



ULTIMATE CYCLIST HYPNOSIS CD

Josh Horowitz, a USCF coach and Cat. 1 racer, believes in training the mind as well as the body, and this CD is his training tool. Developed with Australian hypnosis expert Dr. Rick Collingwood, the audio CD uses a four-part soundtrack to guide the user through subconscious mental calisthenics: Dr. Collingwood's spoken words lead the listener into a "deep trance" state of hypnosis, while a constant F-sharp note and theta rhythm sounds induce and sustain the trance state, and a subliminal component delivers positive messages. Their recommendation

is to listen to the program every night for six weeks, and repeat whenever the user wishes thereafter.

This all sounds like it would be hard to fall asleep to, and I did find it distracting the first few nights; the fact that I was trying to pay attention for later review may have hindered my ability to "let go". But true to the introduction's promise, I found it easier to enter into a trancelike state with multiple listenings. I felt both hyper-aware and lost in dreamland, with different phrases and images standing out each time I went through the program. I never remembered the end of the CD, but would wake sometime later.

Did it do anything? I confess, the introductory talk about the "burning passion" one must have to win races struck me as a bit silly for someone like myself who's just trying not to suck. Yet I rode more often—rather than wimping out, because of tiredness or weather, I just assumed I would be riding both to work and for fun. My mental outlook in regards to riding became more positive, and the resulting added miles have made a difference in my fitness. I also found myself assuming that I could clean some familiar, but persistently troublesome, nemeses on my home trails, rather than not. It's a welcome benefit indeed. Although I didn't listen as faithfully as the program suggested, after about six weeks of use I looked forward to falling asleep to the CD's soothing sounds.

A series of 6 more CDs is available to address specific aspects of cycling performance such as technical ability, climbing, and triathlon skills. The price is \$34.95 each or 2 for \$60.

—Karen Brooks ☺

CONTACT INFORMATION

American Classic	800.813.5545	www.amclassic.com
Domino Clothing	888.607.0737	www.ridedomino.com
Gary Fisher Bikes	920.478.2191	www.fisherbikes.com
Lupine	717.964.1836	www.gretnabilkes.com
Iron Horse	800.645.5477	www.ironhorsebikes.com
Ultimate Cyclist	(use website)	www.ultimatecyclist.com
Louis Garneau	888.463.8350	louisgarneau.com
Marzocchi	661.257.6630	www.marzocchi.com
Formula	707.765.2770	www.formulabrakeusa.com
Redline	800.283.2453	www.redlinebicycles.com

WEIGHTS & MEASURES

Length/Height

2.54 centimeters = 1 inch
25.4 millimeters = 1 inch

Weight

16 ounces = 1 pound
28.3 grams = 1 ounce
7.08 grams = .25 ounce
3.54 grams = .125 ounce

Volume

29.57 milliliters = 1 fluid ounce
.554 fluid ounces = 1 cubic inch
.03 liters = 1 fluid ounce
1 quart = 32 fluid ounces