

WHEELHOUSE NEWS

August 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!

TIME TRIALS

Those who are serious about becoming a better rider head out to the **Thursday Night Time Trials** on a weekly basis and as the results will show, they do get faster! I know some people are intimidated about trying the time trials, but if you can already ride 12 miles in under an hour, come on out and join us. Every week try to go a little faster and you'll be surprised what you can do by the end of the season. You probably won't be first, and you probably won't be last (only 2 people get those honors). But you WILL get a really good workout (and a great 'afterburn' by the way), and who knows? You might even become a better cyclist.

So, now that I've talked you into it, tonight is the last Thursday Night Time Trial of the regular season - next week is our Championship. But good news! You don't 'qualify' for the championship. You register and show up. After the ride everyone hangs out for **pizza and beverages** and we give some awards for any category that has 3 or more riders signed up. We have age group categories as well as categories for different types of bikes, such as tandems, recumbent, and this year, gravel bikes. We even have a 'cannibal' award for those who ride without aerobars, race wheels, skin suits, race helmets, etc. It's basically an all-inclusive riding festival and we want you there! Oh, one more thing! Bust out your retro cycling gear/clothing and compete for the 'Mario Cippolini' award. Not sure what to wear?

Well, you do need a legal helmet, but after that, just about anything goes: short shorts, tube socks, lace-up bike shoes (Jaymz), old-school cycling jersey, HUGE Oakley's, etc. We really hope you'll join us. It's a fun event on a Thursday night with like-minded individuals and as with just about everything, the more the merrier.

INDOOR CYCLING

The final Tuesday extended Progressive Cycling® class of the summer is Tuesday, August 13th and after a short break, we start back with 5 classes a week in September. The weather in September will still be fabulous, but the days will be getting shorter, so it's harder to squeeze that bike ride in after work. We've got you covered at The Wheelhouse with Progressive Cycling® (90 min -2 hours) on Tuesday and Thursday, rides of up to 3 hours on Saturday, and B.A.S.H.® Training (2 classes 4 pm and 6 pm) on Wednesday.

B.A.S.H.® Training is new and it stands for BALANCE, AGILITY, STRENGTH (30-minutes) + HIGH INTENSITY INTERVAL TRAINING (on the bike, 45-50 mins). Read the descriptions of all our classes [here](#). Team Pegasus members can click on the 'Deals' 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 and **Mike Galvin** raced the iconic [Challenge Roth](#) Iron-distance race in Germany on July 7th. (Charlie had a nearly 30-min PR!). Charlie isn't resting on his laurels – he's already putting in base miles for Ironman Santa Rosa 2020.

Erik & Anita Simon just returned from an extended vacation in Austria and are back at their training for [Ironman Cozumel](#).

Allison Sanders has a calendar full of bike events and so far, has over 1400 miles of riding outside. THIS YEAR. By the time I get this email out, that number will be outdated!

Nick Mazzocco just finished the 2-day Pan Mass Challenge, and as I type this the parking lot of his orthodontist practice is filled with music, games, balloons, a dunk tank, and dozens of kids eating hot dogs and hamburgers! Makes you want to get braces again!

Seth Glattstein got his endurance racing done early in the season and in addition to getting a jump on his training for [next year's races](#), has been working on his speed at the Thursday Night Time Trials.

Bill Daley is also a regular at the Thursday Night Time Trials and is stepping up to half-iron distance in [Lake Placid](#) on September 8th. As the races get longer, he moves up in the ranks!

Mike Donahue is getting ready to do the double: [Ironman Mt. Tremblant](#) and [Ironman Louisville](#). He'll follow all this up with the JFK 50-miler!

Keryn Leonard just crushed the Yankee Homecoming 10-miler on a HOT Tuesday night, and is now training for [Baystate Marathon](#).

Jason Oberton is keeping us safe by day and training for [Ironman Arizona](#) by night.

Kevin McLaughlin is a regular at the Olympic distance race scene through the summer and next up is the [Sharon Triathlon](#) on August 11th.

Kathleen Richards and **Nancy Arena** are getting ready to head to Nice in early September, and I don't mean they are brushing up on their French! They've been biking up every hill from here to Maine in preparation for the race [70.3 World Championship](#).

And – drumroll please – **Jonathan Hahn** is doing the Leadville 100-mile mountain bike race this weekend! He’s going to have a great race – can’t wait to hear all about it.

Others training hard at The Wheelhouse: Mike Lamie, Joe Lafratta, Steve Allison, Stu Sprague, Cindy Cavano, John O’Connor, Joe Young (IM 70.3 Maine) and Tanis Howe (IM 70.3 Lake Placid) – all keeping fit and keeping their future event options open!

At the end of August, Mike and I will be heading out to Colorado for a 10-day boot camp or whatever Cait has cooked up for us! We’ll be headed back for all the fun and games at The Wheelhouse starting in September. Hope to see you all there!

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