

*Prayers
For The
Peloton*

Beth A. Leasure

First Edition

PRAYERS FOR THE PELOTON

May

May Day, May Day, May Day

Game On
Crash Course
Save Our Skins
Cycling's Samaritans
Break...Away
Psyched to Return

Follow the Leader
Respect as Response
See Our Smile
Give Us A Break
Winsome, Lose Some
Break-In

May Flowers

Fresh Blossoms
Race for the Roses
Mountain Laurel
Winner's Bouquet
Corsa Rosa
Smell the Roses

Pink Tour

In Memoriam

Memorial Day
Mastered Lifestyle
Streets of Gold
Ride of Silence
Maillot Noir
Backpedal

Mourning Jersey

Prayer for Race Readiness
Prayer for Safety
Prayer for Emergency Preparedness
Prayer for Emergency Personnel
Prayer for Strong Bones
Prayer for Injury Management

Prayer for Overcoming Fear after Crashing
Prayer for Paralympic Cycling
Prayer for Special Olympics Cycling
Prayer for Radio Communications
Prayer for Race Announcers
Prayer against Bike Theft/Crime

Prayer for Youth Cycling
Prayer to Stretch Limits
Prayer for Climbing Speed
Prayer for Podium Presence
Prayer for Giro d'Italia
Prayer for Active Recovery

Prayer for Military Riders
Prayer for Veteran Riders
Prayer for Facing Mortality
Prayer re: Fallen Cyclists
Prayer re: Loss & Grief
Prayer for Remembrance

Week: May Day-May Day-May Day

May

Game On

¹*"It wouldn't have been very professional to give in to that temptation. I prefer to regret not lining him up than doing so."* Eric Boyer, Pro Team Manager on not taking risks with an unprepared rider

May Day celebrates the start of pastoral summer season when livestock were driven out to mountain grazing land. It's also a holiday that celebrates labor. Likewise, cycling's beasts trot eagerly into new places to foray for competitive experiences and hard-fought victory. Ready to run around its Maypole, the pro tour season heats up in preparation for *Giro d'Italia*. They who show good form now promise bountiful harvest in the key races of summer. Some choose to use this month as preparation for other big races desiring to be ready later, but some dance in celebration targeting May's pleasant places. Some are forced to decline sidelined by injury or illness as it's better to sit it out responsibly and professionally if you can't line up knowing you're prepared to meet every challenge. Race readiness is a champion quality. Race readiness combines physical preparation with technical proficiency including equipment and skills, as well as mental and provisional planning. Champions come to the line with confidence and calm. The race is carefully crafted as a part of the framework of annual race selection. Training has been periodized to specifically conquer all the demands of the goal event. Provisions are allocated and every need surrounding the event is arranged. Details and contingencies are cognitantly completed. Psychological arousal is at its height. While there are many things outside the control of rider or team, those within are contained to near perfection. With this sort of momentum, minor setbacks are easily overcome. Another option is to use key events as preparation for another but then lower your expectations upon yourself and those around you. When the starter announces, "*Riders Ready*," line up with game on realistic about how it fits into your preparations!

Prayer for Race Readiness

*"They were brave warriors, ready for battle and able to handle the shield and spear. Their faces were the faces of lions, and they were as swift as gazelles in the mountains."*²Chronicles 12:8

We celebrate cycling! We confess we get greedy for success when we haven't properly prepared for it. We pray for readiness for key events.

Ponder Am I realistic about performance as it relates to preparation?

Affirm I am ready to ride my best or opt for realistic expectations.

Watch for times of celebration and include times of preparation.