

## Seattle P-I Blog, 2/15/09

### [Velocity: The Seattle Area Cycling Blog](#)

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### Testing, Testing

Better late than never...I've been busy skiing my legs off at [Snowbird](#), UT.

On Saturday February 7, about 15 members of [Cascade Bicycle Club's High Performance Cycling](#) gathered for their first formal event of the season: Fitness testing at the new and improved [CycleU](#) facility.



*The new CycleU facility can serve roughly double the riders than the old facility.*

CycleU has moved from their Magnuson Park headquarters to [5440 Sand Point Way NE](#) in the City People's building. The new facility has roughly double the number of cycle trainers, a weight room area, some retail space, and 2 offices. The new facility is big enough that they now have space available in a few of their popular [InCycle](#) classes.



*HPC riders warm up prior to their fitness test.*

Last year's fitness test consisted of two 15-minute all-out efforts. This year's test, using new [Tacx](#) trainers, consisted of a warmup, a 5-minute all-out effort, a recovery from that effort, then a 15-minute all-out effort, another recovery, and finally a one-minute all-out sprint. Based on these, riders received baseline wattage and heart rate numbers that can be used to develop training plans.

In its second year, High Performance Cycling is aimed at cyclists who can ride at a "[strenuous](#)" pace, have the endurance to go at least 50 miles, and want to practice safe group riding and paceline skills. Goals for this year's team members include finishing a one-day STP, RAMROD, and the High Pass Challenge. Team member Jeff Sorrentino has qualified for [Ironman Coeur d'Alene](#) on June 21.

If this sounds like you, High Performance Cycling is hosting a casual "meet the team" ride on Saturday February 28th @ 9AM starting from Pert's Deli in Leschi.

If you are procrastinating by reading this...you really ought to be following the [Amgen Tour of California](#) instead.