

# WHEELHOUSE NEWS

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April 2019

## PROGRESSIVE CYCLING®

We are halfway through Phase IV of Progressive Cycling®. We've been doing something a little different with these classes, and we've been **riding simulations of actual courses**. So far we've done: Cheaha, Quassy, Battenkill, and next week we are doing Chattanooga 70.3 We also did our 'final' movie ride for the 2018/19 season last Sunday. That said, if the weather is crap on the weekend in the next few weeks, we will put on a movie ride so that we can all get our long rides in. Speaking of outdoor rides....

## TEAM PEGASUS CENTURY AND THURSDAY NIGHT TIME TRIALS

Sign up now for the [Thursday Night Time Trials](#) (at our new Kingston location), and the Team [Pegasus Century](#) (both in their 17<sup>th</sup> year!) The first night of the TNTT is May 16<sup>th</sup>, and the Team Pegasus Century is May 25<sup>th</sup>.

## 100 HUNDREDS

We are now 10 days out from the annual 100 Hundreds (or 100 Fifties's) event. If you have yet to sign up, you can still sign up [here](#). THERE IS NO SAME DAY SIGN UP.

In a few days we will be contacting all the swimmers who have signed up to get their desired pace/lane assignment. *At the right pace, virtually EVERYONE can do the 100 Fifties or 100 Hundreds.* For more info on how to approach this challenge, click [here](#). **This event is a GREAT confidence-builder!**

## BOSTON MARATHON

The Boston Marathon is April 15<sup>th</sup>. Mike and I will be going up to support Jay Oberton and will likely head up early and stake out a spot near mile 10. If you'd like to join us in support your teammates, let us know and we'll give you the details of our plans. BTW, Keryn (Murphy) Leonard is doing the Newport Marathon the same weekend, so if you are in Rhode Island ....

Thanks for reading. Now take action on anything that requires action and keep going on the 'good habit formation'! See you all soon 😊