

## like a pro

Contributed by Administrator  
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Today's training ride/ workout felt like I was back at it and training like a pro again...

I had an early morning meeting with The Friends of Bradbury today at the Royal Bean coffee shop in Yarmouth. I am really motivated to get this summer race series going. After the meeting I headed out for a ride, it was beautiful outside today, sunny 35-40 and not too windy. I first headed up to Pineland farms to pick up some local organic honey. The market didn't have any unit prices listed so I had to do the math in my head on what size honey was the most economical. Turns out I could get 12oz bear bottle for \$6 (more than \$6 per pound)

16oz bottle for \$6 (\$6 per pound)

24oz bear bottle for \$10 (\$6.66 per pound)

32oz plastic jug for \$16 dollars. (\$8 per pound) I went with the 16oz plastic bottle since it was most economical, all four bottles were the same honey so I am not sure why there is such a price difference in size? From Pineland it was south to Portland to hit up Cycle Mania. I really need some brake pads for the road bike plus I had a chain to pick up as well. Figured I could work my way south over Dutton Hill rd, mountain road, and blackstrap on my way south. Turns out my pads were really worn out.

It was good to see Jack at the shop and talk to him. From the shop I was off to the gym. I must say I am getting stronger. I added 20lbs onto my squats and felt great during all three sets! I had a killer work! I almost passed out in the locker room after my work out though. The smell that came from my locker was horrible! The smell of sweaty bike clothes jammed into a locker for an hour really builds up!

I bet I don't even have to lock my locker when I go into the gym. the nasty smell of those clothes should be enough to keep anyone away from them. and if someone did want to take dirty bike chamois then they have problems and need to seek professional help. From the gym I was heading north to Starbucks to pick up my weekly mark out. I decided to pick up a tin of Chai Tea, the stuff is good. After a quick pit stop at the S-bux I took the long way home through Cumberland and North Yarmouth.

When it was all said and done I logged in a bunch of hours on the bike plus a killer work out in the gym. I think today's work out was just what I needed to get my ass into gear. I still have a bunch of weight I need to lose before race season, but with days like today it won't be long before the pounds really start to come off!