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YOGA MAKES GOOD ATHLETES BETTER - THE ATHLETE'S GUIDE TO YOGA HELPS ENDURANCE ATHLETES IMPROVE FORM, EFFICIENCY, POWER AND FOCUS

*VeloPress is pleased to announce the publication of *The Athlete's Guide to Yoga: An Integrated Approach to Strength, Flexibility, and Focus* by Sage Rountree. Endurance athletes can now gain the benefits of yoga for training and racing in 2008.*

/24-7PressRelease/ - BOULDER, CO, January 10, 2008 - VeloPress is pleased to announce the publication of *The Athlete's Guide to Yoga: An Integrated Approach to Strength, Flexibility, and Focus* by Sage Rountree. The book is now shipping from VeloPress and VeloGear and will be available in bookstores and bike shops this January. Endurance athletes can now gain the benefits of yoga for training and racing in 2008.

Yoga makes good athletes better. This time-honored discipline imparts flexibility, balance, and whole-body strength, creating improvements in an athlete's form, efficiency, and power. In addition, yoga's attention to concentration and breath awareness improves mental focus and mental endurance-hidden assets that become especially important at the end of a long training session or race.

In *The Athlete's Guide to Yoga*, yoga instructor, endurance athlete, and coach Sage Rountree explains the benefits that yoga can bring to every training program. With hundreds of color photographs featuring more than 100 poses, this book treats common problem areas to make athletes stronger in their sport. Rountree helps athletes see progress from just 10 minutes of yoga each day. In an engaging and easy-to-follow style, *The Athlete's Guide to Yoga* presents:

- * warm-up and cool-down routines for workouts
- * simple poses to target specific areas of inflexibility and overuse
- * breath and meditation exercises
- * different types of yoga for each phase of training
- * recommendations for intensity and volume of yoga workouts throughout the training year
- * a 15-minute DVD featuring warm-up and cool-down routines for everyday workouts

Rountree's applications for training and racing ease the introduction to yoga, making it practical and accessible for all athletes.

"*The Athlete's Guide to Yoga* is a great resource to get you on the path to better training and racing."-Joe Friel, founder of Ultrafit and author of *The Triathlete's Training Bible*, *The Cyclist's Training Bible*, and *The Mountain Biker's Training Bible*

"Finally, we have an explanation of how to integrate yoga practice into daily training and within different training cycles. I've been practicing yoga to complement to my triathlon training for the past 8 years. Now I have a great tool to take on the road when I can't make it to my usual class."-Samantha McGlone, 2nd Place 2007 Hawaii Ironman World Championships and 2006 Ironman 70.3 World Champion, 2004 Olympian

"After running and racing for nearly thirty years, competing through five Olympic trials and the 1996 Olympics, and traveling the world on U.S. track, road, and cross-country teams, I thought I knew all the tricks for success and longevity in distance running. Yoga helped me set a world age-group record in the indoor mile and an outdoor American record in the 1500m at age 45. Yoga should have been-and will be from here on out-added to the mix of ingredients for success for any serious endurance athlete. Incorporate the practice of yoga into your weekly training regimen, and it will make a difference in your life as an endurance athlete. I highly recommend *The Athlete's Guide to Yoga* to all athletes who want to train smarter and race faster."-from the foreword by long-distance runner Joan Nesbit Mabe

"Yoga is not only good for athletes-it is essential, for both the physical and mental benefits. Sage shares the benefits that

yoga has brought to her life as an athlete and offers easy to follow yoga postures and breathing techniques to help athletes of all sports get started with a safe and effective yoga routine and to help them avoid or rehabilitate an injury."-Beryl Bender Birch, author of Power Yoga and Beyond Power Yoga, Director/Founder of The Hard & The Soft Yoga Institute, and contributor to Yoga Journal

"The Athletes Guide to Yoga gives a profound outline for training for peak performance at the highest and most integrated level. It's a wonderful book and Sage is a gifted teacher!"-Baron Baptiste, author of Journey into Power and former yoga coach of the Philadelphia Eagles NFL team

Sage Rountree is a Yoga Alliance registered yoga teacher with coaching certifications from USA Triathlon and USA Cycling. Her popular yoga classes draw all levels of athletes, from recreational walkers to Ironman triathletes and Olympians. Rountree has published articles on Yoga Journal Online and in Running Times, Inside Triathlon and Endurance magazines. Rountree's yoga podcast videos are available for download at www.sageyogatraining.com.

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