

Well, it's July 1 and the 2018 racing season is almost over. Only one [last big criterium scheduled in Southern California](#) and this one will determine 6 state Champions.

So, here's several happenings going into 2019.

- 1) It's Gran Fondo season. Look for a Fondo or Endurance event in your area. Sign up for one or more and just have fun! There are on-road Fondos as well as off-road Fondos. Try one of each!
- 2) If you just have to race, try a Triathlon. If you are in Southern California, here's a website that lists Triathlons all the way into March 2019 - <https://www.raceplace.com/city/southern-california/triathlon>. Here are also two more sites.
 - a. <https://www.trifind.com/> - USA Triathlon Calendar
 - b. <https://californiatriathlon.org/>

What about training for next season? The short answer is yes, now is the best time to start.

- 1) If you are a mountain biker, sign up for a triathlon
- 2) If you are a roadie, try cross country MTB
- 3) If you are a triathlete, try cross country MTB or group/club road rides to help improve your bike handling skills.

Here are some things that all can enjoy

- 1) Cross Country skiing
- 2) Jogging or running
- 3) Start a masters swim program
- 4) Start a weight training program

And, why not buy your bicycle a present? For those that read my articles, last year I had several discussions regarding power meters, where I proposed that everyone should have one for training as well as racing. I recommended to start small, purchase a single-sided power meter (i.e., left crank arm power meter) such as a Pioneer, Stages or 4iiii. This year, you can take your training to the next level by picking up the other half (i.e., Crank side) converting your single-side to dual-sided. Again, Pioneer, Stages and 4iiii have this upward growth path. There is also Rotor 2inPower (pronounced Twin-Power) as well as Verve Cycling. There are also pedal-based power meters in which you can do the same thing – start out with single-sided and grow to dual-sided. Regardless, getting a power meter is the best single thing you can do for overall cycling effectiveness.



Rick Schultz, 2018

So, as you see, there are plenty of things to do that are not only fun but will make you even stronger for next year. For those that are interested in more information, please contact me at bikefitnesscoaching.com where I

will work with you so that you can achieve your goals. I am a certified personal trainer as well as certified USAC coach and bike fitter.

