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**COMPEX**  
muscle stimulator  
STRENGTH - ENDURANCE - RECOVERY



## Newsletter Archive: November 2007

# Out of the Blue

November 2007 - Vol 2, Issue 5

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### From the Saddle

***Blue fall skies and warm temperatures are making it hard to put away the bike!***

We don't usually publish a news letter in November, but we've gotten off schedule and we want to keep you up to date on what's happening at JDS Sportcoaching, LLC.

### Teaming Up for Success

***Dustin Holmes demonstrates teamwork is the key to success!*** When Dustin contacted JDS Sportcoaching, LLC to request support in his drive to kick cancer, we wanted to be on his team.

By the time you read this newsletter, Dustin will have completed the New York Marathon. He joined the Lance Armstrong Foundation LiveStrong team in a bid to raise \$3500 for cancer research. To date, he's shot past his original goal and fast approaching \$4000!

JDS Sportcoaching, LLC is supporting Dustin with the loan of an EMS unit. For those not familiar with Electric Muscle Stimulation, these units feature an active recovery program that makes a huge ability in one's ability to recover from exercise, as well as training programs to help one reach their goals. Whether your goal is to run, bike or swim the distance of your choice, [look here](#) to see what the buzz is about.

**If you'd like to make a difference by contributing to cancer research, please donate now !**

**Fight Cancer: Get Involved!**

### What's New at HQ

**Scott Hackett, Associate Coach has stepped into the role of Director of Events and Program Development and it suits him well!**

Scott developed the JDS Sportcoaching Moab Spring Mountain bike clinic, and has already contributed to the development of programs for the OMM law firm in NYC, the Elephant Rock Ride and the Rawhines cycling team. He has also taken on coaching coaches and is working with Jonathan to have the Boss generate the next level of his mountain biking game.

**Karen Morris** (re) joins the JDS Sportcoaching, LLC team as the Director of Marketing and Communications. If you've been to our website or read a newsletter over the past 2 years, you are familiar with her work.

Karen is a master communication and marketing/messaging strategist and creator, top- notch project and process manager and pretty damn- good website manager; doing this creative work is a natural expression for her and she loves contributing to and being part of the endurance athlete community. I also love her, she is my life partner.

**Beth Wrenn Estes** joins JDS Sportcoaching coaching and stakeholders team in a consultant role as we lay the groundwork for generating the company's next level over the next couple of years.

[Learn more about JDS Sportcoaching services](#)

### Kurt Kinetic Wind Machine

**As the days grow shorter and chilly winds become the seasonal norm, many of us turn to the indoors to complete our training runs and rides.**

If you are riding your own bike indoors, then you might be putting up with a noisy, vibrating indoor trainer. But those adjectives don't have to be part of the experience...with relatively moderate investment, you can transform your every-day, ordinary experience of training indoors.

JDS Sportcoaching, LLC offers a smooth, quiet alternative...whether you are riding for 20 minutes or two hours, check out the Kurt Kinetic Wind Machine and the best deal in (or out) of town.

Even with the best equipment, training indoors can still be difficult to look forward to, and easy to put off to never! To spice up those long, but oh so essential indoor training sessions, come demo a Kurt Kinetic Wind Machine at one of the indoor training rides we are coordinating for Elephant Rock Ride training. Enjoy comradery, friendly competition and get those off-season miles in!

[Indoor Ride Schedule](#)

[Get Your \(Second\) Wind](#)

### Elephant Rock Ride 2008

For the second year, JDS Sportcoaching, LLC is teaming up with the Elephant Rock Ride to bring exclusive coaching programs to E-Rock participants.

The Elephant Rock Ride is a great local event that reaches well beyond the cycling community and JDS Sportcoaching is proud to be an active participant. [Check it out!](#)

[Learn more about the coaching and ride programs](#)

**JDS Sportcoaching is committed to partnership.**

If you would like to participate in one of our programs, partner with us in our community and fundraising goals or are committed to fulfilling on one of your dreams NOW, drop us a line!

Sincerely,

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

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