

WHEELHOUSE NEWS

March 2019

Most of the athletes on Team Pegasus have planned at least part of their race/event season and here are some of events we are training for: Newport Marathon, Boston Marathon, Williamsburg 70.3, Chattanooga 70.3, The Cheaha Challenge, Race to the Face, The Cohasset Sprint Tri, Roth Ironman, Leadville 100, Boston Triathlon, Quassy 70.3, Xterra, Lake Placid 70.3, Nice 70.3, Gravel and Mountain Bike races, The Pan Mass Challenge and a variety of other bike tours, the Grand Canyon Rim³, JFK50, and of course, the [100 Hundreds](#) on April 14th.

The 100 Hundreds, for the uninitiated, is a **10k swim** done in a pool, and it's broken down into hundreds. 100 of them, in fact. But because we are all about inclusion, we also have a lane for those who are not quite ready to swim 10,000 yards in one shot: the 100 Fifties. You won't be alone – each lane will have several swimmers and there is a lane for those doing them on 1:30, 1:40, 1:50 and 2:00. Swimmers are allowed to use pull buoys or fins for any or all of the swims, so it's hard but it's casual. And don't worry – the veterans of this swim have a counting system all figured out, so just [sign up](#) and see what you can do! There is no penalty for not finishing, and you'll never know until you try!

At the Wheelhouse we are already in the last week of Progressive Cycling® Phase III, and another session of Hard. Core. Yoga is coming to an end. We've also completely transitioned over to the [new website](#). Take the time to check out the classes, events, Team gallery and forum, race reports and training articles. While you are on the sight, **sign up now** for the next session of [Progressive Cycling®](#), [yoga](#), or [Fitness45](#).

We also have a 3+ hour [Movie Ride](#) this Sunday, for those of you looking to get some long rides in, and we will have at least one more before it's officially time to ride outside.

In the next WH news we will have more info about the Team Pegasus Century, the Thursday Night Time Trials and our big event on **Veteran's Day**: our 22-hour endurance ride for [Squad22](#).

Thanks for reading all the way to the end. **Now, go back and click those hyperlinks!** Sign up to join us in all our crazy adventures and stay fit in the process.

See you all soon

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