

WHEELHOUSE NEWS

OCTOBER 2020

It's mid-October in the year that wasn't, and it looks like we've adjusted to the 'new normal'. Here at The Wheelhouse we are 2 weeks away from the end of Progressive Cycling® Phase I. We've made a few adjustments: fewer bikes in class to allow for social distancing, plexiglass dividers between the bikes, improved ventilation with an abundance of fans and for now, open windows. We're also seeing some riders we haven't seen in a while, which makes me very happy.



Phase II of Progressive Cycling® starts the first week of November and at that point we will add a Saturday class so the classes will be Tuesday at 6:30 pm, Wednesday at 5 pm, Thursday at 6:00 pm and Saturday at 8 am. All the information is up on the website and classes are open for registration now. Remember, the classes are smaller, so if there is a certain day that works better for you, don't wait to sign up. The Wheelhouse is the training headquarters for Team Pegasus, but everyone is welcome to train with us. Anyone can book our regularly scheduled classes (you must book the entire session – no drop ins). *Coached athletes and those who have purchased an annual membership can buy the classes at a discounted price.* Register for **discounted** classes [here](#), **regular** classes [here](#) and buy a **membership** (optional) [here](#).

[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, Scicon Travel Bags, Restore Hyper Wellness, and The Running Warehouse.

Hawaii From Home

I think the biggest challenge as a coach has been keeping everyone motivated to train. Although most of my athletes were able to work from home and found that they had more time to train, having extra time sometimes removes the incentive to get up and get it done. In addition, solo training takes a lot of discipline and without a race or event in sight, motivation weakens. Most of us are 'virtualed' out, but every now and then a virtual challenge can be fun to jump into. So, when Triathlete Magazine came up with Hawaii From Home – a few of us decided to jump in. Joe LaFratta, Bill Daley, Kathleen Richards, Mike and I signed up for an individual Ironman, and Mike, Seth Glattstein and Jay Oberon did a relay. You might have noticed that Mike's name was there twice. Mike did his own Ironman swim as well as the swim for the relay team. Erik and Anita Simon joined us for the marathon, which we did on the Boston Marathon course. Here are a couple of photos from the marathon – one at mile 14 and the other at the finish line:



These events have been lifesavers for us, largely because we are able to do them in a group setting. There is no doubt in my mind that training in a group – as long as you are still able to do the training you need – is highly motivating and something that we've all been missing. I promise there will be more to come.

SAFETY MEASURES AT THE WHEELHOUSE

In addition to the routine bike and facility maintenance we've done at The Wheelhouse, we have added some safety measures to mitigate the risk of contracting COVID-19. So far:

- As mentioned above, the classes will be smaller. There will be a maximum of 8 people per class (6 people for the custom classes), so that we can keep the bikes 6 feet apart.
- We have removed the elbow rests and handlebar padding on the bikes, as this is harder to clean.
- All the cleaning supplies contain either alcohol or bleach.
- We have installed a touch-free hand sanitizer station outside the cycling room
- We have purchased a touchless thermometer and will take temperatures before class.
- For now, we have suspended towel service.
- Use of facemasks will be optional, but we do have some disposable ones if you forgot yours and would like to wear one, and we have some Team Pegasus masks for sale.
- We have 5 windows in the cycling room that we will open to keep the air circulating and we will do that as long into the season as is feasible.

That's it for now. Hope you made it this far and thank you for reading. Now click the links to sign up and we'll see you soon!

Beth and Mike

PS: If you normally think of yourself as a swimmer, but can't get to the pool right now, please join us at The Wheelhouse! You'd be surprised how much fun fitness can be 😊