

Align Your Spine

Build a stronger core muscle platform to bike farther and faster.

Your aching back may be the result of weak abdominal muscles, says Shannon Sovndal, MD, author of *Cycling Anatomy* and owner of Thrive Health and Fitness Medicine (thrivehfm.com), in Boulder, Colorado.

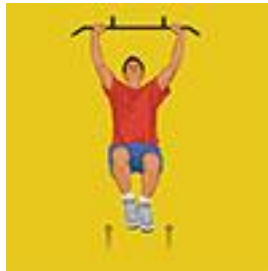
"When you hunch over in the saddle for hours at a time, your back becomes overly conditioned, and if you don't have equally strong [abdominal muscles](#) to counter your forceful back muscles, your spinal balance can be thrown off," he says.

For a [solid core](#) and a stable pedaling platform, Sovndal recommends these exercises, done at least two nonconsecutive days a week.

Hanging Knee Raise

Benefits: Decompresses the spine; works abdominal muscles; and aids forearm and grip strength

Do It: Hang from a pull-up bar, palms facing forward, and simultaneously lift both knees until your thighs are parallel to the floor. Pause, then slowly lower your legs. To target your oblique muscles, alternately raise your knees to one side, then the other. Do two or three sets of 15 to 20 repetitions.



Woodchopper

Benefit: Works most anterior (front-side) abdominal muscles

Do It: Stand sideways beside a high pulley and extend your arms above your head to grasp the handle with both hands. Pull downward. As your hands pass your shoulders, twist and crunch your abdomen. Continue to pull as you bend your knees into the squat position. Slowly return to the starting position. Do two or three sets of 10 to 12 reps.

Rope Crunch

Benefits: Keeps the spine in alignment by solidifying your core; mimics various positions on the bike (hoods, tops, drops), which trains your body to be strong in those positions

Do It: Kneeling on a mat and facing away from a pulley system, hold a high-pulley rope attachment above your head. Curl your body toward the floor, bending at the waist. Slowly return to the upright kneeling position. Do two or three sets of 10 to 12 reps.



"Once you start moving better, you start to eat better. Once you start eating better, you start to think better. Now that you're thinking better, you start the process of becoming conscious. Now we are ready to talk about what is truly going on."

Only mediocrity is safe. Therefore, be the best and get prepared to be attacked.

"Part of what it is for your life to go well is for you to be living by standards that you believe in." -

Kwame Anthony Appiah

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*Always looking for
stuff to put in this
newsletter - send
me something!*

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We're on the Web!

See us at:

www.biketheswell.org

HERE COME THE FESTIVALS!!!!

Events

PLANNING MEETINGS ARE HAPPENING

Plans are going forward for our 2011 events. Last meeting was March 28 - Next one will be on Tuesday, April 26 - 8:00 p.m. at the Huntington City Hall. I might give you a reminder, but please don't count on me.

Spring Festival - 25th Annual !! = May 20-21-22 - John Wesley Powell Museum in Green River. Registration cost will be \$50 for early \$60 for on-site; \$20 for meals only and \$40 for MECCA members.

Ride for Huntington City - Still no details on this one but it will be around July 4th.

Emery Triathlon = July 8-9 - they want us to help out again.

Cleveland Days Bike ride = July 19 - 6:00 p.m. Cleveland Town Park

CLUB BUSINESS

Please give Kim a call if you want to invite the club on any rides... or even if you want us to organize a ride for you!

Have you heard any news about any club members to share in this newsletter? If so, please let Kim know about it.

Go to biketheswell.org for all the latest information about any of our activities.

Remember your club membership gets you discounts on MECCA festival registrations and on AWESOME biking supplies at DECKER'S BICYCLES.

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KNOW ANYONE WHO NEEDS A MECCA MEMBERSHIP?

Get the form at biketheswell.org
\$12 per year - BEST deal on the planet!

Please let me know when you have events to share. Notice the new email address in the top left corner of this page.

Things work out best for the people who make the best out of the way things work out.

- Art Linkletter



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