

WHEELHOUSE NEWS

May 2019

As Memorial Day approaches, it's time for those of us still doing all our riding indoors to transition to doing some or all of it outdoors, and if the weather would cooperate it would make it a lot more enjoyable. We've started tapering our classes at The Wheelhouse, and for the next 3 weeks, the only scheduled classes are on Tuesday night. We will send out the summer schedule next week, but we've stopped our Thursday night classes for the summer because tomorrow night starts 16 weeks of **Thursday Night Time Trials**. Don't forget to [sign-up](#) for the season pass and \$ave.

Seth Glattstein will be racing the Cheaha Century (UCI world qualifier) this weekend and he has trained well! Mike and I will be in Alabama with him, and I'll be doing my best on the century as well. **Allison Sanders** is doing Climb to the Clouds, and Nancy Arena is doing Chattanooga 70.3. **Bill Daley** may or may not do a mountain bike race, and **John O'Connor** will be 'training' with the guys in New Hampshire. Last weekend, **Jonathan Hahn** crushed it at Battenkill on his way to doing the same at Whiteface and Leadville later this summer.

We return from Alabama in time for Tuesday night's Progressive Cycling® and The **Team Pegasus Century and Training Day** - Saturday, May 25th! In addition to several ride distances all taking place in Myles Standish State Forest, we will have run routes, transition practice and for athletes who are interested, video-taping/analysis of their run. We will send out the options for the ride routes to participants in advance, and in addition to choosing the ones that work best for you, you can also see which routes have Strava segments so you can try to get your name on the leader board. To join us for the training day, sign-up [here](#). (Advanced registration required)

Cait will be in town next week as well, and she will be doing **massages at The Wheelhouse**. You can check out various treatment modalities and book a session [here](#).

Let me know if you have any questions and we'll see you all soon!

Beth and Mike

Wheelhouse News: time trials, training day, races and more!