

## Bike Racing Velopress

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"The Haywire Heart" is printed by VeloPress of Boulder ... Decades of intensive training and racing can cause long-term damage to your heart. Surely we have all wondered if hard efforts ...

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High Gear: "The Haywire Heart" is essential reading for ultrarunners (book review)

Things were going swimmingly for Alex Howes (EF Education - Nippo) at the Firecracker 50 mountain bike race in Breckenridge, Colorado last Sunday, July 4th. Howes was hanging at the front of the ...

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Can Alex Howes win U.S. mountain bike nationals? 'I don't think it's impossible'

"I think most of the riders in the bike race like the Tour de France have a high pain acceptance. It was always the most painful in the first minutes of the day but when you got into ...

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Tour de France unsung heroes: Michael Gogl on swapping the cello for bike racing

But his mission has morphed into the greatest moon shot of all: to make you care about American bike racing. -Gloria Liu Tell Me Something Good: Despite the relentless challenges of the past ...

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Outside Magazine, April/May 2021

But incorporating a strong yoga practice to supplement your workout routine will help your body go the extra mile on race day. Here, yoga for triathletes sequences, poses and expert advice to guide ...

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Yoga for Triathletes

Indefinitely Wild writer and lifestyle columnist Wes Siler talks all things outdoors, from hunting and cooking to camping and overlanding ...

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