

WHEELHOUSE NEWS

July 2019

Time for a quick update from The Wheelhouse/Team Pegasus to keep you posted on what we are all doing for training and racing, and how you can join us. Let's start with the **SWIM**:

While not strictly The Wheelhouse, Masters Swimming at the Y takes it outdoors starting this week for 3 out of 4 classes. The schedule is as follows:

Monday	8:00-9:15 (outside)
Tuesday	5:30-6:30 (outside)
Wednesday	8:30-9:30 (inside)
Thursday	5:30-6:30 (outside)

This week there will not be masters on Thursday due to the 4th of July holiday. Also, if for some reason we have lightening before or during masters, we will move inside. Not sure the water temp yet, but feel free to bring your wetsuit or a rash guard. The swim will be lovely!

For **BIKE TRAINING**, we still have [Progressive Cycling®](#) at the Wheelhouse on Tuesdays from 4:30 until 8 pm. You don't have to ride for 3.5 hours, but you can if you want to! Simply [register](#) for Progressive Cycling® and come to The Wheelhouse any time between 4:30 and 7:00 to get in a ride. ([Team Pegasus members](#) can log into the Team Page for special rates on time trials, and classes).

All riders in Progressive Cycling® on Tuesday nights this summer can come early and leave early, or come late and leave when we close, or come early and stay late. You get the idea. We will be riding sections of legendary bike and tri courses, and we'll loop through them a few times so we can 'pick you up' when you are ready to join in. Brick workouts are welcome during this session, and we often have athletes getting off the bike and jumping right into a 20-30 minute run. There a plenty of places to run near The Wheelhouse (more on that later).

Thursday Night's from May-August are [Time Trial](#) Nights and have been for nearly 20 years! If your goal is to get faster on the bike, there's no better way to do it than at a weekly time trial. If you don't believe me, check the results!

Because racing a weekly time trial is such a great way to get fast on the bike, we are taking the same principal and applying it to the run for our [Weekly Wednesday Wheelhouse Runs](#), starting July 10th. Our running time trials will alternate between 2 miles and 4 miles each week. For some athletes a warm-up plus a speedy 2-mile run will be perfect. But for endurance runners, doing a long (6-miles +) warm up and finishing with a 4-mile tempo run or a 2-mile sprint is an excellent way to learn to hold a strong pace for an event of 10 or more miles. We ask that you pre-register so that we can seed you in advance.

All this training = great results, and here's just some of what Team Pegasus has been up to: **Erik & Anita Simon** are getting the short distance races out of their system before tackling Ironman Cozumel this November and in the last month have raced the Hyannis Sprint, Cohasset Tri, and have done a Farm to Fork Fondo. **Bill Daley** raced the Cohasset Tri along with Erik & Anita, and all 3 were in the top 10 of their age group!

Mike Donahue, Keryn Leonard and **Kevin McLaughlin** did the Harvest Triathlon (along with some folks from masters!), and **Kathleen Richards** won her age group at Ironman 70.3 Quassy, and she and **Nancy Arena** are getting ready to race 70.3 World Championship in Nice this September.

Kathleen and Bill have both been tearing it up at the time trials and last week Bill took almost 3 minutes off his time! **Seth Glattstein** had a hell of a race at one of the toughest bike races I've ever done – The Cheaha Challenge, and he followed it up with B2VT. Seth also makes the time trials a weekly habit and he hated the Cheaha so much, he signed up for it again next year! **Jonathan Hahn** is getting ready for the Leadville 100. Although he's never done this legendary 100-mile mountain bike race, his results at Battenkill and White Face have been very encouraging, and I have no doubt he's doing to crush it!

Allison Sanders and **Nick Mazzocco** have been logging the miles on the bike outdoors, as they both get ready for some epic rides this summer. **Mike Donahue** just received his training block leading almost up to Ironman Mt. Tremblant, where he made his debut last year. Despite having an elbow replacement a mere 3 months ago, he's right on track with his training! **Jay Oberton**, in addition to defending the Constitution against all enemies, foreign and domestic, is training for Ironman Arizona. And – drumroll please – **Charlie Henry** and **Mike Galvin** leave for Germany this Tuesday where they will race the iconic [Challenge Roth](#) Iron-distance race. Click on the link to see how to watch live!!

That's it for now. Let us know if you have any questions. Hope to see you all soon.

Beth and Mike Lamie