

WHEELHOUSE NEWS

October 2019

Time for our monthly update from The Wheelhouse/Team Pegasus to keep you posted on what we are all doing for training and racing, and how you can join us.

It's been an amazing summer – especially if you like it hot and sunny and Team Pegasus athletes and riders at The Wheelhouse have been able to take advantage of all that indoor riding with lots of outdoor riding!

ONGOING CLASSES

Progressive Cycling® Phase I is beyond the halfway point – tonight starts the 5th week of the 8-week training phase. **Progressive Cycling® Phase II** starts October 29th and registration is open now. (Phase II is when the Saturday classes start as well). Team Pegasus members can click on the [members tab](#) and log into member's only pricing for discounted pricing on classes and sponsor discounts; all other athletes click [here](#) to register.

B.A.S.H.® (BALANCE, AGILITY, STRENGTH + HIGH INTENSITY INTERVAL TRAINING) is offered on Wednesdays and is a fusion class, combining strength training with cardio. If you are short on time but still want to get in strength training and cardio, this is the class for you! Just wish we could do more classes per week :-D

YOGA FOR ATHLETES on Thursday nights is for athletes who are working hard to stay fit (running or biking or running AND biking several times per week) but are constantly plagued with niggling injuries. No matter how faithful we are to our training, most athletes still have a day job which requires them to spend too much time sitting – behind the desk, or both. With prolonged sitting the pelvis begins to tip forward into a position called *anterior pelvic tilt*. In this position, the muscles at the front of the hip, known as hip flexors, will adapt and become shortened and tight perpetuating the anterior pelvic tilt.

Once a person with an anteriorly tipped pelvis and shortened hip flexors stands upright, the hamstrings become overstretched for their given length and a tightening sensation occurs. This is just one of the many ways that everyday living can combine with our training efforts to create an injury-in-waiting. Often athletes are told to 'rest', but a better option might be to work on mobility. YOGA FOR ATHLETES is designed to relax muscles over-worked by busy athletes and restore balance in the tendons and ligaments that are shortened or overstretched.

Read the descriptions of all our classes [here](#). Team Pegasus members can click on the 'Members' tab and log into the '[member's only](#)' page to sign up for classes at discounted prices. All non-members can sign up [here](#).

The Wheelhouse is the training headquarters for Team Pegasus, but everyone is welcome to train with us. Coached athletes are automatically members of Team Pegasus, but [membership](#) is open to everyone, and when you join the team you not only become a smarter athlete, you realize huge savings on Progressive Cycling® classes, yoga, strength training, team events, as well as equipment from Rudy Project, Roka, and The Running Warehouse.

ATHLETE UPDATES

All this training = great results, and here's just some of what Team Pegasus has been up to:

Charlie Henry is putting in base miles for Ironman Santa Rosa 2020 and Ironman Mt. Tremblant 70.3. (We are trying to get him to join us at Cheaha in May).

Erik & Anita Simon did several races and bike events this summer and are now weeks away from Ironman Cozumel. (Anita's 1st Ironman!)

Allison Sanders has already clocked 2,000 miles outside. THIS YEAR. She beat last year's mileage by 2 months!

Seth Glattstein is hated the Cheaha Challenge so much that he's going to do it again! (Just kidding about the 'hate').

Mike Lamie actually saw the Cheaha course while Seth and I were racing it last year and *still* decided to do it! **Cait Snow** and I are in as well. Anyone else?

Bill Daley crushed Ironman Lake Placid 70.3 and he's hooked! He's got a list of races he wants to tackle next year and he's mixing it up with a couple of cyclocross and gravel races this fall.

Mike Donahue took nearly 30 minutes off his Ironman Mt. Tremblant time this August and this weekend he'll take on Ironman Louisville. He'll follow all this up with the JFK 50-miler!

Keryn Leonard and **Joe Young** are in the final weeks of training for Baystate Marathon.

Jason Oberton is finding that he loves ultra-running, so in addition to a more-than-full-time job as a Lt. Colonel in the Army, he's joining the group heading down for the JFK50.

Kevin McLaughlin had another great season of Olympic distance racing where he was a regular on the podium!

Jonathan Hahn followed up his amazing debut at the Leadville 100-mile mountain bike race with a 5th place a.g. finish at the Vermont 50.

Kathleen Richards and **Nancy Arena** raced the 70.3 World Championship in Nice, France. Kathleen finished 3rd in her age group! Third fastest in the world!

And let's welcome our newest athlete, **Will Botard**. Will is my first 2nd generation athlete! I coached his dad, **Rob**, for several years during which he raced Ironman Texas and France, and St. Croix 70.3. Will is a super-fast runner who is working to cut his times for the D1 program at UT Austin.

Others training hard with Team Pegasus are: Joe Lafratta, Steve Allison, Kevin Weldon, Paul Economos, Nick Mazzocco, Cindy Cavano, John O'Connor, and Tanis Howe – all keeping fit and keeping their future event options open!

AXE THROWING

Yup – you read that right! Please join us for a Team Pegasus event at Urban Axes in Somerville where you'll quickly get up to speed on the ancient sport of axe throwing and finish with a round-robin tournament against fellow teammates. YOU MUST SIGN UP IN ADVANCE, and it will sell out, so don't

hesitate. Because we have a limited number of spaces, we ask you to sign up for yourself and one guest only. (You don't have to have a date to join us).

Read more and register [here](#).

Thanks for supporting all the fun and games at The Wheelhouse and with Team Pegasus. See you all soon!

Beth and Mike