

## Out of the funk and dizzy

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I've ridden four days in a row now. Perhaps that's no big deal to you, but I was in a funk for a while with all that nasty weather we had.

Today was just what I needed: Four hour team ride and a whole lot of work. I am starting to feel normal again. I'm also starting to figure out my sprint again, too.

For some reason, sprinting comes and goes with me. It's as much of a dance on the bike as it is about power, at least in my view. If all you've got is power, you can go fast, but you won't be able to accelerate well. I'm not saying I'm going to start cleaning up in the races around here, but it's nice to feel the sprint dance come back to me.

After my ride today I was having serious dizzy spells. Standing up from sitting on the ground made me see stars. This happens a lot to me, actually. Am I the only one? Donna says it's due to dehydration, which is most likely true. But man, for a few hours, I actually have to lean against the wall when I stand up until the room stops spinning.