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Winding Down And Gearing Up

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From the Saddle

Wow! Summer ended and fall quickly took over in Colorado. As many of our athletes complete their competitive season, a couple of weeks off are in store before we resume work on the foundation for next season. Utilizing this transition time for rest and recovery, both mental and physical, is key to building a stronger athlete.

The change of season has an impact here at JDS headquarters, as well. Just as we look ahead to your next set of goals and plan training, we look ahead to see what we can add in value and fun factor.

Plans for the JDS Sportcoaching Factory Team are unfolding quickly. The response has been fantastic from the 35+ racing community. Also in the works is a masters running team.

In terms of new events for next year, we're considering a triathlon clinic for early 2007 and revamping the Women's Cycling Seminar to be completely hands-on and women-driven. We're also planning a series of supported mountain road cycling training rides beginning in the spring and a supported road cycling tour of the wine country in the fall.

If you have an interest in any of the above, from participation to planning, please let us know so we can include you in the conversation!

The Voice of a Triathlete

On August 13th, 2006, I bounded out of bed before the alarm at 3:45 am. "Is this really something I do?" color I thought to myself with a grin. All the cars on the highway seemed to be silently heading toward some kind of secret destination. I felt like I was part of something magical, exciting, and wonderful.

Just 14 months ago, I was the weekend warrior type - moderately in shape for things like snowboarding, but not in a position to even consider running five miles. Then I took this little adventure called the Landmark Forum. It is a three day class in which you learn to see what is stopping you in life. I saw three things stopping me in

the area of physical fitness. First, I saw that I had no integrity. Period. I never did what I said I was going to do regarding workouts. Second, I saw that I had this huge fear of failure and looking stupid. Finally, I also had a story that my asthma kept me from really challenging myself. So to exercise my integrity and act in face of fear, I registered in the 2005 Easy Street Half Marathon in Fort Collins!

I did my workouts when they were scheduled (the integrity part!) and gave up the idea that I had to run at a certain speed. I completed the half marathon feeling great! Since then, I completed the Moab Other Half Marathon, the Colorado Mini Marathon, and the Phoenix Rock-n-Roll Full Marathon!

But this day, I was taking things to a new level.

[More...](#)

Introducing JDS Factory Team



JDS Sportcoaching is building a masters cycling team to compete in the 2007 season!

Mens 35+, Mens 35+ Cat 4 and Womens 35+

The vision of the Factory Team is to be the cause of community and health. Team goals include the development of a signature event, raising money for health-related causes and the representation of cycling and our sponsors to our broader communities. Most importantly, we will have fun doing it!! color

[Join the Team](#)

On The Road With MS Global

On September 10th, after 6 months of fundraising and training, athletes Laura Heath and Jimmy Dunlop began the tour of a lifetime: the [MS Global](#), all in support of MS research.

Notes from the Road: 20 September color

Dear friends and family,
Hello from the lobby of the Hostellerie Du Petit Saint Bernard! In other words, English words, the lobby of a cool hotel in a small town named Saint Maurice.

Yesterday the ride came up, up, up from Italy. At the top of the climb were many shrines and religious buildings. There was a very cool ski station and ski town a ways down on the descent. The descent was a snaking and winding drop of about 40 K all the way into this small town in France.

What an eye opener this trip has been for me. The riding is amazing, but finding out there is a whole new world out here, actually a whole world that's been around much longer than the one I'm used to, is humbling.

Today it is a Tour De France day. We do a ride of about 90K that was in the Tour this year. It's the route where Floyd had his good day. So there are at least three major climbs. We'll be in a hotel for two nights for the first time tonight and will try to write a bit more.

Take care and thanks for your support,
Jimmy D and Laura





More Notes (and Pictures!) from the Road

Zap On, Zap Off!

Yes, it's true! Athletes with a JDS Sportcoaching coaching agreement have access to fantastic deals (often cost + 10%) on a variety of athletic gear.

Complex in the Spotlight

We decided to have some fun and be a little corny with this month's product spotlight. I rave about my Complex unit to everyone around, so we thought it would be fun to hear from other Complex users. We offered a free pair of socks (new) to our Complex clients who would send in their testimonial for newsletter publication. We got a "charge" out of hearing what athletes had to say and hope you will, too! Thanks to all who shared, and keep zapping away.

Love the buzz! *I have chronic rotator cuff tendonitis, and use it to good effect to help my shoulders recover from rock/gym climbing and playing the violin. It's helped me recover more quickly, and so far, I seem to be avoiding further injury, but climbing harder than ever. My husband uses it when his lowback pain flares up.* - C.F., busy mom, rock climber and musician, Boulder

I used my Complex Sport throughout the triathlon training season. *I've cut my running splits considerably and increased my bike speed by 2 mph. The first time I used the potentiation feature (warm up) on my Complex I had a PR on a 5K course that was miserably hilly. I can't say enough about the active recovery. After a competition, I see big lines at the massage therapist tents. My unit has probably already paid for itself by not having to pay for massages my Complex can do.* - J.F., 35 yr old school teacher, and up and coming triathlon age- grouper, Minnesota

I reached a season goal and a PR during a spring time trial series *I used the Complex Sport model: Strength Program to augment my bicycling training program. I was really impressed by how hard the Complex could make muscles work even after a solid workout in the saddle. I think this training regime got the most out of my legs in a given training cycle and allowed me to progress to PRs on the bike in the weeks that followed.* - D.W., Masters 35+ track and road cyclist, Denver

I have been using Complex Fitness Trainer for 2 months. *I am incredibly surprised with my new endurance for my training days. I swim 4 kms daily and with Complex, I have cut my time by 20 minutes. Throughout my entire routine, my stamina and my power are more aggressive. Thanks, Jonathan, for helping me with all my Complex doubts.* - F.N., Masters swimmer, Mexico

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We've had a great time training, playing, competing and staying in touch with you this season. Over the next couple of months, we'll be taking our promised newsletter hiatus until January 2007.

In the meantime, be sure to visit our website periodically for the latest happenings and updates, including a recap of all the miles and accomplishments that we've experienced with you in the 2006 athletic season.

Thank you for joining us!

Sincerely,

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