



Athlete Team Profile: St. Louis Revolution and Team Revolution



Pictured: Team Revolution. From l to r: Stephanie Jansing, Mindi Martin, Carrie Cash (left front), Katie Weber (right front), and Chris Roettger.

Recent Results

Sylvan Springs Criterium, St. Louis, MO, 1st and 5th

Dogwood Road Race, Springfield, MO, 2nd, 4th, 6th, 8th

Hillsboro Rubaix, Hillsboro, MO, 5th and 8th

If you are a woman currently living outside of St. Louis, Missouri, by the time you finish reading this article you will probably want to move there for two reasons: 1. St. Louis Revolution and 2. Team Revolution. For those who happen to be fortunate enough to live in the St. Louis area, consider joining St. Louis Revolution.

St. Louis Revolution is a women's only cycling education and advocacy group formed by a group of professional female cyclists (who also comprise the group's elite



cycling team, Team Revolution) with the desire to promote all levels of women's cycling in the mid-West. The goal of St. Louis Revolution is to inspire women of all ages and skill levels to "Ride for competition, recreation, health and fitness," according to the team's and club's founding member, Carrie Cash.

Recently, Carrie Cash spoke with us about St. Louis Revolution, Team Revolution, and why they use and recommend **elete™ Electrolyte Add-In** for complete electrolyte replacement.

Tell us a little about St. Louis Revolution and Team Revolution.

"St. Louis Revolution and Team Revolution are all one entity, but two separate groups. The club [St. Louis Revolution] is comprised of any type of ability rider from recreational riders to competitive riders. This group includes roadbikers, century riders, mountain bikers, etc. There is a big umbrella that the advocacy group covers. St. Louis Revolution encourages women to ride and offers educational clinics that provide female cyclists with information and knowledge ranging from bike etiquette, such as how to ride alongside other cyclists to just general biking skills and issues. We currently have about 35 members and have 135 to 150 women who are on the e-mail list.

Team Revolution, the elite cycling team, is composed of five elite female riders including me, Mindi Martin, Katie Weber, Chris Roettger, and Stephanie Jansing. Our team members all ride and race on the national challenger level and serve as both ambassadors and mentors to the club sharing valuable tips, tools, and products."

How did you personally first become involved in road racing?

"I initially started riding my bike around Forest Park just to wake up in the morning and to have a morning fitness routine. At the time, I worked in the restaurant business and I was around smoke a lot of the time. I wanted to part of a healthier environment. I quit my job and started working in a bike shop and wanted to compete in mountain bike events. In doing so, I did a lot of road cycling as part of my training. One thing led to another, and it soon became my lifestyle. I've participated in other sports, but it's so easy and good for your body to ride a bike. Since then, I've been trying to get other women involved in cycling and mentoring them."

What would you say to other women who perhaps want to get into cycling, but might be a bit hesitant?

"Finding the stamina and encouragement—cycling is the one thing that I have full control of. I wake up in the morning and have the choice to perform, to get out and ride, and make the best of my day. As far as competing, it's up to me, I can make it recreation or I can take it to the top. That is finding what works best for me, the products that I use and equipment, that's all what I make, and however much I want to get out of it, that's what I put into it. Cycling is a personal, goal-oriented sports. Women can do cycling no matter how old they are. Whether they've been on a bike for a few days or several years, whether you race or ride, cycling is something to keep women healthy."

What is Team Revolution's typical training regimen?

"As a team, we train five weeks before a big competition or event. Individually, we all have different training regimens. Once a



week we train as a team. We might go out for a three-hour ride, drills, it varies in how you race. This past week, we did two to three days of intervals, long rides, followed by rest before the big event. As far as training, we incorporate motor pacing, crit races, and we do a very long, fast road race each Monday.”

Interesting or little-known fact?

“Team Revolution is a little bit different from other women’s teams. We’re a smaller, elite team that acts more like a family. We’re very tight, cohesive, best friends on and off the bike, and we race with kindness. We want everybody to win as much as we ourselves want to win.”

What is the biggest factor in terms of winning an endurance bike race?

“Guts. It takes a lot of guts, tenacity. It all boils down to who can stay on hand the longest and race to the finish.”

What are some of the indispensable nutritional strategies you’ve found are key in giving you an added edge over the other cyclists?

”First, we’ve found that proper electrolytes is number one key. If you just drink water all day long with no electrolytes, it does nothing for you. Racing in the mid-West, it gets so hot and so humid and when you’re racing, you’re riding behind someone who’s sweating with salt pouring off onto you. Finding that proper balance between sugar, calories, and minerals is very, very hard. Get that nailed down first. We found some girls had problems with upset stomachs before and after the race when they were consuming sports drinks. **Elete™ Electrolytes** helps with that. Another key thing is that it’s a good source of recovery. We also recommend consuming complex

carbohydrates, and drink, drink, drink to replace minerals.”

How did you happen to find elete™ Electrolyte Add-In?

“We went to Interbike last fall and we were looking for the proper electrolyte-replacement product. We’d heard of **elete™ Electrolyte Add-In**, but we’d never got our hands on any information. We met with the company at Interbike and tried the product. We were really excited about the product. All of the products that our team has chosen and that we recommend to club members, we’ve personally sought after and chosen. We’ve set out looking for the products, and we use them ourselves. We don’t want to use just anything. We research and try the product, and if we like it, and feel a difference, then we recommend it.”

Tell us a little about your experience using elete™ electrolytes in training and competition.

“No matter what, **elete™ electrolytes** are pleasing to the taste. You don’t notice it’s there. You can add it to anything, it’s easy to use, and you’re getting everything back that you’re losing. We’re really excited about this type of electrolyte replacement over the other products that are out there.”

To learn more about St. Louis Revolution and Team Revolution:

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