures force you indoors, riding on a trainer helps you because it is efficient. However, David cautioned that "you don't want to ride on a wind trainer without some air going by you" to help heat evaporate away from your skin. "If you see a pool of sweat underneath you," you need a fan and plenty of water, he said.

David also said any spinning you do in a gym class setting should mimic your real riding. Rather than go with an instructor who has you bouncing out of the saddle or pedaling backward, "look for someone who actually rides a real bike outdoors." He urged listeners to think about riding with enough resistance so you are pushing the pedals, not the other way around.

The third element is weight training in winter. Your aim here is joint stabilization to lower the risk of injury, rather than body building. That means reps, not heavy weights. Focus not on quads but on "hamstrings, hip flexors, glutes, lower back and upper back, in that order," he said. As for quads, use "closed chain" machines – those horizontal leg press machines where your feet are pushing a moving platform or your feet are against a fixed platform while your body moves on the sled below.

Among David's final words of wisdom: "Stretching is good after exercise but regular massage is just as important."

Questions? David Jordan's contact info: 646-919-2453 and [djcoaching@gmail.com](mailto:djcoaching@gmail.com) NYCC members get a 10% discount on his services

### February Rides

To see February's rides listed by the week or month, [click here](#). (password required)

### February Events

For a list and description of this month's events, [click here](#).

### Bike Shop Discounts

For a list of bike shops offering discounts to NYCC members, [click here](#)

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