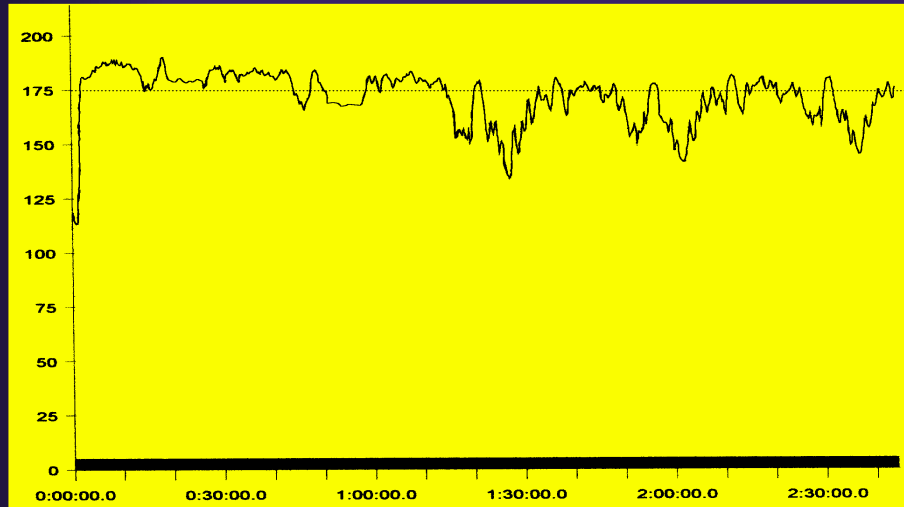


Poor Pacing: X-C MB Race



Pacing

ABC Slide Show

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ABC Pacing Slide Show.

Start too hard – typical of many mountain bikers.

Other things being equal (for example, if not in a rain shower)--when heart rate is falling, power is falling too.