

WHEELHOUSE NEWS

February 2020

Halfway through the Winter That Wasn't and although the weather has been mild, the days are still too short to ride outside in the evening, so our classes at The Wheelhouse have been pretty full. (FUN!) 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: Vermont Marathon, The Cheaha Challenge, Ironman Santa Rosa, Tour of Battenkill, 70.3 Connecticut, Musselman 70.3, Gran Fondo Worlds, Gravel and Mountain Bike races, The Pan Mass Challenge and a variety of other bike tours, hikes and ultras, and of course, the [100 Hundreds](#) on March 29th.

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 coming towards the end of Progressive Cycling® Phase III, and **Progressive Cycling® Phase IV** is open for registration: [here](#) for members, and [here](#) for non-members.

We also have a 4+ hour [Movie Ride](#) on Sunday, February 16th 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.

Don't forget to check out our [training articles](#), [blog](#), [race reports](#) and even archived Wheelhouse News all on The Wheelhouse website.

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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