

# WHEELHOUSE NEWS

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*August 2020*

The last time I sent out a Wheelhouse News was March 12<sup>th</sup>. At that time, I said that although the coronavirus had hit Massachusetts, the Wheelhouse had no plans to close. Less than a week later we closed. After 4 weeks of virtual riding in teams summer arrived and we decided it was probably best to remain closed for a couple of months and do our part to help contain the virus.

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. While I understand that rigidly sticking to a schedule when your next event might be many months away, once people get off their schedule it can be a slippery slope of sloppiness. A couple of events have been lifesavers for my athletes, 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. The two lifelines this summer have been:

## **MASTERS SWIMMING**

Although a few of us took advantage of open water swimming once the temperatures rose (except where the jellyfish were rampant!), getting to a body of water to swim is much easier to do on the weekends when you aren't as pressed for time than it is during the week. Fortunately, the Boys & Girls Club of Marshfield have a beautiful outdoor pool that they allowed us to use 3 days a week so people could get back to swimming. Although we are still learning how the virus spreads, all indications are that training outside or in an area with good ventilation seems safe.

## **TIME TRIALS**

Once the guidelines about group size loosened a little, we decided to start up the Thursday Night Time Trials. Time Trials are not draft legal, so by definition they are done 'socially distanced'. We asked athletes to be mindful about congregating in the parking lot before and after, and most people wear a gaiter so they can cover their nose and mouth when in close proximity to others and remove it when not.

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](#) show, they do get faster! Rather than being intimidated because you think you aren't fast enough, think of the time trials as a really good workout (and a great 'afterburn' by the way), and who knows? You might even become a better cyclist. It's also energizing to see welcoming, like-minded individuals each week. You don't realize how much you'll miss this stuff until it's nearly gone.

So, now that I've talked you into it, next Thursday is the last Time Trial of the regular season, and September 3rd is our **Time Trial 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 and recumbents. 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!**

## TEAM PEGASUS SUPER SPRINT

Just so everyone remembers how much fun it is to compete – especially when there is no pressure – we have a SuperSprint triathlon scheduled for August 29<sup>th</sup> at the Boys & Girls Club in Marshfield. The event is a fundraiser for the Boys & Girls Club and 100% of the proceeds will go to them. There is no reason that everyone can't participate – **the distances are short, the waves are small, and you can even do a relay to make the event more inclusive.**

If you don't feel ready, even better! As one of my athletes said, "I think a good ass-kicking will motivate me"! Seriously, there should be no more pressure than you felt when you were a kid challenging your friends to a race around the block. Don't even think about it – [sign up](#). The deadline to sign up is Wednesday the 26<sup>th</sup> and details for the event are [here](#).

**Starting in September ..... (classes will be small so sign up early!)**

## PROGRESSIVE CYCLING®

### *Like Having a Personal Cycling Coach*

Progressive Cycling™ offers indoor cycling sessions that progress at a level that is both individualized and challenging. We will determine YOUR power threshold so that each workout is measurable, and you are progressing at your rate – not someone else's. All classes will be smaller this year. In the past, we would have 15-18 people per class. For now, we will cap the class size at 8 people so we can keep the bikes 6 feet apart.

### Open Cycling

After remaining closed for the summer, The Wheelhouse will reopen The Wheelhouse for [Progressive Cycling®](#) classes starting September 8<sup>th</sup>. Usually in September the weather 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, Wednesday and Thursday. Wednesday's class is at 3:30 pm and is very popular with teachers!

### Member Pricing

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), but *coached athletes those who have purchased a membership buy the classes at a discounted price.* They should register [here](#).

**BTW, I have extended everyone's membership by 6 months** since we were closed over the summer, so if you were a member when we closed, you are still a member. Email me if you want to know when your membership expires.

[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.

### NEW! Custom Classes

Because so many people are working from home now, we are trying something new: **Custom classes, where a group of riders will book one of the available daytime slots for an 8-week session.** They are essentially renting the room, bikes and sound-system for a fully-coached session for 8 weeks and it's up to them to form their group. There is a maximum of 6 people per group and the price will decrease with the number of riders.

**EXAMPLE A:** Jane finds that the 9 am slot on Tuesday will work for her, so she contacts 5 friends with whom she usually trains and they all agree that 9 am will work for them. The total price for the 8 weeks is \$660, but since there are 6 athletes, the price becomes \$110 each. Jane collects \$110 from her friends and signs them all up.

**EXAMPLE B:** Tom finds that 6 am on Friday will work best for him and 3 of his training buddies, so he collects \$165 from his 3 training partners (\$660/4) and signs them up for Friday at 6 am.

There are only 4 [custom classes](#) on the schedule now, so if you think this will work for you, jump on it quickly. If you have another day/time that you'd like to propose, please contact me and I'll see what I can do. And if you just want to come to class without organizing a group, you can always just sign up for one of the Progressive Cycling® classes scheduled on Tuesday, Wednesday or Thursday. Just remember, it's a smaller group now so the classes will sell out.

We will start adding weekend classes during the next phase of Progressive Cycling® in early November.

### **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!**

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