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COMPEX
muscle stimulator
STRENGTH - ENDURANCE - RECOVERY

GLOBUS
Sport & Health Technologies

Newsletter Archive: September 2007

Summer Season Wrap-Up

September 2007 - Vol 2, Issue 4

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From the Saddle

It has been quite a season...on the bike, in the pool, at the track, and in the running shoes. The athletes we coached rode their first century, won national and collegiate titles, ran their first marathon, completed Ironman Triathlons and trained an average of 12 hours a week.

They also provided mortgage services, repaired small animals, designed houses, painted art, taught school, attended high school, college and graduate school, designed websites, coached other athletes, taught Pilates, baked cakes, raised children and supported spouses. Wow !

In our spare time, we rode our bikes, ran, swam, skied, read, studied, supported charities, wrote articles for publication, gardened, grilled, hiked, drank wine, traveled, loved, laughed and enjoyed the heck out of life !

Thanks for being part of it all.

JDSFT MS 150 Wrap-up

Wow! That's a lot of letters meaning.... The JDS Factory Team (JDSFT) raised \$6889.00 for the fight against Multiple Sclerosis (MS). Eight team members raised over \$300.00

The MS 150 ride turned out to be 158 miles. But who's counting? Well, I was counting. I completed the ride 16 days post-surgery. A huge thanks to my teammates who inspired me to complete the ride, and a special thanks to Lab Rat (also known as Doug Ingalls) who was with me through 75% of the ride. The other 25% of the ride he spent in the hospital, but that's another story.

At the beginning of the 2007 cycling season, two consecutive days of 79 miles in the saddle seemed like a piece of cake to me. It wasn't. And that is the point of the fight against MS. People who have the disease have no idea when the next phase of the disease might affect them.

Having multiple sclerosis means that you may suddenly have blurry vision. Or that your memory will fail you for no apparent reason. Or that you may not always be able to walk, let alone ride a bike. The symptoms of MS are different, and

devastating, for everyone - the only certainty is that it will affect yet another person every hour of every day.



If you'd like to make a difference for those with MS, please donate now !

Join the Team - Fight MS

Nutrition for Sport and Life Gets Cooking!



This fall, Nutritionist Emily Hoagland, MS,RD will be dicing, slicing and enticing athletes with quick and easy fare at cooking and menu classes at [Home and the Range](#).

On October 3rd, October 30th and December 4th, from 6p-7:30p, enjoy a tasty meal prepared by Emily, learn recipes and cooking skills, and meet other athletes.

Space is limited to 8 participants so sign-up soon. [Contact us](#) or call 303-744-2766.

Learn more about Nutrition for Sport and Life programs at JDS Sportcoaching, LLC

Watts Up, Coach?

Fall deals on ergomo, that watts up! Place your order between now and November 30 and get 15% off.

Training With or Without Power: Watts the Difference? It's no secret to cyclists and triathletes that training with power is an advantage to training with heart rate. One reason is the subjectivity of heart rate variables, including fatigue, hydration and temperature. Knowing your actual output, regardless of prevailing variables, enables you to respond with precision, adjusting your cadence to stay in the desired training zone or intensity and maintain a specific pace.

Why train with power? Training by power output can help you take your game to the next level because it is subject to only one variable, the amount of work you are doing at the moment. [Read more about training with power...](#)

Why ergomo? ergomo's original ingenious design and commitment to usability is the answer...the actual ergomo sensor, housed in a bottom bracket, is lighter than its competitors. Recent improvements to the computer, firmware and software make the ergomo power meter system second to none in usability.

JDS Sportcoaching, LLC is pleased to offer the ergomo power meter system at a discount to newsletter readers.

That's right ! Place your order between now and November 30 and get 15% off the ergomo system. (Sorry, no additional discounts available on the ergomo Carbon Crankset or other accessories.)



Learn more about ergomo...

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 one of your dreams NOW, drop us a line!

Sincerely,

The Coaching Team at JDS Sportcoaching, LLC
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