

*Prayers  
For The  
Peloton*

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**First Edition**

# PRAYERS FOR THE PELOTON

## November

This Treasured Subculture

Prayer for You, the Special Reader

### A Time for Everything

Finding the Balance  
Repairing  
Let It Go  
Clean It Up  
Reconnecting  
Re-Evaluating

Prayer for Rest  
Prayer for a Restored Body  
Prayer for Release  
Prayer for Internal Health  
Prayer for Reciprocity  
Prayer for Wisdom

### Racing Community

Riders Ready  
Wrenches, Wrenches & Trenches  
2,016 Water Bottles  
Event-full  
A Picture's Worth  
Extra, Extra

Prayer for Race Officials  
Prayer for Bicycle Mechanics  
Prayer for Soigneurs  
Prayer for Race Promoters & Volunteers  
Prayer for Photographers & Cameramen  
Prayer for Media

### Clean Cycling

Burnished Medals  
A Painful Reveille  
Dark Places  
A Lightened Burden  
Racing at Two Speeds  
Passport to Somewhere

Prayer for Ethics  
Prayer for Conscience  
Prayer for Consequences  
Prayer for Confession  
Prayer for Team Docs, Medical Community  
Prayer for Control: Procedures & Enforcers

### Cross Training

Confidence Builders  
Bearing One's Cross  
High Tail It  
Beyond the Blue Line  
Powerhouse, Poses & Posture

Prayer for Cross-Training  
Prayer for Cyclo-Cross Community  
Prayer for Mountain Bike Community  
Prayer for Track Racing  
Prayer for Strength, Flexibility Conditioning

Week: A Time for Everything

November

## Re-Evaluating

<sup>18</sup>“But the results he'd hoped for didn't quite eventuate, and following a tough year in 2005...McGee knew he had to go back to the drawing board.”  
An Interview with Brad McGee

Now that you've had a few days to let it go, it may be time to take it up again, but now with the detachment of an analytical observer. If you've done your rest days homework this week, your ego should be in submission. Confidence newly tamed can approach its wilder virtue - truth, with caution, whip in hand to beat back insecurities and arrogance. Seek the truth with soft heart, believing that your best is yet to come, but also with hard eyes toward wise preparation. Gently explore your failings and disappointments. Everyone loses more than they win. There is no perfect cycling season. Critically determine how to improve. If you do the same things, the outcome will be the same. History is the best predictor of the future. What needs to continue, what needs to go, what needs to improve? Get real with yourself. I knew a rider who was masterful at this. With objective precision, Becky Conzelman would study her performances. She refused to indulge in excuses and simply called it as it was. She never reached her goal to go to the Olympics, but she did manage, in just four years of competitive track cycling, to win the races and qualify the times to compete at Worlds. I believe it was because she was able to short-cut the bull and go straight to what needed work. So few of us have the courage to do this. We seem to need to encourage ourselves with half-truths in order to stay motivated. In the off-season, it's good to get feedback from the experts you respect. What others tell you about how to improve is worth seeking - now when you have the time and your emotions are open to trust and explore.

## Prayer for Wisdom

*“And ye shall know the truth, and the truth shall make you free!”* <sup>19</sup>John 8:32

We are made to have light in us, and light penetrates darkness. We need to know our purpose in cycling. We pray to know what's real.

**Ponder** what lies do I believe about myself? Who can help me discern what's really happening? **Affirm** I can handle the truth, and I will be freed by it to the heights of a unique pinnacle for me. **Watch** how your invitation of truth ushers in peaceful, effective change.