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COMPEX
muscle stimulator
STRENGTH • ENDURANCE • RECOVERY

GLOBUS
Sport & Health Technologies

Newsletter Archive: June 2006

Welcome to Summer!

In the 2006 Athletic Season

June 2006 - Vol 1, Issue 4

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From the Saddle

It's not news...every body knows, it's dry in Colorado! *With daily temperatures in Denver around 90, we're working on staying cool and hydrated at JDS Headquarters.*

If you are training in this weather, you should know that staying hydrated is virtually impossible. The game is actually managing dehydration.

While training, your body will lose over a liter (34 oz) of fluid an hour. However, your body can only absorb 20-22 oz of water an hour. Start your training by hydrating properly indoors throughout the day. With all the water you're consuming this summer, I highly recommend Hammer Nutrition Endurolytes to help keep a good electrolyte balance.

Here's a quick list of [hydration guidelines](#) to get you started. For more information on hydration, check out the [Resources](#) section on the JDS website.

Pedal Point Festival

Calling all musicians and music lovers!

A community performance event to benefit MS research...musicians of all ages, levels, abilities come perform your favorite piece!

Pedal Point Productions is a family of musician- athletes and their friends, who believe in the power of music and athletics to unite people of all abilities in a celebration of life.

This year's collaboration will benefit Multiple Sclerosis research and the Jacqueline du Pre Foundation Fellowship and Grants through an effort organized by the Tyler Hamilton Foundation: MSGlobal.

A great performance opportunity!
No audition. No judges. Just pure fun.
Old Town Stage, Fort Collins, Colorado

Saturday, July 22, 2006 Noon - 4pm

[More Information...](#)

An Impressive Win at Iron Horse



Cyclist Steve Forbes knows first-hand that creating success takes attention to the details of life. On Saturday, 27 May, Steve Forbes won his Category 4 Mens' race at the prestigious Iron Horse Bicycle Classic in Durango, Colorado.

Steve dominated his field by over a minute, and his time placed him 12th in the Cat 3 Mens' field, and 18th in the Pro Cat 1-2 field!

In his first year of racing, Steve did many things to produce this result. He managed his training around school, raced a busy collegiate season, and went on to Collegiate nationals in Lawrence, Kansas. All of which gave him important experience in racing, fueling properly, and traveling to competitions.

In addition to his cycling accomplishments this year, Steve graduated on 10 June from the University of Denver after three years of course work. Congratulations Steve!

JDS Sportcoaching is honored to acknowledge the accomplishments and inspiration of our athletic community! Thank you for sharing your next level!

Acknowledge Yourself or Someone Else!

Training With or Without Power: Watts the Difference?

It's no secret to cyclists that training with power is an advantage to training with heart rate. *If you know your actual output, you can adjust your cadence to stay in a training zone and keep a specific pace.*

Training by power output has a distinct advantage over training by heart rate because it is subject to only one variable, the amount of work you are doing at the moment. Heart rate is subject to many variables, including fatigue, hydration and temperature.

The trick becomes measuring the one variable. Currently, there are three power meter systems on the market. SRM has long been considered the "gold" standard, but at prices nearing \$3000, not many cyclists are willing to drop that kind of dough. PowerTaps are a solid alternative; a good power meter at one-third the price of an SRM.

The second alternative power meter choice is the ergomo. Released three years ago, the first version showed promise, but was prone to many software and hardware failures of the CPU.

This year, the newly designed CPU and software have been getting rave reviews. These improvements were just what ergomo needed to be a contender in world of power meters. The actual ergomo sensor, housed in a bottom bracket, is an ingenious design and has been trouble free from its inception.

JDS Sportcoaching, LLC is now pleased to offer the ergomo power meter system at a discount over regular retail prices. We'll be carrying the power meters on a regular basis for \$1450, but if you order by 26 June, the price is just \$1250 plus tax and shipping... [Read More](#). (2MB pdf)

**Order ergomo by 26 June 2006 and save \$200.00!**

Introducing Athlete Laura Scheman-Heath

JDS Sportcoaching, LLC is thrilled to contribute to the sponsorship of cyclist Laura Scheman-Heath as she achieves her goal of participating in the MSGlobal project - an effort that entails raising 6,000 dollars for MS Research and culminates in a cycling adventure covering 400 miles of the Tour de France course in the fall of 2006.

Laura is a distance runner making the transition to cycling. Coaching her is truly a team effort at JDS Sportcoaching. Karen provides marketing support for Laura's fundraising initiatives and technical support for the training blog, Tommy manages the training details and Compex EMS coaching, and Jonathan develops the overall program, monthly and daily details.

You can watch Laura's training progress on the [JDS Sportcoaching Training Blog](#). And don't forget to bring your friends and join us at the Pedal Point Festival!



Contribute to Laura's MSGlobal Goals

This newsletter is designed to keep us in communication with our athletic community and we'd love to hear from you! We appreciate having an opportunity to 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.

Thanks for joining us!

Sincerely,

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

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Receive Our Monthly Newsletter (April thru September, January)

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