

WHEELHOUSE NEWS

March 2020

PROGRESSIVE CYCLING® AND MOVIE RIDES

Progressive Cycling® Phase IV is a couple of weeks into Phase IV and the classes are almost completely full. We have been putting our data to work understanding more about **Fatigue Resistance** and improving our **Functional Reserve Capacity** (the amount of work we can do above threshold). Those new to cycling with a power meter get very fixated on improving their FTP, but due to the nature the most cycling classes, most athletes end up improving their 20-minute power while they still fade badly on anything over an hour. Classes of less than 90 minutes do little to improve our resistance to fatigue. The key metric we want to look at as endurance riders is Time in Zone – how long are you able to hold 70 or 80% of your functional threshold power. For those looking to win, rides of **2 hours or longer are critical**. Fortunately, Progressive Cycling® at The Wheelhouse is designed for this type of training.

Which segues nicely into the reminder about our periodic **Movie Rides**. This week we are riding 5 hours! No big deal though, since most of us did 4 hours and 45 minutes a couple of weeks ago. There is still room in that class – Sunday at 8 am - so sign up [here](#) if you want one more shot at an epic indoor ride.

OH BABY!

Mike Donahue's baby (Callen) is almost 2 months old, and we recently learn that Keryn and John Leonard are **expecting a baby girl** at the end of the summer. We haven't had a baby boom like this since 2013 when Jay Oberton, Jonathan Levine and Chris Kullak all had babies that spring. The interesting thing was that all 3 guys raced together at Timberman the previous August and had great races! So I guess we know how they celebrated 😊

COVID-19

The news is dominated by Coronavirus, and I've been asked by our athletes if we had any plans to close The Wheelhouse. **At this time, we do NOT have plans to close The Wheelhouse**, but we are closely monitoring the guidance of the World Health Organization and the Centers for Disease Control and Prevention regarding the spread of the virus. Our focus is to ensure we meet our athlete's needs while doing our part to keep you, us, and our communities safe.

Now, the good news about coronavirus—despite its new pandemic label—is that it *can* be suppressed and controlled with the right precautions which apparently is not true of every virus.

We have always been cleaning freaks at The Wheelhouse. We wipe down every bike and Swiffer the floor after every class, and then we come back in the morning and wet mop the floor. When we are cleaning surfaces that people touch (light switches, all the surfaces of the bathrooms and of course the bikes) we use Lysol, bleach or Hibiclens. We frequently replace the rubber pipe insulation that serves as arms rests and for now we have completely removed them from the bikes.

We also have soap, water and paper towels in both bathrooms and Purel in the cycling studio, weight room and yoga studio. So, while we don't know everything about this virus, if someone does get something, I'm going to say that they probably got it from somewhere else!

You should know that

- The coronavirus is primarily transmitted person to person (not object to person) via exhaled respiratory droplets. In most cases, this happens through coughing and sneezing.
- These droplets can travel up to six feet, so we are going to try to put riders on every *other* bike. In our fuller classes, we will try to stagger the bikes to give you as much space as possible.
- Coronavirus symptoms include fever, coughing, shortness of breath, pneumonia and kidney failure.
- Facemasks are unlikely to prevent a healthy person from contracting coronavirus. However, if you are already infected, wearing a facemask could keep your illness from others.

The riskiest place in gyms right now is steam room, sauna, hot tub or shower which is where viruses will last longer, so that doesn't apply at The Wheelhouse. But the good news, for those of you who swim with us at the Y: the CDC says that the chlorine used in public pools kills the coronavirus.

This would be a good place to remind my swimmers that the **Monday/Wednesday masters** at the Y is moving to **8:30 (from 9 am)** this Monday, March 16th.

So, keep coming to The Wheelhouse, keep swimming and don't forget to sign up for the [100 Hundreds](#). It's 2 weeks from Sunday – March 29th – and you have one week left to sign up at the **reduced price**.

That's it! If I forgot anything, I'll do an addendum. I've got to get ready for class! See you all soon.

Beth and Mike

PS: Happy Birthday Mikaela ♥