

October 2011

# MECCA

## Training for Speed and Strength

Strength training gives great benefits to cyclists. It is essential not only to optimal performance but also to injury prevention. Mountain biking is a demanding sport requiring endurance, power, skill and balance. It includes extreme variation of terrain from climbing short technical power climbs, to summiting a mountain and turning around for the rough and rocky descent. Even flat trails can bring you over any size or number of rocks, roots, logs and slippery bridges. Maneuvering through all that can be tricky. The physical demands tax the aerobic as well as anaerobic systems with movements varying from static to dynamic. The strain of constantly absorbing all the shock that comes through the bike frame can radiate up your legs and into your spine even with a full suspension bike. Your best defense against this type of energy draining exertion is a functional progressive strength program to build the core muscles including the muscles of the trunk and pelvis. In conjunction with a progressive specific cycling program, you can optimize your mt. biking training. Strength training should focus on multiple joint

exercises that build strength and functional stability in your core and lower body to keep you absorbing stress and returning energy with every bump you take on the trail. Begin each workout with jumping rope that doubles as a warm-up and a power move to aid in the progression of the program. Then do lunges, squats, arm presses, sit ups and side leg kicks. Start with 2 sets at an easy weight and progress to 3 or 4 sets increasing the weight or the time held. Rest between intervals less than 2 minutes. Each level should take 20-40 minutes to complete and should be repeated 2 days a week or every 3 to 4 days. Do 2 to 4 weeks on one level before moving to the next level. The strength program will get you strong, stable and ready to ride rough terrain, but without cycling training, you won't last the duration. You need to build your base to prepare for the cardiovascular stresses of the rides. Start at level one and perform each level for 2-3 weeks before moving to the next level.

## WE ARE BEING DISCOVERED

The Fall Festival is all about riding the trail around the rim of the Wedge. In addition to our web page ([biketheswell.org](http://biketheswell.org)), this trail was written up in Utah Mountain Biking Magazine. They called it "The Good Water Rim Trail" and listed it as a 'do not miss' trail. This weekend we had over 53 riders with us and found 9 more riders out there because they had found out about the trail on the web. A man from Washington State signed up and joined our festival and had a GREAT time. We also enjoyed having Chris from L.A. join us - she was on her way to New Mexico to visit her bike club buddies there.

We got this message from Greg Roth:

Thank you again for a wonderful weekend! My daughter Ashley and I had a great time. The Good Water Rim trail is indeed one of the best sections of singletrack in the state!

I've finished my review of the trail, let me know if I've missed anything or if you see any inaccuracies.

You can find the review by the link on my home page:

<http://www.singletracktreks.com>

Or Directly at:

<http://www.singletracktreks.com/trailList.jsp?idNum=79>

Or From the Riders Choice page (my list of the best rides in Utah):

<http://www.singletracktreks.com/ridersChoice.jsp>

Thanks, Greg Roth

**Don't miss the video he**

**I asked God for a bike, but I know God doesn't work that way. So I stole a bike and asked for forgiveness.**

made - It's remarkable!!!

## MECCA Contact Us

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*Always looking for  
stuff to put in this  
newsletter - send  
me something!*

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### We're on the Web!

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# Fall Festival - Best Damn Family Reunions!

We just finished another very successful and very fun Fall Festival. As Dan VanWagoner put it, "We are like family and we have the best damn family reunions ever!"

This year we had over 50 riders and well over that many eaters. The food this year was outstanding! Thanks to Carlos Navarro (Smoke and Spice BBQ catering) for the Saturday dinner that evoked applause from our eaters! Thanks to Nick Cheney for his amazingly entertaining juggling acts!

Mother Nature deserves many thanks as well. The weather couldn't have been more perfect and the beauty surrounding us out there can't be beat. And of course, our gang of MECCA planners who always pull through and make everything work out well for everyone: Thanks to: Lamar Guymon; Eldy Wakefield; Dolly Wilberg; Leo Wright; Steve and Joy Barton; Rod and Kim Player; Gloria Wilson, Cheryl Ungerman; LuAnn Sorensen; Kathi Kearney-Reaves; Karen Dolan; Ann Praza; Debbie Newman; Dan VanWagoner and Charles & Shirlee Coltrain!

## CLUB BUSINESS

*Please give Kim a call if you want to invite the club on any rides... or even if you want someone else to organize a ride for you!*

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*Let Kim know if you hear any news to share about any club members*

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**REMEMBER; go to [biketheswell.org](http://biketheswell.org) regularly to keep up with all club activities.**

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Got this message from Karen Dolan:  
Hey I wanted to pass some info along to the MECCA group. I talked to a guy who was signed up for the spring fest last year. He said his mom passed away a day before the festival so he couldn't make it. Apparently he talked to somebody at MECCA and told them about his mom's passing.  
He said that MECCA sent him a bag of "swag" that arrived at his home several days after the funeral and he thought that was about the most thoughtful thing ever.  
I thought I would let you know the huge impact of one small gesture.

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**Welcome to our newest MECCA member: McKette Allred!!!**  
**Also - Good Luck to Steve Barton running the St. George Marathon this weekend!**