

SALLY REED CO-AUTHORS NEW BOOK

By Stacy Booth

Sally Reed, athletic director at the Club, has been riding a bike her entire life. Whether its a joy ride, a challenge or a lesson for a fellow cyclist, she loves to be on two wheels.



This passion has helped spawn a budding author—in June, her third book with co-author Sally Edwards hit shelves, called “Heart Zones Cycling, The Avid Cyclist’s Guide to Riding Faster and Farther.”

“I’m still light years away from really considering myself an author,” Sally says. But she does feel she was a better contributor for this book.

The book continues the pair’s Heart Zones Cycling series, which is a way to train on a bicycle using a heart-rate monitor. This book features all outdoor training rides. In the book, two different ways

of training are explored, one with a cyclist’s maximum heart rate and the other with a cyclist’s threshold. In a nutshell, Sally says, the book helps readers look at the time they have and maximizes the time they can devote to training.

“We try to look at the whole person in this book,” Sally says.

The women also try to explain cycling terminology in the book so even beginners can understand what is being talked about. “We talked a lot about the terminology people use in their training and how ‘threshold’ may mean something different to you than to someone else,” Sally says. “We tried to simplify it and come to a universal language so everyone is talking the same language.”

Sally met her co-author, Sally Edwards, when she

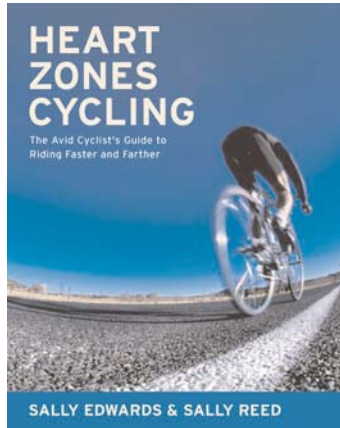
came to speak at the Club in the mid-90s. After hearing her seminar, Sally decided to use some of her ideas in the Club’s new indoor cycling

class. The women started corresponding and eventually started writing together.

Sally said the writing process is intense, and made more difficult by the distance between the two authors. For this book, they met

together four times, spending an entire weekend writing. After writing and a few rounds of editing with the editors at Velo Press, the book became available in June, about a year after they started writing it.

The book can be found online at amazon.com, barnesandnoble.com, velopress.com and heartzones.com. Major book stores should also carry it.



BUSINESS OFFICE FROLICKS IN THE SNOW



In March, the Business Office staff had a day in the snow at the Summit at Snoqualmie.

Top: Siemon Slagter relaxes during a ride. Bottom: Ta-da! Vanessa Abuan gets pulled to the top of the hill.



Top: Stephanie Nolander heads down the hill. Bottom: Kevin Fisher hangs on.



Clockwise from far right: Kevin Fisher, Nova Featherstone, Vanessa Abuan, Siemon Slagter, Stephanie Nolander, Joyce Combs and Scott Schoenecker.



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- A** ATTENTION TO EACH OTHER
- R** REMEMBER: YOU ARE “ON STAGE”
- D** DELIVER EXCELLENT SERVICE ON THE PHONE
- S** SEE TRASH? PICK IT UP

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Submissions, suggestions and news tips are welcome. Please submit them to Stacy Booth at stacyb@bellevueclub.com or 688-3162.