



## December 2009 Bulletin

### NYCC News

### Join the club

### NYCC Events

### Bulletin

### Escape New York

### NYCC Stuff

### Contact us

### Archive

### FAQ

### Sitemap

### Prez Sez

So long, goodbye and farewell

At the end of this month, I will be handing the stewardship of the New York Cycle Club to Derek Chu, our freshly elected club president for 2010.

It's very difficult to absorb the fact that two years have passed so quickly.

A couple of weeks ago, I had a conversation with a long-time, and very active NYCC member (take a bow, Christy). He told me that I would have some mixed feelings as my term as club president came to a close. He was right. I'm relieved in some ways; the job does take time and energy. I'm happy to say that even after 24 months of me as president, the club is still in existence, with a membership of more than 2000 strong. But another part of me will miss the job, the excitement, and even the prestige that comes from being the leader of an organization as fabulous as ours. I will miss the 3:00 a.m. e-mails from another long-time member (Richard, your turn for a bow), and my 5:00 a.m. replies to him. I'll miss the worried look on the ride leaders' faces as they saw that the club president was joining their ride. Little did they know that I was silently, but fervently, praying that I would not be dropped!

I was very fortunate to be able to stand on the shoulders of those who preceded me in the presidential role: Stan Oldak, Carol Waaser, and Jeff Terosky. I also had the distinct advantage of being the recipient of some very sage advice from other past presidents going even further back: Christy Guzzetta, Tom Laskey, and Richard Rosenthal. And maybe best of all, I had the incredible luck of having some of the best, the brightest, and the most talented people possible as NYCC Board members over the past two years: Ellen, Betsy, Susan, Neil, Carol, Dana, Craig, Matt, Jeff, Marci, Tatiana, Joe, Izzy, Kay, Skip, and Derek, who kept me focused. There are many others who also contributed to any successes I may have had; Peter and Timothy whose contributions can not be overstated, the SIG captains and leaders, the STS gang, the ENY Committee, the hundreds of members who led rides, volunteered for events and attended meetings. And of course, the thousands of cyclists that rode with us over the past two years.

I was recently asked if I thought of how my presidency would be remembered, I took a moment, and replied, "I'm no Jefferson, or Lincoln, though I certainly would NOT want to be Bush (43)."

I think I would gratefully accept the relative anonymity of a Polk, or a McKinley.

Nothing too fancy, just a guy who tried to do his best.

I've had more fun than I thought I would. I've also learned a great deal, mostly about myself. I've met unbelievably smart and talented people, who willingly shared their time and passion for cycling with me (and the club). I have, over the past two years, ridden over 10,000 miles with the most incredible people in the world, the

### 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!

members of the New York Cycle Club! It doesn't get any better than that.

As I come to the end, who better to borrow from than George Washington, who wrote his valedictory at the end of his second term as President of the United States (with contributions from Alexander Hamilton and James Madison... amazing that I should have such talent helping me write this).

I close this letter to the members of the NYCC by asking them to forgive any of my failures during my service to the club, I assure you that they were due to my own weaknesses and were by no means intentional. I would want to express the excitement I have about rejoining my fellow members as a "private citizen", and I look forward to seeing you all, on the road, and at club events.

Goodbye,

**George Arcarola**  
**President, NYCC**

---

## Shaping up in the Off Season

Part Two in a Two-Part Series

**By Carol Krol**

Cycling coaches suggest using the off-season to get your bike and your body in shape for the new year. In this second of a two part series, four top New York-area cycling coaches impart top tips for riders looking for an action plan.

Featured coaches in the two-part series are: Felix Calderon; Jonathan Cane; Chris Carmichael; Ann Marie Miller; Deirdre Murphy; Michael Sherry; Zoltan Tisza; and Greg Waggoner.

**Greg Waggoner** is a personal trainer, cycling coach, and pro mountain biker who rides for Sid's Bikes. He can be reached at [gregwaggoner@mac.com](mailto:gregwaggoner@mac.com) and [www.gwbike.com](http://www.gwbike.com).



Greg Waggoner

**Make a plan.** The number one thing to do is make a plan, no matter what your level. Write down three goals and be accountable for

them. It can be anything, from losing ten pounds to finding a charity ride, or a race, or a series of races. Maybe the goal is to ride your bike three hours a week until the end of winter. Write it down and tell someone. Then make a plan to accomplish those goals. Plan your meals if your goal is weight loss, schedule your rides for a volume goal. Whatever the goals, put the plan on your calendar (blackberry, iphone...) or it might not happen.

**Get a baseline test and keep a journal.** I like people to get a baseline/lactate threshold test. 1 loop of Central Park is a good test. Do one loop now, then go back once a month and do the exact same distance to compare data. For that test, record average speed and HR and obviously the time it takes to complete it. If your test is indoors, keep track of gear and cadence while on the trainer. If you go to Nyack and back, at the least record your average pace and heart rate. A power meter is very good for constantly monitoring all these parameters. It shows instantaneously how hard you are pushing on the pedals. Whether a power meter or other computer, download the information, or keep a low-tech, paper journal. However you record the information, it's valuable to look at what you've done. See what you come up with after a couple of months.

**Get in the saddle.** It's important, even when the weather is bad, to try to ride three times a week minimum. Even if it's 10 minutes each time. It helps maintain an efficient pedal stroke, muscle coordination, and keeps your body used to being in the riding position. I'd recommend your bike on a trainer vs. the gym bikes. Your flexibility can change if you're sitting on a spinning bike rather than your own bike.

**Loiter at your bike shop.** This is a good time to do bike maintenance. The bike shop has a lot more time to spend with you now. They'd love to see you, you'd get good service, and you might even get leftover deals from 2009. Buy yourself a present for Christmas or find something to put on your wish list. When I'm getting burned out, I take my bike in and get new cables and have it professionally cleaned and tuned. It makes me feel like a kid with new bike.

---

**Felix Calderon** is a USA Cycling Certified coach, head coach for the TNT Leukemia & Lymphoma Society NYC Chapter, and has worked with cyclists of all levels. He can be reached at [felix@newyorkcycling.net](mailto:felix@newyorkcycling.net).

**Set goals.** Set realistic goals and build on previous accomplishments. Work on these goals at least two times a week. Spinning at least two times a week helps you maintain power throughout the off season. Spinning is when you choose a gear to maintain your cadence at a steady level. The more spinning you do, the less you will fatigue come the beginning of the season. For example, gradually increase your cadence to 90 RPM. Stay seated and keep your hips from swaying as you increase your cadence to 110-120 RPM. Hold/stay there for 3-5 minutes. Repeat three times. Recover and light spinning between efforts. Keep work outs less than an hour, 2-3 times per week. Maintaining consistency is key to performance.

**Group rides.** Going on group rides a few times a month is a good idea in the winter months. It's good to ride within a pack, because the pass in a pack fluctuates. The people in the front are pulling, doing more work. The middle are benefiting the most, getting the draft, which helps you increase your speed in a comfortable way and maintain with less energy. The people in the back are doing more work because you may fall off and need to work harder to catch back

up. Riders can alternate, therefore experiencing and training on different levels. Riding with a group can give you the extra motivation to get out the door on a cold day too, and it can challenge you to ride faster than you would have on your own. It might also provide you with opportunities to meet other riders with similar goals.

**Cross training-Strength training.** Focus on the muscles used in pedaling and aerobic activities similar to cycling. Try cross country skiing if possible or walking or running in snowshoes in deep snow. No need to bulk up.

---

**Deirdre Murphy** is a Licensed USA Cycling Level II Coach. She can be reached at [rainbow97@att.net](mailto:rainbow97@att.net).



Deirdre Murphy

**Log your base miles.** During the "off season" it's important to log a lot of base miles, and not be tempted to go anaerobic when it's freezing.

**Stay warm and dry.** So how do you comfortably get in a round-trip to the Runcible Spoon, or other favorite destination? It's important to layer your clothing. But if you're going to make a stop somewhere, be sure to bring along an extra base layer of wicking fabric to change

into. Once you stop, make sure to take off the layer closest to your chest, which is probably moist from exertion, and replace it with a dry layer.

Another tip I used to battle the long, cold winters preparing for the Olympics was an investment of battery-operated insoles made by Hotronics. I swear by them for keeping me warm!

**Start a weight training program.** If you haven't incorporated weight training into your conditioning as an athlete, the off-season is a great time to start. Focus on building strength (not bulk) over the winter, and then maintain your strength by lifting 1x/week during the season.

---

**Jonathan Cane** is owner and head coach at City Coach Multisport. He can be reached at [jonathan@citycoach.org](mailto:jonathan@citycoach.org).

**Focus on intensity and quality.** While many coaches advocate building a high mileage, low intensity base over the winter, I question whether that's practical or helpful in New York. For even the most dedicated rider, it's often hard to put in major miles in the inclement weather, plus most organized early season rides and races are relatively short. Why not focus on intensity and quality? That'll leave you better prepared for the challenges of the early season ahead, and won't have you dreading the sight of your bike before spring even arrives.

**Find a happy medium.** Some riders are tinkerers who tweak their position constantly. Others are set in their ways and refuse to adjust even if it negatively impacts their training and racing. Somewhere in the middle there's a happy medium. The winter is the best time to address your gear and your fit. For example, if you've been uncomfortable, try a few different saddles. Many shops now offer loaner saddles so you don't waste money on one you don't like. If you've found that you're fighting chronic injuries or feel like your effort isn't translating into as much speed as you expect, consider a professional fitting.

**Work on your form.** Newer riders (and plenty of grizzled veterans) often need some work on pedaling circles, out of saddle form, staying "quiet in the saddle" at high cadences. Do some single leg drills and small gear spin outs to help smooth out your pedal stroke and make you a more efficient rider.

**Diversify.** The winter is the time to treat yourself as a well-rounded athlete. Hit the weight room and address muscular imbalances and weaknesses. Develop a basic stretching routine as well. A stronger, more flexible rider is more likely to stay injury free and bounce back quicker from a crash.

Click [here](#) for "Shaping Up in the Off Season: Part I"

---

### December Rides

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

### December Events

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

### Bike Shop Discounts

To access your discount card and a list of bike shops offering



discounts to NYCC members, [click here](#) (password required)

---

### Bulletin submissions

Members may submit (and are heartily encouraged to do so) contributions to the bulletin editor at [NYCC Bulletin Editor](#). The deadline for submissions is the second Tuesday of the month preceding the next issue.

### Ride submissions

For further information click [here](#).

### Road Dirt

Observe any dirt? Any social news to impart to the club? Send your scoops to [NYCC Road Dirt](#)

[<top>](#)

[HOME](#)

[RIDES](#)

[RESOURCES](#)

[MESSAGE BOARD](#)

Copyright © 2008 New York Cycle Club. No images, text, graphics or design may be reproduced without permission. All rights reserved.

