

♥ love your ride ★

Presented by:



bicyclesoutback

Bicycles Outback Racing

p/b Jubilee Mitsubishi

By Kim Jennings

The start of a new race season brings excitement and anticipation for the year's upcoming adventures. However, before you start, it's important to train with a purpose, strengthen your body's weaknesses, stay motivated, and fine tune your racing equipment. You can get closer to your goals if you take the time to focus on a few small details involved with racing.



Stefan Rothe, our sponsor from Rothe Training, performed LT testing with our elite ladies team to determine their proper training zones. Rothe explains, "It's the most accurate way to determine someone's current physical condition. Basically, we're getting a benchmark on where the athlete is in her training progress." He says the information is crucial when setting up training plans because it gives exact target training zones in power (watts) and heart rate (bpm). The data comes directly from the athlete's blood, which is read by a lactate analyzer. Multiple finger prick samples are taken over a series of set time and power increments, all while monitoring and recording the athlete's heart

rate. The test is painless, and it only takes about 40 minutes to complete.

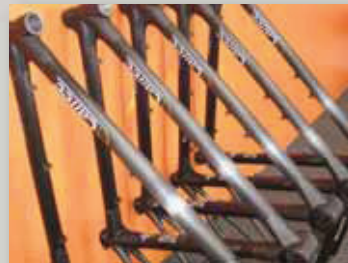
Planning your training around your season's racing schedule is also an important part of race preparation. Rothe advises, "Be cautious about selecting your early season races. Don't have your first race of the year labeled as an "A" race. If you don't do well, the disappointment will be big and your motivation will suffer. Ease into the season by selecting minor events/races and see them as intense training, rather than putting pressure on you for doing well. It will help you in the long-run of the race season."

It is vital to strengthen your body's weaknesses and to build a strong core that may have been neglected during the long racing season. Run, do yoga, or even XC ski to utilize other body systems. Pure Austin, an inside gym for outside people, sponsors our team and offers a private crystal clear quarry lake for swimming, stand up paddle boarding, and kayaking. Bicycles Outback racer Sheri Rothe really enjoys Pure Austin's spin class because they drop down a giant screen and show high-def videos. Sheri is motivated to hit the gym not only for their awesome classes, but also for the social aspect of run-



ning into a friend every time she goes to Pure Austin.

Training partners are also a valuable resource to keep you motivated. Bicycles Outback racer Claire McKenna does strengthening exercises in her living room on a skateboard. "My dog Jackson really enjoys helping me with my exercises and yoga. He gets excited when I'm on the floor stretching or doing step-ups on the skateboard." Teammates also help keep you accountable for your time in the saddle. The ladies have gone on some wild magical mystery tours that made for excellent team bonding and provided quality time on the bike. They've even done fun challenging races like the Excruciation Exam and the Woolly Mammoth Ultra Provocatorio Invitationale to keep them motivated during winter training.



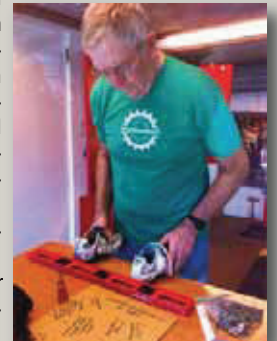
Newly upgraded race equipment can make you faster, but it's all for not if you can't get comfortable on your bike. Dennis Smith, the bike fitter at Bicycles Outback, is adamant about fine-tuning bike equipment, and has spent hours fitting the girls properly for their new custom Calfee Tetras. Dennis changed Kathleen Hattaway's old saddle and moved her position in preparation for her new bike. Kathleen explains, "Now that my

road fit is better, it feels like I can ride forever without soreness. It used to be about an hour into a ride that my hands, feet and pelvic bones would start to get sore and uncomfortable. Now, when my leg muscles get sore and fatigue sets in, I am still comfortable on the bike."

The ladies will be wearing sponsored Giro Factress road shoes, and Dennis has made sure their previous fitted cleat position is correctly transferred from their old shoes. "Cleat position is often overlooked. Your feet are your main connection to the bike, so it's imperative they are positioned according to the rider's anatomy and biomechanics. We have so much technology now, you have no reason to be uncomfortable."

We are very excited for the road racing season to begin, and we hope you will stop by our team tent to say hello at your next race. You can follow our racing adventures at www.bicyclesoutbackracing.net.

Love Your Ride!



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