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## Newsletter Archive: January 2006

# Mid-winter Update

## Preparing for the 2006 Season

January 2006 - Vol 1, Issue 1

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### Greetings From Coach J

Welcome to JDS Sportcoaching's pre-season newsletter. We're excited to begin our sixth season of coaching excellent athletes. We are creating our best season ever - and many of our athletes and colleagues are doing the same! The intention is out there and it's a great time to start thinking about generating your next level!

For myself, I am generating my next level of cycling. A heart virus and subsequent pacemaker implant in 2001 put a pause on serious fitness and competition for me, but in 2006 I'm back! This season I will finish in the top half and be competitive in the Men's 35+ and Category 3 road races that I enter.

Put your intentions out there! [Email us](#) with your next level for the 2006 season and if we publish it in our April newsletter, you will receive a free pair of JDS Sportcoaching socks by DeFeet.

### What's New at JDS?

It's been a busy off-season for JDS Sportcoaching with the development of several new program offerings and staffing changes intended to help athletes generate their next performance level in the 2006 season.

For the first time ever, JDS Sportcoaching is offering women-centered cycling coaching programs, as well as placing a new emphasis on importance of nutrition planning and equipment consultation and fitting for every athlete.

Also new for 2006...get your gear at the same place you get your coaching. We've been working to bring you quality shirts, hats, sock and more at reasonable prices. We now offer CoolMax training shirts, XTerra Zorrel technical tee-shirts, hats by Headsweats and two styles of socks by DeFeet. These great products sport our logo and reasonable pricing. Soon, you'll be able to purchase them directly from our online store. Until then, call 303.744.2766 or [email us](#) to order.



[More Information...](#)

[Know Any Stokers?](#)

**stok•er (stō' kər) n.****1. the crew member who feeds fuel to and tends the furnace, as on a locomotive****2. the tandem rider who sits behind the steersman****3. the committed partner of a competitive, hardcore cyclist!**

Whether you define yourself as family, life partner, parent, friend, significant other or "better" half, if you share your life with a dedicated cyclist, you are a fellow Stoker and we'd love to meet you!

We are The Stokers, a social club of cycling groupies that meets regularly in support and acknowledgement of ourselves and our cycling partners. We get together to create the other half of the cycling team, sometimes driving the sag wagon during training rides, sometimes attending events, but every time, just getting together *whenever* to do *whatever* we feel like doing.

Do you know any Stokers? Please let them know about our "support group". Our first meet and greet of the 2006 cycling season is a late morning of coffee and pastries. All Stokers are welcome to join us in planning our season.

- WHEN: 11 February, 11am
- WHERE: The Butter's House (1129 Pennsylvania, Denver)
- CONTACTS: Karen (303.744.2766 or [email](#)) or Tawni (303.358.3227 or [email](#))

*"Live with intention. Walk to the edge. Listen hard. Practice wellness. Play with abandon. Laugh. Choose with no regret. Appreciate your friends. Continue to learn. Do what you love. Live as this is all there is."*

**Join The Stokers...****Project Acceleration!**

Summit Cancer Solutions is a non-profit organization that provides exercise programs specifically designed for cancer survivors. The programs focus on empowering the body and soul through exercise.

SCS programs are currently offered at offered at five locations in the Denver metro area, but the vision of Karen Hornbostel, Executive Director and former professional cyclist, is to share the power of exercise by bringing the programs to more people and facilities in 2006.

I have a particular affinity with this vision not only as a coach, but as the son of a cancer survivor. In 1985, my mother lost her battle with cancer. She fought and survived 5 years, in part thanks to her dedication to her swimming. As I've learned more about Karen Hornbostel and SCS's vision for cancer survivors, I've become inspired by their mission. I'm committed to helping the organization raise \$750,000 this year through a variety of charitable events.

How am I going to do this? By spreading the message of this valuable community program! I know that with connections to others who are touched, moved and inspired by what Summit Cancer Solutions program has to offer, we can help raise the \$\$ needed to bring exercise programs to more cancer patients and survivors, as well as bring awareness of the program's value and life-changing possibilities to local oncology professionals and the larger community.

- Do you know someone who could benefit from Summit Cancer Solutions' program?
- Want to help share Summit Cancer Solutions' vision, but don't know how?
- Would you like to share your great ideas for a charitable event?

Give me a call or [email](#) today!

**Accelerate!**

This pre-season newsletter is designed to get us warmed up and into the practice of communicating with our athletic community. We appreciate having an opportunity to get in touch and share with you what we're up to in the world. Our intention is to energize you about the possibilities that are out there, not fill up your inbox.

Our regular newsletter is scheduled for April through September and will feature updates on JDS Sportcoaching projects, local events, athlete achievements, training insights and other "next level" opportunities. We hope you'll join us!

Sincerely,

The Coaching Team at JDS Sportcoaching, LLC  
JDS Sportcoaching, LLC

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