



Steamboat Newsletter—Vol 15
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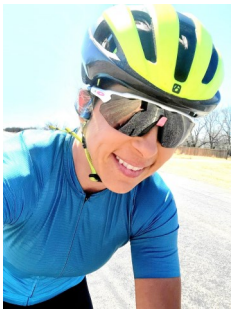
2022 Sponsors



We're just about 1/2 way through 2022 and hopefully you have completed a ride or two and picked up a T-shirt along the way. We know...it's been warm; BUT get out there and get some miles in!

Spotlight (a series on what we love to do)

For this month's spotlight....We are highlighting Elisha Grimsley of Knox City:



The AWCC ladies call her "the Blur! Chris Gescheidle—her running and cycling coach—says she is one of the best clients he has had. The rest of us are just looking at her back wheel as she rides away from all of us.

Elisha has exploded into the cycling scene over the past couple of years winning numerous rides including the 2021 Tour de Gap 100K & 20K Time Trial.

However, it hasn't always been an easy road for her. A few months after her first child was born, Elisha realized she had to make some life decisions regarding her health and well-being. She started running and added weights. She wanted to be healthy and happy for her family. She overdid her running and weights and injured herself. So in 2017 she decided to get into cycling....wow did she!!!

Besides the win at the 2021 Tour de Gap, Elisha finished first at Possum Pedal; 2nd at Beat the Street; 1st at Steam-n-Wheels; and 2nd at Peach Pedal; and 2nd at Hico Gravel Locos (69 mile). Besides these accomplishments, Elisha keeps an open mind and realizes that she can learn from anyone....and she literally means anyone! She is very thankful for all that she has learned from riding with any of the Steamboat crew. Chris Gescheidle says she is driven by her adult mindset to push her limits. She can listen to her internal instinct on how, why, when to train, and when to rest.



One of the great things of cycling is that regardless of how fast or slow; or how many miles each of us may ride each month or year, we can all use Elisha's advice and learn from each other. Just as Elisha decided to make a change in her life, we also can decide to make changes in our life by taking the opportunity to push ourselves when it is easy to hold back.

Elisha likes to climb knowing that there is a always great reward at the top!

(check out the 2nd page and find out her likes in the saddle!)

Here Elisha gives us her likes in the cycling world:

Sit ♦ Stand

Distance₁ ♦ Time

High Cadence ♦ **Grind it out**

CO₂ ♦ Pump

Donut ♦ Bagel

Sunrise₂ ♦ Sunset

Passion ♦ **Watts**₃

Hiking ♦ Beach

Hotter-n-Hell ♦ **Tour de Gap**

Climb₄ ♦ Descent

1 "I ride much harder getting the miles as opposed to riding for cadence"

2 "Sunrise is getting a birthday present at the start of your day"

3 "I am passionate about my watts; but terrible at numbers!"

4 "I get bigger numbers in climbing & enjoy the suffering it brings—the reward is the descent"

Gravel Locos - Hico

GL 60

70 entries in race in division

May 14, 2022

RANK	ATHLETE/BIB/DIVISION	TIME
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FULL COURSE

1	Lauren Stephens 374 F 35	3:36:05 >
2	Elisha Grimsley 984 F 36	4:03:08 >
3	Martha Parks 1163 F 66	4:19:56 >



New Ranger Hill Service Rd



Let's go to Luckenbach, TX!

A View on the Road!

F—B:
Harley
Pugsley
Chris
Tracey
Cycling
Clinic Ride



Tour de Gap—July 23/24



A view of the sky behind Abilene State Park



Always
room for a
good
father-son
picture!



2022
Cycling
Clinic

